

THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

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THURSDAY, August 20, 2009



Get Ready For Rate Exams

PSD Mayport announces the Navy wide exam schedule:

- Sept. 3, E-6 exam
- Sept. 10, E-5 exam
- Sept. 17, E-4 exam

The exams will be held at the Base Gym. Service members should report no later than 6:30 a.m. in the uniform of the day. ID cards are required. Food, drinks, cell phones and wristwatches are not allowed into the test site.

DoD, VA Work To Create Lifetime Electronic Records

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

For servicemembers who still remember hand-carrying their medical records back and forth to appointments, the new virtual lifetime electronic record will help prevent misplaced paperwork and help providers maintain and offer quality health care, the acting director of the program said.

President Barack Obama, along with Defense Secretary Robert M. Gates and Veterans Affairs Secretary Eric Shinseki, announced April 9 that VA and the Defense Department have taken steps toward creating a joint virtual lifetime electronic record, or VLER.

"The president's vision, as he expressed that day, will permit information vital to health care, benefits and services to be available seamlessly to both departments from the moment a servicemember enters the military until the servicemember's or veteran's death," Navy Rear Adm. Gregory A. Timberlake, acting director of the Defense Department-VA Interagency Program Office, said yesterday in a "DotMilDocs" interview on Pentagon Web Radio.

The steps to create the electronic record exchange began a little more than a year ago when the program office was established as the single point of accountability for the records in response to Section 1635 of the National Defense Authorization Act for fiscal 2008.

"VLER will serve as a model for a nation, especially at this tumultuous time of health care reform, and is intended to be a lifetime, personal record for use by the servicemembers, their families and service providers to ensure a seamless continuum of care and benefits," Timberlake said.

"The president challenged the departments to work together to define and build a seamless system of integration with one simple goal: when a servicemember separates from the military, he or she will no longer have to walk paper records from a [Defense Department] duty station to a local VA health center," the admiral said. "Their electronic records will transition along with them

See Records, Page 9

Seahawk Takes Place In History

Mayport SH-60B Part Of Naval Aviation Museum

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

The last flight of a Mayport-based SH-60B "Seahawk" helicopter marked a historic milestone in rotary wing aviation.

VENOM 500, assigned to the "Vipers" of Helicopter Anti-Submarine Squadron Light (HSL) 48, recently concluded a quarter-century of Naval service when it landed in the parking lot of the National Naval Aviation Museum in Pensacola, Fla. Piloted by Cmdr. Steve Banta, Capt. Carl Bush, and Air Warfare Rescue 1st Class Matt Haydu, the aircrew pulled off the helicopter's engines, shut down its rotors, and the cockpit grew dark one last time. The next day, during a brief morning ceremony, the Naval Aviation Museum unveiled VENOM 500 as the first SH-60B "Seahawk" added to its collection.

"This occasion is bittersweet," said Banta, the Commanding Officer of HSL-48, to the crowd gathered in the museum's atrium to witness the ceremony. "Today we retire VENOM 500 after 23 years of dedicated and faithful service to the United States Navy, but we are thankful and honored that our community will be represented in this great museum."

Banta was joined at the podium by representatives from the HSL helicopter community and industry, including Rear Adm. Gary Jones, Commander, Naval Education and Training Command; Bush, Commander, Helicopter Maritime Strike Wing, U. S. Atlantic Fleet; and retired Capt. Greg Hoffman, Director of Navy Requirements at the Sikorsky Aircraft Corporation.

Jones commented that with the current size and future growth of the helicopter community it was only fitting that a SH-60B "Seahawk" be included in the museum along with the icons and great aircraft of Naval aviation. However, he reminded the audience that throughout the history of Navy aviation, it was the people - the aviators and the mechanics - that made the aircraft come alive,



Photos courtesy of HSL-48
HSL-48 Commanding Officer, Cmdr. Steve Banta presents VENOM 500's logbooks to Bob Rasmussen, museum director, while retired Capt. Greg Hoffman, director of Navy Requirements, Sikorsky Aircraft Corporation looks on.

and remain today as the greatest strength as a fighting force.

The retirement and museum induction of VENOM 500 also served as an important symbol in the ongoing implementation of the helicopter CONOPS, as the new state-of-the-art MH-60R and MH-60S aircraft are gradually replacing the aging fleet of helicopters currently in service.

Hoffman noted the great success of the SH-60B aircraft program, calling it a "fundamental game-changer" and that it "exceeded the Navy's expectations, functionally, operationally, and especially from a tactical standpoint."

As the Navy transitions to the newer versions of the Seahawk, with more advanced avionics and combat systems, Hoffman also issued the challenge that the time is now to start thinking about the requirements of the

See HSL-48, Page 7



HSL-48's VENOM 500 is the newest addition to the National Museum of Naval Aviation. The SH-60B "Seahawk" helicopter is a permanent addition to the Pensacola, Fla., museum.

Speicher Returns To Jax



Photo by MC1 Leah Stiles

Members of a Navy honor guard carry the remains of Capt. Michael Scott Speicher to All Saints Chapel at Naval Air Station Jacksonville in Jacksonville. Speicher was killed when his F/A-18 Hornet was shot down over Anbar province, Iraq on the first day of offensive operations during Desert Storm on Jan. 17, 1991. Thousands of people, both military and civilians, showed their respects as the remains of the first casualty of Desert Storm were brought to NAS Jax after being found in Iraq after 18 years. See more photos and story on Page 3.

Mayport Inspector Gets Gold STAR

From NAVFAC SE

Naval Facilities Engineering Command (NAVFAC) Southeast Crane Inspector Danny Williams of Public Works Department (PWD) Mayport was presented the Safety Through Awards and Recognition (STAR) incentive program award July 29.

The STAR incentive program is intended to recognize individuals and groups that make significant contributions to the command's safety program. It recognizes effort above and beyond minimum performance specifically in a manner that reduces mishaps and thereby contributes to current and future readiness.

Williams, on multiple occasions, recognized potential problems and took action to prevent the opportunity for mishaps and protected the Navy's interest.

"Thanks to Danny's continued diligence and dedication, he has protected the Navy's interest," commented Dr. David Folk, NAVFAC Southeast safety and health manager. "It is an honor to make Danny Williams the first recipient of the NAVFAC Southeast STAR Award

Voluntarily, Williams provided an inspection of cranes and identified safety discrepancies which prompted the contractor to service them before use. These findings have prompted further improvements in the uses of the cranes on the site.

"Through Williams' continued diligence and dedication, he has protected the Navy's assets and the safety of our Sailors," concluded Folk.

It is through programs like this that continue to prove success with NAVFAC Southeast having one of the best safety records. Dedicated employees, such as Williams, provide NAVFAC customers with the highest level of trust and compassion in Safety.

CO Column

Last week the world watched as Captain Scott Speicher returned home after more than 18 years with full military honors for the Jacksonville pilot who we owe a tremendous debt of gratitude for the sacrifice he and his family have made for our nation and the examples of strength they have set for all of us. Speicher was shot down flying a combat mission in an F/A-18 Hornet over west-central Iraq Jan. 17, 1991, during Operation Desert Storm. The homecoming was truly a somber yet historic moment that will never be forgotten. Resolving the Speicher case has been a matter of significant priority to the Navy and the Department of Defense, and we will never give up looking for a shipmate regardless of how long or how difficult that search may be. The City of Jacksonville opened up their hearts for a gracious and honorable return for Captain Speicher, and the support they continue to give us never goes unnoticed.

Have you had chow at the galley recently? Our chow boss,



Capt. Aaron Bowman

CWO3 Martinez Miller has implemented several new initiatives that will no doubt keep you coming back for more. The salad bar has also improved, giving you more options. These improvements are a direct result of a survey the galley conducted this summer and the changes will also improve the way you get your food. This is your base, and surveys are a good way to gauge what you really want. We take pride in the quality of life we enjoy here, and if we can make it better, I want to hear about it.

We've had three storms to watch this week and although Claudette is now no longer a threat, Ana and Bill are still out there and keeping a considerable amount of our attention. One last plea to make sure you and your family are ready to get out of town should we have a major storm coming your way. Remember that the ships will be out of here, and if it looks bad, I will order the base to be vacated. Now is the time to prepare by having documents, cash, and a plan ready. As I write this, the afternoon weather pattern is splattering all over the base. Please be careful when driving in the pouring rain, and pull off safely if the visibility becomes too bad. Your safety is my number one concern and each and every one of you is vital to our operations out here.

Speaking of safety, I've been noticing a trend of children riding bicycles, scooters, and skateboards without helmets. The base policy is that all those activities require head protection. We don't need a senseless death or serious injury. Please

ensure you and your children are wearing proper safety gear. Another thing I see is bicycle helmets on someone's head but not strapped - now that is an absolute brilliant way to try to get around rules. If you want to hear about my friend's son who died on a skateboard a few months ago from a head injury, send me an email and I'll give you all the details.

Last week I read an article on the Navy Newsstand about a recent conversation that MCPON Rick West had with Sailors who were assigned to the White House Communications Agency on board Naval Station Anacostia about the importance of looking out for shipmates who are showing signs of stress. He said that too often our Sailors aren't going to seek help on their own and he is right. West has been speaking on the importance of stress control all summer and wants to break down the myth that admitting to a problem is a sign of weakness or can hurt a Sailor's career. West will be filming a video on operational stress control which should hit

the fleet by the end of the summer. I encourage everyone to keep a look out for your shipmates for signs of stress such as cutting corners, irritability or trouble sleeping. Talk to a shipmate, friend, family member or someone else you trust. If you see the signs of more serious stress, get help immediately from your chain of command, chaplain or medical provider. People see no problem in taking their vehicle into a repair shop to get fixed and all too often it's overlooked that we sometimes need fixed ourselves. We have a host of programs at the Fleet and Family Support center that can help. They can be reached at 270-6600. They are there for you.

Been spending a lot of time getting ready for this year's air show. Remember to mark your calendars for Nov. 6-8 for three days of fun at the beach with the Blue Angels and a host of other performers. The list of this year's performers is the best ever and we are still planning to have the popular beach invasion from an amphib off the coast. Speaking of entertainment,

football season is here and the Jaguars are once again providing great deals for the Navy via the USO and MWR. The USO has tickets for sale for a very low price and there is also the "Sailors Aweigh" program, which provides free tickets to children and families of deployed sailors. MWR still has some quality tickets available for home games as well. I was talking to the Jags today and we are working on a few other things for the season. More to follow on that but I can tell you that the relationship that the Navy shares with its hometown professional football team is better than anywhere in the nation.

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

The doctor had some bad news and good news for his patient. "Sam" the doctor said. "You have a serious ailment. You need an operation right away." Sam got a bit pale. He turned to his doctor and asked, "Is it that serious?" "Yes," said the doc. "Five out of six who undergo this operation die. But you have nothing to worry about." "Why not doctor?" Asked Sam. "Well Sam, my last five patients have died. So, I know you're going to make it."

Well, I don't know what level of reassurance that gave to the patient, but I think you'll agree that when it comes to matters of life and death we know we are dealing with serious business. Regardless of how we may try to make light of it through humorous anecdotes,



Chaplain Joe Molina
CDS40 Staff Chaplain

the serious matter of life and death (and in some cases life or death) is sure to catch our attention. Life and death address existence itself. "To be or not to be" is an issue of ultimate importance. There are no subtle definitions involved. You don't

have to worry about what the definition of "is" is, that is, you either are or are not. "Whatever 'is,' is." There is no statement in secular life more worthy of contemplation.

We can hardly make a sentence in the English language without using some form of the verb "to be." The idea of "being" itself is filled with significance and potential. This is because having "being" means that we have the ability to reason, to think and solve problems. We are also relational in our being, having the ability to give and receive real love. In addition we possess a moral consciousness, giving us the ability to discern right from wrong.

My faith tradition teaches me that I possess these qualities because I've been created in the

likeness of The Creator. What it all boils down to is that you and I have purpose! Having purpose should compel us to strive for the very best our abilities have to offer.

Matters related to existence, survival and preservation of life have been central to humanity since pre-historic times. In the last few years "life or death" has been part of our national reality as we've engaged in a war that has resulted in the death of many and the grief of many more. Our political and military leaders have courageously struggled with decisions that directly impact matters of life or death. Their struggle is founded on the truth that life is precious; Life is irreplaceable; life is a responsibility. Therefore:

Handle with Care: We are

surrounded by the marvels of modern technology. No other era in history has possessed the scientific means for the preservation and duration of life. As a society we acknowledge the importance of life and use our technology to prolong it. Ironically, however, our society is plagued by addictive lifestyles and destructive behaviors totally unprecedented. "Life is precious. Handle with care!"

Live It Abundantly: Abundant living means responsible living. Given the number of choices we face daily, we are called upon to exercise our choices in a responsible and moral manner. Abundant living is balanced living in which we enjoy the good and pleasant things of life in a balanced, non-excessive way.

Share "Life" With Others:

"It is better to give than to receive." This old adage can be a driving force in reshaping the world. Think about this. Our country's population makes up approximately five percent of the world's inhabitants and yet we consume in excess of forty percent of the world's resources. The potential for improving the plight of the less fortunate is absolutely tremendous through a more equitable distribution of the world's resources. Sharing with others starts with the individual as each of us decides to bless another's life.

"So live that after the minister has ended his remarks, those present will not think they have attended the wrong funeral." (Anonymous)

Homefront in Focus

By Beth Wilson
Military Spouse Contributor

Two years ago I started an experiment, an internet talk show for military spouses. My goal: to utilize 'new media' as another avenue to connect with fellow military spouses to exchange information, resources, opportunities, inspiration and even entertainment. My weekly show is called *Navy Homefront Talk!* Each week we bring guests and information to enhance our quality of life as we support our service member and families.

This week Master Chief Petty Officer of the Navy (MCPON) Rick West joined *Navy Homefront Talk!* on a special broadcast. MCPON West tackled various subjects throughout the broadcast from questions that were solicited from listeners in advance of his appearance. MCPON started the interview by expressing his appreciation of Navy spouses offering a 'hearty BZ for the support from the family, spouse, parents, grandparents' who, through their support, empower our Navy to accomplish their worldwide mission.

IA/GSA Assignments:



-Photo by MC1 Jennifer A. Villalobos

Master Chief Petty Officer of the Navy (MCPON) Rick West answers questions during a telephone interview with Navy wife and columnist Beth Wilson on *Navy Homefront Talk!* radio show. *Navy Homefront Talk!* is an internet talk show for Navy and all military spouses and is broadcast live every Wednesday on *BlogTalkRadio*.

MCPON spoke about the Navy's IA/GSA deployments. "Our sailors have proven what a valuable asset they are to commanders on the ground. I don't think they were expecting the versatile war fighter they found in our Sailors." Currently there are 14,000 sailors deployed as IA/GSAs while there is roughly 10,000 deployed on ships. MCPON offered that these

deployments are going to continue for a few years into the

future based on current world events.

MCPON West also offered advice for Sailors and families who may be considering IA/GSA deployments, advancement/career implications of an IA/GSA assignment as well as family support for these sailors and their loved ones both during and 'post' IA/GSA deployment.

MCPON tackled head-on the topic and challenge of PTSD and the resources available for both Sailor and Families. He voiced his desire to dispel myths regarding PTSD and commitment to educate and support fleet and families on PTSD.

MCPON voiced his support and focus on communication and pushing information to people, as opposed to asking them to pull it, including uti-

lizing new mediums of communication. MCPON hosts a Facebook page and encourages Sailors and families to become a fan and post your insight, ideas, feedback on his page (www.facebook.com/MCPON). He is also on twitter (www.twitter.com/MCPONPAO). When asked if we would see a MCPON blog soon he said, "Oh, I'm busy focusing on my Facebook so I don't think so at this time."

MCPON tackled many more topics on this broadcast from family support, Ombudsman program, new media, and much more. To hear the entire broadcast go to http://www.homefrontinfocus.com/html/talk_show.html. Once there click on the "MCPON is on the Deck" episode for the full broadcast.

MCPON West will be returning to the show in the near

future and he wants to take your live calls. Stay tuned as I will let you know when that broadcast is scheduled.

If you have not checked out internet broadcasting, or podcasts, let me encourage you to do so! Think of DVR for your talk show entertainment. Each podcast can be listened to live or on your laptop at your convenience. Perhaps my favorite feature is the ability to subscribe to the RSS feed of my favorite podcasts then download them to my MP3 player to listen during a commute or workout. *Navy Homefront Talk!* airs live once a week. You can listen or subscribe to the show at www.blogtalkradio.com/nht.

Questions or comments for Beth? Email her at Beth@homefrontinfocus.com.

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Registration Points of Contact
CMC Deb Davidson 270-5688
deborah.davidson@navy.mil
BMC Tony Seward 270-5179 x205
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Speicher Laid To Rest In Hometown

By MC2 Daniel Gay
Naval Public Affairs Support Element
East, Detachment Southeast

Thousands of people, both military and civilians, showed their respects as the remains of the first casualty of Desert Storm, Capt. Michael Scott Speicher, were brought to Naval Air Station (NAS) Jacksonville after being found in Iraq after 18 years.

The remains arrived at the NAS Jacksonville flight line Aug. 13 and were then taken by motorcade to All Saints Chapel on base, where they remained overnight for people to give their final respects for the fallen Navy pilot.

"I think his return is symbolic of the Navy's desire to never forget a lost shipmate and to always continue to pursue and find those that are missing or lost," said Rear Adm. Townsend Alexander, commander, Navy Region Southeast.

The following day the flag-draped casket left the chapel in a police escorted procession en route to Speicher's interment ceremony. During the trip the motorcade made stops at Speicher's church, his high school, the Jacksonville Veterans Memorial Wall and Cecil Field, the military base where Speicher was last stationed before the war.

"It is a very significant day," said Rear Adm. Patrick Driscoll, the official escorting officer for Speicher's remains. "I was in a squadron with Scott Speicher, and we were flying together the night he was shot down, and this is a bittersweet day for us in that we are glad that we finally have a resolution of his status and that we are bringing him home to his family, but it's also a sad day in that now we know we lost a shipmate."

Florida Gov. Charlie Crist and Jacksonville Mayor John Peyton attended a ceremony that was held at the Jacksonville Veterans Memorial Wall in



Mourners pay their final respects to Navy Captain Michael Scott Speicher as his flag-draped casket passes in front of Lakeshore Methodist Church where Speicher taught Sunday School. Speicher was killed when his F/A-18 Hornet was shot down over Anbar province, Iraq on the first day of offensive operations during Desert Storm on Jan 17, 1991.

Speicher's honor.

"At a time in our nation's history when we need heroes more than ever, Captain Speicher reminds us we need not look any farther than those brave Americans who serve in our armed forces. He represents the best of the best," said Crist. "I am honored to speak for almost twenty million fellow Floridians when I say we thank Captain Speicher for his commitment and his dedication to our country and our people and our freedom. We are deeply grateful for his sacrifice."

Thomas Fuller, the pastor of Lakeshore Methodist Church where Speicher taught Sunday school, was outside the church where people lined the streets to honor Speicher as the procession passed.

"I think that [Speicher] has kind of become an instrument of change," said Fuller. "I have been blessed in all the commitment the military, in recent months and days, has made in



regards to never leaving anyone behind, and that is very important."

Speicher was laid to rest in a private ceremony at the Jacksonville Memorial Gardens Cemetery as his squadron, the Sunliners of VFA-81, flew overhead in a missing-man formation.

-Photo by MC1 Leah Stiles

Left, Mourners place roses and pay their final respects to Captain Michael Scott Speicher at the Jacksonville Veterans Memorial Wall. Speicher was killed when his F/A-18 Hornet was shot down over Anbar province, Iraq on the first day of offensive operations during Desert Storm on Jan 17, 1991.

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Stephen W. Groves Joins SNMG-1 In Lisbon

By Lt.j.g. Timothy Shaffer
From USS Stephen W. Groves Public Affairs Office

USS Stephen W. Groves, along with Portuguese frigate Alvares Cabral and German auxiliary ship Rhoen, visited Lisbon, Portugal last week for the formation of Standing NATO Maritime Group One (SNMG-1).

Following the summer dispersal of the NATO group, crewmembers from the three ships used this opportunity to plan for the upcoming Mediterranean surge deployment and to enjoy the sites and tastes offered by one of Europe's finest cities.

On Aug. 10, Commander SNMG-1, Rear Adm. J. Pereira da Cunha, Portuguese Navy, visited USS Stephen W. Groves. Greeted by a very excited crew, Cunha 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 flight deck. The Commodore welcomed the ship to Lisbon and encouraged the crew to take advantage of the port's many opportunities. While affirming the importance of maintaining high operational readiness, the Commodore also emphasized his expectation that port visits should be maximized as opportunities for "rest, relaxation, and cultural education."

The crew of Stephen W. Groves had no trouble living up to Cunha's expectation. Many Sailors enjoyed the nightlife and activity of the downtown Baixa district, known for its wide selection of fine cuisine, cafes, and port wines. Others preferred the quiet, historic areas of Belem and Sintra, where they toured Portugal's oldest monasteries, museums, and castles. Organized tours also offered unique experiences of the city's cultural sites, shopping, and landscapes, including a guided Jeep tour of the scenic terrain surrounding metropolitan Lisbon.

The officers and crew of Stephen W. Groves also hosted meetings and attended receptions, which facilitated interaction with NATO counterparts.



-Photos courtesy of USS Stephen W. Groves

Rear Adm. J. Pereira da Cunha, CSNMG-1, addresses the crew of USS Stephen W. Groves.

The SNMG deployment schedule was a hot topic of discussion, as everyone eagerly planned for the group's future tasking. The visit in Lisbon allowed the three ships to begin developing the strong working relationship that will prove vital to a successful deployment.

Over the course of the upcoming months, Stephen W. Groves expects to focus her efforts on maritime security operations in the Mediterranean Sea. Enroute from Lisbon, the NATO group will conduct numerous training exercises with the aim of perfecting group cohesion and tactical performance.



The crew of USS Stephen W. Groves assembles for the visit of Commander, Standing NATO Maritime Group One.



Petty Officer 2nd Class Anthony Farley makes friends with some Lisbon locals.



The Chief Petty Officer's mess of USS Stephen W. Groves looks sharp in Lisbon, Portugal.



USS Stephen W. Groves officers, Ensign Annie Simkus, Lt.j.g. Wendy Mayho and Lt.j.g. Helen Leung, admire Lisbon from the top of Castle de Jorge.



Above, two Sailors stop to admire Lisbon's downtown Baixa district. Left, Sailors enjoy an afternoon by the Tagus waterfront. USS Stephen W. Groves visited Lisbon, Portugal last week for the formation of Standing NATO Maritime Group One (SNMG-1). Groves expects to focus efforts on maritime security operations in the Mediterranean Sea.



Petty Officer 3rd Class Jason McNeely soaks up the historic sites of Lisbon, Portugal.



Ensign Jonathan Calhoun and Ensign Daniel Stayton enjoy an evening of fine Portuguese cuisine.



Officers and midshipmen listen attentively to the address given by Commander, Standing NATO Maritime Group One.

HSL-44 Swamp Foxes Volunteer In Barbados

By Lt.j.g. Matt Noble

HSL-44
Twelve members of HSL-44 Detachment Six, embarked on USS Winston S. Churchill (DDG 81) in support of Summit of the Americas, recently volunteered their liberty time at a local animal shelter in Bridgetown, Barbados.

Along with members of the Churchill's crew, the Swamp Foxes spent an afternoon during a port day working at the New Hope Animal Shelter. The effort was spearheaded by Lt. Michael Short, Detachment Six Operations officer, and was met with wide enthusiasm by all participants.

Their support did not falter even in the face of the vast amount of work required. Throughout the hot and humid afternoon, teams of workers painted buildings, both outside and in. Others

cut grass and removed trash. Volunteers with carpentry skills built new dog shelters and moved approximately two truck loads of dirt and gravel, by shovel and wheelbarrow, across the compound where it was used to level out a large open area; meant to be a future home for up to forty forgotten dogs.

"It was inspiring to see everyone come together and accomplish so much," said Aviation Electronics Technician 3rd Class (AW) Tyler Fisher. "I was happy to be part of it." Overall, the entire crew contributed 312 man hours of work to the shelter in the space of one afternoon. The volunteers were treated to dinner by their grateful hosts and the community relations project was reported on the local news media.

"It was a lot of hard work, but definitely worth it," said Lt.j.g. Levi Broeckelman.



-Photo courtesy of USS Underwood

From left, Chief (Select) Boatswain's Mate (SW) Maurice Mabry, Chief (Select) Gas Turbine System Technician Electrical (SW) Victor Herrera, Information Systems Technician (SW) Frank Flores and Chief (Select) Fire Controlman (SW/AW) Jason Richardson of USS Underwood are undergoing Chief Petty Officer training after being selected to the rank.

MCPON Urges Sailors To Look Out For Shipmates

By MCCS Bill Houlihan
Master Chief Petty Officer of the Navy Public Affairs

During a conversation with Sailors Aug. 5, the master chief petty officer of the Navy (MCPON) said that stress on the Navy family and operational stress control will be two significant points of emphasis for him for the rest of the summer.

"We have to look out for each other. I need everyone to be on the lookout for the signs of stress because too often our Sailors aren't going to seek help on their own," said MCPON (SS/SW) Rick D. West, when he spoke with Sailors assigned to the White House Communications Agency on board Anacostia Naval Station.

"No one should feel they're in this by themselves."

West has been addressing stress control most of the summer. He says it's the Sailors who have concerns but don't share them with leaders and shipmates who worry him as much as those crew members who are referred for counseling or treatment.

"As much as we know about it and as many tragedies we've had to endure, I'm betting there are still thousands of people across our Navy who need help but aren't asking for it."

West said it is his intent to discuss the problem with every group of Sailors he speaks with and focus on breaking down the myth that admitting to a problem is a sign of weakness or can hurt a Sailor's career.

"That's the biggest problem as I see it. Too many of us feel that depression or suicidal ideation is a stigma, a character flaw that we're ashamed to admit. Well, none of us have good days every day."

West will be filming a video on operational stress control, which should hit the fleet by the end of the summer. He said he would like to use that opportunity to discuss with Sailors of all ranks different approaches to recognizing and dealing with stress.

"From seaman to admiral, we have a shared responsibility to stay ahead of the curve. What does that mean? We train hard,

stay fit and healthy, look out for each other. When you notice signs of stress in yourself or others - cutting corners, irritability, trouble sleeping ñ talk to a shipmate, friend, family member or someone else you trust. If you see the signs of more serious stress, get help immediately from your chain of command, chaplain or medical provider."

Underwood Trains Selects

From USS Underwood Public Affairs

Congratulations to Chief (Select) Boatswain's Mate (SW) Maurice Mabry, Chief (Select) Information Systems Technician (SW) Frank Flores, Chief (Select) Gas Turbine System Technician Electrical (SW) Victor Herrera and Chief

(Select) Fire Controlman (SW/AW) Jason Richardson on their selection as United States Navy Chief Petty Officers.

These individuals will undergo a rigorous indoctrination process focusing on Navy heritage and traditions, physical readiness, and leadership

training in an attempt to prepare them for the challenges and prestige that are associated with the rank of Chief Petty Officer. All training will culminate on indoctrination night on Sept. 10 with a pinning ceremony onboard USS Underwood the following day.

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-Photo courtesy of USS Underwood

MIDN 3/C Matthew McGuire, MIDN 3/C Kenny Domingue, and MIDN 3/C Nicholas Deluca participate in a Crash and Salvage drill onboard the guided missile frigate USS Underwood (FFG 36)

Underwood Sponsors Academy Midshipmen

From USS Underwood Public Affairs
During the last four weeks Midshipmen from the U.S. Naval Academy have been on board USS Underwood (FFG 36) as part of the Midshipman summer training program.

These Midshipmen have been afforded the opportunity to live onboard the Guided Missile Frigate and experience the daily routine of the ship's crew as it goes through their 2009 training cycle.

The three Midshipmen participated in damage control and anti-terrorism force protection drills, drove the ship simula-

tions that included two Hail and Farewells as well as a Jacksonville Sun's Game which allowed them the opportunity to see the camaraderie associated with the wardroom and Navy life outside the Navy's operational commitments.

Thanks to the support of USS Underwood and the helicopter squadrons the midshipmen received thorough training and experienced all aspects associated with the lifestyle and operational commitments aboard a U.S. Navy warship.

The midshipmen also participated in wardroom func-

From Page 1

HSL-48

next generation of rotary-wing aircraft.

As the ceremony concluded, Banta formally presented the aircraft logbooks to retired Capt. Bob Rasmussen, director of the museum.

Rasmussen then lifted the atrium doors and ceremonially unveiled the museum's newest exhibit. The former HSL-48 squadron "showbird" sat on display on a spot outside the atrium. VENOM 500 proudly displayed its markings in the green and yellow colors of the squadron, with an impressive airbrushed Viper coiled around the tail of the aircraft.

Ironically, the museum induction almost never occurred.

Instead, the aircraft was originally scheduled to be delivered to the desert boneyard at Davis-Monthan Air Force Base, Ariz. A seemingly ignoble end to an illustrious warbird, the plans changed once the museum got involved.

"We owe all of this to Captain Rasmussen, Ms. Helen Watson, and the museum staff," praised Banta. "Without their involvement, this great day would have never occurred."

During its career, VENOM 500 (Bureau Number 162137) flew 8,785 flight hours and made more than 29,000 field and shipboard landings while assigned to three different Navy squadrons. The Navy offici-

ally accepted the aircraft in February of 1986 and assigned it to the HSL-40 "Airwolves," the SH-60B Fleet Replacement Squadron, where it flew almost 2,500 hours training SH-60B aviators and aircrew. Six years later, the aircraft transferred to the HSL-44 "Swamp Foxes" and was designated as MAGNUM 457. In 1998, the aircraft transferred to HSL-48, where it was re-designated as VENOM 500. During its service life, the aircraft deployed around the world on numerous Atlantic Fleet ships, including USS Thomas S. Gates (CG 51), USS Boone (FFG 28), USS Stump (DD 978), and USS McInerney (FFG 8).

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Reps From U.S., Ecuador Meet To Discuss Future Naval Engagements

By MC2 Alan Gragg
U.S. Naval Forces Southern Command,
U.S. 4th Fleet Public Affairs

Representatives from the U.S. and Ecuadorian navies met for the U.S. Navy and Armada de la Republica del Ecuador (Ecuador Navy) Operational Naval Committee (ONC) conference Aug. 12-13.

U.S. Naval Forces Southern Command (NAVSO), U.S. 4th Fleet hosted the conference onboard Naval Station Mayport, to plan upcoming interactions and to discuss potential areas for greater cooperation between the U.S. and Ecuadorian navies.

NAVSO, 4th Fleet Commander, Rear Adm. Victor G. Guillory, spoke to conference participants during the opening remarks.

"It is my pleasure to open this conference, one of which I hope will improve our Navies interoperability, enhance our mutual security, and in many ways, most importantly establish friendships," said Guillory. "We continue to have the common bond of mutual respect that, as brothers of the sea, is deep and enduring. Mutual security interests such as commerce protection, counter-drug trafficking, and counter-terrorism require that we work together for the safety of our



Ecuadorian Navy Capt. Ramón Rubén Orellana Mariscal, the senior representative for Ecuador during the U.S. Navy and Ecuadorian Operational Naval Committee (ONC) conference, presents a gift to Rear Adm. Victory G. Guillory, Commander, U.S. Naval Forces Southern Command (NAVSO), U.S. 4th Fleet, during an office call as part of the 2009 U.S. Navy and Ecuador ONC conference. NAVSO, 4th Fleet hosted the conference on board Naval Station Mayport to plan upcoming interactions and engagements between the U.S. and Ecuadorian navies.

Theater Security Cooperation department, signed the MOU as the senior representatives from each country.

NAVSO, 4th Fleet frequently hosts foreign military members in a continuing effort to strengthen U.S. Navy ties throughout Latin America and the Caribbean to support Theater Security Cooperation (TSC) initiatives and the U.S. Global Maritime Strategy. As the Navy component command of U.S. Southern Command, NAVSO's mission is to direct U.S. Naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. Routine operations include counter-illicit trafficking, theater security cooperation, military-to-military interaction and bilateral and multinational training. U.S. 4th Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces, and conducting the full spectrum of maritime security operations (MSO) and TSC activities in support of U.S. objectives that promote coalition building and deter aggression.

-Photos by MC2 Alan Gragg



Mariscal, and U.S. Navy Capt. Wayne Harrison, Assistant Chief of Staff of U.S. Naval Forces Southern Command, U.S. 4th Fleet Exercises and Theater Security Cooperation department, sign a memorandum of understanding during the 2009 U.S. Navy and Ecuador ONC conference.

countries." The conference resulted in the signing of a memorandum of understanding (MOU) between both countries, outlining the agreements discussed by

the committee.

Ecuadorian Navy Capitán de Navío Ramón Orellana and Capt. Wayne Harrison, NAVSO/4th Fleet Assistant Chief of Staff, Exercises and

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Make Sure Your Line Is Good For Mayport

By Scott Dombrosky
NS Mayport Environmental

Local Girl Scouts recently inaugurated a Monofilament Recovery and Recycling Program at Naval Station Mayport as a public service effort.

Members of Girl Scout Troop #391 from Jacksonville Beach, Katherine Andux, Kaitlynn Loop, and Sarah Howe, with assistance by Alex Loop, constructed and installed five monofilament line recycling stations at locations along the Jetties and at the beach where surf fishing is allowed.

Monofilament line is single-strand, high-density, nylon fishing line commonly used on fishing reels and in the construction of fishing nets. Monofilament line has become the favored fishing line of anglers as it can be used on a wide variety of reels, is stronger and more durable than other types of fishing line and is virtually invisible underwater. However, what makes monofilament line pre-

ferred by anglers is also what makes it so hazardous to wildlife. Monofilament fishing line is non-biodegradable and may last up to 600 years in the environment. It can harm wildlife when ingested or when it becomes entangled, causing animals to drown or lose limbs. Monofilament caught around the flipper of a marine mammal or sea turtle can result in the loss of the flipper or death due to infection and/or a weakened health state. Thousands of seabirds are rescued annually from being entangled by hooks and fishing line. Additionally, more than 60 species of fish have been documented to have swallowed or become entangled in monofilament.

The goals of Naval Station Mayport's Monofilament Recovery and Recycling Program are to heighten awareness about the negative impacts that fishing line debris has on people, marine life, and water quality; decrease the amount of fishing line entering and remaining in the environment;

and increase the amount of fishing line being recycled. Those fishing on board the Station are requested to place waste fishing line in the monofilament line recycling stations.

Only fishing line that is a single filament, nylon product should be placed in the stations. Fishing line that is braided or contains wire cannot be recycled. In addition, fishing line that contains trash or has a lot of plant material mixed up with it is not recyclable.

Monofilament line may also be recycled at the Environmental Department, Building 2021 on Bon Homme Richard Street. Please contact Scott Dombrosky, Water Program Manager, for additional information.



-Photo courtesy of NS Mayport Environmental
Local Girl Scout Troop 391 installed monofilament line recycling stations at the jetties and beach for fishermen to drop off their fishing lines. Monofilament line is non-biodegradable and can be harmful to wildlife thru entanglement or ingestion. Pictured from left, Katherine Andux, Kaitlynn Loop, and Sarah Howe.

Records

and remain with them forever."

While the electronic record will help to reduce the loss of hard-copy health records, it also is intended to provide a framework to ensure that health care providers have all the information they need to deliver high-quality health care, while reducing medical errors. The electronic record is a critical piece of the health care puzzle because, while the Defense Department and VA can share information electronically, it may not be easily accessible by private clinicians, Timberlake said.

"A significant amount of health care provided to [the Defense Department] and VA beneficiaries occurs by private-sector providers," he said. "So,

we need the ability to make health records available to the providers who need it, regardless if they are a military, VA, or doctor within the public community."

Numerous, ongoing data-sharing activities are continuing among agencies that share information and are committed to improving health care to "servicemen and women of the present, past and future," Timberlake said.

"Every day, millions of pieces of health information are shared between [the Defense Department] and VA; however, as Congress mandated and as the departments have acknowledged, there is more work to do to make it flow smoother," he said.

From Page 1

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Calendar

On Base

Wednesday, Sept. 2
Mayport Military MOPS (Mothers of Preschoolers) Invites all moms of children ages 0-5 to join us for "Life on Planet Mom" beginning Sept. 2. MOPS meets every first and third Wednesday at the Mayport Base Chapel 9:15-11:30am. Free Childcare! No fees. Come see what it's all about! For more info visit: www.myspace.com/mayportmops

Wednesday, Sept. 16
Mayport Military MOPS (Mothers of Preschoolers) Invites all moms of children ages 0-5 to join us for "Life on Planet Mom" beginning Sept. 2. MOPS meets every first and third Wednesday at the Mayport Base Chapel 9:15-11:30am. Free Childcare! No fees. Come see what it's all about! For more info visit: www.myspace.com/mayportmops

Saturday, Aug. 22
The Jacksonville Genealogical Society, Inc., will hold their monthly meeting at the Webb-Wesconnett

Out in Town

Branch Library, 6887 103rd Street, Jacksonville, FL., at 1:30 p.m. We are extremely pleased to have as our speaker Mr. James Mitchell Brown, MA. Mr. Brown's program will be "Federal-Land States and Their Land Records." These records often contain critical evidence that can be used in serious genealogical investigation." MBrown will have a power-point presentation and provide a detailed syllabus. For additional information please feel free to contact Mary Chauncey, (904-781-9300).

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 pro-

gram 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.

The Fleet Reserve Association Branch 289 is hosting a Spaghetti Dinner from 5-8 p.m. at the Branch Home at 390 Mayport Rd. The menu will include garlic bread and salad. 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. The public is always invited to dinner. Starting at 9 p.m. the music of Bill Bissonett will entertain until 1 a.m.

Monday, Aug. 24
The Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Rd. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small donation, and the bar will be open.

Tuesday, Aug. 25

The Fleet Reserve Association, Branch 290, invites you to play Texas Hold 'Em at the Branch Home, 390 Mayport Rd. Sign-up begins at 6:00 PM, and the games start at 7 p.m. Snacks will be available and the bar will be open.

Saturday, Aug. 29
The Ladies Auxiliary of the Fleet Reserve Association, Unit 290, will host a bus trip to the gambling ship at Port Canaveral, Fla. The bus leaves the Fleet Reserve Home, 390 Mayport Rd., promptly at 6:30 a.m. The cost is \$43 per person, and includes transportation to and from the Port, snacks and drinks on the bus, and the fare on the ship. Payment must be made in advance, on or before Friday, Aug. 21. Please call Ruth Tenn at 249-0931, or tickets are available at the Fleet Reserve Branch Home.

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.

Monday, Aug. 31
The Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Road, Atlantic Beach. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small donation, and the bar will be open.

Saturday, Sept. 5
Join a park ranger at 2 p.m. and learn about the life-cycle of the sea turtle and the importance of these creatures. The program will take place at pavilion two on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Sept. 13
Join a Park Ranger at 10 a.m. for a leisurely paced hike to discover the island, natural

communities. Participants are encouraged to bring bug spray and bottled water. 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.

Sunday, Sept. 20
Join a park ranger at 2 p.m. for an intriguing presentation and gain insight into the spider world. 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.

Sunday, Sept. 27
Join a park ranger at 2 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

FFSC Classes, Workshops Available In August

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.

Aug. 20, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Aug. 20, 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.

Aug. 20, 1-4 p.m., **Leadership & Life Skills (E7 & Above)**, TBD

Aug. 21, 9-11 a.m., **Establishing A Sound Family Budget**, FFSC

Aug. 22, 8-11:30 a.m., **Smooth Move**, FFSC

This workshop is designed for inexperienced, as well as experienced military members on permanent change of station (PCS) orders. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The travel section of Personnel Support Detachment (PSD) will present a section on travel pay and allowances. FFSC staff will discuss the emotional cycles of relocation, budgeting for a PCS move and provide some strate-

gies for families.

Aug. 24, 9-11 a.m., **What About The Kids?**, FFSC

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see and understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and

may provide an additional motivator for ending the violence and seeking intervention.

Aug. 24-27, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1, Room 104

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

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

Aug. 25, 9-11 a.m.,

Parenting Class, FFSC
Aug. 26, 6-7 p.m., **IA Family Discussion Group**, USO

Aug. 26, 9 a.m.-noon, **Tottletyme Playgroup**, USO

Aug. 27, 9-11:30 a.m., **Sponsor Training**, FFSC

Sponsors play a critical role in retaining newcomers and increasing overall productivity and morale by making a newcomer's arrival at the command easier. The Sponsor Program is designed to help facilitate the relocation of Navy service members and their families creating a link between the service member and their new command. The primary goal is to ease difficulty and reduce the apprehensions normally associated with a Permanent Change of Station (PCS) move.

Aug. 27, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Aug. 27, 8:30 a.m.-4 p.m., **Leadership & Life Skills (E5 & E6)**, TBD

Aug. 28, 9-11 a.m., **Home**

Buying, FFSC

Aug. 31, 8 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

Aug. 31, 1-2:30 p.m., **FERP-Federal Employment Class**, FFSC

Learn how to do an effective job search to find the "perfect job!" Topics presented are: Career Exploration, Job Search Strategies, Resume Writing, Interviewing Skills, Self-Employment and the Federal Employment System.

Aug. 31, 6-7 p.m., **Ombudsman Assembly**, USO

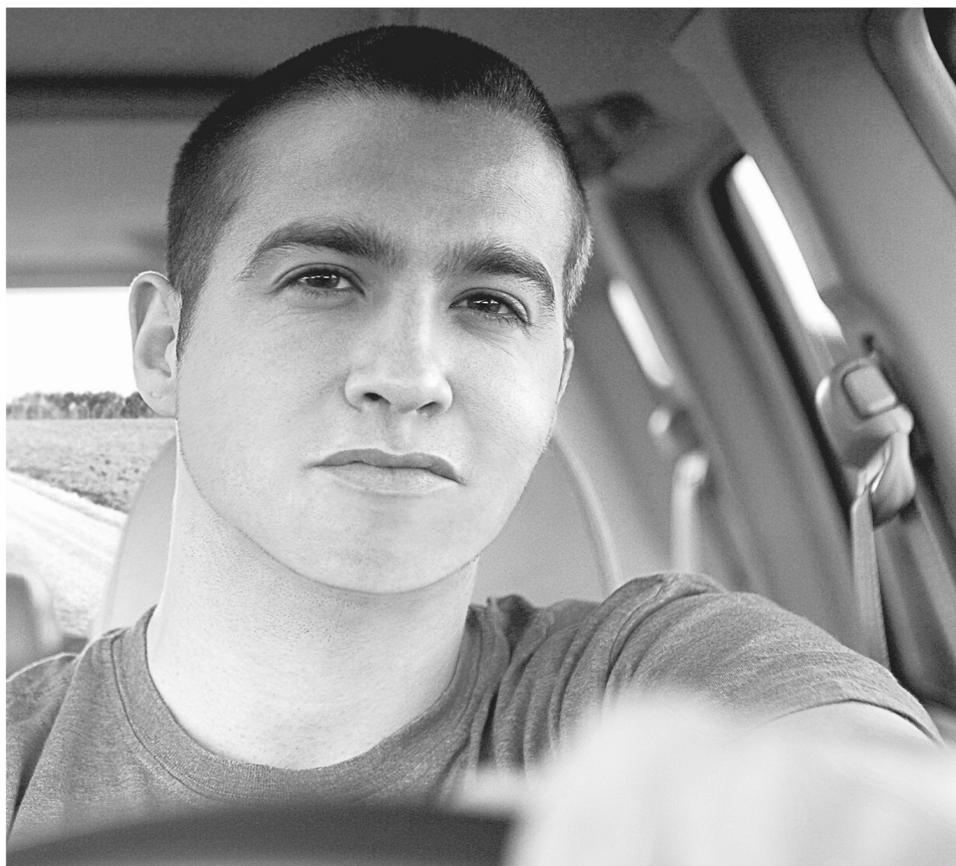
Sept. 1, 9-11 a.m., **Parenting Class**, FFSC

Sept. 8, 9-11 a.m., **Parenting Class**, FFSC

Sept. 15, 9-11 a.m., **Parenting Class**, FFSC

Sept. 22, 9-11 a.m., **Parenting Class**, FFSC

Parenting Class, FFSC



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MWR Happenings

Aug. 20: CPO Social Hour (Spouse/Better Half Night). 3-7 p.m. at Foc'sle CPO Club with free hors d'oeuvres 4-6 p.m., drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. For contest information, call AWRC Jon Abell at 850-748-5941.

Aug. 20: Karaoke Night. 8:30 p.m.-12 a.m. at Castaway's Lounge. All Hands welcome. (Free) 270-7788

Aug. 21: Summer Outdoor Movie

(Cars, G). 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. (Free) 270-5228

Aug. 23: Bowling Family Fun Night. 5-8 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes All-You-Can Bowl with shoes, spaghetti dinner, music videos, light show and colored headpin bowling for prizes. 270-5377

Aug. 24: Deadline - Dusk to Dawn

Softball Tournament. Tournament is from dusk Sept. 4 until dawn Sept. 5. Cost is \$225 per team. Sign up at the Gym. 270-5451

Aug. 25: Deadline for Dusk to Dawn Softball Tournament. Tournament is Sept. 4 starting at 6 p.m. until dawn Sept. 5. Cost is \$225 per team. Register at the Gym. 270-5451

Aug. 25: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. All Khakis welcome (Chief

Petty Officers, Officers and their guests). For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

Aug. 27: CPO Social Hour (Retiree Night). 3-7 p.m. at Foc'sle CPO Club with free hors d'oeuvres 4-6 p.m., drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. For contest information, call AWRC Jon Abell at 850-748-5941.

Aug. 28: Summer Outdoor Movie

(Night at the Museum 2, 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. (Free) 270-5228

Aug. 29: UFC 102 (Couture vs. Nogueira). 10 p.m. at Castaway's Lounge. Live pay-per-view event open to All Hands. 270-7205

Sept. 1: 3 V 3 Indoor Soccer Begins. Register your 5-person team at the Gym. 270-5451

Liberty Call

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

Aug. 20: Jacksonville Suns Baseball Game. 6:15 p.m. departure from Planet Mayport. (Free)

Aug. 20: Karaoke Thursday. 8:30 p.m.-12 a.m. every Thursday at Castaway's

Lounge. (Free)

Aug. 21: Comedy Zone Trip Featuring Pauly Shore. 6 p.m. departure from Planet Mayport. Cost is \$15. Sign up early. Space is limited.

Aug. 22: Kayaking Trip. 7 a.m. departure to Guana Reserve. Cost is \$35. Sign up at Planet Mayport.

Aug. 23: Deep Sea Fishing Trip. Cost is \$65. Call 270-7788 for trip departure time.

Aug. 24: Drowning Pool Concert. Drowning Pool, Cold, Andy Griggs and Colt

Ford performing live at NAS Jacksonville. Free transportation provided.

Aug. 25: Girls Gone Golfing. Free girls only golf outing at Windy Harbor Golf Club. Sign up at Planet Mayport.

Aug. 27: Mall and a Movie Trip. Cost is only \$2. Trip departs from Planet Mayport at 4:30 p.m.

Aug. 29: White Castle Burger Night. \$1 each at Planet Mayport (while supplies last) starting at 5 p.m.

Kid Zone

Aug. 21: Summer Outdoor Movie (Cars, G). 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. (Free) 270-5228

Aug. 22: Teen Lock-In. 7 p.m. Saturday until 7 a.m. Sunday. Cost is \$12 in advance or \$15 the day of, if space. Permission slip required. 270-5680

Aug. 23: Bowling Family Fun Night. 5-8 p.m. every

Sunday at Mayport Bowling Center. Cost is \$9 per person and includes All-You-Can Bowl with shoes, spaghetti dinner, music videos, light show and colored headpin bowling for prizes. 270-5377

Aug. 24: First Day of School. Before and After School Care offered for grades Kindergarten through Fifth at the Youth Activities Center. Limited space remaining. 270-5680

Aug. 28: Summer Outdoor Movie (Night at the Museum 2, 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. (Free) 270-5228

Aug. 29: Youth Fall Bowling Early Registration. Register 11 a.m.-2 p.m. at Mayport Bowling Center for USBC Fall Youth Bowling League. League meets Saturdays at 10 a.m. starting Sept. 12. 270-5377 or 223-5935 (ask for Beth)

MWR Sports/Fitness

Sports

A Dusk to Dawn one-day softball tournament will be held Sept. 4 starting at 6 p.m. until dawn. Cost is \$225 per team Sign up by Aug. 25.

Fitness

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

Monday
7 a.m., TRX with Ruthie and Emily
10:30 a.m., Broken Hearts
11:30 a.m., Step n Kick
1 p.m., Moms in Motion
4:30 p.m., Zumba

Tuesday
7 a.m., IA Training
9:30 a.m. Lo Impact
11:30 a.m., Lunch Crunch
1 p.m., Strength Solutions & Flexibility Fix-ups
3 p.m., TRX

Wednesday
6:30 a.m., Functional Flexibility and Stress Management

10:30 a.m., Broken Hearts
11:30 a.m., Zumba
1 p.m., Moms in Motion
5:30 p.m., Kids Clinic
5:30 p.m., Kickboxing

Thursday
11:30 a.m., Mind, Body (Yoga, Pilates, Tai Chi)

1 p.m., Strength Solutions & Flexibility Fix-ups

2:30 p.m., Command Yoga

Friday
7 a.m., Beach Bootcamp
11:30 a.m., IA Training

The new Gym schedule is as follows:

Monday
6:30 a.m., Weight Training for Warfighters

11:30 a.m., Circuit Senations

2:30 p.m., Command Row-bics

Tuesday
6:30 a.m., Command Cardio Pump

11:30 a.m., Resistance

3 p.m., Conditioning for Running with LaPlace

4:30 p.m., Spinning

Wednesday
7 a.m., Cardio, Combat and CORE

11:30 a.m., Row-bics

2:30 p.m., Victory PRT
Thursday
7 a.m., Command Jump and Jab
11:30 a.m., Spinning

Friday
6:30 a.m., Command Spinning with Ruthie
11:30 a.m., Strength Training Basics for Women with Traci



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ATG Greybeard Champs



-Photo by Rita Hammerstad

The 2009 Summer Basketball season has come to an end as ATG takes their final shot at the buzzer to become the Greybeard and Playoff Champions. Pictured: Chief Boatswain's Mate Don Murrah, Chief Electronics Technician John Lonsdale, Senior Chief Quartermaster John Boast, Operations Specialist 1st Class Prather Price, Chief Gunner's Mate Derex Smith, Sonny Hobbs, Lt. Cmdr. Thomas Mattox, Senior Chief Fire Controlman Michael Bates, Operations Specialist 1st Class Paul Watford. Missing from photo: Chief Fire Controlman Jack Wix, Chief Damage Controlman Walker and Electronics Technician 1st Class Jason Lonsdale.

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Quick Hire Of Military Spouses Starts Soon

By Gerry J. Gilmore
American Forces Press Service

Under a personnel rule that takes effect next month, some military spouses could be quickly hired for federal jobs without going through the usual competitive process.

The new hiring authority takes effect Sept. 11. The Office of Personal Management issued the authority's final regulatory guidelines Aug. 12. The guidelines are posted in the Federal Register under the title: "Noncompetitive Appointment of Certain Military Spouses."

The intended effect of the rule, according to documents listed in the Federal Register, "is to facilitate the entry of military spouses into the federal civil service as part of an effort to recruit and retain skilled and experienced members of the armed forces and to recognize and honor the service of members injured, disabled, or killed in connection with their service."

"Military spouse employment is a key to the quality of life of our military families," Kathleen Ott, director of talent acquisition, development and management in the Office of the Deputy Undersecretary of Defense for Civilian Personnel Policy, said yesterday during an interview with Pentagon Channel and American Forces Press Service reporters.

The availability of jobs for military spouses contributes to the sustainment of the all-volunteer force, Ott said, citing a recent survey in which employed military spouses reported that their work income constitutes about 48 percent of total family income.

"But, it's really hard to keep a job if you have to move from station to station," Ott said. Federal employment, she said, offers military spouses a portable career with transferable benefits and worldwide presence.

"We thought, in order to help our military spouses continue

their employment, it would be a good thing for us to facilitate their entry into the federal government," she said.

Eligible individuals, Ott said, include spouses of active-duty servicemembers who have been called on to relocate. This includes spouses of Guardsmen or reservists who've been called up for more than 180 days of active service other than training. Eligible spouses must be moving to another duty station accompanied by their servicemember husband or wife.

Spouses of former servicemembers listed as 100-percent disabled and separated or retired, as well as widows or widowers of servicemembers who died on active duty and who have not remarried also are eligible.

The new hiring authority does not constitute a hiring preference for eligible military spouses, according to OPM. "This authority is a noncompetitive hiring mechanism; it does not establish or constitute a hiring preference for eligible spouses, nor does it create an entitlement to a federal job for an eligible spouse," according to regulatory documents listed in the Federal Register.

Applicants still must meet specific job-qualification criteria listed for individual positions, according to OPM documents.

"This is not a preference. We firmly believe that our spouses can compete on their own merits," Ott said, noting that the new hiring rules provide military spouses with "a streamlined, facilitated means of obtaining federal employment." Use of the new hiring authority "is completely at the discretion of hiring agencies," according to OPM documents, and "it is one of many hiring tools agencies may use to recruit needed individuals."

Spouses who complete three years of continuous satisfactory service will be converted from a

career-conditional appointment to career appointment, Ott said.

Personnel officials do not anticipate that the new military-spouse hiring authority would adversely affect the hiring of military veterans into the federal government, Ott said.

Military spouses can find out about federal job opportunities through OPM's USAJobs Web site, Ott said.

The new hiring authority "sends a very important message to our military families that their sacrifice is recognized by the federal government, and that they recognize that having a career opportunity is really critical for their family's well being," said Barbara Thompson, director of the Pentagon's Office of Family Policy/Children and Youth.

More than 77 percent of military spouses have indicated in surveys that they are interested in establishing careers, Thompson said. Other data, she added, indicates that military spouses are, overall, more highly educated than their civilian counterparts.

"I think it's a win-win situation that the federal government is accessing a pool of spouses who have the same levels of commitment and caring and service to the nation," Thompson said.

The department's Military Spouse Career Advancement Account, also known as MyCAA, provides employment, career, education/training, counseling and financial assistance for spouses of active-duty military and activated Guard and reserve members worldwide, she said.

President George W. Bush issued an executive order establishing guidelines for the hiring authority in September 2008, but implementation of the order was delayed while it was reviewed by the Obama administration.

Know the Ropes

School starts for Duval County Public School (DCPS) students on Aug. 24. Will your child be riding a bus or walking to school this year? More students will be walking or biking due to a policy change made by the School Board in April 2009. Students who live two miles or less from their assigned school will not be eligible for transportation. Bus stops may be up to 1.5 miles away instead of one mile.



Judy Cromartie
School Liaison Officer

DCPS transportation department has provided an exception to that policy for middle school students who live on Naval Station Mayport. Bus stops for Mayport Middle students will be at England/Moale and Osbourne/Moale. However, the bus will no longer stop at Everglades St./Moale.

Individual school letters were sent home to selected schools in June. But the ones to Mayport Middle parents have been updated to reflect this change. You can check your school's website or the District's website to view this updated letter.

"Express Routes" will replace morning and afternoon

depart at one time only which will be determined by the school's principal.

Bus stop and route information will be available beginning Aug. 11 at your school, the DCPS transportation department or online at www.duvalschools.org.

You may also contact transportation's Call Center at 381-RIDE (7433) until Sept. 4 from 7 a.m.-6:30 p.m., Monday-Friday.

For those parents who have elementary-age children walking or biking to school, they are encouraged to create "safe routes" teams to help map the safest walking or riding route. Parents have the responsibility to ensure the safe travel of their children to and from school.

The school liaison officer will work with the individual schools to assist in providing bus etiquette workshops and pedestrian and bicycle safety education workshops. Schools and/or parents wishing to host a workshop should contact me at 270-6289 ext.1305 to make arrangements.



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- 63 Perched on

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- 30 Mountain path
- 32 Sea eagle
- 33 Pop
- 35 Small whirlpool
- 37 Drink to excess
- 38 British noble
- 40 Become unwoven
- 41 Glen
- 43 Ring
- 44 Annoy persistently
- 46 Piece of hardware for a door hanger
- 47 __ tea
- 48 __ Scotia
- 49 College credit
- 50 Nest resident
- 52 Take apart
- 53 Chicken's noise
- 55 Mex.'s neighbor
- 56 Failure
- 57 Piece of lingerie

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8/20/09

THIS WEEK'S ANSWERS

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Guide to Military Travel

Top Ten Tips For Traveling With Kids

By Erica I. Peña-Vest

Military Travel Columnist

I often get asked by nervous parents what tips I have for traveling with children. After all, I have two small kids (a two year old and a seven month old) and I often talk about what great travelers they are. I like to tell people that they were destined to be good travelers as children of a naval aviator and a travel writer, but in all honesty, it's just good planning. Follow these tips and your kids will travel happy too.

First, always make time for naps.

This includes those fun days at the amusement parks when your children say, "But mom, I'm not tired."

If you have children that are napping age, a daytime interruption of fun for a nap is a must! Even if your children are not at the napping age, a trip to the hotel for some rest and relaxation is always a great way to recharge ones batteries. Call it a "regrouping/planning" meeting - that way older kids are less likely to protest.

Second, travel with entertainment for the road or the sky.

Make sure that those hours spent getting to the destination are enjoyable too. For young children, bring things that will keep them busy for increments of time - activity books, a portable DVD player with their

favorite movies, coloring supplies, etc.

For older kids, remind them to bring their headphones, Ipods, portable game machines, books, etc. There are infinite amount of ways of getting creative in this area. It's your job as a parent and trip planner to make the 'getting there' experience just as enjoyable as the trip itself.

Third, make allowances for grumpiness.

Ever heard the expression "You look the way I feel"? Well, for kids of all ages, they act the way we feel. Connecting flights, long waits for amusement park rides, too much sun, too much stimulation causes all of us to get fussy. We, as adults, have merely learned to hide it better. Kids haven't. When they are cranky, remember that scolding, yelling or threatening isn't going to make the situation better - but a nap or a quiet moment back at the hotel will.

Fourth, sometimes a snack makes everything better.

Always carry water and treats for those moments when your kids are hot, thirty, a little bit hungry and tired. Sometimes a snack is the perfect pick-me-up.

Fifth, never leave the house without Tylenol or Motrin for kids (and you too).

Have you ever been so tired at the end of a day at an amusement park that you feel pain

in places that had never hurt before? Well, kids are no different. If you have small children, they may not be able to tell you that they are in pain. I'm not recommending you medicate your children without reason. I'm suggesting that you travel prepared and a handy first aid/medicine kit is a necessity.

Sixth, be mindful of the weather and dress your kids appropriately.

I learned this one the hard way. We are stationed in the North where it snows in the winter but have family in the deep South where there is no winter. Traveling home for the holidays with children in turtle necks and sweaters in 100 degree weather will make a trip go bad FAST. Visit online weather sites that will give you a predicted weather pattern for the days of your visit and plan accordingly. Also remember that on vacation, dress for comfort. Having your children in dress clothes to visit Grandma in South Texas makes as much sense as me wearing heels to go to Disneyland. We all want to look good, but while traveling placing a high priority on comfort will insure a more pleasant trip.

Seventh, don't overdo the 'visiting'.

As military families, we often spend our vacations visiting family. If your family is like

ours, we go house to house and visit aunts and uncles, grandparents and great grandparents and try to fit it all into a short schedule. This often times leaves kids frustrated, overstimulated and overwhelmed. Try doing a few visits a day if time permits. If not, have a party!

Get as much of your family together at one event as possible. Try a barbeque at the park. That way, you get to see your loved ones and the kids are not confined to a house or multiple stops.

Eight, include your kids in trip preparations.

Including your little ones in the planning helps them feel as if they are part of the vacation too, not just added luggage. Remember that the anticipation of the trip can sometimes be just as fun as the trip itself if handled correctly. Order maps from the local convention and visitors bureau, buy books about your destination, check to see if the local tourist bureau has videos available, surf infor-

mative websites devoted to your destination.

All of these planning steps help get children excited about their upcoming adventure. The more excited they are about their trip, the more likely they are to do their part to help make it memorable.

Nine, the most important part of your trip is making a memory (not recording it).

The first thing I pack when I travel is my camera and Flip. I love capturing those one of a kind moments like the first time my son saw Mickey Mouse... but I constantly have to remind myself that making the memory is more important than recording it. Sure, pictures and videos are a great souvenir but we have to make sure that we don't spend all of our vacation behind a camera.

Ask any celebrity and they will tell you that the worst part of their job is being followed, photographed and gawked at like a fish in a bowl. Most children feel the same. I know that after a couple of pictures

my son takes my camera from me, takes me by the hand and leads me to fun. That's his way of asking me to not just record the memory but to be part of it. Sometimes the greatest lessons we learn are from our children. This, for me, was one of them.

Lastly, for my tenth tip - have fun!

Don't get so busy with the planning, the schedule keeping, the baby sitting, the kid herding that you forget to enjoy yourself. Vacations have a way of working themselves out if well planned. So sit back, relax, and enjoy the trip. Remember, if you think back to your childhood vacations, even the worst trip you took is one of the memories you cherish. It's about time with family, it's about moments that you can never get back, it's about exploration and adventure, it's about bonding...but most of all it's about making a memory. For tips on where to take your family this fall, visit www.guidetomilitary-travel.com for the latest in military travel discounts.



Pentagon Officials: 'We Want To Hear From You'

By Linda D. Kozaryn

American Forces Press Service

Defense officials at the Pentagon have redesigned the Defense Department Web site to use social networking tools to engage the American public - particularly 18- to 24-year-olds.

"We need to embrace these technologies. We need to use them because that's what the young people use these days. We need to communicate with them," said Price Floyd, principal deputy assistant secretary of defense for public affairs. People between the ages of 18 and 24 are much more likely to communicate using Twitter and Facebook than they are traditional communication tools, Floyd told the American Forces Press Service, the Pentagon Channel and DoD Live Blog Talk Radio.

"If we just stick to the traditional ways of communicating, we leave out a huge portion of society," he said.

Defense Secretary Robert M. Gates recognizes both the need for engagement with the American people and the value of these new tools, Floyd noted.

"The secretary wanted to figure out ways to engage more with the public, and one of the ways you can do that is through your Web site," he said.

So defense public affairs officials redesigned the Defense Department's home page, launching Defense.gov on Aug. 17. The department's former home page DefenseLINK.mil focused on providing news and information, Floyd said. The new site, Defense.gov, will emphasize personal, two-way communication. DefenseLINK was a name more suited for an internal Web site, an intranet, as opposed to an Internet site, he added. "Most people on the outside wouldn't have guessed that DefenseLink was the Web site for the Defense Department."

"Instead of trying to figure out one new name, we've taken several domain names which all lead you to the same place - DoD.gov, Defense.gov and Defense.mil, and Pentagon.gov and Pentagon.mil," he said. "This puts the site more in line with the other departments in the government - State.gov, Whitehouse.gov. - and it's a more intuitive name to search for."

Defense public affairs officials used the newly interactive White House Web site as a model. Just as Whitehouse.gov asks people to give their policy recommendations to the President, the new Defense site will seek people's input on defense policies and issues, thus giving the site more credibility, according to Floyd.

"We do live in a democracy and that feedback from people is important to know what they're thinking, what they believe is important," he said. "It's their national security policy, it's not ours. It's theirs. The president was elected and he appointed people here at the Defense Department to lead, but it starts with the American people."

"I think we might be surprised by the issues and policies that are important to the American people, versus what we think are important," he added.

A new feature on Defense.gov will enable people to pose questions for the defense secretary, chairman of the Joint Chiefs of Staff and other top defense and military officials.

"You can type in what you want to ask the

secretary," Floyd explained. "We'll leave that open for several weeks. Once it's done, people can then go in and vote on questions they want to have asked. They can vote on more than one, and the software will enable us to determine the top five questions, which the secretary has to answer."

"There will also be a place where you'll be able to type in policy initiatives that are important to you," Floyd continued. "After several weeks, people will be able to come back and vote on the policy initiatives that are most important to them."

The new site also will link to the Defense Department's Facebook and Twitter sites. People can post comments and these engagement tools also will help people in the Department see and hear what the public regards as important.

Floyd said the goal is to encourage commanders to launch their own social networking sites, "so there's not just one DoD Twitter site, or one Facebook site the military uses, there are hundreds, thousands."

U.S. Forces in Afghanistan, European Command and Southern Command, for example, have Facebook sites, and there are numerous sites within each of these commands.

"Here in the Pentagon, the chairman of the Joint Chiefs of Staff has his own Twitter site. I have a Twitter site," he said.

He stressed, however, that operational security remains a concern, and cautioned people to be careful when posting information on these sites. The security of the social networking sites is a major concern to Strategic Command, he noted, and the Marine Corps has banned the use of social networking on official computers.

Recognizing that there are risks involved, Deputy Defense Secretary William Lynn III has tasked the department's chief information officer to conduct a short-fused study. A report is due to the deputy on Aug. 31 and a policy is to be announced by the end of September. Floyd said officials will look at both the threats and opportunities social networking sites hold for the department. The study will allow defense officials to make a decision on how to move forward and implement a uniform, department-wide policy for dealing with social network sites. Floyd hopes the number of visits to Defense.gov will increase beyond DefenseLINK's two million visits a month.

"Unlike most Web sites, more people over 45 go to DefenseLINK than under 45," he said. "This was another reason why we needed to change the Web site and rebrand it was to reach that younger audience. But we also don't want to lose the audience we have now."

The American Forces Press Service news and feature articles, photographs and special reports currently on DefenseLINK will continue to be available as an internal page on Defense.gov.

Floyd's message to the American public: "I encourage everyone to go to the new Web site to check it out. If you see things we can improve, please let me know. Feel free to reach out to me on my Twitter site which is on there and give me your comments. Don't just let me know what you think needs to be improved, but let me know what you think is working really well and what you like."

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