

THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

Vol. 52 • Issue 35

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, September 10, 2009



Volunteer To Clean Up Base Beach

In support of The 2009 International Coastal Cleanup, volunteers are being sought to collect litter and debris on the beach and along the Jetties at Naval Station Mayport.

Participants should plan to meet at 9 a.m. on Sept. 19 at Jetties Pavilion #3 (the eastern-most covered pavilion) near Pelican Roost RV Park on Bon Homme Richard Street. This event will run until approximately 11 a.m.

Gloves and garbage bags will be provided.

To learn more about the International Coastal Cleanup, go to: www.coastalcleanup.org, or contact Naval Station Mayport Water Program Manager, Scott Dombrosky at 270-6730, ext. 211. Pre-registration is not required.

Working Together To Stem Drugs

U.S., Venezuelan Navies Cooperative Efforts Lead To Capture



—Photos by Lt. Cmdr. Jaesen Yerger
Sailors from USS Carr (FFG 52) along with members of embarked U.S. Coast Guard Law Enforcement Detachment (LEDET) 409 and the Armada Bolivariana de Venezuela (Venezuelan Navy) transfer a recently seized shipment of cocaine with an estimated value of \$22 million. The drugs were seized during a recent operation as part of Carr's counter-illicit trafficking (CIT) deployment in the Caribbean with embarked helicopter detachment, HSL-42 Detachment Eight. Carr, homeported in Norfolk, Va., and HSL-42 Detachment Eight, out of NS Mayport, are currently deployed under operational control of U.S. Naval Forces Southern Command and conducting CIT operations for Joint Interagency Task Force-South.

From USS Carr Public Affairs

Units conducting counter illicit trafficking (CIT) operations coordinated with elements of the Armada Bolivariana de Venezuela (Venezuelan Navy) on Aug. 23 to transfer more than one ton of confiscated cocaine, a captured vessel, and two suspected narcotics smugglers.

USS Carr (FFG 52), with HSL-42 Detachment 8, and U.S. Coast Guard Law Enforcement Detachment (LEDET) 409 embarked, intercepted the vessel, a type of high-speed boat called a go-fast, in the central Caribbean, capturing the smugglers and 46 bales of cocaine on Aug. 18. A joint team of U.S. Coast Guardsmen and Venezuelan sailors tracked the vessel, which led to the initial coordination between U.S. and Venezuelan authorities to board and search the boat.

After the capture, authorities arranged for the rendezvous of Carr and the Venezuelan frigate General Soublette (F24) to transfer the detainees, vessel, and drugs, with an estimated street value of \$22 million, to Venezuelan authorities.

"This cooperation at sea was

made possible by a commonality of purpose, pride in service, and a feeling of mutual respect," said Cmdr. Eric H. Ver Hage, Carr's commanding officer.

During the rendezvous between the two ships, which took place in international waters approximately 80 miles from the coast of Venezuela, Carr hosted five members of Venezuela's equivalent to the U.S. Coast Guard and Drug Enforcement Agency (DEA) in order to discuss details pertaining to the bust and turnover procedures between the two countries.

"It was an exciting and educational experience to work with the Venezuelan Coast Guard and Navy," said Coast Guard Lt. Lilly A. Zepada, LEDET 409's officer in charge.

"It was good to see our two nations working together on the same goal of counter narcotics," she added.

Additionally, Carr Sailors and members of LEDET 409 assisted the crew of Soublette with transferring the Venezuelan detainees and rigging the captured go-fast for tow.

"Partnerships between nations are built one person at a time," said Ver Hage. "We won the hearts and minds today of at least five Venezuelan's through hospitality and professionalism. I am proud of my crew and the job they did."

Carr, home ported in Norfolk, Va., is currently deployed in the Caribbean under the operational control of U.S. Naval Forces Southern Command, conducting counter illicit trafficking operations in support of Joint Interagency Task Force-South, U.S. Law Enforcement and U.S. and participating nations drug control policy.

Members of U.S. Coast Guard Law Enforcement Detachment (LEDET) 409 speak with their Venezuelan counterparts to discuss a recent drug bust of a high-speed vessel which resulted in the arrest of three suspected drug smugglers and the seizure of over one ton of cocaine.

Navy Ball Tix On Sale

The 234th Birthday of the United States Navy will be celebrated at the Hyatt Regency Jacksonville Riverfront on Oct. 10 from 6 p.m.-midnight.

The Tri-Base Navy Ball Committee is hosting the Ball for NAS Jacksonville, NS Mayport, NSB Kings Bay, as well as Navy active duty, retired and reserve Sailors.

To purchase tickets, contact ABHC Cruz at 270-6023/697-8244 (lester.cruz@navy.mil), or ABE1 Caldwell at 270-6023 (hugh.caldwell@navy.mil).

The uniform for the Tri-base Navy Ball is service dress blue's with ribbons. Dual military, only one active service member has to wear uniform. Tickets prices is \$20 per person for E1 - E4 and guest; \$30 per person for E5 - E6; \$45 per person for E7 - O3, CWO2-CWO5 and guest; \$55 per person for O4 - Above and non military and guest. Retirees cost is equivalent to pay grade.



CNO Releases 2010 Guidance

From Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Gary Roughead released his Guidance for 2010 Sept. 2.

CNO said the guidance reaffirms the vision, mission and principles as in the previous guidance, and that his focus areas of building a future force, maintaining our warfighting readiness and developing and supporting our Sailors, Navy civilians and their families remain unchanged.

The guidance continues to carry out the 18 intentions from the 2009 Guidance, but also identifies five intentions that CNO will place personal emphasis on in the coming year: continue to be the dominant force, ready

naval forces across all maritime missions, build a Navy with appropriate force structure and strategic laydown, achieve decision superiority, align the requirements, resources and acquisition processes; and evolve and establish international relationships.

CNO said this guidance will provide new opportunities and innovative solutions that will ensure our continued maritime dominance globally.

To read the CNO's 2010 guidance, visit <http://www.navy.mil/features/CNOG%202010.pdf>

Navy Speakers Wanted

Special to The Mirror

The City of Jacksonville will present Week of Valor 2009, Nov. 4-11, to honor its military community through a variety of events including the Sea and Sky Spectacular, Veterans Day Parade, Jacksonville Jaguars vs. Kansas City Chiefs game, Military Appreciation Luncheon, military-themed movies, and ship tours.

In conjunction with Week of Valor 2009, the city will establish a Week of Valor Speakers Bureau with the purpose of educating the community on military history, contributions, members, and the vital role it plays in protecting our country. Members of the Week of Valor Speakers Bureau will speak at local schools, hospitals, senior centers, and community groups from Oct. 12 through Nov. 13.

The Week of Valor Speakers Bureau will play an important role surrounding the Week of Valor as the community is



allowed a rare glimpse into the personal side of the military. Active duty, veterans and retirees speakers are needed to share an experience about touching lives, a memory from World War II, a story from a more recent war, or how and why you joined the military. Whatever it is, this is your opportunity to educate the public firsthand about the group of men and women who protect and continue to serve our country.

If you are interested in being a part of the Week of Valor Speakers Bureau, contact the

City of Jacksonville Office of Special Events Lauren Powell at lauren@coj.net or (904) 630-3690 for a Speaker Application Form. The deadline to return the form is Sept. 14. The City of Jacksonville Office of Special Events reserves the right to choose speakers and accept or deny any topic suggested by a potential speaker. If your organization would be interested in having a speaker, please contact our office as well.

Topics must be related to military issues and may not

be political in nature. Topics must be appropriate for all ages. Speakers must fulfill the required time commitment. Speakers must arrive at the location they will speak at 10 minutes ahead of schedule to allow time for set up and to begin punctually. Speakers are encouraged to allow time for a question and answer session at the conclusion of their speech. Groups are required to accommodate the technical needs of the speaker they choose which will be relayed by the City of Jacksonville Office of Special Events prior to the speech. Groups are asked to inform their members and any potentially interested parties about the speech to ensure the largest audience possible.

Some of you old salts would agree that there are few things in life that are more miserable than being severely sea-sick on the high seas without any possibility of relief. Thankfully, the good Lord has blessed me with dependable "sea legs" but I have witnessed first hand the experience of those poor souls that have no hope of relief.

There is the account of one unfortunate "land-lubber" traversing a rough ocean passage. The vessel was not totally seaworthy and was being tossed around in tumultuous seas. The man became very seasick. Becoming claustrophobic, he struggled topside and positioned himself on the rail of the ship. He held on to that rail for dear life and in the process he "lost" everything else (if you know what I mean). A sailor walked by and comforted him.



Chaplain Joe Molina
CDS40 Staff Chaplain

"Sir, I know this seems bad for the moment but trust me. No one has ever died of seasickness." With all the strength the man could muster, he straightened himself out. He turned his "green" face to the sailor and said, "Son, don't tell me that. It's only the wonderful prospect of dying that keeps me alive."

Although I've never been seasick, I think I know how he must have felt. There have been times in my own life that have mirrored the experience. Thank God, it is not very often but sometimes we get caught in the "muck and mire" of life. We may get caught-up in the rut of repetitive, negative events that appear to have no end in sight. The issues of life will toss us in the sea of uncertainty and take us to those desolate places of existence where the thought may cross our minds: "Lord, go ahead and punch my card. I'm ready to go home. Take me out." It is the terrible experience of feeling stuck spiritually and emotionally. Feelings of nausea and depression could very well accompany this experience. When we arrive at those places in life it is OK to admit it. It is an arena

of life that we may have to do battle in.

Finding ourselves in a rut and bogged down in the muck and mire (definition: soft, moist barnyard manure) of life can happen at any time. Losing our momentum, our vision and our hope can happen to the sharpest and brightest among us. In those tender moments we may start to ask some ultimate questions such as: "God, Why?... Where are you?" "What am I doing here?" "Why are things not progressing at the rate I desire?" Well, here are some suggestions that have helped me in past experiences:

1. BE PATIENT. These are words I love to hate because instant gratification is the motto of our times. When our vehicle gets stuck in the mud the natural inclination is to step on the gas thinking that it will work,

right? Wrong! Stepping on the gas will bury us even deeper. The solution is to get out of the car, put traction under the tire and slowly, methodically tap the accelerator. In much the same way, when life seems out of control, take pause and "chill out" a little bit. Look ahead with eager and confident expectation as we fix our eyes on God. Develop a personal disposition of dependency on God and then move ahead to...

2. CHANGE NEGATIVE HABITS. Arriving at the muck and mire of life is many times a gradual process. It takes place slowly as we start to gradually slip. Maybe we made a little compromise here and there. Eventually we find ourselves bogged down in some vicious negative cycle. Making corrections and adjustments in deficient areas takes personal initiative and courage. Changing negative habits requires a daily decision of our will as we daily decide to get back to the basics of good and practical habits that affirm our moral, spiritual and ethical convictions

3. STAY ACCOUNTABLE. Identify an inner circle of wise and mature individuals that can be trusted for advice and confidentiality. These are people that we can share our feelings and concerns and will honestly share their insights and help us to identify positive options. Staying accountable with them will keep us consistent.

4. DRAW NEAR TO GOD. Some of us expect very little from God. If we expect nothing then we will look for nothing. Let us be assured that The Almighty is waiting to respond to us as we develop a disposition of dependency upon God.

Know the Ropes

A Few Tips To Help Avoid The Homework Battles

School has started. Have those homework battles begun? Avoid those nasty battles with five strategies to help your children get the most out of their study time. Each strategy begins with a question about your child. Your answer should help you to identify your child's overall strengths and weaknesses when it comes to studying.

Getting Started: Does your child dive right in or get stuck at the beginning? Many children need help with planning so get them started on an assignment by breaking it into smaller parts. For example, if your son has four chapters to read, suggest he tackle one or two in the first study session. He can save the others for the next time. By decreasing the initial task, he may find that it is easier to begin. Help him schedule as



Judy Cromartie
School Liaison Officer

many sessions as necessary to complete the entire assignment. Knowing that part of the assignment is already completed will make it easier for him overall.

Managing Time: Does your child use her time well? The

couple of weeks to determine which study strategy works best for her.

Organizing Study: Is your child the organized type? If not, he might try using color-coded folders for each subject. Once he gets accustomed to putting his notes, handouts, returned tests into a folder, he'll be better prepared when it is time to study. But when it is time to study, where does he study? Some children do better in a common area like the kitchen table so that help is readily available. Other children like a quiet spot away from the hustle and bustle of family life. It is important to have a designated place and have at that place the materials he will need for most of his studying: highlighters, note cards, pens, pencils, pencil sharpener, notebook paper,

a dictionary, and maybe a thesaurus.

Taking Notes: When you help your child study for a test, does he have notes from class? If not, why not? Trying to write word-for-word transcriptions in class is nearly impossible. Some students - even those in high school - still have trouble copying notes from the board, an overhead, or a power point. Suggest that she just focus on getting the key words and/or ideas down on paper. Then when she gets home that night, she should rewrite the notes and fill in the details that she still remembers from class that day. This has the added benefit of requiring her to look at those notes a second time.

Reviewing the Material: Does your child avoid reviewing course material until

right before a test? Bad idea.

Reviewing is one of the most important study skills! When he sits down to do homework each night, reviewing what he did in class that day should be his first task. If he tells you he has no homework in a class for that night, you need to remind him that he must review the day's lesson as his homework. Then at regular intervals - weekly, every couple of weeks - he should review all of the material that is being covered. Then when it is test time, he will know the material inside and out.

Remind your child that getting the most out of a study session will bring many rewards, including more time for other activities, greater confidence, and better grades.



-Photo courtesy of MOAA

USO representatives stand with 42 boxes of flavored drink packets donated to the troops deployed in support of the War on Terror.

Drinks For Troops

From MOAA

Mayport MOAA in combination with our Mayport USO, and its Director, Ed Champagne, are proud to announce the shipment of 42 boxes, containing some 7000 flavored drink packets to our fighting troops in Afghanistan, Kuwait, and Iraq this past several weeks. These fighting men and women are contending with 120 degree heat, while carrying more than 60-pound packs, body Armour, rations, water and weapons, all the while under combat conditions.

Our "Drinks for Balad" (Iraq) began last year when a letter from a Navy Nurse, just returned from Kuwait, reported troops suffering from dehydration and heat stroke due to the heat and stress under these conditions. Her description of the tepid, tasteless water available, and the huge quantities of

water the troops are forced to drink, led our MOAA Chapter, along with the Mayport USO, to begin a drive to collect donations, for the purchase, packing, and shipping, of flavored drink packets to combat areas through the USO Centers in these combat areas. Our Balad effort has since been expanded to include Afghanistan, Kuwait, as well as, to individual combat units, such as the four Marine Units deployed from Blount Island.

Please help us, help our young men and women, so far from home, cope with this unbearable heat by sending you checks to the Jacksonville Area USO marked "drinks" to NAS, Building 1050, Box 105, Jacksonville, Fla., 32212-0108, or drop them, or boxes of flavored drink packets, at the Mayport USO Center, 2560 Mayport Road. Call 246-3481 to offer your assistance.

Area Editors Featured At MOAA Luncheon

The Mayport Chapter of the Military Officers Association of America has invited local editors of our Beaches Area publications to their Chapter Brunch on Sept. 13 at 12:30 p.m. at the Ocean Breeze Conference Center. The feature speaker will be NS Mayport PAO Bill Austin who will discuss "The Press' role in keeping the public informed of Armed Forces issues both here and abroad." Three of the Beaches Area Editors will be presented "Certificates of Appreciation" signed by Vice Adm. Norb Ryan Jr., USN Ret., President of MOAA, for their support of service men and women. The three Editors will be The Mirror editor Paige Gnann; Beau Halton, editor of Shorelines; Kathleen Feindt Bailey, editor of The Beaches Leader for the last 15 years. The Chapter invites all base Public Affairs Officers to meet these distinguished journalist. To make your reservations go to www.mpmoaa.org or, call Mrs Ann Froehlich at 646-0944. All Officers of the Uniformed Services are also welcome.

Homefront in Focus

Tomorrow my Sailor re-enlists. I know that is not earth-shaking news. There will be no 'special news alert' announcing the upcoming ceremony, no film at eleven. But in this house - it is!

Five weeks ago my husband and I were having casual conversations about his reenlistment ceremony. Scott posed his idea to re-enlist at the Reagan Library near Air Force One. We had three months to plan the ceremony so we focused on his next set of orders. There was plenty of time for reenlistment planning. That was five weeks ago.

A little over four weeks ago Scott went to medical to have his gallbladder checked. He is experiencing 'gallbladder' symptoms and there is a family history of such issues. His doctor, a flight surgeon, ordered an ultrasound of the abdomen to confirm our suspicions. This ultrasound confirmed the gallbladder as the culprit but that was not the only thing discovered. The ultrasound revealed 'something' on Scott's kidney and recommended follow-up.

Four weeks ago we learned Scott has renal cell carcinoma - kidney cancer. With that six-letter word our world changed. Cancer. The very word invokes an indescribable fear. How 'bad' is kidney cancer? Has it metastasized? What is the prognosis?

Worry and fear becomes your constant partner.

Wait - Scott is in the midst of re-enlistment! He needs to be able to pass a medical screening to reenlist. Can he reenlist with CANCER? If he cannot - then what? He loses everything he has worked for; a 16-year career gone! No retirement, no job, no career, no health insurance...and he has CANCER.

This column is not about cancer. It is about a career, a sailor. My husband had a new, different enemy to fight: cancer. He also had a career he that he loves to preserve. Over the past four weeks I saw him research options, network, make a plan, take action, execute his plan and adapt; all the qualities and attributes that make him a great sailor, a great leader. I witnessed his strength, his faith in God, his commitment to me, to our marriage and his career' and yes, to his country.

I discovered so much about my husband through this 'crisis'. Scott could certainly 'get another job', but he doesn't want another 'job'. He loves his career in the Navy. He carries a proud tradition on his shoulders, one he loves and gladly bears. Scott's fraternal grandmother was a Navy WAVE during WWII. His fraternal grand-

father also served in the Navy in WWII. Scott's father served as a 'nuke IC' during the Vietnam era and Scott proudly carries on the tradition of Naval service and is the first to make it a career.

I used to joke that Scott 'bleeds Blue and Gold.' Faced with the possibility of a career change I saw the depth of my husband's devotion to the Navy. His pride of service transcends family tradition. Though a humble, quiet man my husband wants to contribute to the Navy mission through his personal service, sacrifice and commitment to honor the oath he swore. He will readily admit that his part is small, but he is committed to fulfilling that part.

Tomorrow Scott will reenlist. It took a great effort to work through the challenges to his reenlistment but tomorrow he will renew his oath. We still have cancer and gall bladder surgery before us, but tomorrow he reenlists. Tomorrow I will witness the swearing of an oath by the man I love; the man who means each word of that oath.

Tomorrow he reenlists...



Chapel Call
Command Chaplain:
Cmdr. Phil Wyrick

SUNDAY
Sunday School.....9 a.m.
Morning Worship.....10:30 a.m.
Protestant Baptism.....As requested

TUESDAY
M O P S (M o t h e r s o f
P r e s c h o o l e r s).....9:30 a.m.
(First and third Tuesday of the month)

WEDNESDAY
Women's Bible Study.....9:30 a.m.
Choir Rehearsal.....7 p.m.

SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group 2, 4.....6 p.m.

Catholic Services:
Friday Masses.....11:30 a.m.
CCD.....8 a.m.-8:45 a.m.

BAPTISMS
Please call 270-5212 to arrange a
Baptism class.

SERVICES
For shipboard and Waterfront
Services, call 270-5403. Personnel of
other faiths seeking contact with
specific religious groups should call
the Chaplain's Office at 270-5212.



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The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

The Mirror
P.O. Box 280032
Naval Station
Mayport, FL 32228-0032
Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012
Commercial FAX (904) 270-5329 DSN FAX: 960-5329
Email: mayportmirror@comcast.net
CO Actionline: 270-5589 or 1-800-270-6307

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Back From IA

By Paige Gnnann

The Mirror editor

Naval Station Mayport welcomed back Master-at-Arms 3rd Class Matthew Parker on Aug. 24 after he returned from a nine-month IA deployment to Iraq.

Parker was attached to Task Force MP with the Marines and provided support for point of entry (POE) teams, swept vehicles and looked for IEDS with the Quick Response teams.

"It was crazy cool," he remarked. "It like I trained to do this. I am doing this, but why am I doing this?"

"Working with the Marines was great," Parker said. "YOU couldn't ask for better people to have your back. We'd run point and you have to rely on them to have your back."

As a part of Task Force MP, Parker said that he travelled from the top of Iraq in Rabiya and back down again to Ar Ramadia, but spent most of his time in Hit, Iraq.

While he said that he and Dago were shot at a few times, the atmosphere of Iraq has changed and "calmed down a lot."

"The mission in Iraq is really changing from a combat mission to a humanitarian mission," he said. "We've got a lot of [the Iraqis] back on their feet. It's real good that we're doing that."

Along with the duo's mission as an explosives response team, the K-9 crew acted as a visual deterrent for terrorists and a reminder of home for the Marines.

"A lot of the Marines had to leave their dogs, their pets,



-Photo by Paige Gnnann

Master-at-Arms 3rd Class Matthew Parker stands with his partner, Dago, a 10-year-old explosives detector dog. The two returned to Naval Station Mayport last month after a IA deployment to Iraq. Do you have a returning IA? Let The Mirror know and we will feature them in an upcoming edition. Call The Mirror at 270-7817, ext. 1012.

while they are deployed [to Iraq]", Parker said. Dago gave them a chance to reconnect and remember.

Parker will remain at NS Mayport for a couple more months before reporting to his next duty station in Greece. Dago is up for retirement and will not complete another overseas mission.

If you have an IA returning to you command, contact The Mirror at 270-7817 ext. 1012.

Milestones

Defense Merit Service Medal

ITC Luis Irizarry, USS The Sullivans

Navy/Marine Corps Achievement Medal

GM1 Eric Hassel, USS The Sullivans

GM2 Jordan Joy, USS The Sullivans

CSSA Juan Sanchez, USS The Sullivans

BM2 Kelly Pfaus, USS The Sullivans

Flag Letter of Commendation

IT2 Jasmine Hudson, USS The Sullivans

Letter of Commendation

OS3 Tyreese Williams, USS The Sullivans

BMSN Najee Chambers, USS The Sullivans

OS3 Rosa Davila, USS The Sullivans

BMSN Sonia Harris, USS The Sullivans

GM3 Andrew Kovatch, USS

The Sullivans

BMSN Jeremy Lyons, USS The Sullivans

BMSN Reginald Mason, USS The Sullivans

SN Amanda Parsons, USS The Sullivans

BM3 Nicholas Sams, USS The Sullivans

QM3 Jevon Standback, USS The Sullivans

USMAP

YN1 Lakisa Howard, USS The Sullivans

CAP

GSM1 Joseph Parkes, USS The Sullivans

STG2 Thomas Morris, USS The Sullivans

Reenlistment

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CTT1 Bryan Johnson, USS The Sullivans

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By YNC(select) Scott Mullen
USS Hue City

Chief Petty Officer Selectees and Chief Messes from USS Hue City (CG 66), USS Klakring (FFG 42), USS De Wert (FFG 45), USS Farragut (DDG 99) and USS Carney (DDG 64) joined together as a team on Aug. 29 and hosted a community relations project at the Mayport Fleet Reserve Association (FRA) Branch 209, located on Mayport Road.

Chief Selectees and Chiefs restored the main dining floor by stripping, waxing, and painting restrooms. They also tore down old paneling and replaced ceiling fans, light fixtures and electric wiring from the game room. The Selectees and Chiefs, with the expertise of FRA members, sheet rocked the game room, in preparation for painting the room.

They also worked on the property's landscape. Chief Selects and Chiefs trimmed back two large trees located near the parking lot and mowed and trimmed the property. While the work was hard and temperatures were high, so was the motivation and pride of the Chief Selectees and Chiefs during the restoration of Branch 209.

"It was great to give back to an organization that has supported us for so long on a daily basis," stated Senior Chief Information Systems Technician (SW/AW) Shannen Kippers. "To be able to provide the time and work to these veterans and the Fleet Reserve Association is very rewarding. As Chiefs, it is very humbling to see everything come full circle. We were their relief and now we our training our reliefs."

During the past six weeks, the Chief Selectees participated in community relations projects and other important team-building evolutions.

The FRA is a congressional chartered non-profit organization that has represented the interests of the Sea Services community before the U. S. Congress since 1924. The membership is comprised of current and former enlisted members of the U. S. Navy,



-Photo courtesy of USS De Wert

Old wood paneling finds its way to the dumpster during the renovation of Fleet Reserve Association on Mayport Road. Chief Petty Officer Selectees and the Chief Messes from USS Hue City, USS Klakring, USS De Wert, USS Farragut and USS Carney spent a day volunteering at the veterans' club house, replacing the paneling with drywall, landscaping and other improvement projects.

Marine Corps, and Coast Guard. The FRA assists its members with career problems by maintaining close liai-

son with the Departments of Defense, Veterans Affairs, Homeland Security, and other government agencies. FRA

continues to educate members of Congress, many of whom have little or no military experience, on the challenges facing career personnel. For more information about the FRA visit <http://www.fra290.org/branch290.htm>.



-Photo courtesy of USS Hue City

Chiefs and Chief Selects from commands around Naval Station Mayport put up sheet rock at the FRA on Mayport Road.



-Photo courtesy of USS Hue City

Chief Select Fire Controlman Keith Jabbusch cuts down some tree branches outside of the FRA.



-Photo courtesy of USS Hue City

Jabbusch and another volunteer tackle the landscaping outside of the FRA.



-Photo courtesy of USS De Wert

Chiefs and Chief Selects take out paneling at the FRA.

CPO Selects Put Mark On Community

Chief Selectees Work Hard To Beautify Mayport Park



-Photos courtesy of MWR Mayport

Naval Station Mayport Chief Selectees clean up the Wonderwood Lake playground as part of their Induction Season community service activities. Chief select Aviation Structural Mechanic Tyson Anderson of HSL-60, Chief Select Sonar Technician Surface Sara Wright of CSCS, and Chief Select Yeoman Gracie Hudson of EOD clean out weeds at Wonderwood Lake playground.



Above, Chief Selectees pull weeds and rake the playground. Left, Chief Select Navy Counselor Larry Steagall of HSL-46, and Chief Select Electrician's Mate Aaron Griffin of USS Philippine Sea scrub and pressure wash the toddler playground equipment at Wonderwood Lake.

Carney CPO Mess Runs Carrabba's Beach Run

By Ensign Emily Rhatican
USS Carney PAO

USS Carney (DDG 64) Chief Petty Officer's Mess participated in the Carraba's Beach Run on Aug. 22, including Carney's three Chief Petty Officer Selects: Chief Select Operations Specialist James A. Wood, Chief Select Yeomen Syretta L. Revels and Chief Select Storekeeper William D. Griffin.

Carney's Chiefs and Chief Selects ran with a large group of Chiefs from the local area, including Chiefs from Naval Station Mayport, Naval Air Station Jacksonville and Naval Station Kings Bay.

Command Master Chief Ross Cramer explained that by running alongside the other local Chiefs and Chief Selects, Carney's Chiefs were leading from the front.

"By getting out to the beach for a five mile formation run on Saturday night - these are the Chiefs that live it," he said. "They don't just go through the motions, and being a Chief isn't just their job - being a Chief is their life."

Before the race began, the Chiefs led the Chief Selects in some motivational stretches. After a proper warm-up, the Chiefs and Chief Selects assembled in formation behind the rest of the runners gathered at the start line.

At the blast of the starter's gun, Jacksonville's runners burst off the start line to start the competition. But the Chiefs were not competing for the best time; they were running together. They starting marching in step before increasing the tempo to a "double time" march, set to the beat of the cadence.

The large group of Chiefs modeling bright yellow t-shirts, sounding off to cadence, and running in formation down Jacksonville Beach was a sight to behold. Their t-shirts boasted of "Chief's Pride," and their five mile formation run proved it.



-Photo courtesy of USS Carney

USS Carney (DDG 64) Chief Petty Officer's Mess participated in the Carraba's Beach Run on Aug. 22, including Carney's three Chief Petty Officer Selects.

Defense Department To Start H1N1 Flu Vacs

By Jim Garamone
American Forces Press Service

All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official said Sept. 1.

The H1N1 vaccination program will begin in early October, said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for Defense Department health affairs. The vaccine, which has been licensed by the Food and Drug Administration, will be mandatory for uniformed personnel, the colonel said.

"What we want to do is target those people who are at highest risk for transmission," he said.

Health-care workers, deploying troops, those serving on ships and submarines, and new accessions are at the top of the list.

"Any place where we take a lot of people, squash them all together and get them nice and close and put them under stressful conditions will get the vaccine first," he said.

The department will use the usual seasonal flu vaccine distribution chain for the H1N1, Hachey said, noting that while the mass H1N1 vaccinations are new to the general population, the process for vaccinating against seasonal flu is old hat for the Defense Department.

"We've been doing this for decades," the colonel said. "The system is tried and true."

The department initially will receive 1 million doses of the H1N1 vaccine, and another 1.7 million doses later in October. Officials don't know yet whether people will need one dose or two, Hachey said.

"The assumption right now is that people will need two doses, 21 days apart," he said. "That may change."

FDA officials still are studying H1N1 and the vaccine, and the results should be known by the end of the month. Seasonal flu vaccine already is available, and the Defense Department will begin giving those shots shortly, Hachey said.

"That has been our message to immunizers: to try and get as many people as they can immunized against the seasonal flu early," he said.

Guidelines for giving priority to family members will follow those for the general population, Hachey said. The Department of Health and Human Services is buying millions of doses of the vaccine.

"Installations are going to register with each state as an immunizer," Hachey said. "They will tell how many people they care for. This includes dependents, retirees and so on."

The Centers for Disease Control will place the order and will ship the vaccine where needed. Family members will have multiple opportunities to get the vaccine, whether at Defense Department medical facilities or off post, Hachey said. The CDC has established target groups for those at greatest risk for transmitting or being affected by the H1N1. They include pregnant women, health-care workers, those younger than 25 or older than 65, and those with pre-existing health conditions. Hachey said previous plans are serving the Defense Department well.

"We have been preparing for pandemic flu because of its potential impact on the mission," he said.

The symptoms of the H1N1 flu are almost the same as the seasonal flu: fever, sore throat, runny nose, nausea, muscle aches and feeling rundown. The 2009 H1N1 virus - formerly known as swine flu - is a pandemic virus, according to the World Health Organization.

U.S. officials call the virus "troubling" and urge communities across the United States to take actions to mitigate the effects of it. The federal government is urging states and municipalities to begin preparing now for the fall flu season. President Barack Obama addressed the H1N1 pandemic following a White House meeting.

"As I said when we saw the first cases of this virus back in the spring, I don't want anybody to be alarmed, but I do want everybody to be prepared," he said. "We know that we usually get a second, larger wave of these flu viruses in the fall, and so response plans have been put in place across all levels of government."

But government cannot do it all, and the American people have a responsibility to stop the spread of the disease, Obama said.

"We need families and businesses to ensure that they have plans in place if a family member, a child or a co-worker contracts the flu and needs to stay home," he said.

"And most importantly, we need everyone to get informed about individual risk factors, and we need everyone to take the common-sense steps that we know can make a difference," the president said. "Stay home if you're sick. Wash your hands frequently. Cover your sneezes with your sleeve, not your hands. And take all the necessary precautions to stay healthy. I know it sounds simple, but it's important and it works."

The H1N1 is a never-before-seen combination of human, swine and avian flu viruses, officials said. First detected in Mexico in February, it quickly spread around the world. In the United States, 33,902 contracted H1N1, and 170 have died.

Cholesterol: The Good, The Bad, The Deadly

From Health Promotion by the Ocean

The Health Promotion Department at Naval Station Mayport recognizes the month of September as Cholesterol Awareness Month.

Many people only think of cholesterol in negative terms. It is a risk factor for the development of heart disease. But, did you know that cholesterol is an important component of cell membranes and it is vital to the structure and function of the body's cells? Cholesterol is also a building block in the formation of certain types of hormones. Our bodies need to produce cholesterol to function properly.

Still, 37 million American adults have high blood cholesterol levels, and 105 million have cholesterol levels that are higher than desirable (hypercholesterolemia). If you're one of these people with this largely preventable condition, you may be on your way to heart disease.

When the levels of cholesterol and triglycerides, a blood fat, in your bloodstream become too high, your likelihood of developing cholesterol-containing fatty deposits (plaques) in your blood vessels increases. Over time, plaques cause

your arteries to narrow, which limits blood flow and creates a condition called atherosclerosis. Narrowing of the arteries that supply your heart with blood (coronary artery disease) can prevent your heart from getting as much oxygen-rich blood as it needs. This means an increased risk of a heart attack. Likewise, decreased blood flow to your brain can cause a stroke. It is estimated that if there were a 10 percent reduction in cholesterol levels throughout the U.S. population, the rate of heart disease would drop by 30 percent.

The good news is that with the help of lifestyle changes and possibly medications, you may be able to lower your high blood cholesterol. Lifestyle changes are usually the first course of action in trying to reduce blood cholesterol levels. These approaches include eating a healthy diet, exercising and not smoking. Your medical doctor can advise you when you need to get this important lab test. For more specific information about changing your diet or quitting smoking to reduce your cholesterol levels for better health, please call Health Promotion at (904) 270-5251.

MHS To Honor Outstanding Female Physicians With Award

From Military Health System

The Chief Human Capital Office (CHCO) of the Military Health System (MHS) announces the launch of the new annual "Building Stronger Female Physician Leaders in the MHS" award. The award, which is the first of its kind, identifies and honors outstanding female physicians who have made significant contributions to the practice of military medicine and serve as exemplary role models for others. It is one of many innovative initiatives designed to attract female physicians into the MHS, a vital need because of increasing numbers of females entering and graduating from medical schools.

"Female physicians are an integral part of the work of the MHS," said Ms. Ellen Embrey, performing the duties of assistant secretary of defense for

health affairs. "This award represents our commitment to honor their contributions to military medicine, as well as an opportunity to motivate the next generation of young women physicians."

The award will honor one junior leader (O3-O5) per service, as well as recognize one senior (O6) MHS-wide leader. Nominees must demonstrate distinctive achievement and service in their field of clinical expertise, involvement in enhancing the role of women in medicine by being a positive role model for women of all ages, and service to their communities. A panel comprised of a female physician leader from each service as well as one female leader from Department of Defense Health Affairs will review and score each of the nomination packages and deter-

mine the award winners based on the order of merit. Winners will have the opportunity to sit on future panels.

The role of the CHCO organization is to integrate efforts to sustain more than 130,000 military and civilian medical and support professionals. The CHCO Team is also responsible for the policies behind succession planning, faster ways to recruit and retain personnel, increased compensation, and improved quality of work for the entire MHS.

To nominate an outstanding female physician, and learn more about the CHCO, please visit www.health.mil/people. Nominations are due on October 30, 2009. Winners will be announced formally at the MHS Conference, held in Washington, DC in January 2010.

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Groves Participates In Active Endeavor

By Lt.jg. Timothy Shaffer
From USS Stephen W. Groves PAO

USS Stephen W. Groves (FFG 29) recently participated in NATO Operation Active Endeavor with the Standing NATO Maritime Group One (SNMG-1).

The NATO group also consists of the Portuguese frigate NRP Alvares Cabral (F331) and German auxiliary ship FGS Rhoen (A1443). In recent weeks, Stephen W. Groves and her sister ships have conducted a wide variety of information operations, maritime security spotchecks, and maritime surveillance operations in the Western Mediterranean Sea. Each of these missions focuses on developing a cooperative relationship with the Mediterranean maritime community and protecting freedom of navigation within the NATO area of operations.

Stephen W. Groves maintained a high operational tempo throughout Active Endeavor. The group communicated with hundreds of merchant vessels transiting the Mediterranean and promoted the policies of the NATO Shipping Center. One tactical watchstander noted, "These commercial ships seem very interested in the information we have to offer about maintaining a safe maritime environment. They express their gratitude for our presence here and offer a lot of insight into what they're seeing in the Med

on a day-to-day basis." The ship's Visit, Board, Search, and Salvage (VBSS) team also conducted five compliant spot-check boardings, which aimed to verify cargo manifests, personnel documentation, and sanitation conditions.

While most of Operation Active Endeavor centered around independent patrols, Stephen W. Groves also found time to train and operate with the other ships in the force. The NATO group conducted three refueling at sea (RAS) evolutions and numerous communications, electronic warfare, and tactical maneuvering exercises.

Having completed Active Endeavor, SNMG-1 continues to build upon a strong baseline of proficiency. Upcoming multinational exercises will allow the group to further develop its joint capabilities and offer more extensive influence in the Mediterranean Sea.



USS Stephen W. Groves' VBSS team launches to conduct a maritime security spotcheck boarding

-Photos courtesy of USS Stephen W. Groves



Gunner's Mate 3rd Class McIntyre prepares to fire a shotline during USS Stephen W. Groves' refueling at sea with FGS Rhoen.

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Training Set For CFC Season

By BMC (SW) Andrew Tinsley and
MM1 (SW/AW) Charlie Davis

NS Mayport CFC Loaned Executive

The 2009 Combined Federal Campaign (CFC) season will run from Oct. 1-Nov. 25. The overall goal for Navsta Mayport and all tenant commands is \$400,000. The Region has a Federal population of approximately 42,000 people which includes the three Naval bases, Coast Guard base, Blount Island Command, Postal Service personnel and all the Federal offices including Labor, IRS, Social Security, HUD, FAA, Reserve and National Guard Units, and many other organizations.

Training will be held today (Sept. 10) in at 8:30 p.m. Building 460 Classroom C.

The Region's 2009 CFC team has chosen the following incentive prizes for individuals who turn their pledge forms in before Nov. 25 or Dec. 31 for deployed units.

The prizes are: first prize, a five-day Caribbean Cruise for two; second prize, an HD LCD color TV; third prize, \$400 Gift Card; fourth prize, a weekend getaway for two; fifth prize, a one week free car rental; sixth prize, \$200 gift card; and seventh prize, \$100 gift card. Finalists will be picked by random drawing and will participate in a drawing to determine which incentive prize they receive at the CFC Celebration in late January 2009.

Special recognition gifts for leadership givers are: Double Eagle (\$1,200+)=Thermos with Zippered Carrier Eagle Level (\$600-\$1199)=Glass Paperweight Eagle Award, Patriot Level (\$300-\$599)=American Flag Ballpoint Pen, Pioneer Level(\$150-\$299)=Cobra Memo Clip

The loaned executives for NS Mayport and tenant commands are: Chief

Boatswain's Mate (SW) Andrew Tinsley from Harbor Operations Department, LCPO and Machinist's Mate 1st Class (SW/AW) Charlie Davis from Harbor Operations Department, Engineering Division and Navy Counselor 1st Class Ralph Gibbs.

The base-wide kick off and charity fair will be held on Thursday, Oct. 1 at 9 a.m. at Ocean Breeze Conference Center. All military and civilian personnel are invited to attend, but Command leadership (CO, XO, CMC) and coordinator/ key worker participation is a crucial factor in getting the campaign enthusiasm needed to ensure a successful season.

There will be numerous local community charities at the event to inform personnel about the services they provide and to explain how important donations through the CFC campaign are to their efforts.

Galley Takes Cooking Lessons To The Line



-Photo by Paige Gnanm

Chef Nydia Ekstrom of Unilever shows culinary specialists at Oasis Galley how to put a twist on tuna salad during a demonstration in the Galley kitchen. Nineteen culinary specialists from Mayport participated in on site training recently to enhance their cooking skills and earn college credit. Ekstrom and Unilever Military Specialist Kevin Acevedo spent a week with the CSs to give them insights to new cooking techniques, knife skills and to learn terminology that will be on advancement exam.

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On Base

Saturday, Sept. 13

The Mayport Chapter of the Military Officers Association of America has invited local editors of our Beaches Area publications to their Chapter Brunch on Sept. 13 at 12:30 p.m. at the Ocean Breeze Conference Center. The feature speaker will be NS Mayport PAO Bill Austin who will discuss "The Press' role in keeping the public informed of Armed Forces issues both here and abroad." Three of the Beaches Area Editors will be presented "Certificates of Appreciation" signed by Vice Adm. Norb Ryan Jr., USN Ret., President of MOAA, for their support of service men and women. The three Editors will be The Mirror editor Paige Gnan; Beau Halton, editor of Shorelines; Kathleen Feindt Bailey, editor of "The Beaches Leader for the last 15 years. The Chapter invites all base Public Affairs Officers to meet these distinguished journalists. To make your reservations go to www.mpmoaa.org or, call Mrs Ann Froehlich at 646-0944. All Officers of the Uniformed Services are also welcome.

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

Out in Town

Friday, Sept. 11

Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Rd. Featured will be host Doug Braceye, from 9 p.m.-1 a.m. The bar will be open for drinks and snacks.

Saturday, Sept. 12

The U.S. Coast Guard Auxiliary Flotilla 14-04 as a public service is offering a Safe Boating Program at the Captain's Club located at 13363 Beach Blvd., between Hodges and Kernan. The program starts

at 7:30 a.m. and ends at 5 p.m. The program meets Florida State requirement for a Boaters Safety Card and costs \$25 including materials. Most insurance companies offer discounts to program graduates. Contact Mike at (904)-502-9154 for more information or to register. Log onto our website at www.uscgajaxbeach.com

The Fleet Reserve Association Branch 290 is hosting Mexican Dinner on from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. After dinner, enjoy the music of Doug Braceye from 9 p.m. to 1 a.m.

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.

Join the Fleet Reserve Association as they cheer on the Jaguars against the Indianapolis Colts. Game time is 1 p.m.. The bar will be open for Happy Hour during the game - all drinks will be 50¢ off.

Monday, Sept. 14

Duval Extension is hosting a Fall Gardening Workshop from 9:30 a.m.-12:30 p.m. at the Mandarin Garden Club, 2892 Loretto Rd. Come learn about plant propagation basics, container gardening, and tips on growing citrus. The cost is \$10. Call 387-8850 to pre-register. Please mail payment to Fall Gardening Workshop, 1010 N McDuff Ave. Jacksonville, FL 32254. Make check payable to DCOHAC.

The Fleet Reserve Association, Branch 290, invites you to play Bingo on, 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.

Wednesday, Sept. 16

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

Thursday, Sept. 17

A class will be offered by University of Florida specialists from 6:30-8:45 p.m. The program topics will include a pasture weed identification and control, hay quality, fly and pest control for horses. The program is free of charge and a meal will be served at 6:30 pm. The class will be held at the Florida Horse Ranch at 9330 Ford Road in Bryceville. Pre-registration is required for dinner. To register please call Becky Davidson at 387-8850 or beckyd@coj.net

Friday, Sept. 18

The Fleet Reserve Association, Branch 290, is hosting ITALIAN NIGHT from 5- 8 p.m. at the Branch Home, 390 Mayport Rd. The menu will be Chicken Parmesan with Spaghetti, 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. After dinner, enjoy the music of Doug Braceye until 1 a.m. As always, the public is invited to attend.

Saturday, Sept. 19

The Jacksonville Genealogical Society Meeting September meeting is our 40th Anniversary. It will be held at the Webb-Wesconnett Library, 6887, 103rd St., in Jacksonville. It will begin at 10:30 a.m. The special speaker we have arranged is Jack Butler from Orlando. He will give his first lecture at 11 a.m., entitled, Territorial Records; An Untapped Resource. His second lecture will be at 2 p.m., entitled Read All About It; Finding Kin in Early Newspapers. A lunch will be served at noon. Refreshments and Birthday Cake at 3 p.m. The event is free, but an RSVP is requested. Please do using our Post Office Box 60756, Jacksonville, FL; our website, <http://jaxgen.home.comcast.net>; or our e-mail address: jaxgen@comcast.net; or contact any member of the society. Members of the society and many others should have

received an anniversary flyer in the mail. We hope you will be able to attend our celebration.

Join the Springfield Animal Care & Rescue Club for the fourth annual Dog Days in the Park 2009 presented by Pet Supermarket from 11 a.m.-5 p.m. in Confederate Park (the city's new off-leash dog park). Adoptable animals from local rescue groups will showcase pets in Petco's Rescue Row. The event also features live entertainment (including the Disc-Connected K9's), food, drink, a silent auction, costume contest and children's play area. All proceeds benefit the Springfield Animal Care & Rescue Club, a non-profit organization dedicated to rescuing and rehabilitating abandoned animals in the historic neighborhood. Admission is free.

The Jacksonville Huntington's Disease fifth annual Team Hope Walk-a-thon will be held at 9 a.m. at Ed Austin Regional Park, 11751 McCormick Road, Jacksonville. Registration begins at 8 a.m. For more information, call Tina Hellum at 629-4448.

Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Rd. Featured will be host DOUG BRACEYE, from 9 p.m. to 1 a.m. The bar will be open for drinks and snacks.

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.

Monday, Sept. 21

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.

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.

Saturday, Oct. 3

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

Join a park ranger at 10 a.m. for an introduction to the basics of hiking. Weather, wildlife tracking, trail safety and proper gear will all be discussed. 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, Oct. 11

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

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.

Saturday, Oct. 17

Join a park ranger at 10 a.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.

Saturday, Nov. 14

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

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(904) 246-9926 www.lapizzaria.net
2158 Mayport Rd #5, Atlantic Beach, FL 32233

USO News

If you ride a motorcycle and would like to go for a fun ride please join us on Sept. 13 at the Osceola Heritage Park between Kissimmee and St. Cloud on US 192. Registration starts at 8:30 a.m. til 10:30 a.m. The cost is \$35 per person (which includes a t-shirt, meal, raffle and live entertainment. The ride begins at 10:30 am. For more information please visit www.usobenefitrade.com. All proceeds from the ride benefit the Greater Jacksonville USO.

Jacksonville Jaguar tickets are available at the Mayport USO for \$10.

Stop by the Mayport USO Center and pick up a USO/Hawaiian Tropic Goodie Bag.

Troops overseas are in need of Mach-3 replacement razor blades and wet wipes. If anyone would like to donate just bring them into the nearest USO and we will send them to the troops.

In order to reduce expenditures and continue troop programs, the Mayport USO has discontinued its \$6,000 a year lawn service. The USO has a labor force to do the work, but is lacking the tools. What's urgently needed with spring approaching are working gardening tools that may be unused in your garages. Lawn mowers, blowers etc can all be used. Please contact Ed Champaign at 246-3481 to coordinate your donations.

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

The Anheuser-Busch theme parks have extended their free admittance for Active duty per-

sonnel again this year for more information click on the link www.herosalute.com

Active duty military are being given a five-day park hopper for Free. For more information please visit your local ITT office or this website, www.disneyworld.com/military.

The new Priority Mail Large Flat Rate Box is now 50 percent larger (12 x 12 x 5) and for the first time in history, the U.S. Postal Service is offering a \$2 discount when sending the new larger box to an APO/FPO address, enabling customers to send more with one flat price of \$10.95. There are two versions of the new box; one branded with "America Supports You" (a Department of Defense-sponsored organization that supports overseas military forces) and includes an APO/FPO address block. Either version of the new Priority Mail Large Flat-Rate Box is eligible for the \$2 discount. The boxes can be ordered at <http://www.usps.com> free of charge.

There is a computer resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

Watch TV or a movie from the video library. Service members can also enjoy video games or use the sports equipment.

There is a full kitchen, show-ers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and overhead projector are available for use.

For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road.



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THE MIRROR NS MAYPORT, FLORIDA



OFF-BASE PICKUP LOCATIONS			LOCATION	ADDRESS	CITY
LOCATION	ADDRESS	CITY	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD (MT PLEASANT RD)	
GATE	463779 SR 200/A1A	YUL	JAX		
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10465 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX			

Updated: FEBRUARY 1, 2007

PICK UP YOUR COPY OF THE MIRROR AT ANY OF THESE LOCATIONS

Sept. 10: CPO Social Hour (Right Hand Man/Boss's 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 CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

Sept. 10: Twilight Mixed Bowling League Begins. For adults only Thursdays at

7:15 p.m. Sign up at Mayport Bowling Center. 270-5377

Sept. 11: Outdoor Movie (Prince Caspian, PG). New September start time is 8:30 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

Sept. 13: Regular Season NFL Football Begins. Watch you favorite professional football team with DIRECTV's

NFL Sunday Ticket at Castaway's Lounge. (Free) 270-7205

Sept. 13: Bowling Family Fun Night. New back-to-school time is 4-7 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

Sept. 15: 5K Poker Fun Run, 3K Walk and Stroller

Strut. 8 a.m. start in front of the Gym (Free). 270-5451

Sept. 15: CPO Club Closed. Closed due to Induction Season activities. 270-5431

Sept. 16: Intramural Golf Begins. 12 p.m. every Wednesday at Windy Harbor Golf Club. Cost is \$20 per week. Sign up at Windy Harbor. 270-5380

Sept. 17: CPO Social Hour (Spouse's 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 CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

Sept. 19: UFC 103 Pay-Per-View. 10 p.m. at Castaway's Lounge. www.ufc.com (Free) 270-7205

Sept. 22: 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.

Sept. 23: All Hands Steak Night. 4-8 p.m. at CPO Club. Steak dinner \$10 per person; kid's hotdog meal \$3. Tickets must be purchased in advance. 270-5228

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.

Sept. 10: Barracks Bash. 4-7:30 p.m. at the Barracks Quad (behind Bldg. 1586 and 1587). Paintball, a NASCAR simulator, food, contests, prizes, music and more for Single Sailors or Geo-Bachelors E1-E6. Plus, we're giving away a Playstation 3 Slim to one lucky participant. (Free)

Sept. 12: Rock Gym Trip. Trip departs Planet Mayport at 10 a.m. (Free)

Sept. 14: Barracks Break In. Pizza and a movie starting at 6 p.m. in the downstairs lobby of Barracks Bldg. 2105. (Free)

Sept. 15: Dinner and a Movie. Pizza served at Planet Mayport at 4 p.m. prior to departing for

the theatre. Cost is only \$2.

Sept. 16: Pool Tournament Wednesday. Pool tournaments at 6 p.m. every Wednesday at Planet Mayport. (Free)

Sept. 17: Comedy Zone Trip (David Alan). Trip departs at 6:30 p.m. from Planet Mayport. Cost is \$10.

Sept. 18-20: Universal Orlando Trip. Call Planet Mayport for various pricing options. Trip departs at 5 p.m. Friday and returns Sunday. Pre-registration required.

Sept. 19: UFC 103 (Franklin vs. Belfort). 10 p.m. in the Main Hall at Beachside Community Center. Live pay-per-view event open to All Hands. (Free)

Sept. 20: Jags vs. Arizona Cardinals. Game begins at 1 p.m. Includes transportation and admission for only \$5. Sign up at Planet Mayport.

Kid Zone

Sept. 11: Outdoor Movie (Prince Caspian, PG). New September start time is 8:30 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

Sept. 12: USBC Fall Youth Bowling Begins. 10 a.m. Saturdays at Mayport Bowling Center. Ages 3 and older welcome. 270-5377 or 223-5935 (ask for Beth)

Sept. 13: Bowling Family Fun Night. New back-to-school time is 4-7 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

Sept. 18: Freedom Friday, Dance Party. 7-11 p.m. at the Youth Activities Center for elementary ages. Cost is \$7 in advance or \$9 the day of, if space. Early registration strongly recommended. 270-5680

Sept. 18: Teen Center Extended Hours, Dance Party. 7-10 p.m. at Club Teen for middle and high school

ages. Punch and cookies included. (Free) 270-5680 or 246-0347

Sept. 18: Outdoor Movie (High School Musical 3, G). New September start time is 8:30 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

Sept. 19: Day for Kids, Street Carnival. 1-4 p.m. at the Youth Activities Center. Games, contests and relays plus hotdogs, chips and juice. Fun for the entire family. (Free) 270-5680

Sept. 26: World Wide Day of Play. 1-4 p.m. at the Youth Activities Center. Wacky races, relays and games plus Gatorade and fruit. (Free) 270-5680

We're giving away a Playstation 3 Slim!

The Ultimate Rush

Fall Barracks Bash 2009

Thursday, Sept. 10
1600-1930
Barracks Quad

Experience the **ULTIMATE RUSH** **Rain or Shine**

A NASCAR simulator, paintball, contests, prizes, music & food for Single Sailors & Geo-Bachelors, E1-E6

Info? 270-7788

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WEDNESDAYS AT 12 P.M.

SIGN UP AT THE PRO SHOP

Windy Harbor GOLF CLUB

MWR
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Naval Station Mayport
Jacksonville, FL 32228
Phone: (904) 270-5380
E-mail: jon.fine@navy.mil

Format: Individual Stableford

- WHGC Cup points will be issued to players with the most + points on a weekly basis.
- All players will accumulate points towards the end of the year play-off.
- All players will be eligible for the first week of playoffs.
- Each subsequent week, the field will be reduced.
 - ◊ 48 in the 2nd week
 - ◊ 36 in the 3rd week
 - ◊ 24 in the final week
- The WHGC Cup Champion will be the player with the most accumulated points at the end of the playoffs.
 - ◊ The winner's command will be awarded the Captain's Cup points for the season.

Eligibility:
Active duty personnel, reservists serving on active duty, and DoD employees attached to a command.

Cost:
\$20 per week.
Includes cart, green fee, intramural fee, range balls and weekly prize gift certificates.

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HSL-48 In Aden



-Photo by MC2 Brian K. Fromal
Sailors assigned to the guided-missile cruiser USS Anzio (CG 68), with embarked HSL-48 Detachment Seven and members of U.S. Coast Guard maritime safety and security team 91104 prepare to investigate a skiff during a maritime security operation in the Gulf of Aden. Anzio is the flagship for Combined Task Force 151, a multinational task force established to conduct counter-piracy operations off the coast of Somalia.

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Visit www.federalhousingtaxcredit.com for qualification rules and details.

For information about building in Drees' 11 communities or on your own home site throughout Northeast Florida, visit dreeshomes.com

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FREE closing costs and financing offered through First Equity Mortgage, Equal Housing Lender. Subject to minimum credit score requirements and underwriting approval. Prices, programs, and rates are subject to change or withdrawal without notice. Other restrictions may apply. For the \$8,000 tax credit, consult a tax advisor for specific requirements and regulations.

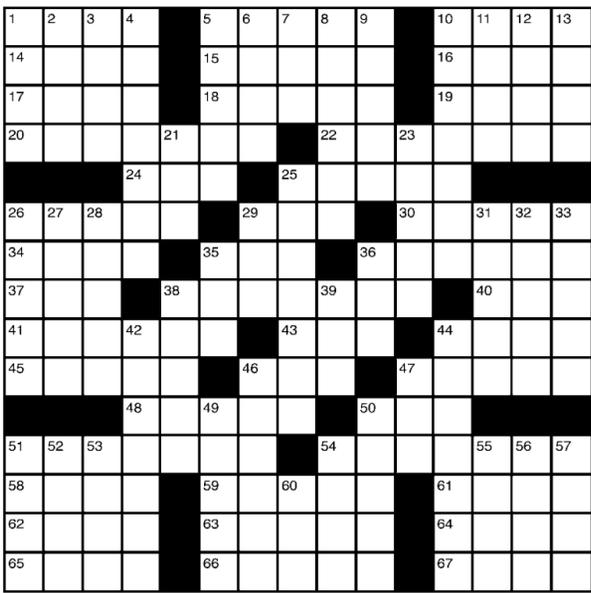
THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- 1 Italy's capital
- 5 Quickly
- 10 Hightailed it
- 14 Mountain goat
- 15 From the neighborhood
- 16 Length times width
- 17 Ark builder
- 18 Irk
- 19 Spill the beans
- 20 Joy
- 22 Obscuring of a celestial body by another
- 24 Sheep's cry
- 25 Spud
- 26 Place of relief
- 29 Moist
- 30 Papal crown
- 34 Pillow candy
- 35 Prohibit
- 36 City in Arizona
- 37 Commotion
- 38 Emergency cargo released from a plane
- 40 Is able to
- 41 "Hark the ___ Angels Sing"
- 43 Have regrets
- 44 Dummy
- 45 Very skilled
- 46 White lie
- 47 Courageous
- 48 Designate
- 50 Hit a tennis ball
- 51 More than a few
- 54 Glowing
- 58 Microwave
- 59 ___ with; supported
- 61 Off-Broadway award
- 62 Decree
- 63 Lacking sense
- 64 Arm bone
- 65 Actress Sheedy
- 66 Sour citrus
- 67 Look for

DOWN

- 1 Watermelon's outer layer
- 2 Woodwind
- 3 Lunch or dinner



9/10/09

THIS WEEK'S ANSWERS

4	Show
5	1st Greek letter
6	Keats or Yeats
7	Highest card
8	Warning
9	Vote into office
10	Like a literary parody
11	Abbr. in some school names
12	Snakelike fishes
13	Valley
21	Argon or xenon
23	Slacken
25	Slender vine stem
26	___, Nebraska
27	Helped
28	Night noise
29	Major conflict
31	Neck scarf
32	Highways
33	Irritate
35	eBay offer
36	Digit
38	Church table
39	Massage
42	Galore
44	Doubtful
46	Tabby or tiger
47	Creator
49	Ingredient in spaghetti sauce
50	___ with; bearing
51	Couch
52	Wicked
53	Tender young beef
54	City in Nevada
55	Qualified number
56	Planetary number
57	Yellowish-brown wood
60	Aswan ___

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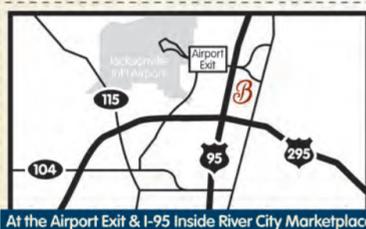


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FFSC Classes Geared To Military, Families

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.

Sept. 10, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

Sept. 11, 9-11 a.m., **Establishing a Sound Family Budget**, FFSC

Sept. 13, 1-4 p.m., **Leadership & Life Skills (E7 & Below)**, Building 460

Sept. 14-18, 7:30 a.m.-4 p.m., **Command Financial Specialist Training**, Building 1355

Sept. 14, 1-4 p.m., **Expectant Dad's Class**, USO

This program is designed for new Dads and Moms. The program will address, investigate, and discuss issues facing fathers in today's weird world. The attendees will look at being a father in the military, on care of newborns and toddlers and how to grow with your child and become the Dad you really want to be. The program will increase the participant's knowledge about child development and will also address relationship changes that accompany the birth of a child.

Sept. 14, 8:30 a.m.-2:30 p.m., **Military Spouse 101**, FFSC

The Fleet and Family Support

Center offers this class to military spouses new to the area, and those new to the military way of life. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

Sept. 14-17, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building One 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.

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

Sept. 15, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

Sept. 15, 8:30 a.m.-4 p.m., **Leadership & Life Skills (E5 & E6)**, Building 460

Sept. 16, 8-11:30 a.m., **Stress Management**, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress,

without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

Sept. 17, 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.

Sept. 17, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

Sept. 18, 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.

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

Sept. 22, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

Sept. 23, 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.

Sept. 24, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

Sept. 24, 9-11 a.m., **Home Buying Consideration**, FFSC

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

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

Sept. 28, 8 a.m.-noon, **FERP-Career and Employment Readiness Class**, FFSC

Sept. 28, 1-2:30 p.m., **FERP-**

Federal Employment Class, FFSC

Sept. 28-31, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building One 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.

Sept. 30, 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.

DoD Blog Offers Support To Military Families

From American Forces Press Service

Defense Department has launched a blog called "Family Matters" that is dedicated to providing resources and support to military families.

The blog which can be found at <http://afps.dodlive.mil> features tips from experts, and military-related topics that run the gamut from deployments and separations to education benefits and child care.

"Our goal is to touch on topics that are important and relevant to military families," said Elaine Wilson, the blog's author and an editor for American Forces Press Service. "Military families confront unique challenges and issues, and we're hoping people can turn to this blog for information and sup-

port."

Wilson served for nearly eight years in the active-duty Air Force and three years in the Air Force Reserve before becoming a defense civilian, experience she brings to the blog.

"I remember those early morning PT runs, the late-night calls and the constant juggling of mission and family," she said. "It was tough. I was married to a military member and, one day, became a divorced single parent of two. Balancing that with military life, particularly overseas, presented some tough challenges."

Wilson said she will share many of her stories in hopes of starting a dialog with others who are dealing with the same

types of issues. This two-way communication will be vital to the blog's success, she said.

"We read every comment, and respond when appropriate to the person writing in," she said. Many comments are forwarded to defense experts for response, she said. "A great aspect of this blog is that many readers will have the opportunity to have their comments and ideas viewed by defense officials."

Wilson noted that a recent comment was elevated to the desk of the Army secretary.

"A military spouse made some great suggestions and comments, and we felt they could make an impact, so we forwarded them to higher-level officials," she said. "Anyone

can make a difference, and it can start with something as simple as a blog comment."

A heartfelt comment can make more of an impact among the blog's readers than the blog entries themselves, Wilson said.

"We had a reader make a comment about suicides among family members," she said. "That sparked other comments on the same topic that offered everything from support to helping resources. I then dedicated a blog to helping resources. It had a positive snowball effect."

The blog has received numerous comments since its launch in early August, including some positive feedback.

"Thanks for the new blog, looks great and useful," a com-

ment says. And another: "This is another great resource by [the Defense Department]."

Perhaps most importantly, Wilson said, the blog is aimed at letting people know they're not alone in their everyday struggles.

"Whether dealing with the after-effects of a deployment or the challenges of home life,

we're hoping this blog will help create a common bond among

military family members,"

Wilson said. "And also convey the ongoing caring and concern

defense officials have for our military families."

A safe, online community for parents of premature or sick babies.

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Navy, Air Force Partner To Create Free E-invite Service

From FISC Jacksonville

Fleet and Industrial Supply Center Jacksonville (FISCJ) successfully completed another Continuous Process Improvement (CPI) Rapid Improvement Event (RIE) to establish RSVP E-invitations as an alternative mailing method across FISCJ enterprise. FISCJ Lean Six Sigma (L6S) Black Belt (BB) Pauline Chriscoe facilitated the RIE.

The project related specifically to the mailing of official announcements and invitations for retirements and change-of-command ceremonies and the receipt of RSVP cards. Appropriated funds are authorized for mailing these types of documents via U.S. Mail service. This project's primary goal was to reduce the cost of RSVP mailing by 10 percent. The secondary goal was to standardize the RSVP alternative mailing method enterprise-wide.

The team found official Southeast Region mail facilities were employing different business methodologies in sending announcements and receiving RSVP cards. It was determined that the time expended processing official announcements and RSVPs could be greatly reduced, as can the reliance on using the U.S. Mail. Additionally, deployment of Navy Enterprise Resource Planning (NERP) initially stagnated existing electronic payment processes causing delays in funding the program. This RIE introduced an alternate method for sending official announcements and receiving RSVP cards reduced or eliminated expenses for postage and handling charges.

FISCJ partnered with the U.S. Air Force Institute of Technology (AFIT) to offer the E-invitations (electronic web application) as the preferred method for sending announcements and receiving RSVPs. The application is convenient, easy to use, and best of all free.

It is available to members of the U. S. military or government, for those having a valid .mil, .gov, or USAFFA.edu email address. This service saves the cost of the cards/envelopes, printing, postage, and handling fees; gets there immediately and responses are returned immediately. The web address is: <https://einvitations.afit.edu>. Training to use E-invitations is available when a user logs on to the site for the first time via a getting started video "New! Watch a step-by-step tutorial!" and Frequently Asked Questions (FAQ) and Tips & Tricks section of the web site. For trouble shooting questions and concerns users can contact the web administrator at webadmin@afit.edu.

This cost-saving initiative should be implemented when ever possible. Although it does not take the place of traditional invitations in every instance, it is certainly a viable alternative sometimes.

For customer convenience, an additional web link (<https://einvitations.afit.edu>) is available on the Naval Supply Systems Command (NAVSUP) website (navsup.navy.mil) under the FISC Jacksonville Mail Center section. The FISCJ director of postal operations is socializing and advertising this new process via command news letters, email, FISCJ Postal Customer Service Guide, etc.

Team members for this project were CPI team Subject Matter Expert (SME) Navy Supply Information Systems Activity (NAVSISA) Dave Groeschel, FISCJ (Acting) Corporate Communications Director Kari Hansen (ad hoc member), and Web Administrator/Contract Program Manager AFIT Jack L. Poe (ad hoc member). FISCJ Director of Postal Operations Charles Ramsey was the project sponsor, and John Harmon was the FISCJ command deployment champion.

Poe established E-invitations

new user's tags and created custom reports for tracking usage and monitoring savings for the Southeast Region; while Groeschel and Hansen were instrumental in establishing a NAVSUP E-invitations web link for quick and easy customer connects.

Ramsey is the regional E-invitations/RSVP mailing coordinator and will assist customers, perform data collection/analysis, and socialization e-invitations services; as a cost-wise and preferred green alternative method of mailing. Thus far, the project has captured an estimated Type 2 savings of \$1,553 since tracking began in April 2009.

Chriscoe stated, "Sometimes simple solutions are overlooked, but this team quickly grasped the notion that today's technology may already have the solution you need, and the Lean Six Sigma methodology brought them to that reality with the supporting facts they needed - to make the change needed."

While he works to protect the country, St. Jude works to save his son from cancer.



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Majority of Veterans Don't Understand Burial Benefits*; Company Provides Assistance

BY ROBERT ELLSWORTH

A recent study shows that approximately 60% of veterans do not fully understand the burial benefits provided by the federal government. While the reasons for this shocking figure are largely unknown, the seemingly difficult processes involved in obtaining veterans benefits are partly to blame. Another likely cause is the possibility that many veterans and their families are not aware of what the government provides when a veteran passes away.

The benefits can be significant, but they vary depending on several conditions set forth by the U.S. Department of Veterans Affairs. Certain restrictions apply based on whether burial takes place in a private or national cemetery.

Regardless of the cemetery chosen, benefits include a government-issued flag, a government headstone or marker and a Presidential Memorial Certificate. Even though these benefits are "guaranteed," certain procedures must be followed to receive them.

Some veterans may be eligible for monetary burial allowances, as well, but this is yet another issue that complicates matters; in order to be considered, the veteran must meet a list of additional requirements.

With so many issues related to receiving VA burial benefits, it is no wonder that there is a gap in understanding - the guidelines are difficult to comprehend. Thankfully, though, at least one funeral services company has stepped in to assist veterans and their families during their time of need.

The Dignity Memorial® network, the nation's leading network of locally-operated funeral homes and cemeteries,

offers a free *Veterans Planning Guide* to eligible veterans. The 56-page guide clearly outlines VA burial benefits, spells out the required procedures and offers helpful information to veterans and their families. The guide also contains worksheets that allow you to plan your own arrangements, making clear your final wishes.

Chris Marsh, a representative of the Dignity Memorial network, says the company is doing what it can to help veterans. "Knowing that the federal guidelines for veterans can be difficult to understand, we developed the *Veterans Planning Guide* to make the process of both planning one's own arrangements and receiving well-deserved benefits much easier," says Marsh. "We made the guide free so more veterans can receive those benefits that they have earned."

In addition to providing important information and special offers for veterans (including a free flag box and information on how to receive a 10% discount on services not covered by VA benefits), the guide outlines possible payment plans, so that funeral expenses are much easier to manage. Marsh notes, however, that even if you choose not to pay up front, planning early is vital - for you and your loved ones.

For more information about the Dignity Memorial network's veterans services, or to request a free planner, call toll free 1-800-989-8814 or go to www.VeteransJacksonville.com.

The Dignity Memorial brand name is used to identify a network of licensed funeral, cremation and cemetery providers that comprise the Dignity Memorial network. The Dignity Memorial network includes affiliates of Service Corporation International, 1929 Allen Parkway, Houston, Texas, as well as many other fine independently owned and operated establishments.

*Lindberg Group June 2008

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