

Hunting Pirates In Gulf



-Photo by MC1 Cassandra Thompson

Members of the U.S. Coast Guard Law Enforcement Detachment and Combined Task Force 151's visit board search and seizure team, on board the Arleigh Burke-class guided missile destroyer USS Farragut (DDG 99) board a suspicious dhow. USS Farragut is part of Combined Task Force 151, a multinational task force established to conduct anti-piracy operations in the Gulf of Aden.

Farragut, HSL-42 Detachment Intercept Somali Pirates

By Commander, Combined Maritime Forces Public Affairs

The Flagship of Combined Task Force (CTF) 151, USS Farragut (DDG 99), intercepted suspected pirates in the Somali Basin this week.

The Sierra Leone-flagged tanker MV Evita came under attack 500 km northwest of the Seychelles by three suspected pirate skiffs. During the attack, the pirates fired rifles and aimed rocket propelled grenades at the vessel in an attempt to force it to stop. The MV Evita was able to evade attack by adopting industry recommended 'best management practices'; increasing its speed and firing flares at the pirates to warn them off.

The Master of MV Evita informed the International Maritime Bureau (IMB) based in Kuala Lumpur and the UK Maritime Trade Operations (UKMTO) office in Dubai. Upon receiving the piracy report, UKMTO contacted coalition forces operating in the area.

A Swedish Maritime Patrol Aircraft (MPRA), from EUNAVFOR, contacted the MV Evita and subsequently located the suspected pirate skiffs. A SH-60B Seahawk helicopter, from HSL-42 Detachment Five was immediately dispatched to monitor the pirates while the suspected pirate skiffs were boarded.



-Photo by MC1 Cassandra Thompson

The Arleigh Burke-class guided missile destroyer USS Farragut (DDG 99) passes by the smoke from a suspected pirate skiff it had just disabled. USS Farragut is part of Combined Task Force 151, a multinational task force established to conduct anti-piracy operations in the Gulf of Aden.

Eleven suspected pirates were aboard the skiffs, along with fuel drums and grappling hooks. The MPRA had previously witnessed the suspected pirates throwing ladders and equipment overboard. After ensuring that the suspected pirates had no means to con-

duct any more attacks, all 11 were released on the two small skiffs, while the mother skiff was destroyed and sunk.

Commander, CTF 151, Rear Adm. Bernard Miranda, Republic of Singapore Navy, applauded the response to the incident, and said: "Today's successful disruption operation was the result of close cooperation and swift responses

from many parties, including the merchant ship MV Evita, the maritime organizations IMB and UKMTO, USS Farragut and the EU NAVFOR Swedish MPRA. The pirates have become bolder and are attacking ships further away from the Somali shores. This makes it even more important for all stakeholders to play their role

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Things 'Heat Up' With NMCRS Drive



-Photo by Paige Gnann

Navy-Marine Corps Relief Society Mayport Director Bill Kennedy stands with Mayport fund drive coordinators Chief Religious Programs Specialist Melanise Bradley and Religious Programs Specialist 1st Class Celeste Shield, NS Mayport Commanding Officer, Capt. Aaron Bowman and CMDCM (SW/AW) Dave Anderson at the NMCRS Active Duty Fund Drive Thermometer in front of the static display on Main Street. So far, Mayport has hit 42 percent of its goal. For more information on how you can donate, call 270-5418 or visit www.nmcrs-mayport.org.

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Capt. Aaron Bowman

March was a busy one. We participated in Exercise Solid Curtain-Citadel Shield '10 (SC/CS-10), an annual security training exercise coordinated by U.S. Fleet Forces Command (USFF). Special thanks to Willie Green, Steve Millican and a host of others who participated and had a hand in this extremely important event. I am very proud of how our teams responded and the key is preparation, and this training prepares us by finding areas we need improvement in and gives us the chance to fine-tune and be ready. Well done to everyone. Team members, go back to your work centers and talk about what worked and what didn't, so we will be even more prepared the next time around.

We also played host to Pakistan's Chief of Naval Staff, who visited several U.S. military facilities here in Florida during a 10-day trip to the United States to discuss opportunities for continued cooperation between the U.S. and Pakistan navies. While in the area, Adm. Noman Bashir met with students from Pakistan Navy No. 28 Squadron at

CAPTAIN'S COLUMN

Naval Air Station Jacksonville. Pakistan Navy pilots and aircrews are training at Patrol Squadron 30 (VP-30), to enhance Pakistan's search, surveillance and control capabilities in support of maritime interdiction operations. Bashir also visited and had lunch aboard USS Klakring (FFG 42). Special thanks to everyone who had a hand in the visit.

Big news came to us by way of the press conference on March 26 with THE PLAYERS Championship tournament folks announcing that three-time Grammy award-winning country music artist Tim McGraw will help the tournament honor area military with a special musical appearance on Wednesday, May 5, during Military Appreciation Day at THE PLAYERS Championship. McGraw is in Jacksonville for his 2010 "SOUTHERN VOICE" North American Tour Presented by Outback Steakhouse and will perform at Jacksonville Veterans Memorial Arena on May 6. THE PLAYERS is scheduled for May 3-9, 2010, at THE PLAYERS Stadium Course at TPC Sawgrass in Ponte Vedra. McGraw will be a part of a 5 p.m. ceremony during Military Appreciation Day to salute military families. The program on the 18th green will include pageantry by military personnel, a color guard, the National Anthem and a flyover by the Blue Angels, as well

as remarks from PGA TOUR Commissioner Tim Finchem, two-time PLAYERS champion Hal Sutton - who is celebrating the 10th anniversary of his "Be the right club today" win - and a representative (TBD) from the U.S. Military. McGraw will close the program with a special musical performance dedicated to the military and their families. Admission is free for all active duty, reserve and retired military personnel and their dependents to the tournament all day, every day. This is an expansion of the military policy from 2009, which provided complimentary admission to military personnel and their families during the practice rounds and after 3 p.m. Thursday-Sunday.

Complimentary military tickets can be ordered on line via Ticketmaster. Military must present ticket and ID (CAC identification card) at the tournament gate. Once again THE PLAYERS will offer hospitality to active, reserve and retired military and dependents at the Patriots' Outpost, located on the hill between No. 16 and No. 18 fairways. The Patriots' Outpost provides complimentary food, beverages and interactive activities. Tickets to the 2010 PLAYERS are on sale at First Coast Publix Super Markets locations, in the clubhouse at TPC Sawgrass as well as online at www.PGATOUR.COM/theplayers and via telephone by calling Ticketmaster

at (888) 401-8000. Tickets for the practice rounds - including Military Appreciation Day and the McGraw appearance - are \$30 (includes three tickets good any day Monday-Wednesday), and all children 18 and under are admitted free with a ticketed adult all week. In addition to THE PLAYERS official web site, fans can keep up to date on everything going on with THE PLAYERS Championship at the new facebook page - <http://www.facebook.com/THEPLAYERS>.

A warm Mayport welcome to the crew of the German Frigate FGS Hessen with their arrival this week. Hessen will be in port for a few more days so if you see the crew out and about, take a moment to stop and shake a hand to welcome them.

The Navy's newest littoral combat ship, USS Independence (LCS 2), arrived on April 2. They set sail from Mobile, Ala., for the first time and that milestone marks the commencement of initial testing and evaluation of the aluminum vessel. Independence's maiden voyage brings her here for a few days before heading out to Naval Station Norfolk, Va. for additional testing and specialized crew training. The Littoral Combat Ship (LCS) is a fast, agile, mission-focused ship that demonstrates the latest in naval technology. The ship is specifically designed to defeat "anti-access" threats in shallow, coastal water regions, including surface craft, diesel submarines and mines. LCS features an interchangeable modular design that allows the ship to be reconfigured to meet mission require-

ments.

Independence, the Navy's second LCS ship and the first Independence Class LCS, was commissioned Jan. 16 in Mobile. It spans 419 feet, has a displacement of 2,800 metric tons and can operate in water less than 20 feet deep. Propelled by four water jets, along with two diesel and two gas turbine engines, Independence is capable of speeds in excess of 45 knots and boasts a range of more than 3,500 nautical miles. Independence will be homeported in San Diego, Calif.

I know it's a bit early to announce, but the Sesame Street/USO Experience for Military Families, a free traveling USO show based on Sesame Workshop's award winning Talk, Listen, Connect initiative is coming back to Mayport on June 6. The show, which is exclusively for military families, kicks off its second swing through the U.S. in April. Audiences will experience a 25-minute character performance and receive promotional items and outreach materials. Last time they were here it was an amazing show...mark your calendars!

As always, 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



EOQ Lunch On April 22

Naval Station Employee of the Quarter for 1st Quarter Luncheon/Presentation will be held on Thursday, April 22 at 11:30 a.m. at Ocean Breeze. The nominees and Department Heads/Supervisors should attend. All Naval Station employees are encouraged to attend to support those nominated. Cost is \$7 at the door. RSVP at least two days before luncheon with choice of meal. Please RSVP for the luncheon by 3 p.m. on Tuesday, April 20 to Sandra Barrett, 270-5228 or email sandra.barrett1@navy.mil.

Employee of the Quarter Nominees:

- Tommy Alford, Safety
- Thomas Wheeler, Air Ops
- Robert Smith, Fire Dept
- Darryl Jiles, Security
- Tara Herrell, MWR
- Terri Johnson-Salter, FFSC
- Kenneth Austin, PWD

Free Food At Ribault CC

Naval Station Mayport, in conjunction with Balfour Beatty, is offering free baked goods every Monday and Thursday at 1 p.m. at the Ribault Community Center in off-base housing. The items will vary, most goods will include breads, cookies, cakes and muffins with occasional fruit, vegetables and milk.

For more information, contact the Chapel at 270-5212.

Be A Sea Turtle Volunteer

NS Mayport's Wildlife department is inviting the public to attend a pre-season sea turtle meeting on April 21 from 6-7 p.m. at the Security Class room in Building One. 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. As a volunteer you will be asked to occasionally walk the beach looking for nests and learn how to protect the nests once identified. Call Art Burt at 219-2178 for more information.

Which Direction Are You Going?



Chaplain Joe Molina
CDS40 Staff Chaplain

How many of you believe that there is such a thing as "true north"? Can you close your eyes and point to it? How do you know that there is a true north? You know that there is such a thing because it is based on true principles of natural law. Would true north exist whether you existed or not? Absolutely! Its existence is not predicated on your personal being. Well, let me "lighten up" a little.... A certain student brought home a report card with questionable grades in 2 subject areas. When confronted by his parents and asked why he had not done well, the six-year-

CHAPLAIN'S CORNER

old quickly replied: "...because I had the hiccups" (clever but wrong). The low grades were a consequence of not grasping the truth of the subject matter. Therefore, the student had not tested well.

How can you know that God Exists? Some might argue that the primary reason for religion is because man is afraid and therefore needs to invent God as a security blanket. Sigmund Freud once speculated that fear of nature causes man to invent God. Freud claimed that the need for belief in God is psychological, biased and not to be trusted.

My response to all this is that I, Chaplain Molina, desperately want God to exist. If I could be convinced, beyond any shadow of doubt that God doesn't exist I would find life to be the absurdity of absurdities. Life would be devoid of

any ultimate significance. But still, my desperate need for God's existence is not a good enough answer. My opinion cannot establish God's existence no more than unicorns exist because I desperately want them to exist. I believe that God exists because natural law points to that existence. I believe that God exists because that same natural law informs me that God is that being than which a greater being cannot be conceived. God is the perfection of perfections, the unmoved mover, and the uncaused cause. I can't conceive nor think of anything or anyone more perfect and, to boot, God's handiwork of design is all over natural law.

God, then, is "true north," if you will. God, then, is the true reference point and that reference point is observable all around us through the order, the power, the control and detailed design that have been displayed in God's creation. Can all this be a product of pure accident? I submit to you that anything which is accidental and totally is innately irrational. That which is irrational can never create a design that is innately rational. As Albert Einstein once observed, "God doesn't roll dice."

As we observe and study the design we can notice that natural law is dynamic, constantly changing and constantly moving. So, who initiated the whole thing into motion anyway? Well, I believe you have to go way back and start with the "unmoved mover." The unmoved mover is the one

being/power who initiated the motion. I identify this author of the motion as "God."

God, the cosmological author, would still exist whether I was here or not. God's existence is not predicated on my existence. Rather, my existence is totally predicated on God's existence. I have a suspicion that many may even have a greater need to disprove and dispose of God's existence. Why? Because if I can prove that God doesn't exist, then there is no ultimate personal accountability. God's non-existence can become a convenient accommodation. If there is no God then I can create my own convenient and strictly temporary distractions.

"The heavens declare the glory of God; the skies proclaim the work of his hands... Their voice goes out into all the earth, their words to the ends of the world."(Psalm 19: 1&4)

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POWER OF LOVE



Chaplain Rita Love
NS Mayport Chapel

Q: I would like to make a career out of the Navy but my Chief or LPO doesn't take time to mentor me so I keep making mistakes and getting reprimanded. How can I improve if my Chief or LPO doesn't mentor me?

Your Chief or LPO are there to offer you advice and guidance and to help you learn from your mistakes. It is not their responsibility to manage your career. Life in the Navy offers extraordinary opportunity: if you've got ambition and smarts, you can rise to the top,

regardless of the mistakes. With opportunity comes responsibility and you take the position that you are your own chief executive officer.

Simply put, it's up to you to turn your mistakes into opportunities for improvement and reprimands as information for future reference. And it's up to you to keep yourself engaged and productive during your work day. To do all these things well, you'll need to cultivate a deep understanding of yourself. What are your strengths and most dangerous weaknesses? Equally important, how do you learn and work with others? What are your most deeply held values? And in what type of work environment can you make the greatest contribution?

The implication is clear: Only when you operate from a combination of your strengths and self-knowledge can you achieve true and lasting excellence.

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.

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Changes To Navy Tuition Assistance

By MC1(SW/AW) Leah Stiles

Navy Public Affairs Support Element East Detachment
Southeast

Naval Station (NAVSTA) Mayport's Navy College Office (NCO) offers a variety of education options in response to recent changes in the Tuition Assistance (TA) policy.

The message released March 23 by the Chief of Naval Personnel reflects several changes to Navy education priorities, including guidance for the management of off-duty voluntary education programs.

Among the primary changes is the requirement for an individual education plan prior to enrollment in courses funded by TA or the Navy College Program for Afloat College Education (NCPACE).

The message states that an individual education plan must be on file with the Navy College Office prior to enrolling in any college course funded with TA or NCPACE. Having such a plan on file will help both the Sailor and NCO counselors identify courses that best achieve a Sailor's personal goals, thus speeding completion of educational goals.

"Counselors at the Navy College Office are available to help the student develop an educational plan," said Dawood Lightner, and Education Advisor at NAVSTA Mayport's NCO who works directly with Sailors to develop hundreds of such plans every year.

Other changes include elimination of funding for courses expressed in clock hours and the restriction of TA and NCPACE usage for new

accession Sailors during their first permanent duty station. These changes were necessary to better manage program expenditures, but they make sense from a planning perspective.

"Navy leadership is committed to providing opportunities and financial assistance to Sailors as they pursue their educational goals," said Vice Adm. Mark Ferguson, chief of naval personnel. "Our highest priority is to reward Sailors who are responsible, plan ahead and who are good financial stewards of Navy's education funds."

There are other resources that commands can utilize besides TA said Bridget Pogue, Naval Station Mayport's Navy College Office Site Director.

"In addition to TA, sea going commands can utilize the NCPACE Program. Furthermore, all

Active Duty and reservists are eligible to take College Level Examination Program (CLEP) and Defense Activity for Non-traditional Education Support (DANTES) exams to receive college credit at no cost to the Sailor," said Pogue. "Students should also look into scholarships."

According to Panshella Cole, manager of the Navy's Family Employment Readiness Program, a series of webinars have been created so that Navy families can find alternative ways to cover education costs.

For a full description of each webinar and steps for signing up visit the Fleet and Family Support Program's website at www.nffsp.org.

Motivating The Student With Spring Fever



Judy Cromartie
School Liaison Officer

Motivating the Student with Spring Fever

Spring has sprung! We are finally getting some nice weather, our yards desperately need help, and spring fever is about to be caught by students all over. Is your child starting to show signs? Forgetting to do his homework? Didn't know he had a test on Chapter 21? Tardies and absences are increasing? Hmm. Sounds like a serious case of spring fever.

Are you at your wit's end? How can you deal with this? Of course, as a parent, you recognize the value and importance of education to your child's future. Spring fever can be a

KNOW THE ROPES

complicated issue, however, and generally no amount of lecturing, pleading, or threatening will change a child's point of view. First and foremost, then, you need to understand the causes of the "disease."

Causes of the "Disease"

1. Tiredness

With the time change and the longer days, students may not be getting the rest they really need to be successful in school. Students today are involved in a myriad of activities in addition to school, including youth sports; dance, music, or karate classes; cheerleading, band, or JROTC practice; faith-based youth activities; and home computer games. Older students work many hours a week to assist with car and insurance payments. With physical tiredness comes a weariness with the same old, same old school stuff.

2. Boredom

It has been a long year. Homework, handouts, and

hurry to get them all done correctly and on time week after week have taken their toll. After 27 weeks of school doing the same thing over and over with no end, they believe, in sight, they begin to think, "What's the point?"

3. Frustration

Students who have been making "D's" and "F's" all year and can't seem to change that test grade or report card grade no matter how hard they study or how many extra credit assignments they turn in are more apt to tune out, stop trying, and fail. Their somewhat positive attitude turns to frustration this time of year since they keep getting the same grade over and over. Parents and teachers may pile on saying, "Why don't you study harder? Why don't you ask for help?" when that may be exactly what the students thought they were doing.

Cures for the "Disease"

1. Provide an Encouraging and Secure Home Environment

Children need to feel that their parents value them and their efforts. To do this you need to have some quiet – no yelling or blaming – dialogue about the problem. During the discussion you will probably hear many of the above excuses: tiredness, boredom, and frustration. Be an active listener. Genuinely express sympathy for the causes. You just may be in those same shoes at your job!

2. Work Together to Develop a Plan

Find an area in which your child remains motivated and focus on it. If he can determine why he still loves computer games or dancing or playing baseball, brainstorm with him to figure out what aspects of that activity continues to motivate him. Perhaps you and your child will be able to formulate a recipe for success and apply the ingredients to school.

3. Use Rewards Carefully

Students who possess intrinsic motivation take on activi-

ties because of the feelings of enjoyment and accomplishment they evoke. Students who possess extrinsic motivation perform to gain a reward or avoid a punishment. Students with extrinsic motivation will generally put out the minimal amount of effort to complete tasks in the easiest way possible. In addition, external motivation only exists as long as there is external compensation. In other words, extrinsic motivation is likely to result in limited progress that vanishes when the reward disappears. So be careful when offering rewards for school success.

4. Avoid Power Struggles

Choose your battles wisely. Make a clear-cut list of unacceptable behaviors and resulting consequences. For instance, a failing grade in a class might result in the loss of a favorite privilege until the grade is raised. Resist the temptation to ground your child indefinitely or to take away all prized possessions. If you do not follow

through on the promised consequences, your child will quickly realize that you are not serious about school success and he will remain unchanged.

Students do want to succeed, but as children they aren't always able to see the light at the end of the tunnel. With patience and understanding, you can help your child work through a case of spring fever and enjoy academic success.

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 judy.cromartie@navy.mil or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-7891 [cell].



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Carney Warriors Stay Vigilant



-Photos by MC2 Gina K. Wollman
Seaman Jonathan Perez assigned to the guided missile destroyer USS Carney (DDG 64) uses signal paddles to communicate with Sailors more than 200 feet away aboard the Nimitz class aircraft carrier USS Dwight D. Eisenhower (CVN 69) during a refueling at sea. Carney is currently attached to the Eisenhower carrier strike group deployed in support of maritime security operations in the U.S. 5th Fleet area of responsibility.

Sailors aboard guided missile destroyer USS Carney (DDG 64) hold the phone and distance line during a refueling at sea with the Nimitz class aircraft carrier USS Dwight D. Eisenhower (CVN 69).

First Classes Serve It Up Aboard Carney

By MC2 Gina K. Wollman
USS Dwight D. Eisenhower Public Affairs

As Sailors aboard guided missile destroyer USS Carney (DDG 64) line up for chow March 27, the ship's First Class Petty Officers lined up to serve.

Each month, Carney's First Class Petty Officers come together to not only serve the crew, but also prepare one of the crews favorite meals, pizza and wings, in an effort to show their appreciation for their fellow Sailors.

"I like to think that we are influencing the junior Sailors," said Navy Counselor 1st Class Debbie Fiaschetti. "We hope by them seeing us help out they will know we remember where we came from, and we were once in their shoes."

Fiaschetti added that she thinks it helps younger Sailors see the First Classes as more approachable and more willing to come to them with questions or concerns.

Engineman 3rd Class Eric Crugnale, who is currently serving in the mess decks on temporary assigned duty, said he enjoys the first classes' efforts.

"They take drink orders as people walk in the door and even bring the drinks to Sailors at their tables," said Crugnale. "They also wipe down tables, and basically make sure the mess stays clean in general. They even take over the scullery duty, which is great for me because that is where I work, and it gives me a break."

Culinary Specialist 2nd Class Carla Walk said she is also grateful for the break when the first classes take over the galley.

"It's really nice because when they come in, it gives all those who work in the galley and the mess decks a chance to get out," she said. "We stay busy in the galley making sure everyone gets what they need and there are a lot of things we would like to do but never seem to have the time. When the first classes take over, it gives us a chance to go work out, work on our qualifications or just take some time for ourselves."

Many of the junior Sailors aboard Carney said their ship has some of the best first classes in the fleet, and their efforts to help do not go unnoticed.

"No matter what, I know I can always go to them for advice," said Crugnale. "They are always very supportive of [junior Sailors], and we know from things like this that they will always be here to encourage us."

In addition to weekly pizza and wings night, Carney's first classes also take pride in the many other things they do around the ship to encourage Sailors.

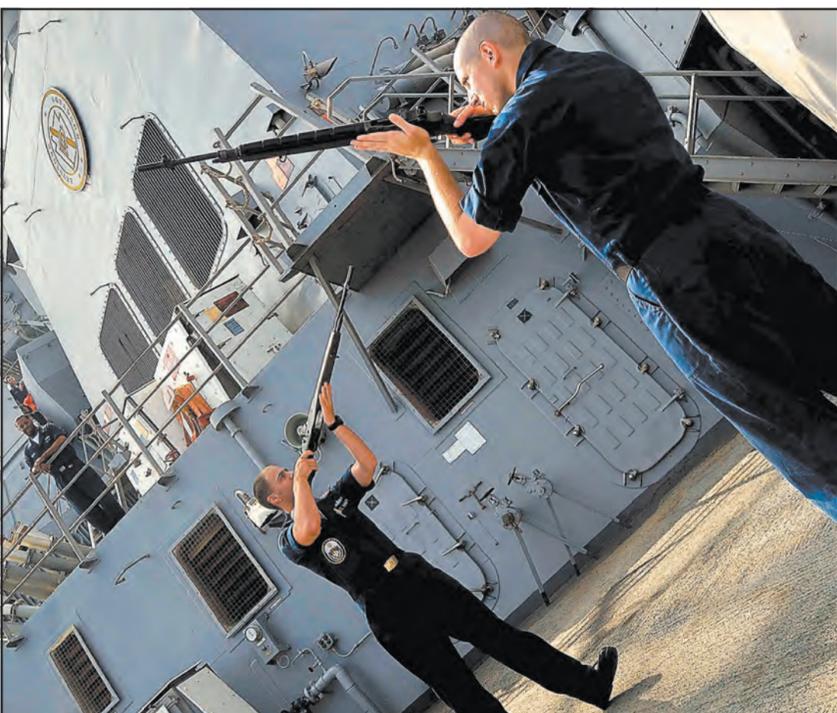
"We also let the crew know we are here for them in other ways," said Fiaschetti. "We provide advancement trivia to help them prepare for their exams, plan a steel beach picnic once a month and we also provide Enlisted Warfare Specialist training for the crew to prepare them for their walkthroughs."

With all the things Carney's first class petty officers offer their junior Sailors, it is no wonder that they are held in such high regards.

"Just watching how they involve themselves shows us that they know what they are doing around here," said Crugnale. "They truly are the best."



Fire Controlman 2nd Class Clifford Meyers and Fire Controman 2nd Class Kenneth Truex practice drill team maneuvers for an upcoming talent show being held aboard the guided missile destroyer USS Carney (DDG 64).



Meyers and Truex perfect their drill team maneuvers.



-Photo by MC2 Gina K. Wollman

Above, Information Technician 1st Class David Moreno prepares chicken wings for crewmembers aboard USS Carney as part of a First Class Petty Officers Association event hosted in the Galley. Below, Information Technician 1st Class LaTanya Broussard prepares fresh pizza rolls.



USS Carney Women Are Making History

By MC2(SW/AW) Gina K. Wollman

USS Dwight D. Eisenhower Public Affairs

After more than 14 years of proud service in the U.S. Navy fleet, the guided missile destroyer USS Carney (DDG 64) recognizes the first enlisted female crew to call the ship home.

In a crew of 277 Sailors, 33 women have made their mark on history as the first enlisted females to deploy aboard the war ship.

Though Carney has had several female officers on board since her commissioning April 13, 1996, it was not until February 2009 that enlisted females became a part of the crew.

After checking onto the ship in April 2009, Chief Yeoman Syretta Revels helped the junior female Sailors make the transition to living aboard ship.

"I wasn't supposed to check on board until June," said Revels. "But I received an e-mail from the Command Master Chief asking me to come early to help with the younger females. I felt very welcomed in the fact they came to me for guidance. I didn't feel at all like I needed to prove myself."

Command Master Chief Ross Cramer said he was happy to see Carney finally bring women aboard even if it did take a little longer than other ships of its kind.

"The ship was built in the era when we were slowly integrating women into combat rolls," he said. "Women were on ships, but they were not directly involved in hostile combat. So, when Carney was built, it was built for men to go into battle, women facilities were not part of the planning."

After a shipyard period in 2008, Carney was prepared to house 42 female Sailors in a newly refurbished berthing.

"The integration has gone very well," said Cramer. "We have not treated them any differently just because they are female. We offer them the same training; we enforce the same standards. This crew is very close. Once someone checks aboard, we give them a Carney ball cap, and they are family."

In the year following the yard period, the number of enlisted females rose from 5 to 33, and with a deployment approaching, getting everyone settled in became the number one priority.

"We started to work on a deployment list," said Intelligence Specialist 1st Class Shenna Gaston. "We had a newly refurbished berthing so we didn't have to do much in getting anything ready there, but we helped the younger girls make list of things to remember. Anything that would help the deployment be

more comfortable for them."

Gaston, along with some of the other females who had made previous deployments on other ships, said that the integration was not an issue for them.

"It wasn't anything new for me," said Gaston. "Coming from other ships that have already been integrated makes it easy. As for the younger girls, they seem to be doing well with it also. Seeing as this is a first deployment for a lot of them, they don't know any different so it has worked out well for all of us."

After more than a century of women serving in the U.S. Navy and more than 25 years of women serving aboard ships, the women of Carney has worked hard in their first year, showing that they belong.

"I actually made it a point to be the first female to earn my Enlisted Surface Warfare pin," said Hospital Corpsman 3rd Class Renee Hotchkiss. "I was also the first female Blue Jacket of the Quarter. I have worked hard, but I have never felt like I had to prove myself. That surprised me because I figured coming to a ship full of males that would be the first thing I had to do, but they welcomed us with open arms."

Though the males of Carney may have been used to the way things were before women came aboard, they have adapted well to the change and recognize it as a new page in Carney's history.

"Diversity makes us stronger and different opinions brought to the table make for a better decisions," said Cramer. "If any one still has that dinosaur mentality that women shouldn't be on ships, they need to find a new mentor. A Sailor is a Sailor, regardless if they are male or female."

In 1979, 55 female officers and 375 enlisted women were assigned to 21 ships in both the Atlantic and Pacific fleets. The repair ship USS Vulcan (AR 5) being the first Navy ship on which women were deployed. Today, thousands of women are serving in the Navy, ashore and around the fleet. Carney women are proud to be a part of that history.

Carney is currently attached to the USS Dwight D. Eisenhower Carrier Strike Group in support of maritime security operations in the U.S. 5th fleet area of responsibility.

Carney's mission is to conduct prompt, sustained combat operations at sea in support of U.S. national policy. The ship is equipped to operate independently or as part of a carrier strike group or expeditionary strike group.



Sailors stationed aboard the guided missile destroyer USS Carney (DDG 64) practice proper fire fighting techniques during a drill on the flight deck.



Ship's Serviceman 1st class Kinyatto Duncan trains Sailors in proper fire fighting techniques during a drill on the flight deck of the guided missile destroyer USS Carney (DDG 64).



Sailors practice proper fire fighting techniques during a drill on the flight deck.



Chief Damage Controlman Dedrick Walker shows Operations Specialist Seaman Eryn Coffields the proper way to wear fire fighting gear during training aboard the guided missile destroyer USS Carney (DDG 64).



Operations Specialist Seaman Scott Vigliotti and Damage Controlman Fireman Raymond Williams participate in basic fire fighting training aboard the guided missile destroyer USS Carney (DDG 64).

April 8: Thursday CPO Social Hour, "Right Hand Man/Boss's Night". 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. 270-5431

April 10: UFC 112 on Pay-Per-View. 10 p.m. start at Castaway's Lounge. (Free) 270-7205

April 13: Intramural Soccer Meeting. 11 a.m. in the Gym Lobby. 270-5451

April 13: 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

MWR HAPPENINGS

\$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

April 13: Daylight Savings 5K Run and 3K Walk. 8 p.m. in front of the Base Gym. (Free) 270-5451

April 14, 21 & 28: Xtreme Bowling Special. 6-10 p.m. at Mayport Bowling Center. Bowl for \$2 per game (you save \$1 per game) plus your shoe rental is \$1 (you save \$1). Valid Wednesdays during April 2010 only. 270-5377

April 19: Men's Intramural

Softball Begins. Captain's Cup league. Sign up at the Base Gym. 270-5451

April 20: Deadline for Southeast Military Invitational (Golf) Qualifier. Earn your chance to represent Naval Station Mayport in the 46th Annual Southeast Military Golf Tournament at NAS Jacksonville May 4-7. Qualifying tee times start at 12 p.m. April 21 at Windy Harbor Golf Club. Fee is \$30 and includes lunch and tournament expenses for team qualifiers. Open to Active Duty mili-

tary with an established USGA handicap index of 8.0 or below. 270-5380

April 21: All Hands Family Steak Night Sponsored by Fourth Fleet. 4-7 p.m. at Foc'sle CPO Club. Tickets are \$10 per person in advance. Limited tickets at the door for \$12 each. For tickets, call AGCS Michael Smith at 270-7360.

April 27-30: Spring Sports Challenge. This bi-annual Command competition features 18 sporting events over four days. Advance sign-up required. Register at the Gym. (Free) 270-5451

KID ZONE

April 8-9: Teen Spring Break "Survivor Week". Club Teen will be open 1-6:30 p.m. during Spring Break with daily challenges, competitions, tournaments and more for age 12 through grade 12. (Free) 270-5680 or 246-0347

April 16: Youth Freedom Friday, Dance 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

April 16: Teen Extended Hours, Dance Night. 7-11 p.m.

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

April 30: 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

April 30: Teen Extended Hours, Movie Night. 7-11 p.m. at Club Teen for age 12 through grade 12. (Free) 270-5680 or 246-0347

Happy Birthday Chiefs



Chief Aviation Boatswain's Mate J.C. Travless and Chief Damage Controlman C.R. Tinkle attach the national ensign during morning colors. Naval Station Mayport's Chief Petty Officers conducted the daily flag raising in celebration of the Chief Petty Officer's 117th birthday.

-Photo by MC1 Leah Stiles

Sports Challenge

4-Day Command Competition
APRIL 27-30, 2010

Monday April 27
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)

Tuesday April 28
0800 *Swim Relay (Pool)
0830 *Dodgeball (Gym)
0930 *Strongman Competition (Surfside Fitness Center)
1030 *Badminton (Gym)

Wednesday April 29
0830 *Golf (Windy Harbor Golf Club)
0900 *Cricket Darts (Mayport Bowling Center)
1100 *8-Ball Pool (Mayport Bowling Center)

Thursday April 30
0900 *Volleyball (Beachside Community Ctr.)
0900 *Horseshoes (Sea Otter Pavilion)
0930 *Corn-Hole (Sea Otter Pavilion)
1130 Simon Says (Sea Otter Pavilion)
1200 *Tug-o-War (Beach behind Sea Otter Pavilion)
1230 Awards Presentation (Sea Otter Pavilion)
1300 Cookout (Sea Otter Pavilion)

*Sign-ups for these events must be turned in by 12 noon Friday, April 16 so brackets can be made
**Bonus point event

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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 ticketmaster.com or calling (888) 401-8000 to request the tickets. 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.

For golf fans not eligible for the free admission, tickets to the 2010 PLAYERS are on sale at First Coast Publix Super Markets locations, in the clubhouse at TPC Sawgrass as well as online at www.PGATOUR.COM/theplayers and via telephone by calling Ticketmaster.

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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.

April 8: Jacksonville Suns Baseball Game. Van departs Planet Mayport at 5:30 p.m. (Free)

April 9: Dave and Busters Trip. Van departs Planet Mayport at 7 p.m. Game card included. Deadline to sign-up is April 7. (Free)

April 10: UFC 112 Invincible on Pay-Per-View. 10 p.m. at Castaway's Lounge. (Free)

April 12: Texas Hold 'Em

LIBERTY CALL

Tournament. 6 p.m. at Planet Mayport for prizes. (Free)

April 13: Golf Outing to Windy Harbor Golf Club. Van departs from Planet Mayport at 3:45 p.m. or meet us there at 4 p.m. Free clinic with nine holes of golf including cart. Deadline to sign-up is April 12. (Free)

April 14: Iron Man Competition. Prizes for the toughest person all day at Planet Mayport (Free)

April 15: Big Screen Wii. Wii on the big screen at Planet Mayport starting at 6:30 p.m. (Free)

April 16: Jacksonville Sharks

Arena Football. Van departs Planet Mayport at 6:30 p.m. (Free)

April 17: Madden Tournament. 6 p.m. start at Planet Mayport. Deadline to sign-up is April 16. (Free)

April 18: Game Night. 6 p.m. start at Planet Mayport with chips and soda for participants. (Free)

April 19: RPG Warhammer 40K. 4-10:30 p.m. at Planet Mayport. (Free)

April 21: Pool Tournament Wednesdays. 6 p.m. start at Planet Mayport. Prizes! (Free)

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USS Doyle Gets Little Visitors From PVPV

**By Ensign
Kassandra Richardt**
USS Doyle Public Affairs Officer

A troop of 200 kindergartners from Ponte Vedra Palm Valley Elementary school (PVPV) paraded down the pier of Naval Station Mayport, Florida, to visit USS Doyle (FFG-39). Accompanied by their parents and teachers, this was the students' first field trip since the beginning of their school year. Passing by the impressive ships lining the basin, the field trip gave the students a glimpse into the lives of Doyle Navy Sailors.

Due to the construction and repairs occurring on Doyle during this maintenance period, the students were unable to tour the ship, but Doyle Sailors brought the ship to them on the pier. Crew members from different departments on the ship volunteered to show and demonstrate a variety of aspects of the Navy from line handling to damage control techniques.

"We turned on a smoke machine and had the kids take turns holding a fire hose to simulate putting out a fire. We also showed them our basic fire-fighting equipment that we use



Ponte Vedra Palm Valley Elementary student Sydney Little models a damage control helmet during a demonstration by USS Doyle

onboard a ship. The kids loved handling the hose and equipment and especially the smoke machine. It was fun showing them our equipment and teaching them about our jobs," said

Damage Control Man 2nd Class Petty Officer Thomas Menard.

"This is my first field trip in kindergarten," said Sydney Little, a PVPV student, as she tried on a fire fighting helmet.



Sailors from USS Doyle pose for a picture with Ponte Vedra Palm Valley Elementary students. -Photos courtesy of USS Doyle

"My favorite was the firefighting!"

Along with the damage control display, the Boatswain's Mates let the students try on life vests and practice throwing heaving lines into buckets.

"We showed them all the lines that we use to pull in ships and had them throw heaving

lines. We had fun with them, and it was enjoyable showing them what we do," said Boatswain's Mate 1st Class Phillip Poe.

The students ended their tour with snacks and juice supplied by Doyle's Supply department on the pier.

"This turned out to be a

really great experience for all. I think the students had fun observing the daily life of a Sailor. As far as the crew is concerned this experience introduced the Navy life to what very well could be future Navy Sailors," said Lt. Cmdr. Cory Blaser, Doyle's executive officer.

Independence Day



-Photo by MC2 Gary Granger Jr.

The Navy's newest littoral combat ship, USS Independence (LCS 2), approaches Naval Station Mayport for a port call. Independence is en route to Norfolk, Va., for initial testing and evaluation of its aluminum constructed hull before sailing to its homeport of San Diego.

Pirates

and work closely together to deal with the piracy problem. What we witnessed today is a good example of how this can be achieved."

The Master of MV Evita, Capt. Norberto Grubat from the Philippines, expressed his gratitude for the assistance rendered

by the coalition forces and the maritime organizations, saying: "In future emergencies, I would definitely give you a call for assistance. Thank you very much for your help."

CTF 151 is a multi-national task force established in January 2009 to conduct coun-

ter- piracy operations under a mission based mandate to actively deter, disrupt and suppress piracy in order to protect global maritime security and secure freedom of navigation for the benefit of all nations.

CTF 151 is part of Combined Maritime Forces (CMF), which

patrols more than 2.5 million square miles of international waters working to defeat terrorism, prevent piracy, reduce illegal trafficking of people and drugs, and promote the maritime environment as a safe place for mariners with legitimate business.

From Page 1

Commissary Purchases Can Benefit Wounded Warriors Project

From DeCA Mayport

Mayport's Commissary deli/bakery contractor, Northeast Military Sales, Inc., has teamed up with the Wounded Warrior Project (WWP) in a fundraising project to benefit WWP. Now through May 16, Northeast Military Sales will donate 10 cents for every piece of French and Italian bread sold in the Bakery department and 10 cents for every pound of ham and turkey sold in the Deli departments at this Commissary and the 31 other Deli/Bakery contracted locations.

The mission of the WWP is to honor and empower wounded warriors. Their purpose is to raise awareness and enlist the public's aid for the needs of severely injured servicemen and women, to help severely injured service members aid and assist each other and to provide unique, direct programs and services to meet the needs of severely injured service members.

For more information about WWP, or how you can further assist, go to www.woundedwarriorproject.org.

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An SH-60B Sea Hawk helicopter assigned to Helicopter Anti-Submarine Squadron (HSL) 46 lands aboard the guided-missile destroyer USS Laboon (DDG 58). Laboon is in transit to participate in Joint Warrior 10-1, a multi-national event designed to improve interoperability between allied navies. The exercise is a semi-annual event.

Mayport Commands Depart For Joint Warrior 10-1

By MC1 Darius O. Jackson
Navy Public Affairs Support Element

Destroyer Squadron (DESRON) 24, embarked aboard USS Laboon (DDG 58), departed Naval Station Norfolk March 28 to participate in the multinational exercise Joint Warrior 10-1 off the coast of Scotland. Guided-missile destroyers USS Laboon (DDG 58) and USS Barry (DDG 52), guided-missile cruiser USS Vella Gulf (CG 72) and embarked HSL-46 Detachment Six, guided-missile frigate USS Kauffman (FFG 59) and embarked HSL-46 Detachment Eight, and Fleet Replenishment Oiler USNS Leroy Grumman (T-AO 195), based out of Norfolk, Va., along with USS Vicksburg (CG 69) and embarked HSL-42 Detachment Three, based out of Mayport, Fla., will be working alongside navies from the United Kingdom and other NATO allied partners.

Joint Warrior is a United Kingdom-led, multi-warfare exercise designed to improve interoperability between allied navies and prepare participating crews to conduct combined operations during deployment. The exercise, which is scheduled from April 10-23, promotes Commander, U.S. 2nd Fleet's three focus areas: conducting safe and effective fleet operations to achieve mission, providing ready maritime forces for global assignment, and teaming with allies and partners in execution of the maritime strategy. Joint Warrior allows DESRON 24, commanded by Capt. Aaron C. Jacobs, commodore, and British ships to work together with maritime, land and air units from allied nations while providing each other with key services and logistical support. "We're going to be operating in a multi-warfare, multi-platform coalition envi-

ronment with a variety of other nations," said Jacobs. "This is a unique opportunity for our Sailors to experience a sophisticated training environment while our Navy strengthens relationships and executes the maritime strategy with our allies." The participating ships have been divided into units that represent fictional regions that are having territory disputes. Scenarios the ships will participate in include small boat attacks, boarding operations, air defense, anti-submarine warfare and ship maneuverability tasks. Joint Warrior serves as a certifying event for ships that will deploy with coalition forces in the future. Nations participating in the exercise are Belgium, Brazil, France, Germany, Italy, Netherlands, New Zealand, United Kingdom and the United States.

Computers Upgraded

From NMCI Public Affairs Office

Starting in April, NMCI will begin the phased roll-out of Microsoft Office 2007 enterprise-wide. This upgrade, rolling-out over the next several months, will change the look of computer screens and computers will have enhanced capabilities. The upgrade will help make NMCI seats and their data more secure and will offer enhanced capabilities to better meet the needs of today's naval personnel. Two days prior to their scheduled upgrade, users should receive another notification regarding the installation of Microsoft Office 2007 on their machine, which will be performed via the standard nightly maintenance window.

Eligible seats must currently run Microsoft Windows XP, have 1 gigabyte (GB) or more installed random access memory (RAM) and have at least 2.5GB available hard disk drive space on their C: drive.

Some of the benefits of Office 2007 include:

- Enhanced time-management tools
- New tools for creating documents and presentations
- The ability to analyze data more easily than with Office 2003
- Updated tabs and Favorites Center
- Improved printing, viewing and search capabilities

Microsoft Office 2007 has a decidedly new look and feel and will require training to familiarize users with the new capabilities and navigation. Training and topic guides for Office 2007 can be found on NMCI's portal, Homeport (<https://www.homeport.navy.mil>). From the site's homepage, locate the "Training" and

"Support" tabs along the top of the page. User's can select Training > Microsoft 2007 and/or Support > View All Support Topics > Software > Office 2007 to access additional information and training resources.

User Actions to Ensure Smooth Upgrade:

While service disruption and data loss is not expected, there are several actions that users will need to complete prior to the upgrade.

- It is recommended that users back up their machines prior to the launch. If a NMCI seat is shared with other users, all seat users must take the appropriate measures to prepare for the Office 2007 upgrade.

- Since the upgrade is scheduled to install during the nightly maintenance window, users must log off but not completely shut down their NMCI seat on the night before the scheduled upgrade.

- Users should contact the NMCI Service Desk at 866-THE-NMCI (866-843-6624) for assistance if an attempted installation has failed or the installed package is causing errors.

For more information, please visit NMCI's Homeport at <https://homeport.navy.mil>.

About NMCI
The Navy Marine Corps Intranet (NMCI) is the Department of the Navy's shore-based enterprise network in the United States and select sites outside of the Continental United States. NMCI is part of the program portfolio of the Program Executive Office for Enterprise Information Systems (PEO-EIS). NMCI provides a secure single, integrated IT environment for reliable, stable information transfer.

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USS De Wert Hosts International Students



-Photo by MC2 Gary Granger Jr.

Senior Chief Quartermaster (SW) Michael Howard, Command Senior Chief of USS De Wert (FFG 45), shakes hands with visitors from foreign navies upon completion of a ship tour. The tour was provided to a group of international students as part of a U.S. Navy facilitated leadership course.

By MC2 Gary Granger
Naval Public Affairs Support Element
East, Detachment South East

Nine foreign senior enlisted military students visited the guided-missile frigate USS De Wert (FFG 45) at Naval Station Mayport March 26.

The students were visiting Mayport as part of the International Chief Petty Officer Leadership Course held at Naval Education and Training Center (NETC) Pensacola, Fla.

The students visited De Wert to not only tour the ship, but to meet with United States Navy senior leaders.

"The way the crew received us, I didn't feel as if I was not in the U.S. Navy," said Nigerian Navy Chief Bam Ismayla. "I felt like I was at home with my own crew."

Ismayla said he felt the same love when he stepped on De Wert's bridge as he did the first time he stepped on the bridge of his own native ship.

The tour of De Wert not only created memorable learning experiences for the class members, but for the ships senior leaders as well.

"One of the things I learned from talking with them is that we all have the same goal in mind," said Senior Chief Quartermaster (SW) Michael Howard, USS De Wert's command senior chief. "That goal is to look out for the junior sailor.

It's good to know that what we do here is pretty much what other navies do as well."

Retired Capt. Guy Abbate, NETC special division head, said that many navies of the world do not rely on their senior enlisted personnel the same way as the U.S. Navy.

"We really appreciate De Wert having us aboard and being willing to spend time with our students," said Abbate. "I can assure you that having done numerous international training events for the last 15 years, that this will be the absolute highlight of their training."

Education Fair On April 15

From NCO

The Navy College Office is sponsoring a Navy College Program Distance Learning Partners (NCPDLP) education fair on Thursday, April 15 from 10 a.m.-2 p.m. in classrooms A & C located in building 460, between the Post Office and the NEX.

The NCPDLP education fair is held once a year and is open to everyone. The Navy College Program has developed partnerships with colleges and universities to offer rating relevant degrees via distance learning. These new education partnerships provide associate and bachelor degree programs relevant to each rating, and make maximum use of military professional training and experience to fulfill degree requirements. The goal of the Navy College Program Distance Learning Partnership (NCPDLP) Schools is to support both the Sailor's mobile

lifestyle and educational goals with rating relevant degree programs. Courses are offered in a variety of formats, such as CD-ROM, paper or internet. Prospective students are encouraged to meet with representatives from the different institutions. Military personnel and their family members are strongly encouraged to bring copies of their SMART and/or college transcripts.

Representatives from the following colleges and universities have been invited to meet with Sailors and their families: American Military University, Berkeley College, Bismarck State College, Central Texas College, Charter Oak State College, City University of Seattle, Coastline Community College, Columbia College, Dallas Telecollege, ECPI College of Technology, Embry-Riddle Aeronautical University, Empire State College, Excelsior College, Florida State College

Jacksonville, Florida National College, Fort Hays State University, Hawaii Pacific University, Old Dominion University, Olympic College, Regent University, Roger Williams University, Saint Joseph's College of Maine, Saint Leo University, Southern Illinois University, Southern New Hampshire University, Strayer University, Thomas Edison State College, Trident Technical College, TUI University, University of Maryland University College,

University of the Incarnate Word, Upper Iowa University and Vincennes University. Representatives from the Navy College Learning Center, SOCNV, USMAP and Troops to Teachers have also been invited. Information on the NCPDLP roadmaps can be found at <https://www.navycollege.navy.mil/storefront.cfm>. Your SMART transcript can be obtained at <https://smart.navy.mil/smart/dodMandatoryBanner>. Contact the NCO at 270-6341/6342 for information.

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

Online Resources Aid DON Civilian Employees Transitioning To GS

From Deputy Assistant Secretary of the Navy (Civilian Human Resources) Communications Office

The Department of the Navy (DoN) posted Web-based programs designed to assist DoN civilians in transitioning from the National Security Personnel System (NSPS) March 30. Online programs include a General Schedule (GS) 101 session as well as classification primer for supervisors and



an introduction to performance management. In passing the National Defense Authorization Act 2010, Congress required the transition of Department of Defense employees from NSPS

no later than Jan. 1, 2012. More than 70,000 employees will transition from NSPS. The DoN's transition plan aims to avoid undue interruption to mission and minimize negative impact to employees.

"Most of our employees will transition from NSPS to the General Schedule by the end of 2010," said Tony TorresRamos, director, DoN Transition Management Office. "The online tools and guides are one of several ways we are reaching out to our workforce to provide them information and resources during the transition."

In addition to the online resources available on the DoN Civilian Human Resources Web site, the DoN Transition Management Office set up a centralized email at (donhrfaq@navy.mil) to handle transition-related questions. The DoN's Transition Management Office provides support on NSPS transition to major commands and their workforce. The Transition Management Office also coordinates the transition of NSPS employees, provides oversight and guidance on the transition, and serves as a hub for information regarding the transition and other NSPS issues.

Information about the transition is available at <https://www.donhr.navy.mil/NSPS>.

Uniform Changes Include CPO Cutlass, Ball Caps

From the Chief of Naval Personnel Public Affairs

The chief of naval operations approved a number of uniform changes as announced in NAVADMIN 118/10 March 31. Included in the announcement is the approval of a Chief Petty Officer (CPO) Ceremonial Cutlass for optional wear by E-6 through E-9s. Chief petty officers are authorized to wear the cutlass in full dress uniforms when acting as a member of an official party during a ceremony. However to ensure uniformity, all members of the official party must wear either the cutlass or the sword. Because this is an optional uniform article, Sailors are responsible for the cost of the item. Additional details on the final design and manner of wear of the cutlass will be released in a future Navy message. Also announced in the NAVADMIN, are changes to the occasion of wear of the Navy and command ball caps. The ball caps are authorized for wear with the following uniforms: wash khaki, utilities, physical training uniform, coveralls, and flight

suit. Commanding officers can authorize the wear of the ball cap at sea with the Navy Working Uniform and Camouflage Utility Uniform (CUU) by bridge watch teams and command training teams. Ashore, commanding officers may authorize the wear of ball caps with the NWU and CUU by command training teams during field exercises held in restricted areas to help provide immediate visual identification of supervisors, controllers and safety observers. Ball caps are not authorized for wear in transit to or from exercise events. Beginning Jan. 1, 2011 the Navy blue coveralls are only authorized for wear when underway. However, commanding officer can allow the wear of the Navy blue coveralls ashore in environments that place an excessive amount of wear on the working uniforms. The NAVADMIN also reminds commands they are responsible to purchase coveralls for work in areas that are likely to permanently soil or prematurely destroy the uniform. Also beginning Jan. 1, the

blue 100 percent cotton t-shirt worn with the NWU will be the only authorized T-shirt for wear with the Navy blue coveralls, replacing the white T-shirt formerly worn with the uniform. Sailors can now wear black or navy blue backpacks on

either the left shoulder or on both shoulders while wearing the service uniform or NWU. When wearing the NWU, a matching NWU pattern (blue, grey and black) backpack may be worn on the either the left shoulder or both shoulders.

Sailors are reminded no personal ornamentation can be attached or worn on the backpack. For complete uniform changes see NAVADMIN 118/10. More information on Navy uniforms can be found on the

Uniform Matters web page at www.npc.navy.mil. To read the latest Navy Uniform News Gram, visit <http://www.npc.navy.mil/CommandSupport/USNavyUniforms/Newsgrams2.htm>.

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| 4 Happy Easter! | 5 Charity Car Wash Bldg 289 2-4 PM | 6 Twilight Saga Book Club 4:30 PM | 7 Birthday Party 4:30 PM | 8 Smart Start for Mommy and Me 10 AM | 9 Fitness Friday's 10 AM Breakfast on the Go On Base | 10 |
| 11 | 12 | 13 Twilight Saga Book Club 4:30 PM | 14 Month of the Military Child Craft Event 5 PM | 15 Smart Start for Mommy and Me 10 AM | 16 Fitness Friday's 10 AM | 17 |
| 18 National Volunteerism Week | 19 Charity Car Wash Bldg 289 2-4 PM | 20 Twilight Saga Book Club 4:30 PM | 21 Recycle Diner 5 PM | 22 Smart Start for Mommy and Me 10 AM | 23 Fitness Friday's 10 AM | 24 |
| 25 | 26 | 27 Twilight Saga Book Club 4:30 PM | 28 Create a Herb Garden 5 PM | 29 Smart Start for Mommy and Me 10 AM | 30 Fitness Friday's 10 AM | |

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Out in Town

Friday, April 9

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

Experience a day filled with adventure and excitement from 10 a.m. - 10 p.m. at Kathryn Abbey Hanna Park, 500 Wonderwood Drive, Atlantic Beach. Come fly a kite in the country's longest running kite festival, ride the waves and build a sandcastle at a favorite surfing spot, try your hand at catching the big one with F.W.C., relax with a movie in the park and much more.

9 a.m.-3 p.m., Environmental Education Program: Beach Walk and Talk

10 a.m. - 4 p.m., Trailing Through the Woods: Bicycle rides with Champion Cycle and Fitness

*Tours leave every 15 - 30 minutes depending on group size

10:30 a.m. - 2 p.m., Fishing clinics with the Florida Fish and Wildlife Commission

11 a.m. - 4 p.m., 85th Annual Kite Festival

1 - 2 p.m., Surf and Sand! Surfing demonstrations and sand castle building

6 - 10 p.m., Star Gazing

6 - 10 p.m., in the Park

Saturday, April 10

The fifth annual Tour de Parks will be held April 10, 9 a.m. to noon, beginning at Russell Park, 800 Seminole Rd. Participants will enjoy an eight-mile bike tour that visits ten of Atlantic Beach's best parks. Individuals, families, friends, and groups are all welcomed to join the tour. Self-guided riders, walkers, runners, and joggers are also welcomed, just pick up a map and go! Tour guides will be there to assist with the route and give information about the parks. Help will be offered by traffic officers for crossing at

COMMUNITY CALENDAR

Mayport Rd. Groups and individuals can pre-register at the recreation office or register at Russell Park tennis parking lot on the day of the event. The last tour leaves at 11 a.m. and takes approximately one hour to ride. Don't forget to bring your water, hat, and sunscreen. Participants are urged to follow Florida law, which mandates helmets for anyone riding a bike under the age of eighteen. Registration is now open at the Recreation office, 716 Ocean Blvd. A tour map will be available on the recreation website in April at www.coab.us/events. Contact Karen Kempf at 247-5828, email recreation@coab.us, or the Atlantic Beach Department of Recreation and Special Events at 247-5828.

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. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Fleet Reserve Association, Branch 290, is hosting a Meatloaf Dinner from 5 to 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. The dinner will include mashed potatoes and green beans. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. Happy hour precedes the dinner from 4 to 6; all drinks are 50¢ off. After dinner, enjoy the music of Doug Bracey until 1 a.m. As always, the public is invited to attend.

The "Old Mandarin" Biathlon will start and end at Walter Jones Historical Park, 11964 Mandarin Rd., at 7:30 - 9 a.m. Activities include kayaking and running. Call (904) 268-0784 for information on fees and registration. Kids Kampus Survivor is

an exciting outdoor competition for children ages 12 and younger. Participants maneuver through a variety of unique obstacle courses and other fun, age-appropriate activities. Prize drawings for all participants will immediately follow the games. The event also includes the Florida Fitness Fair, a free fitness and health fair hosted by the American Heart Association. The event will be held at Kids Kampus at Metropolitan Park, 1410 Gator Bowl Blvd. from 10 a.m. - 2 p.m. Call (904) 630-CITY for more information.

Celebrate the spirit of the magnificent St. Johns River and get a glimpse of historical Mandarin with River Celebration Day from 11 a.m.-4 p.m. at Walter Jones Historical Park, 11964 Mandarin Road. Enjoy colorful music and storytellers, tranquil boat rides, educational nature programs with the St. Johns Riverkeeper, entertaining games and delicious food. Activities continue throughout the day.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a morning of fun for children ages 3 to 5 and their favorite adult from 10:30 a.m. to Noon. Participants of Art for Two: Gardens in Bloom will spend time together exploring the galleries, art making and time in Art Connections. Participating individuals will enjoy time in The Cummer Gardens, which was recently listed in the National Register of Historic Places. The Cummer Gardens are unique examples of early 20th century garden design with features such as reflecting pools, fountains, arbors, antique ornaments and sculptures. These historic gardens, set against the backdrop of the majestic St. Johns River, create a special outdoor space that provides a perfect complement to the Museum's

collections. Members \$10 per pair, per class. Non-members \$15 per pair, per class. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-0630.

Sunday, April 11

The Ponte Vedra Beach Chamber of Commerce will host their 8th Annual Ponte Vedra Car Show on at the Nocatee Community Park Community from 11 a.m.-3 p.m. Over 150 classic, custom and antique automobiles are expected to compete for trophies. New this year is a silent auction featuring vacations, furniture, artwork and more. In addition to music, there are activities and food suited to children. The cost to pre-register your classic, custom, antique or newer car is \$25 then an additional \$20 if you wish to register multiple cars. Registration the day of the show is \$30. If the show is rained out, you will receive a credit towards participating in next year's show if you pre-register. If interested in exhibiting your business at the event, that cost is \$125 and also includes a trophy sponsorship. For information on participating in the event, please contact Chamber Executive Director, Ginger Lilley Peace, at (904) 285-2004. Registration for the show as well as directions to the park are available on line at www.pontevedrachamber.org/events.

Monday, April 12

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, April 14

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, April 16

Fleet Reserve Association Branch 290 is hosting a "Fish Fry" from 5 - 8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$10 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 the Pepper Band will entertain until 1 a.m. Happy hour precedes the dinner from 4 - 6 p.m., all drinks are 50¢ off.

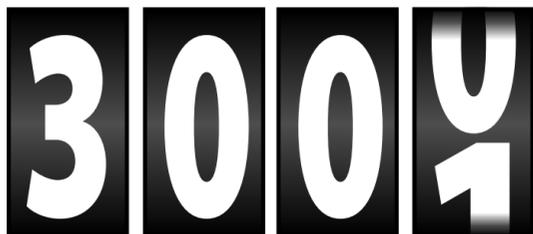
Saturday, April 17

The Jacksonville Genealogical Society will have their monthly meeting at 1:30 p.m., at the Webb-Wesconnett Branch Library, 2887 103rd street, Jacksonville, Fl. Grace has found a rather interesting topic: Using the Global Positioning System (GPS) in genealogy. Mr. George Bass' theme presentation is to leave geographic information that

will permit you to locate sites of interest; such as an old home, buildings, graves, tombstones, etc., of your ancestors. For additional information please contact Jim Laird, (904) 264-0743.

Area non-profit, KEEPERS OF THE COAST, will host their 4th annual, Sea Turtle Education Festival at the St. Augustine Fishing Pier Pavilion on from 10 a.m. to 3 p.m. Families will have the opportunity to learn about ocean conservation from local experts as they participate in hands-on activities focused primarily on sea turtles and other coastal wildlife. Keepers of the Coast will also be unveiling their public art project. Kids of all ages can enjoy face painting, the exploratory beach education station, a coastal wildlife slideshow, and participate in the passport program. Other activities include shopping at earth friendly vendor booths for handmade jewelry and other unique items, enjoying food and listening to music provided by local musicians such as BLUE, Saltwater Cowgirls and Aslyn and the Naysayers. Beginning at 9 a.m. a Clean Up of the St. Johns County pier Park. It will be held on the north side of the pier and a prize awarded to the participant who collects the most cigarette butts at the park and the adjacent beach. To learn more, please visit: <http://keepersofthecoast.org/> or call (904) 814-2172

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ACROSS

- 1 Sweet potato
- 4 Pains
- 9 Majority
- 13 Took advantage of
- 15 Babble
- 16 Length times width
- 17 Tall tale teller
- 18 Mountaineer's spike
- 19 ___ tide
- 20 Item sent out monthly from one's bank
- 22 Bit of land in the sea
- 23 Fellow
- 24 Ms. Lupino
- 26 Godfrey or Ashe
- 29 Pessimism
- 34 Considers
- 35 Slumber
- 36 That girl
- 37 "___ Karenina"
- 38 Sandbar
- 39 Bewildered
- 40 Utility bill, for many
- 41 Like a copycat
- 42 Mean
- 43 Optional class
- 45 Ne'er-do-wells
- 46 Trotted
- 47 Gather leaves
- 48 Al or Tipper
- 51 Deterioration of morality
- 56 Throat-clearing sound
- 57 Gruesome
- 58 Saudi or Yemenite
- 60 Carousel or Ferris wheel
- 61 Wipe away
- 62 Actress Bonet
- 63 Supervisor
- 64 Not stoned
- 65 Wager

DOWN

- 1 Actor Brynner
- 2 Sale tag words
- 3 Pork or beef
- 4 Come into view
- 5 Pinch the edges of a pie crust
- 6 Detest
- 7 Prestigious British school
- 8 Soldier on guard
- 9 Lunatic
- 10 Uranium & gold
- 11 Barking marine mammal
- 12 Adhesive ___; first aid kit item
- 14 Old Greek coin
- 21 Therefore
- 25 Guacamole, for one
- 26 Saying
- 27 Of the kidneys
- 28 Uptight
- 29 Near at hand
- 30 Slangy "okay"
- 31 Magazine edition
- 32 Utter
- 33 Repasts
- 35 Prison knife
- 38 Rods holding bobbins
- 39 Weapon storehouse
- 41 One ___ time; consecutively
- 42 Soft drink
- 44 Sweet liqueurs
- 45 Fireman's need
- 47 Elevate
- 48 Clothing
- 49 "Buckeye State"
- 50 Ruby & maroon
- 52 Foreign dollar
- 53 Grouch
- 54 Baby's bed
- 55 Alleviate
- 59 Baseball stick

| | | | | | | | | | | | | | |
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4/8/10

THIS WEEKS ANSWERS

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FFSC Classes, Workshops Available

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.

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

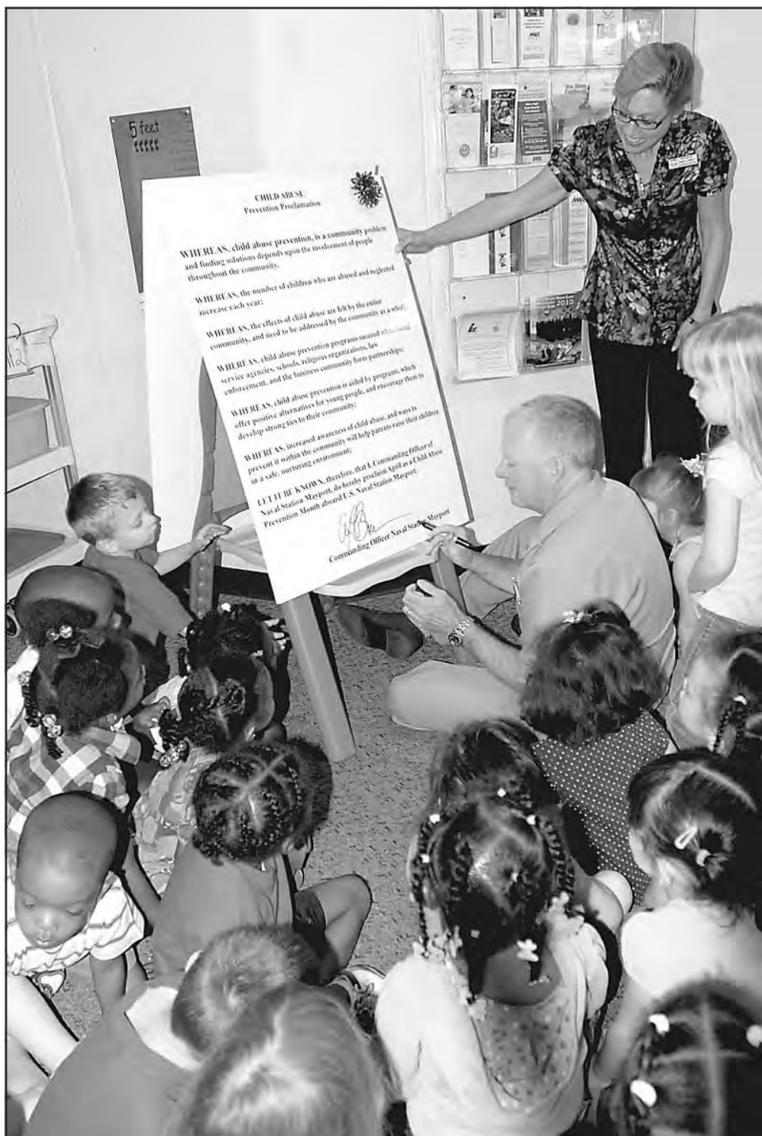
Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how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

Month Of The Military Child



-Photo by MC2 Sunday Williams
 Captain Aaron Bowman, Naval Station Mayport commanding officer, huddles up with children from the off base Child Development Center to sign a Child Abuse Prevention Proclamation with the help of Fleet and Family Support Center Counselor Jaye Meyer. This signing names April the Month of the Military Child. FFSC is also sponsoring an "English Tea For Expectant Moms" on April 29 from 1-3 p.m. at the Base Chapel. Call 270-6600 ext. 1701 for more information or to register.

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

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.

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

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

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

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Fri. 7:30a.m.-5:30p.m.

Toll Free 800-258-4637
BY FAX 904-359-4180

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Thursday Tue, Noon Tue, 11 a.m.

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

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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.

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

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|-------------------------------|-----------------------|
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Keystone Heights/Melrose
Mandarin
Middleburg
North Jacksonville
Orange Park/Clay County
Riverside
San Marco
Southside
Springfield
Westside
Waterfront
Condominiums
Manufactured Homes
Lots
Farm Acreage
Investment Property
Retirement Community
Baker County
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Putnam County
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St. Johns Homes
St. Johns Waterfront
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St. Johns Intracoastal
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Com.
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St. Johns Lots
St. Johns Roommates
St. Johns Rooms to Rent
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Nurses/Nurses Aides
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Administration
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INTRACOASTAL WEST
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Garage Sale, April 17,
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Saturday, April 10, 8a-2p

Julington Creek
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Garage Sale, April 17,
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Upsize heavy
duty Washer, exc.
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