

• MWR's Hosts Easter Eggstravaganza

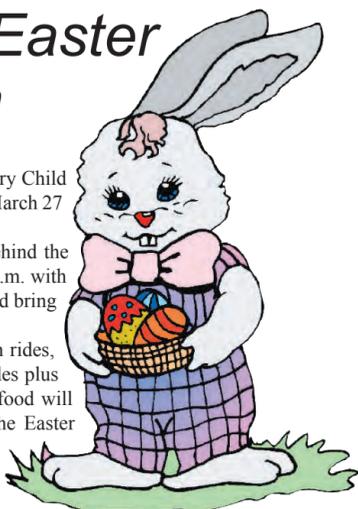
From MWR

MWR Mayport will kick off the Month of the Military Child with the 2010 Easter Eggstravaganza on Saturday, March 27 from 10 a.m.-1 p.m.

This year's event will be held on the ball fields behind the Base Gym. The event will kick off promptly at 10 a.m. with egg hunts for ages nine and younger. Children should bring a basket or bag for collecting eggs.

Following the egg hunts, MWR will have free train rides, inflatables, carnival games and prizes, and pony rides plus free popcorn, lemonade and popsicles. Additional food will also be available for purchase from Pizza Hut. The Easter Bunny will be on hand for pictures so bring your camera.

The 2010 MWR Mayport Easter Eggstravaganza is sponsored in part by Navy Federal Credit Union (no endorsement implied). For more information, call MWR Customer Service at 270-5228.



• TRICARE & Health Care Bill

From American Forces Press Service

The Tricare military health plan meets the standards set by the health care reform bill the House of Representatives passed last night, Defense Secretary Robert M. Gates said in a statement issued March 22.

Calling their health and well-being his highest priority, Gates reassured servicemembers and their families that the legislation won't have a negative effect on Tricare, which "already meets the bill's quality and minimum benefit standards."

"This was clarified by a vote in the U.S. House of Representatives [March 20], and is expected to be re-affirmed by the Senate," Gates said.

"The president and I are committed to seeing that our troops, retirees and their families will continue to receive the best quality health care," Gates said.

• Military Spouse 101

From FFSC

The Fleet and Family Support Center (FFSC) offers a Military Spouse 101 class to military spouses new to the area, and those spouses new to the military way of life. The class will be held on March 29, 8:30 a.m.-2 p.m. at the FFSC located in Building One (across from the post office) on Massey Avenue.

Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport. Representatives will be from the following programs and departments: MWR, Branch Health Medical Clinic TRICARE, PSD, Region Legal Service Office,, NMCRS, Chapel Services, USO. Call 904-270-6600 Ext. 1701 to reserve your seat.

Getting Rid Of The Paperwork



A quick glimpse through door of Personnel Support Detachment (PSD) Mayport's service record vault. Currently the vault holds over 9000 Field Service Records (FSR). The only people working in the vault now is a team that is breaking down records for scanning as PSD Mayport eliminates the FSR.

PSD Mayport Eliminates FSRs

By MC2 Daniel Gay

Navy Public Affairs Support Element East Detachment Southeast

The big brown folder, so common to members of the Navy, known as the field service record (FSR) is going away, and the Naval Station Mayport Personnel Support Detachment (PSD) is deep into the phase out process.

The Mayport PSD, which manages over 9000 records, has begun the first part of eliminating the paper records.

"We have over 9000 records here at PSD Mayport from 96 commands and 21 warships," said Al Iannacone Sr. the director of PSD Mayport. "We are preparing the records and then electronically submitting them to NPC (Navy Personnel Command)."

The process of eliminating the records involves pulling important documents for scanning and shredding others.

Iannacone said that they are not shredding records, the only information being



-Photos by MC2 Daniel Gay
Personnel Specialist Seaman Apprentice Bernardo Tavarez sorts through a Field Service Record (FSR) at Personnel Support Detachment Mayport. Tavarez is part of a team that is breaking down records for scanning as PSD Mayport eliminates the FSR.

shredded are items used during enlistment that may have third-party information on them like a recruiter's social security number.

The PSD director also said that it takes a lot of work to get all this done.

"We have hand-picked teams working in two shifts throughout the day to accomplish all of this," said Iannacone.

Once the records are processed and all the required documents have been submitted and accepted, the paper records will be returned to the Command Pass Coordinators who will distribute them back to the servicemember said Scott Burger, who is in charge of eliminating the FSR's for PSD Mayport.

"The Sailors should retain their FSR's and keep them for posterity," said Burger.

Burger said all Sailors will be able to view documents submitted to their Official Military Personnel File by going to BUPERS online and clicking on their Web Enabled Record Review.

PSD Mayport is expected to be finished with the elimination of the FSR's by April 11.

Navy Plans To 'Can' Paper Leave Chits

By MCC(SW) Maria Yager

Navy Personnel Command Public Affairs

The Navy announced plans March 22, to begin phasing out traditional paper leave chits, replacing them with a new electronic leave request system.

The new system, called Self-Service Electronic Leave (E-Leave) is a Web-based program that Sailors can access through their Electronic Service Record.

Processing leave requests accounts for 21.6 percent of all pay transactions submitted each year, according to NAVADMIN 103/10. E-leave is projected to provide significant savings in man-hours and processing time and serves as a more convenient option for Sailors.

The new method allows Sailors to electronically route leave chits through the chain of command for approval. It automates the command's leave control log and ensures pay and entitlements are properly credited.

"It will make it a lot easier to route the chit and I won't have to worry about my personal information sitting in an inbox on somebody's desk where it may get lost or misplaced," said Senior Chief Yeoman (AW) Theresa Bell, assigned to Navy Personnel Command. Shore-based implementation of E-Leave is scheduled to begin in August. An afloat version will be phased in over the next 24 months as shipboard Navy Standard Integrated Personnel System (NSIPS) servers are upgraded.

Sailors who have not yet established a Self-Service ESR can create an account at <https://nsips.nmci.navy.mil> or on the NSIPS server on board ship.

NAVADMIN 043/09 announced the requirement for all active-duty and Reserve personnel to establish and maintain a Self-Service ESR as the Navy phases out paper service records.

Free PLAYERS Tickets Available

From MWR

All active duty, Reserves, retired military members and their dependents are invited to be guests of THE PLAYERS Championship (TPC) and see the best professional golfers in the world compete at TPC Sawgrass May 3-9.

Military members and their families can receive complimentary tickets by going online to request the tickets and entering the golf course at the appropriate gate showing a valid CAC card upon arrival. The complimentary tickets will be valid Monday through Sunday. Parking passes are also available for \$20.

For tickets information call the NAS Jax ITT Office at (904) 542-3318, NS Mayport ITT Office at (904) 270-5145 and NSB Kings Bay ITT Office at (912) 573-2289.

The Patriot's Outpost For the second year, military members and their dependents attending TPC are also invited to enjoy a private hospitality venue called the Patriot's Outpost, which is located on the hill between #16 and #18 fairways.

A valid CAC card must be presented to gain admission into the area. A free lunch will be provided.

USS De Wert, HSL-46
Return To NS Mayport

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Child Abuse Survivor/Author
Dave Pelzer To Speak

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MWR Barracks Bash
Single Sailor Fun-Packed

Page 9



Capt. Aaron Bowman

It was great to have two large warships in port last week. USS George H.W. Bush and USS New York are both beginning their workups for their maiden cruise and chose Mayport to make as their first port call. I appreciate all the help from so many people getting them in and out of the harbor and loaded with supplies. We should have a visit by USS Independence, LCS-2 in a few weeks and I know that will bring around even more excitement.

Welcome back goes out to the more than 200 Sailors on board USS Samuel B. Roberts (FFG 58) who returned after a successful six month Africa Partnership deployment. While deployed, the ship participated in several multi-national exercises and conducted anti-piracy operations throughout Western and Central Africa. The crew also participated in

CAPTAIN'S COLUMN

several community relations projects and made port calls to Funchal, Portugal, Rota, Spain and Dakar. Well done to all and welcome back!

Also returning the same week was the crew of USS DeWert (FFG 45) and embarked Mayport helicopter squadron HSL-46 Detachment 5. They wrapped up a six-month anti-piracy deployment in the Gulf of Aden and the Somali Basin. While deployed, the ship joined coalition navies from around the world and engaged in the fight against piracy with countries such as France, United Kingdom, Spain, Germany, Saudi Arabia, Turkey, Italy, Greece, Russia and China.

Do you like Sea Turtles and want to be a volunteer? Each year the Naval Station has an aggressive sea turtle program to do everything we can to increase the sea turtle population. Last year we sent more than 900 turtles out to sea, including more than 70 Leatherbacks, the world's largest turtle. Volunteering in the program is a great way to learn about turtles and get to see them up close and personal. We will have a volunteer meeting on April 21, from 6-7 p.m. in Building One Security

Conference Room. Any questions, contact Officer Art Burt at 270-6046. As a volunteer you will be asked to occasionally walk the beach looking for nests and learn how to protect the nests once identified. You will also be part of releasing them back into the wild once they hatch. My wife Debbie and I have been doing it for three years and have loved every minute of it.

In response to a growing number of designer drugs available, Rear Adm. Tim Alexander, Commander, Navy Region Southeast, signed an instruction (CNRSEINST 5820.1) banning service members in the southeast region area of operations from possessing certain designer drugs which are contrary to Navy standards and policy. The use of designer drugs to induce excitement or stupefaction of the central nervous system is incompatible with the Navy's core values of honor, courage, and commitment. These substances place shipmates in danger, are harmful to good order and discipline, and may threaten the health and life of the abuser. Due to the health and safety concerns surrounding the abuse of substances and consistent with instructions signed by

the Secretary of the Navy, the purchase, possession, introduction, distribution, or use of such substances, or any analogues or variants, is prohibited and punishable under Article 92 of the Uniform Code of Military Justice. Zero tolerance on this. Navy Region Southeast installations have contacted local establishments asking them to take necessary precautions to ensure service members can frequent their place of business without exposure to an environment where illegal controlled substances are readily available. Service members provide an income to local businesses through their patronage. However, if street-level drug dealing continues at a place of business, installation officials could ask the CNRSE Armed Forces Disciplinary Control Board to place the establishment on a list making it off-limits to Navy personnel. Leaders, I need you to get familiar with this new instruction and make sure everyone understands it to the letter. Your health and safety is my number one concern and any sort of drug use "designer" or not, will earn you an end to your career.

Parents, please get smart on these substances. Do a quick internet search on Spice, Blue Lotus, Salvia Divinorum just to name a few and you will see that they can be ordered on the internet and sent to your home.

They come under the name of herbs, supplements, Potpourri, etc. and their use can be deadly.

You should notice a banner at the main gate every month now that shows our energy usage for the Naval Station. I need everyone to help try to get that number lower. That means ships, buildings, houses, barracks, etc. Please turn off lights, computers, watch heating and cooling, and any other method to help us get the number lower. We used about \$17 million last year in energy and I would much rather spend that money on MWR facilities and good things for our Sailors, families, retirees, and contractors. Public Works is working hard with every tenant to try and lower our energy consumption and Ensign Brown at 298-4066 is standing by ready to help. Showing our energy consumption was another great idea someone sent me in my email as offered below. Thanks for the great input.

Please keep an eye out while you go through your day and don't hesitate to let me know if you see a better (or safer way) to do business around the base. Your concerns are my concerns, so keep those suggestions rolling in to the CO's suggestion box located at the base galley, or email them to aaron.bowman@navy.mil.



Holiday Hours At Commissary

NS Mayport Commissary Easter weekend hours:

Saturday, April 3 - open normal hours from 9 a.m.-6 p.m.

Closed on Sunday, April 4
Closed on Monday, April 5 (normally closed)

Tuesday, April 6 resume normal hours from 9 a.m.-7 p.m.

Learn About Health Promo

Health Promotions will hold a meeting for CFLs and Health Promotion representatives on April 8 at 10 a.m. All are welcome to attend. It will be held at Building 2050, Marshal Couch Drive, next to Surfside Fitness and The Chief's Club.

Tix Available For Time & Talent

ALL Hands are invited to NOSA's 19th annual Time & Talent Benefit. The evening will consist of live and silent auctions, plus raffles. Each ticket is only \$15 and includes a menu of heavy Italian appetizers, live music and a cash bar. Tickets can be purchased online at: <http://nosamayport.org/Time%20and%20Talent.htm>

It will be held at Fleet Landing on April 1, from 6-9 p.m. Golf packages, restaurant certificates, ice skating, museum tickets and hotel stays are just a few of the items open for bidding.

NOSA is a non-profit organization that donates to area military charities and entities. In the last 10 years, we have donated more than \$124,000.

Registration On At Embry-Riddle

Embry-Riddle Aeronautical University

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-Work second or third shift and no time for school

-Consider taking lunchtime classes

-Management Classes being offered in Bldg. 460 M-F one-hour long!

Please contact NS Mayport Embry-Riddle Aeronautical University office at 249-6700 or Mayport.teaching.site@erau.edu for more information.

Decontamination Matters In Body, Spirit



Chaplain Joe Molina
CDS40 Staff Chaplain

Some of you may know that "science and technology" is not my strong suite. So please, indulge me for the next few moments as I delve into an area that is outside my expertise (i.e., I'll be pushing the envelope).

Plutonium is a natural radioactive substance and one of the deadliest elements known to man. It can turn normal cells into cancerous cells and take your life. Therefore, we can appreciate the major breakthrough that was made some years ago when two scientists at the University of California

CHAPLAIN'S CORNER

discovered a process for the removal of plutonium from living tissue. That is, they discovered and designed a decontamination process for those that would ever be exposed to plutonium's deadly effects. However, there is a slight catch to this radioactive cleansing. You must know that you carry the silent killer in order to do something about it.

A similar case can also be made for proper sterilization procedures. That is, before any type of surgery there must be a proper cleansing (sterilization) of the surgical instruments as well as the human body. An improper cleansing can kill the patient. Again, there is a slight catch. You must know about the presence of bacteria in order to do something about it.

Yet, another case can be made for the importance of

proper personal hygiene. Keeping a clean body is a sound practice that will contribute to a healthy lifestyle (and happy friendships). And again, there is a catch. We must know that we are dirty in order to effect a proper cleansing.

Today, the military is concerned about the importance of decontamination, sterilization and proper personal hygiene for good reasons. Indeed, these are delicate areas that contribute to the preservation of life and limb.

Long ago, God showed a people the critical need for spiritual decontamination, sterilization and hygiene. To be sure, as God reveals his utter holiness I am reminded that God is holy and I am not! Personally, I am shaken by this reality. For if God is truly holy then I must see myself for who I really am.

Before God's holiness I am broken, shaken and filled with self-doubt. I then must ask, "Do I truly and fully love God in all His holiness?" I'm afraid that the answer is equally frightening. I realize that I don't really, fully love God the way that I should.

In my less than perfect love for God, I have learned that my relationship with the Almighty is not based on the merits of my love for God. Indeed, it is based on the merits of God's unconditional love for me. But again... God is utterly holy and I am not!

So, here's the catch. I still have a need for a cleansing, a spiritual decontamination, as I seek to be closer to God and more fully experience God's love. It is a personal need for a cleansing that only God can provide. In Fact, not much else can happen unless this takes place. God's provision of restoration fulfills a longing of my heart to experience

a release so as to more fully savor the love of God. This decontamination happens through the experience of confession. Confession before God is a personal acknowledgement of my brokenness before the presence of God's utter holiness.

Long, long ago God showed a people their need for a spiritual decontamination. To the people of Israel the Tabernacle was a marvelous house of symbols and worship. As the worship center for the people of God it served as a tangible, material reminder of God's holiness, their need (and ours as well) for forgiveness and God's provision of restoration.

My experience is summed up in this: "If my people who are called by my name, humble themselves and pray, and seek my face, and turn from their wicked ways; then I will hear from heaven, will forgive their sin and heal their land." (The Holy Bible, 2 Chronicles 7:14).

Special Program For Advanced Students



Judy Cromartie
School Liaison Officer

For the past several weeks I have written articles about students with special needs, students struggling academically, and students who need financial aid. This week the focus is on academically advanced elementary and middle school students. Whether your child has been identified as gifted or not, Duke University's TIP Program may be just the ticket you need to help you better understand, motivate, enrich, and academically challenge your child.

Tuesday, March 30 at the Youth Center, Patris Wright-Kitchens, school counselor at John E. Ford, will present The Duke University Talent Identification Program (Duke TIP). The program will begin at 6:30 p.m. and is open to all parents with base access and an interest in a program which identifies gifted students and provides resources to nurture the development of these exceptionally bright youngsters.

KNOW THE ROPES

Because giftedness is greatly misunderstood, students with advanced intellectual and academic abilities confuse and challenge educators and, especially, their parents. Duke TIP is committed to serving this unique group of students by providing services and programs beyond what is offered in the classroom. Through Duke TIP a whole range of activities and programs are accessible to parents and teachers to meet the individual needs of gifted children.

For a variety of reasons, many gifted children simply do not reach their full potential. Exceptionally bright students often go unrecognized because they hide their talents, underachieve, or exhibit behavioral problems. In addition, a disproportionately large number of minority group students, youngsters from families where English is not the primary spoken language. Beginning at critical points in education, Duke TIP gives students a chance to learn more about their abilities.

Qualifying fourth and fifth grade students may participate in Duke TIP's 4th/5th Grade Talent Search (formerly MAP) program and may take advantage of its optional above-level testing. Through Duke TIP's 7th

Grade Talent Search program, which focuses on the identifica-



Roman Catholic Mass
Sunday 9 a.m.
Monday-Friday 11:30 a.m.

Confessions: before & after mass or upon request
CCD: Sunday 10:30 a.m.
Baptisms: class 3rd Sunday of month

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

Women's Bible Study
Wednesday 9:30 a.m.
Protestant choir
Wednesday 7 p.m.

Interdenominational MOPS (Mothers of Pre-Schoolers)
1st & 3rd Tuesdays each month 9:15 a.m.

For more information, contact MOPS coordinator at mayportmops@yahoo.com

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.

tion, recognition, and support of high-ability students, qualifying seventh grade students take college entrance exams alongside high school students. A large number of 7th grade Talent Search participants outscore

many high school students.

If you would like to learn more about this very special program which can add to your child's education, join us Tuesday, March 30th at 6:30 pm at the Youth Center.



Capt. Aaron Bowman Commanding Officer
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CMDCM David Anderson Command Master Chief

Naval Station Mayport Editorial Staff

Bill Austin Public Affairs Officer
MC1 Heather Ewton Deputy Public Affairs Officer
OS2 Shantae Salmon Assistant Public Affairs Officer
Paige Gnann Editor

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Naval Station
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Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012
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Email: mayportmirror@comcast.net
CO Actionline: 270-5589 or 1-800-270-6307

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Mayport Chapel Plans Holy Week Services

By Chaplain Rita Love
NS Mayport Chapel

"Greater Love has no man than this that he lay down his life for his friends. John 15:31." This familiar scripture is associated with Jesus talking about the depth of love for a friend. When we think of a friend, we think of someone we can call on in the midnight hour or someone we can trust with our secrets. We may not think of our military men and women as friends but we can count on them to protect us from the threats of terrorist with their lives. We do not have to question the depth of their commitment or their obedience to the oath, "I, in the mountains of Afghanistan and on the sands of Iraq "...take this obligation freely, without mental reservation or purpose of evasion." As of March 2010, 5, 378 military men and women in support of Operation Iraq Freedom and Operation Enduring Freedom,

Holy Week Schedule:
Roman Catholic Mass
March 28, Passion (Palm) Sunday Mass—8:45 a.m.
April 1, Holy Thursday, Mass of the Lord's Supper—7 p.m.
April 2, Good Friday Service—3 p.m. (Fried Fish after service)
April 3, Holy Saturday, Easter Vigil Mass—8 p.m.

Protestant Worship Service
March 28, Palm Sunday - 10:30 a.m.

Easter Sunrise Service
All are welcome to join us for our Easter Sunrise Service, April 4 at 7 a.m. on the beach and let the natural beauty of the rising sun either refresh or revive your faith in the power of love.
Easter Sunrise Mass will be at the Sea Otter Pavilion.
Protestant Sunrise Worship Service is behind the Ocean Breeze Conference Center. Breakfast is available to all attendees at the Oasis Galley.

"gave the full measure" for our freedom.

So, what does Holy Week have to do with the 5,378 who paid the ultimate price? About 2000 years ago an event

occurred in the Middle East that changed the world permanently. We would never be the same again. In fact, every time we write a date, we are using the death and resurrection of Jesus

Christ as the focal point. A.D. and B.C. History was split by this one event. The events that happened on that Holy Week occurred in a dramatic succession of events. Namely, the triumphal entry of Jesus riding on a donkey into Jerusalem having his way paved with palm branches was symbolic of peace. A modern day image might be any one of the 5,378 patrolling the villages of Iraq passing out candy or beanie babies to the local children in which we today consider a symbol of peace.
Then there was the Last Super with his disciples on Thursday, the trial of Jesus late that night, and then there was the death of Jesus on Friday, and finally the resurrection of Jesus on the next Sunday. The implication for us is it was the week that proved Jesus was who He claimed to be. He was God and He came to earth to save us. Jesus is our example

of "no greater love."

You don't know him. He was a soldier. He was a son and a friend who died March 9, 2010 in Khowst province, Afghanistan, from wounds suffered when insurgents attacked his unit. He was 24 years old and of the list of fallen, he is number 5, 378. He like all the others sacrificed his life for our freedom. He dare not compare anyone of them to Jesus but we certainly can say of them "no greater love" to know men and women in uniform prove everyday their willingness to do what we oftentimes are unwilling or incapable of doing ourselves. Thus, we should resolve to wear our uniform proudly, e look upon the Ensign with renewed respect, and the privilege to debate or decide our own course in life came with a price and continues to demand cost be paid.

When we begin Holy Week to commemorate the life and res-

urrection of Jesus let us resolve to learn the principles of love and liberty, to genuinely renew our faith and live practically in unified love understanding the cost of love is not cheap.



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Chaplain Rita Love
NS Mayport Chapel

Q: My spouse and I love each other but we keep arguing and fighting over the least little thing. My spouse complains I always change our plans for others or put others first. Our situation is getting worse, what can I do to change things?

First, take responsibility for

POWER OF LOVE

your actions and/or decisions. Do not hide behind excuses or attempt to justify your decision to change previous plans by comparing one plan as greater or lesser than the other. Consult with your spouse who will be affected by the change. If your spouse does not agree to your decision to change plans for whatever reason respect their decision. Respect is an extremely important ingredient in good relationships. Think about it? How would you feel if a co-worker didn't take his/her commitment to complete a project seriously? You would be offended. The same principle holds for your spouse, where having your opinion count

means more than being popular with friends.
Second and most importantly, know your role as a spouse—and accept the duties that accompany your relationship as a companion, friend, confidant, lover, etc., and determine to know and understand relationship building takes work. Once you make plans with your spouse maintain it. And if things, change make sure you both agree to the change. Keeping commitments with your spouse will earn you their respect—something far more valuable than whatever immediate consideration tempts you to go back on your word.

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USS De Wert, HSL-46 Return Home

By Ensign
Andrew T. Ashby

USS De Wert PAO

Eager Sailors aboard USS De Wert (FFG 45) will soon be returning home following a highly successful Counter Piracy deployment on March 18.

De Wert, along with coalition ships and navies from around the world, was engaged in the fight against piracy in the Gulf of Aden and the Somali Basin. Countries represented in this ongoing effort include France, United Kingdom, Spain, Germany, Saudi Arabia, Turkey, Italy, Greece, Russia, and China. Key elements in the Counter Piracy order of battle are the Visit, Board, Search, & Seizure (VBSS) teams and the crew-served weapon teams and embarked helicopter detachments which provide cover-fire support during VBSS operations.

De Wert, with embarked HSL-46 Detachment 5 the "Spider Pigs," departed Mayport in mid-September and enjoyed a brief port visit shortly thereafter in Gibraltar following her Atlantic transit. The Mediterranean Sea transit brought De Wert to Cyprus for another port visit before her southbound Suez Canal transit into the Fifth Fleet/CENTCOM area of responsibility.

From there, Red Sea operations included approach and assist visits (AAV) which help to further our understanding of the daily routines and schedules of those people whose livelihoods depend on the Red Sea while exercising a sort of face-to-face frontline diplomacy in the Middle East. These visits involved De Wert's VBSS teams approaching fishing dhows in the Red Sea and discussing fishing conditions and sightings of illicit activity. Also while in the Red Sea, De Wert made a port visit in Jordan and



-Photos by Paige Gnann

Patricia Xavier-Burns watches for her husband to disembark USS De Wert on March 18 after the ship returned to Naval Station Mayport following a counter-piracy deployment.

her Sailors enjoyed MWR-sponsored tours of the historical sites located there such as the ancient city of Petra, the River Jordan, and the Dead Sea.

Shortly following her Jordan port visit, De Wert was assigned to patrol the Gulf of Aden in an effort to shield merchant vessels from piracy in the Internationally Recognized Transit Corridor (IRTC). Upon successful completion of her patrols, De Wert went to the Seychelles Islands for a port

visit before transitioning to Somali Basin operations.

De Wert's missions in the Somali Basin included intelligence, surveillance, and reconnaissance (ISR), and rapid response to piracy attempts. On two separate occasions, De Wert answered distress calls from vessels under attack by pirates. Pirates have been known to fire on civilian vessels and it was with that knowledge that De Wert quickly closed in on the pirate skiffs

and, along with other coalition vessels, was able to avert the hijackings and stop the pirates dead in their tracks. De Wert's hasty response in these urgent situations helped to prevent the sort of ruthless acts of piracy which have left many civilian mariners seriously injured, detained, or even dead.

A highlight of De Wert's deployment was providing security and humanitarian relief to the Ukrainian bulk carrier *Ariana* which had been held

hostage by Somali pirates for more than seven months before a ransom agreement was finally reached. *Ariana* was subsequently released from captivity; however, there is a threat that rival pirate clans will "re-irate" newly released vessels. This threat made it crucial for De Wert's VBSS teams to embark the vulnerable vessel and provide onboard security - within view of other anchored pirated vessels and the pirate camps along the Somali shore-

line. HSL-46 Detachment 5 provided overflight support for the VBSS operation and vertical replenishment for the malnourished crew of the *Ariana*. De Wert watched over *Ariana* for a week before a salvage vessel could make repairs to *Ariana* and get her safely underway.

Routine operations in the Red Sea and Somali Basin turned out to be not quite so routine when De Wert rendered assistance at sea on three separate

See De Wert, Page 5



Manny Ortiz, 6, waits with cousins Tia and Messiah, for the return of his father, Operations Specialist 2nd Class Candido Ortiz.



Cryptologic Technician Technical 1st Class (SW) Chris Ybarra reunites with 10-month-old daughter Katelyn and wife Anabel.



Linda Molloy dresses in pirate gear, the theme for USS De Wert's homecoming celebration, as she waits on the pier for her son, Lt.j.g. Randall Molloy.



Shalisa Ross, 4, holds a sign welcoming her uncle, Seaman Dustin Holt.



The family of Chief Cryptologic Technician Technical (SW) Robert Whiddon holds signs and waits pierside for his return with USS De Wert.



Quartermaster Seaman (SW) Matthew Wilson is greeted on the pier by his wife, Christa.



Rebecca Alterauge holds flowers given to her by fiancé Cryptologic Technician Technical Seaman Joseph Cox during the homecoming.



-Photo by Lt.j.g. Anthony Bomba
Lt. Peter Bras reunites with his daughters during a homecoming celebration for Detachment 5, the Spider Pigs, of Helicopter Anti-Submarine Squadron Light (HSL) 46 at Naval Station Mayport. The Spider Pigs are returning from a six-month deployment with the guided-missile frigate USS De Wert (FFG 40) supporting counter piracy operations in the Horn of Africa.



Lt. Glenn Lumpkin is surrounded by his family after reuniting with them pierside during the homecoming on March 18 for USS De Wert.



-Photo by Lt.j.g. Anthony Bomba
Kristy Yaukey, AW2 Tim Yaukey is greeted by his wife, Kristy, after returning with the Spider Pigs of HSL-46 Detachment 5.

De Wert

occasions. The first of these vessels in distress was a Yemeni dhow adrift at sea due to propulsion and flooding problems. Highly skilled engineers from De Wert's engineering department were able to accomplish repairs functional enough for the fishermen to return home while De Wert's culinary specialists provided much needed provisions and water to the famished fishermen. The second vessel was another Yemeni dhow which had been without food and water for several days; again, De Wert Sailors were

ready and able to render assistance. The third and final of the vessels was an Iranian dhow which had been without water for several days and De Wert provided those parched fishermen with sorely needed drinking water.

Upon concluding successful operations in the Somali Basin, De Wert transitioned back to the Gulf of Aden and later the Red Sea before her northbound Suez Canal transit. De Wert Sailors again visited Jordan before leaving the Red Sea and enjoyed two European port

visits in Italy and Spain before heading home.

Among De Wert's deployment accomplishments are 19 Enlisted Surface Warfare Specialist (ESWS) qualifications, 6 Surface Warfare Officer (SWO) qualifications, 20 underway replenishments (UNREP), over 800 flight hours, 45 approach and assist visits (AAV), humanitarian relief for mariners in distress, and 2 piracy attempts averted.

After an exciting six-month Counter Piracy deployment, the sailors of De Wert are finally

returning home and they look forward to future opportunities for success.

Commanding Officer Cmdr. Sean G. McLaren concludes, "This is a deployment the crew can be proud of. We were a powerful force for good."

As the ship settles back into homeport, all hands aboard De Wert feel the same sense of pride and accomplishment which is theirs for a successful deployment in harm's way.

From Page 4



Seaman Kyle Alldredge bends down to get a welcome home kiss from his wife, Brittney.



Hannah Snyder meets her husband, Operations Specialist 2nd Class (SW) Joshua Snyder, for the first kiss.

HSL-46 Detachment 5 Returns from 6 month HOA Deployment

By Lt.j.g. Anthony Bomba

HSL-46 Public Affairs Officer

Helicopter Anti-Submarine Squadron Light (HSL) 46 Detachment 5 returned home March 17 after a six-month counter piracy operations deployment to the Horn of Africa (HOA).

HSL-46 was embarked on board the Mayport based guided-missile frigate USS De Wert (FFG 45) in support of counter piracy operations under the direction of Combined Task Force (CTF) 151 flying more than 750 mishap-free flight hours.

One of Detachment Five's meritorious efforts was defending the Greek merchant vessel Ariana after its release from pirate captivity off the coast of Somalia.

"This is what I have been trained to do for more than three years," said Lt.j.g. James Shoffitt. "It is very fulfilling to get to do the job I've been trained for."

In addition to counter piracy, Detachment Five quickly integrated with coalition forces from many nations, to include Jordan, Canada, The UK, France, Greece, China, and Russia. This included a three month joint operation with the Royal Jordanian Navy.

"The bottom line is without our presence being there, there would still be bad things going on there," said HSL-46 Commanding Officer Cmdr. Brad Garber. "Det. Five was involved in quite a few operations while they were out there and it's good to know that they were able to go out and execute their mission and make the world a little safer."

Detachment Five eagerly flew home to Naval Station Mayport, where many family members, friends, and shipmates were waited with open arms.

"It feels wonderful," said Tammy Jarrett, wife of SH-60B pilot Lt. David Jarrett. "It has been way too long; our daughter has been asking for him all morning today, she's very excited."

On the other end of the homecoming Lt. Peter Bras could not be happier to be home.

"This feels awesome," said Bras while holding his daughter Madison Bras after six months of separation. "This is good stuff; this is why we do it."

As HSL-46 Detachment Five winds down after six months of hard work, the squadron prepares to send three more detachments to sea in support of operations world-wide.

New FFSC Classes, Workshops In March

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.

March 25, 1-3 p.m., **Home Buying**, FFSC

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

March 29, 6-9 p.m., **Ombudsman Assembly**, USO
 March 29, 8:30 a.m.-2 p.m.,
 March 30, 9-11 a.m., **Parenting Class**, FFSC

The program is based on Dr. Michael Popkin, Ph.D. "ACTIVE PARENTING NOW" classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills are discussed as well as some of the challenges that are faced by all families. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all six sessions is required.

March 30, 9-11 a.m., **Resume**

Walk-in Review Assistance, FFSC

March 31, 9 a.m.-2 p.m., **Tri-base Job Fair**, Morocco Shrine Center

March 31, 9 a.m.-noon, **Tottletyme Playgroup**, USO

April 1, 10 a.m.-1:30 a.m., **Project Buckle Up**, FFSC

Project Buckle Up is car seat safety. People can have their car seats checked for correct placement of the car seat. They also will have a class on car seat safety. There will be two different sign-ups, but both will have valuable information.

April 1, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 1, 1-3 p.m., **Car Buying Tips**, FFSC

April 6, 9-11 a.m., **Parenting Class**, FFSC

April 6, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 7, 9 a.m.-noon, **Tottletyme Playgroup**, USO

April 7, 8-11:30 a.m., **Stress Management**, Wellness Center

April 8, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 8, 10 a.m.-noon, **Positive Parenting**, FFSC

April 8, 1-3 p.m., **Credit Report**, FFSC

April 12-14, 8 a.m.-4 p.m.,

TAP Retiree Workshop, Building 1 Room 1616

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.

April 12, 6-7 p.m., **IA Family Discussion Group**, USO

April 12, 9-11 a.m., **What About The Kids?**, FFSC

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

incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

April 13, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 14, 9 a.m.-noon, **Tottletyme Playgroup**, USO

April 15, 9-10:30 a.m., **Sponsor Training**, Building 1 Room 719

April 15, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 15, 1-3 p.m., **Establishing A Sound Family Budget**, FFSC

April 15, 10 a.m.-noon, **Keeping Your Little Ones Safe**, FFSC

April 19, 1-3 p.m., **FERP-Career & Job Readiness Class**, FFSC

April 19, 8:30 a.m.-noon, **FERP- Federal Employment Class**, FFSC

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

April 21, 9 a.m.-noon, **Tottletyme Playgroup**, USO

April 22, 10 a.m.-noon, **Helping Your Child Become A Writer**, FFSC

April 22, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 22, 1-3 p.m., **Home Buying**, FFSC

April 22, 8-11 a.m., **Anger Management**, FFSC

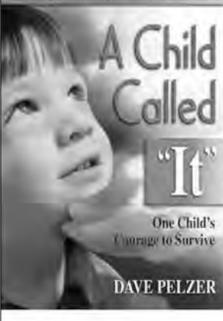
April 26, 6-7 p.m., **Ombudsman Assembly**, Building 1 Room 104

April 26, 8:30 a.m.-3:30 p.m.,

Recognizing April as Child Abuse Prevention Month, The Fleet and Family Support Center presents:

DAVE PELZER

Author of *A Child Called "It"*
 #1 New York Times and #1 International Best Selling Author
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Event will take place April 6, 2010 at the Naval Station Mayport Ocean Breeze Conference Center from 0800-1200. Tickets: \$9. Breakfast will be served from 0800-0900. To register and purchase tickets please call: (904) 270-5313 M-F 0800-1600. For more information please call: (904) 270-6600 x1700. Seats are limited. Save the date and Register TODAY!

"Don't miss the author book signing and photographs following the presentation"

Three Is A Crowd, FFSC

As you seek to recover from a marital affair, this workshop will guide you and your spouse toward five outcomes: Stabilize the marriage in the initial crisis. Provide structure for this emotionally volatile environment. Bring closure to the "old" marriage - the marriage prior to the affair. Set established skills necessary for the "new" marriage pattern. Answer the questions: "How could you do this to me?" Why did you do it?"

April 26-29, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1 Room 1616

April 27, 8:30 a.m.-3:30 p.m., **Three Is A Crowd**, FFSC

April 27, 9 a.m.-noon, **Couples Communication**, FFSC

Whether you've been dating for 6 months or married for 20 years, effective communication is critical to keeping your relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication. Class is a one-time 3 hour class. Couples are encouraged but not required.

THE NEW PARENT SUPPORT PROGRAM

invites you to An English Tea For Expectant Moms

You are cordially invited to an English Tea at The Chapel on April 29 from 1-3 pm

We are honoring our expectant moms in recognition of April's Child Abuse Prevention Awareness Month. Come and enjoy two hours of pampering, good food and good company!

We hope to see you there!

There is no charge for this event. Child care will not be available

Registration is required call the Fleet and Family support Center at (904) 270-6600 ext 1701

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Fitness
 Surfside Fitness schedule is as follows:
Monday
 7 a.m., **Spartan Training**
 9:30 a.m., **Resistance**
 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**
 1 p.m., **Moms in Motion**
 4:30 p.m., **Zumba**
Tuesday
 9:30 a.m., **LoImpact**
 11:30 a.m., **Intro TRX**
 (weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Mayport's TRX training area can be found behind the Surfside Fitness Center.
 1 p.m., **Strength Solutions & Flexibility Fix-Ups**
 5:30 p.m., **Yoga**
Wednesday
 9:30 a.m., **Intro Mind Body**
 10:30 a.m., **Broken Hearts**
 11:30 a.m., **Zumba**
 1 p.m., **Moms in Motion**

MWR SPORTS/FITNESS

2:30 p.m., **Command/FEP TRX & Conditioning for Running**
 5 p.m., **Zumba Basics**
 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**
Friday
 7 a.m., **Beach Bootcamp**
 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**
 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. Meets at Gym weight room.
 2:30 p.m., **Command Rowbics**
 3 p.m. **Victory PRT**
Tuesday
 6:30 a.m., **Command Jump and Jab**
 11:30 a.m., **Steel Anchor Training**
Wednesday
 6:30 a.m., **Functional Flexibility**
 7 a.m., **Command Cardio Pump**
 4:30 p.m., **Spinning**
Thursday
 7 a.m., **Cardio, Combat and CORE**
 11:30 a.m., **Spinning**
 2:30 p.m., **Intro to Weight Training for Warriors**
Friday
 6:30 a.m., **Command Spinning**
 9:30 a.m., **Intro to Spin**
 11:30 a.m., **Strength Training Basics for Women**
 11:30 a.m., **Steel Anchor Testing**



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APRIL 27 **APRIL 29**

0830 - **CO Challenge Canoe Race (Lake Wonderwood)
 0900 - Experienced Canoe Race (Lake Wonderwood)
 *0900 - 3 on 3 Basketball (Gym)
 *1000 - Kickball (Field 1 & 2 Behind Medical)
 1000 - Bowling (Mayport Bowling Center)
 *1730 - One Pitch Softball (Softball Complex)

APRIL 28 **APRIL 30**

*0800 - Swim Relay (Pool)
 *0830 - Dodgeball (Gym)
 *0930 - Strongman Competition (Surfside Fitness Center)
 *1030 - Badminton (Gym)

*0830 - Golf (Windy Harbor Golf Club)
 *0900 - Darts Cricket (Mayport Bowling Center)
 *1100 - 8 Ball Pool (Mayport Bowling Center)

*0900 - Horse Shoes (Sea Otter Pavilion)
 *0900 - Volleyball (Beachside Community Center)
 *0930 - Corn-Hole (Sea Otter Pavilion)
 1130 - Simon Says (Sea Otter Pavilion)
 *1200 - **Tug-o-War (Beach behind Sea Otter)
 1230 - Awards Presentation (Sea Otter)
 1300 - Cook Out (Sea Otter Pavilion)

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“We Serve Those Who Serve”

USS Farragut Fitness Reaches New Heights

By FC1(SW)
Carl Morton Jr.

USS Farragut

While deployed in the Fifth Fleet Area of Operations, USS Farragut has gone to great lengths to ensure the ship is ready to accomplish any mission; this mindset is shared among the crew.

True to this philosophy, Fire Controlman 3rd Class Dustin Perrin, Farragut's Weapons departmental physical readiness coordinator, has spearheaded a way for Farragut to maintain and enhance physical fitness standards during deployment. The result of the brainstorming of Perrin and Farragut's physical readiness team resulted in a program named "P99/FAT-G".

The idea came from the combination of "Fleet Around the Globe" (FAT-G) program, initially run by MWR, and the popular workout program named "P-90." The name "P99/FAT-G" personalized the program for Sailors on board Farragut.



-Photo by Lt.j.g. Michelle Martinez
USS Farragut crewmembers PT while deployed in the 5th Fleet Area of Operations.

"We thought that 'P99/FAT-G' would attract the interest of the crew and motivate them to enhance their physical readiness," said Perrin.

FAT-G is 25,000 combined miles, completed by running on the treadmill or elliptical machine, or miles ridden on the exercise bike. The P99 is the completion of 2.5 million combined push-ups. These totals are logged weekly by Farragut's physical readiness team and tallied at the end of deployment.

"We were trying to figure out what we could do to get more people involved in physical fitness," Perrin stated. "Some people don't enjoy only running or riding the exercise bike, but they enjoy doing push-ups, or vice-versa. The push-ups can be done throughout the day without even changing into PT gear. In that sense, P99/FAT-G gives Farragut Sailors more time and flexibility to maintain their physical readiness."

The response to the program

has been phenomenal - the crew is excited about accomplishing the goal of 2.5 million push-ups and running 25,000 miles.

"That would give the Farragut crew a sense of accomplishment," Perrin said.

The program has also tapped into the competitive nature of the crew. There are spaces onboard that have signs posted on the doors letting personnel know that in order to enter, they must do a certain number of push-ups. Personnel are starting to see changes in their personal appearance and improvements in output in various areas that are tested during the Physical Fitness Assessments.

Ultimately, the goal is to accomplish the 25,000 miles and the 2.5 million push-ups; but the primary goal is to bring to light a new way of thinking when it comes to physical fitness. The "P99/FAT-G" program is showing Farragut Sailors that as a team, they can achieve any goal.

Honing Their Culinary Skills



-Photo by OS2 Shantae Salmon

Culinary Specialists from Oasis Galley put on a food competition to show off their culinary skill. Cooking groups were broken into paygrades. The E-4s won with their Spanish-themed meal.



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INVESTIGATORS:
 Brian Schroeder, USN Ret.
 Brian Wyatt, USN Ret.



Yeoman Leads The Way In Excellence Onboard Roosevelt

By Lt.j.g. James Garrett
USS Roosevelt

Taking care of 280 Sailors can be a trying task, but excellence does have its rewards.

Yeoman 1st Class Lakeysa King's hard work and effort have paid off with her selection as Roosevelt's Sailor of the Year for 2009.

Raised in St. Louis, Missouri, King joined the Navy in 1997 at the age of 17.

After graduating from



YNI Lakeysa King

boot camp in Great Lakes, Illinois, she completed CT

"A" school, and served in a variety of security related billets from Washington D.C. to Hawaii before being assigned to Roosevelt in 2008. Cross rating to Yeoman while on board Roosevelt, King immediately took over as Ship's Secretary.

Aside from ensuring all fitness reports, evaluations, awards, and instructions were processed correctly and in a timely manner, King devoted her off-duty

time to serving her ship-mates.

Serving as the Morale, Welfare and Recreation committee chairperson, her direct involvement in fundraising helped raised \$25,000 in MWR funds.

Further involvement in the First Class Petty Officers' Association, the Multi-Cultural Committee, and the Damage Control Training Team were essential to maintaining high crew morale and readiness.

RGB Enjoys Visit With French Sub

From USS Robert G. Bradley

USS Robert G. Bradley (FFG 49) was host ship to SNA Amethyste, a Rubis Class French submarine, from Feb. 22-26.

A memorable moment since Amethyste is the first French submarine to visit

the United States in nineteen years and the first to ever visit Mayport. Extending a warm welcome, RGB Commanding Officer, Cmdr. Sparks greeted the submarine upon their arrival. Amethyste's Commanding Officer hosted a luncheon

on board the sub, which was attended by Sparks and NS Mayport Commanding Officer, Capt. Aaron L. Bowman, and several other distinguished guests from Jacksonville.

The day prior to their departure RGB Officers

and Chiefs hosted their Amethyste counterparts for an afternoon of bowling. This opportunity enabled both navies to communicate and learn about each other in a social environment. Amethyste departed Feb. 26.

USS Carney Crew Volunteers In Jebel Ali

By Lt. Peter Dietz
USS Carney

USS Carney (DDG 64) enjoyed her first port visit in Jebel Ali, United Arab Emirates after 62 consecutive days at sea. While in port, 20 members of Carney's crew volunteered for a local community relations project.

Carney Warriors worked with residents of Dubai to clean up the oldest Christian cemetery in the city. The local government has been very supportive of the Christian community and donated the plot of land for the cemetery 50 years ago.

Many of the local volunteers were Christian expatriates from India who have been living in Dubai since the 1980s. Due to the rapid development and growth in the area, the chairman of the cemetery's board of directors was concerned that developers would overtake the cemetery if it was not kept in pristine condition. Carney Sailors offered their assistance by cleaning and tending to the cemetery to preserve the landscape. Carney is currently operating in the Northern Arabian Sea with CTF 150.

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Shipping Industry's 'Best Practices' Deter Piracy

By Lt. Matthew Allen

Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet Public Affairs

At the intersection of the waterways leading to Africa, Asia and Europe, the coast of Somalia plays host to some of the most travelled shipping lanes on the globe, making transit of these pirate-infested waters a necessity for many commercial shipping companies.

With piracy now a growing concern and the global community unwilling to tolerate such behavior, many nations have shown their commitment to the security of the maritime environment by deploying their navies, collectively or independently, to deter and disrupt pirate activities.

In the last 20 months, these navies have patrolled the 1.1 million square miles of water-space surrounding Somalia, providing security to the region's sea lines of communication. While these efforts have helped combat piracy, the military alone cannot prevent all pirate attacks, and commercial vessels must not depend solely upon military intervention to ensure their safe passage. Now the commercial shipping industry is demonstrating that the most effective proven deter-

rent to piracy can be their own actions.

"Best Management Practices to Deter Piracy in the Gulf of Aden and off the Coast of Somalia (Version 2 - August 2009)" is an industry-developed publication that provides excellent guidance all commercial vessels should use to reduce the likelihood of becoming victims of piracy. This advice is not based on theoretical data but proven effective deterrents taken from real-life scenarios. Whether it is recommended navigation routes, speeds, coastal stand-off distances or on-board deterrents such as physical barriers and enhanced look-out watches, these continually updated recommendations contain the industry's best management practices as derived from the piracy experiences of previous vessels, both good and bad.

Two recent piracy events highlight not only the importance of these best management practices, but also their effectiveness in a real-world scenario.

The first event involved a

vessel transiting the Gulf of Aden, north of Somalia, when it was captured by pirates in early February 2009. The vessel placed itself in an unnecessarily dangerous position by traveling outside of the Internationally Recommended Transit Corridor (IRTC) and unable to benefit from increased patrols in that portion of the Gulf of Aden. Unfortunately, the ship is now under the control of pirate gangs, and its crew forced to await the outcomes of negotiations while anchored off the coast of Somalia.

Two days later, a second vessel was attacked while also transiting the Gulf of Aden. Unlike the first, this vessel followed the best management practices advice, and made thorough preparations for sailing through these dangerous waters. The vessel registered with the Maritime Shipping Centre - Horn of Africa (MSC-HOA) for updates on the group transit scheme and was in contact with the United Kingdom Maritime Trade Organization for the latest update on areas of higher piracy risk prior to enter-



-Photo by MC1 Elizabeth Allen
U.S. Coast Guard Maritime Safety and Security Team 91114, along with members of the visit, board, search and seizure team stationed aboard the Arleigh Burke-class guided-missile destroyer USS Farragut (DDG 99) leave the ship to investigate a Somali skiff. Farragut is part of Combined Task Force 151, a multinational task force established to conduct anti-piracy operations in the Gulf of Aden.

ing the IRTC. The vessel had rigged fire hoses to push back any pirate boarding attempts, and razor wire was placed along the deck edges to block entry. Below decks, the crew mustered at a pre-determined safe area in order to account for themselves and ensure their collective safety.

In the end, the crew was able to prevent pirates from boarding the ship, ensuring their safety

and the ability of the vessel to reach its destination. This was a result of diligent application of best management practices regarding appropriate transit routes, reporting procedures and physical security. The experiences of this vessel are testament to the effectiveness of the industry guidelines.

U.S. Naval Forces Central Command and Combined Maritime Forces wholeheart-

edly endorse advice from the International Maritime Organization and other maritime bodies.

They strongly recommend that all commercial vessels transiting along the coasts of Somalia and Yemen, or through the Somali Basin, take the time prior to their transit to become fully conversant with and implement industry best management practices.

Official Details New Rest, Recuperation Leave Policy

By Jim Garamone

American Forces Press Service

Some deployed servicemembers will not be charged for rest and recuperation leave under a new Defense Department policy.

The new policy allows servicemembers in designated areas to go on rest and recuperation leave without charge to their leave accounts. "So in a sense, it is an administrative absence and that's up to 15

days," said Sam Retherford, the Defense Department's director of officer and enlisted personnel management.

In the past, the leave was charged to servicemembers' accounts, though travel time from the theater to the airport closest to their destinations was not charged, Retherford said.

The nonchargeable rest and recuperation leave program will be limited to the "most arduous" areas, and the combatant

commander must recommend it through the Joint Staff for approval by the undersecretary of defense for personnel and readiness, Retherford said.

To qualify for the program, members must be serving in a leave restricted area, where no dependents are allowed. They must be receiving hostile-fire pay and in areas where travel in and out of the country is restricted.

"Two additional areas are that

the duty has to be extremely arduous and the command has to foresee continuing combat operations," Retherford said.

The benefit will take effect once an area is designated by the undersecretary of defense for personnel and readiness and will not apply retroactively.

The Army identified the need as especially important for junior members, Retherford said, because they typically do not have a large amount of

leave accumulated.

"At the end of their deployment, there is very little in their leave accounts for rest, recuperation and reintegration to the family and community," he said. "So this program means they will not be charged for the R&R leave, and they will have that leave upon redeployment."

Inability to take leave upon returning from a deployment is a problem. The services want their people to take leave so

they can decompress and reintegrate with the families and communities. The services have been allowing administrative leave upon redeployment from a combat zone, but generally limit it to local areas around bases.

Servicemembers already in Iraq and Afghanistan who qualify to participate in the R&R program will qualify for the nonchargeable R&R program.

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USS John L. Hall Hosts Inaugural 'Partnership of Adriatic Mariners'

By Lt. j.g. TJ Orth

USS John L. Hall Public Affairs

USS John L. Hall (FFG 32) recently concluded the first "Partnership of Adriatic Mariners" sponsored by Commander, United States Sixth Fleet.

The Mayport-based frigate hosted five officers from the Coast Guard, Customs, and Border Police of the Adriatic Sea nations of Albania and Croatia during two weeks of underway and in port training. From March 10-22, the riders participated in classroom training and practical exercises with the aim of utilizing these skills and training others in their own countries.

The Adriatic Sea is a heavily traveled body of water that has historically been a smuggling route for all kinds of contraband but most recently for narcotics, weapons, cash and "foreign fighters." A large portion of narcotics from Africa and the Middle East enter Europe through the countries bordering the Adriatic Sea, and it is up to the maritime nations of Slovenia, Croatia, Montenegro, and Albania on the eastern shore of the Adriatic to stop this illicit trafficking.

The Partnership for Adriatic Mariners was created by Commander, Naval Forces Europe and Commander, U.S. Sixth Fleet, and sponsored as part of a counter-narcotics terrorism program. The goal of this ship rider program is to instruct officers and non-commissioned officer from the Adriatic nations on Visit, Board, Search & Seizure (VBSS) procedures, to improve their maritime law enforcement techniques and ability to conduct maritime surveillance. John L. Hall's deployment schedule was tailored to support



-Photo courtesy of USS John L. Hall
Cryptologic Technician Technical 3rd Class Jordan Hubbard of USS John L. Hall and Lt.j.g. Euglen Xhengo from the Albanian Coast Guard conduct a search of Aft Steering during at sea training, while Lt. Dejan Jadric and Chief Petty Officer Igor Jerkovic of the Croatian Coast Guard look on.

this training, which builds on the crew's expertise in performing boardings and inspections, and in providing VBSS training to other nations.

The five ship riders included one Albanian Coast Guardsman and one Border Police Officer, and two Croatian Coast Guardsmen and one Maritime Police Officer. The rides embarked John L. Hall during a port visit in Kavala, Greece and debarked two weeks later in Vlore, Albania.

"I enjoy training and working with other nations' militaries and police forces," said Gunner's Mate 1st Class (SW) Shandy Schaffner, John L. Hall's anti-terrorism/force protection training supervisor. "My goal was to show them our tactics and procedures so they could gain some knowledge and maybe see some things to add to their own practices."

John L. Hall's VBSS Training Team devised an aggressive training plan involving one

week of classroom training followed by a week of practical exercises and boarding scenarios. In the final event, the Adriatic riders acted as boarding team members and boarding officers alongside John L. Hall Sailors.

"There are some differences between what we do, but I'll go back and teach my crew what I learn here," said Lt.j.g. Euglen Xhengo, who commands a patrol boat in the Albanian Coast Guard.

Although John L. Hall has conducted similar training during previous port visits to Romania and Georgia as part of its current Theater Security Cooperation deployment to the Mediterranean, Black, and Adriatic Seas, this is the first time it embarked riders for training.

"Having the opportunity to spend two weeks training and working with our NATO allies on Maritime Domain Awareness and security boarding proce-

dures has been a great experience," said Cmdr. Derek M. Lavan, John L. Hall's commanding officer. "Maritime Security in this part of the world is a team effort among the NATO nations, and we've built some of that teamwork at the deck plate level with our five new shipmates."

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Midway Dinner Tix 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. Reserved seating.

Make checks payable to Navy League Midway Dinner. Tickets may be purchased from the following locations:

Navy League Mayport: POC Bill McLoughlin, Phone 904-285-8731

Navy League St Augustine: Bill Dudley, Phone 904-794-7814 or email: anuday00@aol.com

Everyone is invited to another great event in Palencia Friday, March 26 at 5 p.m. This is a free event with D.J. entertainment, arts & crafts, Cafe on the Green outdoor BBQ, Vendor Street Fair, Farmers Market and Art Walk. There will be special appearances by The Easter Bunny, Smokey the Bear and Jaxson De Ville. Kids will enjoy bouncy houses, Disney games, dancing and prizes. Please bring non-perishable goods for donation to the St. Francis House. For more information visit www.palenciaclub.com

For more information please call 904-399-2501 and select a community or email drees4ncaa@gmail.com. You may also visit www.dreeshomes.com for more information about the communities and locations. Winners do not need to be present to win.

5th Annual Captain Chuck Cornett 10k Run & 5k Walk race will be held on the Naval Air Station Jacksonville, Saturday, April 3 at 8 a.m. Entry fees for this race are as follows \$15 for Military until March 26, \$20 for Authorized base personnel, and \$25 after March 27 through the day of the race. For more information visit www.cnic.navy.mil/jacksonville.

The Jacksonville Suns AA Baseball Organization (Florida



Marlins Affiliate) has teamed with your Greater Jax Area USO for the 2010 season. USO has purchased 18 tickets for each game during the 70-game season. These tickets will be used for a "Command/Unit Block Request," where tickets are spread out evenly throughout the ranks in order to foster command unity and morale, or to provide a spouse social gathering for command/s units that are deployed. Each Command/Unit may submit via email a "Command Block Request" to jendsley@usojax.com. Provide: Full Name of Command/Unit (spell out), Military Installation, i.e., Kings Bay, Mayport, etc., primary and alternate game date(s) requested, Command/Spouse Group Point of Contact, phone/email info. The Greater Jax USO will notify Block Recipients for a particular game soonest, but no later than two weeks prior to the game. Commands/Wives Club Groups not receiving their primary requested date will be notified and another game date will be negotiated.

Pedigree Brand and Winn-Dixie have teamed up to help military service men and women who are being deployed

and need someone to foster their pet while serving our great country. The mission of this program is to provide a safe and secure temporary foster home for the pets of deploying military personnel until they return home. For more information on this program please visit: www.fostermilitarypets.com.

Jacksonville USO Centers will be collecting gently used ball caps for the "Stand Down" for the Homeless Veterans being held at the Jacksonville Agricultural Fairgrounds on Saturday, April 17. If you would like to help, just bring your donation into any one of our three USO Centers and drop them in the box. We will end our campaign on April 9.

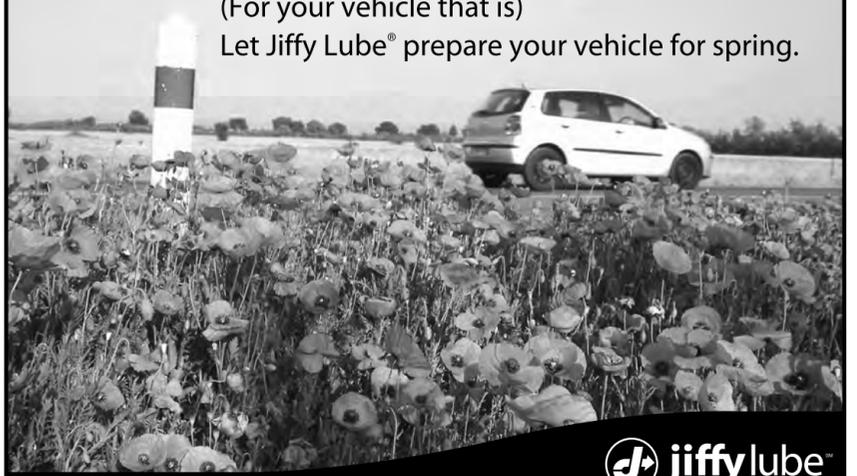
Your USO has rented the Adventure Landing Park at 1644 Beach Blvd. for June 16 for another exciting night of fun. The park will be closing early and will be reopened from 6 to 11 pm exclusively for the military. There will be more information announced at a later date.

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

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IN PERSON
Many people prefer to place classifieds in person and some classified categories require prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m. - 5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

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

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

CANCELLATIONS, CHANGES & BILLING

Ad Errors - Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion and only the charge for the ad space in error. Please call 366-6300 immediately for prompt correction and billing adjustments.

Ad Cancellation - Normal advertising deadlines apply for cancellation. When cancelling your ad, a cancellation number will be issued. Retain this number for verification. Call 366-6300.

Billing Inquiries - Call the Billing Customer Service Department at 359-4324. To answer questions about payments or credit limits, call the Credit Department at 359-4214.

GENERAL INFORMATION

Advertising copy is subject to approval by the Publisher who reserves the right to edit, reject or classify all advertisements under appropriate headings. Copy should be checked for errors by the advertiser on the first day of publication. Credit for Publisher errors will be allowed for the first insertion for that portion of the advertisement which was incorrect. Further, the Publisher shall not be liable for any omission of advertisements ordered to be published, nor for any general, special or consequential damages. Advertising language must comply with Federal, State or local laws regarding the prohibition of discrimination in employment, housing and public accommodations. Standard abbreviations are acceptable; however, the first word of each ad may not be abbreviated.

The anchor indicates the ad is a FREE Fleet Market Ad placed by military personnel.

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Avondale/Ortega
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Downtown
Fernandina/Amelia Island
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North Jacksonville
Orange Park/Clay County
Riverside
San Marco
Southside
Springfield
Westside
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Condominiums
Manufactured Homes
Lots
Farm Acreage
Investment Property
Retirement Community
Baker County
Georgia Real Estate
Nassau County
Putnam County
St. Johns Open Houses
St. Johns Homes
St. Johns Waterfront
St. Johns Oceanfront
St. Johns Intraoastal
St. Johns Marshfront
St. Johns Condos
St. Johns Duplex/
Townhouses
St. Johns Manufactured
Homes
St. Johns Lots/Acreage
St. Johns Active Adult
Comm.
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Built 2006, 42 home,
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Roommates
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Beach Home Rentals
Storage/Mini-Lockers
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Wanted to Rent
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St. Johns Houses Furnished
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St. Johns Roommates
St. Johns Rooms to Rent
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Newly renov 2br/2ba \$575mo Indian Lakes HUD ok Call Niki 229-2358

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Mandarin- 3/2, 1,000sf,

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SOUTHSIDE- 3/2 731 Grove

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Southside/ Spring Park 3/1

2000sf, atch gar with w/d hkup, ch&a, 1g bk vd \$875mo 476-4342, 234-8160

Northside- 4/2 3725 Peach

Tree St \$800; 5/2 1730 W 16th St \$900 HUD OK Leggett Realty 396-3212

WESTSIDE- White House

2/1 duplex, ch&a, w/d hkup, new appis, yrd, pet ok \$550/m + \$2500 289-7603

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Garden/Lawn

FILL DIRT CHEAP!!!
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771-6078

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