

THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

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THURSDAY, May 28, 2009



Base Chapel Holds VBS

Naval Station Mayport Chapel invites you to the ancient city of Rome! Youth from the ages of 4 to 12 will travel back into Biblical times.

From June 15-19, youth can anticipate an interactive understanding of Roman history and lifestyle from 8:30-11:30 a.m. The youth will be given a wonderful opportunity to explore authentic Marketplace shops, visit the Apostle Paul (who's under house arrest), sneak to the cave where the Underground Church meets, take part in games, dance to lively Biblical songs, and sample tasty tidbits as they discover more about the early Christian Church.

Stop by Base Chapel during the week from 7:30 a.m.-3:30 p.m. or Sunday from 8:30-11:30 a.m. For more information call the Chapel at 270-5212. Register early spaces are limited.

Hue Memorial Scheduled

USS Hue City plans on holding the annual Hue Memorial from May 29-31.

The Memorial recognizes and celebrates the achievements of the veterans of the Battle of Hué City and invites them to tour the only ship in the United States Navy named for a battle fought during the Vietnam War.

The memorial will culminate in a memorial service with a guest speaker, author Nicholas Warr, on Sunday morning. Warr was awarded the Presidential Unit Citation for participation in Operation Hué City and was honorably discharged as a first lieutenant from the Marine Corps in March 1970.

The Battle for Hué City began January 31, 1968, when the North Vietnamese Army and the National Front for the Liberation of South Vietnam (NLF, also known as, Viet Cong) attacked the city as a part of the Tet Offensive.

The city was reclaimed by the Army of the Republic of Vietnam and three U.S. Marine Corps battalions, who attacked and defeated more than 10,000 entrenched People's Army of Vietnam (PAVN) and guerilla forces after more than a month of entrenched, block by block fighting. The memorial is by invitation only.

HSL-48 Plans 20th Reunion

Vipers past and present are invited to the HSL-48 20-year reunion Sept. 10-11 at Naval Station Mayport. Events include opening ceremony, Golf tournament, Extreme bowling, luau and Vespers. For more information, contact Lt. Cmdr. Dan Testa at daniel.testa@navy.mil 904-270-6810x124 or visit the Facebook page: HSL48 Past and Present.

Mayport Busts NMCRS Goal

From NMCRS Mayport

The Active Duty Fund Drive for Navy-Marine Corps Relief Society ended May 15 and surpassed all expectations.

NS Mayport Commanding Officer, Capt. Aaron Bowman presented a check for \$240,612.50 to Bill Kennedy, Director of Navy-Marine Corps Relief Society on May 21. The money raised far surpassed by a large margin the goal of \$200,000.

More than 40 individual commands and units participated.

"The overwhelming enthusiasm and support during the campaign was remarkable," said Kennedy. BMC Seward and QM1 Gunner of Harbor Operations were the lead coordinators for Bowman, this year's Active Duty Fund Drive Chairman. Through their tireless efforts and working closely with all key personnel, not only was the goal met, it was surpassed by more than \$40,000. Not only is Naval Station Mayport the "finest service to the finest fleet," but the finest in

shipmate helping shipmate."

All ships, all squadrons, all Base units participated in the two-month drive. All, but a very few, met or surpassed individual goals. Leading the way for the HSL community was HSL-46 with \$10,648; Guided-missile cruiser, USS Gettysburg (CG 64) with \$15,447; Guided-missile destroyer USS Carney (DDG 64) with \$10,224; Guided-missile frigate USS Simpson (FFG 56) with \$18,456; Naval Station Mayport with \$10,993.48.

USS Simpson set a new standard in total participation and raised the highest ever by a FFG stationed in Mayport

Bill Kennedy stated it is an honor to serve as Director of NMCRS Mayport and thanks all those who contributed to this year's very successful active duty fund drive. Mayport epitomizes "shipmates helping shipmates."



-Photo by MC1 Heather Ewton

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman presents a check for more than \$240,000 to NMCRS Director Bill Kennedy raised for the 2009 NMCRS Active Duty Fund Drive. This year's fund drive exceeded its goal by \$200,000 and included the most money ever raised by a frigate stationed at Mayport. Read more about USS Simpson's winning fund drive techniques on Page 10.



-Photo by MC2 Kevin S. O'Brien

The Honorable Ray Mabus is sworn in as the 75th Secretary of the Navy (SECNAV) by Jeh Johnson, General Counsel for the Department of Defense during a ceremony at the Pentagon.

Mabus Sworn In As New Navy Secretary

From Department of Defense

Ray Mabus, former Mississippi governor and U.S. ambassador to the Kingdom of Saudi Arabia, was sworn in May 19 as the 75th secretary of the Navy.

Leading the Navy and Marine Corps, Mabus will be responsible for an annual budget in excess of \$150 billion and almost 900,000 people.

The secretary of the Navy is responsible for conducting all the affairs of the Department of the Navy, including recruiting, organizing, supplying, equipping, training and mobilizing. Additionally, he oversees the construction, outfitting and repair of naval ships, equipment and facilities and is responsible for the formulation and implementation of policies and programs that are consistent with the national security policies and objectives established by the president and the secretary of defense.

Prior to joining the administration of President Barack Obama, Mabus served in a variety of top posts in government and the private sector. In 1988, Mabus was elected governor of Mississippi where he stressed education and job creation. In 1994, he was appointed ambassador to Saudi Arabia, where during his tenure, the Kingdom officially abandoned the boycott of U.S. businesses that trade with Israel. Mabus also was chairman and chief executive officer of Foamex, a large manufacturing company, and also served as a Navy surface warfare officer aboard the cruiser USS Little Rock.

Mabus is a native of Ackerman, Miss., and received a bachelor's degree from the University of Mississippi, a master's degree from Johns Hopkins University, and a law degree from Harvard Law School.

Uniforms Get Update

From Chief of Naval Personnel Public Affairs

The chief of naval personnel released NAVADMIN 149-09 May 20 to announce the latest changes to Navy uniform policies including maternity uniforms, physical fitness uniforms, the Air Force Space Badge and changes to uniform board membership.

"Uniform policy changes are a direct result of fleet feedback to the uniform board," said Rob Carroll, from the Navy's Uniform Matters Office. "The input Sailors provide is critical to providing professional high quality uniforms."

In answer to that fleet feedback, the Navy is developing a new element to the physical fitness uniform (PTU) to replace or augment current Navy sweat pants and shirts. This fall, a competitive wear-test of two Navy designed PTU fitness suits will determine their suitability as mandatory uniform components. Fleet introduction is expected during fiscal year 2011.

Additionally, a new high performance version of the physical training uniform will be made available this winter. The optional PTU shirt and short will be manufactured from a "name brand" company and will follow the existing manner and occasion for wear as the standard fitness gear.

Another major component of the NAVADMIN addresses changes to the maternity uniform policy. Sailors E-1 to E6

Pregnant Sailors are temporarily authorized to wear the chief/officer service khaki maternity blouse.

who are pregnant, are temporarily authorized to wear the service khaki maternity blouse currently worn by chiefs and officers with the winter blue maternity slacks or skirt. This is an interim authorization until the improved single design maternity blouse for all ranks is introduced to the fleet in fiscal year 2010.

The NAVADMIN also includes new rules for uniform board membership to enhance fleet representation and publicize the fact that Sailors can no longer wear the Air Force Space badge due to its reclassification as an Air Force qualification.

To read the complete NAVADMIN, visit www.npc.navy.mil/NR/rdonlyres/77705FB5-FB09-4B7A-94E8-826B195E332F/0/NAV09149.txt.

For information on Navy uniforms, visit www.npc.navy.mil/CommandSupport/USNavyUniforms.

MWR Plans Youth Summer Programs

By Stephanie Feagin

MWR Mayport is offering a variety of summer programs for youth of all ages.

The summer season for Youth Bowling begins May 30. Youth bowling leagues are available starting as young as three years old, all the way through high school ages. Mayport's youth bowling leagues meet on Saturday mornings at Mayport Bowling Center. For more information, call 270-5377.

The Youth Activities Center

is currently accepting registration for Sand Dollar Summer Day Camp for age six to 12 (age five, if completed Kindergarten). Camp is offered in weekly sessions and camp fees are based on total family income. Children enrolled in summer camp will experience a variety of daily activities including field trips on and off base. For ages 13 and 14, the Youth Activities Center is offering a weekly Teen Camp which costs \$60 per week, per teen. Registration will continue

for both camp programs at the Youth Activities Center until all spaces are filled. In addition to Day Camp, the Youth Activities Center and Teen Center offer a variety of recreation programs, special events, instructional classes and sports leagues every month. For more information, call 270-5680.

The temperatures are heating up and so are the programs at the Base Pool. Children's swim lessons begin on June 8. A total of five sessions will be offered during 2009 with each ses-

sion running Monday through Thursday for two weeks. Registration for swim lessons is held on the Friday and Saturday before the start of the session at the Base Pool from 8-10 a.m. Cost is \$40 per child, per session. A \$5 discount is available for those children attending Sand Dollar Summer Day Camp at the Youth Activities Center. For complete details on summer programs at the Pool, download the 2009 Aquatics brochure at www.cnrc.navy.mil/Mayport/Recreation or call 270-5425.

MWR's Southeast Dive Adventures invites children ages 8 and older to join in learning about scuba diving. Bubblemaker, for ages 8-12, is a two hour scuba session in the Base Pool for only \$20. Seal Team is a four day mini scuba camp that meets from 9-11 a.m. at the Base Pool. Seal Team is open to children ages 8 and older and costs \$129 for all four days. Participants will complete Aquamissions and receive

See MWR Youth, Page 11

Chaplain's Corner

"I shall return!" These words had a prophetic ring when spoken by General Douglas MacArthur on March 11, 1942. The set of circumstances, which surrounded the General's remark, were at best hopeless. Those were difficult days for America. You see, the Japanese Imperial Army had successfully invaded the Philippines. World War II was raging in the Pacific and the U.S. mainland itself was threatened with invasion or direct attack. General MacArthur, one of our premiere military minds, was in danger of being captured by the Japanese. Consequently, President Roosevelt ordered him to evacuate the Philippines. The General reluctantly obeyed. Indeed, few of us can appreciate those dark moments. For those who lived through those days "I shall return" had a spe-



Chaplain Joe Molina
CDS40 Staff Chaplain

cial appeal. The words were uttered with conviction. The words were full of certainty. The brevity of its message underlined the clarity and commitment of the speaker. There was no question in anybody's mind that it was a promise that would be kept. The promise

gave Americans hope and the people of the Philippines hung to every word of that promise. Everyone knew, they just knew, that he would return. The prophecy was fulfilled on 29 October 1944 when General MacArthur, "The American Caesar," disembarked on Filipino soil and said "People of the Philippines, I have returned." It was a perfectly orchestrated and dramatic triumphal return! It was a media event. MacArthur's return was captured in pictures and films by newspapers and newsreels. Although total victory was not yet won, "I have returned" became symbolic of victory during WWII. Such is the power of a promise kept! As I celebrated Memorial Day this week, while embarked on board the USS Kauffman (FFG59), I took a few moments

to reflect upon the promises kept by the brave men and women of our armed forces, many of which have given their last full measure to ensure that the promise of freedom and democracy is kept alive. To be sure, keeping our promises has an incalculable affect on the outcome of events (historical and otherwise). A promise made and a promise kept are two sides of the same coin. One assumes the other. A promise made and a promise kept has transformational power. While a promise made gives hope to the hearer, its fulfillment empowers the recipient of the promise to rise to new levels of personal fulfillment. Life takes on new and exciting possibilities. Victory can become complete. As one anticipates the fulfillment of a promise, plans are made as new

possibilities unfold. In contrast, unfulfilled promises demoralize and rob us of life's special experiences. When a promise is not kept, dreams are shattered. When vows are broken relationships are deeply scarred and sometimes destroyed. Our children are especially vulnerable to the promises and commitments we make but never fulfill. Why do we need to be reminded of the importance of keeping our promises? Well, we don't have to go very far to see the results of broken promises. Court dockets are overloaded with lawsuits. Rates of divorce continue to hover at about fifty percent. Our adolescent population is plagued with alcohol and drug abuse. Domestic violence shatters lives and hearts in many households and every now and then the blight of racial discord

disrupts our land. The list can go on. But please... allow me to remind you that I am an eternal optimist, otherwise I would not be in my profession. I truly believe that a person can decide to be a promise keeper. I also believe that there are enough promise keepers in the land to set an example and make a difference. Undoubtedly, there's plenty of room for improvement. In his engaging book, *The Power of a Promise Kept*, (focus on the family, 1995), Gregg Lewis points out that being a person of ethical integrity is one of the outstanding characteristics of a Promise Keeper. While his book is addressed to men, ethical integrity must be equally practiced by both genders if we are to be promise keepers. Faithfully yours (I promise), Chaps

Homefront in Focus

Life aboard a Navy ship is mysterious to me. I wondered what it was like for my husband. My embed aboard the COMFORT answered many questions like, "How do you get into the top rack?" Answer: become an olympic gymnast. There were many things that struck me about ship life - like the seemingly constant chatter over the ship's PA system; the IMC. Whether announcing decks secured for flight operations, reveille, 'serial call' (I still don't know what is) or paging individuals, there was constant communication. There are some things common to all ships: Drills. The COMFORT had fire drills



Beth Wilson
Military Spouse Contributor

and a 'life boat drill' while I was aboard. A life boat drill impacts the entire crew. For me that meant an interesting jaunt throughout the ship. Let me explain a little about a ship's

structure. Each ship has a main deck called the "First Deck." Each level below that is numbered successively. Decks above that main deck are labeled O1 Level, O2 Level, such that O1 is one level above the main deck. O2 is two levels above and so forth. In the event of a life boat drill I was to muster (report) with the Public Affairs office (PAO) on Deck four where I would then grab a life jacket and proceed to my assigned life boat. I mustered on Deck Four, grabbed my attractive life jacket and proceeded with the crew of the PAO to our assigned place - the O3 level. In case you missed the subtlety that was seven flights. It was a proud

moment as I stood in formation - panting. An impressive part of ship life is UNREP or Underway Replenishment where a supply ship delivers supplies. I discovered amazing things about this process. I thought both ships would drop anchor then transfer goods. In reality both ships are moving at about 12 knots throughout the entire process, and approximately 165 feet apart. Once aligned the supply ship, the USNS PERRY 'shot across' lines that would connect the two ships and provide for the transfer of fuel. Literally a gun shoots what resembles a very large bean bag with a line attached. The mariners on

the COMFORT scrambled to catch the line, pulling it across and securing it to the ship. From there fueling takes place. During the fueling process the helicopter from the COMFORT flew between the two vessels transferring pallets of supplies. It is an amazing process. I spent an hour in the scullery with enlisted who were 'cranking.' Cranking is when junior enlisted are tasked to the galley. Though trained as corpsmen these 'kids' had a blast making the best of doing dishes. Thanks for the fun! Broadcasting from the ship drove home another aspect of deployment: missing family. Crew members were invited to

send a shout out to family members on a broadcast for special days they are missing. The response was huge. Officer and enlisted, male and female met me in the PAO office to send their messages home. I realized how very difficult it is for our service members to miss special days. Many choked back tears as they expressed their love... and so did I. Questions or comments? Contact Beth at beth@homefrontinfo.com. Check out Beth's talk show at www.blogtalkradio.com/nht.

Sweet Land of Liberty

Nobody Does It Like Disney! Part Two

By Erica I. Peña-Vest

Travel Columnist

In the last week's column, I talked about Disneyland with the promise that this week I would address Disney's other properties in Southern California. Disney's California adventure was first opened in 2001, so if you haven't been to Disney since then you are in for a treat. The Disney Imagineering team wanted to create a park that represented all the facets of the Golden State, from a recreation of the Golden Gate Bridge that marks the park's entrance to a Hollywood backlot. Adding this extra park allowed Disney to import popular rides from its Florida parks and add some thrill rides for the older, adventure-seeking crowd that wouldn't have fit in at Disneyland. There are two major rides that can't be missed. California Screamin' is a rollercoaster situated in the boardwalk area of Disney's California Adventure. The boardwalk has all the sights, sounds and smells of a typical amusement park, but the rollercoaster is anything but typical. As only Disney can, they have taken a hallmark ride and raised the bar a notch, leaving guests breathless as the coaster stops at the end of the ride. The second hallmark ride is the Grizzly River Rapids, Disney's version of the classic log flume ride. But once again, Disney has taken an old staple and raised the stakes. Instead of riding

a classic gondola, Disney's ride features round rafts that spin and twirl as they are bounced along in the turbulence of the flume. There is no such luck as picking a seat where you are more or less likely to get wet, as the rafts spin with the mercilessness of a roulette wheel, meaning that no two rides will ever be the same. Along with California Adventure, another great addition to the Disney property is Downtown Disney. Disney has added a street between their two parks that is open to the public where you can do some serious Disney and non-Disney shopping and sample some of the best cuisine of Anaheim. World of Disney is the ultimate Disney store where you can find almost anything you want - Disney-wise - under one roof. I recommend you save some shopping money for Downtown Disney. It conveniently makes both souvenirs and collectables easy to find and also brings your some of your preferred mall staples to one area making it the perfect ending to a day at the park. Now let's get to my favorite part. I get to travel extensively both as a hobby and for work. In my travels I get to visit some of the best and most famous restaurants in the nation. As a food critic for a military newspaper and other publications, you can surmise that I know when I find great food and I know when I find great service. I was thrilled on my recent trip to Disneyland Resort to find that three of my new

favorite restaurants are located at Downtown Disney. Catal Restaurant and Uva Bar, Naples Ristorante e Pizzeria and Tortilla Jo's Mexican Restaurant are three phenomenal restaurants in their own right yet in very different ways. Catal Restaurant is a fine dining establishment with a Mediterranean menu. My party ordered various appetizers and meals and everything we tasted was delectable. Normally, I would tell you that the highlight of any restaurant is the meal. At Catal, there is something that outshines their food - their service. If you ever have a chance to visit, indulge in a culinary experience you won't soon forget. During my visit to Naples Ristorante, I found some of the best pizza I've ever tasted. They have an authentic Italian menu that leaves you wishing you had time to try one of everything! My greatest surprise came from visiting Tortilla Jo's. It had come highly recommended by locals but I was skeptical. As a Hispanic woman who grew up eating authentic Mexican food prepared in my mother's and grandmother's kitchens, the last place I would have expected to find great Mexican food is at a theme park, but I was wrong. Not only was Tortilla Jo's a fantastic surprise, I enjoyed it so much, I would travel all the way to Anaheim just to eat there. It was that good! Even though they are probably most famous for their outdoor cantina that serves over 100 different tequilas, I think their homemade

corn tortillas, that are the staple of every meal, are their strongest selling point. Definitely not something that should be missed. With Disney Parks offering military members free admission and discounted admission for friends and family (see ITT for more details), there has never been a better time to visit the Disneyland Resort. One of the most prohibiting factors of a Disney vacation is cost. This year, the Walt Disney Company, has made it more affordable for members of the military. This is the time to visit. This is the time to relive those childhood memories or maybe create brand new ones. With free admission, discounted hotels, discounted activities and great restaurants, we'd be missing the chance of a lifetime to not visit a Disney Park this year. I don't hold stock in the company, I'm not related to the management and I don't get anything out of this recommendation. What I can tell you is that the 'magic' they talk about in their marketing campaign is real. You will feel like a kid again, you will love the look on your kids' faces when they see it for the first time, you will eat some of the best food and you will have a great time. But most of all, you WILL experience the magic, because as I have said before, "Nobody does it like Disney!"

Navy Helicopter Crewmembers Are Identified

From Commander Naval Air Forces Public Affairs

The names of the five Helicopter Anti-submarine Squadron (HS) 6 aircrew involved in the crash of a Navy HH-60 Seahawk helicopter the evening of May 19 were released May 21. They are:
- Lt. Cmdr. Eric J. Purvis, 37, of Poway, Calif.
- Lt. Allison M. Oubre, 27, of Slidell, La.
- Naval Air Crewman 1st Class (AW/NAC) Samuel "Grant" Kerslake, 41, of Hot Springs, Ark.
- Naval Air Crewman 2nd Class (AW/NAC) Aaron L. Clingman, 25, of Bend, Ore.
- Naval Air Crewman 3rd Class (AW/NAC) Sean M. Ward, 20, of Lovelock, Nev.
The bodies of three crewmembers were recovered from the crash area May 20 during search and rescue (SAR) operations conducted by assets from the U.S. Navy, U.S. Coast Guard, San Diego Harbor Police, Customs and Border Protection and the Mexican Navy. Earlier May 21, officials concluded that aircrew survivability was extremely unlikely and suspended those SAR efforts. The Navy's search efforts are now focused on the feasibility of salvage operations. The helicopter crashed into the ocean while conducting training operations during a composite training unit exercise (COMPTUEX). HS-6 is homeported in San Diego and is part of Carrier Air Wing (CVW) 11 assigned to the USS Nimitz Carrier Strike Group (CSG). The helicopter was operating from USS Nimitz (CVN 68) when the mishap occurred. The mishap is under investigation.



Roman Catholic Mass
Sunday 9 a.m.
Monday-Friday 11:30 a.m.
Confessions: before & after mass or upon request
CCD: Sunday 10:30 a.m.
Baptisms: class 3rd Sunday of month

Protestant Worship
Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Baptism: For information contact your chaplain

Women's Bible Study
Wednesday 9:30 a.m.
Protestant choir
Wednesday 7 p.m.

Interdenominational MOPS (Mothers of Pre-Schoolers)
1st & 3rd Tuesdays each month 9:15 a.m.
For more information contact MOPS coordinator at mayportmops@yahoo.com

Marriage
Contact Chaplain 6 months prior. PREP is required
For more information, call 270-5212.



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Help Protect Sea Turtles, Turn Off Lights

From NS Mayport Security

Naval Station Mayport beaches are a great place to live and visit for both people and endangered species of sea turtles.

It is just a little tougher to find a good place to "nest" if you are an endangered sea turtle.

Turtle nesting takes May 31 through Oct. 31. However, their safety depends on you. Hatchlings find their way to the sea by light clues, such as brightness. They instinctively crawl towards the brightest light and become disoriented if artificial lights are shining from behind.

Artificial light from beachfront homes, streetlights or even flashlights can attract the hatchlings away from the safety of the water and lead them to their deaths.

Lights and people disorientate female turtles coming ashore to nest. If one is sighted coming ashore, contact the base Wildlife officer and remain clear, stay quiet, do not use a light source and don't allow anyone near her to disturb her nesting.

How can you help? By simply keeping our beaches as dark and quiet as possible throughout the nesting period. Consider the following suggestions:

- Turn off all unnecessary lights and do not use flashlights without a red lenses.
- Reposition the source of any light fixture so it is not visible from the beach.
- Use motion detectors on outside lights for security purposes.
- Place timers on lights so they are off by 10 p.m.
- Close all Navy Lodge, BOQ and house curtains at sunset that face the beach.

And Remember

•All special functions conducted on Naval Station Mayport beach areas during nesting season must be cleared through the Wildlife officer

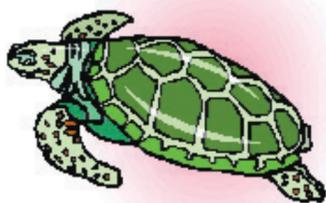
first.

•Restrict leaving large holes and rutting on the beach area.

•All dogs on the beach must be on a leash at all times.

•Never touch a nesting female or emerging hatchlings. These actions are a violation of federal and state laws. Only permit holders are allowed to touch or move a sea turtle.

Never try to push a live sea turtle back into the water. If the turtle is out



of the water and on the beach, keep the shell wet with a damp towel or sprinkle water over it.

•Notify the Wildlife officer, Beaches Sea Turtle Patrol or the Florida Marine Patrol if you find a live or dead sea turtle unless the turtle has a red "X" on its shell indicating it has already been checked by the appropriate authority and is waiting for burial by beach sanitation units.

The turtles have been here for more than 150 million years and are on the endangered species list. Let's all do our part to help protect them and ensure that they remain part of life in Florida.

For more information, or if you sight an unmarked nest, hatchling or stranded sea turtles, contact the NS Mayport Wildlife Office immediately at 219-2178 for the base beach and Hanna Park. Call the Beaches Sea Turtle Patrol at 613-6081 for all Jacksonville area beaches or the Florida Marine Patrol at 270-2500.

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Hurricane Season Is Here

From TRICARE

Are you ready for summer? The 2009 Atlantic Hurricane season begins in June, and though the National Oceanic and Atmospheric Administration (NOAA), is forecasting a likely "near-normal" season, being prepared is the best way to keep you and your family safe in the event of a natural disaster. Even if you are not one of the more than 35 million people who live in the regions most affected by hurricanes, being informed of and prepared for what you should do in any emergency or disaster is a smart bet.

Keep it up to date and make sure everything works and your food and water has not expired. Along with food, water, a battery operated weather radio, flashlights and first aid supplies, include any medical necessities you may need in your kit. Keep in mind that medical assistance may not be immediately available after a disaster. Items to include in kits for each family member:

•Copies of each family member's uniformed services ID card (or sponsor's name and Social Security number), Medicare card or other health insurance card, if applicable

•Copies of family members' names, addresses, phone numbers, etc.

•Copies of medical records for each family member

•A list of primary care managers, other doctors' names and phone numbers

•Emergency contact names and phone numbers

•TRICARE Regional and pharmacy contractors and Medicare contacts

•A list of known prescription medications and doses

•A list of each family member's allergies

•A 30-day supply of prescription medications

•Non-prescription drugs such as pain relievers, anti-diarrhea medication, antacids, laxatives, itch control creams, etc.

•Style, model and serial numbers for any medical devices

•Extra batteries for wheelchairs and hearing aids

•Any personal items

For more information and tips visit www.ready.gov/ or TRICARE's disaster relief Web page at: www.tricare.mil/disasterinfo.

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Welcome Back, Robert G. Bradley



Interior Communications Specialist 1st Class (SW/AW) Jeremy David is greeted at the brow by his sons, Jeremy, 5, and Alex, 3, after returning to Naval Station Mayport Saturday with USS Robert G. Bradley.

—Photos by MC2 Daniel Gay

RGB Returns To Mayport After AFRICOM Deployment

By Ensign Rajiv Seth
USS Robert G. Bradley PAO
The guided-missile frigate USS Robert G. Bradley (FFG 49) returned to Mayport on May 23 after a six-month deployment to the Sixth Fleet area of responsibility, where the ship made more than 20 port visits to countries throughout Africa and the Mediterranean Sea.

Bradley departed Nov. 21 in support of Africa Partnership Station (APS) and Theater Security Cooperation (TSC) to build partner capacity for maritime safety and security. The mission was accomplished by conducting countless training workshops, flight-deck receptions, official office visits, community relations projects, and many other types of engagements with regional allies and partners.

After stopping briefly in Rota, Spain for logistics, the ship began its mission in Mindelo, Cape Verde and continued south along the western coast of Africa and visited Sierra Leone, Senegal, Benin, Equatorial Guinea, and Gabon. The visit

to Bata, Equatorial Guinea marked the first-ever visit of a U.S. Navy ship. Bradley then reached the southern most point of Africa, Cape Town, South Africa. Once on the eastern side of Africa, the ship conducted the first ever APS visits to Comoros, Tanzania, Kenya, Djibouti, and the first ever pier-side visit to Maputo, Mozambique.

In Djibouti, Gen. William E. "Kip" Ward, Commander, U.S. Africa Command visited and spoke to the crew of Bradley. "You need to know that what you have been doing and where you have gone has been noted, has been paid attention to, but most importantly, has mattered," said Gen. Ward. "Mattered in the fact that our nation, the United States of America, has been well served because of what you've done in carrying out your day-to-day mission."

After Djibouti, the ship continued north, by transiting the Suez Canal, and arrived in the Mediterranean Sea. Bradley conducted port visits in Morocco, Algeria, and Malta,

which included training and engagements with host-nation militaries, and also enjoyed a liberty port visit in Italy. During the transit to Morocco, the ship marked its successful circumnavigation of Africa.

During a visit to Crete, Bradley participated in Phoenix Express, a multinational exercise conducted with various European and North African countries. The ship also held a Change of Command ceremony where Cmdr. Timothy Sparks of Houston, TX relieved Cmdr. Clinton Carroll, of Virginia Beach, VA as the 17th Commanding Officer of the Bradley.

Upon completion of Phoenix Express, the ship headed west, out of the Strait of Gibraltar, and crossed the Atlantic Ocean.

After six months being away from home, Bradley Sailors manned the rails as the ship pulled into Mayport Naval Station for a reunion with loved ones on the pier.



Lt.j.g. Dallas Gates gets a big hug from his daughter, Hailee, after returning from a six-month deployment with USS Robert G. Bradley.



Gates gets the first kiss from his wife, Melinda, during the homecoming celebration for USS Robert G. Bradley.



Sailors man the rails during the return of USS Robert G. Bradley on Saturday to Naval Station Mayport. The ship performed a six-month AFRICOM deployment.



A Sailor is greeted by a family member after returning to Naval Station Mayport on Saturday with USS Robert G. Bradley. RGB has been gone since November in support of Africa Partnership Station and Theater Security Cooperation. The ship also participated in Phoenix Express, a multinational exercise conducted with various European and North African countries.



Boatswain's Mate 3rd Class Jeremy Allan meets his son, Grant, for the first time. Wife Jana holds the 5-month-old.



New dad, Gas Turbine System Technician Mechanical 2nd Class Ryan Marse, kisses the head of his 11-week-old son, Reed, as his wife, Jessica, watches the father and son bonding.



Operations Specialist 3rd Class Mario Rodriguez is greeted pierside by his girlfriend, Jordan Vaughn.



Family members hold signs up to catch the attention of their Sailor aboard USS Robert G. Bradley as it returns to Naval Station Mayport.



Friends and family members stand along Delta Pier as the ship pulls into port at Naval Station Mayport on Saturday.



Family members of Senior Chief Storekeeper Calvin Henderson hold up a sign welcoming him back to Naval Station Mayport. Dozens of friends and family members showed up on the wet Saturday to welcome their Sailors home.

Doyle's JO Proves Tactical Agility, Skill

From USS Doyle Public Affairs

A junior officer aboard the guided-missile frigate USS Doyle (FFG 39) received the Naval Surface Forces Atlantic (NAVSURFLANT) Junior Officer Tactician of the Year Award May 7.

On Doyle's flight deck just hours before the ship departed Mayport to begin its deployment, Lt. j.g. Dan Newman received the award for excellence in tactics. Capt. Glenn Zeiders, Commander, Destroyer Squadron (DESRON) 14 presented Newman with the award.

In its third annual competition for the Tactician of the Year Award, the Surface Warfare Development Group (SWDG) sought out the tactical action officer (TAO) qualified junior officer who signified the best-of-the-best in tactical excellence in the Atlantic Fleet.

Newman, who serves as Doyle's electronics material officer, received a nomination for his innovations and accomplishments in tactics from his commanding officer and was subsequently chosen as the

nominee for DESRON 14. In the final stages of the competition against nine other nominees, Newman submitted his point paper and participated in an interview process outlining how to employ in-depth oil platform defense tactics. Newman was chosen as the top submission, and he received the award from Zeiders on behalf of Rear Adm. K. M. Quinn, Commander, NAVSURFLANT.

"Lt. j. g. Newman's proposal was impressive; from tactical innovations and outstanding watchstanding onboard USS Doyle, to his excellent white paper and brief on how to change oil platform defense tactics," stated Quinn in the award presentation letter. "Lt. j. g. Newman thoroughly demonstrated the traits of a superb tactician and surface warfare officer."

Likewise, Doyle's Commanding Officer Cmdr. John M. Zuzich had great praise for Newman.

"I am so proud of Dan, not only because of this award, but of his ability to thoughtfully

address every problem presented," said Zuzich. "When we were designated OPLAT (oil platform) defense commander for the multinational exercise Joint Warrior, Dan developed and refined his in-depth defense tactics. I know his hard work can now help others succeed in this important mission area."

Newman thanked his shipmates for their role in his award.

"I'm honored to have received the award on behalf of the captain and crew of Doyle," said Newman. "Many thanks to my fellow warfighters for their knowledge, expertise and professionalism. "This award shows the rest of the fleet that Doyle is producing top-notch JO's (junior officers) in tactical warfighting and professional development."

Doyle is currently participating in the Southern Seas Deployment to Central and South America as part of Task Group 40.0 with DESRON 40, USS Kauffman and USS Ford.



-Photo courtesy of USS Doyle
COMDESRON 14 Commodore Glenn Zeiders presents Lt. j.g. Dan Newman of USS Doyle with the Naval Surface Forces Atlantic Junior Officer Tactician of the Year Award.

Doyle Underway For Southern Seas Deployment

From USS Doyle Public Affairs

The guided-missile frigate USS Doyle (FFG 39) departed Naval Station Mayport May 7 to being the Southern Seas deployment to Latin America.

"It's bittersweet considering I had to leave my husband, family and friends along with all of the comforts of home, but considering it's my first deployment, I'm really excited that we are going out to finally do what we are supposed to do," said Ensign Heather Golightly, Doyle's force protection officer.

The 2009 Southern Seas deployment supports U.S. Southern Command (SOUTHCOM)'s Partnership of the Americas strategy, which emphasizes interoperability, regional stability, and building regional partnerships throughout the SOUTHCOM Area of Focus. That area encompasses

the Caribbean, Central and South America and surrounding waters, where Southern Seas 2009 is scheduled to be a six-month deployment conducted from April to October.

Southern Seas will consist of three phases: UNITAS Gold; exercise Southern Seas; PANAMAX; and routine theater security cooperation events.

Before leaving Mayport, Doyle participated in UNITAS Gold, the 50th iteration of the annual multinational partnership building exercise, April 20-May 5. Doyle worked alongside maritime forces from Argentina, Brazil, Canada, Chile, Colombia, the Dominican Republic, Ecuador, Germany, Mexico, Peru, the United States and Uruguay.

During Southern Seas, U.S. and partner nations will conduct training on anti-submarine, anti-

ship, and anti-air warfare techniques. Doyle will work with allied navies to practice multi-ship maneuvering exercises, helicopter operations, personnel exchanges, and various other interoperability and cooperation fostering exercises and countering of unconventional threats such as counter-illicit trafficking, piracy, and fishery violations.

In addition to participating in multinational maritime exercises UNITAS, PANAMAX 2009, and the Southern Seas exercises, Doyle will be stopping in various ports throughout Latin America. Visits to Honduras, Peru, Chile, Colombia, Panama, Curacao and Trinidad Tobago, will allow Doyle's crew to learn first-hand about other countries' cultures, and historic backgrounds. Doyle will take part in continued training, as well

as host receptions and personnel exchanges to facilitate the learning and friendship.

"I'm excited to see South America and go to places that I've never seen or been to before," said Sonar Technician Surface 3rd Class James Callahan, a Sailor aboard Doyle. "I will get to go where none of my friends or family have been. I'm going to take a lot of pictures to take the great memories

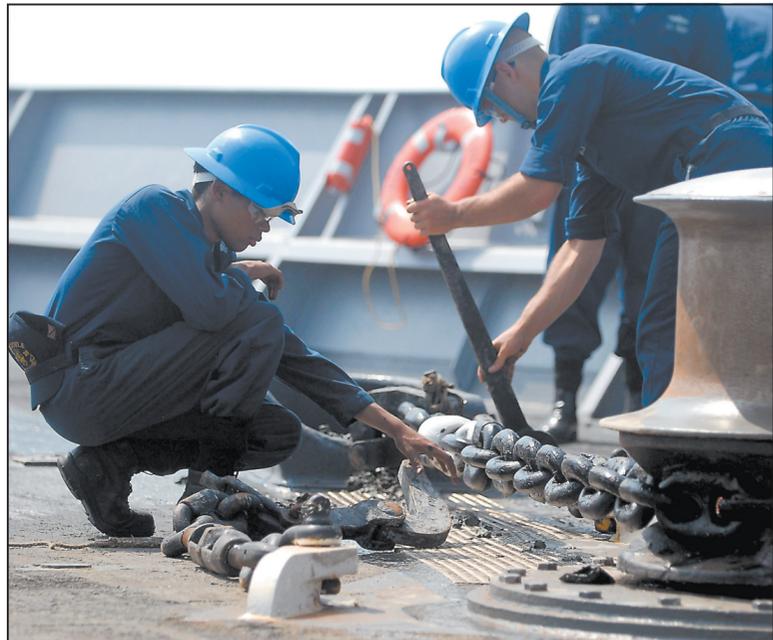
with me."

Doyle's crew will also participate in community relations events in each port. During the events, Doyle plans to provide humanitarian assistance to the host countries by supplying pallets of materials from Project Handclasp consisting of hygiene and medical products, school supplies, clothing and toys.

During the deployment, Doyle will contribute to the

overall goal to train side-by-side with the U.S. Navy's partner nations to learn from each other, by working together to overcome each country's maritime challenges.

The 2009 Southern Seas deployment is executed by Destroyer Squadron 40 as Commander, Task Group 40.0, consisting of Doyle, USS Kauffman (FFG 59), and USS Ford (FFG 54).



-Photo by MCSN Patrick Grieco
Deck department Sailors remove the chain stopper from the guided-missile frigate USS Doyle's (FFG 39) anchor in preparation to get underway. Doyle is deployed as part of the Southern Seas Deployment. Doyle will work with partner nations to enforce maritime security and interoperability in the 4th Fleet Area of Operations.

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Commissioning CO Returns To USS Underwood

From USS Underwood (FFG 36) Public Affairs

In a rare opportunity, USS Underwood (FFG 36) played host to the Captain who commissioned the frigate almost 26 years ago. On Retired Capt. Andrew C. Beck, Jr. visited Underwood on May 1 at the Atlantic Marine facility, where the ship is currently in dry dock undergoing maintenance. Accompanying Captain and Mrs. Beck were their friends, retired Commander and Mrs. Oke Shannon.

The official party was welcomed aboard the barge, where Beck participated in a ceremony, distributing awards to Underwood Sailors that were earned during their recent Counter Narcotics Terrorism deployment.

The "plank-owner" commanding officer was escorted to the ship for a tour by the current Captain, Cmdr. Wesley A. Smith.

With the ship out of water, it afforded the two captains a great chance to inspect the hull and compare the material condition of the ship after 26 years of service.

The tour continued to other spaces inside the

ship, such as the Wardroom, Combat Information Center, Central Control Station and Bridge. The former captain said he was thoroughly impressed and pleased with how well the ship had been maintained since his last visit back in 1985.

At the conclusion of the tour, the guests were taken to the commanding officer's cabin for refreshments, and a special surprise.

Smith revealed a box, passed down from CO to CO throughout the years, containing original pictures and documents from Beck's commissioning tour aboard Underwood.

Beck was presented with copies of several photos from that time that he had never seen before, including one of his commissioning day speech.

Before leaving, he was thrilled to note that while in command he always strived to make any visitor feel welcome aboard his ship, and that this "tradition of hospitality for any guest of Underwood continues to this day."

Beck and his wife, Patricia, currently reside in St. Johnsbury, Vermont.



-Photo by YN1 (SW/AW) Campbell
USS Underwood Commanding Officer, Cmdr. Wesley Smith tours the ship with the Underwood's first commanding officer, retired Capt. Andrew Beck, far right, and his wife, Patricia, along with their guests, retired Cmdr. and Mrs. Oke Shannon. This was Beck's first visit to USS Underwood since 1985.

Simpson Sets NMCRS Record

By USS Simpson Public Affairs

USS Simpson's crew raised \$18,510 for the Navy Marine Corps Relief Society, nearly three times Simpson's previous record and more than 450 percent of this year's goal.

Chief Boatswain's Mates Daniel Bates headed up the drive on board Simpson. He ensured there was 100 percent contact with the crew, explaining the importance of the drive to everyone on board the ship.

His efforts led to a contribution from more than 60 percent of the crew. Bates instilled a sense of competition between the different divisions and departments and also offered prizes for the biggest contributors in order to motivate the crew to give more.

One final incentive for the crew was the Commanding Officer, Cmdr. Ed Kaiser, and

the Command Senior Chief, Phil Rogers, promised to shave their head if Simpson reached the goal of \$10,000.

Simpson greatly surpassed the goal, and Kaiser and Rogers are now bald.

"I was only a tool that help good hearted shipmates take care of shipmates. The real story is 'TEAM Simpson' and our commitment to excellence," said Bates.

Seaman Brandon Spradling was the most generous contributor, donating more than \$1,800.

Spradling said of his donation, "Pretty much the biggest reason I gave as much as I did is because my cousin returned from Iraq with Post Traumatic Stress Disorder and his wife frequently uses Navy Marine Corps Relief Society for support."

The Navy Marine Corps

Relief Society is a private, non-profit, volunteer, service organization that is committed to ensure that all available resources are used to assist personnel of the Naval Services - active, retired, and their eligible family members - to achieve financial self-sufficiency and find solutions to emergency needs.

Some of this financial assistance includes emergency transportation, funeral expenses, medical and dental bills, food, rent, and utilities, disaster relief assistance, child care expenses, essential vehicle repairs, and unforeseen family emergencies. The society also provides lifetime benefit information support for dependents of service members who died on active duty.

Simpson, an Oliver Hazard Perry-class Frigate, is homeported in Mayport.

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USS Carney, CSG 10 Sink EX-Spica

By Ensign Emily Rhatican
USS Carney PAO

In the early evening of May 6, the EX-Spica sank to the ocean floor after receiving fire from the ships and aircraft of Carrier Strike Group 10, including gun fire and Harpoon missiles from USS Carney (DDG 64).

USS Carney (DDG 64) spent several weeks preparing for the

SINKEX by running multiple real-time simulations, flawlessly integrating all of its testing systems, and coordinating with USS Hue City (CG 66), USS Winston S. Churchill (DDG 81), USS Oscar Austin (DDG 79), USS Harry S. Truman (CVN 75), and HNOMS Roald Amundsen.

After a "month of gruesome training," Operations Specialist

1st Class Desmond Glee said he was "thrilled to finally get the call to take the [Harpoon missile] shot."

Many Operations Specialists never have the opportunity to fire a missile during their stint as Engagement Planners, so Glee was excited to shoot with only two years under his belt as an Engagement Planner.

"It was performance under

stress," Glee said. "I had to plan the shot in less than 60 seconds with the commanding officer looking over my shoulder – it couldn't have been better."

Carney Sailors gathered on the foc'sle and the bridge wings to watch the missiles shoot into the sky and disappear over the horizon.

Ensign Dave Alverson, Carney's System Test Officer, was not topside to see the boost-

ers ignite, but he did watch the missiles impact their target on his radar screen.

"It was a very successful engagement, hitting the EX-SPICA on her port side, right at center-of-mass," he claimed.

Alverson said that Carney's countless man hours paid off in those three-and-a-half minutes of flight time.

Lt.j.g. Brian Morris, the Officer of the Deck for his first

Harpoon engagement, said that "it was a long day, but it was very rewarding. Shooting two Harpoon missiles was the capstone of my four year tour on Carney."

Thirty-six rounds of rapid and continuous gun fire, two Harpoon shots, and one sunken ship later, Carney Sailors returned to port later that week with a few bragging rights and a lot of awesome photos.



-Photo courtesy of USS Carney

USS Carney (DDG 64) launches two Harpoon missiles to sink EX-Spica.

Carney Swaps Sailors

By Ensign Emily Rhatican
USS Carney PAO

USS Carney (DDG 64) and HMCS St. Johns broadened their Sailors' professional knowledge by cross-decking three Sailors on May 11.

Carney Sailors, Ensign Ryan Branham, Chief Fire Controlman Dale Stiles, and Engineman Fireman Eric Crugnale enjoyed St. Johns' excellent hospitality and professionalism as they were welcomed aboard as crew members for the day. Carney and St. Johns cross-decked while steaming south together towards the Submarine Commanders Course 020.

The crew exchange allowed Carney Sailors to compare their daily life on board a U.S. warship to the experiences of Canadian sailors on board St. Johns, and each Sailor observed traditions and practices different from their daily routine.

Branham was interested in the different organization structure of the Canadian ship, especially the delineation of duties among officers.

"Unlike the U.S. Navy, HMCS St. Johns Sailors have clear differences in their

assigned jobs," Branham said. "The engineers on board have no task other than engineering. The bridge watch standers, or 'bridge watch keepers,' are the only Sailors standing watch on the bridge, and the only ones who can have command."

Branham said he was also impressed with their ship handling skills.

"Their ship handlers are extremely gifted," he added. "As I stood on the bridge for their outbound Mayport transit, it was very apparent that their conning officers had received numerous years of training prior to arriving on the ship – they had the rudder in hand for the entire transit."

Stiles said he was interested in how the Canadians structured their Combat Systems rates. While the U.S. Navy separates rates into different warfare areas and different equipment systems, the Canadian Navy separates Sailors into "Maintainers" and "Operators."

Stiles noted that "the Maintainers work on all related systems, such that the same Sailor might work on SONAR in the morning, the hydraulic system for the boat davits in the

afternoon, and then CIWS later in the day."

Stiles said he was also impressed with the Canadian sailors' quality of life, and commented on their large lounges and social differences.

"Their dining facilities are very small to make space for large lounges, where the sailors relax and watch TV after their meals," he added.

Crugnale had the opportunity to make rounds with St. Johns engineering rovers. He noted that the St. Johns has similar equipment and watch stations but different social traditions.

"The enlisted crews mess is pretty much off limits to chiefs and officers, who will send a runner into the mess to retrieve a Sailor rather than enter the mess themselves."

He also noted that "almost everyone on St. Johns was on a first name basis, which made it feel a lot more like family."

Branham, Stiles, and Crugnale brought back to Carney a newfound respect and appreciation for both the Canadian Fleet and the U.S. Navy, and are looking forward to future cross-decking opportunities.

RGB Sailors Go To School

By Ensign Rajiv Seth
USS Robert G. Bradley

Sailors of USS Robert G. Bradley (FFG 49) successfully completed nine college level courses while on deployment to Africa Command's area of responsibility.

Nine sociology and philosophy classes consisting of twenty seven college level credit hours were administered to 73 Sailors during the deployment. The participating Sailors achieved a 98 percent pass rate, and

342 credit hours were earned. Additionally, nine service members finished all requirements for a Bachelor of Arts degree.

"To walk into a classroom while on deployment was an amazing experience. It allowed me to pursue my educational goals while continuing my military career," said Cryptologic Technician Seaman James Allen.

Robert G. Bradley is on a regularly scheduled deployment to the Sixth Fleet area of responsi-

bility in support of Commander, U.S. Naval Forces Africa. The ship returned to Mayport on May 23.

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Phil Sea Earns Qualls During International Training

By MC3 (SW) Joel Carlson
Commander Destroyer Squadron 24
Public Affairs

The guided-missile cruiser USS Philippine Sea (CG-58) earned a semi-annual weapons certification May 19 while participating in the multinational Joint Warrior (JW) exercise.

The cruiser spent a day in Cape Wrath, where the crew focused on gaining their naval surface fire support certification while remaining an active participant in JW.

"One of the main focuses for Philippine Sea in Joint Warrior was naval gunfire support," said Capt. Gary Parriott, commanding officer, USS Philippine Sea. "We did a couple of missions a few days ago and went back into the range and were able to complete our certification exercise."

The drills and scenarios



-Photo by MC3(SW) Candice Villarreal
The guided-missile cruiser USS Philippine Sea (CG 58) fires a 5-inch gun during a naval surface fire support certification. Philippine Sea is taking part in exercise Joint Warrior, a two-week NATO exercise off the coast of Scotland.

Philippine Sea encountered crew. were especially beneficial for "All these different factors the real-life readiness of the allowed for watchstanders to

really ramp up the tempo and stress level for the crew," said Parriott. "It was a great opportunity for this ship to be part of this kind of exercise."

The experience was valuable due to aspects offered by the international JW setting.

"By having ships participate in this, we bring them up to a much higher multi-ship level," said Capt. John Kersh, commodore, Destroyer Squadron 24. "We have learned from the Royal Navy and their operating procedures, and they have modeled some of their training after how we operate. JW training is a huge asset on an international level."

For Parriott, JW training was unlike any normal training evolution he might encounter near the United States.

"Joint Warrior allowed us to add a level of complexity to an

exercise different from what we can do back in the states. Here, there were a large number of ships in a small operating area with close proximity to land. Bring in the simulated attacks, and it's just different training from what we get back in Jacksonville or Norfolk."

Parriott also said participating in a scenario-driven exercise like JW lets Sailors deal with multiple aspects of maritime situations simultaneously, including geo-politics, media relations, tactics and wartime responses.

Parriott included that learning to deal with highly-intense situations was not the only essential element JW provided.

"It's incredibly important to have these relationships with foreign allies. With the number of issues going on around the world, our ability to work with

partner nations is absolutely valuable," he said.

Exercise Joint Warrior was a multinational training environment incorporating four U.S. ships with a series of scenario-driven, high-intensity evolutions. The exercise took place May 11-21 and focused on strengthening partnerships and operability among members of the North Atlantic Treaty Organization (NATO). JW also encompassed fleet irregular warfare training (FIWT), allowing participants to focus on counterpiracy, an issue growing more prevalent in the international theater.

Philippine Sea is scheduled for a 10-month upgrade period prior to its next deployment.

USS John L. Hall Puts Face To IFWG Discussions

From John L. Hall Public Affairs

USS John L. Hall (FFG-32) hosted the International Frigate Working Group (IFWG); a group consisting of eight countries, including the United States, which utilizes the FFG-7 class frigate in their naval fleet on May 12.

Countries represented were, Poland, Egypt, Australia, Bahrain, Taiwan, Turkey, and Spain.

The ship's crew led tours through the Combat Information Center, Central Control Station, Pilot House, 76mm Gun, Auxiliary Machinery Room 2 and the Main Engine Room while subject matter experts stood by in each space to answer guest's questions.

Later that evening a reception sponsored by the St. Augustine Navy League was held on the flight deck. Guests enjoyed



-Photo by FC2(SW) Kevin Arnold
Lt.j.g. Chris Turner briefs Rear Adm. Jim McManamon, three captains from the Turkish Navy, Colonel Mohammad Al-Zayni of the Bahrain Navy, and others, on ship control and navigation equipment.

catered food courtesy of the St. Augustine Culinary School while the Southeast Region Navy Band entertained with music.

Many of the guests, which included foreign Admirals, Rear Adm. Kevin Quinn, Commander, Naval Surface Forces Atlantic, and Rear Adm. Jim McManamon, Deputy Commander for Surface Warfare, SEA 21, remarked on the outstanding appearance of the ship.

These compliments were a direct reflection of the hard work the crew put into ensuring the reception would be a success.

All hands were involved in preparations for this visit whether it was cleaning, painting, carrying stores, or managing events.

Boatswain's Mate 3rd Class

Tarek Manun helped clean and secure the flight deck tent, carried food and refreshments to the galley, and served as the Boatswain Mate for the reception piping dignitaries aboard.

"I think it went smoothly and everyone knew what they were doing," Manun said. "I was proud to be able to help."

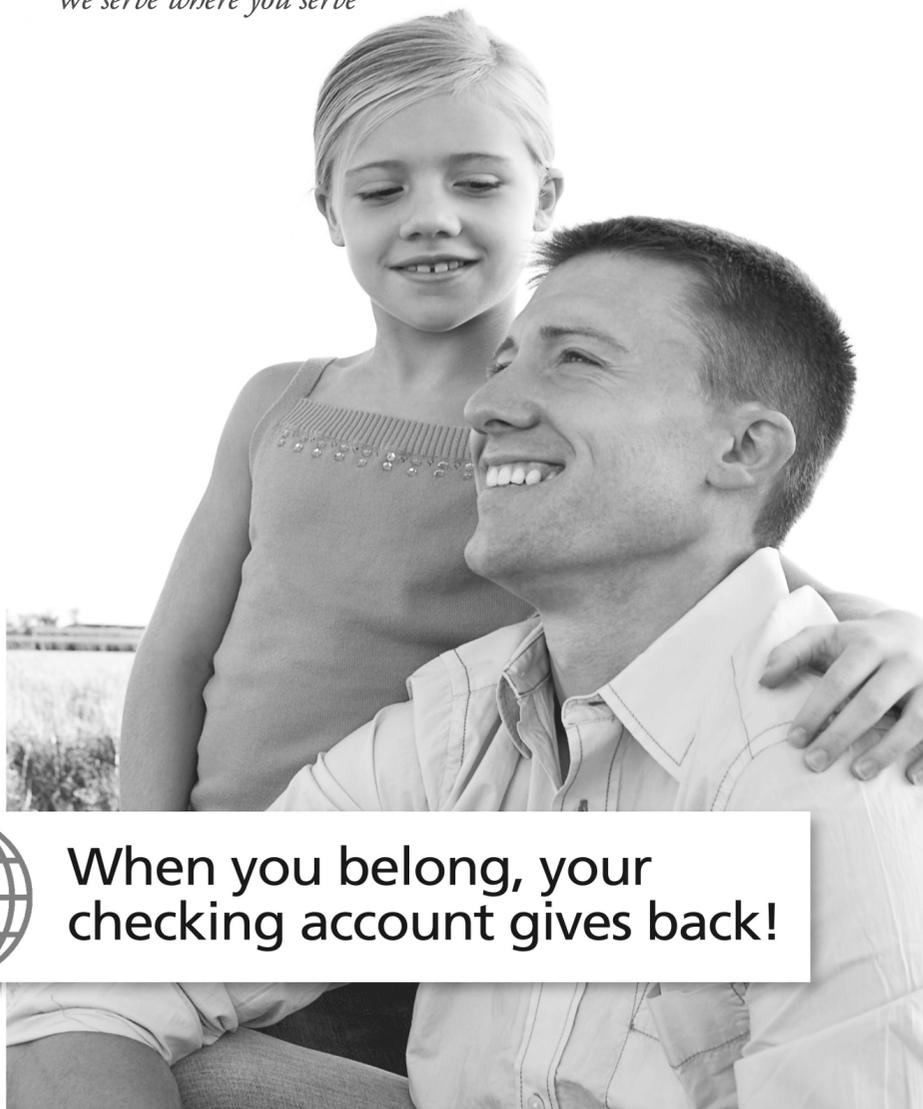
There were also Sailors in more supporting roles who

didn't attend the reception. Electrician's Mate Petty Officer (SW/AW) Tony Gray and the electrical shop painted water-line security lights, set-up and broke down the lighting for the reception, and served as standby electricians for the evening.

"I was glad the flight deck came out looking as good as it did," Gray said. "I know my guys and I had a hand in that."

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MWR Happenings

May 28: Free 10-Minute Golf Lesson. Lessons will be offered 9 a.m.-1 p.m. at Windy Harbor Golf Club. Sign up in advance at the Pro Shop. 270-5380

May 28: CPO Weekly Social Hour (Retiree Night). Free hors d'oeuvres every Thursday 4-6 p.m. at Foc'sle CPO Club plus all-you-can-drink soft drinks for only \$1. Bring in your official CPO mug for \$1 domestic drafts. CPO retirees bring in a cruise book to show off and receive one free domestic draft.

Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5432

May 29: Summer Outdoor Movie (Race to Witch Mountain, PG). Start time is at sunset, or approximately 8:40 p.m. every Friday at Sea Otter Pavilion. Light refreshments available for purchase. Bring your lawn chairs or blankets and bug spray, just in case. 270-5228

June 2: All Khaki Night at CPO Club (Celebrity

Bartender). Free hors d'oeuvres every Tuesday 4-6 p.m. at Foc'sle CPO Club plus all-you-can-drink soft drinks for only \$1. Tuesday night is reserved for Chief Petty Officers and Officers, active and retired, and their guests. 270-5432

June 3: Intramural Lunchtime Bowling League. 11:15 a.m. warm-ups every Wednesday at Mayport Bowling Center. Cost is \$2 each week for Active Duty. Captain's Cup league. 270-5377

June 4: CPO Weekly Social

Hour (Mug Night). Free hors d'oeuvres every Thursday 4-6 p.m. at Foc'sle CPO Club plus all-you-can-drink soft drinks for only \$1. Bring in your official CPO mug for \$1 domestic drafts. The CPO mug rep will be on site to place orders for those without a mug. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5432

June 5-6: Register for Session 1 Swim Lessons. Register 8-10 a.m. Friday and Saturday at the Base Pool.

Morning and evening lessons available. Session 1 begins June 8 and meets Monday through Thursday for two weeks. Cost is \$40 per person. Children's and adult lessons are available. 270-5425

June 8: Intramural Tennis Begins. Singles and doubles; all levels welcome. This Captain's Cup league plays weekday mornings and at lunch. Sign up at the Gym. 270-5451

June 8: Women's Softball Begins. Open to military, DoD and civilians. Sign up at the

Gym. 270-5451

June 9: 5K Run, 3K Walk and Stroller Strut. 8 a.m. start at the Gym (free). 270-5451

June 12-14: Open Water Scuba Certification Course. Course includes use of all dive gear, course study materials, professional instruction, two nights lodging, two days admission to the springs, round-trip transportation for only \$290 (\$320 for guests). Sign up at Outdoor Adventures. 270-5541

MWR Sports/Fitness

Sports

The Intramural Volleyball Lunchtime League game time is 11:30 a.m., Monday-Thursday, behind Beachside Community Center. This is a Captain's Cup activity.

Fitness

The Surfside Fitness schedule is as follows:

Monday

7 a.m., TRX
9:30 a.m., Power Walking
9:30 a.m., Broken Hearts
1 p.m., Moms in Motion
4:30 p.m., Zumba

Tuesday

6:30 a.m., Yoga
9:30 a.m., Lolmpact
11:30 a.m., Advanced Mind Body
1 p.m., Strength Solutions & Flexibility Fix-Ups

Wednesday

6:30 a.m., Functional Flexibility and Stress Management
9:30 a.m., Intro to Mind Body
Noon, Lunch Crunch
1 p.m., Moms in Motion

The Fitness P.O.W. is Cardio: Cycling; Strength: Rotator Cuff; Stretch: Iliotibial Band

3 p.m., TRX

5:30 p.m., Kids Clinic

5:30 p.m., Kickboxing

Thursday

9:30 a.m., Pump and Grind
11:30 a.m., Zumba
1 p.m., Strength Solutions & Flexibility Fix-Ups

Friday

7 a.m., Beach Bootcamp
9:30 a.m., Broken Hearts
9:30 a.m., Fitness Equipment Training
The Gym schedule is as follows:

Monday

6 a.m., Weight Training for Warfighters
11:30 a.m., Circuit Senations
3 p.m., Command Row-bics

Tuesday

6 a.m., Command Cardio

Pump

11:30 a.m., Resistance

3 p.m., Conditioning for Running

4:30 p.m., Spinning

5:45 p.m., Fitness Equipment Training

Wednesday

7 a.m., Cardio, Combat and CORE

11:30 a.m., Spinning

Thursday

7 a.m., Command Jump and Jab

11:30 a.m., Row-bics

3 p.m., Victory PRT

Friday

6:30 a.m., Command Spinning

9:30 a.m., Intro to Spinning

11:30 a.m., Strength Training Basics for Women

From Page 1

ing MWR programs for summer 2009. For additional information on activities and events offered by MWR at Naval Station Mayport, visit us online at www.cnrc.navy.mil/Mayport/Recreation or call 270-5228.

ics are being offered during the summer, each meeting on Tuesdays and Thursdays from 9-11 a.m. for two weeks. The first session begins on June 16. Cost is \$100 per child and includes professional instruction for four days with six students per instructor. Snacks will be provided daily. Space is limited. To register, visit Windy Harbor Golf Club or call 270-5380.

Don't miss out on these excit-

Kid Zone

May 29: Freedom Friday, Japan Style. 7-11 p.m. at the Youth Activities Center for elementary ages. Cost is \$7 in advance, \$9 the day of (if space). Space is limited; early sign up is recommended. 270-5680

May 29: Club Teen Extended Hours. 7-10 p.m. for middle and high school ages. 270-5680 or 246-0347

May 29: Summer Outdoor Movie (Race to Witch Mountain, PG). Start time is at sunset, or approximately 8:40

p.m. every Friday at Sea Otter Pavilion. Light refreshments available for purchase. Bring your lawn chairs or blankets and bug spray, just in case. 270-5228

June 5-6: Register for Session 1 Swim Lessons. 8-10 a.m. Friday and Saturday at the Base Pool. Morning and evening lessons available. Session begins June 8 and meets Monday through Thursday for two weeks. Cost is \$40 per child. 270-5425

June 8: Youth Summer

Day Camp Begins. Ages 6-12 welcome (age 5 if completed Kindergarten). Weekly sessions available; fees based on total family income. Registration continues at the Youth Activities Center until all spaces are filled. 270-5680

June 13: Youth Pool Party. 6:30-8:30 p.m. at the Pool. Cost is \$2 per person or \$5 per family. Children under age 10 must be accompanied by a parent. 270-5680

Liberty Call

The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by Planet Mayport Single Sailor Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

May 31: Surveys and Sundaes. Stop by Planet Mayport, complete a survey telling us your opinions and receive a free sundae for your time and input.

June 1: Hooters Trip. Join

us for Military Mondays at Hooters. Free transportation. Trip leaves Planet Mayport at 5:30 p.m.

June 2: Dollar Dining. A variety of \$1 food options will be available at Planet Mayport starting at 6:30 p.m.

June 3: Rack Attack Pool Tournament. This free billiards tournament is free and starts promptly at 6p.m. Prizes will be awarded to first and second places.

June 4: Free Thirsty Thursday. Meet us at Planet

Mayport for a free cup of coffee starting at 6 a.m., while supplies last.

June 5: Free Fry-Day. Who can resist McDonald's French fries? Stop by Planet Mayport at 4:30 p.m. for some free fries, while supplies last.

June 6 & 7: Atlantic Beach Day Trip. Our first in a three part series of weekend trips to the beautiful beaches of Florida... Van departs Planet Mayport at 9 a.m. and returns at 4 p.m. both days.

MWR Youth

a certificate of completion and PADI Seal Team I.D. Card with their picture on it. MWR will provide all the necessary scuba gear for both Bubblemaker and Seal Team. Pre-registration is required at Outdoor Adventures. For more information, call 270-5541.

Explore the world of golf at Windy Harbor Golf Club with Junior Golf Clinics for ages 8 and older. Three separate clin-

A Night of Comedy

At Bogey's Restaurant, Naval Station Mayport
Thursday, June 11
8:00 p.m.



Come early and order from our tapas menu starting at 6:30 p.m.

Dean Napolitano has been seen on The Late, Late Show with Craig Ferguson. He has made people laugh at the Improv in L.A., Orlando and Ontario. He has co-starred in the TV series "What About Brian", "The Shield" and "Las Vegas". Now see him at Bogey's on June 11, 2009. Bogey's will open at 6:30 p.m. with a tapas menu (for purchase). The show begins at 8:00 p.m. and is free. Space is limited... reservations required!

E-mail Jon Fine at jon.fine@navy.mil to make your reservation or call Jon at (904) 270-5380 for additional information.

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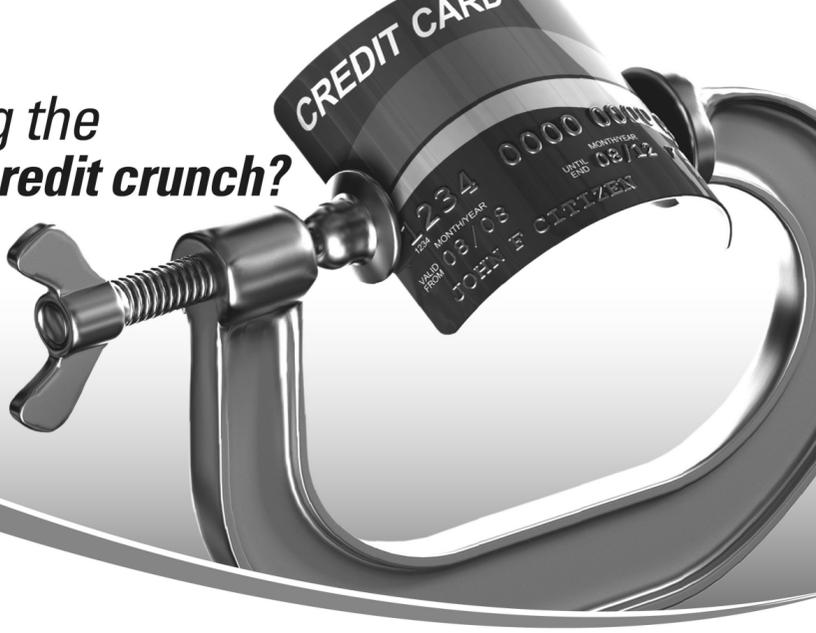


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Calendar

Out in Town

Thursday, May 28

In accordance with Jewish tradition, an all night session of Torah study will be held on the first night of Shavuot, beginning at 10 p.m. The event will be hosted by Chabad @ the Beaches, 521 A1A N, Ponte Vedra Beach. Separate study sessions will be conducted, a groups of Yeshivah Students from New York, Rabbi Kurinsky, as well as by lay members of the community. Coffee and refreshments will be served. The entire community is invited to attend.

Friday, May 29

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$5 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. After dinner, enjoy the music of SOUTHBOUND from 9 p.m.-1 a.m.

Saturday, May 30

As a public service, U.S. Coast Guard Auxiliary 14-04, Jacksonville Beaches, is offering a one-day Safe Boating Program on the following dates: June 27, Sept. 12, Oct. 3, or Nov. 14. Program runs from 7:30 AM to 5 PM and will be held at the Captain's Club, 13363 Beach Blvd. in Jacksonville. Course fee of \$25 includes materials.

This course meets the Florida State requirement for a Boaters Safety Card that could result in a decrease in your boat insurance. For more information, please contact Mike Christnacht at 904-502-92154 or log on to www.uscgajaxbeach.com.

Wednesday, June 3
The Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" from 5-8 p.m., at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. Snacks will be available for a donation of \$1.50 to \$5. Then stay and enjoy the music of Doug Bracey from 9 p.m.-1 a.m.

Thursday, June 4

The Fleet Reserve Association Branch 290 will hold their monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a world wide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty Branch" because of the number of active duty members. If you have served in any of the maritime services - Navy, Marine Corps or Coast Guard - no matter how long, stop by the Branch Home or call 246-6855. New members are always welcome.

Friday, June 5

The Fleet Reserve Association, Branch 290, is hosting a Dinner from 5-8 p.m. at the Branch Home, 390

Mayport Road, Atlantic Beach. The dinner will include Ham, Scalloped Potatoes and Green Beans. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. Happy hour precedes the dinner from 4-6 p.m.; all drinks are 50¢ off. After dinner, enjoy the music of DOUG BRACEY until 1 a.m. As always, the public is invited to attend.

Saturday, June 6

U.S. Senator Mel Martinez (R-FL) today announced a First-Time Homebuyer Forum from 10 a.m.-1 p.m. to be held at the University of North Florida in Jacksonville. The workshop will provide information about first-time homebuyer programs, applying for a FHA loan, first-time homebuyer tax credits, and credit counseling. This forum is open to the public. An RSVP is required to attend the workshop due to limited space. Please call 904-398-8586 or email rsvpvent@martinez.senate.gov.

Fourth annual "Tour de Parks" family bike ride, sponsored by City of Atlantic Beach Recreation and Special Events with the Cultural Arts and Recreation Advisory Committee first tour will leave at 9 a.m. from the tennis parking lot at Jack Russell Park, with tours departing every 30 minutes until the last tour leaves at 11:30 a.m. Participants enjoy a seven-mile guided bike tour that visits 10 Atlantic Beach parks. Individuals, families and friends are all welcomed to join the tour. Tour guides will be there to assist with the route, guides stationed at the parks, and traffic officers will

help crossing Mayport Rd. Self-guided walks, runs, and jogs are also welcomed—just pick up a map and go! Group tours of 8-12 bikers can be arranged with advance notice. Tour maps are available June 1 on the recreation website, www.coab.us/events. Participants are urged to follow Florida law, which mandates helmets for anyone riding a bike under the age of 18. Contact Karen Kempf at 247-5828, email recreation@coab.us or the Atlantic Beach Department of Recreation and Special Events at 247-5828.

Sunday, June 7

Join a park ranger at 2 p.m. and learn about the lifecycle of the sea turtle and the importance of these creatures. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Wednesday, June 10

The Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" from 5-8 p.m., at the Branch Home, 390 Mayport Road, Atlantic Beach. Snacks will be available for a donation of \$1.50 to \$5. Then stay and enjoy the music of Doug Bracey from 9 p.m.-1 a.m.

Saturday, June 13

A diversity of plant and animal species survive in Florida's tropical environment, including both native and exotic species. Join a park ranger at 2 p.m. to learn how to identify exotic, non-native animals and what you can do

to care for them from 6-9 p.m. at West Regional Library, 1425 Chaffee Road S. They also will teach you the basics for composting, why you should compost and how to do it. This is a free program. Call Becky to register at 387-8850.

Sunday, June 21

Join a park ranger at 2 p.m. and learn how you can help Florida's environment stay natural and healthy by planting native species, eradicating exotic species, and creating an earth-friendly mini-environment on your property. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Monday, June 22

United Methodist Church, 400 Penman Road, Neptune Beach, invites the children of our community on an exciting prayer safari from June 22-26. Through their adventures, children will discover that "God Listens", "God Provides", "God Forgives", "God Protects" and "God Rules"! We will have a great time together with lively songs, hilarious skits, creative crafts, exciting games, Bible stories and tasty snacks - all of the things that make Vacation Bible School so much fun for our children. Call 249-5370 today to register.

Thursday, June 25

The Duval County Extension Office Staffers are offering a workshop about native plants to grow in our area, which ones to choose for your yard and how

to care for them from 6-9 p.m. at West Regional Library, 1425 Chaffee Road S. They also will teach you the basics for composting, why you should compost and how to do it. This is a free program. Call Becky to register at 387-8850.

Saturday, June 27

Join a park ranger at 2 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Monday, June 29

The City of Jacksonville Canning Center in cooperation with the Duval County Extension Service will offer a workshop from 9 a.m. to Noon and another from 1-4 p.m. Learn about no sugar products by making Tropical Tango Preserves and take some home for the family to enjoy. The cost is \$20 per person which includes all materials. You will take home approximately (2) half-pints. Space is limited. You must pre-pay to register. Send your \$20 check made payable to DCOHAC and mail to Canning, 1010 N. McDuff Ave., Jacksonville, FL 32254. Deadline is June 27. Call Jeannie at 387-8850 to register.

FFSC Schedule June Set

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 110. FFSC is located in Building One on Massey Avenue.

May 28, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

May 29, 8 a.m.-noon, **Leadership Life Skills for E4 & Below**, Base Chapel

June 1, 9-11 a.m., **What About The Kids**, FFSC

June 1, 1-4 p.m., **Expectant Dad's Class**, USO

June 2, 1-3:30 p.m., **Smooth Move**, FFSC

June 2, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 2, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

June 3, 9 a.m.-noon, **Tottletyme Playgroup**, USOMC

June 3, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 5, 9-11 a.m., **Car Buying Tips**, FFSC

June 8, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

June 8, 1:30-3:30 p.m., **FERP- Starting Your Own Business**, FFSC

June 8-11, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building 1 Room 104

June 9, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 10, 9 a.m.-noon, **Tottletyme Playgroup**, USO

June 11, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 12, 9-11 a.m., **Credit Report**, FFSC

June 15-19, 7:30 a.m.-4:30 p.m., **Command Financial Specialist Training**, ATG Building 1388 Room 138

June 16, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 17, 8-11:30 a.m., **Stress Management**, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress.

June 17, 9 a.m.-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such

as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

June 18, 8-11 a.m., **Anger Management**, FFSC

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

June 18, 8-11 a.m., **Establishing A Sound Family Budget**, FFSC

June 18, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 22-25, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1 Room 104

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed

to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

June 23, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 23, 1-3 p.m., **Sponsor Training**, FFSC

June 24, 9 a.m.-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. June 24, 6-7 p.m., **Individual Augmentee (IA) Family Discussion Group**, USO

June 25, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

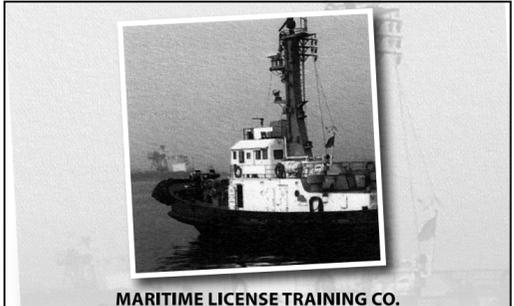
June 26, 9-11 a.m., **Home Buying**, FFSC

June 28, 6-7 p.m., **Ombudsman Assembly**, USO

June 29, 8 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

June 29, 1:30-2:30 p.m., **FERP- Federal Employment Class**, FFSC

June 30, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC



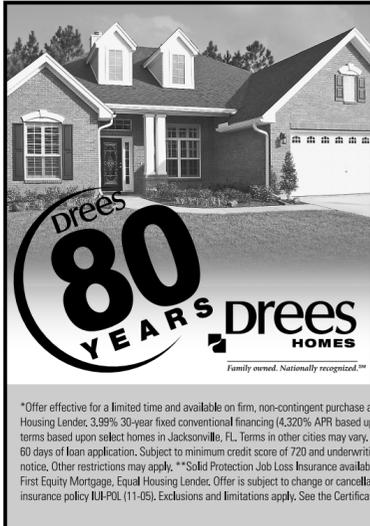
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THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- Rich ore deposits
- Bit of numerical data
- Insurance co. employees
- That is, more formally
- Wild party
- Bit of moisture
- Saudi pilgrim's destination
- Bambi, for one
- Nothing more than
- New York theater center
- Fly
- Newscaster Lindstrom and others
- Made a sound of contempt
- French farewells
- Dull finish
- Pea casing
- Olympian's hope
- Rub away
- Utility bill: abbr.
- Backless sofa
- Mix with a wooden spoon
- Gaze intently
- Fictional king who loved gold
- Spanish gold
- Actress Eve
- Grandfather clock parts
- Chewy candies
- Algerian port
- Speaks publicly
- Loathing
- Crucifix letters
- Lay concrete
- San Diego baseball player
- Tiny insects
- Completed
- Cleansing process
- Prophet
- Fruit pastry
- Change an alarm clock

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20					21			22	23				
24					24			25					
26	27	28			29								
30				31		32			33	34	35	36	
37				38		39			40		41		
42				43		44			45		46		
47				47		48			49		50		
51	52	53						54					
55								56			57	58	59
60						61	62			63			
64						65				66			
67						68				69			

DOWN

- Arm or leg
- River on the German-Polish boundary
- Art
- Get away
- Arena
- Fountain drinks
- Three, in card games
- Years of life
- Oppressive one
- Fans
- Wonderful
- Crumby cake
- Go too fast
- Coated a floor
- Mark a ballot
- Light lunch
- Chimpanzees
- Dimwit
- Mental image
- Self-proclaimed expert: var.
- 10-cent coins
- Tiny particle
- Father

THIS WEEK'S ANSWERS

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78
79	80	81	82	83	84	85	86	87	88	89	90	91
92	93	94	95	96	97	98	99	100	101	102	103	104

2008 Water Quality Report For Mayport Released

From NS Mayport Environmental

The Naval Facilities Engineering Command (NAVFAC) Southeast, Water Utilities Division, NAS Jacksonville, Florida, is your water utility service provider. We're very pleased to provide you with this year's Annual Water Quality Report. We want to keep you informed about the excellent water and services we have delivered to you over the past year. Our goal is and always has been, to provide to you a safe and dependable supply of drinking water. Our water source is three deep wells which draw from the Floridan Aquifer. In 2008, the Department of Environmental Protection performed a Source Water Assessment on our system. These assessments were conducted to provide information about any potential sources of contamination in the vicinity of our wells. The assessment results are available on the FDEP Source Water Assessment and Protection Program website at www.dep.state.fl.us/swapp. There are two potential sources of contamination identified for this system with low to moderate susceptibility levels. Our treatment of your water supply includes aeration for odor control and chlorination to properly disinfect.

For further information or questions concerning this report or NAVFAC Southeast Water Utility Division that serves you, it is requested: Navy on-base housing residents first contact their Station Housing Office and activity employees should first contact their safety or environmental offices. All questions will be answered through your activity or directly with the customer. In addition, Navy personnel who live in private residences can also contact NAVFAC Southeast for general questions on water quality or to understand the information provided in other utility CCRs. To contact your water utility, please call NAVFAC Southeast Water Utilities, at (904) 542-6893. We want our valued customers to be informed about their water utility. If you want to learn more, please make that call.

NAVFAC Southeast routinely monitors for contaminants in your drinking water according to Federal and State laws and regulations. Except where indicated otherwise, this table shows the results of our monitoring for the period January 1st to December 31st 2008. As authorized and approved by EPA, the State has reduced monitoring requirements for certain contaminants to less often than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Therefore, some of our data, though representative, is more than one year old.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Action Level (AL) - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level - The "Maximum Allowed"

TEST RESULTS TABLE – NAVSTA MAYPORT							
Radiological Contaminants							
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	MCL Violation Y/N	Level Detected	Range of Results	MCLG	MCL	Likely Source of Contamination
Radium 226 (pCi/l)	9/08	N	0.4	N/A	0	5	Erosion of natural deposits
Inorganic Contaminants							
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	MCL Violation Y/N	Level Detected	Range of Results	MCLG	MCL	Likely Source of Contamination
Barium (ppm)	9/08	N	0.026	N/A	N/A	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Nitrate (as N) (ppm)	2/08	N	0.16	N/A	N/A	10	Runoff from fertilizer use; leaching from septic tanks; sewage; erosion of natural deposits.
Fluoride (ppm)	9/08	N	0.66	N/A	4	4	Erosion of natural deposits; discharge from fertilizer and aluminum factories; water additive which promotes strong teeth when at optimum levels between 0.7 and 1.3 ppm
Sodium (ppm)	9/08	N	19	N/A	N/A	160	Salt water intrusion, leaching from soil
Disinfection By-Products (TTHMs/HAA5s/Chlorine residual)							
Note: The results in the Level Detected column are the annual average of quarterly averages. The Range of Results is the range of results (lowest to highest) at the individual sampling sites for Stage 1 and Stage 2 monitoring.							
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	MCL Violation Y/N	Level Detected	Range of Results	MCLG or MRDLG	MCL or MRDL	Likely Source of Contamination
TTHM [Total Trihalomethanes] (ppb)	Quarterly 2008	N	50.4	ND-98.2	N/A	80	By-product of drinking water chlorination
HAA5 [Haloacetic Acids] (ppb)	Quarterly 2008	N	17.0	ND-34.7	N/A	60	By-product of drinking water chlorination
Chlorine Residual (ppm)	Monthly 2008	N	1.52	0.3-2.5	4	4.0	Water additive used to control microbes
Microbiological Contaminants							
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	MCL Violation Y/N	Highest Monthly Percentage/Number	MCLG or MRDLG	MCL or MRDL	Likely Source of Contamination	
Total Coliform Bacteria	Monthly 2008	Y	Eight Positive	0	*	Naturally present in the environment	
* For systems collecting less than 40 samples a month: the presence of coliform bacteria in more than 1 sample collected during a month.							
Lead and Copper (Tap Water)							
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	AL Violation Y/N	90th Percentile Result	No. of sites exceeding the AL	MCLG	AL (Action Level)	Likely Source of Contamination
Copper (tap water) (ppm)	7/2007	N	0.29	0 of 66 sites	1.3	1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead (tap water) (ppb)	7/2007	N	3.2	1 of 66 sites	0	15	Corrosion of household plumbing systems, erosion of natural deposits

(MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal - The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfection Level (MRDL) - The highest level of a disinfectant allowed in drinking water. There is a convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG) - The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Not Applicable (N/A) - No value limit or restriction has been applied to this particular parameter.

Parts per billion (ppb) - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Parts per million (ppm) - one part per million corresponds to one minute in two years or a single penny in \$10,000.

Picocuries per liter (pCi/L) - picocuries per liter is a measure of the radioactivity in water.

Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful bacteria may be present. Coliforms were found in more samples than allowed during the months of April and July 2008 and this was a warning

of potential problems. Follow-up sampling confirmed that no problems existed in your water supply.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include: (A) Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

(B) Inorganic contaminants,

such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

(C) Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

(D) Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

(E) Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. NAVFAC SE is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

MCLs are set at very stringent levels: to understand the possible health effects described for many regulated contaminants, a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

Thank you for allowing us to continue providing your family with clean, quality water this year. In order to maintain a safe and dependable water supply we sometimes need to make improvements that will benefit all of our customers. These improvements are sometimes reflected as rate structure adjustments. Thank you for understanding.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

American Legion Supports USO

From BVA

The Beaches Veterans Association (BVA) consisting of the more than 4,000 members of FRA Branch 290; VFW Post 3270; and American Legion Posts 129 and 316 have invited the approximately 500 members of Ponte Vedra's American Legion Post 233 to join them in support of the Mayport USO Centers "No Dough Dinner" (NDD) program for families of deployed NS Mayport service members.

As several mothers have said these twice a month meals come right before payday when the cupboard is bare. In addition to funding these dinners, the BVA also contributes funding to purchase flavored powdered drinks mixes for our fighting troops in Iraq, Kuwait, and Afghanistan to help make their tepid water more palatable. Forty-seven boxes were shipped from the Mayport USO last year, and

more are being readied for shipment at this time. Any contributions for this effort would be greatly appreciated by making checks payable to the Greater Jacksonville USO, (DRINKS) Mail to USO, 2560 Mayport Road Atl Bch 32233

American Legion Post 233 will hold its first BBQ for the NDD's on Sunday June 14 from 1-5 p.m. at the Post home, 560 North Wilderness Trail, off Canal Boulevard in Palm Valley. The cookout will feature BBQ Spareribs, Baked Beans, Greens, Slaw, and Rolls, all for only \$7, by "Salt & Pepper" Catering. Entertainment will be by Frankie Martin Jr Show and Karaoke.

For more information call Post Commander Don Mills at 697-0018. Everyone is welcome.

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Intracoastal/Hedges Blvd. 2480 Glassy Water Lane, 4/2, 2 car garage, \$1295mo. John J. Realty 904-463-7098

MANDARIN - 3/2, cul-de-sac, FP, no pets, \$1100/mo. 1st + \$1100 sec. 904-910-4394

MAYPORT VILLAGE 3/2, 1/2 mile behind back gate. \$995mo. 904-716-8818

Houses Unfurnished

Marletta - exit: 4 bedrooms, 3 baths, with 2 living rooms, eat-in kitchen, computer room, laundry and a play room which can hold 2 pool tables, 2 car garage, fenced yard. Available for lease \$1,400/mo. Total area 3,400 sq. ft. Very large home, 15 min from NAS. Call 444-9911.

Son Pablo 3/2/2 1700 sf Newly Renovated, in Arlington/Son Pablo under 10 mins to Mayport, Firepl, Vaulted Ceilings, Avail Now, \$1195/mo. EZ Qual+mil. benefits 904-464-0026 smatipon@aol.com

SOUTHSIDE - 4/2 2364 Peach 2700SF \$995 rent NO HUD, No dogs. Call 636-0269

SOUTHSIDE - Near FCJ \$700mo, 3br/1ba, laminated wood floors, 407-227-3428 or 407-380-1758

WESTSIDE - 3/1 car gar fenced yard, great n'hood, \$950/mo 1st & last sec dep 904-397-0410 or 954-263-7311

Westside, 3 bdrm, new kitchen, tile floors, big yard, kids to Stockton Elementary School, 5 min from NAS 387-0022.

YULEE - 4BR/2.5BA, 2800sf. Belts River Estates: exc cond, \$1275mo + \$1275 sec. dep. 904-383-9181

Manufactured Homes

DINSMORE - 2br/1.5ba, priv lot, storage bldg, sec. light, garb & water furn. \$150wk. \$200 dep. 765-9714 bwn 8a-4p

WESTSIDE Large 3/2 mobile home \$99. deposit. Call 781-0441

Roommates

Arlington, non-smoker roommate available, nice house w/swimming pool. Optional: carpool to NAS/JAX. Call (904) 744-0577.

Rooms for Rent

SAN PABLO
Will Furnish \$450m Includes bedroom, private bath, 1/2 of 2 car garage, utilities Male preferred. Call 904-223-1843, 571-5215

St. Johns County Condo Rentals

PONTE VEDRA BEACH - Summerhouse, 2/1.5, W/D, pets ok, \$995. 904-333-1560

Business & Financial

Business Opportunities
Distributions/ Franchises
Fictitious Names
Financial Services
Money to Lend/Borrow
Mortgages Bought/Sold

Business Opportunities

BP Gas Stat./Conv./Carwash for sale good location South San Jose Blvd 904-866-0815

To advertise in the military publications distributed at the local bases in the area, Please call 904-359-4336, Fax 366-6230.

Digital Print Business Must sell, low investment No exp. necessary, local support. Call 1-800-338-6608

Multi-Million \$12yr old co. seeks prof. wishing to ad submit. income stream in an industry that's grown 90% in the last decade 904-333-0261

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Private Instruction Schools
Specialty Training/Events

Schools

DRIVERS/ TRAINERS NEEDED
National Carriers Hiring Now!
No exp. needed!
No CDL? No Problem!
Training available w/Roadmaster
CALL NOW
866-467-9897

Domestic Services/ Caregiving

Live-in companion or driver position, must be Christian lady 62+.

Sales

Business U CHECK THIS OUT

We have three opportunities for experienced Business to Business sales professionals.

1) Appointment Setter. If you have successfully set appointments for outside sales reps.

2) Sales Rep. If you have experience calling on businesses and setting up appointments for outside sales reps.

3) Sales Manager. If you have managed a business to business sales force.

Full Time, DAYS ONLY, no weekends! e-mail resumes to imtblin@bmrktg.com or fax to 904-268-3097

Telemarketing

Business U CHECK THIS OUT

We have three opportunities for experienced Business to Business sales professionals.

1) Appointment Setter. If you have successfully set appointments for outside sales reps.

2) Sales Rep. If you have experience calling on businesses and getting to the decision makers.

3) Sales Manager. If you have managed a business to business sales force.

Full Time, DAYS ONLY, no weekends! e-mail resumes to imtblin@bmrktg.com or fax to 904-268-3097

Merchandise

AC, Heating, Fuel Antiques Appliances Arts & Crafts Auctions Building Supplies Business/Office Equipment Clothes Collectibles Computer Craft/Thrift Stores Electronics Estate Sales Farm/Planting Fruits/Vegetables Furniture/Household Garage Sales Garden/Lawn Hot Tubs/Spas Jewelry/Watches Kid's Stuff Machinery & Tools Medical Miscellaneous Merchandise Photography Portable Buildings Public Sales Sporting Goods Tickets Trailers Wanted to Buy or Trade

Pets and Animals

Adopt a Pet
Pets & Supplies
Livestock & Supplies
Animals Wanted

Pets/Adopt/Lost/Found
Golden Retriever Mix beautiful Male 2yrs old, adopt through Pet Rescue North 1100. 346-6412/571-1990

BEAGLE PUPS AKC \$350 Tri or Red/White, S & W Rdy \$291(whs). 904-365-0626

CAIRN TERRIER PUPS AKC \$600-5700
www.mccartysterriers.com

CHIHUAHUA Small M/F Pups exc quality, shots UTD. \$200. 904-722-1056

Chihuahua Pups - COK M & F, very small, POP \$90-465-0506 or 904-803-5773

Cockapoo Pups 12wk very small 91% Poodle 25% FF 904-553-0091 ask for Kate

CORGI PUPS - Pembroke, AKC, Reds & Tris \$600
www.mccartycorgis.com

ENGLISH BULL DOG PUPS AKC, M/F, Exc. Pedigree, Great Prices! 904-333-7529

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COMPANY DRIVERS NEEDED
Lake City, FL Terminal. OTR flatbed division. Must have recent experience hauling steel and be able to verify a min of 2 yrs, Class A, driving in the last 3 years with a motor carrier. Great pay and benefits package. Call us today 866-396-8074
www.evanstrucking.com

Antiques

Avondale Estate Sale 3590 Pine Street, Sat & Sun May 30-31st 9-4 Antiques- Elliot London G.F. Clock Furniture-LPs-Books- China-1880's Crazy Quilts & more!

Furniture/ Household
BED A Bargin \$140 A Brand New Gdn Pillowtop Set 904-444-0498

BED A BARGAIN A Brand New Pillowtop QN Set \$135. 904-365-0957

BED King Size Set \$220 New in plastic. High Quality. Must sell 904-444-0498

BED KING MATTRESS Set New in plastic Must Sell \$215. 904-365-0957

MATTRESS FULL Size New Must Sell Call Carver 404-0498 \$130

QUEEN MATTRESS SET Brand New in plastic \$140. 904-365-0957

QUEEN MATTRESS & Foundation Brand New in plastic \$135. 904-365-0957

Garage Sale

Jacksonville Beach - Highboy, 1606 Evans Dr. S. Sat 5:30, 8-2

BARGAIN HUNTERS GALORE
This Sat & Sun Have Your Garage Sale at The Market Place! 7059 Ramona, 786-FLEA

Miscellaneous Merchandise

10 speed 27" Schwinn Bicycle, new \$75.00 904-992-8451.

Sporting Goods

Ocean Kayak "Scupper Classic". Sit on top, 2 each dry storage compartments, padded seat, tie down, red, \$199.00 338-6508 anytime.

SOUTH GEORGIA HUNT CLUB - 8000 Acres! Deer, Turkey, Quail, Hogs. Call 904-764-1401 offer 6pm.

Pets & Animals

Adopt a Pet
Pets & Supplies
Livestock & Supplies
Animals Wanted

Pets/Adopt/Lost/Found
Golden Retriever Mix beautiful Male 2yrs old, adopt through Pet Rescue North 1100. 346-6412/571-1990

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ENGLISH BULL DOG PUPS AKC, M/F, Exc. Pedigree, Great Prices! 904-333-7529

Automobiles

Looking for the best price on a new Acura or on one of over 500 used vehicles in stock? Come see Move Cozart, military specialist @ Acura of Orange Park 7200 Blending Blvd., Jax., FL 32244. For appt. call 904-708-6745

Mercedes-Benz Orange Park CPO Sales Event 3.99% 151 Month Inspection 7 Day/100 Mile Exchange Privilege Factory Backed 100,000 Warranty Lifetime Roadside Assistance Free Car Wash Available Every Saturday 904.525.8769 mercedesop.com

Mitsubishi Eclipse Spyder GT 2001, convertible, Have title in hand 6,000 OBO 294-1916.

NISSAN ALTIMA '08 Coupe 8K Miles \$20,980 995-0012 LEXUS OF JACKSONVILLE

Thank you! Besides protecting our country, military personnel stationed in our communities donated 650,620 hours of volunteer service in Northeast Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

Trucks/Trailers/SUV's
CHEVY TAHOE LS '02 ONLY 62K Miles \$11,954 1-888-622-7171 Brumos Mercedes Pre-owned

Ford Econoline E-150 1996, fully loaded conversion v a low miles, runs good, AM/FM, radio, TV, video, electric seats folds flat. \$6,000 OBO Call between 8-11, 786-6841 home or 699-2649 cell.

BMW 320i 06 Premium Sport Pkg, Like New \$24,490. 995-0012 LEXUS OF JACKSONVILLE

INFINITI G35 '05 Coupe, Royal Blue 18k miles, \$22,980 998-0012 LEXUS OF JACKSONVILLE

CASH FOR JUNK CARS Alive or Dead 237-1657

Laurie Potter (USN Retired)
Mortgage Loan Officer
904.256.2051 Direct
904.463.2065 Cell
laurie.potter@bankofamerica.com

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For Rent

650,620 Hours

Besides protecting our country, military personnel stationed in our communities donated 650,620 hours of volunteer service in Northeast Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

Thank you!

For advertising information, please call 904-359-4336, Fax 904-366-6230.

JaxAir News JACKSONVILLE, FLORIDA **Mirror** NS MAYPORT, FLORIDA THE **Periscope** KINGS BAY, GEORGIA

AUTOMOTIVE DIRECTORY

To list your dealership, please call **904-359-4321**

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TOM BUSH BMW JACKSONVILLE	JERRY HAMM CHEV	ORANGE PARK DODGE	HONDA	RICK KEFFER	MINI	SATURN OF AVENUES	BEACH BLVD. AUTOMOTIVE	TO
TOM BUSH BMW ORANGE PARK	CHRYSLER	RICK KEFFER	DUVAL HONDA	LEXUS	TOM BUSH MINI	SATURN OF ORANGE PARK	BRUMOS MOTOR CARS	LIST
BUICK	ATLANTIC CHRYSLER	WESTSIDE DODGE	LOU SOBH HONDA OF THE AVENUES	LEXUS OF JACKSONVILLE	NISSAN	SATURN OF REGENCY	PRE-OWNED AUTO CENTER	YOUR
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CHEVROLET	ATLANTIC DODGE	MIKE SHAD FORD OF ORANGE PARK	JEEP	MIKE SHAD FORD LINCOLN MERCURY	JACK WILSON PONTIAC BUICK GMC	TOM BUSH VW	WORLD IMPORTS CERTIFIED PRE-OWNED AUTO CENTER	
NIMNIGHT CHEVY	CARUSO CHRYSLER JEEP DODGE	GMC TRUCKS	ATLANTIC JEEP	MAZDA	NISSAN	O'STEEN VOLKSWAGEN	O'STEEN VOLVO	
GARBER CHEVY	JACKSONVILLE CHRYSLER JEEP DODGE	NIMNIGHT PONTIAC-GMC	CARUSO CHRYSLER JEEP DODGE	MAZDA CITY	PORSCHE	PROFESSIONAL AUTO LEASING	O'STEEN VW CERTIFIED PRE-OWNED CENTER	
GORDON CHEV			GARBER JEEP	MERCEDES BENZ	BRUMOS MOTOR CARS INC.			

Before you buy, shop these local dealerships first!

A Chance To Give Back



The Military is the largest employer in Northeast Florida and Southeast Georgia!

- Regional Payroll (all 3 bases)
\$2.04 Billion per year
- Retiree Payroll
\$810 Million per year

- Goods & Services (all 3 bases)
\$709 Million per year
- Tuition Assistance Authorized
\$5,137,440



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