

THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

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Give Blood, Save Lives

Naval Station Mayport will host a blood drive at SERMC on Thursday, July 2 from 10 a.m.-2:30 p.m. The bus will be parked out front for all to see and T-shirts will be given to all donors.

Special Duty Pay Revised

NAVADMIN 156/09, announces revisions in special duty assignment pay (SDAP), which take effect July 26.

The revisions adjust SDAP levels for active and Reserve component full-time support (FTS) Sailors, but the majority of SDAP pay remains unchanged from 2008.

Approximately 26,500 Sailors receive SDAP each month and, of these, 6,300 are affected by this message. Adjusted pay rates will be reflected in the August pay cycle, said Jeri Busch, the head of the military pay and compensation policy branch for the chief of naval personnel.

Sailors whose SDAP will be eliminated will receive half of their previous SDAP entitlement for 12 months, or until the Sailor completes the tour, whichever comes first.

The SDAP program is an incentive for Sailors to serve in designated billets that are considered extremely difficult or entail arduous duty.

No Paper For July 4 Holiday

The Mirror newspaper will not be published the week of July 2 due to the Independence Day holiday.

All stories, photos and Fleet Market ads must be submitted to The Mirror no later than July 3 to be included in the July 9 edition.

For more information about The Mirror, call 270-7817 ext. 1012/1013.

Flag Warns Of Unsafe Heat

A heat index flag system is in place at NS Mayport to remind Sailors of cautions when participating in physical activities outdoors.

It is as follows: white flag-80 degrees and under-unrestricted physical activity may be carried out; green flag-80-84.9 degrees-unrestricted physical activity may be carried out; yellow flag-85-87.9 degrees-physical activity is advised only for personnel who have been working out in similar weather for a minimum of 10 days; red flag-88-88.9 degrees-physical activity is advised for personnel who have been working out in similar heat for 12 weeks or more; black flag-90 plus degrees-vigorous outdoor activity is prohibited.

The flags are flown at the flag pole in front of the Gym, Building 1391, with updates provided three to four times a day.

Celebrate Freedom With MWR

Come celebrate America's independence with Naval Station Mayport on June 27.

MWR Mayport will host Freedom Fest 2009 from 4-11 p.m. at Sea Otter Pavilion. The event will feature fun for all ages including carnival rides, inflatables, paintball, clowns, face painting, spray paint artists, a caricaturist and two live bands, all for free.

Food and beverages will be available for purchase, including hamburgers, hotdogs, pizza, chips, snow cones, cotton candy, popcorn, candy apples and ice cream, plus soda, bottled water and other beverages. In addition, the pool will be open with free admission from 11 a.m.-8 p.m. and pool games starting at 1 p.m.

A spectacular fireworks show will light up the night starting at 9:30 p.m. Live entertainment from the band Little Green Men will continue until 11 p.m. The 2009 MWR Freedom Fest is sponsored by Navy Federal Credit Union and Rehab Direct.

For more information, call MWR customer service at 270-5228.

MWR Mayport Holiday Hours

Friday, July 3 (Observed Federal Holiday):

- Bingo: 5-10 p.m.
- Bogey's: 6 a.m.-7 p.m. (limited menu after 3 p.m.)
- Castaway's Lounge: 2 p.m.-1:30 a.m.
- Computer Cove: 11 a.m.-11 p.m.

Gymnasium: 8 a.m.-6 p.m.
Mayport Bowling Center: 12-7 p.m.

Pelican Roost: 10 a.m.-4 p.m.

Pizza Hut: 10:30 a.m.-10:30 p.m.

Planet Mayport Single Sailor Center: 10 a.m.-11 p.m.

Pool: 11 a.m.-6 p.m.

Windy Harbor Golf Club: 7 a.m.-7 p.m.

Closed MWR Facilities:

- Administrative/Business Office
- Auto Skills Center
- Child Development Centers/Child Development Home
- CPO Club
- Ocean Breeze Conference Center
- ITT & Recreation Ticket Vehicle

Outdoor Adventures
Recycling/Vehicle Scale/Vehicle Storage

Surfside Fitness Center
Youth Activities Center/Teen Center

Veterinary Clinic

Saturday, July 4:

- Bogey's: 6 a.m.-7 p.m. (limited menu after 3 p.m.)
- Castaway's Lounge: 2 p.m.-1:30 a.m.
- Computer Cove: 11 a.m.-11 p.m.
- Gymnasium: 8 a.m.-6 p.m.
- Mayport Bowling Center: 1-8 p.m.
- Pelican Roost: 10 a.m.-4 p.m.
- Pizza Hut: 10:30 a.m.-10:30 p.m.
- Planet Mayport Single Sailor Center: 10 a.m.-11 p.m.

Pool: 11 a.m.-6 p.m.
Windy Harbor Golf Club: 7 a.m.-7 p.m.

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- Surfside Fitness Center
- Youth Activities Center/Teen Center
- Veterinary Clinic



New HSL-42 Commanding Officer, Cmdr. Christopher Failla, addresses attendees at the squadron's change of command ceremony June 12. Failla relieved Cmdr. Dana Gordon.

Failla Takes Command Of Proud Warriors

By Lt.j.g. Chris Hinson
HSL-42 PAO

Cmdr. Christopher P. Failla relieved Cmdr. Dana R. Gordon as commanding officer of the HSL-42 "Proud Warriors" on June 12, bringing an end to one outstanding chapter in Proud Warrior history and marking the start of another.

The ceremony marked the conclusion of a successful tour for Gordon, under whose leadership the squadron continued its award-winning tradition by earning its third consecutive Battle "E," its eighth consecutive

secutive Retention Excellence award, and the Golden Wrench award.

This tour is just another example of excellence that is added to a long list of spectacular achievements throughout Gordon's career to include: the accumulation of over 3500 flight hours in the SH-60B, being named HSL-44's 1995 Detachment Maintenance Officer of the Year, being awarded the 1994 Commander HSL Wing Atlantic Fleet Aviation Valor and Embarked Aircrew of the Year Awards, the

Sikorsky Rescue Pin for a daring night high seas rescue, and a second Sikorsky Rescue Pin for his participation in the heroic rescue of six civilians and one aircrewman atop a burning smokestack.

Retired Capt. Neil W. T. Hogg, former commanding officer of the HSL-46 "Grandmasters" and current Deputy Director for the Program/Budget Coordination Division (FMB3) within the Department of the Navy's

See HSL-42, Page 3

PCS Moves Are Back On

By MCC(SW) Maria Yager
Chief of Naval Personnel Public Affairs

The Navy announced June 19 that it will resume issuing permanent change of station (PCS) orders following a three-month delay due to a budget shortfall.

Last April, approximately 14,000 Sailors who were supposed to transfer during the summer had their transfer dates delayed until fiscal year 2010. With the passing of a supplemental request, the Navy received approximately \$89 million needed to fund PCS moves through the end of this fiscal year.

"Navy leadership made PCS funding a priority in discussions with the Congress, and earlier this week, Navy's supplemental funding request passed both houses of Congress. Accordingly, Navy Personnel Command has been authorized to resume normal order writing, enabling Sailors and their families to move this summer," said Chief of Naval Personnel Vice Adm. Mark Ferguson.

Sailors who previously negotiated orders, but then had their transfer date put on hold, need to renegotiate orders via Career Management System Interactive Detailing (CMSID) or their detailers. Detailers recorded what Sailors had previously negotiated and will try to honor those commitments, to the maximum extent possible, but

Sailors need to renegotiate orders via CMSID or their detailers.

Sailors still need to reapply.

During the PCS delay, the Navy issued a limited number of orders for Sailors completing individual augmentees (IA) and GWOT support assignments (GSA) as well as new accessions, so billets that were available before the PCS delay may no longer be available.

"We want to do what is best for the Sailor. Now that funds are available, they may want to move sooner in order to get their children enrolled in school or they may want to remain at their current duty station until November," said Master Chief Quarter Master (SW/AW) Andy Millar, senior enlisted advisor for enlisted distribution. Millar and his detailers are committed to working with affected Sailors to minimize the disruption for Sailors and their families.

The current CMSID cycle ended June 24, and the next cycle begins July 9-22. Sailors may log in and view available assignments at <http://www.npc.navy.mil/Enlisted/CMS/>.

SecNav Committed To Sailors, Families

By Darren Harrison
Naval District Washington Public Affairs

The secretary of the Navy (SECNAV) said during his assumption ceremony June 18 that his first commitment as secretary will be to service members and families.

"The law requires me to ensure that the Department of the Navy is properly manned, trained and equipped, fully prepared to meet the challenges of the 21st century," said SECNAV Raymond Mabus Jr. "I deeply believe that this involves not just what our Sailors and Marines do for us but what we do for them and for their families."

Mabus made the remarks following the administering of the oath of office by Secretary of Defense Robert Gates at Admiral Leutze Park on the Washington Navy Yard (WNY). Earlier in the day, Vice President Joe Biden administered the oath at the White House.

Senior government and military leaders and roughly 500

guests attended the ceremony at the WNY. In addition, 27 ambassadors attended the event.

"We face great challenges, and we have great friends and allies," Mabus said. "To representatives of the international community here today, welcome. I look forward to the opportunity to strengthen ties that are already strong, and I know our collaboration will advance the interests of peace and a more just and stable world."

Mabus, the former governor of Mississippi, was nominated by President Barack Obama to be the civilian leader for the U.S. Navy March 27. Following his confirmation by the Senate Armed Services Committee, Mabus was sworn in as secretary of the Navy during a private ceremony May 19.

As SECNAV, Mabus oversees a budget of \$150 billion and almost 900,000 people and performs a range of duties, to include recruiting, equipping

See SECNAV, Page 3



Secretary of Defense the Honorable Robert Gates, left, administers the Oath of Office to Secretary of the Navy the Honorable Ray Mabus during a ceremony at the Naval Support Activity Washington-Washington Navy Yard. Mabus, the former governor of Mississippi, is the 75th Secretary of the Navy.

-Photo by Joseph P. Cirone

Street Talk

What Does Being American Mean To You?



FC2 Tyler Farrel
USS Philippine Sea

Its makes me very proud to be a part of America. This is a day to spend with family and friends.



CSCS Tyron Thomas
USS Carney

Being proud, and honored to be a part of the greatest country on earth.



MMC (SS) Shawn T. Lewis
Security

As an American, I'm proud of our accomplishments and our contributions to the world community.



OS2 Jarvis Woods
USS John L Hall

Taking pride of my nation, the day to celebrate freedom.



Amanda Young
Single Sailor Coordinator

I'm proud to be an American this 4th of July because I have the honor and privilege of serving our Sailors who serve us 365 days a year. Working for Single Sailor has given me the opportunity to offer some fun and relaxation for the guys and girls that truly deserve it. To me, being American is a blessing thanks to our Armed Forces.

Chaplain's Corner

This morning you may have read an uncensored newspaper because we live in a country that believes and practices freedom of the press. This past Sunday you may have attended the church of your choice because this country believes and practices the free choice of religion. I am now sitting in my stateroom, while embarked on the USS Kauffman (FFG59), writing down my thoughts because we believe in freedom of expression. These are just a few of the freedoms that we enjoy in America.

Indeed, America is blessed in many ways! Tremendous natural resources, great scenic beau-



Chaplain Joe Molina
CDS40 Staff Chaplain

ty, a basically robust economy and educational opportunities available to all who desire it,

are part of a seemingly endless list of the fruits which freedom and much sacrifice has brought. The results of our unique 233-year-old democratic experiment seem almost supernatural. No other people in the history of mankind have achieved so much in so little time. America is unique among all nations in all of recorded history! That is a powerful reality.

In preparation to celebrate the 4th of July a number of compelling realities appear clear to me. As I see it, there are two immediate temptations we face as a people. The first, we can take it all for granted, in which case freedom appears to be

cheap. **Freedom is not cheap!** Freedom always has and it always will demand a price. Our nation's various conflicts speak forcefully of the price that freedom has demanded over the years. Our present day war on terrorism testifies to this truth and reminds us of the fragile nature of our freedoms.

The second temptation is that of praising and worshipping America without recognizing the ultimate source of our unique freedoms. Ultimately, I believe that the One for whom the word "free" has a special meaning has inspired our freedom. May I offer the following acronym to remind us of where

our ultimate freedom rests?

F-aith (in God)
Faith in God brings freedom from the bondage of the excesses of life. When we place our faith in God we are set free. God is the ultimate source of all freedom!

R-eliance (on God)
Reliance on God brings freedom from the chains of insecurity. We can trust The Almighty to supply our strength for God is omnipotent.

E-nlightenment (from God)
Those who desire it can receive God's light. This light has been revealed to us and is available for those who truly seek it with all their hearts.

God is light!

E-ternal Life (with God)
Many people live in fear. They dwell on the gloomy side of life failing to recognize that God holds the future. For them, closing their eyes at the moment of death represents a frightening experience because they have no vision of eternity. God will give us freedom from fear of the future, old age and ultimately, death.

Will you celebrate all of this with me on 4 July? It's worth a celebration!

GOD BLESS AMERICA AND GOD BLESS YOU!

Sweet Land of Liberty: Guide to Military Travel

Money-Saving Tips For Your Summer Vacation

By Erica I. Peña-Vest and Ryan Vest
Travel Columnists

With summer finally here, we should all be planning our summer getaways. With so many promotions available to military families, this is definitely the year to plan a big summer vacation. With that in mind, it is still important to save money whenever possible. Here are some tips to help make your memorable summer vacation more affordable.

•Remember that some restaur-

ants allow kids to eat free. Do research prior to taking a trip.

•Try upgrading to the Concierge floor of your hotel. With free breakfast in the morning and appetizers at night, it will save you a good amount of money.

•If you are visiting an amusement park, try to plan your meals outside the park if possible. Theme parks are known for being expensive for families, even fast food. If you do have to eat at the Park, try having a light lunch and then eating

elsewhere for dinner.

•AAA, Entertainment Books, Credit Unions and the Internet sometimes offer discounts or coupons at certain hotels or restaurant. Research these options prior to taking a trip. For the latest in military discounts being offered nationwide, visit www.guidetomilitarytravel.com.

•Contact the area Convention and Visitors Bureau (CVB). Many of them offer Visitors Guides that are filled with cou-

pons, specials or deals you wouldn't know about otherwise. This is a HIGHLY untapped resource for travelers. Just remember, when a hotel or an attraction wants to announce a special discount or deal, they notify the CVB FIRST!

•Before booking your hotel online, check for special rates on other travel sites. Most hotels will honor the lowest rate you find on the Internet. Book through the hotel (not the travel

site) whenever possible. Make them honor the lowest price by calling the hotel directly. Also, if the military/government/AAA is not available online, call the hotel directly. Tell them you REALLY want to stay at their hotel but they do not have your special rate available. Ask them if they would consider honoring it. Make sure (nicely) they understand that if they don't honor your special rate, you will have to find a hotel that

does. In my over 30 years of traveling, I've never had a hotel turn me down when I've called the hotel directly. Remember, the hotel's 800# is not going to help you any more than the Internet. You have to call the hotel directly and ask for the first desk or a manager.

•If you have any questions about how to find deals at a particular destination or for additional tips, log on to www.guidetomilitarytravel.com for more details.

DoD Launches Blogging Platform

By Navy Lt. Jennifer Cragg
Special to American Forces Press Service

The Defense Department has unveiled "DoDLive," a centrally linked and unified platform from which services can create and maintain blogs.

"This blogging tool allows all branches of the military an opportunity to establish an official blog about their command, organization or unit," said Brian Natwick, acting director of the Defense Media Activity's emerging media directorate and general manager of the Pentagon Channel.

This tool will enable Defense Department organizations to communicate on a more personal level, and can be used as an extension to their Web sites.

"Having a central blogging capability means that not only can readers know they're receiving reliable content, but it enables conversations through which the Department of Defense can learn and grow," Natwick said.

Beta testing of the platform began in January. Since its soft launch, the Air Force and Army added service-specific blogs, and the Coast Guard is expected to join in soon.

The department's official blog is at <http://DoDLive.mil> and is managed by the emerging media

director. Posts will cover a spectrum of content, including first-person updates from Pentagon Channel reporters and senior Defense Department officials, "DoDLive Bloggers Roundtable" content, internal messages for military audiences and updates on military news stories.

The blog also will showcase the department's other social media products such as the Wounded Warrior Diaries, "DoDvClips," and the "Armed with Science" and "Dot Mil Docs" audio webcasts.

"We recognize our service-members and organizations are blogging already, and we encourage that," said Les Benito, director of the department's public Web site. "What 'DoDLive' gives us is the top-down support that will help the department dispel any lingering doubts about blogging and security and whether organizations should or shouldn't engage. We hope the conversation expands because of it."

The emerging media directorate was established to educate Defense Department organizations about new media tools and applications, encourage their use throughout the department, and to communicate department messages and priorities more effectively with the public.





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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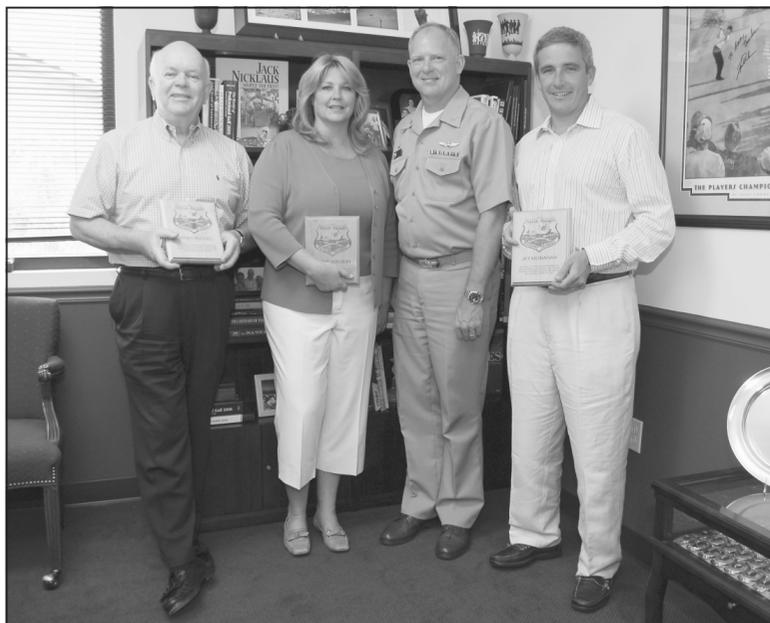
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NS Mayport Thanks TPC



-Photo by MC1 Heather Ewton

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman presents plaques to members of The Players Championship, PGA Tour, for their support of area military during the May TPC Sawgrass golf championship. TPC set up special tents and offered free admission to service members and their families during the golf tournament. Pictured from left is PGA Tour Executive Vice President and Chief Executive Officer Henry Hughes, Kathie Hurlburt, Bowman and The Players Championship Executive Director and Vice President Jay Monahan.

SECNAV

From Page 1

and mobilizing to overseeing the construction and repair of equipment, facilities and ships. Mabus will also formulate Navy policy and programs.

During his speech to the assembled guests, Sailors and Marines Mabus spoke of the Navy's "noble and storied legacy," relating episodes in the Navy's history from the capture of the HMS Margareta in 1775 to the "bravery and skill of the Navy and Marine Corps in Iraq and Afghanistan today."

"There is a long, unbreakable line of heroism that stretches from there, back to the beginning," Mabus said. "The heroes of our country are the heroes of our own families. They come from us; they defend us; wearing the uniform from 1775 until today, they are the shining fabric of America."

Mabus identified shipbuilding, aircraft production and meeting the needs of the Navy and Marines in an age of non-expanding budgets as some of the challenges he faces.

Mabus previously served in the U.S. Navy from 1970-1972 as a surface warfare officer aboard the cruiser USS Little

Rock. Prior to his active-duty service, he had been a member of the Naval ROTC as an undergraduate at the University of Mississippi.

"I am proud of that first tour of duty on a cruiser and proud beyond words to finally come home to the Department of the Navy," Mabus said. "Early on, I saw the sacrifices that our service members make every day to defend and secure our country."

Mabus graduated from the University of Mississippi with a bachelor's in English and earned a master's degree in political science from Johns Hopkins University and a law degree from Harvard Law School.

The secretary served as governor of Mississippi from 1988 to 1992 and as ambassador to the Kingdom of Saudi Arabia for two years during former President Bill Clinton's administration.

"Conscious of this service's long and glorious tradition, with confidence in its men, its women and its mission, I am privileged to assume the office of secretary of the Navy," Mabus said.

From Page 1

HSL-42

Office of Budget was the guest speaker for the ceremony.

Failla's 15 months as the executive officer of HSL-42, along with the knowledge and experience he has gained throughout his career, has prepared him for command. In his remarks Failla thanked the many people who have supported him and helped shape him for his time in command.

Failla, a native of Centereach, New York, graduated from The Military College of South Carolina, The Citadel in 1991 with a Bachelor of Science Degree in Business Administration and was commissioned through the school's Naval ROTC Program.

Following commissioning, Commander Failla completed primary and advanced fixed wing and helicopter training in Milton, Florida at VT-6 and HT-18 respectively. He earned his "Wings of Gold" September 03, 1993 and was selected to

serve as an SH-60B "Seahawk" helicopter pilot assigned to the world famous "Proud Warriors" of Helicopter Anti-Submarine Squadron Light Four-Two (HSL-42) Mayport, Florida.

Failla's operational tours include HSL-42 Detachment Administration, Operations and Maintenance Officer (Jun 1994 - NOV 1997), HSL-44 Weapons and Tactics Instructor and Training Department Head (Sept 2000-Feb 2002), and HSL-42 Detachment Officer-In-Charge and Squadron Operation Officer (Feb 2002 - Dec 2004). During these tours he completed long deployments to the Mediterranean, Arabian Gulf, the Eastern Pacific, and the Caribbean. During this span he also completed six smaller deployments to the Caribbean in support of Counter-Drug Operations, Humanitarian Aid, UNITAS and two BALTOPS deployments.

Failla's shore duty assignments include an instructor pilot tour at HSL-40 (Nov 1997-Sept 2000) and Pentagon tour on the OPNAV staff as lead aviation programmer at N705/N802 (Jan 2005-Jun 2007) where he earned a Financial Management specialty.

A graduate of the Seahawk Weapons and Tactics Instructor course, Failla has earned honors as HSL-42 Squadron Maintenance Officer of the Year (1997), HSL-40 Pilot of the Year (1999), HSL-42 Squadron Officer of the year (2004), COMHSLWINGLANT Officer of the Year (2004) and the 2004 Commander Naval Air Forces Leadership Award.

He has also been awarded the Meritorious Service Medal, Navy and Marine Corps Commendation Medals (four awards), Navy and Marine Corps Achievement Medals (three awards) and various campaign, unit and service awards. He has logged over 3000 hours and hundreds of small deck landings in the SH-60B.

In his closing remarks Failla said that, "We will continue the tradition of excellence that HSL-42 is known for around the world and we will continue to live up to the Proud Warrior motto, 'Everyone Succeeds.'"

At the end of the ceremony Skipper Failla handed over

the job of Executive Officer to Cmdr. Brad Collins.

Collins said, "I am glad to be back in the LAMPS community and I really look forward to working with the men and woman of the HSL-42 Proud Warriors"

Collins is a native of Lake Forest, California. He graduated from the United States Naval Academy in 1992 with a Bachelor of Science Degree in Political Science. His last assignment prior to reporting to HSL-42, was on the staff of the U.S. Strategic Command in Omaha, Nebraska.

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Gettysburg Strengthen International Ties

From Commander, Combined Maritime Forces Public Affairs

Combined Task Force (CTF) 151 and the guided-missile cruiser USS Gettysburg (CG 64), the task force's flagship, recently completed a four-day port visit to the Republic of Seychelles.

During the visit, Turkish Rear Adm. Caner Bener, commander, CTF 151, and Capt. Richard Brown, Gettysburg's commanding officer, made a visit to the Seychelles People's Defense Forces' (SPDF) Chief of Staff, Col. Clifford Roseline, where they discussed the importance of counter-piracy operations, information sharing and the nation's strategic importance in helping prevent and deter acts of piracy.

"Because of Seychelles' location, it has an important role to play in combating piracy," said Bener. "They recognize their strategic importance and the negative impacts piracy has not only on their nation, but on nations worldwide. They've stepped up to the challenge and pirates are facing tough logistical conditions as a result."

CTF 151 Chief of Staff Turkish Capt. Faruk Dogan also made office calls to the commander of the Seychelles Coast Guard, Col. D. Gertrude and the Indian warship INS Trishul, which was in Victoria for a port visit to the island nation.

"Coordination and deconfliction is key to our success as a counterpiracy task force," said Dogan. "There's a great deal of water we need to protect and patrol and being able to coordinate our efforts allows us and the rest of the international naval community to do that efficiently and effectively."

CTF 151 is a Turkish-led, multinational task force established to conduct counterpiracy operations under a mission-based mandate throughout the Combined Maritime Forces area of responsibility to actively deter, disrupt and suppress piracy in order to protect global maritime security and secure freedom of navigation for the benefit of all nations.



-Photo by MC1 Eric L. Beauregard
Members of the visit, board, search and seizure team from the guided-missile cruiser USS Gettysburg (CG 64) and members of U.S. Coast Guard Maritime Safety and Security Team 91112 motor past Gettysburg. The team inspected a dhow that was later deemed not suspect. Gettysburg is serving as the flagship for Combined Task Force (CTF) 151, a Turkish-led task force commanded by Turkish Rear Adm. Caner Bener.

U.S. Kicks Off Participation In FRUKUS 2009

By MC1 (SW/AW) Rosa Larson

Commander, U.S. Naval Forces Europe-Commander U.S. Naval Forces Africa/Commander, U.S. Sixth Fleet Public Affairs

Maritime forces from four countries began participation in annual exercise FRUKUS this year in the Bay of Biscay off the coast of Brest, France June 19.

FRUKUS, which stands for the participating countries – France, Russia, the United Kingdom and the United States – is a naval exercise focusing on strengthening maritime partnerships and improving interoperability and communication between the nations.

Exercise FRUKUS is broken into two segments, in port and at sea.

In port, Sailors will participate in training for communications and maritime interdiction operations and ashore maritime coordination while senior



-Official U.S. Navy Photo
USS Klakring (FFG 42) joined maritime forces from four countries to participate in FRUKUS 2009, an exercise focusing on strengthening partnerships and interoperability between France, Russia, United States and United Kingdom.

leadership will focus on topics including maritime security, fleet modernization and international submarine rescue.

At sea, the exercise will be driven by a scenario that supports Maritime Domain Awareness (MDA), interoperability between forces afloat and maritime interdiction operations.

"During this exercise, Sailors will get underway and become familiar with the other navies' operating procedures and practices," said Cmdr. Scott Smith, commanding officer of USS Klakring (FFG 42). "When they meet in the future to conduct combined peacekeeping or humanitarian operations, or to counter trafficking in drugs, weapons, or persons in this region, they will be better able to work together."

In the wake of last year's Russia-Georgia crisis, the United States cancelled

FRUKUS 2008 participation as a part of its broader suspension of military-to-military activities with the Russian Federation.

FRUKUS was created in 2003 to aid in talks between France, Russia, the United Kingdom, and the United States. Sponsorship rotates between the four navies with the lead nation traditionally providing a blend of professional and cultural activities. The principal aim is to increase interoperability by developing individual and collective maritime proficiencies of participating nations, as well as promoting friendship, mutual understanding and cooperation.

Participating U.S. forces include USS Klakring and members of the Commander, U.S. Sixth Fleet staff.

HSL-48 Det. 10 Returns Home Mid-Deployment

By Lt. Benjamin Farwell
HSL-48 Public Affairs

Helicopter Anti-Submarine Squadron Light (HSL) 48 Detachment 10 returned to Mayport June 14 after more than two months on deployment in Latin America.

The HSL-48 Det. 10 "Circus Freaks" spent 72 days at sea aboard the guided-missile frigate USS Hawes (FFG 53) on a counter-illicit trafficking deployment, before the ship returned to Mayport for a Continuous Maintenance Availability (CMAV) period.

Since embarking Hawes at the beginning of April 2009, Det. 10 has flown 188 hours, 115 of which were in support of operational tasking. They have also logged 14.9 logistical hours ferrying both parts and passengers to and from the ship.

Det. 10's maintenance personnel have played a major role in accomplishing the deployment mission so far.

"I am very proud of our maintenance team," said Lt. Kevin "Shak" Shikuma, Det. 10's Maintenance Officer. "Their hard work and quality of maintenance has consistently provided a fully mission capable aircraft that is available for tasking 24 hours-a-day and has resulted in a successful deployment thus far."

In support of its primary mission, counter-illicit trafficking, Hawes also embarked U.S.

Coast Guard Law Enforcement Detachment (LEDET) 407. Led by Lt. j. g. Noel Johnson, LEDET 407 has been working jointly with the aircrew members of Det. 10.

"I've never seen a more professional, well-trained, and motivated group of guys," said Det. 10's Officer-in-Charge, Lt. Cmdr. Flint Brady, in reference to LEDET 407. "Whether on-duty or off, our two teams complimented each other like peanut butter and jelly."

During the first two weeks of their deployment, Hawes and Det. 10 provided maritime security for the 5th Summit of the Americas held in Trinidad & Tobago, a conference which had President Obama in attendance. The "Circus Freaks" flew several missions in support of the 5th Summit of the Americas, ranging from Maritime Interdiction Operations (MIO) to logistics flights.

During the two-plus months of deployment, Hawes made two port visits; to Curacao, Netherland Antilles, and the second in Cartagena, Columbia. These port visits provided a brief respite from shipboard life for all personnel aboard Hawes.

While in Curacao, members of Det. 10 volunteered several hours of their liberty to support a Community Relations project which helped provide basic services to the island's inhabitants. In a combined effort, members

from Hawes, LEDET 407, and Det. 10 helped complete landscaping work for residents of the Bergen di Rosario Retirement Home. The volunteers also delivered much needed medical and hygiene supplies, provided by Project Handclasp.

The remainder of the time in Curacao was spent enjoying the local beaches, shopping, and SCUBA diving.

The first half of their six-month deployment has elapsed, consisting of a balanced mix of operational tasking and relaxing port calls. However, the brief stop in Mayport is a welcome change from deployment life for the members of Det. 10.

While in Mayport, Det. 10 will be fully involved in scheduled phase maintenance on Venom 511. Being able to see family and friends while in Mayport will be a great bonus, but the detachment will be hard at work to keep Venom 511 flying safely. With half of the deployment complete, the "Circus Freaks" are looking forward to a smooth second half.

Hawes, homeported in Norfolk, Va., is under the operational control of U.S. Naval Forces Southern Command, U.S. 4th Fleet and tactical control of Joint Interagency Task Force South (JIATF-S) during the deployment to Latin America.

Touring The Ship



-Photos by Paige Gnann
Above, Ensign Matt Nunez shows off the bridge of USS Stephen W. Groves to students with the Philippian Community Church Power 4 Developing Successful Youth group during a tour of the ship June 11. Below, Operations Specialist 1st Class (SW) Ricardo Guerrero shows the students the Dead Reckoning Tracer table in the Combat Information Center.



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Gunner's Mate 1st Class Kenny Bolieiro and Fire Controlman 1st Class John Ashley demonstrate how to use a clearing barrel to members of the Peruvian Maritime Interdiction Operation group in the hangar bay of the guided missile frigate USS Doyle (FFG 39). Doyle is deployed as part Southern Seas 2009. Southern Seas is part of US Southern Command's Partnership of the Americas strategy, and focuses on strengthening relationship in the SOUTHCOM Area of Focus. This years deployment includes Doyle, guided missile frigate USS Kauffman (FFG 59), and guided missile frigate USS Ford (FFG 54), with Destroyer Squadron Four-Zero as the Command Element.

-Photos by MC3Patrick Grieco



A Peruvian maritime interdiction operation group sailor fast ropes down from a Peruvian AB-212 "Pantera" helicopter onto the flight deck of the guided missile frigate USS Doyle (FFG 39). The MIO group, assigned to the Peruvian frigate BAP Montero (FM-53), were on board as part of a multi-national visit, board, search and seizure (VBSS) training exercise.

USS Doyle Maked Difference In Peruvian Community

From USS Doyle Public Affairs

Sailors of Task Group 40.0 were welcomed to a small school in Callao, for a community relations (COMREL) project, June 12.

The happy faces of school children surrounded the Sailors as they unloaded tools and cans of paint in preparation for the project. A newly painted soccer post, volleyball net and the freshly painted building were only a few of the projects that marked Task Group 40.0's work in Peru, during the Southern Seas 2009 deployment. Task Group 40.0 is comprised of the guided-missile frigate USS Doyle (FFG 39) with embarked Destroyer Squadron (DESRON) 40 staff, USS Ford (FFG 54) with embarked Helicopter Anti-Submarine Squadron Light (HSL) 43 Detachment 3, and USS Kauffman (FFG 59).

"Each COMREL project is a new experience for the host

country as well as for the crew," said Ensign Jeremy Linton, of DESRON 40. "Just being able to spend time with kids and see their faces after we repainted their soccer goals and built them a volley ball net; it really makes for a positive perspective on both our Peruvian hosts and for the Sailors. This is what our mission here is really about."

Located between Callao and Lima, the COMREL project took place in two schools, the Frenando Belaunde Terry School and Santa Rosa 2093 School. With a box of tools and painting supplies, Sailors immediately went to work building a large volleyball net and new soccer post for the children.

The Peruvian Navy also provided support during the day. They worked alongside Task Group 40.0 sailors, providing doctors and barbers to assist. The students received on the spot medical treatment such as

minor dental work and fresh haircuts.

"This experience is amazing; you see a different side of the culture and with this particular COMREL, you could see how much a school really means to the community," said Navy Counselor 1st Class (SW) Paul Soto, of USS Doyle. "Working with the Peruvians enabled us to strengthen our ties and you realize the impact you are making to a country. It makes for a positive perspective on both sides."

COMREL projects enable U.S. Sailors to be involved with the local community that they are visiting through humanitarian efforts, and many projects involve conducting minor repairs to facilities. In the case of this COMREL project it was coordinated to coincide with a delivery of Project Handclasp supplies. Project Handclasp is a collection of donated items,

such as medical goods, hygiene products, school supplies and toys, delivered around the world by the U.S. military and given to people in need. Project Handclasp deliveries for this project included a pallet of medical supplies and hygiene material.

Task Group 40.0 is executing Southern Seas 2009, a six-month deployment to the U.S. Southern Command (SOUTHCOM) area of focus, which encompasses the Caribbean, Central and South America, and surrounding waters. The annual Southern Seas deployment supports SOUTHCOM's Partnership of the Americas strategy, focusing on conducting exercises, military-to-military engagements, and theater security cooperation engagements that enhance relationships with partner nations throughout Latin America.



The Peruvian Submarines BAP Pisagua (SS-33), BAP Chipana (SS-34), and BAP Islay (SS-35) ride on the surface in a column during the photo exercise portion of this year's Peruvian PASSEX. The exercise included USS Doyle.

-Photo by Lt. Chris Brown

Multinational Exercise Ends In Baltic Sea

By MC1(SW) Gary Keen

USS Mount Whitney Public Affairs

The 37th annual Baltic Operations (BALTOPS) exercise 2009 concluded June 19 after 14 days of multinational operations in the Baltic Sea.

The exercise encompassed 43 ships from 12 countries with more than 200 training events, all focused on strengthening maritime security and partnerships in the Baltic Sea. Naval Station Mayport ships and helicopter detachments participated in the exercise.

"Anytime you get nations from one area to work together with nations from another in the spirit of cooperation, you build relationships that are available to help you in any real-world situation," said Rear Adm. John N. Christenson, commander of Carrier Strike Group 12 and tactical commander of BALTOPS 2009.

This year's BALTOPS started off for the first time in Karlskrona, Sweden, with four days of sporting events, social gatherings and receptions, all designed to develop interpersonal relationships with the participating Sailors.

The evidence of the tactical benefits of these relationships was put to the test on the first day underway when 12 ships communicated with each other on various frequencies to complete a tight echelon formation. This type of communication-reliant advanced maneuver has never been attempted on the first day of previous BALTOPS.

Partnerships continued to grow throughout the exercise, Christenson said, and the relationships

were a key factor in the execution of numerous training operations ranging from compliant and non-compliant boarding, submarine recognition, medical evacuations, mass casualty drills and mine countermeasure operations.

Christenson added that BALTOPS led to many real-life successes outside of the exercise realm. The sea floor was made safer for Sailors and civilians when Swedish Mine Hunter HSwMS Faaroensund (MUL-20) made a discovery that led to the detonation of three mines and one British torpedo, all from World War II.

"This was an excellent opportunity for training together," said Swedish Navy Lt. Cmdr. Jorgen Bergman, a planning advisor aboard the amphibious command and control ship USS Mount Whitney (LCC/JCC 20). "This is the first time Sweden has taken such an intensive role in an exercise like this."

BALTOPS came to a close with a large unscripted tactical exercise during which 30 ships were put into a two-team, simulated battle-at-sea using all the training they received. The simulation lasted three days and ended with a post operation brief.

The majority of the exercise fleet will pull into Kiel, Germany, and hold a reception celebrating the successful completion of BALTOPS.

BALTOPS aims to enhance maritime safety and security in the Baltic Sea through increased interoperability and cooperation among regional allies.





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DeCA launches Li'l Heroes Baby Program

By Courtney Rogers
DeCA customer relations specialist

As part of an ongoing effort to emphasize that the commissary is a benefit for the whole military family, the Defense Commissary Agency is launching an exciting new initiative effective July 6: the Li'l Heroes Baby Program.

A new addition to the family brings not only more joy, but also more expenses. As household budgets tighten, the average savings of 30 percent or

more customers realize by shopping at the commissary helps families make ends meet. In fact, a family of four can save an average of nearly \$3,400 per year by shopping at the commissary, based on October 2008 USDA figures for retail grocery store food purchases consumed at home.

"Customers have told us that the commissary is their most important nonpay benefit, so we want to maintain that by supporting the whole military fam-

ily as much as possible," DeCA Director and CEO Philip E. Sakowitz Jr. said. "We value the sacrifices these families have made for our country, and hope that the support this program will provide will make the commissary even more worth the trip for them."

The Li'l Heroes Baby Program will be featured on a special section of <http://www.commissaries.com> that will offer articles from the DeCA dietitian, Lt. Col. Karen

Hawkins, and the agency's home economist, Kay Blakley, as well as links to other government sources providing tips and advice to new parents.

The highlight of this new program will be DeCA's newest e-newsletter: the Li'l Heroes Benefit Bulletin. In addition to linking commissary customers to the articles mentioned above, this monthly e-newsletter will provide access to military-exclusive vendor Web pages offering special savings for readers. This

information will help you learn how to make the commissary that much more worth the trip for the things your little ones need. Vendors will also be offering special thank-you gifts to subscribers.

For more information on the program, and to subscribe to the Li'l Heroes Benefit Bulletin, please visit <http://www.commissaries.com/baby> on July 6.

Joint Communications Unit Recruiters To Visit NS Mayport

From JCU

The Joint Communication Unit (JCU) will send Executive Officer Lt. Cmdr. Hill and John Sullivan to Naval Station Mayport to speak with ITs, ETs and CTNs next week.

They will hold a presentation on June 30 at 1:30 p.m. and July 1 at 9:30 a.m. in the Career Development Center Bldg 460. It is requested that the supervisors for these personnel attend one of the briefs as well.

"Have you envisioned 'crossing over' into Special Operations?" Sullivan asked. "The Joint Communications Unit, Fort Bragg, N.C. offers positions for active duty Army, Air Force, Navy, Marine Corps, and Civilian personnel in a variety of communications, automation, electronics maintenance and logistic specialties."

JCU individuals are trained

to be communication experts and afforded uncommon opportunities as a member of this unique team. The Joint Communications Unit is an "Airborne" unit. If you are currently not airborne qualified, you will have the opportunity to attend the U.S. Army Airborne School.

Since JCU must maintain the highest state of readiness, training encompasses much of the daily routine. Because of JCU's deployment status, unit personnel receive a wide-range of training. This training includes: UHF and SHF satellite systems, LAN, WAN, IDNX, switching systems, fiber system installation and advanced communications.

Due to the nature of JCU's mission-family readiness is of highest priority. The JCU Chain of Command is commit-

ted to the overall well being of the entire family of every assigned JCU member. In addition to readiness training, the unit provides factory training to all technicians. On-going military and civilian training is stressed, keeping us abreast of the latest technology, and continually increasing our mission effectiveness. Every technician is allowed his own personal bench, tools and trains to be the best in the business.

The unit Physical Training (PT) goals standardize a program reflecting

on-the-job physical requirements. Ample opportunity is given for members of the unit to train to a high state of physical readiness. Our unique environment requires a high state of physical readiness.

Predominately made up of enlisted personnel, this unit will

test your talents daily. The level of responsibility is extremely high, providing you with unique opportunities rarely found in today's Armed Forces.

Some of the fringe benefits include: travel abroad, exposure to other cultures, potential for extra pay, state of the art gym facility, opportunity for MFF training, and being part of a close knit team.

If you are mature, experienced and competent in your specialty, and are prepared to compete for a demanding, yet challenging position in a motivated unit, then complete the application and get the journey started. Please visit our website at www.JCUONLINE.org where you can view a short video describing our unit.



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Underwood Receives CNO Enviro Award

From USS Underwood

USS Underwood received the Chief of Naval Operations Environmental Award for small ships.

Presented by Chief of Naval Operations Adm. Gary Roughead on May 28, the award recognizes ships and installations that have not only adhered to pollution prevention and resource conservation, but have had zero incidents or mishaps.

Receiving the award along with Underwood Commanding Officer, Cmdr. Wesley Smith, Interior Communications 2nd Class Petty Officer Michael Bean said, "It was an honor and

a privilege to accept the award from the CNO in person."

During Underwood's 2008-2009 CNT Deployment the crew maintained an "environmentally friendly" culture that afforded strict adherence to waste disposal guidelines.

Such discipline requires clear rules and procedures for disposing waste both at sea and in port facilities. Daily practices adopted by Underwood's crew such as separating trash helped promote environmental conservation and awareness.

Cited in the award presentation, the ship "maintained a zero-leakage refrigerant system"

and "achieved zero disposals of any plastics at sea."

Underwood's excellence can be attributed in large part to engineering department's vigilant watchstanding and comprehensive equipment maintenance.

Not wasting any time celebrating, the crew presses forward ensuring Underwood's success in the coming year.

USS Underwood (FFG-36) is home ported in Mayport and is assigned to Commander, Destroyer Squadron 14.



-Photo by MC1 Tiffini M. Jones

Chief of Naval Operations (CNO) Adm. Gary Roughead congratulates crew members of the guided-missile frigate USS Underwood (FFG 36), Cmdr. Wesley Smith, commanding officer, left, and Interior Communications Electrician 2nd Class Michael Bean, for receiving an award in the small ship category of the Fiscal Year 2008 Chief of Naval Operations Environmental Awards during a ceremony at the Navy Memorial in Washington D.C.

Kudos To Navy League



-Photo courtesy of Navy League Mayport

The Mayport Council Navy League of the United States held their monthly dinner meeting at the home of Capt Aaron Bowman, Commanding Officer of Naval Station Mayport, on June 18. Capt Bowman and his wife Debbie opened their home for a Southern Barbeque. The evening was informal, with a brief welcome from Capt. Bowman. Awards to the Sea Cadets were rescheduled for the Sept. 17 dinner meeting. Council members were recognized as follows: Scroll of Honor to Pat Pumphrey for her work for seven years in tackling the newsletter, membership and the annual report. Certificates of Appreciation were awarded to John Vargo, Jake Hankins, Francis Floyd and Betty Howard. Mayport Council is the proud recipient of four consecutive Outstanding Council Awards from the National Navy League. Pictured is President Mayport Council Diane Wright with Pat Pumphrey receiving her scroll.

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USS The Sullivans 'Sticks Together' On Ride

By Ensign Kyle Alwert
The Sullivans Public Affairs
 What better way to start a Navy day than enjoying a motorcycle ride to work with

shipmates? This is exactly what occurred on the morning of June 15. USS The Sullivans' motorcycle coordinator, Senior Chief Operations Specialist Clements,

planned a great opportunity for our motorcycle riders to come together and enjoy the camaraderie and sport of motorcycle riding and also support national

ride your bike to work day.

The meeting place of choice was the Dunkin Donuts on Mayport Road. All who attended were treated to coffee and donuts by the Commanding Officer, Cmdr. Ryan Tillotson, who also joined the crew in this event. With the CO leading the way, USS The Sullivans motorcycle riders rode onto base united and in great spirits. The CO's purpose for this ride was to highlight the importance of motorcycle safety. All riders were required to be in full compliance with all applicable Navy

motorcycle safety regulations to participate. Several discussions regarding safety courses, styles of safety gear, and riding styles were shared in an informal manner. All 12 riders enjoyed the ride while reinforcing how to keep "the shiny side up."

Although separated at times by traffic, the crew stuck to their beloved ship's motto of "We Stick Together" and pulled off into a parking lot to wait for their shipmates. Once all together, they continued on their leisurely ride to base as brothers sharing a common love for rid-

ing.

The warmth of the sun was comforting in the early hours of the morning and the riders were blessed with fair weather. The sound of 12 motorcycles roaring in unison is a sound that only motorcycle riders can truly appreciate. The loud rumbling was a soothing and refreshing start to another fine Navy day.

USS The Sullivans plans to expound on this exciting day by organizing future rides. The participants had a great time and more importantly, did so safely.



-Photo courtesy of USS The Sullivans
 Members of USS The Sullivans carry a ship banner as they ride their motorcycles on base June 15 for "Ride to Work Day."

SERMC Rides In



-Photo courtesy of SERMC
 Seventeen members of Southeast Regional Maintenance Center rallied together in support of the 18th annual "Ride to Work Day" on June 15. Showcasing their motorcycles front and center, a wide and well represented variety of two-wheeled vehicles were on display in SERMC's parking lot along Massey Avenue. Highlighting safety, the group geared up and headed out for an afternoon lunchtime ride.

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HSL-48 Vipers Support Career Day At Finegan

By Lt.j.g. Kevin Vannieuwenhoven
HSL-48 PAO

Finegan Elementary, located on the entry road to Hanna Park, hosted several Naval commands on May 29 in support of their annual Career Day.

Lt. Cmdr. Jeff "Preacher" Morris and Chief Aviation Warfare Rescue George Lansford represented Helicopter Anti-Submarine Squadron Light Four Eight "Vipers" at the event.

Children from third, fourth and fifth grade cycled through the classroom anxious to learn about the helicopters and see the gear utilized by pilots and aircrew. As the crew discussed the importance of education and training with the students, they were able to emphasize the connection between careers in aviation and courses such as English, Spelling, Math and Science.

Morris demonstrated the Night Vision Goggles, allowing students the opportunity to look through the goggles and observe what the aircrew sees during night operations. Lansford discussed aircrew survival and search and rescue (SAR) gear with all items set up for display.



-Photos courtesy of HSL-48
Lt. Cmdr. Jeff Morris discusses the importance of education and training with students at Finnegan Elementary during Career Day.

Rather than just hearing about the jobs, the students were able to touch the gear, stand in the search and rescue basket and feel the weight of the flight gear.

Contributing to the local community by supporting the schools that educate the United States future workforce is an important role for the Navy in society. HSL-48 was proud to represent the U.S. Navy during this exciting event.



Chief Aviation Warfare Rescue George Lansford from HSL-48 discusses aircrew survival with students at Finnegan Elementary on Career Day.



Jordan Morris takes a moment to try on a flight helmet and determine if it is as comfortable as the chef's hat received in the previous classroom.

	VS	
June 28th vs. Montgomery - 5:05 PM Bark in the Park & Kids Run the Bases Bring your pooch to the Baseball Grounds for just \$1.50, with great prizes for dog owners given away during the game! Stop by area Gate locations to pick up a free kids' ticket while supplies last! Kids can show their JTA youth summer card for a free general admission ticket. After the game, Kids Run the Bases presented by		
June 29th vs. Montgomery - 12:05 PM Summer Camp Day! A special afternoon game for summer campers! Seniors can also purchase buy-one-get-one-free Homeplate Box seats! Presented by Jacksonville Suns		
June 30th vs. Montgomery - 7:05 PM Fifty-Cent Family Feast Night! Fifty-cent hot dogs, peanuts and ice cream treats! Also, take advantage of KRAFT Singles Tuesday Night Tickets! Fans can bring in a KRAFT Singles package wrapper to the Baseball Grounds box office, buy one ticket and get one free from KRAFT Singles! Visit kraftsingles.com for details.		
July 1st vs. Montgomery - 7:05 PM Racing Night! Come in your favorite driver's colors for your chance to win tickets to Coke Zero 400 in Daytona along with other great prizes! Kids can show their JTA youth summer card for a free general admission ticket.		
July 2nd vs. Montgomery - 7:05 PM Thursday Night Throwdown! Enjoy Buds for a Buck and other great drink specials at the hottest spot in Jacksonville during the summer! After the game, visit the Ivy Bar on Bay Street for the Official after party of Thursday Night Throwdown.		
July 3rd vs. Montgomery - 7:05 PM Pre-Independence Day Celebration and Mr. Bragan's Birthday! Come get ready for the 4th of July with the gigantic fireworks show sponsored by Winn-Dixie! Help the Suns celebrate Suns owner Peter Bragan Sr.'s 86th Birthday. Plus catch the hottest rides around from Chevrolet! For more information or to purchase tickets, call 358-2846 or visit www.jaxsuns.com		

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FFSC Workshops, Classes Available In July

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.

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

July 1, 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.

July 2, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 7, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 8, noon-4 p.m., **Leadership & Life Skills E4 and Below**, Building 460 Room A & C

July 8, 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

FFSC Celebrates 30th Anniversary

From FFSC

Navy Region Southeast Family Readiness Program will commemorate the 30th Anniversary of the Fleet and Family Support Center (FFSC) on July 8 with a special Tri-Site Anniversary luncheon.

The program will begin at 11:30 a.m. at the River Cove Conference Center, Bldg. 10, Naval Air Station (NAS) Jacksonville.

The guest speaker will be Alice M. Stratton, former Deputy Assistant Secretary of The Navy for Force Support and Families. As the young spouse of Captain Richard Stratton, a prisoner of war (POW) during the Vietnam era, Mrs. Stratton and a small group of military spouses played a major role in lobbying congress and the Department of Defense for a better support system for military families. As a result of their efforts, the Navy Family Service Center was born.

Tickets for this event are \$10 and can be purchased at the FFSC. To purchase tickets or to obtain additional information, please contact Martina A. Williams at 904-270-6600 ext. 1604.

age. All children age four and below are invited to attend.

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

July 10, 9-11 a.m., **Car Buying Tips**, FFSC

July 13, 8:30-2:30 p.m., **Military Spouse 101**, FFSC

July 13-16, 8 a.m.-4 p.m. **TAP Retiree 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.

July 14, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 15, 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.

July 15, 8:30 a.m.-4 p.m., **Leadership & Life Skills E5 & E6**, Building 460 Room A & C

July 15, 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. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

July 16, 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.

July 16, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 17, 9-11 a.m., **Credit Report**, FFSC

July 20, 9-11 a.m., **What About the Kids**, FFSC

July 20-23, 8 a.m.-4:30 p.m., **SAVI Training**, Base Chapel

July 21, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 22, 9 a.m.-noon, **Tottletyme Playgroup, USO**

Parents and children together meet to share parenting con-

cerns, 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.

July 22, 1-4 p.m., **Leadership & Life Skills E7 & Above**, Building 460 Room A & C

July 23, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 24, 9-11 a.m., **Establishing A Sound Family Budget**, FFSC

July 27, 8 a.m.-4 p.m., **TAP Retiree 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.

July 27, 6-7 p.m., **Ombudsman Assembly, USO**

July 27, 8 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

July 27-30, 7:30-4 p.m.,

Executive TAP 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.

July 27, 1-2:30 p.m., **FERP-Federal Employment Class**, FFSC

July 28, 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.

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

July 29, 6-7 p.m., **IA Family Discussion Group, USO**

July 30, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC



Len Hackett
Former CAPT US ARMY

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Joint Exercise Enhances Logistics Capabilities Needed For Any Contingency

By Mass Communication Specialist Katrina Parker
Navy Public Affairs Support Element East

Joint Logistics Over-the-Shore (JLOTS), a multi-service cargo distribution exercise, officially began June 15.

JLOTS is a test of critical military capability that allows equipment and sustainment supplies to reach specific areas without the benefit of a fixed port facility. The exercise increases interoperability and improves military readiness by alleviating situational sustainment issues.

"JLOTS is an annual exercise that allows the Navy and Army to practice operations of our logistics equipment over an unapproved beach in a joint environment," said Capt. Clayton Saunders, the commander of Naval Beach Group 2. "It gives us the opportunity to integrate with one another and to rehearse our ability to move cargo, rolling stock and containers over a beach."

This capability ensures that military forces can discharge a



-Photo by MC1 Daniel A. Taylor
A Lighter Amphibious Re-supply Cargo (LARC) vehicle from Beach Master Unit 2, from Naval Amphibious Little Creek, Va. emerges from the surf on Onslow Beach N.C. during Joint Logistics Over-The-Shore (JLOTS) operations. JLOTS is a joint operation that consists of loading/unloading of ships without fixed port facilities, in friendly or non-defended territory.

ship off shore and move cargo into an area of operations without improved port facilities. The Navy, Army and Air Force are working together to contribute to this viable technique, enhancing capabilities for tactical or humanitarian missions anywhere in the world. Military logistics is an increasingly joint task, so the joint training environment is critical for future missions.

"JLOTS is an important exercise because U.S. armed forces may be required to do disaster relief or humanitarian assistance to a port that has been damaged, so with this capability we can still bring the cargo in," said JLOTS Task Force Commander Army Col. Chuck Maskell. "What we are training for here is a worst case scenario. We have many tools at our disposal many of which would be helpful during a natural disaster, including watercraft and causeways."

JLOTS improves current alternatives to providing sustainment, such as air support.

"Air support provides a vital link to sustainment, but

it can only provide so much," Saunders said. "While you can get some initial support from air, when you start talking about some heavy supplies and fuel, you cannot bring it in by air. We have to have the means to bring that support from the sea to the fight."

Beach Master Unit 2, Assault Craft Unit 2 and Amphibious Construction Battalion 2, all stationed out of Naval Amphibious Base Little Creek, are participating in this exercise to assist in both the sea and shore aspects.

"The beach master unit provides the ability to traffic and salvage to the beach; the assault craft unit has the displacement craft we are utilizing, and the construction battalion provides the camp infrastructure as well as additional ship to shore support," said Saunders.

The exercise, by both ground convoy and water movement, started in May and will continue until the beginning of July. The actual discharge of the vessels and the moving of the cargo to the beach took place June 15-21.

Protect Your Skin From Damaging Summer Sun

By Laura Goldstein

Naval Branch Health Clinic Mayport, Fla.

Skin cancer is the most common form of cancer in the United States, according to the Centers for Disease Control.

The two most common types, basal cell carcinoma and squamous cell carcinoma, are highly curable.

Melanoma, the third most common skin cancer, is more dangerous, especially among younger people. In its advanced state, it can cause serious illness

and even death. Fortunately, melanoma rarely strikes without warning.

However, if it is recognized and treated early, it is nearly 100 percent curable. But if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. While it is not the most common of the skin cancers, it causes the most deaths. Most melanomas are caused by exposure to ultraviolet (UV) light in sunlight or tanning beds.

Anyone can get skin cancer, but some things put you at higher risk, like:

- *A lighter skin color.
 - *A personal or family history of skin cancer.
 - *Exposure to the sun through work and play.
 - *A history of sunburns early in life.
 - *Skin that burns, freckles, reddens easily, or becomes painful in the sun.
 - *Blue or green eyes.
 - *Blond or red hair.
- Remember, try to seek shade,

especially during midday hours. A good rule of thumb for decreasing ultraviolet light exposure is to avoid the sun between the hours of 9 a.m. and 3 p.m. or avoid the sun when your shadow is shorter than your height. These are rough rules, however, and can vary depending on locality and individual skin cancer risk. And, cover up with clothing to protect exposed skin. You should wear a hat with a wide brim to shade the face, head, ears and neck. Sunglasses should also

be worn. Look for sunglasses that wrap around and block as close to 100 percent of both UVA and UVB rays as possible. Sunscreen should be applied that has an SPF factor of 15 or higher, and it should have both UVA and UVB protection. Avoid tanning salons and use of tanning beds or lamps. They are as dangerous as the UV rays from the sun.

Take precautions against sun exposure every day of the year, especially during midday hours (10 a.m.-4 p.m.), when UV rays

are strongest and do the most damage. UV rays can reach you on cloudy days as well as sunny days. UV rays also reflect off of surfaces like water, cement, sand and snow.

And most importantly, self exams for moles are very crucial in detecting the disease during the early stages. Moles that are irregular in color or shape are suspicious of a malignant or a premalignant melanoma. If such moles are detected, seek medical diagnosis immediately.

ABMA Holds Working Conference July 27-31

From ABMA

The 39th annual Aviation Boatswain's Mate Association (ABMA) sponsored Professional Working Group Conference will be held from Monday July 27-31 at the Handlery Hotel & Resort, 950 Hotel Circle North, San Diego, Calif., 92108. The phone number for the Handlery is (619) 298-0511 or 1-800-676-6567. The fax number for the Handlery is (619) 298-9793. The web site to the hotel is www.handlery.com. Reservations can be made up to June 26.

The conference is scheduled each year around the end of July or beginning of August with five days of business and social activities culminating with a banquet Friday evening and a family picnic on Saturday.

The ABMA was founded in 1974 and chartered as a non-profit organization. Operated exclusively for purposes beneficial to the interests of the Nation, our Navy and the association membership, their dependents and survivors, with the primary objective of stimulating improvements in Naval aviation safety in the "aircraft on deck" mode, touchdown to take off both at sea and ashore.

The ABMA is comprised of active duty, reserve and retired United States Navy Aviation Boatswain's Mates, and several associate members throughout many corporations.

ABMA workshops are chaired by U.S. Navy fleet professionals. The focus of these workshops are to improve and enhance aviation safety and pursue cost wise readiness initiatives onboard our aircraft carriers, amphibious assault ships and shore facilities. Continued support of the ABMA annual Professional Working Group Conference workshops by the U.S. Navy Office of Chief of Naval Operations (CNO) has resulted in a steady flow of equipment upgrades, training improvements and procedural changes that have significantly enhanced the character of flight operations at sea and ashore.

The Professional Working Group Conference provides a forum where fleet and industry professionals exchange information, identify areas of opportunity and recommend improvement initiatives involving aircraft launch and recovery equipment, aircraft handling, crash and salvage, aviation fueling and training issues.

A working group conference is hosted each year at different locations throughout the United States by local chapters making it possible for fleet personnel to attend. All workshops are professionally oriented and are attended by shipboard and shore based fleet personnel, along with System Command (SYSCOM) technical specialists, in service engineering agents (ISEA) and manpower management directors.

Agenda items are screened and compiled by the type commanders from point papers submitted by fleet personnel and technical agencies throughout the year. The focus is to improve communications between fleet Aviation Boatswain's Mates and personnel in agencies responsible for design and implementation of various operating systems. Workshop results are then forwarded to the CNO's office for review, assignment and implementation. Through the quality input of each working group conference, the Naval Aviation Enterprise has experienced numerous changes that have further helped aircraft handling safety and efficiency.

The ABMA would like to thank all concerned Naval agencies whose actions in support of the ABMA have placed us second to none as naval aviation safety trend setters.

More information on the Aviation Boatswain's Mates Association is available at www.abma-usn.org or by contacting the ABMA secretary at secretary@abma-usn.org.

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Groundwork For 2010 CNP Programs

From Chief of Naval Personnel Public Affairs

Recently, the chief of naval personnel (CNP) reported to Congress that the Navy will continue on its current path to ensure recruitment and retention of top performers.

For the second consecutive year, the Navy will end the fiscal year above the statutory end-strength limit to meet global demands. The Navy will also sustain current deployment dwell times to minimize stress on the force, departing from the reduction of force strategy adhered to in previous years.

"Our stabilization efforts have been directed at sustain-

ing a high-quality force able to respond to new mission areas within our fiscal authorities," said Vice Adm. Mark Ferguson, CNP.

Looking ahead, the 2010 naval personnel budget request sustains reenlistment bonus programs at the 2009 level. It also increases funding for family support programs; Safe Harbor's wounded, ill and injured programs; and supports building resilience and fostering a culture that encourages Sailors to seek help in response to stress, Ferguson testified.

The Navy also plans to continue to offer its current compensation benefits and flexible

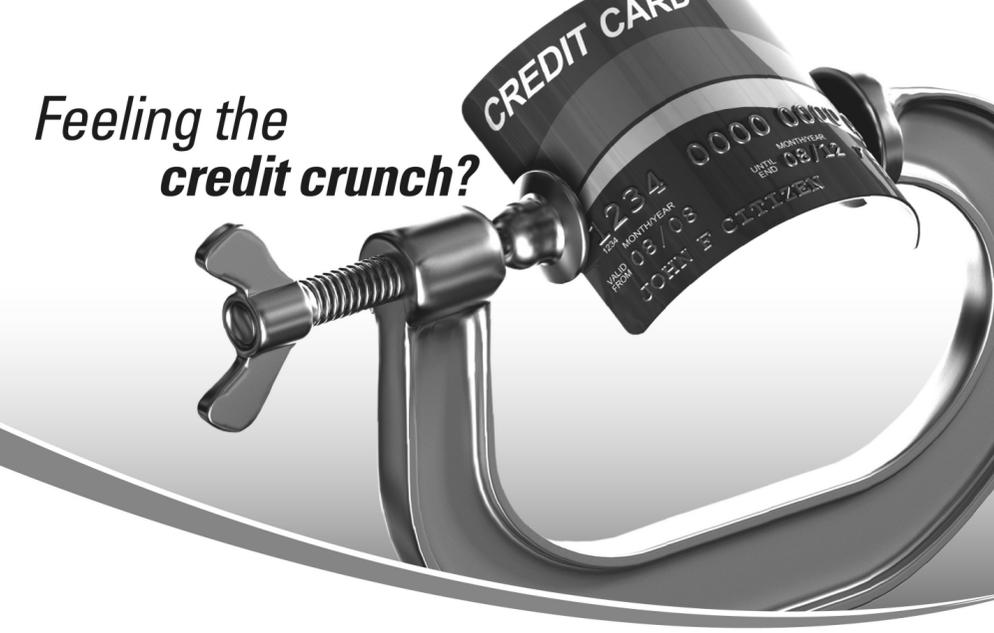
career opportunities, highlighting training and education initiatives.

"Education and training are strategic investments in our future, and we remain committed to supporting the personal and professional development of our Sailors across their careers," said Ferguson. "We feel the budget request bal-

ances our education and training requirement and includes growth in important new mission areas, such as cyber-warfare, language and culture."

Ferguson also plans to continue monitoring programs and trends to ensure the force is adequately compensated for their service to the nation.

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Calendar

Out in Town

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.

Friday, June 26

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. We'll do the cooking for you. 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. to 1 a.m.

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.

The U.S. Coast Guard Auxiliary 14-04 as a public service is offering a Safe Boating Program at the Captain's Club located at 13363 Beach Blvd. The Captain's Club is located between Hodges and Kernan Blvd. The program starts at 7:30 a.m. and ends at 5 p.m. The program meets Florida State requirement for a Boaters Safety Card and costs \$25 including materials. Most insurance offer discounts to program graduates. Contact Mike at 904-502-9154 for more information or to register. Log onto our website at www.uscgajaxbeach.com

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.

Wednesday, July 1

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. to 1 a.m.

Thursday, July 2

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 worldwide 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.

Saturday, July 4

The Fleet Reserve Association, Branch 290, will host a Holiday Cookout and Party at the Branch Home, 390 Mayport Road, Atlantic Beach. Hamburgers and hot dogs will be served. A donation will be accepted for meals. A Bouncy-Bounce Castle will be there for the kids, and horseshoes, ladder ball and a dunking booth for all to enjoy. There will be live entertainment from noon to 4 p.m. In the evening, enjoy the music of Twelfth Night Band from 8 p.m. to 1 a.m.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., concludes this year's Summer Garden Concert Series with a performance by the St. Johns River City Band to celebrate Independence Day from 7 to 10 p.m. Doors open at 6 p.m.. The concert will feature some American Favorites to coincide with the City of Jacksonville fireworks. Guests are allowed to bring blankets, chairs, food and alcoholic beverages. Food and beverages will be available for purchase from TreeCup Cafe. The St. Johns River City Band specializes in traditional American music and jazz reminiscent of the big band glory days. The St. Johns River City Band's musicians perform and improvise jazz, swing, blues and Latin themes. Cost is \$10 per person. Free for children under three. Rain or Shine. No Refunds. To purchase tickets, please call (904) 899-6012.

Sunday, July 5

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.

The Fleet Reserve Association, Branch 290, invites you to participate in its Trivia Game starting at 6 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. Snacks will be available for a donation of \$1.50 to \$5. The bar will be open.

Monday, July 6

Beaches Photography Club will meet on at the Beaches Library, 600 3rd St., Neptune Beach, from 6-8 p.m. This month's program is 'Photo Critiquing'. Bring up to two of your photographs, preferably larger sizes, matted or not, and have other members give you feedback on your photos and you also give feedback on other members' photos; this is a great learning tool for all. People of all ability levels and camera types are welcome and encouraged to come learn more about photography. For more information, go to www.beachesphotographyclub.com.

Saturday, July 11

Join a park ranger at 2 p.m. for a discussion on the different types of shark teeth that can be found on the area's beaches. 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.

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BUILT Ford TOUGH

with very special guest
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Visit www.federalhousingtaxcredit.com for qualification rules and details.

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VETERANS ENTREPRENEURIAL TRAINING

Helping Veterans Create, Manage, & Grow a Successful Business.

V.E.T. - Veterans Entrepreneurial Training is a business development program designed to help Veterans who may aspire to start a business. Throughout the five-week course, V.E.T. participants will work on their business ideas with a focus on business planning, management principles, and other critical concepts in starting a business. The Small Business Development Center at UNF is able to offer this opportunity at a significantly discounted registration fee to Veterans through the generous support of WorkSource.

Mondays, June 29, July, 6, 13, 20, 27
6:00 pm to 9:00 pm
Jacksonville - UNF

Tuesdays, June 30, July, 7, 14, 21, 28
6:00 pm to 9:00 pm
Fleming Island - WorkSource

The price is \$25 for Service Disabled Veterans or \$50 for all other Veterans. To attend in this workshop participants must provide a copy of their DD214 and Service Related Disability Letter (if applicable) prior to the start of the first session.

To register call the SBDC at (904) 620-2476.

THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- Runs
- Seaweed
- Poet Ogden
- Egypt's Anwar El
- Stitched joining
- Until
- Birch tree
- 1974-84 Ron Howard sitcom
- Thing: Lat.
- Bad day for Caesar
- Concur
- Expert auditors, for short
- Wax's opposite
- Strong ropes
- Skater's place
- Undergarment
- vera
- British change
- of; free from
- Become irrational
- Ems' followers
- Certain exams
- Slacken
- Bilko, for one: abbr.
- H. Perot
- Sowed
- Created
- Waterproof canvas used for covering
- " at the Bat"
- Roman garment
- Male sib
- One also guilty
- Reynolds Wrap alternative
- Sofa or chair
- Gen. Robert
- Thrill
- Four-star naval officers: abbr.
- Unwanted plant
- Disneyland attractions

DOWN

- Old Russian rulers' title
- Unhealthy chest sound
- Chances
- Edison's initials
- 1 of 13 on Old Glory
- Sooty residue
- Meadows
- Space
- Elec. unit
- Prod lightly
- On with; equivalent to
- Eyelid swelling: var.
- Socks
- Northerner
- Prosecutors, for short
- Musical symbol
- Coils
- Suffix for avoid or accept
- Pet store sights
- Go; agree
- Lift
- Dances
- Baked loaf
- Remove soap
- Stated further
- out; get rid of gradually
- Sudden attacks
- Trampled
- Noise from a little chicken
- Droop
- Pencil's end
- Encounters
- Truffed
- "Mi es su..."
- Got an A on
- Fraudulent act
- Maple or ash
- Metal fastener
- Assess
- Small bills
- Do a tailor's job
- Bullfight cheer
- Laila or her dad

THIS WEEKS ANSWERS

6/25/09

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Presented by:

WORKSource
First Coast Workforce Development

UNF
UNIVERSITY OF NORTH FLORIDA

Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Contact Stephanie Royal at 904.620.2428 or sroyal@unf.edu. The SBDC at UNF is funded in part through a cooperative agreement with the U.S. SBA.

MWR Happenings

June 25: CPO Retiree Night. 4-7 p.m. at Foc'sle CPO Club with free hors d'oeuvres 4-6 p.m. and all-you-can-drink soft drinks for \$1. CPO Retirees bring in a cruise book to share and receive one free domestic draft. Thursday night is reserved for active and retired Chief Petty Officers and their guests. For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

June 26: Summer Outdoor Movie (Monsters vs. Aliens, PG). Start time is at sunset, or approximately 9 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 27: Freedom Fest 2009. 4-11 p.m. at Sea Otter Pavilion. This annual celebration features carnival rides, games, clowns, paintball and artists,

all for free. Food and beverages will be available for purchase including hamburgers, hotdogs, chips, snow cones, popcorn, pizza, ice cream, candy apples, cotton candy, bottled water, soda and beer. Live entertainment will be provided by the bands, Mr. Natural and Little Green Men. The pool will be open from 11 a.m.-8 p.m. with free admission all day and pool games starting at 1 p.m. Fireworks begin at 9:30 p.m. 270-5228

June 30: All Khaki Vendor Night. 4-7 p.m. at Foc'sle CPO Club with free hors d'oeuvres 4-6 p.m. and all-you-can-drink soft drinks for only \$1. Enjoy drink specials from Champion Brands with free giveaway items. All Khakis welcome (Chief Petty Officers, Officers and their guests). For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

July 2: CPO Mug Night. 3-7 p.m.

at Foc'sle CPO Club with free hors d'oeuvres 4-6 p.m. plus all-you-can-drink soft drinks for only \$1. Bring in your official CPO mug for \$1 domestic drafts. Thursday night is reserved for active and retired Chief Petty Officers and their guests. For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

July 3-5: Holiday Weekend Bowling Special. All day bowling pass at Mayport Bowling Center is only \$8 per person (includes shoes). Ages 3 and younger bowl for free. Ages 4-5 bowl for half-price. Holiday weekend hours for July 3-5 are Friday 12-7 p.m., Saturday 1-8 p.m. and Sunday 1-8 p.m. 270-5377

July 3: Let's Make A Deal Bingo. 6:15 p.m. at Beachside Community Center. Play "Let's Make A Deal" with curtain one, two or three plus double payouts on all hard cards. 270-7204

July 3: Summer Outdoor Movie (Surf's Up, PG). Start time is at sunset, or approximately 9 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

July 6: Pool Closed. The base pool will be closed all day July 6 and until 1 p.m. July 7 for regularly scheduled super-chlorination and cleaning. 270-5425

July 7: All Khaki Celebrity Bartender Night. 3-7 p.m. at Foc'sle CPO Club with free hors d'oeuvres 4-6 p.m., all-you-can-drink soft drinks for only \$1 and drink specials. All Khakis welcome (Chief Petty Officers, Officers and their guests). For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

July 9: CPO Right Hand Man/Bosses Night. 3-7 p.m. at Foc'sle CPO

Club with free hors d'oeuvres 4-6 p.m., all-you-can-drink soft drinks for only \$1 and drink specials. Thursday night is reserved for active and retired Chief Petty Officers and their guests. For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

July 10-12: 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

July 17-19: Deerfield Beach Dive Trip. Four boat dives over two days for only \$330. Cost includes lodging, transportation, all diving equipment, air fills and dives. 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

A new fitness schedule for Sufside and the Gym is in effect. Water Aerobics schedule has also been added for the summer season. The new Surfside Fitness schedule is as follows:

Monday

7 a.m., TRX with Ruthie and Emily

The Fitness P.O.W. is Cardio:
Jacobs Ladder;
Strength: Lower back;
Stretch: Abductor

10:30 a.m., Broken Hearts
11:30 a.m., Step n Kick
1 p.m., Moms in Motion
4:30 p.m., Zumba
Tuesday
7 a.m., IA Training
9:30 a.m. Lo Impact
11:30 a.m., Lunch Crunch

1 p.m., Strength Solutions & Flexibility Fix-ups
3 p.m., TRX
Wednesday
6:30 a.m., Functional Flexibility and Stress Management
10:30 a.m., Broken Hearts

11:30 a.m., Zumba
1 p.m., Moms in Motion
5:30 p.m., Kids Clinic
5:30 p.m., Kickboxing
Thursday
11:30 a.m., Mind, Body (Yoga, Pilates, Tai Chi)
1 p.m., Strength Solutions & Flexibility Fix-ups
2:30 p.m., Command Yoga
Friday
7 a.m., Beach Bootcamp
11:30 a.m., IA Training
The new Gym schedule is as follows:
Monday
6:30 a.m., Weight Training for Warfighters

11:30 a.m., Circuit Senations
2:30 p.m., Command Row-bics
Tuesday
6:30 a.m., Command Cardio Pump
11:30 a.m., Resistance
3 p.m., Conditioning for Running with LaPlace
4:30 p.m., Spinning
Wednesday
7 a.m., Cardio, Combat and CORE
11:30 a.m., Row-bics
2:30 p.m., Victory PRT
Thursday
7 a.m., Command Jump and Jab
11:30 a.m., Spinning

Friday

6:30 a.m., Command Spinning with Ruthie
11:30 a.m., Strength Training Basics for Women with Traci
Water Aerobics schedule for the Base Pool is as follows:
Monday
9 a.m., Aqua Aerobics
Wednesday
9 a.m., Aqua Aerobics (Regular & Deep Water)
Thursday
9 a.m., Aqua Aerobics
Friday
9 a.m., Aqua Therapy

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 or visit us online at www.cnic.navy.mil/Mayport/Recreation.

June 25: Beach Volleyball Tournament. Register your team at Planet Mayport.

June 26: Dinner and a Movie Trip. Pizza at Planet Mayport prior to departing for the theatre around 6:30 p.m. Trip cost is only \$2 and includes pizza, movie admission and transportation.

June 27: Skydiving Trip. Travel with us to Skydive

Palatka for \$150. Departure time TBD. Sign up at Planet Mayport.

June 27: Freedom Fest 2009. 4-11 p.m. at Sea Otter Pavilion. This annual celebration features carnival rides, games, clowns, paintball and artists, all for free. Food and beverages will be available for purchase including hamburgers, hotdogs, chips, snow cones, popcorn, pizza, ice cream, candy apples, cotton candy, bottled water, soda and beer. Live entertainment will be provided by the bands, Mr. Natural and Little Green Men. The pool will be open from 11 a.m.-8 p.m. with free admission all day and pool games starting at 1 p.m. Fireworks begin at 9:30 p.m. 270-5228

June 28: Surveys and

Sundaes. Stop by Planet Mayport for a free sundae starting at 6 p.m. while supplies last. The only catch, we want your feedback on how we're doing.

June 29: A Case of the Mondays. Take out your Monday frustration. Come over to Planet Mayport and smash stuff starting at 2:30 p.m., while supplies last.

June 30: Planet Plan. Give us your feedback on ideas for next month and we'll give you free food. Food served at 2:30 p.m., while supplies last.

July 1: July Calendar of Events Begins. Download the latest Single Sailor event calendar at www.cnic.navy.mil/Mayport/Recreation or stop by Planet Mayport and pick up a copy.

June 26: Summer Outdoor Movie (Monsters vs. Aliens, PG). Start time is at sunset, or approximately 9 p.m. every Friday at Sea Otter Pavilion. Bring your lawn chairs or blankets and bug spray, just in case. 270-5228

June 27: Freedom Fest 2009. 4-11 p.m. at Sea Otter Pavilion. This annual celebration features carnival rides, games, clowns, paintball and artists, all for free. Food and beverages will be available for purchase including hamburgers, hotdogs, chips, snow cones, popcorn, pizza, ice cream, candy apples, cotton candy. The pool will be open from 11 a.m.-8 p.m. with free admission all day and pool games starting at 1 p.m. Fireworks begin at 9:30

p.m. 270-5228

July 3: Summer Outdoor Movie (Surf's Up, PG). Start time is at sunset, or approximately 9 p.m. every Friday at Sea Otter Pavilion. Bring your lawn chairs or blankets and bug spray, just in case. 270-5228

July 7: Bubblemaker. This two hour session at the base pool introduces scuba to ages 8-12. Cost is \$20. All scuba equipment is supplied at no additional charge. Sign up at Outdoor Adventures. 270-5541

July 11: 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

July 13-16: Seal Team. This 4-day mini-camp at the base

pool from 9-11 a.m. introduces scuba to ages 8 and older. Cost is \$129. All scuba equipment is supplied at no additional charge. Sign up at Outdoor Adventures. 270-5541

July 14: Junior Golf Clinic Begins. This golf clinic for ages 8 and older meets Tuesdays and Thursdays from 9-11 a.m. for two weeks. Cost is \$100 per child. Sign up at Windy Harbor Golf Club. 270-5380

July 15: Youth Fall Sports Registration Deadline. Register at the Youth Center Monday-Friday 11 a.m.-6 p.m. The youth fall sports program features soccer for ages 4-12 and baseball for ages 7-18. Cost determined by age. Financial assistance is available for qualifying families. 270-5680

Go 'Fourth' And Rock With City Of Jacksonville

From the city of Jacksonville

Join the city of Jacksonville to celebrate the nation's independence with Go Fourth & Rock on Friday, July 3, Saturday, July 4 and Sunday, July 5. This star-spangled celebration will feature a free concert at Metropolitan Park featuring Pat Benatar and Neil Giraldo, as well as Richard Marx, and the Boogie Freaks. Ice skating and family activities will take place at the Veterans Memorial Arena on July 3-5. A spectacular fireworks show will light up the downtown sky following the concert on July 4.

Gates will open at Metropolitan Park at 4 p.m. on July 4. Opening ceremonies will

begin at 4:30 p.m. and music begins at 5 p.m.

In addition to Go Fourth & Rock, there will be many activities taking place beginning Wednesday, July 1. A sampling of these events/activities is below:

Wednesday, July 1
Dueling Pianos presented by the City of Jacksonville
First Wednesday Art Walk

Live entertainment by the Rick Arcusa Band
Thursday, July 2
Pool Splash Party presented by the City of Jacksonville

Live entertainment by the George Aspinall Band
Friday, July 3

Ice skating and family activities presented by the City of Jacksonville at Jacksonville Veterans Memorial Arena

Family activities, arts and crafts and interactive games

Live entertainment by Diggin' in Dreamland with special features Presented by the City of Jacksonville
Fireworks

Saturday, July 4, 2009
Ice skating and family activities presented by the City of Jacksonville

10 a.m. - 5 p.m., Jacksonville Veterans Memorial Arena
Ice skating: \$3 (includes skate rental)

Family activities, arts and

crafts and interactive games
Radio Disney AM 600 Booth, 1-3 p.m.

Music, games and prize giveaways
Info: (904) 630-3690 or www.makeascenedowntown.com

Free concert presented by the City of Jacksonville
Metropolitan Park
4 p.m., Gates open
4:30 p.m., Opening Ceremony

5 p.m., Concert begins featuring Pat Benatar & Neil Giraldo also featuring Richard Marx as well as the Boogie Freaks

A variety of food and beverages will be available for purchase inside Metropolitan Park.

No outside food or beverages will be permitted. Other prohibited items include: backpacks, bags or fanny-packs larger than 8 1/2"x11", coolers, picnic baskets, still, digital or video cameras of any kind, roller skates or roller blades, bicycles or pets. Blankets and lawn chairs are encouraged for general seating. Strollers, diaper bags, and chairs "in a bag" will be permitted, but are subject to search. In case of inclement weather, ponchos will be allowed inside the park but umbrellas will not be permitted.

9:45 p.m., Fireworks shot from three barges in the St. Johns River (one in front of

Metropolitan Park, one between the Acosta and Main Street bridges and one east of the Main Street Bridge) and strobes on the Acosta and Main Street bridges

For complete information and a downtown parking map, visit www.downtownjacksonville.org

For more information including fireworks cruises, call (904) 733-7782 or e-mail www.jax-watertaxi.com.

Call (904) 630-3100 or visit www.jtafla.com for more information.

MWR Mayport's Summer Outdoor Movies
Fridays at Sunset (approx. 9 p.m.) at Sea Otter Pavilion

Friday, June 26
Monsters vs. Aliens (PG)

Friday, July 3
Surf's Up (PG)

Friday, July 10
Enchanted (PG)

Bring your lawn chairs or blankets and bug spray, just in case.
Light refreshments will be available for purchase.
For more info, call (904) 270-5228

MWR MAYPORT
2009 YOUTH FALL SPORTS REGISTRATION
Deadline: Wednesday, July 15

Soccer (Ages 4-12) - Age determined as of August 1, 2009
U-6 and U-8 \$35 per player
U-10 and U-12 \$45 per player

Baseball (Ages 7-18) - Age determined as of April 30, 2009
Rookie (7-8) \$55 per player
Minor League (9-10) \$55 per player
Major League (11-12) \$55 per player
Junior (13-15) and Senior (16-18) \$65 per player

✓ Payment due in full at registration
✓ \$5 discount for additional children of same family
✓ Financial assistance available for qualifying families
✓ \$10 refund charge if cancel before uniforms are issued
✓ No refunds after uniforms are issued
✓ All children receive a participation trophy

Volunteer Head Coaches and Assistant Coaches are needed!

Register at the Youth Activities Center
Mon-Fri 11am-6pm
(904) 270-5680
Youth Sports Coordinator: (904) 270-5018

Beat the Heat...
GO BOWLING on July 4th Weekend!

Friday, July 3 12pm-7pm
Saturday, July 4 1pm-8pm
Sunday, July 5 1pm-8pm

All Day Pass: \$8/person
Come and go as you like, all day long! Shoes included.

Children ages 3 & younger bowl for FREE!
Children ages 4 & 5 bowl for 1/2 price!

MWR MAYPORT BOWLING CENTER & Fast Lanes Grille

Additional details... First come, first serve. To accommodate everyone, individuals may be asked to share their lane and make new friends. Lanes left vacant for 30 minutes will be turned off.

(904) 270-5377

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)
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- Tuition Assistance Authorized
\$5,137,440



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Visit our careers page at www.atlanticmarine.com to view more details on all our openings and apply directly on line.

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Full-Time Seasonal (English/Spanish) CONTACT REPRESENTATIVES

The IRS is currently seeking individuals to work for our Jacksonville, FL Ofc. The IRS has made it easier to apply for jobs. No more waiting in long lines.

Register & Apply online through USAJOBS at: <http://www.usajobs.gov>

Open Period: 6-22-09 to 7-6-09

To Qualify You Must: Bilingual Only: Be fluent in both English and Spanish (reading, speaking & writing).

• Meet min. education/exp. requirements.

• Pass an online assessment, and a panel interview (English/Spanish for Bilingual only) or a written & oral language assessment (English/Spanish for Bilingual only) to demonstrate interpersonal skills.

• Complete a telephone assessment (English/Spanish for Bilingual only).

• Pass a fingerprint and tax check.

• Starting Annual Salary \$30,772.

• Health & Life Ins. • Excellent Retirement package

• Public Transportation Reimbursement

If you need additional information, contact the Atlanta Recruitment Office at:

Atlanta, Recruitment@irs.gov or call the IRS Jobline: 904-665-0699 EOE

Restaurant/Bar/Club/Food/Beverages

EXPERIENCED BAKER NEEDED!

Call 904-241-0070

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Parks Brothers Self Storage New Customers that are military personnel will receive a Permanent 50% Discount off our monthly storage rental rate.

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All Florida Contractors, Inc. Roofing Specialist Call for Free Est. 904-739-9454 Lic. ICC055697

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Garage Sale

Northside Sat. only 8am Heckscher Dr. area 9168 Million Dr. Furn., Christmas Village, baby items, collectables, misc

BARGAIN HUNTERS GALORE

This Sat. & Sun Have Your Garage Sale at The Market Place! 7059 Kamon, 78¢-FLEA

Furniture/Household

BEDS BEDS BEDS QUEEN SETS \$100 KINGS \$185 365-0957

Furniture/Household

OVERSTOCKED MATTRESS SALE!!! Best Prices Around! Queen Sets From \$105 King Sets From \$190 Frames from \$43 Everything Will Go 904-644-0498 Delivery Available

BED A Banner Bargain

King Size Matt & Box \$190 Call Carter 644-0498

Moving sale

highboy dresser \$100.00, end tables \$15.00, garden tools, coffee table \$20.00, three drawer cabinet \$30.00 904-254-1503.

QUEEN MATTRESS & BOX PILLOW TOP SET

Brand New \$105 644-0498

Aircraft Personnel for Mayport

L-3 Vertex Contract Field Services has been awarded the Maintenance Contract at HSL40 on Naval Station Mayport and is accepting resumes for personnel with the following experience: Aircraft Servicers & Aircraft Workers with corrosion exp., Aircraft Engine Mechanics, Electricians, Avionics, Sheetmetal Mechanics with H-60 exp., Tool Part Coordinators and Painters. Interested personnel need to apply online at www.L3.com/careers/search.aspx

Successful completion of a background investigation and pre-employment drug screen will be required. E.O.E. M/F/D/V

Georgia-Pacific is recruiting for a **STORES MANAGER** to manage & oversee overall supply chain operations, including receiving & inventory of maintenance materials, supplies and capital spares. The incumbent will be responsible for inventory valued at \$5MM-\$25MM & managing & developing a staff of both salaried & hourly employees. Minimum qualifications include: a Bachelor's degree or equivalent work experience in supply chain, engineering, or maintenance in the paperindustry. Minimum qualifications include: a Bachelor's degree or equivalent work experience in supply chain, engineering, or maintenance. Work experience in the paper industry preferred. For additional information and to apply visit our website at www.gp.com We are an Equal Opportunity Employer. M/F/D/V 633863

Machinery and Tools

2000 Watt AC Craftsman portable generator with wheel kit \$200.00 945-859-8505.

Miscellaneous Merchandise

BEST OFFER 283 Shares Putnam State Bank Stock 904-962-9625

Mystery Dinner

in Orlando for 2 adults \$60.00 ticket good till 4/30/10 11 T T rate \$100+ Call 778-9167

Sporting Goods

10,000 Acres Dog Hunting Club in S.C. needing members start hunting Aug. 15th 803-942-2138

Carbine Inland, mfg

WW2 M1 dated 644. Exc cond \$675. Call John (beaches) 591-9466

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