

NS Mayport Breaks Ground On New CDC



-Photo by MC2 Sunday Williams

MWR Mayport Director Lonnie Kenney, Vice Chief of Naval Operations, Adm. Jonathan Greenert, NS Mayport Commanding Officer, Capt. Aaron Bowman, Tom Matzke of VOA Associates, Inc., Fred Rounsaville of Sauer, Inc. and Mayport Public Works Officer, Capt. William Vaughn, break ground during a ceremony for Naval Station Mayport's new Child Development Center Feb. 9. The new \$7.3 million facility will hold 212 children and is scheduled to be complete by March 14, 2011.

New Facility Replaces On-Base Building

From staff

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, was joined by Vice Chief of Naval Operations Adm. Jonathan Greenert, Navsta Mayport Public Works Officer, Capt. William Vaughn, MWR representatives and the design-build team of Sauer, Inc. and VOA Associates, Inc. in breaking ground of Mayport's new Child Development Center.

The new center will be located behind the current off-base center and will eventually replace Building 373, the on-base center located on Moale Avenue.

Work to be performed provides for the construction of a 23,940-square-foot building that will house 212 children, ranging in age from six weeks through five years. The facility will house six infant classrooms, five pre-toddler classrooms, three toddler classrooms and three pre-school classrooms. The outside spaces will include storage, shade structure, play ground and equipment, fencing for controlled areas, and paving and site improvements.

Building 373 can only accommodate 60 children at the moment. The new CDC was funded through the American Recovery and Reinvestment Act (ARRA) of 2009, an economic stimulus package enacted by the 11th United States Congress. The ARRA was signed into law by President Obama on Feb. 17, 2009.

Cost of the new facility is \$7.3 million and will be built by Sauer, Inc. and designed by VOA Associates, Inc.

Completion is expected in March 2011.

2011 DoN Budget Is In

By Defense Media Activity - Anacostia

Department of the Navy (DoN) budget submission of \$160.6 billion is consistent with the 2010 Quadrennial Defense Review, the basic tenets of the National Defense Strategy and the Maritime Strategy.

The fiscal year (FY) 2011 baseline budget is a \$4.6 billion, or 3 percent increase over the FY2010 level.

Navy and Marine Corps resources have been prioritized to prevail in today's wars, prevent and deter conflict in all domains, prepare for a wide range of contingencies and preserve the force. Additionally, the FY 2011 request for overseas contingency operations (OCO) of \$18.5 billion inte-

grates sustained support for the warfighter.

It includes incremental costs to sustain operations, manpower, equipment and infrastructure repair, as well as equipment replacement to support the focus on increasing threats.

The FY 2011 budget supports a deployable battle force of 284 ships including 11 aircraft carriers and 29 large amphibious ships. It also reflects a shift to support irregular warfare and includes funds for the littoral combat ship (LCS), expeditionary E/A-18G aircraft supporting national electronic warfare requirements, P-8 Maritime Patrol and Reconnaissance aircraft supporting increased

See Budget, Page 3

Home From Haiti



-Photo by MC1 Leah Stiles

Lt. Cmdr. James Grieco embraces his children, James and Rachel, upon return of the guided-missile frigate USS Underwood (FFG 36) to Naval Station Mayport. The Underwood conducted humanitarian and disaster relief operations in support of Operation Unified Response since Jan. 16.

USS Underwood, HSL-60 Return From Relief Mission

By MC1 Leah Stiles

Navy Public Affairs Support Element East Detachment Southeast

Guided-missile frigate USS Underwood (FFG 36) and Helicopter Antisubmarine Squadron (Light) (HSL) 60, returned home to Mayport, Fla. on Feb. 9, after a one-month deployment to Port-Au-Prince area of Haiti in support of Operation Unified Response.

Initially the crew departed Jan. 12 to conduct a four-day underway period and complete the required work ups to prepare them for a scheduled deployment. However, early morning on Jan. 13 Underwood and HSL-60 were called upon to divert to Haiti. They were one of the first military assets to arrive at the battered country. The "Jaguars" of HSL-60 flew more than 170 hours delivered 850 cases of food, 850 cases of water, flew 84 medevac missions, transported close to 600 personnel and moved more than 62,000 pounds of equipment in a little over two weeks.

"Being in the military, we are warfighters first and foremost, but we are very compassionate people," said USS Underwood's Commanding Officer Cmdr. Craig Bowden. "Everyone aboard Underwood and in the Navy as a whole wants to make sure that the people of Haiti or whoever needs help around the world get it."

Underwood also provided a platform and equipment for Navy Oceanographic Center Fleet Survey Team (FST), Stennis Space Center. FST executed their mission to scan the ocean floor for obstructions and replaced navigational aids so that relief ships could safely transit and anchor in Port-Au-Prince

Harbor.

"The multi-integration of different detachments working together provided a unique situation where each member's contributions were critical to the operational success of the detachment," said HSL-60 Executive Officer Cmdr. Michael Steffen.

"This mission demonstrated the flexibility of the U.S. Navy. In addition to warfighting, we are always ready and able to transition into the role of humanitarian assistance when called upon," said Steffen. "This mission was some of the most gratifying work this squadron has ever accomplished and it represents the compassion the American people feel toward our Haitian neighbors."

The medical staff aboard Underwood saw many patients while in Haiti and the rest of the crew jumped in to help where needed.

"There was not much pain medicine to go around, so sometimes, holding a hand or giving a hug was we could do," said Yeoman First Class (SW/AW) Jeremy Campbell.

"The thankfulness in their eyes was obvious as I comforted them and there was a gracious hope in their expressions, it's something that I will carry forever. It has been undoubtedly my finest moment as a Sailor and an American," said Campbell.

On station with Underwood and HSL-60 in Haiti were USS Carl Vinson (CVN 70), USS Normandy (CG 60), USS Bunker Hill (CG 52), USS Higgins (DDG 76), USS Bataan (LHD 5), USS Fort McHenry (LSD 43), USS Gunston Hall (LSD 44), USS Carter Hall (LSD 50), USNS Comfort, and other U.S. amphibious and U.S. Coast Guard ships.

Save Your Money

From FFSC Mayport

Military Saves Week is Feb. 21-28. *Military Saves* is a Department of Defense-wide financial readiness campaign to persuade military service and family members, as well as the wider military community, to reduce debt and save money thereby ensuring personal financial readiness.

NS Mayport is proudly supporting this effort by asking military service members and their families, DOD personnel, civilian contractors, military retirees to join the Military Saves Campaign as part of Operation Financial Fitness.

Part of the national *America Saves* campaign, *Military Saves*' strategies include "The Saver Pledge," a commitment to exercise good financial habits and encourage other Americans to do the same. Savers who enroll online receive electronic newsletters and "e-Wealth Coach" advice.

Military Saves is part of the nationwide campaign, *America Saves*, and is sponsored by Consumer Federation of America, the Department of Defense, the NASD Investor Education Foundation, and a nationwide network of Defense Credit Unions and Military Banks. Part of the DOD Financial Readiness Campaign, *Military Saves* encourages leaders to focus attention on encouraging their troops to get out of debt and save money.

Military Saves encourages:

- Developing a personal financial plan
- Establishing good credit
- Saving a portion of each paycheck
- Enrolling in SGLI, TSP, and (when eligible) SBP

All four Services and the U.S. Coast Guard participate in the campaign annually. Since the *Military Saves* kick off in 2007, more than 55,000 individuals have enrolled and hundreds of thousands of positive financial actions via savings or investment accounts have occurred.

Participants in *Military Saves* Week include: Command Financial Specialists, Fleet & Family Support Centers, Public Affairs Offices, installation banks and credit unions, Child & Youth Programs, Morale, Welfare, & Recreation, commissary, schools and more.

Sailors should contact their Command Financial Specialist to seek assistance regarding their current financial readiness. Sailors and family members can also contact their local Fleet and Family Support Center for financial counseling, referrals and a description of financial classes offered such as sav-

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ATG Mayport Puts Organizing Skills To Use

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ID Card Service Set To Change

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Edward Waters College Choir To Perform Feb. 24

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Do You Have Double Vision In Your Life?



Chaplain Joe Molina
CDS40 Staff Chaplain

I knew what double vision was but I never had the experience, nor did I know anyone first-hand with double vision, until my sophomore year in high school. One of my friends played on the junior varsity football team. He was given the opportunity to scrimmage the varsity team. His enthusi-

CHAPLAIN'S CORNER

asm was overflowing and then it happened to him during practice. He ran down the line of scrimmage and the defensive end tackled him. That was the last thing he remembered. He was knocked out cold!

When he started to come out of his stupor, he heard a voice standing over him. He thought it was an angel at first. However, when he opened his eyes he realized that the man he was looking at was too ugly to be an angel. It was the voice of his coach. He saw multiple faces of the coach. He had experienced "double vision."

Maybe you remember one of the famous "Rockie" movies

in which Sly Stallone staggers back to his corner at the end of the boxing round and complain that he could see three of his opponents. His manager said to him "Hit the one in the middle." That was "double vision."

Ophthalmologists describe this visual phenomenon as a trauma that may be caused by accident, disease or perhaps a tumor which damages the nerves and muscles that control eye movement and visual coordination. The eyes "overlap" visually creating the distortion.

While double vision is used to describe a physical phenomenon, there are times in life that this condition can be applied

to our moral, emotional and/or spiritual condition. Sometimes our vision, our dreams for life, is dealt a heavy blow by circumstances beyond our direct control. There are times when our knees may feel weak due to the stress of circumstances and we start to believe that we have lost control over our vision for life. Maybe a sudden illness, conflicted emotions or a relationship gone sour may create a bad case of "double vision." Some of the symptoms are as follows:

- We can't see things as clearly as we should.

- The eyes of the "inner self" are confused.

- Our vision for the future is cloudy.

Have you been there? Maybe some of us may find ourselves there right now. What can we do? When the unthinkable hap-

pens or when the situation is simply getting away from us what can we do to regroup, recover and move forward? Well, in the school of hard knocks I stumbled across something that I'd like to share with you. It comes from the pages of one of my favorite books. The principles can't really be taught at the level of theory. They can only be tested and learned in the practical, hands-on application of day-to-day living.

KEEP YOUR COURAGE, whatever you do. Keeping your courage testifies to the inner strength of your faith and your personal convictions. As we keep our courage we never, never, never give in to fear and temptations. Fear will pervert our vision for life and its endless possibilities.

DON'T ABANDON THE SHIP! That is, don't jump

overboard by giving up and abandoning our dreams and goals for life. Running away takes place as we allow panic to take over. I've never heard it said that anyone made a good decision in the midst of panic.

STICK WITH THE PROGRAM! Don't get away from what is normative, normal and routine. Keep to your daily plan. This will give a sense of stability and predictability to your day as you work through the situation. Make sure to keep yourself connected to good people and don't be too proud to ask for help from those who have your best interest at heart. You can't do it all by yourself. We all need help at some point.

KEEP THE VISION!

Challenge Students To Take Rigorous Classes



Judy Cromartie
School Liaison Officer

Students Should Be Challenged To Take Rigorous Classes

Tom Friedman, author of *The World is Flat, suggests in While We Were Sleeping* that outsourcing, trade agreements, and technology are leveling the playing field for jobs, economies, and politics. According to Friedman, a flattened world means that we are now in the process of connecting all of the knowledge centers on the planet together into a single global network. But that has resulted in more and more American

KNOW THE ROPES

jobs being outsourced to other countries.

These changes aren't being made by corporations simply to reduce costs; employers explain that they are able to hire higher quality, more efficient workers in other countries. Being located in the US no longer means a job applicant has the home court advantage. This increased competition forces us to place an emphasis on new skill sets.

According to William Jennings Bryan "Destiny is not a matter of chance; it's a matter of choice." It is absolutely critical that we prepare all students academically and provide them with learning opportunities which will enable them to make choices for rewarding and enriching lives. For 9th grade students entering Duval County Public Schools' in 2006-2007 and thereafter, the graduation requirements will require all students seeking a standard

diploma to achieve

- 24 credits,
- 4 math and 4 science credits,
- 2 credits in the same foreign language, and
- an individualized course of study guided by the selection of a major.

Through systematic redesign and revitalization of the high schools, all students will be provided with the academic skills, tools and opportunities which will make the graduates world-ready for success in college, a job, or a military career. Schools in each region will offer International Baccalaureate (IB), Advanced International Certificate of Education (AICE), Advanced Placement (AP), dual enrollment, and early college curriculums. U.S. Department of Education studies indicate that participation in AP or other rigorous courses is a stronger predictor of success in college

than test scores or grade point average.

Our knowledge-based, global economy demands workers who are highly skilled, highly educated, and highly flexible. Their education and training must adapt to meet the demands with which they will soon be confronted. In today's world, education and training after high school is essential for almost every job, including the traditional so-called vocational opportunities. DCPS graduation requirements coupled with appropriate course selection will enable them to not just go to college, to the military, or to work, but also to succeed and to be world-ready.

The reading and math skills needed for success in the workplace are comparable to those needed for success in the first year of college, according to a recent study by ACT Inc. The study, *Ready for College and Ready for Work: Same or Different*, provides some evidence for those contending that the skills needed for work and postsecondary education are converging because of chang-

es in an increasingly global, high-tech economy. According to Cynthia B. Schmeiser, the senior vice president of research and development for the ACT, the study provides some of the first solid support for the contention that the expectations for college readiness and workforce readiness are similar. "Anecdotally, we hear from businesses that they need high school graduates, whether they go to workforce training or college, to be well skilled and have a solid foundation," she said. "This is the first empirical study that has been done that actually uses data to look at that issue."

Nearly all of the new high-wage jobs coming to Northeast Florida and to other parts of our nation are requiring higher levels of reading comprehension and higher levels of math than required for entry into college-level liberal arts schools. No longer is Algebra the gate keeper for many so-called blue collar jobs: Calculus-level skills are more commonly needed than ever before. In fact high school students who completed advanced mathematics

courses beyond Algebra II more than doubled their chances of attaining a bachelor's degree (Changing Policy to Close the Achievement Gap).

All students should be prepared to succeed in the world. If you want more information on how to assist your child in making the right decisions for course selection to lead to success after high school, join me on Tuesday, Feb. 23 at 6:30 p.m. at the Youth Activities Center (located in on-base housing at NS Mayport) for this month's parent program: What is the Advantage of a Student Taking Accelerated Courses?

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at cromartie@navy.mil or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-7891 [cell].

What Navy Questions Do YOU Want Answered?

By Beth Wilson

Military Spouse Contributor

"Beth, do you know anything about moving? We are moving to Mayport, Florida [from California]. Shouldn't we get DLA?" a friend asked me.

"I'm no expert," I told her, "but you should get DLA. What's up?"

My friend continued to tell me the saga of their move preparations. When her E4 husband went to his YN1 for assistance with his move paperwork the YN1 'encouraged' this Sailor not to take his DLA "because if you end up living in housing in Florida you will have to pay it back."

Is your head spinning? Or, like my friend, do you think maybe the YN1 is right?

I am mad, because I receive phone calls, emails and tweets

HOMEFRONT IN FOCUS

from spouses asking questions about similar things. I hear from spouses who do not know or fully understand the benefits, processes, procedures and opportunities available to them. With the aggressive deployment schedule the spouse is often the one to weed through the Navy machine.

For those of you who need closure - my husband printed out the instruction regarding DLA, read every word and went over it with this E4.

As you may already know, DLA eligibility has nothing to do with where you live if you have a dependent. Silly YN1.

Our E4 friend took the instruction back to the YN1 to ask him to process the DLA, which the YN1 refused to do. He said he would not process that paperwork until he had a letter from the receiving command stating that this Sailor, indeed, was not living in housing.

The E4 made an appointment with his chief. The chief had conferred with the YN1 prior to the meeting and spouted the

same thing...get a letter from your receiving command. Silly Chief.

Bottom line, E4 friend bypassed the command and went to PSD.

As a result of experiences like this quality of life is impacted, perspective on the Navy impaired, the military is damaged. At this point my friend is not exactly enamored with the Navy and especially their current command. No one wins.

I am just mad enough to take action. There are opportunities to learn, resources and support

available. The key is knowing where to turn, what questions to ask, what our resources are and how to access them. I am not the Dear Abby of Navy Spousedom, possessing all answers, but I have met wonderful people and organizations, discovered resources and developed an arsenal of tools to help me find answers and support.

Over the next six weeks this column will focus on resources, support, common issues, and common practices that I hope will set us up for less stress and greater success. Please join me in this series.

I also need your help. What are the issues, questions, resources, that you have encountered? You may have questions you think are 'silly.' Let me assure you each question is important and you may be asking it on behalf of many. Others may have discovered the key to a smooth move - we want to hear it!

Please drop me your questions or comments at beth@homefrontinfocus.com or on Twitter (www.twitter.com/BethWilson). Then join me in this exchange of knowledge and experience.

Empowerment Lunch Practicing Leadership Traits

Do you want to be the best you can possibly be? Then there is no greater model of quality leadership than the Creator of the universe.

You will take a journey through Scripture focusing on what it means to be a team player based upon the character, actions, and attributes of God. As much as we strive for singular achievement, the truth is even Batman went everywhere with Robin. The person trying to do everything alone, always misses the message "game over."

One underlying premise of the Bible is that God has dem-

onstrated principles for leadership that can be used by all who are in a position to lead, encourage others or advance their careers. Practicing the leadership traits of God will inspire you to inspire others through personal integrity and self-discipline.

We will meet every Wednesday in the fellowship hall from 12:00 to 12:30 pm. A brown bag lunch will be provided as well as free gifts to assist you on your journey to reaching your potential.

If you have questions please call Chaplain Love at (904) 270-5212.



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Baptisms: class 3rd Sunday of month

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

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Wednesday 9:30 a.m.

Protestant choir
Wednesday 7 p.m.

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1st & 3rd Tuesdays each month 9:15 a.m.
For more information, contact MOPS coordinator at mayportmops@yahoo.com

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For more information, call 270-5212.



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**One Way 2 Play-
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USS John L. Hall Congratulates Sailors Of Year

By Lt.j.g. Timothy Orth

USS John L. Hall

While transiting the Atlantic Ocean enroute to the Mediterranean Sea, Cmdr. D. M. Lavan and his crew took a few minutes out of a busy day to recognize the John L. Hall Sailors of the Year.

"There was very tough competition this year for all of the categories," Lavan said to the crew assembled on the foc'sle for 'all hands' call. "Every one of the nominees should be proud of what they have done over the past year."

As the crew applauded, the names were read one after the other: Senior Sailor of the Year Interior Communications 1st Class (SW) Todd Wish, Junior Sailor of the Year Sonar Technician Surface 2nd Class (SW) Malcolm Smith, and Blue Jacket of the Year Interior Communications 3rd Class (SW) Lamar Trask. All three were awarded a Navy Achievement Medal for their accomplishments, a Sailor of the Year Plaque, special liberty passes, and a Command Ball Cap



-Photo courtesy of USS John L. Hall

USS John L. Hall is currently underway on a seven-month deployment to the Mediterranean and Black Seas.

with 'Sailor of the Year' embroidered on the back. A special added bonus this year was a 550-minute prepaid

phone card compliments of the Navy and Marine Corps Relief Society.

"This year's boards were longer, the

questions were tougher, and the packages and the appearance of the Sailors were better than I have seen in a long time. This was my third SOY Board onboard and I can tell you the competition was tight," said CMDCM Dion F. Beauchamp.

During the past year, Wish served as both Combat Electronics Division and Combat Systems Department Leading Petty Officer, managing day-to-day maintenance to include during one Selective Restricted Availability and four shorter Continuous Maintenance Availabilities. He was the technical coordinator for the ship's Combat Systems Training Team, planning and executing 128 drills and contributing to the ship's early certification in all combat systems warfare areas. He also mentored dozens of his shipmates by facilitating several Command and Petty Officer Indoctrination courses.

Smith was Sonar Division's Leading Petty Officer and the most skilled Sonar Technician onboard, expertly training the ship's undersea warfare watch teams during the Basic Phase of

the Fleet Readiness Plan and through several single-ship and multi-national anti-submarine exercises. He also performed several duties outside of his rating. As a leading member of the Force Protection Training Team, Smith directly contributed to the ship achieving a score of 97 percent during the Commander, Second Fleet Force Protection Certification, and he was also a key member of John L. Hall Visit, Board, Search and Seizure Team.

In only one year on board, Trask quickly became one of the ship's best technicians, tirelessly maintaining and fixing equipment throughout the ship. To prepare for Aviation Certification, he worked closely with NAVAIR technicians to overhaul the Stabilized Glide Slope Indicator and repair several minor discrepancies, ensuring the ship certified on time to support underway helicopter operations. He also rapidly qualified Enlisted Surface Warfare Specialist, displaying an excellent understanding of the frigate's capabilities and systems.

Budget

From Page 1

emphasis on intelligence, surveillance and reconnaissance and a variety of unmanned aerial vehicles.

In the area of ship procurement, this budget funds nine new construction ships in FY2011 and 50 ships across the Future Years Defense Plan (FY 2011 through FY 2015) including two Virginia-class submarines per year, 17 LCSs, 8 DDG-51-class ships to continue the DDG-51 program restart, three new Mobile Landing Platforms, the first LHA(R) and the second Ford-class aircraft carrier.

In addition, aircraft procurement funds 206 airframes in FY 2011 and 1,006 airframes across the FYDP.

Navy Operation and Maintenance resources are increased to tightly focus on meeting increased combatant commander operational tempo requirements, properly sustaining and resetting ships and aircraft to reach expected service lives, restoring base budget enduring flight hour requirements previously funded with overseas contingency operations funding, and funding price increases, most notably in fuel.

Military and civilian basic pay is increased by 1.4 percent. Commitment to our investments in science and technology, cyberspace capabilities, facilities sustainment, base closure and family housing is maintained.

For more DoN FY11 budget information, visit <http://www.finance.hq.navy.mil/fmb/11pres/books.htm>.

Governor's Visit



-Photo by Paige Gnann

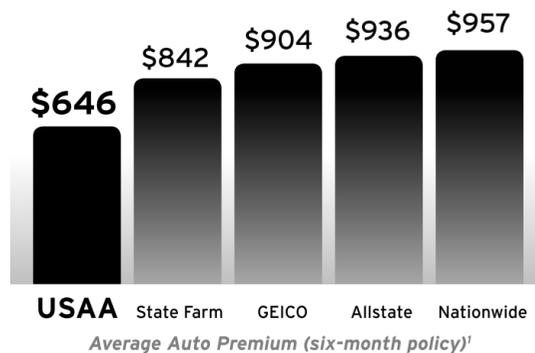
NS Mayport Commanding Officer, Capt. Aaron Bowman, points out places of interest in the basin to Florida Gov. Charlie Crist. Crist visited Mayport to get a brief on upcoming military construction at the base, including a \$76 million dredging project scheduled to begin in August.

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USS Farragut Is On Call



-Photo by MC1 Elizabeth Allen

Sailors stationed aboard the Arleigh Burke-class guided-missile destroyer USS Farragut (DDG 99) unpack a pallet of mail during an underway replenishment. Farragut is part of Combined Task Force 151, a multinational task force established to conduct anti-piracy operations in the Gulf of Aden.



-Photo by MC1 Elizabeth Allen

Gas Turbine Systems Technician (Mechanical) 2nd Class Jose Ramos inspects fuel while Gas Turbine Systems Technician (Mechanical) 3rd Class Maurice Williams observes during an underway replenishment aboard USS Farragut (DDG 99).



-Photo by MC1 Elizabeth Allen

Operations Specialist Seaman Douglas McMullen and Operations Specialist Seaman Luke Henry observe the transfer of supplies during an underway replenishment aboard USS Farragut (DDG 99).

Aviator Completes Rare Conversion



-Photo courtesy of USS Farragut

HSL-42 Detachment Five pilot Lt. Jeff Pinney cons USS Farragut alongside USNS Robert E. Peary in the Gulf of Aden.

By Lt.j.g. Michelle Martinez
USS Farragut PAO

Every now and then one hears about a Surface Warfare Officer (a “ship-driver”) in Mayport converting to the aviation community and becoming a pilot. But rarely does one see the reverse. For Lt. Jeff Pinney, an HSL-42 pilot deployed with Detachment Five onboard USS Farragut, that rare lateral transfer to the ship community was recently approved. Pinney, who has been a pilot for several years, was surprised that he was accepted for the lateral transfer to SWO.

“I submitted my package last year and honestly stopped thinking about it since I deployed,” Pinney noted.

Now Pinney said he can’t stop thinking about it.

Lateral transfers of pilots to the surface community are rare. The biggest hurdle to approving them is the fact that the Navy invested so much in training the pilot. But Pinney’s case was special. Since 2004 he has applied every year for conversion and has gone to great lengths to get the support of Navy leadership. Finally, on his fifth (and last he claims) attempt, the selection board must have felt they got their money’s worth out of Pinney.

“Naturally I did not expect to be selected,” he said. “It was tough coming up a bit short on my professional dream, but deploying with the ships at least keeps me close to the dream.”

Pinney’s interest in aviation and ships started from an early age and most of it had to do with two uncles. When he was young, his uncles, who were identical twins, left the Navy while stationed in Hawaii and both went to work for an adventure tourism company that provided humpback whale watching tours. One uncle conducted helicopter tours of the islands and another led boat whale watching tours. Pinney, who visited those uncles frequently, was instantly intrigued by the adventure of flying and of going to sea.

“I guess those visits to Hawaii were really formative for me,” Pinney said. “It is funny sounding, but I do feel like a kindred spirit with the humpback whale, for that is what guided me to the sea.”

Pinney will finish the deployment with Farragut as an aviator.

He is okay with that because, as he states, “I don’t even have my coveted coverall uniform onboard. I deployed with my flight suits only.”

Upon return to Mayport later this year Pinney will leave his squadron at a regularly scheduled transfer date and report to a three week indoctrination program at the Surface Warfare Officer School in Newport, R.I. Once completed with that, he will report to a ship and commence his qualification process to become a Surface Warfare Officer.



-Photo courtesy of USS Farragut

From left, Hospital Corpsman 2nd Class Lemarcus Dean, Lt. Edward Weldon, Lt.j.g. Denim Beelen, Lt. Cmdr. Gilberto Balderas, Major Carl Tadaki, Hospital Corpsman 3rd Class Lisette Ramos, Hospital Corpsman 2nd Class Paul Chatman are embarked aboard USS Farragut as the Expeditionary Resuscitative Surgical System team.

Special Medical Team Deploys On Farragut

By YNSR Brian Filippin
USS Farragut

USS Farragut (DDG 99) embarked the Expeditionary Resuscitative Surgical System (ERSS) team last month in an effort to safeguard Sailor’s lives during counter-piracy operations. ERSS is a highly responsive trauma system focusing on immediate life and limb saving surgery, trauma care, and MEDEVAC care, at or near combat operations. ERSS can consist of up to nine personnel – a surgeon, an anesthesiologist, two surgeon technicians, trauma corpsman, and a combination of nurses specializing in different fields.

This program was berthed out of a concerned mother of a Sailor that was shot in the line of duty. This Sailor, like Farragut Sailors, was engaged in counter-piracy operations, and in the process of boarding a suspect vessel, the Sailor took several bullets

to his leg and body. Since the corpsmen on board ships like Farragut do not have the supplies or the properly trained personnel to conduct major medical procedures, the Sailor’s injuries presented a major concern.

After this incident, the mother posed a question to the Navy about how Marines and Army personnel in hostile fire areas can receive medical attention that is vital to their survival within forty-five minutes, whereas her son was flown around for almost ten hours with a potentially life threatening injury. With this concern in mind, the Navy created the ERSS program.

In order to maintain operational security during its infancy stages, the individual augmentees assigned to the team were not informed of their specific billets until after the processing stage. ERSS Corpsman Second Class Paul Chatman stated,

“we got to Norfolk on the 30th of November 2009 and stood around while all the other Sailors were being called away to leave on their IA’s.” After all the assignments were disseminated, there were seven individuals remaining. It was at this time that the ERSS team was established and was informed of their roles in this ground-breaking program.

The emergency team was embarked on the USS Anzio (CG 68) and USS Chosin (CG 65), prior to being fully embedded onboard Farragut. The team is continually active in all training evolutions onboard Farragut in order to be prepared for any eventuality that may occur in the fight against piracy. No doubt, Farragut’s counter-piracy efforts will be greatly aided by the ERSS augmentation.

ATG Mayport, Coast Guard Lend Hand At Salvation Army

From staff

Almost two dozen volunteers from Afloat Training Group Mayport and the Coast Guard joined forces this month to help an organization famous for helping others.

The group spent the day organizing and cleaning the main food pantry warehouse for the main headquarters of the Jacksonville Salvation Army, said Chief Boatswain's Mate Nicholas Schkrutz, volunteer coordinator for ATG Mayport.

The warehouse had already been suffering from a lack of organization, Schkrutz said, and the recent disaster in Haiti sent the warehouse into complete disarray.

"With the Haiti crisis, that just drove more supplies to the warehouse," he said. "Due to the condition and the amount of supplies already on hand, it was necessary to establish proper storage facilities for the additional incoming donations."

He said the group reorganized the warehouse and were able to create an additional 30,000 square feet of storage.

The group also helped clean up an adjacent playground for homeless children.

"This food pantry warehouse is vital for the homeless shelters in Jacksonville and for natural disaster recovery," he added.



-Photos submitted by ATG Mayport

Volunteers from ATG Mayport and the Coast Guard stand outside of the downtown main Salvation Army during a volunteer project to help organize the organization's food pantry warehouse.



Volunteers look through boxes at the warehouse.



Volunteers stack boxes to help create an additional 30,000 square feet of storage.



Boxes are stacked high in the warehouse, which houses relief supplies for national and international distribution.



Above, Chief Boatswain's Mate Nicholas Schkrutz fills a dumpster with discarded items from the warehouse. Below, a group of volunteers assembles a merry-go-round.



Volunteers reorganize pallets at the warehouse.



Volunteers help organize the food pantry area for easier distribution.

NMCRS Mayport Kicks Off Annual Fund Drive

From NMCRS Mayport

Naval Station Mayport's Navy-Marine Corps Relief Society is set to kicked off its annual active-duty fund drive on Feb 11. This year though, the Society's theme is:

"It's not about Sailors & Marines giving more; It's about MORE Sailors & Marines Giving!"

"We're looking for 100 percent contact with all unit personnel on base," said Bill Kennedy, retired captain and NMCRS Mayport director. "As long as we can reach every person on base and give them the opportunity to help a shipmate in need, that's what we're hoping for."



-Photo by Paige Gnann
Bags filled with fund-drive materials line a table to be handed out to command representatives at the Navy-Marine Corps Relief Society kick off on Feb. 11. NS Mayport Commanding Officer, Capt. Aaron Bowman, talks with the reps about the good works NMCRS does for the Sailors, families and retirees.

In 2009, the Mayport office provided more than \$960,889 in emergency assistance funds, which included interest-free loans and grants, to more than 1750 Sailors, Marines and their families.

"The annual fund drive is two-fold; of course there's the donations part," said Bill Kennedy director, Mayport NMCRS office. "But this is a great opportunity for Sailors to learn about what we do and all the services we can provide to them. We can help them with funds for things like food, rent, utilities and vehicle repairs along with unforeseen family emergencies and emergency transportation.

The NMCRS also provides Visiting Nurses to assist mothers with newborns. Combat Casualty Nurses provide long term case management, health and resource information and emotional support to the families of service members affected by the wars.

"We couldn't operate without the generous donations from our Sailors and Marines," Kennedy said. "We're here to serve them and that's all we do."

The NMCRS fund drive is one of only two fundraisers allowed to solicit money from active-duty service members. The Combined Federal Campaign is the other

fund drive and takes place in the fall of each year. All the funds donated to the Society are turned around and made available to help Sailors, Marines and families in need. **"Shipmates helping shipmates."**

What a great way to take care of our own.

Personnel interested in donating should contact RPC Bradley or RP1 Shield. The fund drive will run March 15-April 16.

For more information about receiving help from the NMCRS, call (904) 270-5418 or visit their Web site at www.nmcrsmayport.org.

Four Chaplains Memorial Service



-Photo by Paige Gnann
NS Mayport Commanding Officer, Capt. Aaron Bowman, speaks at the annual Four Chaplains Memorial Service on Feb. 7 at VFW Ppost 3270 in Jacksonville Beach. The service honors four military chaplains who sacrificed their lives by giving their lifejackets to fellow soldiers during the sinking of USAT Dorchester on Feb. 3, 1943. Each chaplain received the Purple Heart and Distinguished Service Cross posthumously.

Midway Dinner Tickets On Sale

From Navy League

The Navy League of Mayport is hosting the Battle of Midway Commemoration Dinner. Tickets are now on sale for this year's Battle of Midway Commemoration Dinner, which will be held Saturday, June 5, at the Renaissance Resort, World Golf Village. Guest speaker TBD and other veterans of the Battle of Midway will also attend this year's dinner. Come meet these "National Treasures" and hear their adventures first hand.

The evening promises to be emotional and patriotic, and provides an excellent opportunity to connect with survivors of what historians call one of

the U. S. Navy's greatest sea victories and the turning point of World War II in the Pacific.

Ticket costs are: Active Duty E-6 and below, \$25; E-7 to O3, \$35; O4 to O5, \$45, O6 and above, civilians, and retirees, \$55. The evening includes fine dining and entertainment. Uniform will be O4 and above - dinner dress white jacket; O3 and below - dinner dress white/dinner dress white jacket optional and civilian is black tie or business attire. Cocktails begin at 1830, dinner at 1930.

Make checks payable to Navy League Midway Dinner. Tickets may be purchased from Navy League Mayport: Bill McLoughlin, 904-285-8731

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Workshops, Classes Available At FFSC Mayport

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. 1701. FFSC is located in Building One on Massey Avenue.

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

Feb. 18, 8-11 a.m., Anger Management, FFSC

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

Feb. 19, 9-11 a.m., Establishing A Sound Family Budget, FFSC

Feb. 22, 6-7 p.m., IA Family Discussion Group, USO

Feb. 22, 6-7 p.m., Ombudsman Assembly, Building One, Room 104

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

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

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

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

Feb. 23, 9-11:30 a.m., MOAA-Marketing Yourself For A Second Career, Ocean Breeze Conference Center

Feb. 24, 9 a.m.-noon, Tottletyme Playgroup, USO

Parents and children together

Market Yourself For Second Career

From FFSC Mayport

The NS Mayport Fleet and Family Support Center is sponsoring a once-a-year lecture regarding transition. It will be presented by The Military Officers Association of America (MOAA), and is entitled "Marketing Yourself for a Second Career." The event will be held on Feb. 23 from 9-11:30 a.m. at the Ocean Breeze Conference Center Ballroom on NS Mayport.

This top-shelf presentation is a great professional development opportunity. Transition is of course ultimately a part of all military careers. Therefore, the lecture is perfect for those who are contemplating retirement in one to five years. However, it doesn't stop there. Regardless of whether any particular officer or senior enlisted member has reached the point of being in their own transition, they should be educated about the process in order to mentor and counsel those who work for them and are contemplating or going through their transitions.

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

Feb. 26, 9-11 a.m., Home Buying, FFSC

This "executive summary" presentation can prepare them for that role as well as many multi-day programs. Simply stated, it's a great fit for any commander, officer, or senior enlisted supervisor.

The lecture will be given by Colonel Dan Koslov, USAF (Ret), now a deputy director of transition services on MOAA's national staff.

It includes comprehensive information on the retirement decision itself, employer perceptions, your competition, resumes, cover letters, job search, networking, career fairs, interview techniques, salary negotiation, benefits packages, the current job market, and other relevant and important transition topics.

Spouses are highly encouraged to attend. All who attend will receive a free copy of the lecture's companion book, also titled "Marketing Yourself for a Second Career."

For further information, contact Pamela Ottesen, FFSC, 904-270-6600 ext. 1606.



-Photo by OS2 Shantae Salmon
Fleet and Family Support Center Personal Financial Managers Kevin Hansen and Michael Rivera join NS Mayport Commanding Officer, Capt. Aaron Bowman, as he signs the Proclamation for Military Saves Campaign. Military Saves Week runs from Feb. 21-28 and promotes financial readiness for military service members and their families. For more information about Military Saves or how to get your personal budget on track, call FFSC at 270-6600.

Military Saves

From Page 1

ings and investing, debt reduction, car buying, home buying and more.

Nobody starts with the intention of becoming deeply in debt. Everyone can use some help in with finding additional ways to be more effective in managing their money. Emergencies can happen to anyone at anytime. The real focus is preparing for the unexpected by having funds to meet those unexpected requirements. By establishing sound and achievable financial goals, maximizing the savings of personal income, and reducing

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SBR Arrives In Lagos, Nigeria

From Commander, U.S. Naval Forces Europe-Commander, U.S. Naval Forces Africa/Commander, U.S. 6th Fleet Public Affairs

USS Samuel B. Roberts (FFG 58) pulled into Lagos, Nigeria, to conduct a series of military-to-military interactions, theater security cooperation engagements and community relations (COMREL) projects Feb. 10.

While in port, crew members of the Samuel B. Roberts are scheduled to host tours and a reception, as well as participate in meetings designed to further the maritime relationship between both nations' navies.

Cmdr. Chuck Sellers, commanding officer of Samuel B. Roberts, will meet with the Flag Officer Commanding, Chief of Naval Staff Vice, Adm. Lshaya Iko Ibrahim and Flag Officer Commanding, Nigerian Naval Training Command, Rear Adm. Ekwere U. Ekwere. "We are excited about coming to Lagos and operating with the Nigerian Naval professionals," said Sellers.

Samuel B. Roberts will provide military-to-military training in basic damage control, first aid, anti-terrorism force protection, non-lethal weapons, visual communications and visit, board, search and seizure (VBSS). At-sea training between Samuel B. Roberts and the Nigerian Navy will include tactics, visual communications, emissions control drills, VBSS and search and rescue training.

Simultaneously, many Sailors will participate in COMRELS at Lion's Village Orphanage, as well as donate to Project Handclasp hygiene and recreation. The crew will also join in soccer and a volleyball games with the Nigerian teams to build up relations, morale and camaraderie.

Samuel B. Roberts, a guided-missile Oliver Hazard Perry-class frigate, is homeported in Naval Station Mayport, Fla., and is currently on a scheduled deployment in the U.S. 6th Fleet Area of Responsibility.

Four Chaplains Memorial Service



Rear Adm. Kevin Quinn, commander of Naval Surface Force Atlantic, speaks to the crew of the littoral combat ship USS Freedom (LCS 1) during an all-hands call. Freedom will deploy in mid-February to the U.S. Southern Command area of responsibility.

-Photo by MC2 AC Rainey

USS Underwood Works QOL Issues At Killick

By MC2(SW/AW) John Stratton

USS Underwood Public Affairs

Sailors from USS Gunston Hall (LSD 44) and USS Underwood (FFG 36) worked together with the Haitian people to expedite work on plumbing and sanitation deficiencies at the Killick Haitian Coast Guard Base.

Sailors from the two Navy ships were able to successfully install a well pump and have it running in a few days' time, providing potable water and sanitation primarily needed to support the medical clinic at the

Haitian Coast Guard base.

"This well is essential to the quality of life here because it delivers water throughout the base," said Hull Maintenance Technician 2nd Class (SW) Chris Dreiling, from Salina, Kan. "It will provide water to the toilets, sinks and showers here."

The joint effort required the skills of several Sailors to ensure this much-needed project was completed.

"Gunston Hall provided us with the supplies and together we've been working on this project for the past few

days," said Underwood Sailor and Jacksonville, Fla., native Electrician's Mate 1st Class (SW) Nelson Amzten. Gunston Hall Sailor Electrician's Mate 3rd Class Nayeli Benitez, a Hanover Park, Ill., native, said challenges with the project were to be expected.

"The electrical system here in Haiti is nothing like it is back in the United States," she said, after discovering the base's electrical system was tied to a generator, making it difficult to perform electrical maintenance.

Now that the well is functioning, other projects can be com-

pleted.

"I've been taking a look at the toilets and showers," said Gunston Hall Damage Controlman 2nd Class (SW) Gary Darling, a native of Morley, Mich. "A few of us have been making much-needed repairs to the toilets and showerheads, and we're ready for the pump to get the water flowing."

Gunston Hall, a Whidbey Island-class amphibious dock-landing ship, was originally scheduled for a deployment to Africa in support of Africa Partnership Station (APS) West. The ship was diverted to assist

in humanitarian aid and disaster relief operations as part of Operation Unified Response.

The ship recently completed a mid-life modernization availability. The work included major upgrades to the ship's control system, local area network and machinery control system, propulsion systems,

HVAC, as well as replacement of the ship's boilers and evaporators with an all-electric services system.

For more news from USS Gunston Hall, visit www.navy.mil/local/lcd44. You can also follow USS Gunston Hall on Twitter at www.twitter.com/USSGunstonHall.



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USS Carney In Action Underway



-Photo by Ensign Emily Rhatican
Above, Gunner's Mate 2nd Class Jason Barber hones his sharpshooter skills during small-arms target practice on USS Carney (DDG 64). Right, Sonar Technician Surface 2nd Class Dante Cozart conducts weapons familiarization training on board USS Carney. Gunner's Mate 2nd Class Rene Garcia, below, and Damage Controlman 2nd Class Zackary Dangler, bottom right, conduct weapons familiarization training for Yemeni Sailors on USS Carney.



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 "HYPNOTIST" Rich Guzzi Feb 23rd - Mar 6th Rich parlays his comic talents into a highly entertaining hypnosis show with maximum audience participation. These shows have it all: comedy, drama, characters, role-playing and self-awareness. See website for details on various show formats.	 Mitch Felat Mar 11th - Mar 13th Mitch has been showcasing his talent to rave reviews for the past 15 years. The number one requested comedian on Satellite Radio, Mitch has appeared numerous times on both the "Late Show with David Letterman" and the "Tonight Show with Jay Leno".	 Mark Curry Mar 17th - Mar 20th Actor/comedian Mark Curry is best known for portraying Mark Cooper on the hit ABC-TV sitcom "Hangin' With Mr. Cooper" for five seasons as well as hosting "Showtime at the Apollo". He makes regular stand-up appearances on "The Tonight Show," "Late Night With Conan O'Brien," "The Oprah Winfrey Show" and Comedy Central.	 Ralphie May Apr 8th - 10th Veteran comedian Ralphie May's popularity exploded after the success of the first season of NBC's hit reality series, "Last Comic Standing". Ralphie's special brand of humor and incredible timing has allowed him to cross social, cultural, and ethnic barriers and has earned him roles in such films as FOR DA LOVE OF MONEY and GAS.
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Navy ID Card Service Set To Change

From PSD Mayport

Starting March 1, all customers needing a new Navy ID cards will be greeted with a new and efficient service when they head to their local Personnel Support Activity Detachment (PSD) or Customer Service Desk (CSD) locations.

Under the new service provider, in most continental United States locations, Hawaii and Guam customer service hours will be between 7:30 a.m. to 4 p.m., except at the Navy Exchanges at Norfolk, VA and Whidbey Island, WA where the hours will be 9 a.m. to 5:30 p.m. Weekend hours will vary by location. For prompt service, customers are asked to schedule an appointment by going to <https://es.cac.navy.mil>. As always walk-ins will be served, but wait times will vary.

To ensure smooth processing, customers need to bring identity source documents that can be found on Form 1-9, Office of Management and Budget (OMB) No. 115-0136, Employment Eligibility Verification. At least one document must be a valid state or federal government issued picture ID presented upon arrival at the ID card service center. Customers can find their closest Real-Time Automated Personnel Identification Systems (RAPIDS) site listed at <http://www.dmdc.osd.mil/rsl/owa/home>.

Transition to the new service begins with on-site presence starting in February with full implementation in March. The service provider staff will be fully trained in the procedures, process controls and issuance of ID cards. Any customer concerns will be promptly handled by the site manager. Additional information relating to benefits and eligibility FAQs can be found on the left side bar on the following link: <http://www.npc.navy.mil/CommandSupport/PayPersSupport/IDCards/>

Register At NCO For ASE Testing

From Navy College Office

The Navy College Office located in Building 460 is scheduled to offer the Automotive Service Excellence (ASE) certification examination on May 6, 11, and 13.

The deadline to order ASE exam is March 18, 2010.

All registration fees and test fees that are not funded by DANTES must be paid at the time of registration. Military personnel taking more than the three DANTES funded exams must pay an additional \$28.00 per test along with the \$36.00 registration fee at the time they register. Funds can be paid by check, money order or credit card. For more information please contact Navy College at 270-6341.

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-Photo courtesy of HSL-42

HSL-42 Detachment Nine Ninjees look forward to completing what will most assuredly be a safe and successful cruise.

HSL-42 'Ninjees' Deploy

By Lt.j.g. Chris Hinson

HSL-42

After one year of rigorous preparation, the HSL-42

Detachment Nine "Ninjees" have begun their long deployment.

The two SH-60B detachment manned with 29 people departed mid January on board the Norfolk based Guided Missile Cruiser USS San Jacinto (CG 56) and

are headed to the Fifth Fleet Area of Responsibility (AOR). The day was a sad one in the eyes of the pilots, maintainers and their families but was met with the satisfaction of finally being able to accomplish the job that they have so diligently trained for.

The Ninjees are led by Officer-in-Charge Lt. Cmdr. Michael Lee.

When asked about his thoughts on the

deployment he said, "I'm excited to have the opportunity to take such a fine group of people on deployment and I look forward to the great things that we are going to do while we are underway."

USS San Jacinto (CG 56) is an independent steamer and will be working with our closest allies conducting Maritime Interdiction Operations.

NEX Rewards Students With Its A-OK Student Reward Program

From NEXCOM

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program.

Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the

end of February 2010.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade.

Dependent children with-

out an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade aver-

age. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to win a savings bond through its A-OK Student Reward Program since 1997.

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For more information about all Northeast Florida KB Home communities, visit kbhome.com or call the Home Finding Center at (866) 596-6813.

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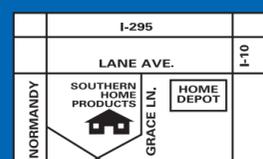
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Out in Town

Friday, Feb. 19

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

Saturday, Feb. 20

Fleet Reserve Association Branch 290 is hosting a "Belated Valentines Day" Steak Dinner, from 5 to 8 p.m. at the Branch Home at 390 Mayport Road, Atlantic Beach. Candy and a glass of wine will be provided for each lady in attendance. Tickets are \$15.00, and are available from the bartenders or by calling 246-6855. The public is always invited to dinner. Starting at 9 p.m. the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4 to 6 p.m., all drinks are 50¢ off.

Join a Park Ranger at 10 a.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and programs are free with regular park admission. For additional information on any of these programs, contact the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

The Third Annual Daddy Daughter Dance, affectionately called the Daddy Daughter Golf Ball at the Hyatt Regency Riverfront in downtown Jacksonville. Not only will the girls and their fathers (or special adult male in their lives) enjoy dancing with Radio Disney and a wonderful dinner but also a fabulous silent auction! Guests will have the opportunity to bid on a variety of items such as an autographed Jaguars football, family zoo passes, a ride in a vintage plane and even trips and vacations. The dance will be held from 6 p.m. to 10 p.m. on February 20th, 2010 at the Hyatt Regency Riverfront in downtown Jacksonville. Prepaid reservations can be made online at www.daddydaughterdanceGJJ.com or by calling (904) 731-9933. Space is limited and dressy attire is suggested for this special night.

Monday, Feb. 22

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

Wednesday, Feb. 24

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

Friday, Feb. 26

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners, from 5 to 8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. We'll do the cooking for you. A donation of \$5 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4 to

COMMUNITY CALENDAR

6 p.m., all drinks are 50¢ off. After dinner, enjoy the music of SOUTHBOUND from 9 p.m. to 1 a.m.

Saturday, Feb. 27

From 5 to 8 p.m. the Fleet Reserve Association, Branch 290, is hosting a Korean Cuisine Dinner. The menu will include Ribs, Kimichi (hot or mild), white rice, shrimp egg rolls and desert. Tickets are available from the bartenders at a cost of \$10 per person. As always, the public is invited to attend. Happy hour will be from 4 to 6 p.m., all drinks will be 50¢ off. Then stay and enjoy the music of SOUTHBOUND from 9 p.m. to 1 a.m.

Learn how to grow warm season vegetables and herbs also basic composting principals and vermiculture from 10 a.m.-noon. Presented by the Duval County Extension Office at 1010 N McDuff Avenue. Cost is \$5. Please pre-register by calling Jeannie at 387-8850. You can pay at the door.

The Jacksonville Genealogical Society Seminar will not be having our membership meeting in Feb. We will be having our all-day Seminar. Please see the enclosed flyer in this newsletter for detailed information. Mr. Drew Smith, MLS, Genealogy lecturer, author and researcher will be our speaker. Topics are: The Family History in Your Cell: Using DNA for Genealogical Research; Where is the Book with My Family In It; Social Networking for Genealogical Researchers; Beyond Database Programs: Technology Tools to Help Manage Your Research. Cost is \$30 for JGS Members and \$35 for non-members. Price includes lunch if registration is postmarked by Feb. 16. No refunds will be given; however a syllabus will be provided. It is again at the Crown Point Baptist Church, 10153 Old St. Augustine Road, Jacksonville, FL 32257. Registration begins at 8:30 a.m., with lectures beginning at 9 a.m. with seminar ending at 4 p.m. For additional information please feel free to contact Jim Laird, (904)264-0743.

Join a park ranger at 10 a.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 programs are free with regular park admission. For additional information on any of these programs, contact the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

Tuesday, Feb. 23

The City of Jacksonville Canning Center in cooperation with the Duval County Extension Service will offer a workshop from 9 a.m.-noon and another from 1-4 p.m. Get ready for spring by learn-

ing how to make Calamondin Preserves and take some home for the family to enjoy. The cost is \$20 per person, which includes all materials. You will take home approximately three half-pints. Space is limited. You must pre-pay to register. Send your \$20 check made payable to DCOHAC and mail to Canning, 1010 N. McDuff Ave., Jacksonville, Fla., 32254. Deadline is Feb. 19. Call Jeannie at 387-8850 to register.

Monday, March 1

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

Wednesday, March 3

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 Bracey from 9 p.m. to 1 a.m.

Thursday, March 4

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a worldwide veteran's organization that represents nearly 1'65,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty branch" because of the number of active duty members. If you have served in any of the maritime service - Navy, Marine Corps or Coast Guard, no matter how long - stop by the Branch Home or call 246-6855 for more information. New members are always welcome.

Friday, March 5

The Fleet Reserve Association Branch 290 is hosting a "Grilled Chicken Dinner" from 5-8:00 pm, at the Branch Home at 390 Mayport Road, Atlantic Beach, FL. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m. the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4-6:00 pm, all drinks are 50¢ off.

Saturday, March 6

Join a park ranger at 2 p.m. for an intriguing presentation and gain insight into the spider's world. After the program, be prepared to go hiking and find some of these native spiders. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and programs are free with regular park admission. For additional information on any of these programs, contact the Talbot Islands Ranger Station at (904) 251-2320.

For more information about Florida State Parks, visit www.FloridaStateParks.org.

Monday, March 8

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

Saturday, March 13

The Fleet Reserve Association, Branch 290, will host a Beef Stroganoff dinner. The menu will include a vegetable and salad. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. As always, the public is invited to attend. Happy Hour precedes the dinner from 4 to 6 p.m., all drinks are 50¢ off. Then stay and enjoy the music of DOUG BRACEY from 9 p.m. to 1 a.m.

Join a Park Ranger at 1 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. The program will take place at pavilion one

on Little Talbot Island. No reservations are necessary and programs are free with regular park admission. For additional information on any of these programs, contact the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

Wednesday, March 10

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

Friday, March 12

The Fleet Reserve Association, Branch 290, will host a Corned Beef & Cabbage Dinner from 5 to 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. A donation of \$8 is requested for each dinner. Carry out orders are accepted.

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Feb. 18: Thursday CPO Social Hour. 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, 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 or 270-5431.

Feb. 20: UFC 110 PPV. 10 p.m. at Castaway's Lounge. All

Feb. 20: Open Recreation (Grade K through Age 12). 1-5 p.m. at the Youth Activities Center. (Free) 270-5680

Feb. 20: Open Recreation (Age 12 through Grade 12). 5-9 p.m. at Club Teen. (Free) 270-5680 or 246-0347

Feb. 26: Youth Freedom Friday, Movie Night. 7-11 p.m. at the Youth Activities Center for grade K through age 12. Cost is \$7 if advance sign-up or \$9 the day of, if space. 270-5680 or 5421

Feb. 26: Youth Spring

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.

Feb. 18: Big Screen Wii. Wii on the big screen at Planet Mayport starting at 6:30 p.m. (Free)

Feb. 19: Movie Trip. Van departs at 6 p.m. for the theatre. Transportation and movie admission included. (Free)

Feb. 20: UFC 110 PPV. 10

MWR HAPPENINGS

hands welcome. (Free) www. ufc.com 270-7205

Feb. 21: Bowling Family Fun Night. 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

Feb. 22: Kickball League Begins. Captain's Cup league. Sign up at the Gym. (Free) 270-5451

Feb. 23: 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. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). For CPO Club activity information, call AWRC Jon Abell at 850-748-5941 or 270-5431.

Feb. 26 & 27: Live Band - Hith. 9 p.m.-1 a.m. at Castaway's Lounge. All hands welcome. (Free) www.myspace.com/hith 270-7205

Feb. 27: Ladies Roller Derby. 3 p.m. matinee at the Gym.

Orange Park's Tri-County Rolling Militia versus the Fort Walton Beach Brawl Skater Dolls. Food, beverages (non-alcoholic and beer) and roller derby merchandise for sale. Free admission. Post-bout afterparty at Bogey's. 270-5451

March 3: All Hands Steak Night Sponsored by FISC JAX. 4-7 p.m. at Foc'sle CPO Club. Tickets \$10 per person in advance. Limited tickets at the door for \$12 each. For tick-

ets, call SHCM Brad Watson at 699-5982.

March 11: MWR Expo and Travel Show. 10 a.m.-1 p.m. at Ocean Breeze Conference and Catering Center. Stop by for the latest information on regional travel destinations including resorts, hotels, theme parks and entertainment, MWR programs and base services plus free food and lots of giveaways. (Free) 270-5228

KID ZONE

Sports Registration Deadline. Tee-ball (ages 4-6), baseball (ages 7-18) and soccer (ages 6-11) registration is held at the Youth Activities Center Monday-Friday 11:30 a.m.-6:30 p.m. Fees based on age. 270-5680 or 5018

Feb. 26: Teen Video Game Extravaganza. 7-11 p.m. at

Club Teen for age 12 through grade 12. (Free) 270-5680 or 246-0347

Feb. 27: Teen Monster Jam Trip. Trip departs at 6 p.m. for age 12 through grade 12. Cost is \$16 and includes free Pit Pass. Minimum of 12 participants. Pre-registration required. 270-5680 or 246-0347

LIBERTY CALL

p.m. at Castaway's Lounge. www. ufc.com (Free)

Feb. 21: Paintball Trip. Van departs at 10 a.m. for all-day paintball. Cost is \$5 and includes 500 paintballs, gun and field pass. Deadline to sign-up is Feb. 19.

Feb. 22: Barracks Break-In. Food, soda and a movie starting at 6 p.m. in the lounge of Barracks Bldg. 2105. (Free)

Feb. 23: Tuesday Bowling

Night. Depart Planet Mayport at 6 p.m. for Mayport Bowling Center. Cost is only \$2 and includes burger, fries, soda, 3 games of bowling and show rental.

Feb. 24: Pool Tourney Wednesdays. Pool tournaments at 11:15 a.m. and again at 6 p.m. with prizes for the winner. (Free)

Feb. 25: Big Screen Trivia. Trivia on the big screen at Planet Mayport starting at 6:30 p.m. (Free)

Feb. 26: Dave and Busters Trip. Van departs Planet Mayport at 7 p.m. Game card included. Deadline to sign-up is Feb. 24. (Free)

Feb. 27: Monster Jam Trip. Van departs Planet Mayport at 6 p.m. Transportation and admission included. Deadline to sign-up is Feb. 25. (Free)

Feb. 28: Sequel Sunday. Famous movie trilogies all day at Planet Mayport. (Free)

Captain's Cup Kickball



-Photo by Paige Gnann
Captain's Cup Kickball begins Feb. 22. Games will be played at lunchtime 11:15 a.m. and noon, Monday through Thursday. For information, contact Rita at 904-270-5451.

Orange Park's Tri-County Rolling Militia vs. Fort Walton Beach Brawl Skater Dolls

Mayport Matinee Melee

Roller Derby Event

Saturday, Feb. 27

3-5 p.m. at the NS Mayport Gym

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MWR Youth Spring Sports Registration

Register February 1-26 at the Youth Activities Center.
Registration Hours: Mon-Fri 11:30am-6:30pm

Baseball (Ages 4-18) - Age determined as of April 30, 2010

T-Ball (4-6)	\$45 per player	Baseball season starts in April
Rookie (7-8)	\$55 per player	
Minor League (9-10)	\$55 per player	
Major League (11-12)	\$55 per player	
Junior (13-15) and Senior (16-18)	\$65 per player	

Soccer (Ages 6-11) - Age determined as of August 1, 2010

U-8 (6-7)	\$35 per player	Soccer season starts in mid-March
U-10 (8-9)	\$35 per player	
U-12 (10-11)	\$45 per player	

Notes on player fees:
✓ \$5 discount for additional children of same family (spring season only)
✓ Civilian children welcome - Add \$10 for civilian children (non-military, non-DoD)

For more info, call (904) 270-5680.

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LOCATION	ADDRESS	CITY	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
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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	10455 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

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Fitness
Surfside Fitness schedule is as follows:

Monday
7 a.m., **Spartan Training**

Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettle bells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, and many other advanced training techniques. Meets behind Surfside Fitness Center.

9:30 a.m., **Resistance**
This class will reform the lower and upper body utilizing every fitness tool. Your body shape will take a 360-degree turn.

10:30 a.m., **Broken Hearts**
A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools. Blood pressure and heart rate are monitored while progress is charted.

11:30 a.m., **Step n Kick**
Step up the fat burn and kick down those kcals with this combo class.

1 p.m., **Moms in Motion**
A monitored exercise program designed for pregnant women and new moms. This class helps improve muscle tone, ease stress, relieve back pain, and increase energy. All participants are required to submit a doctor's release to participate. Moms can bring babies in carriers to this class. Held at Surfside Fitness Center.

4:30 p.m., **Zumba**
A fusion of hot, sexy and explosive Latin American and International dance music.

MWR

SPORTS/FITNESS

Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

Tuesday
7 a.m., **Command TRX** (weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center. Meets behind Surfside. Limited to 28 Active Duty only.

9:30 a.m., **LoImpact**
Designed for beginners. Easy to follow, low impact aerobic and strength-training moves provide something different than just walking on the treadmill.

11:30 a.m., **Intro TRX**
1 p.m., **Strength Solutions & Flexibility Fix-Ups**
This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

5:30 p.m., **Yoga**
A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

Wednesday
9:30 a.m., **Intro Mind Body**
Mind Body programs focus on improving flexibility, strength and balance while enhancing posture, mental focus and coordination. Deter injury and the effects of stress, burn calories and improve overall health. Mind Body is a fusion of **Yoga, Pilates and Tai Chi.**

10:30 a.m., **Broken Hearts**
11:30 a.m., **Zumba**
1 p.m., **Moms in Motion**
2:30 p.m., **Command/FEP TRX & Conditioning for Running**

5 p.m., **Zumba Basics**
A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

5:30 p.m., **Kids' Clinic**
5:30pm **Kickboxing**
Learn basic kicks, punches and balance moves in this calorie burning, sweat producing knock out of a work out.

Thursday
9:30 a.m., **Power Walking**
11:30 a.m., **Adv. Mind Body**
1 p.m., **Strength Solutions & Flexibility Fix-Ups**

This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

Friday
7 a.m., **Beach Bootcamp**

Mardi Gras Run



-Photo courtesy of MWR
Winners of the recent MWR Mardi Gras 5K Run and 3K walk and Stroller Strut Keegan McAfee is of King 3K walk and Anne Johnson is Queen 3K walk. The next run is March 16 St. Patty's Day 5K run and 3K walk. Lt.j.g. Stephen Bondira of CGC Tampa is the 5K King and Lt. Carrie Gibbons of CGC Tampa is the 5K Queen.

(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

10:30 a.m., **Zumba Basics**
11:30 a.m., **Spartan Training**

The Gym Schedule is as follows:

Monday
11:30 a.m., **Adv. Weight Training for Warriors**

2:30 p.m., **Command Rowbics**

Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The command version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

3 p.m. **Victory PRT**

Tuesday
6:30 a.m., **Command Jump**

and Jab
11:30 a.m., **Steel Anchor Training**

Show your commitment and motivation by becoming a Steel Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award. Get your name on the wall and the coveted Steel Anchor award t-shirt.

Wednesday
6:30 a.m., **Functional Flexibility**

7 a.m., **Command Cardio Pump**

Various training regimens are used based on attendance number. Can accommodate 200 plus participants. Kickboxing, circuit training and sports drills are just a few of the fitness enhancement methods used. Discover how to become a lean, mean fighting machine! Meets at Gym basketball court 1A.

11:30 a.m., **Rowbics**

4:30 p.m., **Spinning**

Thursday
7 a.m., **Cardio, Combat and CORE**

In this heart-pounding full body workout we break a serious sizzlin' sweat. This fusion of cardio and resistance training will max out your exercise afterburn. Meets at Gym basketball court 1A.

11:30 a.m., **Spinning**
2:30 p.m., **Intro to Weight Training for Warriors**

An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth.

Friday
6:30 a.m., **Command Spinning**

9:30 a.m., **Intro to Spin**

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

This introductory weight training class is designed especially for women and includes educational material and program design. Meets at Gym weight room.

11:30 a.m., **Steel Anchor Testing**



You are cordially invited to attend a concert featuring the renowned **Edward Waters College Concert Choir**
Please join NS Mayport in presenting "Lift Every Voice and Sing" an Edwards Waters College Concert Choir's interpretation of the meaning of Black History.
Presented at NS Mayport Chapel February 24th @ 10:00



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FRA Branch #91, Collins oad, Orange Park (down the road from NAS JAX) will host its 2nd Annual USO benefit motorcycle Poker Run or "Fleet Fun Run," on March 20. Costs/registration info for motorcycle ride participants will be forthcoming. You do not have to ride a motorcycle to enjoy the day. FRA Branch #91 is a great, family-friendly environment with that focuses on family activities/socials. This event is great fun for everyone! There will be door prizes, food, and live band entertainment, and much, much more. This is a great way to spend the day with your family. For those who ride - enjoy the challenges of what promises to be an exciting Poker Run. More info to follow.

Disney's "Armed Forces Salute," is being held through July 31, 2010. Active Duty and retired military (including Coast Guard, National Guard and Reserves). Military I.D. Card-carrying Spouses may also purchase Disney's 4-Day Military Promotional Tickets for \$99 plus tax for themselves and up to five family members

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CS1 Terry Jackson at 270-5373 and AC1 Chandra Chaney at 270-6130 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

First Coast "No More Homeless Pets"

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

Mayport Lions Club Volunteers

The Mayport Lions Club is looking for Volunteers to help with various projects. If you are interested (military & civilian), please contact either Bob Krepps, Senior Chief Petty Officer, USN(Ret) 509-4945 or Chuck Carroll, Commander, USN(Ret) 463-2884.

Jacksonville International Airport Volunteer Ambassador Program

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

Jacksonville Zoo

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

USO NEWS

for use at Walt Disney World Resort. The Park Hopper and Water Park Fun & more options may be added for an additional \$26, plus tax. No more than six Disney's 4-Day Military Promotional Tickets (with or without options) may be purchased by any eligible member. You may also save up to 40 percent on rooms at select Disney Resorts! This offer is good for stays most nights, with the exception of 3/28 - 4/10, and 7/1 - 7/5, and may be booked through July 31, 2010. (The number of rooms allocated for this offer is limited. Minimum length of stay requirements may apply for Friday or Saturday arrivals. Valid Military ID required upon check-in. No group rates or other discounts apply. Advance reservations required. For information regarding Disney's 4-Day Military Promotional Tickets, or to make room reservations, call (407) 939-7830 or

participating U.S. military base ticket offices (ITT). Also, visit www.disneyworld.com/military for more information.

RealSense, a United Way Initiative, would like to help you save money by filing your taxes for free. There are over 50 sites available in seven counties (Duval, Nassau, Baker, St. Johns, Clay, Putnam and Bradford). Sites are open now. If interested, call (904) 632-0600 for more information, hours of operation and appointment availability. Maximum household income must not exceed \$49K.

A tribute program that has provided free admission to SeaWorld and Busch Gardens for more than 4 million members of U.S. and coalition armed forces and their families has been extended through 2010. "Here's to the Heroes," a program sponsored by Anheuser-Busch, was launched in February 2005 to celebrate

the service of military men and women and the sacrifices made by their families.

Any active duty, active reserve, ready reserve service member or National Guardsman representing any of the five service branches is entitled to free admission under the program. He or she need only register, either online at www.herosalute.com or in the entrance plaza of a participating park, and show a Department of Defense photo ID. Also included in the offer are members of foreign military forces serving in the coalitions in Iraq or Afghanistan or attached to American units in the U.S. for training.

Inactive, standby and retired reserve members, military retirees, U.S. Merchant Marine and civilian Department of Defense workers are ineligible for the program. The program does not include Discovery Cove or SeaWorld's waterpark, Aquatica.

The Veterans History Project First Coast is dedicated to honoring the many veterans of Northeast Florida and those

who supported war efforts. We record the memories of those who have served our country by conducting interviews. These stories are placed on our website for others to listen and learn: www.vhpfirst-coast.org. We are a partner with the Library of Congress in Washington, D.C. where the memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

Our goal at VHPFC is to reach the more than 200,000 veterans in our area. If you are interested in volunteering to help us achieve this goal, please visit our website for more information on how you can enrich your life and honor a veteran.

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.

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 your 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.

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.

REACHING OUT

held at the Pepsico Foundation Education Campus. All interested personnel please CS1 Hopkins or call 270-5373 for more information.

YMCA of Jacksonville

YMCA of Jacksonville is looking for volunteers for their outreach programs geared towards males. For more information, contact Terra Herzberger at 265-1820.

Homeless Pet Shelter

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

Big Brothers Big Sisters Mentoring

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of hours of their time each week to help others in need.

The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements.

Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will

achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

Lea's Place

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

NS Mayport Retired Activities Office

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

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more

than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the

community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomeless-center.org/volunteers.html

Dignity U Wear

Volunteers are needed to help process clothing in order to fulfill the needs of our clients.

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

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Learn more about the tax credits at www.federalhousingtaxcredit.com

THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- Chicken's noise
 - Biblical book
 - Iranian leader's title of old
 - High point
 - Lower in prestige
 - Whine
 - Fellow
 - Race participant
 - Geological period
 - Fifty-two cards
 - Hole-boring tool
 - Fill cracks with putty
 - Pack animal
 - Rather cold
 - Cruise ships
 - Joyous
 - Tunic or tee
 - TV's "Hee ___"
 - Generations
 - Pert
 - Greek cheese
 - Moist
 - Reek
 - Modify
 - Liquefied
 - ___ Mary; tomato juice cocktail
 - Sleeve contents
 - High-powered beam
 - Fraternity letter
 - Hawaiian tuber
 - Actress Lupino
 - Irritate
 - Computer screen image
 - Otherwise
 - Drive back
 - Manufactured
 - Not as much
 - Each and ___
 - Furrow the soil
- DOWN**
- Walk the floor
 - Resound
 - Set free
 - Energy
 - To wit
 - Taken ___; surprised
 - "___ the Herald Angels Sing"
 - Canada's neighbor; abbr.
 - Encountered
 - Mate
 - Suspended
 - Toward shelter
 - German mister
 - ___ a chance; is doomed to fail
 - In a proper way
 - Swiss range
 - Light like meringue
 - Use the molars
 - Sultan's wives
 - Keep an ice cream cone from dripping
 - Like a question to which one expects no answer
 - Completely full
 - Uttered
 - Attila the ___
 - Cautious
 - Flower stalk
 - Ice on the sea
 - Leather band
 - Too
 - Memory failures
 - Just enough
 - At another time
 - ___ over; faint
 - Wheel support
 - Football play
 - VCR insertion
 - Chowderhead
 - Once again
 - Prior to
 - Gun the engine
 - Mischief maker

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2/18/10

THIS WEEKS ANSWERS

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Be Good To Your Heart: Eat Less Salt

By Lt. Col. Karen E. Hawkins
DeCA dietitian

Do something good for your heart: Eat less salt. This involves more than just giving up the salt shaker to help reduce your sodium intake. A very small amount of the sodium you eat daily actually comes from the salt you add to food. Yet, more than 70 percent of the sodium in the average American's diet is found in the processed and restaurant foods we buy, prepare and eat every day.

Sodium guidelines

Current dietary guidelines recommend that adults in general should consume no more than 2,300 mg of sodium per day. However, if you are in the following population groups, you should consume no more than 1,500 mg per day:

- You are 40 years of age or older.
- You are African American.

You have high blood pressure.

A new Centers for Disease Control report shows that two out of three – 69 percent – adults in the United States fall into these three groups that are at especially high risk for health problems from consuming too much sodium. Eating less sodium can help prevent, lower or even control blood pressure.

Hidden sodium

The CDC and others recognize that most of the sodium we eat comes from packaged, processed, store-bought and restaurant foods. Only about 5 percent comes from salt added during cooking and about 6 percent comes from salt being added at the table. You can find out how much sodium you are eating by checking the labels on food products and adding up the sodium milligrams. If at a restaurant, ask for nutritional information facts that include sodium.

Shopping tips at your commissary
Fresh is best when trying to eat less salt or sodium. Shop around the perimeter of the store where you'll find the produce, lean meats and dairy foods, which are naturally low in sodium, and all at significant savings of more than 30 percent.

In the center aisles, look for the many reduced-sodium foods that are available today. These include everything from soups to chips and crackers. All of these foods may be included when trying to reduce your salt intake.

Read the nutrition labels to find out how much sodium per serving is in the food you are buying. Choose the lower-sodium foods, especially soups. When possible, make your own soup to better control the amount of salt you eat.

Buy and use the sodium-free marinades for chicken, beef, pork and sea-

food. You can also use any marinade left in the bottle to cook vegetables, potatoes or pasta.

When buying and using canned vegetables and beans, rinse them under running water at home. This will remove up to 40 percent of the sodium.

Buy and use herbs and seasoning powders instead of seasoning salts. Create your own mixes with different herbs. When in doubt, use garlic and onion powder to season meat or vegetables.

There is a nationally known eating plan, the DASH diet, that can help lower high blood pressure. DASH, which stands for Dietary Approaches to Stop Hypertension, isn't a weight-loss diet, but rather an eating style to help reduce your risk of serious health complications. It helps lower blood pressure by including nutrients, such as potassium, calcium and magnesium,

all of which are associated with lower blood pressure. These key nutrients are boosted by including more fruits, vegetables and low-fat or nonfat dairy in your daily diet. If you are battling high blood pressure, or just want to follow a healthy eating plan, DASH helps lower sodium or salt in your diet.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

Go For Whole Grains At Your Commissary

By Lt. Col. Karen E. Hawkins
DeCA dietitian

Want to lose weight, help your heart or just feel better? Then choose whole grains when shopping in the commissary. According to research, eating as little as two and a half servings of whole grains daily has been found to reduce the risk of heart disease. A serving is about one slice of bread or a half cup of a whole grain such as brown rice, oatmeal, wild rice, quinoa, barley or buckwheat. So be good to your heart and your waistline and go for the whole grains.

Choose whole grains while shopping and save 30 percent or more at the commissary. On the list of ingredients shown on the package, look for the word "whole" in front of a grain to find a food that is high in whole grains, such as "whole wheat."

You can easily add whole grains to your meals, often using favorite recipes you have always enjoyed. The Whole Grain Council suggests:

Add whole grains
Substitute half the white flour with whole wheat flour in your regular recipes for cookies,

muffins, quick breads and pancakes.

Replace one third of the flour in a recipe with quick oats or old-fashioned oats.

Add half a cup of cooked bulgur, wild rice or barley to bread stuffing.

Add half a cup of cooked wild rice, brown rice or barley to your favorite canned or homemade soup.

Use whole corn meal for corn cakes, corn breads and corn muffins.

Add three-quarters of a cup of uncooked oats for each

pound of ground beef or turkey when you make meatballs, burgers or meatloaf.

Stir a handful of oats in your yogurt for quick crunch with no cooking necessary.

Try new foods

Make risottos, pilafs and other rice-like dishes with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.

Enjoy whole grain salads like tabbouleh.

Buy whole grain pasta, or one of the blends that is part whole grain, part white.

Try whole grain breads. Children especially like whole grain pita bread.

Look for cereals made with grains like kasha (buckwheat) or spelt.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the

DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive.

Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today.

For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection

Keep Those Leftover Meals Safe To Eat

By Kevin L. Robinson
DeCA public affairs specialist

Commissary customers are saving more money by cooking their own meals at home and munching on the leftovers for days after that initial meal. But there are limits to a good thing.

The Defense Commissary Agency is advising customers to monitor how long they keep food in their refrigerators to ensure the items are safe to eat.

"Food Safety at home revolves around keeping storage areas such as the refrigerator clean and using, freezing or disposing of leftover foods that have been held chilled for two to three days," said Col. David R. Schuckenbrock, DeCA's director of health and safety. "Most items don't hold up well and begin to spoil if held longer chilled. Without good rotation practices, finding a snack in the refrigerator becomes an adventure with unintended health risks."

Checking those leftovers is part of the "Be Food Safe"

campaign developed by the Partnership for Food Safety Education to promote proper food handling techniques at home – clean cooking areas, separate foods that may cross contaminate, cook food thoroughly and chill leftover food at the right temperature.

With more food being tucked into refrigerators after meals, DeCA's food safety officials want commissary customers to remember the following tips on storing and heating leftovers:

Wash hands with warm water and soap for 20 seconds before and after handling food.

Refrigerate cooked leftovers promptly – within two hours. Use an appliance thermometer to ensure your refrigerator is at 40 degrees Fahrenheit or below.

Divide leftovers into smaller portions and store in shallow containers in the refrigerator.

Reheat cooked leftovers to 165 F as measured with a food thermometer.

When microwaving leftovers, make sure there are no cold

spots in the food (where bacteria can survive). Cover food, stir and rotate for even cooking. If the microwave has no turntable, rotate the dish by hand once or twice during cooking.

"Our customers can count on the commissary to be a safe food source, but we cannot safeguard their food once it leaves the store," said DeCA Director and CEO Philip E. Sakowitz Jr. "By following these guidelines for handling refrigerated leftover food, our customers can protect themselves from the bacteria that can make them sick."

For more information on food safety, go to the DeCA Web site at <http://www.commissaries.com> and click on the Food Safety section to access links to various consumer safety sites. The DeCA Web site is also a good source to find out about any recalls affecting products sold in commissaries. For more information on Be Food Safe, go to <http://www.befoodsafe.org/>.

It's Bread-Baking Season

By Kay Blakley
DeCA home economist

If you're a home baker, you understand fully what I'm referring to when I say, "It's bread-baking season." Of course, you can bake bread any time of year, but the cooler months just seem to beckon you to the warmth of your kitchen.

Plenty of people think they have no time for baking. "I'm just too busy," they claim, "and if I do have time, I don't want to spend it tied to a long-term kitchen project." That's a pity, since almost any baker will tell you a day of baking is effective therapy for whatever happens to ail you. Maybe the delicious reward when the product is finished has something to do with it.

If you're a beginning baker, here are a few tips to ensure success:

• Measure accurately, using dry measuring cups for dry ingredients and a liquid measuring cup for liquids.

• Most flours don't need to be sifted, even though some older recipes might call for it. Always measure flour by fluffing it with a spoon or fork in the storage container, then lightly spoon the flour into the dry measuring cup. Slightly overfill the cup, then gently level off with the straight side of a knife. Use the same leveling-off technique for dry ingredients measured by the measuring spoon.

• Use a liquid measuring cup for liquid ingredients. Set the cup on the counter, measure in the liquid, then double check for accuracy by lowering yourself to view the measurement mark at eye level.

• Pay close attention to "use-by" dates on packaged dry yeast. If past its date or even close to it, it's a good idea to replace it with fresher yeast. A recipe that failed to rise properly is a big disappointment.

• When a recipe calls for adding liquid at a certain temperature, always verify that temperature with a thermometer before adding to other ingredients. A liquid that's too hot can kill the yeast and ruin the dough.

• When a recipe calls for warmed buttermilk or other dairy products, these can be heated in the microwave. But, heat slowly, stir often, and check the temperature with a thermometer. Dairy products will separate and curdle at high temperatures.

Come to Kay's Kitchen at <http://www.commissaries.com> and give one of our featured recipes a try. All the necessary ingredients are ready and waiting for you at your local commissary. The recipes range from super easy to very involved, but none are difficult. Be forewarned, though, once you've experienced the joy of bread baking, you run the risk of being hooked for life!

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