

THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

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THURSDAY, July 9, 2009



EOQ Lunch On July 28

Naval Station Mayport Employee of the Quarter Presentation/Luncheon will be held at 11:30 a.m. on July 28 at Ocean Breeze. Cost is \$7 per person. Must RSVP by July 24 with the luncheon choice to Sandra Barrett, 270-5228 or sandra.barrett1@navy.mil. All are welcome to come out and support the nominees.

Nominated Employees are as follows:
John Venosh of Security Dept
Thomas Wheeler of Air Ops
Patricia Beasley of Housing
Sarah Thompson of MWR
David Burnett of PWD

Foc'sle Menu Changes

Starting Monday, July 13, Foc'sle CPO Club will no longer offer a daily lunch buffet. The new lunch format will include menu items such as chicken tender baskets, hamburgers, shrimp Po' Boys, BBQ sandwiches, quesadillas and chicken tender wraps. Menu items range in price from \$5.25 to \$7.25. Lunch at the CPO Club will remain open to All Hands from 11 a.m.-1:30 p.m. Monday through Friday. For any additional information about this change, please call 270-5228.

Help Clean Up Mayport Shore

Naval Station Mayport is cleaning up its shoreline with your help. Mayport's Environmental Department is looking for volunteers to participate in the 2009 Mid-Summer Shoreline Clean-up on July 16.

The goals of the 2009 Mid-Summer Shoreline Clean-up are to have a focused event in which military and civilian volunteers demonstrate their commitment as good stewards of our environment and to remove a significant quantity of debris that has washed up ashore here at NAVSTA Mayport. Floatable trash continues to be a major pollutant in our rivers and oceans and poses a significant hazard to the health of aquatic wildlife.

Volunteers may participate at one of three locations on Station: Reynolds Park (on river front across from the Recycling Center); west end of Jetties (north end of Bon Homme Richard Street, adjacent to Bldg. 1538); or the beach area (Beachside Community Center dune crosswalk). This is a one-hour event that will run from 9-10 a.m.

Gloves and plastic trash bags will be provided on site. For additional information please contact Scott Dombrosky, NS Mayport Water Program Manager at 904-270-6730 ext. 211. Pre-registration is not required.

Wear Working Uniform Off Base

By MCCS(SW/AW) Bill Houlihan
Master Chief Petty Officer of the Navy Public Affairs

The Navy Working Uniform (NWU) is now authorized for wear off-base, during routine stops and at eating establishments during the prescribed workday.

In NAVADMIN 188/09, Chief of Naval Operations (CNO), Adm. Gary Roughead, expanded the occasion for wearing the policy, which has been in place for six months.

Roughead consistently stated that the possibility for changing the policy hinged upon a timetable driven by the Navy's chiefs' mess.

Once the leadership mess provided feedback to Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick West, indicating that Sailors across the Navy understood the correct manner to wear the uniform, it was understood that he would recommend to CNO and Chief of Naval Personnel (CNP), Vice Adm. Mark Ferguson, when the time was right to allow the uniform off base.

According to West, that time is now.
"Communication from the Force and Fleet Master

Chiefs has been unanimously positive. Our Sailors are ready to introduce this uniform to the American public," said West. "That's what CNO was waiting for and this decision is a direct result of chief petty officer (CPO) feedback. It's been sincerely gratifying to be able to watch this process work as well as it has."

The policy differs from the language in NAVADMIN 343/08 in that, up to now, routine stops were not allowed. That meant Sailors were prohibited from visits to child care centers, gas stations, brief stops at convenience stores or banks. Now those stops are authorized.

"Our Sailors are proud of this uniform," said MCPON. "This has been the number one feedback item from the fleet since I took office, (Dec. 12, 2008) and they have not been shy about their wishes to wear this uniform in town. Our Sailors have been trained to wear it and will wear it proudly."

West underscored the importance of waiting for the right time to open up the occasion for wear policy. He said that while many wondered why the original wear policy was put in place, it was important to ensure

every Sailor knew how to wear it before allowing it outside the lifelines of ships and bases. He also said he kept a close eye on various regions to see how aggressive leadership was in training the fleet to wear the NWU.

"I watched Navy Region Mid-Atlantic and I saw how the chiefs in that region were engaged in getting this right from day one. The training was consistent and it was effective. They deserve a lot of credit for the expanded policy, because they did it the right way in the largest fleet concentration area. Leadership engagement coupled with Sailor feedback was what drove this recommendation (to expand the policy) to CNP and CNO."

The revision includes aligning the NWU and Camouflage Utility Uniforms (CUUs) occasion for wear policies and offers more flexibility than the rules governing the wear of other working uniforms.

The transition to the NWU will continue as stipulated.
See Uniform, Page 14

SW Groves Honors Its Namesake



Crewmembers of USS Stephen W. Groves pose with Brian Groves, nephew of the ship's namesake Ensign Stephen W. Groves, on July 4th. Brian presented the ship with the flag flying in the background which was given to the family during Ensign Groves memorial in 1942.

From USS Stephen W. Groves

The crew of USS Stephen W. Groves (FFG 29) celebrated the independence of USA by honoring its namesake.

During the ship's morning colors on the Fourth of July, the crew saluted a 48-star flag on loan to the ship from the family of the ship's namesake, Ensign Stephen W. Groves. The flag was first given to the Ensign's parents, Mr. and Mrs. Lemuel Groves in 1942 at a memorial for their late son. Brian Groves, nephew of Ensign Groves, was on board

the ship during colors as the memorial flag flew on the ship for the first time.

Ensign Groves, was a Naval Aviator who died in the Battle of Midway on June 4, 1942. Battling a vastly superior Japanese force, Ensign Groves took off from his carrier nine times in defense of USS Yorktown (CV-5). A native of East Millinocket, Maine, Groves was the first serviceman from his hometown to be lost in World War II.

"Stephen was my Uncle, and I was born 22 years after his

death," said Brian Groves during the event. "Our family has kept a close association with USS Stephen W. Groves since her Commissioning in 1982. We are very proud of the hard work and dedication of those who serve aboard her."

Brian said that as he watched the flag being raised that he thought about the poem, "The Legion Eternal," written by his late grandfather in honor of Ensign Groves and his fallen comrades:

A Message floats upon the breeze



Photos courtesy of USS Stephen W. Groves Operations Specialist 3rd Class Michael Hughes and Quartermaster 3rd Class (SW) Josef Zimmerman of USS Stephen W. Groves salute during morning colors on July 4 after raising a 48-star flag on loan to the ship from the family of its namesake, Ensign Stephen W. Groves.

Like Golden Bell-note o'er the wave:

Uphold the Light we leave to Thee;

Guard now the Flag we died to save.

"May all families and friends honor those loved ones who go in harm's way in defense of their Nation, and may God bless them all," Brian added.

Munitions Det Moves Into New Space

From Navy Munitions Command
CONUS East Division Detachment
Mayport

Navy Munitions Command CONUS East Division (CED) Detachment Mayport held a ribbon cutting ceremony on July 2 to mark the completion of renovations to Building 190.

Commanding Officer Navy Munitions Command CED, Capt. Bette Bolivar, was joined by Naval Station Mayport Commanding Officer Capt. Aaron Bowman, NAVFAC Officer in Charge Capt. William Vaughan and Navy Munitions Command CED Detachment Mayport Officer in Charge Lt. John Nelson in marking the occasion. It took more than a year of planning, contracting, and construction to complete

the major interior renovation to Building 190.

The partnership, communication, and cooperation between the commands were critical to the successful completion of the project.

Renovations included two new HVAC units and air handling units, four new office spaces, new restrooms and training facilities, as well as upgrades to the floor, walls, and ceilings of the building.

Building 190 serves as the administration offices for Navy Munitions Command CONUS East Division Detachment Mayport and Explosive Ordnance Disposal Mobile Unit Six, Detachment Mayport. Navy Munitions Command CED and their eight detachments provide



Photo by Bill Austin
Tim Sullivan, Deputy Director of Navy Munitions Command CONUS East Division Detachment Mayport is joined by Commanding Officer Navy Munitions Command CED, Capt. Bette Bolivar and Naval Station Mayport Commanding Officer Capt. Aaron Bowman during a ribbon cutting ceremony to celebrate the renovation of Building 190.

Fleet Ordnance Support to east coast fleet and shore stations. Detachment Mayport provides ordnance material handling,

technical, and material support to the Fleet and other ordnance customers. Weapons and Combat System personnel from

the "Finest Fleet" are invited to stop by and meet the ordnance professionals at Navy Munitions Command Det Mayport.

CO Column

What a wonderful Freedom Fest Show put on by the MWR Director Lonnie Kenney and his team. John Aimone is the heavy lifter on this event and it keeps on getting better and better each year. I can't imagine this Naval Station without our MWR team. Please thank them when you run into one of them working hard to make this a great base and fun place to be.

Fireworks, games, live music, all the elements of a good time were in place and I want to thank everyone involved - MWR, Fire and Rescue, Security, etc. It was a huge success. Also happening last week, Adm. Jonathan Greenert, Commander, Fleet Forces Command visited the base and was truly impressed by the pride and professionalism you all bring to the table each day. His tour included talking to IA personnel and visiting USS Farragut.



Capt. Aaron Bowman of service in the Navy now and he wants to make sure that your concerns are heard and noted. Thank you all for expressing those concerns and success stories to him. Those comments from the deck plates are vital to making this program the best it can be.

A new survey is on the street and I highly encour-

age all active duty Sailors to participate in a sexual assault study to assess the effectiveness of the Navy's Sexual Assault Victim Intervention (SAVI) program. The Office of the Naval Inspector General (IG) is conducting the survey, which is available at ww.ig.navy.mil/sas-study.htm. The survey, designed for active-duty personnel, is confidential, anonymous, and will be available for participation through Sept. 30.

Naval IG teams are also visiting installations around the fleet through the end of September. As part of the visits, they are facilitating focus group discussions to gain more insight from a fleet perspective about the occurrences and command support during incidences of sexual assault. Each focus group will be composed of a cross-section of personnel and consist of approximately 20 people from various rank categories.

The Navy's SAVI Program is managed by Commander, Navy Installations Command's Fleet and Family Support Program. Our Fleet and Family Support Program manages a wide variety of programs, including SAVI.

These programs enhance Sailor readiness, family preparedness and directly contribute to mission readiness. Suicide for example, is the third leading cause of death in the Navy and I cannot stress enough the importance as leaders, to tell your folks that there are avenues of help out there that can prevent a tragic decision such as suicide. Suicide is a state of mind that is most often temporary and reversible with timely assistance.

Unfortunately we lost a Marine from Blount Island Command to suicide less than two weeks ago. He lived in Mayport Navy housing and

left family, a small child, wife, friends, and neighbors all wondering what were the signs and what could have been done. There is 24/7 assistance always available at our quarterdeck at 270-5401. Military OneSource also offers help 24-7 at 1-800-342-9647.

The Navy Working Uniform (NWU) is now authorized for wear off-base, during routine stops and at eating establishments during the prescribed workday. I have established a date of Oct. 1 for NAVSTA personnel to transition so we are not wearing so many different uniforms. It's easy right now to get the uniform over by Charlie pier in the temporary uniform shop, but we will close that operation soon and move the NWU back to the fleet store. Starting on Oct. 1, we will also no longer allow coveralls outside of the working areas (NEX, etc.).

Please keep in mind that when you wear the uniform you are representing the Naval Station and the Navy. Take pride in wearing it, and maintain a sharp military appearance.

Finally I want to put a plug on our current weather conditions. Please make sure while your out and about or working out, you stay hydrated. Summer brings the heat and all that can come with it such as dehydration or heat stroke.

All of you are vital to the success of this team and your health and well being is my top priority. Please keep an eye out while you go through your day and don't hesitate to let me know if you see a better (or safer way) to do business around the base.

Your concerns are my concerns, so keep those suggestions rolling in to the CO's suggestion box located at the base galley, or email them to aaron.bowman@navy.mil.

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-years-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

By Erica I. Peña-Vest and Ryan Vest

Military Travel Columnists

I'll be honest. When I first saw Folsom, California on a map, I didn't think much of it. As far as I knew, Folsom was a prison, right? My mind immediately conjured up images of Johnny Cash singing "I walk the line". I was traveling home from Sacramento one day and thought, "Wouldn't it be fun to drive through Folsom and take a picture on front of the prison for my scrapbook?" Wasn't I in for a surprise? There is a famous prison in Folsom and Johnny Cash did perform there in 1968, but little did I know I was about to be introduced to one of my

favorite cities in California.

Folsom, California has boomed in recent years to become one of the top shopping, dining and outdoor adventure destinations in Northern California, offering something for everyone in your family. For the outdoor adventurer in your family, Folsom offers great water sports and hiking. Between Folsom Lake, Lake Natoma and the American River, anyone who enjoys being on the water will be able to find their pleasure. Whether you like waterskiing, wakeboarding, swimming or just hiking along the waterfront, Folsom is a sportsman's paradise.

For the shopper in your fam-

ily, Folsom is also home to the Folsom Premium Outlets which is a bargain shopper's oasis. With nearly 100 designer clothing outlet stores, it is the perfect place to spend a lazy afternoon walking through the outdoor mall in the comfortable California sunshine.

Best of all, Folsom is the perfect destination for families. I recently took my two year old to Disneyland and he didn't enjoy it half as much as he loved Folsom. Sometimes the major tourist destinations can be overwhelming and tiring for little ones, but Folsom is full of outdoor adventure, parks and attractions perfect for little children. As for accommodations,

we stayed at the Residence Inn by Marriott which offers a military discount and rooms perfect for families with one or two bedrooms. Centrally located and offering a full breakfast buffet for free every morning, it's the perfect place to stay with the kids.

Despite the small size, the Folsom Zoo & Sanctuary is one of the best zoo experiences I've ever had. While only a fraction of the size of larger zoos, the Folsom Zoo & Sanctuary offers a much more intimate encounter with both exotic and native California wildlife, and can be comfortably experienced in an afternoon. My son particularly loved the peacocks and

roosters that roam the grounds free. An afternoon at the zoo would be incomplete without a ride on the adjacent Folsom Valley Railway. This train is a huge hit among children (and the adults in my family). The Folsom Valley railroad is pulled by a 12 inch narrow gauge 4-4-0 steam locomotive (a miniature locomotive for those that don't speak "train") that is just the right size for kids to relate to. If you travel with your children, it's something that can't be missed, and at a cost of \$4 per person for the zoo and \$2 per person for a train ride, it won't break the bank.

Folsom is also home to a vast variety of restaurants that cover

everything from east to west. Fat's Asia Bistro is an unforgettable culinary experience, gathering a broad spectrum of Eastern cuisine under one roof. For those hankering western food, Texas West BBQ is my personal favorite. As a native Texan, I can tell you that it is not only authentically Texan, but mouthwateringly scrumptious as well.

Folsom is a destination that shouldn't be missed when you are in Northern California. I have found my home away from home!

Homefront in Focus

By Beth Wilson

Military Spouse Support Contributor

If you read this column regularly you may recall that I announced that I was starting a series on the communities that compose our great Navy. As soon as I submitted that column my inbox filled with questions and requests that required a change in the next few columns. We'll pick up the series at a later time to focus on timely topics for you and your family.

Disaster preparedness can seem like a dull topic but it is a 'life and death' issue. The hurricane season is in full swing in the southeast, wild-fire season on the west coast and tornado season is affecting the Midwest. It's time to be prepared for what may come our way this summer and fall.

In a disaster first responders, police, fire fighters, and medical personnel, are finite in their numbers and abilities. Federal support may not arrive for three days. We must take personal responsibility seriously. Now is the time to create that disaster plan for you and your family. The good news is it is not as difficult as you think!

A disaster plan involves three main areas: a communication plan, a disaster kit and an evacuation plan. An effective communication plan is easy. Determine a family member or friend outside your local area to call to 'report in.' Often phone lines (including cell phone) and circuits are swamped in the affected area. By contacting grammy in Phoenix or Aunt Delia in Pittsburgh all family members can report in and know who needs help. For Navy families there is another number that

needs to be part of that communication plan: 1-877-414-5358. This number, Navy Family Assessment and Accountability System (NFAAS), We'll look at NFAAS more below. In the mean time put this number in your wallet; program it into your cell phone. Make sure all family members know who to call.

Step two is the disaster kit. The Navy's Operation Prepare website has great information for you and your family. Logon to https://www.enic.navy.mil/enic_hq_site/OpPrepare/index.htm for resources and information to build an emergency kit for your family with specific information for your geographical region. The Red Cross site: <http://www.redcross.org/services/prepare> also offers great info for your disaster kit. Remember to assemble these items in a closet or area that everyone knows. Make readiness a family effort. Take the time to read and utilize the information on these two sites and remember the motto: Three days, three ways. Be prepared to survive for three days and have three ways to evacuate your home and neighborhood.

Navy families should register - before disaster - at <https://www.navyfamily.navy.mil/>. This is the Navy Family Assessment and Accountability System. This system enables the Department of the Navy to assist each family affected by a national disaster/crisis or a personal situation, as well as IA's and their families. Logon to the site and complete the registration information. In an emergency you may either call the toll free number (1-877-414-

5358) or logon to update your status and indicate your needs if any. A case manager will be assigned and proper resources will be brought to bear to meet your needs; from an ambulance to a chaplain.

Assemble a "readiness binder," folder or backpack with important papers (copies) that can be easily grabbed as you

dash out the door. Include a copy of your most recent orders, and copies of driver's licenses, military ID's, medical information (medications and dosages), all account numbers (bank, credit card, insurance policies), copy of birth certificates and marriage license to name a few. And tuck into this same binder CASH. Put away \$15 per pay

for one year and you will have \$360 for gas, hotel, food, and other expenses in case you cannot access your bank account immediately.

We hear about disaster preparedness often. The tendency is to let it go without action. Make disaster preparedness a summer activity for you and your family. Please send me any

ideas, tips or resources you used for your disaster plan.

Questions or comments for Beth? Drop her a note at beth@homefrontinfocus.com or check out her internet talk show for Navy spouses, Navy Homefront Talk, at www.blogtalkradio.com/nht.



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.



Naval Station Mayport

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Gettysburg Relieved As CTF 151 Flagship

From Commander, CTF 151 Public Affairs

The guided-missile cruiser USS Anzio (CG 68) relieved USS Gettysburg (CG 64) as the flagship for Combined Task Force (CTF) 151 June 28.

"Gettysburg did an incredible job serving as our flagship from May 3-June 28," said Turkish Navy Rear Adm. Caner Bener, commander, CTF 151.

"Whatever the situation, whether engaged in the boarding or the safe and secure holding of suspected pirates for 28 days, Gettysburg undertook them all without complaint. The experience Gettysburg and her crew brought to our mission as flagship was a major key to our success in counterpiracy operations over the last couple months."

Gettysburg participated in

counterpiracy operations as part of CTF 151 since early April. In less than three months, her crew conducted several boardings, captured 17 suspected pirates and confiscated more than a dozen assault rifles and a number of rocket-propelled grenade (RPG) launchers, RPGs, ladders and grappling hooks suspected in attacks on merchant vessels.

Gettysburg's visit, board, search and seizure (VBSS) team along with members of the U.S. Coast Guard's Legal Detachment (LEDET) 409 out of Miami, Fla., also captured the first and only pirate mother-ship taken by coalition forces.

"This has been the first occasion of Turkish flag officer with a multinational staff embarking on a United States ship," said Bener. "Doing so for the purposes of coalition counterpiracy

operations has presented a range of unique challenges and was a ground-breaking experience for us all. Gettysburg and her crew made an immeasurable impact on keeping the sea lanes of communication safe. The ship's contributions to counterpiracy operations should serve as a model to all ships to follow."

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



-Photo by Ensign Melanie Stolzenberg

Commander of U.S. Fleet Forces Command, Adm. Jonathan Greenert, visited USS Farragut (DDG 99) and pinned on ESWS for Boatswain's Mate 3rd Class Andrew Whisler and Interior Communications Electrician 2nd Class Chase Winebrenner. Pictured Greenert pins the award on Winebrenner.

Greenert Visits NAVSO



-Photo by MC1(SW) Holly Boynton

Commander, U.S. Fleet Forces Command (CFFC) Adm. Jonathan Greenert greets Capitao de Fragata Jose Cordoso, Brazilian Navy, Foreign Liaison Officer. Greenert spoke with Foreign Liaison Officers and Inter American Naval Telecommunications Network staff from Argentina, Brazil, Chile, Colombia, Ecuador, Mexico, Peru, and Uruguay during his visit to U.S. Naval Forces Southern Command and U.S. Fourth Fleet. Greenert made the visit to greet NAVSO's newest commander, Rear Adm. Victor Guillory, and receive updates from units around Naval Station Mayport.

CFFC Meets With IAs, Sailors On Waterfront

By MC2 Daniel Gay
Navy Public Affairs Support Element
East Detachment Southeast

Naval Station Mayport welcomed the commander of U.S. Fleet Forces Command (USFF) as he toured the base June 30.

Adm. Jonathan W. Greenert made a stop at the guided-missile destroyer USS Farragut (DDG 99) where he took a moment to present two Sailors with their Enlisted Surface Warfare Specialist (ESWS) pins.

"It's a great honor," said Interior Communications Specialist (SW) 2nd Class Chase Winebrenner. "Not many people get a chance to have a four-star admiral put their ESWS pin on."

Boatswain's Mate (SW) 3rd Class Andrew Whisler was the second Sailor who was presented a pin from Greenert.

"It's pretty cool, I don't think anyone else on the ship can say that they got pinned by someone as high ranking as Admiral Greenert," said Whisler.

While aboard the ship, Greenert took some time to talk with the officers and chiefs of Farragut about their training, basic unit phase and particularly how they are preparing for theater security cooperation missions.

"I think it is paramount to keep a certain alignment between deckplate Sailors and high level command," said Cmdr. Philip Sobeck, Farragut's commanding officer. "I feel this is a great opportunity to show what our Sailors are out doing each and everyday."

After departing the ship

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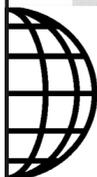
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Fireworks, Fun With MWR

By Stephanie Edwards
MWR

Naval Station Mayport personnel and their families, along with military personnel and families from throughout northeast Florida and southeast Georgia, descended upon Sea Otter Pavilion on June 27 for MWR Mayport's annual Freedom Fest celebration.

The event featured carnival rides such as the mechanical bull and surf machine, numerous inflatable moonwalks, a climbing wall, paintball, two caricaturists, spray paint artists, clowns and more. Live entertainment started at 4 p.m. with Mr. Natural followed by Little Green Men taking the stage from 8-11 p.m. Food for purchase included hamburgers, hot-dogs, pizza, kettle corn popcorn, candy apples, cotton candy and ice cream, to name only a few. Starting at 9:30 p.m., a spectacular fireworks show lasting over 20 minutes lit up the sky over Naval Station Mayport and was visible throughout the beaches area.

Freedom Fest is one of many special events offered annually from the MWR Department at Naval Station Mayport. Additional funding for Freedom Fest 2009 was provided by event sponsors, Navy Federal Credit Union and Rehab Direct, LLC. For more information on upcoming MWR events and activities, visit www.cnic.navy.mil/Mayport/Recreation.



Boatswain's Mate 2nd Class Paul Villarreal, USCG, chats with friends as he is drawn by a caricaturist.



Towering above the crowd on the monkey motion machine is Araya Jacobs, 12.



A group of children eagerly jump back in the base pool after adult swim has ended.



Drinity Tavarez, 9, shows off her climbing skills on the climbing wall.



Two-year-old, Wyatt Garber, flashes his Navy Federal fan and a big smile after visiting the NFCU sponsor table.



Event goes, Steve Edwards and son Corsen Edwards, 2, watch the cotton candy lady work her magic.



Fireworks launched over Naval Station Mayport could be seen throughout the beaches area



Showing off their impressive metal kettle, Mountain Kettle Corn supplied fresh kettle corn popcorn, prepared on site.



Above, A little boy watches and waits while a clown fashions a fun balloon creation. Right, A group of children and adults create their own dance floor in front of the band, Little Green Men.



Victoria Gomez, 5, sits very still while a clown carefully paints her face.



Colby Blackwell, 9, carefully balances on the surf machine.



Jakob Gambardella, 8, holds on tight during his turn at the bull riding machine.

MWR Happenings

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: Summer Outdoor Movie (Enchanted, 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 11: Youth Pool Party. 6:30-8:30 p.m. at the Pool. Cost is \$2 per person or \$5 per family. Children age 9 and younger must be accompanied by a parent. 270-5680

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

July 17: Freedom Friday. 7-11 p.m. at the Youth Activities Center for ages 6-12 (age 5 if completed Kindergarten). Cost is \$7 in advance; \$9 the day of, if space. 270-5680

July 17: Teen Center Extended Hours (Neighborhood Scavenger Hunt). 7-10 p.m. at Club Teen for middle and high school ages. 270-5680 or 246-0347

Kid Zone

Roar cheerleaders on site for autographs. First come, first serve. Tickets are \$58.25 each and located in section 149. Limit six tickets per person. Cash or credit card only. 270-5145

July 20-23: FASE Challenge. 7-9:30 a.m. daily behind Foc'sle CPO Club. Military personnel are challenged to test their fitness, athletics, strength and endurance in this annual competition. Individual and Command awards. 270-5451

July 14: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with all-you-can-drink soft drinks for only \$1, drink specials and 35-cent wings. All Khakis welcome (Chief Petty Officers, Officers and their guests). For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

July 14: Moonlight Beach 5K Run. 8 p.m. start in front of the Gym. Also includes an optional 3K walk and stroller strut. Free. 270-5451

July 15: Jaguar Tickets Go On Sale. 9 a.m. at ITT with 2

blankets and bug spray, just in case. 270-5228

July 15: Jaguar Tickets Go On Sale. 9 a.m. at ITT with 2

Heat Flag Lets You Know When It's Safe To Exercise

From MWR

With the high temperatures, please be aware of the need for caution when participating in physical activities outdoors.

There is a heat index flag system to help assist you in the decision making process. 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. You can also call the Gym at 270-5451 to find out the heat flag index.

July Hot! Trips:



Saturday, July 11: Horseback Riding

Trip departs at 10 a.m.

Cost: \$48

1-hour ride on the beach at 1 p.m.

Saturday, July 25: Paintball

Trip departs at 10 a.m.

Cost: \$15

All day field and air pass plus 500 paintballs

Friday, July 31 thru Sunday, Aug. 2: Miami Trip

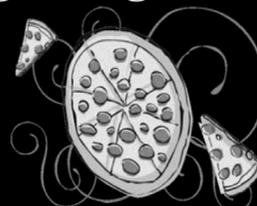
Details TBA. Call (904) 270-7788 for info.

To sign up for these trips, stop by Planet Mayport Single Sailor Center in Bldg. 46 across from Bravo Pier or call (904) 270-7788 for info.

We are now on Twitter! www.twitter.com/planetmayport

Join us for FREE pizza & a movie in the 1st floor lounge, Bldg. 2105

Monday, July 20 & Monday, July 27
6 PM Sharp!



All Single Sailors & Geo-Bachelors Welcome

For a complete list of Single Sailor events & activities, go to www.cnic.navy.mil/Mayport/Recreation

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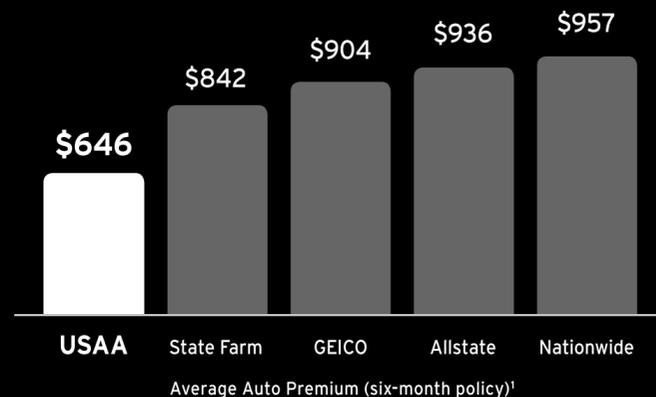
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Jag Rookies Visit Mayport



-Photo by HM1 Leveta Burts

Above, Jacksonville Jaguar Jeremy Navarre tries on a CMU 33 air survival vest with help from Chief Air Warfare Rescue Jon Skroder during a tour of HSL-48 on June 26. Right, Boatswain's Mate 2nd Class Jeremy Allan talks to the members of the Jacksonville Jaguars onboard USS Robert G. Bradley at Naval Station Mayport.



-Photo by MC2 Elisha Dawkins

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 Sufts 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
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

The Fitness P.O.W. is Cardio:
Arc Trainer;
Strength: Pull ups;
Stretch: Latissimus Dorsi

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
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July 9th vs. Carolina - 6:05 PM
Special Thursday Night Throwdown Doubleheader!
Get two games for the price of one during this scheduled baseball double-header! Enjoy Buds for a Buck and other great drink specials at the hottest spot in Jacksonville during the summer! After this game, visit the Ivy Bar on Bay Street for the official after party of Thursday Night Throwdown.

July 10th vs. Carolina - 7:05 PM
Family Faith Night!
Come out for an evening of faith and fellowship with the Suns, featuring a postgame concert from former Major League pitcher and Christian recording artist Kent Bottenfield!

July 11th vs. Carolina - 7:05 PM
Clayton Korshaw Bobblehead Giveaway!
The first 3,000 fans will receive a bobblehead of Los Angeles Dodger phenom and former Jacksonville Sun Clayton Korshaw!

July 12th vs. Tennessee - 7:05 PM
Senior Citizens Night!
Seniors (60+) can enjoy a half-price Homeplate Box seat plus their choice of a free hot dog or soft drink. Plus play Baseball Bingo for great Sun prizes! This game kicks off the Winn-Dixie Food Drive to benefit Second Harvest Food Bank - bring a canned good or non-perishable item in for half-price Homeplate Box seating. Kids can show their JFA youth summer card for a free general admission ticket.

Winn-Dixie

For more information or to purchase tickets, call 358-2846 or visit www.jaxsuns.com

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Jaguar Tickets

Go On Sale

Wednesday, July 15

Purchase at MWR's Information, Tickets & Travel (ITT) office.

- Tickets on sale Wednesday, July 15 starting at 9 a.m.
- \$58.25 each, All tickets located in Section 149
- Limit 6 tickets per person
- Cash or credit card only (no checks)
- First come, first serve
- 2 Roar Cheerleaders will be on hand for autographs

2009 PRE SEASON		
Aug. 22 (Saturday)	Tampa Bay Buccaneers	7:30 p.m.
Sept. 3 (Thursday)	Washington Redskins	7:30 p.m.
2009 REGULAR SEASON		
Sept. 20 (Sunday)	Arizona Cardinals	1 p.m.
Oct. 4 (Sunday)	Tennessee Titans	1 p.m.
Oct. 18 (Sunday)	St. Louis Rams	1 p.m.
Nov. 8 (Sunday)	Kansas City Chiefs	1 p.m.
Nov. 22 (Sunday)	Buffalo Bills	1 p.m.
Dec. 6 (Sunday)	Houston Texans	1 p.m.
Dec. 13 (Sunday)	Miami Dolphins	1 p.m.
Dec. 17 (Thursday)	Indianapolis Colts	8:20 p.m.

2009 Game Schedule

Ticket Info: (904) 270-5145

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Mayport Ships Prep During Exercise

By MC3 Jeff Troutman
USS Harry S. Truman Public Affairs

The Harry S. Truman Strike (HST) Group, comprised of approximately 7,500 Sailors and Marines, is engaged in a composite training unit exercise (COMPTUEX), a three-week evolution, designed to enhance the training and skills of crew members in preparation for an upcoming fall deployment.

COMPTUEX is a multi-week, intermediate-level exercise required of each carrier battle group before departing for a seven-month deployment. The exercise brings ships and aircraft together to prepare to project force as a battle group in the interest of global maritime security and protecting the nation's homeland security.

"COMPTUEX is a key fundamental training block that allows Sailors to improve their

readiness," said Rear Adm. Patrick Driscoll, commander, Carrier Strike Group 10. "That enhances our overall effectiveness. When we successfully complete COMPTUEX, we will be surge capable and ready to deploy in the event of an emerging contingency."

In the event of a contingency or threat, COMPTUEX will enable the strike group to respond in an effective manner and help set the conditions necessary for proper security and prosperity, thereby directly contributing to the defense of our homeland.

USS Harry S. Truman (CVN 75) has completed numerous at-sea evolutions since the beginning of the year in preparation for a 2009-2010 deployment. In addition to being the ship's lengthiest sea trial before deployment, COMPTUEX will

be the first evolution during which Truman and other strike group ships train together as a cohesive battle unit.

Capt. John Meier, Truman's executive officer, said the integration of the strike group is vital to the training necessary for Truman's success during COMPTUEX.

"The basic overall goal of the COMPTUEX exercise is really for us to demonstrate our ability to operate as an integrated strike group," said Meier. "This is how we will fight, how we will go into combat and how we will go into harm's way. We will be going into these scenarios with all of our strike group's assets, so it's important we train with all our assets."

Driscoll said COMPTUEX is different from prior sea exercises by its heightened degree of training and level of focus.

"This will be the most intense training we get as a strike group before we deploy," said Driscoll.

"Commander, Second Fleet Vice Admiral Mel Williams and Commander Fleet Forces Training Atlantic Rear Admiral Garry White and their staffs are very focused on training the HST carrier strike group and are providing numerous aircraft, ships and fast boats to act as opposition."

"The ability to protect the carrier, which is the great power projection unit for the Navy, is the key role of practicing our air defense," said Meier. "We work with all the units of the strike group to ensure the protection of this high-value target. It's all about how we interoperate, how we communicate and how we fight as a strike group."

Successful completion of

COMPTUEX will certify Truman and Carrier Air Wing (CVW) 3 as qualified for open ocean operations. It's not only a critical step in the pre-deployment training cycle but a prerequisite for the battle group's joint task force exercise (JTFX), Meier added.

To achieve that success, the battle group will need to rely on the key to success in any military strategy -- its people.

"COMPTUEX and CSG operations are a team sport," said Driscoll. "The Sailors are top-notch and highly-skilled, and I know they're going to be combat ready. My hope is we will leave COMPTUEX with a strong team and we will understand each warfare command's strengths and their efforts to the overall fight."

CSG-10 is made up of the aircraft carrier Harry S. Truman;

its embarked air wing, CVW 3; embarked Destroyer Squadron (CDS) 26; the guided missile cruiser USS Hue City (CG 66) the guided missile destroyers USS Carney (DDG 64), USS Oscar Austin (DDG 79) and USS Winston S. Churchill (DDG 81); and the attack submarine USS Norfolk (SSN 714). Also participating in the exercise are frigates USS Stephen S. Groves (FFG 29) and USS McInerney (FFG 8).

CVW-3 consists of Strike Fighter Squadrons 32, 37 and 105; Marine Fighter Attack Squadron 312; Electronic Attack Squadron 130; Airborne Early Warning Squadron 126; Carrier Logistics Support Squadron 40; and Helicopter Anti-Submarine Squadron 7.

Stephen W. Groves Excels During COMPTUEX

By Lt.j.g. Timothy Shaffer

From USS Stephen W. Groves Public Affairs Office

USS Stephen W. Groves participated in a Comprehensive Training Exercise (COMPTUEX) from June 18 to July 1 with the USS Harry S. Truman Strike Group.

The Carrier Strike Group and opposition force (OPFOR) consisted of more than 20 U.S. surface combatants, submarines, and air units. Throughout the exercise, Stephen W. Groves conducted undersea warfare exercises, maritime interdiction operations, assist and visit operations, maritime infrastructure protection, and helicopter operations. Each of these evolutions was designed to test the ship's proficiency and stretch the crew's endurance to the limits in an effort to increase overall readiness for deployment and sustainment phase operations. Completing multiple evolutions throughout the days and nights, the crew maintained a high operational tempo designed to simulate combat operations.



Photos courtesy of USS Stephen W. Groves
USS Stephen W. Groves' VBSS team prepares to conduct maritime security operations.

Stephen W. Groves conducted two refueling at sea (RAS) evolutions, including a highly technical night-

time RAS for unit certification. Also, the ship's Visit, Board, Search, and Salvage (VBSS) team conducted five

maritime interdiction boardings and several days of approach and visit operations. Some of the scenarios turned into challenging, non-compliant boardings that required the entire crew's backup and support. A prize crew took command of two non-compliant vessels, and on several occasions Stephen W. Groves embarked and processed high-interest detainees from the suspect vessels.

Stephen W. Groves was also noted as a top performer in the exercise's two battle problems. Conducting maritime infrastructure protection operations around a simulated oil platform, the ship rapidly executed pre-planned responses within a de-escalatory rules of engagement context. The platform was safely guarded during a 24-hour period before the threat was dispersed. Later, Stephen W. Groves received a Bravo Zulu message for her successful efforts in defending USS Harry S. Truman from OPFOR hostilities.

During the exercise, Commander Strike Force Training, Atlantic, Rear

Adm. Garry White, visited USS Stephen W. Groves. Greeted by a very excited crew, White had the opportunity to be taken on a tour by Stephen W. Groves' Commanding Officer, Cmdr. Edward Gettins, as well as speak to the ship's company on the mess decks. White emphasized the importance of taking a heavy strain during training exercises in order to prepare for real world security and combat operations.

Having completed the integrated phase wicket toward deployment certification, USS Stephen W. Groves now enters a final month of preparation before deploying. The exercise was a great opportunity to prepare and train the crew in multi-ship operations and advanced maritime security operations. The entire crew performed superbly and is eagerly awaiting its upcoming deployment as part of Standing NATO Maritime Group One.

Phil Sea Receives Labor Reducing SPY-1 Heat Exchanger

By FCC(SW) Anthony A. Belbeck

Cruiser Class Squadron

Every SPY-1 Naval radar technician dreads the day that the daily cooling skid PMS check, 4560/502 D-1, shows a pressure difference between gauges M11 and M12 greater than 10 psi for copper-nickel and 20 psi for titanium heat exchangers. For those technicians it means planning for the opportune time (typically next port-of-call or homeport), and a week of 12-hour days focused on "rodding out" or cleaning the skid heat exchangers. For Combat Information Center watchstanders, that means the loss of the primary air and surface search radar for the same period.

Now there is an approved time and labor-saving alternative. Ship Change Document (SCD) 5920 was approved in August 2008 for the optional installation of A-Style Bonnets on all Aegis ships as an Alteration Equivalent to Repair (AER) type alteration. A-Style

Bonnets have been used for more than 50 years on seawater heat exchangers and are used extensively on commercial/merchant ships, power plants, and chemical/industrial installations. Cruisers going through cruiser modernization (CGMOD) will be retro-fitted with A Style Bonnets. USS Bunker Hill (CG 52) was the first to go through the modernization and recently received the alteration. USS Mobile Bay (CG 53) and USS Philippine Sea (CG 58) are also scheduled to receive the alteration.

Kits can be directly procured from the vendor: ITT Standard (no kit NSN yet available). The ITT Standard part number for A-Style Bonnets, "Channel Backfit Kit" is

- DDG 51-112 and CG 65-73 (Titanium Tube Bundle): 5-199-13-003-003
- DDG 51-79 and CG 65-73 (Cu- Ni Tube Bundle): 5-199-13-003-004
- CG 52-64 (Cu- Ni Tube Bundle only): 5-199-12-001-003

ITT Standard's point of contact is Mike Romance, ITT Standard, Navy & Commercial Marine Markets, 175 Standard Parkway, Cheektowaga, NY 14227, Phone 716-862-4173, Fax 716-897-1777, e-mail: mike.romance@itt.com.

OA 75920 Final ORDALT Instruction was formally issued in Oct 2008. It is not a program-sponsored alteration and is meant to be an optional buy for ship's maintenance teams as a labor reducing initiative for Sailors. Ships will have to obtain funding from their Port Engineer for kits.

Using A-Style Bonnets resolves two major issues on seawater heat exchangers:

- Greatly reduces Sailors' maintenance hours by 90% to clean heat exchangers (from 80-100 manhours over a 4-5 day period, to only 8-10 manhours, in only a 2-4 hour period.)
- Greatly reduces or eliminates shut-down period of Combat System Equipment to clean heat exchangers.

But the alteration is costly. The cost for one kit is \$30-39,000, which will convert one heat exchanger (there are two heat exchangers per SPY cooling skid). It is recommended that cruisers purchase at least two kits and outfit one heat exchanger on each cooling skid and destroyers purchase at least one kit to outfit one heat

exchanger on their single cooling skid.

If funding only allows the purchase of one kit per cooling skid, the converted heat exchanger on each skid should

be considered the primary unit and should be the only unit operated in port. This provides the greatest benefit as in port time is where the greatest fouling can occur.

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By Ensign Beth-Ann C. Dick

USS Samuel B. Roberts PAO

USS Samuel B. Roberts (FFG 58) pulled in to Charlestown, Massachusetts, a small town within the bustling city of Boston to help the city celebrate Bunker Hill Day on June 11.

Boston is rich in history and Sammy B. was eager to contribute to the festival.

Just two piers over from Sammy B. was USS Constitution, the Navy's oldest commissioned ship. Adjacent, resided USS Cassin Young (DD 793) which was built in the Boston Navy Yard and launched in 1943. Both ships now float as memorials and serve as working museums. Sammy B. Sailors were able to tour both ships, receiving specialized tours, and met sailors who served on Cassin Young.

The crew, many of whom were decked out in their summer whites, was able to purchase discount tickets to Fenway Park on June 11 to watch the Boston Red Sox play the New York Yankees, and enjoy an exciting game at the oldest stadium in the country. The main event for Sammy B. was watching the ship's color guard present the colors on the field before the game began. This great honor was carried out flawlessly as the proud color guard stood tall during the National Anthem and amidst great cheers from the crowd.

A group of Sailors participated in a community relations project on June 12, volunteering their time at the New England Shelter for Homeless Veterans by making repairs to the building and preparing and serving hot meals to the veterans. More importantly, Sammy B.'s Sailors spent time visiting and sharing sea stories with the veterans as well as recognizing the service and sacrifices by each individual.

Later that day, Sammy B.'s Commanding Officer, Cmdr. Chuck L. Sellers, and an assortment of officers and enlisted joined the Bunker Hill Parade Chief Marshall for a banquet at the Knights of Columbus Hall to help show the City's appreciation for Sammy B.'s visit.

Boston's hospitality and celebration that was shown to all throughout the port visit continued on June 13 with free tickets for Sammy B.'s crew to Navy Night at the Boston Pops, which featured the Navy Band Northeast Wind Ensemble. The amazing concert was a special treat for all who attended.

On Friday and Saturday, Sammy B. held public tours, allowing Bostonians a glimpse of the mighty warship.

Locals, tourists, veterans, and even a plank owner from the 1986 commissioning crew lined up to learn a little bit about the ship's mission, history, and what life is like as a Sammy B. Sailor. During the two days,



Sailors from the Oliver Hazard Perry-class frigate USS Samuel B. Roberts (FFG 58) march past the Bunker Hill monument during the Bunker Hill Day parade.



Sailors from the Oliver Hazard Perry-class frigate USS Samuel B. Roberts (FFG 58) march in the Bunker Hill Day parade. The Battle of Bunker Hill, fought June 17, 1775, was one of the first major engagements of the Revolutionary War.

-Photos by MC1 Mark O'Donald

The culmination of her stay in Boston came on June 14, when Sammy B.'s immaculate looking crew marched in the Bunker Hill Day Parade for several miles over the streets of Charlestown, as street lined spectators proudly showed their enthusiasm and support.

Her Sailors marched between the crew of the USS Constitution and the crew of the USS Dallas (SSN 70).



-Photo courtesy of USS Underwood
Cmdr. Wes Smith, Commanding Officer USS Underwood, assists Quartermaster 2nd Class (SW) Gregory A. Flowers display drug bust stickers earned during most recent CNT deployment.

USS Underwood Dons Its Accomplishments

From USS Underwood Public Affairs
USS Underwood is authorized to display 8 snowflake and 1 marijuana leaf insignias in recognition of her accomplishments during a highly successful 2008-2009 Counter-Narco Terrorism Deployment. While on deployment Underwood

seized and disrupted more than 50,000 pounds of contraband worth an estimated street value of more than \$1.6 billion.

Commander, Eleventh Coast Guard District (D11) authorized Underwood to display snowflakes for seven cocaine seizures and one SPSS inter-

dition and one marijuana leaf for a marijuana bust during the deployment.

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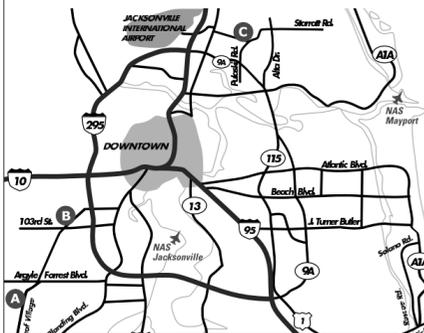
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White Visits USS Hue City



-Photo courtesy of USS Hue City
Rear Adm. Garry White, Commander, Strike Force Training Atlantic, speaks to the crew of USS Hue City during a recent Com 2 Ex. White told the crew, "the more you sweat in peace time, the less you bleed in wartime. We are worldwide deployable; wherever there is trouble, we'll be there." Pictured, White greets the Rainbow sideboys.

Hue City Smokes SMC



-Photo courtesy of USS Hue City
USS Hue City Supply Department earned outstanding scores during a recent Supply Management Certification.

By Ensign Carl Odom

USS Hue City

USS Hue City's Supply Department is keeping stocked according to the recent Supply Management Certification (SMC).

Near-perfect inventories in S1, coupled with the best PUK (Pack Up Kit) on the waterfront, contributed to Supply Support's outstanding score of 96.42 percent. Likewise, Food Service division's ability to maintain 100 percent inventory accuracy and sanitation standards earned them an excellent score of 91.98 percent. All their hard work and dedication paid off, as this is the highest Food Service score in the Mayport Basin.

Hue City's Retail Operations performed just as well. S-3 was able to showcase an operation that was up to the challenge of offering 100 percent Crew support while maintaining 100 percent inventory validity.

Though the smallest of four divisions, Hue

City's Postal Operation pulled more than its own weight. Their ability to handle hundreds of pieces of mail every week with above average efficiency earned them an outstanding score of 96.17 percent.

"Hard work, dedication, leadership and thorough planning were key components to Hue City earning an overall score of 95.77 percent," according to the Supply Officer, Lt Cmdr. (sel) Chris Pressler.

The ATG lead assessor, Master Chief Culinary Specialist (SW) Holmes, lauded Hue City's Supply Department for achieving the highest overall score in Mayport Basin to date.

Though SMC is a Supply Department inspection, they could not have obtained such high scores on their own. Bravo Zulu goes out to A-Gang (Auxiliaries Division) and the Electricians for their relentless support in getting all of Supply's equipment fully operational.

USS Boone Visits Boone Medical Clinic In Norfolk

By Lt.j.g. Emily S. Castro
USS Boone PAO

While supporting midshipmen training in Norfolk, Va., USS Boone's Commanding Officer, Cmdr. Steve Petroff, and CMDCM (SW/AW) Messenger took advantage of a rare ship's visit to the Norfolk area to meet with some of the Boone Health Clinic's staff.

USS Boone and the Boone Clinic are both named after the late Vice Adm. Joel T. Boone, USN, who was a WWI Medal of Honor recipient. Adm. Boone also served as personal physician for Presidents Harding,

Coolidge, and Hoover during the 1920's. He is the most decorated Medical Officer in U.S. military history.

Cmdr. Gordon Smith, Boone's Medical Clinic Officer in Charge, led a tour of the clinic, where gifts were exchanged and time was spent reflecting upon Adm. Boone's legacy. The Boone Health Clinic is located on the Naval Amphibious Base in Norfolk and has been in operation since 1974.

"USS Boone seldom visits Norfolk, so I wanted to take this unique opportunity to pay an official visit to such a well-

known naval facility that proudly shares our own special name-sake," Petroff said.



Len Hackett
Former CAPT US ARMY

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Farragut Passageway Shows Ship Pride

Story/photo by Ensign
Melanie Stolzenberg

USS Farragut

When visitors arrive on board USS Farragut (DDG 99), their first stop is always the newly completed Farragut Pride Passageway. The passageway contains displays of mementos from the life of the ship as well as a full-size mural, designed and hand-painted by Farragut's own Interior Communications Electrician 2nd Class Ronald Remillard and Electronics Technician 2nd Class Luis Maldonado, who is currently on IA.

Remillard, who designed the mural, has always enjoyed creating art. He has designed a few other Farragut pride items over the past few years, including the t-shirt for the ship's maiden deployment in 2008 and the backdrop used when broadcasting port visit briefs over Site TV. For this project, he chose to depict Admiral Farragut himself.

The mural is truly a focal point of any tour of the ship; it shows a unique sense of history and ownership that has

been passed down from the plankowners, almost all of whom have moved on to other duty stations.

"I think when others see what kind of effort we put into this, it will motivate them and inspire new ideas to make this ship ours and to boost morale and pride around the deckplates," Remillard said.

During his 10-year naval career, he has never been a plankowner, but he feels that

leaving his mark on DDG 99 allows him to feel a similar sense of ownership.

"I think that one day way in the future when this ship is decommissioned, this painting will be cut out of the ship and placed in a museum somewhere. It's an awesome legacy to leave behind—knowing that we motivated the crew of Farragut, present and future, as they walked through that passageway each day," he concludes.



Farragut Pride Passageway and a photo of its designer, Interior Communications Electrician 2nd Class Ronald Remillard.

USWTR Study Out

By MCI(SW/AW)
Bleu Moore

U.S. Fleet Forces Public Affairs

The Navy released a Final Overseas Environmental Impact Statement/Environmental Impact Statement (OEIS/EIS) that examined potential effects of an Undersea Warfare Training Range (USWTR) June 26.

The study published the results of an extensive environmental analysis associated with the establishment of an instrumented sonar training range off the East Coast of the United States for anti-submarine warfare (ASW) training.

The preferred alternative identified in the EIS would locate a USWTR approximately 50 nautical miles offshore of northeastern Florida in the Jacksonville operating area.

The Navy's use of sonar, and the ability to test and train with it, is critical to U.S. operational readiness and national defense. The Navy needs this range because it increasingly operates in littoral, or near-shore, environments. A major potential threat to Sailors and ships are very quiet diesel-electric submarines that operate in such waters. USWTR's proposed 500-square-nautical mile range would directly improve the readiness of Sailors who detect underwater threats by allowing them to train in shallow, littoral waters.

ASW is a perishable skill that must be continually honed, both by the technicians who operate the sonar systems and the fleet assets that deploy the technology. Sailors must be ready to defend themselves and the nation on the first day of combat. Having an instrumented training range on the East Coast will ensure that Sailors can conduct realistic training in all the scenarios they may face in future combat operations.

"Having USWTR will provide a significant enhancement to our ASW training effectiveness," said Jene Nissen, environmental acoustics policy manager, U.S. Fleet Forces Command. "With an instrumented range a training event can be analyzed in real time and after the fact to determine what was done right and what was done wrong. From the information we can make corrections to the training, as well as our tactics and procedures to improve a ship, submarine or aircraft's ability to conduct ASW."

The Final OEIS/EIS is available to the public online at <http://projects.earthtech.com/uswtr/>. In accordance with the National Environmental Policy Act, the secretary of the Navy or his designated representative will announce a Record of Decision in the Federal Register later this summer.

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Calendar

Out in Town

Saturday, July 11

The Fleet Reserve Association, Branch 290, is hosting a Sandwich Buffet from 5-8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. A donation of \$5 is requested for each sandwich. So come out and make your own Sub! Happy Hour at the bar is from 4-6 p.m. Then stay and enjoy the music of Doug Bracey until 1 a.m.

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.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is providing a Saturday introductory art class where individuals can explore new art methods with clay and build their portfolio from 2:30 to 4:30 p.m. Attendees can also tour A Survey of Gee's Bend Quilts exhibition and explore the bold colors and expressive designs of 21 quilts created by the women of Gee's Bend, Alabama, almost exclusively the descendants of African American slaves. The quilts are designed with innovative pattern variations, reinterpretations, and abstract designs that are rooted in tradition, but still hold an original artistic expression. Cost is \$15 members, \$20 Non-members, \$13 Active Junior Docents. For more information or to register, please call Art Connections at (904) 355-0630.

Tuesday, July 14

The Fleet Reserve Association, Branch 290, invites you to play Texas Hold 'Em at the Branch Home, 390 Mayport Road, Atlantic Beach. Sign-up begins at 6 p.m., and the games start at 7 p.m. Snacks will be available and the bar will be open.

Wednesday, July 15

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. Snacks will be available for a donation of \$1.50 to \$5. Then stay and enjoy the music of Doug Bracey from 9 p.m.-1 a.m.

Friday, July 17

Medical Partners of America presents...The 2009 Beaches Party and Seaside Shindig to benefit the Beaches Women's Partnership starting at 6:30 p.m. at Casa Marina at Jacksonville Beach. The casual beach-side event will feature music and dancing to the sounds of the Johnston Duo. Plus, there will be a live and silent auction featuring a wide array of fabulous beach experiences - dining, entertainment, art, clothing, spa services and more. Event Chair Kathie McGuinness of MPA will be joined by Honorary Co-Chairs Atlantic Beach Mayor John Meserve, Neptune Beach Mayor Harriet Pruitt and Jacksonville Beach Mayor Fland Sharp. This year, BWP will recognize beaches resident and world renowned motivational speaker Pegine Echevarria as its first annual "Pearl of the Beaches" honoree for her outstanding work on behalf of women's issues and

causes.

Saturday, July 18

The Fleet Reserve Association, Branch 290, is hosting a dinner from 5-8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. The menu will include Liver & Onions or Hamburger Steaks. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. Happy hour precedes the dinner from 4-6 p.m.; all drinks are 50¢ off. After dinner, enjoy the music of SOUTHBOUND until 1 a.m. As always, the public is invited to attend.

Sunday, July 19

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.

Join a park ranger at 2 p.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. 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.

Tuesday, July 21

Greater Jacksonville Chapter #372 National Association of Women in Construction will hold its Summer Social from 5:30-7:30 p.m. at Divine Diva's Apparel & More, 5230 Baymeadows Rd., Jacksonville, Fla. Call 732-7053 or go to www.twodivinedivas.com for map and directions. Cost is \$5

for members and \$10 for guests. There will be food! There will be drinks! There will be wine tasting! There will be door prizes! There will be free color consultations! There will be economic stimulus coupons from Divine Divas for all participants! There will be trivia! And of course socializing with the amazing women of NAWIC! Please RSVP to Ellen Manus at 941-915-6234 or just reply to this email. If you can provide a door prize, please let me know.

Saturday, July 25

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 five on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Saturday, Aug. 1

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. For additional information on any of these programs, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

Saturday, Aug. 8

Join a Park Ranger at 10 a.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. 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. For additional information on any of these programs, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

Sunday, Aug. 16

Join a park ranger at 10 a.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. 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. For additional information on any of these programs, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

Saturday, Aug. 22

Join one of our knowledgeable park rangers at 2 p.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. 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. For additional information on any of these programs, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

Sunday, Aug. 30

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. For additional information on any of these programs, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

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Trident Warrior Kicks Off Aboard Nassau

By MCI(SW)
Mary Popejoy

USS Nassau Public Affairs

The first phase of Trident Warrior 2009 (TW09) started with a series of briefings for stakeholders, industry and media aboard the amphibious assault ship USS Nassau (LHA 4) in Norfolk.

As the flagship for TW09, Nassau hosts two-thirds of the 95 experiments focusing on expediting cyberspace technology to the warfighter.

"The media had no idea there were so many experiments taking place under one roof on a ship this size," said Brad

Poeltler, TW09 deputy director. "They were impressed by how sophisticated naval warfare has become and the communications capabilities of the Nassau as well."

TW09 is sponsored by 2nd Fleet and directed by Naval Network Warfare Command (NETWARCOM), which focuses on at-sea technical experimentation of critical maritime technologies.

"This is great stuff," said Capt. Carl Conti, director of NETWARCOM's FORCEnet Innovation and Experimentation.

"Our goal is to change the

autonomy of how we do business. It will help us save time, money and lives by taking people out of the equation and replacing them with machines. We're trying to make lives better at sea, and Trident Warrior is one way for us to do that."

TW09 is a team effort with assistance from Nassau, 2nd Fleet, 4th Fleet, 6th Fleet, USS Normandy (CG 60), USS Bulkeley (DDG 84), USS Farragut (DDG 99), USS Alexandria (SSN 757) and multiple U.S. Navy and Air Force aircraft.

As the largest and most complex afloat experiment to date,

the TW09 consists of 95 technologies and the participation of government sponsors and industry sources to test cyberspace concepts and capabilities at sea, testing them in a real-world environment and learning what is useful and should be implemented or advanced on a fast track.

"This experiment is important because it allows us to take existing and emerging technologies to sea, put them through rigorous tests and see what works and what doesn't so we can learn those lessons and make the appropriate changes," said Cmdr. David Varnes, TW09

director.

TW09 technologies are organized into 12 focus areas including networks, coalition, information operations, command and control, intelligence, surveillance and reconnaissance, electronic warfare, distance support, information awareness/cross-domain solutions and maritime domain awareness.

Nassau Commanding Officer Capt. Ronald Reis said he is eager to get to sea and explore the technologies and collaborative tools TW09 brings aboard Nassau.

"As Nassau celebrates 30 years of service, we're thrilled

to participate in Trident Warrior and witness how it enhances global maritime partnerships and regional stability," said Reis. "We are warfighters who belong at sea, so exciting to be a part of this process and see cutting-edge technology operating aboard the Navy's top gator."

TW09's leaders said the findings and recommendations from experiments will be vital for Navy leadership to make informed decisions on the current and future course for FORCEnet and the role of cyberspace in future combat.

FRUKUS Scores Partnership Through Sport

By Lt. j.g. Peter Goodman

USS Klakring Public Affairs

More than 30 USS Klakring (FFG 42) Sailors spent a day of friendly competition with fellow FRUKUS participants during a sports day held in conjunction with the annual exercise, June 21.

FRUKUS, which stands for the participating countries of 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. Participating U.S. forces include Klakring and members of the Commander, U.S. 6th Fleet

staff.

Events including soccer, swimming, sailing, relay racing and tug-of-war took place at various locations in the local area including Laninon Sport Playground, Enslie Athletics Stadium and Brest Roadstead.

"The games gave all the nations' Sailors a real opportunity to connect with each other," said Ensign Sylvester Campos, Klakring's first lieutenant. "Everyone gave it their all and played with nothing but the best sportsmanship, helping to make it a fun and successful day."

This year's sports day is one component of a broader initiative to promote friendly

exchanges between the four nations. Future events planned include a barbecue, cross-deck luncheons on each ship and a reception aboard France's FS Tourville (D 610), the country's representative ship in this year's FRUKUS. Klakring and crew look ahead to additional opportunities for military-to-military engagements when the ships kick off the at-sea portion of the exercise, scheduled later in the week.

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.

Klakring, a guided missile frigate homeported in Mayport,

Fla., is on a scheduled six-month deployment to the U.S. 6th Fleet's area of responsibility.

Multinational Sailors Conduct COMREL Project During Team Work South Exercise

By MC2
Brandon Shelander

Southern Seas Public Affairs

Sailors from Task Group 40.0 teamed-up with sailors from Brazil and Chile to renovate a child care center in Mejillones June 22.

Sailors from Destroyer Squadron (DESRON) 40, and guided-missile frigates USS Kauffman (FFG 59), and USS Ford (FFG 54) worked alongside Brazilian and Chilean sailors during the community relations (COMREL) project, as part of Team Work South 2009, an annual multinational exercise hosted by the Chilean Navy.

The (COMREL) project team painted the interior, exterior and playground of the Jardin Infantil child care center, bringing fresh color and smiles to the children and staff.

"I'm very grateful for this civic project," said Maria Isabel Vergara Briceno, the director of the center. "It's not only helping these children but it's helping my staff, who work here because it makes all of us feel better about this place."

Briceno said she was happy to hear the center was selected for a COMREL, but had no idea so many people from so many countries would show up to help.

"Of course we welcome all who want to come and help the institution, but I did not know I would see this many people," she added. "They all have such a positive attitude about it. I'm very grateful they're helping these children with disadvantaged backgrounds."

Within minutes of arriving, the multinational sailors had divided up the supplies and spread to every part of the center. The work was plentiful and continued throughout the day, unhindered by language barriers.

"Working with the Chileans and Brazilians on this project is awesome," said Operations Specialist 2nd Class (SW) Travon Cuffee, a Kauffman Sailor. "To be able to make a difference in someone's life, to see them smile, it's a really good feeling."

The goal of any COMREL is to improve lives, and sailors from each country have their own reasons for participating; but for one Chilean sailor, the rewards are very close to home.

Alec Shlegel, a radioman for the Chilean navy, is from Mejillones and knows the neighborhood. He found out about the COMREL in the morning and jumped at the chance to participate.

"I enjoy making contributions to civic improvement in areas where I live, but in particular, to areas that truly need the help

and have less resources; this is fantastic," said Shlegel.

Shlegel and the rest of the multinational COMREL team are all participating in Team Work South (TWS) 2009. TWS is a Chilean-hosted exercise focused on multinational task group interoperability and enhancing friendly relationships and mutual cooperation among participating navies which include Brazil, Chile, France, United Kingdom, and the United States. The two-week exercise is part of Task Group 40.0 Southern Seas 2009

deployment.

Southern Seas is part of U.S. Southern Command (SOUTHCOM)'s Partnership of the Americas Strategy, and focuses on increasing interoperability with partner nations in the region through naval exercises, military-to-military engagements, and theater security cooperation visits. Task Group 40.0 consists of Kauffman, Ford, the guided-missile frigate USS Doyle, Helicopter Anti-Submarine Squadron Light (HSL) 43 Det 4 embarked.

NNOA Reestablishes At Mayport



-Photo by MC2 Gary Granger

Rear Adm. Victor Guillory, Commander, United States Fourth Fleet, honors the colors while attending the National Naval Officers Association (NNOA) Jacksonville Chapters chartering ceremony. The NNOA establishes and maintains a positive image of the Sea Services in communities and educational institutions and supports the development of a diverse officer corps through recruitment, retention, and career development.

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Web Site Up For Post-9/11 GI Bill Transfers

By Donna Miles

American Forces Press Service

It's official. The Defense Department signed off yesterday on policies and procedures servicemembers will use to transfer their unused Post-9/11 GI Bill benefits to their spouses or children, a Pentagon official said June 23.

Eligible servicemembers will be able to register their immediate family members to receive those benefits on a new Defense Department Web site, according to Bob Clark, the Pentagon's assistant director for accessions policy.

Defense officials are asking those whose families won't use the benefits for the upcoming fall semester to hold off registering until mid-July so applicants who need immediate attention get processed first.

The Post-9/11 GI Bill takes effect Aug. 1, offering a two-fold benefit, Clark said. It gives the military a tool to help encourage recruiting and retention, while allowing career servicemembers the first opportunity "to share the benefits they've earned with those they love," he said.

The transferability provision - which Defense Secretary Robert M. Gates pushed after first hearing the idea from a

Sign Up For Post-9/11 GI Bill Transfers at <https://www.dmdc.osd.mil/TEB/>

military spouse group at Fort Hood, Texas - has generated a lot of excitement.

"We have had an overwhelming response and do expect quite a few of our members to take advantage of this," Clark said.

To prepare for the anticipated response in the run-up to the Aug. 1 effective date, the department launched a secure Web site so servicemembers can register any immediate family members to receive their unused benefits, Clark said.

"What we are doing is queuing up requests and approvals for the many family members that we expect to be going to school this fall" with hopes of using their spouse's or parent's Post-9/11 GI Bill benefits, he said.

The site, <https://www.dmdc.osd.mil/TEB/>, is accessible

using a common access card, Defense Department self-service user identification or a Defense Finance and Accounting Service personal identification number.

Eligible servicemembers can register the names of any immediate family member they would like to share their benefits with, even designating how many months of benefits each person named can receive, Clark explained.

The servicemember's 36 months of benefits - the equivalent of four nine-month academic years - can be transferred to a spouse, one or more children or any combination, he said.

The family member must be enrolled in the Defense Eligibility Enrollment Reporting System to receive the benefits. Servicemembers also have the option to use some benefits themselves and transfer what they haven't used to one or more family members.

Even after transferring the benefits, they remain the "property" of the servicemember who earned them, who can revoke them or redesignate who receives them at any time. However, new names can be added as long as the member is in the military, but not after separating or retiring, Clark said.

So defense officials advise

erring on the side of caution and including every eligible family member on the registration form.

"We are recommending that every eligible dependent receive at least one month of benefit," he said.

Once the servicemember registers for the transferability provision, the application automatically gets forwarded to the appropriate service for processing. Clark said he expects that process to take about a week, at least after the initial surge. When the service verifies that the member is eligible to receive Post-9/11 GI Bill benefits and processes the transferability provisions, the family member will receive a certificate of eligibility that can be used to cover educational costs.

In a nutshell, any enlisted or commissioned member of the armed forces serving on active duty or in the Selected Reserve on or after Aug. 1 will be eligible to transfer their benefits -- as long as they qualify for the Post-9/11 GI Bill and meet specific service requirements, Clark explained.

He emphasized that, by law, anyone who has retired or separated from the service before that date - even if it's July 31 - won't be entitled to transfer

their benefits. Also excluded will be members of the Individual Ready Reserve and Fleet Reserve.

Most servicemembers who have at least six years of military service as of Aug. 1 and agree to serve an additional four years qualify, he said. But department officials have proposed measures to cover several categories of servicemembers whose circumstances don't fit neatly into the formula.

For example, those with at least 10 years of service - but who can't serve an additional four years because of a service or department policy - also would qualify, Clark said.

They must, however, serve the maximum time allowed before separating from the military, he said.

"What we did not want to do was to penalize those people who had a service policy or statute that would not permit them to commit for the full four years," he explained.

Another sunset provision will cover servicemembers who will reach the 20-year service mark, making them retirement-eligible, between Aug. 1, 2009, and Aug. 1, 2013. Clark explained the breakdown, which basically enables those affected to transfer benefits as long as they com-

plete 20 years of service:

- Those eligible for retirement on Aug. 1, 2009, will be eligible to transfer their benefits with no additional service requirement.

- Those with an approved retirement date after Aug. 1, 2009, and before July 1, 2010, will qualify with no additional service.

- Those eligible for retirement after Aug. 1, 2009, but before Aug. 1, 2010, will qualify with one additional year of service after approval to transfer their Post-9/11 GI Bill benefits.

- Those eligible for retirement between Aug. 1, 2010, and July 31, 2011, will qualify with two additional years of service after approval to transfer.

- Those eligible to retire between Aug. 1, 2011, and July 31, 2012, will qualify with three additional years of service after approval to transfer.

Stavridis First Admiral To Head NATO Military Operations

From American Forces Press Service

Navy Adm. James Stavridis became NATO's supreme allied commander for Europe, assuming command of allied command operations from retiring Army Gen. Bantz J. Adm. James Stavridis Craddock on July 2.

The change of command, presided over by NATO Secretary General Jaap de Hoop Scheffer, marks the first time in NATO history that a navy admiral assumed the post,



which originated in 1951 with Army Gen. Dwight D. Eisenhower. Stavridis is the 16th American officer to hold the post.

"Today I am lucky enough to find myself standing on the bridge, ready to take the watch, but I know I am not taking the watch alone," Stavridis said after assuming command.

"With me are over 70,000 shipmates - military and civilian - in three continents from the populated plains and coasts of Europe to the bright blue of the Mediterranean Sea, from the high mountain passes of Afghanistan to the distant Arctic Circle," Stavridis said.

"You stand in a long line of heroes who stood and delivered across this continent for

decades in both war and peace," the admiral continued. "I honor your service, I pledge my support and loyalty to each of you, and I will continue to strengthen the pillars of our transatlantic bridge as we build new ones. That is my mission, and I will do my best."

Stavridis is responsible to NATO's highest military authority, its Military Committee, for the overall direction and conduct of NATO military operations. He also serves as commander of U.S. European Command.

Uniform

lated in NAVADMIN 343/08. Multiple regions across the United States and overseas are still not wearing the NWU due to distribution constraints, so West pointed out that the manner of wear policy is even more critical now as Sailors transfer to those areas. Leadership (CO/CMC) has been authorized to wear the NWU since December and should already be wearing it in the areas where Sailors will soon be showing up.

"We have people rolling from one region to another and coming from boot camp, wearing the NWU. I'm looking to them as the Sailors who are going to meet the standards as set forth in the NAVADMIN and the Uniform Regulations, but more importantly, I expect the CPO

mess to maintain the standards expected of our high caliber Sailors," said West.

The NAVADMIN also states that wear of the NWU/CCU will be restricted inside the National Capital Region (NCR). Navy personnel on staffs located in or visiting the NCR will not be able to wear the NWU or CCU as their uniform of the day. Commanders, according to the message, may prescribe the NWU/CCU for those Sailors in the NCR requiring that uniform for work that would soil the uniform of the day.

"I look forward to seeing the public's reaction to our new uniform," said West. "And I know our Sailors are eager to get out there and show it off."

From Page 1

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NWCA Mayport Celebrates 50 Years

From NWCA

Fifty years ago Navy Wives Clubs of America, Inc., (NWCA) officially chartered and installed its first Club at Naval Station Mayport.

The club came to life in June 1959 with a membership made up of 20 Navy wives, who came together as a group for support to each other and their families while their husbands were deployed.

They met the first Tuesday of each month at the Base library. They started their Charity work with the nursery located on base with a Hospitality Box that included household items brought in by members to lend to any new service families in need. They raised money for their organization with a cake raffles, bakes sales, conducted luncheons and socials to help out families or other charitable organizations such as the American Cancer Society, USO and the base nursery. The addition of a building set aside by the base for use as a clubhouse and later as a thrift store helped make up a permanent location and income provider for this new club.

Today's NWCA Mayport members still act as a support system for each other and their families along with other military families, and military personnel stationed at Mayport or deployed.

The Nearly New Shop is still operated by the Navy Wives with donations provided from the community. Thrift store profits and donations are used to



-Photos submitted by NWCA

Diana Bower, vice president for the Mayport chapter of the Navy Wives Clubs of America, cuts the cake for Mayport's 50th Anniversary on June 20. After the cake, members and their families enjoyed the Suns playing baseball as part of the celebration of the anniversary.

help military personnel and their families, purchase school supplies for schools located around the base, purchased three dogs for the Northeast Florida Guide Dogs Association.

Donations are made to charities & organizations such as the USO, The Wounded Warrior Project, the Veterans Hospitals, the American Cancer Society, Pine Castle, Mission House,



June 1959: The Navy Wives Clubs of America Mayport Naval Station Chapter No. 201. Photo of members enjoy a luncheon held after installation of officers and presentation of charter at the Mayport Naval Station Chapel.

The I.M Sulzbacher Center, Second Harvest Food Bank, St. Jude's Hospital, The Center for Missing and Exploited Children and many more. Mayport members continue to meet on the first Tuesday of each month at 6:30 p.m. at The Nearly New Shop Thrift Store, located at 740B Everglades Court. For information about NWCA Mayport or the national organization, call 270-6067.

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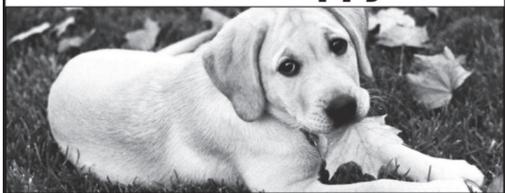
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FFSC Workshops, Classes Available In July

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.

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

FERP Helps Navy Families Work

From Fleet and Family Readiness Marketing, Commander, Navy Installations Command

Military family members who need assistance with employment issues can receive help from their local Fleet and Family Support Program (FFSP). The Navy's Family Employment Readiness Program (FERP) provides consultation with employment experts at no cost.

Established by law as part of the Military Family Act of 1985, FERP provides assistance to military family members in developing, improving or continuing their professional careers while sharing in the military member's lifestyle.

"The Navy recognizes that moving every few years creates career challenges for military spouses," said Panshella Cole, Family Employment Readiness Program analyst, Commander, Navy Installations Command (CNIC). "FERP addresses those challenges in workshops and through individualized assistance."

Although FERP is not a job placement service, FFSP employment professionals can assist family members by providing them with resume writing services, interview techniques and tips on dressing for success.

Family members can expect to learn valuable skills from workshops and seminars routinely provided to

create a framework for further educational exploration, in areas such as self-directed job search, resume writing, federal employment opportunities, career planning and financing a career change.

"It was very difficult for me to face the challenge of searching for employment after staying home with my children for five years. The Work and Family Life specialist at Fleet and Family Support Center helped me to organize my military and volunteer experience into a format and language that employers are looking for," said Brenda Fields, NAS Fallon, Nev. "This helped me to gain the confidence I needed to step forward into the job market."

FERP partners with the Department of Defense, the Department of Labor, Military Spouse Corporate Career Network, Navy League, Avue Central and the Department of the Navy's employment Web site, www.donhr.navy.mil. These organizations allow visitors to post their resumes and search for job openings on their Web sites.

For more information about Family Employment Readiness Program, contact your local Fleet and Family Support Center, Bldg. 1, Massey Ave., (904) 270-6600 Ext. 1606, or visit www.ffsp.navy.mil.

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 ener-

gizing 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 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 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

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

Sailors Encouraged To Participate In SAVI Study

By Bruce Moody

Fleet and Family Support Program, Commander, Navy Installations Command

The Navy encourages active-duty Sailors to participate in a sexual assault study to assess the effectiveness of the Navy's Sexual Assault Victim Intervention (SAVI) program.

The Office of the Naval Inspector General (IG) is conducting the survey, which is available at www.ig.navy.mil/sastudy.htm. The survey was designed for active-duty personnel, is confidential, anonymous, and will be available for participation through Sept. 30.

Naval IG teams are also visiting installations around the fleet through the end of September. As part of the visits, they are facilitating focus group discussions to gain more insight from a fleet perspective, about the occurrences and command support during incidences of sexual assault. Each focus group will be composed of a cross-section of personnel and consist of

approximately 20 people from various rank categories.

The Navy's SAVI Program is managed by Commander, Navy Installations Command's Fleet and Family Support Program. The Fleet and Family Support Program manages a wide variety of programs, including SAVI. These programs enhance Sailor readiness and family preparedness, directly contributing to mission readiness.

The Navy is the first of the armed service to have a dedicated program for sexual assault awareness, prevention, and intervention. Established in 1994, the program has recently shifted more focus toward prevention and is incorporating new initiatives based on civilian best practices and recent research.

"Sexual assault is a crime and will not be tolerated," said Paul Finch, SAVI's program manager. "It is a criminal act, incompatible with the Navy's core values; it dramatically affects morale and operational

readiness. Senior leadership is committed to an effective and responsive SAVI program in order to ensure prevention, quality victim care and response and to holding offenders accountable."

In working toward this commitment, the Navy is sustaining a robust sexual assault prevention and response policy, identifying and eliminating barriers to reporting, ensuring that care is available and accessible to victims of sexual assault, and providing continuous, relevant, and effective training and education to all service members. All Navy commands have a 24/7 sexual assault response capability focused on victim support. Commanders ensure that female and male sexual assault victims (or survivors) have access to the assistance and resources to meet their needs and to provide a safe and professional work environment.

Family Support Launches Facebook, Twitter Pages

By Bruce Moody

Fleet and Family Support Program, Commander, Navy Installations Command

The Fleet and Family Support Program launched a Facebook and Twitter page this week in its effort to promote the self-reliance and resiliency of Sailors and their families.

Social media is one of several means the program is using to provide information that strengthens Navy and family members and supports mission readiness.

"We're here to assist commanders in planning for and responding to family support needs," Kathy Korth, Commander, Navy Installation's Family Readiness Program Manager, said. "Social media will help facilitate the building of a strong community network of services."

The Fleet and Family Support Program is celebrating its 30th anniversary this year. The first

Family Service Center opened in Norfolk on July, 9, 1979. Since then the program has experienced an unprecedented expansion of programs and services to meet the demands of a mobilized war fighting force in Iraq, Afghanistan, and throughout CENTCOM area of operations.

"The Navy has grown over the past 30 years," Korth said, "and we've grown with it. We must remain relevant to the mission, the Maritime Strategy."

To remain relevant, the Fleet and Family Support Program is going where its primary audience is, 18-24 year olds. More than three quarters of them have a profile on a social network site, according to a December 2008 survey from the Pew Internet & American Life Project.

"We want Sailors and their families to know there are many programs and services that can help them navigate the

uniqueness of Navy life," Korth said. "And, even though we have Fleet and Family Support Centers located at bases around the world, we understand that not everyone has easy access to them. We want all Navy families to know there are answers to their questions."

The Fleet and Family Support Program focuses on deployment support, crisis response, career support and counseling for individuals, families and commands, and provides these professional services through education classes and individual appointments at installation Fleet and Family Support Centers.

The Fleet and Family Support Program's Facebook page is found at <http://www.facebook.com/pages/Washington-DC/Fleet-and-Family-Support-Program/105861457742?ref=mf>

The Twitter address is http://twitter.com/Fleet_Family.

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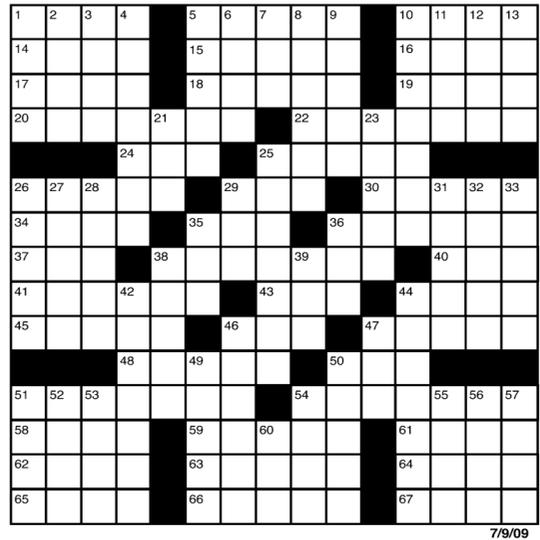


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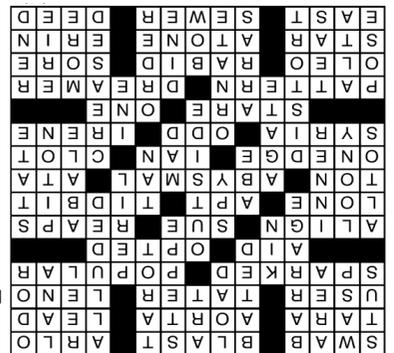
THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- Clean with a mop
 - Explosion
 - Guthrie
 - Skater Lipinski
 - Major blood vessel
 - Conduct
 - Consumer
 - Spud
 - TV's Jay
 - Activated
 - Well liked
 - Assistance
 - Made a choice
 - Straighten
 - Boy in a Johnny Cash song
 - Gathers
 - Solitary
 - Inclined
 - Tasty morsel
 - 2000 pounds
 - Immeasurably bad
 - loss; puzzled
 - Tense
 - Actor McKellen
 - Coagulate
 - Midwest nation
 - Strange
 - "Goodnight, "
 - Fixed gaze
 - Individual
 - Fabric store purchase
 - Idealist
 - Margarine
 - Unreasonably zealous
 - Danger
 - Hurting
 - Night twinkler
 - Make amends
 - Actress Moran
 - Direction
 - Drainage system
 - Legal document



- DOWN**
- TV's Erwin and others
 - Stinging insect
 - Vicinity
 - Vigorous outpouring
 - With breath
 - Insert bullets
 - Linkletter
 - Treeless tract
 - Fortuneteller's deck of cards
 - Referred
 - Feel dizzy
 - Ms. Turner
 - Aroma
 - Relatives
 - Danger
 - In the backyard
 - Some singers
 - Bonkers
 - Word before tube or city
 - Secret agent
 - "Jump down, turn around to pick ..."
 - Mountain climber's spike
 - Kansas, e.g.
 - Lincoln
 - Light brown
 - Playing marble

THIS WEEK'S ANSWERS



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- Sit for an artist
- Edmonton's prov.
- Brewed drinks
- Eat
- Greater amount
- One of HOMES
- Tear apart
- Hair adornment

Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CS1 Hopkins at 237-5808 or 270-5373 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

Hanna Park Clean Up

Hanna Park Bike Trails Maintenance Day will be held July 19 starting at 8:30 a.m. Volunteers are needed to clear brush along the trails. Wear closed toe shoes, protective clothing, gloves, sun protection, and bring drinking water. Please bring manual hand tools, clippers, limb loppers, rakes, (no power tools or chainsaws). Authorized trimming on designated trails only as directed by Hanna Park Maintenance staff.

Volunteers should meet at the front parking lot of Hanna Park. Participants must also bring a signed City of Jacksonville Volunteer Agreement form to enter and work. Minors must have their forms signed by a parent and notarized. Forms are available on Station by contacting Scott Dombrosky, Environmental Department at 270-6730 ext. 211.

First Coast "No More Homeless Pets"

First Coast No More Homeless Pets brand new high capacity Spay/Neuter Clinic opens this month. The new facility will be able to help thousands of pets and owners as well as stray and feral cats - each year, with free or low cost spay/neuter and low cost vaccinations. We still need lots of volunteers for the clinic at the new location on Norwood Avenue. No medical experience needed. For more information, email Debbie Fields at dfields@bell-south.net

Mayport Lions Club Volunteers

The Mayport Lions Club is looking for Volunteers to help with various projects. If you are interested (military & civil-

ian), please contact either Bob Krepps, Senior Chief Petty Officer, USN(Ret) 509-4945 or Chuck Carroll, Commander, USN(Ret) 463-2884.

Jacksonville International Airport Volunteer Ambassador Program

We are looking for volunteer to assist travelers with locating arrival and departure gates, telephones, baggage claim and ticketing areas. The Ambassadors provide vital customer assistance and a lot of smiles to ensure a pleasant and memorable experience while traveling through our airport. Benefits of being in the Ambassador program include gratitude of the passengers served each day, invitations, to volunteer appreciation events, free parking at the airport, meal voucher for every four-hour period worked, service recognition and the opportunity to meet people from all over the world. Contact Yvonne Pooler at 904-741-2006 or email yvonne@jaa.aero.

Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please CS1 Hopkins or call 270-5373 for more information.

YMCA of Jacksonville
YMCA of Jacksonville is looking for volunteers for their outreach programs geared

towards males. For more information, contact Terra Herzberger at 265-1820.

Children's Home Society of Florida

Children's Home Society of Florida is getting ready to permanently place seven or eight children in loving homes within the next couple weeks. Seeking children's furniture. Contact Nick Geinosky at 904-493-7738.

Homeless Pet Shelter

Jacksonville Homeless Pet Shelter seeks volunteers. The new Homeless Pet Shelter is seeking help at a Temporary Clinic on surgery days. Days and hours vary. Contact dfields@bellsouth.net.

St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters is providing an in-school mentoring program at Mayport Elementary School. Little Brothers and Sisters are needed just as much as Big Brothers and Sisters! If you are interested in this opportunity, please visit our website for more information: www.usojax.com

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the

service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

Lea's Place

Lea's Place is a volunteer program, on-call 24 hours a day, 7 days a week to help the Department of Children and Families take care of children who have been removed from abusive or neglectful situations or who have been abandoned. Volunteers assist Child Protective Investigators with feeding, bathing and playing with the children. They may also assist in the clothes closet, providing the children with clean clothing. 360-7091.

NS Mayport Retired Activities Office

Naval Station Mayport is

currently searching for committed volunteers to serve the local retiree community in the Retired Activities Office (RAO) located in the Fleet and Family Support Center (FFSC). RAO volunteers maintain the vital link between the retiree, local military communities and other government and non-government agencies. Anyone interested should contact the FFSC for an application or to get more information about the duties and responsibilities of the RAO volunteers. Call the FFSC at (904) 270-6600 Ext. 110

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomeless-center.org/volunteers.html

Dignity U Wear

Volunteers are needed to help process clothing in order to

fulfill the needs of our clients. Volunteers are needed Monday thru Friday 8:30 a.m.-4 p.m. and 9 a.m.-2 p.m. on Saturday. They also can help raise awareness of our mission, introducing us and our cause to their friends. Contact a Michelle Charron at (904) 636-9455 for information on volunteering.

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747.

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Run date Call by Fax by
Thursday Tue, Noon Tue, 11 a.m.

Please note: Fax deadlines are one hour earlier. Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

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House for sale, 3 brn, 2 bath, 2 acres, 1 1/2 shed, brand new, built 2005, country, quiet setting, Middleburg, Call 904-254-1503. Asking \$265K.

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ARLINGTON Adobe Apts. Studio \$400 - 1/1 \$450 21 \$525. 904-745-0450 1110 Caliente Dr.

BEACHMAYPORT - 2/1.5, all appls, \$875mo+\$900 sec dep. w/drop. To buy, 791 Aissa Rd #1623 860-4627

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ARLINGTON 2/1, 3 & 4br \$99 Move's In Today 1 Month Free Rent. Azalea Ridge 904-725-8155

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ORANGE PARK Twnhse end unit w/ gar, new 2br/2.5ba w/ bonus rm, 1200sf \$950m 904-465-1318

Orange Park, near US 17 2 br/2ba w/dvd, 2 car gar, security dep. Gated, quiet, near golf. Call NAS 770-979-1305, available now, nice cond.

Orange Park, near US 17 2 br/2ba w/dvd, 2 car gar, security dep. Gated, quiet, near golf. Call NAS 770-979-1305, available now, nice cond.

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