

## THANK YOU OMBUDSMEN!



-Photo by Paige Gnann

Ombudsmen from tenant commands at Naval Station Mayport gather for a picture during the Ombudsman Appreciation Dinner held on Friday at Ocean Breeze Conference Center. The ombudsmen also celebrated the 40th anniversary of the Ombudsman Program. Founded Sept. 14, 1970, by the then Chief of Naval Operations Adm. Elmo Zumwalt, the Ombudsman Program is designed to assist and support families using Fleet and Family Support Services.

## Mayport Thanks Ombudsmen For 40 Years Of Service

By Paige Gnann  
The Mirror editor

Naval Station Mayport and its tenant commands took time out on Sept. 10 to thank their ombudsmen for their volunteer services and recognize the 40th anniversary of the Ombudsman program during the annual Ombudsman Appreciation Dinner held at Ocean Breeze Conference Center.

Special guests for the event included Angela Corey, State Attorney- Fourth Judicial Circuit, and 96.1 FM radio personality Arthur Crofton as guest MC. Corey thanked the

ombudsmen for their selfless volunteer work to help their command's families deal with the military life. After Corey's remarks, Crofton read the proclamation signed by Rear Adm. Timothy Alexander, Commander, Navy Region Southeast, to honor Sept. 14, 2010 as the 40th anniversary of the Ombudsman Program creation.

Each command got up to introduce and then thank their ombudsman for their work.

According to Commander, Navy Installations Command (CNIC), ombudsmen are dedicated volunteers who are

appointed by the commanding officer to serve as an information link between command leadership and command families. Ombudsmen are trained to assist Navy families to successfully navigate the unique challenges of the Navy lifestyle. The position was created on Sept. 14, 1970 by then Chief of Naval Operations, Adm. Elmo Zumwalt. Zumwalt adapted the program from a 19th century Scandinavian custom originally established to give private citizens an avenue to express their concerns to high government officials.

Beth Wright, Ombudsman coordinator with Fleet and Family Support Center Mayport, said that the volunteers are required to go through two full days of training after being tapped by their command, plus attend monthly assembly meetings.

USS Hue City Ombudsman Vanessa Stokely said that her son describes the role of an ombudsman as "Ombudsman means Outstanding, Mentor, Busy, Understanding, Devoted, Supportive, Motivated, Ambitious and just plain Nice."

"As an ombudsman I work

collaboratively with the command to maintain and sustain the morale and welfare of the command's service members, their families and single Sailors on active duty," Stokely said. "We are like the 'concierge' for families and single sailors in that we act as their advocate and assist them by providing referrals, resources and community information."

To find out who your Ombudsman is and more about the program, contact Wright at 270-6600 ext. 1722.

## New SRBs Out

By Chief of Naval Personnel Public Affairs

Changes to selective reenlistment bonus (SRB) award levels were announced in NAVADMIN 300/10 for active duty and Reserve full-time support Sailors, which are scheduled to take effect Oct. 1.

Approximately 17,000 Sailors working in 135 critical skills will be eligible to reenlist with SRB awards up to \$90,000 in 2011.

"While the SRB program continues to be the Navy's primary monetary incentive to encourage Sailors with critical skills and valuable experience to stay Navy, it is incumbent upon the Navy to remain within congressionally authorized funding limits," said Rear Adm. Tony Kurta, director of personnel plans and policy.

"As reenlistment goals for particular skills are achieved, SRB award levels for those skills will be removed from the plan," said Kurta.

The key for Sailors is to reenlist early to take advantage of the SRB as soon as eligibility requirements are met. Enlisted ratings selected for SRB have been placed in one of three tiers. Varying award levels and early reenlistment opportunities have been provided.

Sailors may request to reenlist early for an SRB, as long as their end of active obligated service is within the current fiscal year and is not later than 90 days from the requested date of reenlistment.

Sailors serving in tier one skills may reenlist any time within the fiscal year their enlistment contract ends. Sailors receiving early promote in their most recent periodic evaluation report and Sailors with nuclear skills are given greater reenlistment flexibility.

## Experts Provide Details On Flu Vaccine Production

By Hugh Cox

Navy and Marine Corps Public Health Center Public Affairs

Navy and Marine Corps Public Health Center (NMCPHC) experts underscored the importance of mandatory influenza vaccination Sept. 9 and explained how and why a new vaccine is developed and produced annually.

"Early annual immunization is the best method to help combat the effects of influenza as no two influenza strains are exactly alike," said Cmdr. Chris Clagett, Navy physician and head of NMCPHC preventive medicine.

The Navy's 2010/2011 season's vaccine formulation includes three strains - the H1N1 strain and two seasonal flu strains - and is available in injected and nasal mist versions. Unlike last year, this year's immunization consists of one vaccine, Clagett said. Two vaccinations were required to



-Photo by Bill Austin

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, receives a flu shot from Lt. Hristos Tsingelis, the preventive medicine officer at Naval Branch Health Clinic Mayport. Service members are required to receive flu shots annually.

immunize against the H1N1 virus and the annual influenza strain in 2009.

Like last year, compliance with Department of Defense (DoD) policy on influenza vac-

ination is a vital component of force health protection and operational readiness.

"The influenza virus changes in smaller or larger ways that make it appear new to the immune system each season," said Clagett.

These changes mean that a person can be infected with influenza repeatedly, and also a vaccine developed one season is unlikely to be effective the next, given a significant enough change in the virus.

This is different than with most viruses for which a successful immune response to infection or vaccination confers longer lasting immunity. This difference means that influenza vaccines must be manufactured annually to match the major circulating viruses for a particular year.

To determine the best influenza vaccine formulation each season, the World Health

Organization (WHO) operates the Global Influenza Surveillance Network (GISN).

Laboratories participating in the GISN routinely take throat and nasal samples from people with influenza symptoms around the world to determine what strains are circulating each year and are most likely to cause disease. WHO evaluates this information to make a recommendation for the upcoming season's flu vaccine.

The influenza vaccine always contains the three virus strains considered by the WHO to be most significant in terms of illness caused or numbers of people likely to be infected. Influenza viruses are divided into A and B types, with influenza A viruses typically causing more severe illness. Two of this year's vaccine strains are influenza A viruses and the third is an influenza B virus. One of the A strains

comes from the H1N1 subtype.

Despite its best efforts, WHO recommendations are not always 100 percent guarantee.

"Sometimes, as occurred in 2007, there is not a good match between the WHO's recommendations for the vaccine strains and the important circulating viruses," said Clagett. "That mismatch causes that year's vaccine to be less protective than in other years with the consequence that fewer cases of flu are prevented."

As the Navy's leader in disease surveillance, this information is critical for NMCPHC, whose epidemiologic staff spends a considerable amount of time tracking and monitoring the severity of outbreaks.

DoD policy states that influenza vaccination is mandatory for uniformed and health care personnel who provide direct patient care. It is highly encouraged for all others.

**Klaking COMREL**  
Community, Services Come Together  
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**USS Taylor**  
Spends Time In Russia  
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**No Out-Of-Pocket Cost**  
For Navy Working Uniform  
**Page 14**



**Capt. Aaron Bowman**

**Fair Winds**  
On Aug. 31, during a superb and well-orchestrated ceremony, we bade "Fair Winds" to USS McInerney as she decommissioned after more than 30 years of honorable service to the fleet, and commissioned as PSNS Alamgir in the Pakistan Navy. CDR Paul D. Young, USS McInerney commanding officer, transferred command to CAPT Naveed Ashraf of the Pakistan navy during the ceremony. After the ship undergoes a dry docking and pier side refurbishment, the ship and crew will leave the United States for Pakistan in January

## CAPTAIN'S COLUMN

2011. Thanks to everyone who had a hand in putting the ceremony together, it was truly something to see.

Ombudsman; a valuable resource for 40 years strong

Last Friday we had the honor of recognizing our ombudsman for the Naval Station. Over 200 people attended a special dinner where we recognized and said thank you to the dedication provided by our ombudsman. They are, and will always be a valuable resource and point of contact for families, and available 24-7 to you. Ombudsman refer Navy families to various support agencies for assistance and play a major role as a bridge between the Command, its family members and the resources of the community. They act as a two-way communicator, a referral agent, and interpersonal helper for family members. I want to thank each and every one of you that serve in the capacity as ombudsman. You

may not hear it as often as you should, but your devotion to our Sailors is always appreciated. Thank you all for your service and continued support.

**PFA Changes on the horizon**  
Changes are here for the upcoming fall Physical Fitness Assessment (PFA), running Sept. 27 to Nov. 5, and for this year's PFA as in the past, the assessment includes physical readiness testing and body composition assessment, with Sailors having the option of completing a 1.5-mile run, a 500-yard swim, or a 12-minute fixed-time test on the elliptical trainer or stationary bike. As of Jan. 1, 2011, the requirements for Sailors who opt to take the bike test must use a more vigorous calorie conversion equation, equating the activity to a 1.5-mile run, according to NAVADMIN 256/10 announced in early August. Please keep in mind that if you have three or more PFA failures in the last

four years, you can't re-enlist, transfer or extend service without a waiver from the Navy Personnel Command. Sailors who have failed once or twice are also ineligible for promotion, advancement or frocking. For more information about physical readiness and policies, visit [www.navy-prt.com](http://www.navy-prt.com) or [www.npc.navy.mil](http://www.npc.navy.mil).

**Get your Navy Ball tickets?**  
The Navy Ball Committee is hard at work raising funds and selling tickets to what will be an outstanding Navy Ball on 9 October at the Hyatt Regency on the Jacksonville riverfront. Get your tickets now while they last. Points of contact for ticket sales are as follows:

- BMCM Marrero: 270-5226 x1311, Naval Station Mayport
- MC1 H. Ewton: 270-5226 x1014, Naval Station Mayport PAO
- MA1 M. Barthelemy: 270-7411 x20, Naval Station Mayport Security
- HM1 L. Burts: 270-4304, Naval Station Mayport Medical
- YN1 T. Gray: 270-4073, Fourth Fleet
- ET1 E. Parsons: 270-6154,

Naval Station Mayport Air Ops  
CS1 D. Thompson: 270-7887, Naval Station Mayport Bachelor Housing  
QM3 D. Davis: 270-5266, Naval Station Mayport Harbor Ops

**Our schools need you!**  
Mentorship is something always needed within our local schools and I encourage all of you to see what you can do for them. Your volunteerism will certainly make a difference. Even volunteering to read to the kids once a month is something that would be greatly appreciated. To find out how you can help out this school year, call our Base Volunteer Coordinator AC1 Chandra Chaney at 270-6130. For those commands interested in adopting a local school, contact our School Liaison Officer Judy Cromartie at 270-6289 ext. 1305.

**Domestic violence month**  
October, is Domestic Violence Awareness month, and gearing up for that, our Fleet and Family Support center has invited Dr. David Wexler to speak on September 30 here at building 1. Dr. Wexler is the

author of "When Good Men Behave Badly" and several other books about relationships in conflict and how to resolve them. Seats are limited. To register and for more information, call 270-6600 ext. 1700.

**Hats off**  
Our Supply Center celebrated fifteen years of service during a "Community Appreciation Day" on Sept. 15. The center also recognized the hard work and dedication of members of the AbilityOne Program. Nationwide, more than 40,000 blind or severely disabled people provide services and products through the AbilityOne Program. Your hard work does NOT GO UNOTICED and I thank you all for your tireless service.

Please keep in mind that YOUR concerns are my concerns so keep those suggestions rolling into the CO's suggestion box located at the base galley, or email them to [aaron.bowman@navy.mil](mailto:aaron.bowman@navy.mil).

# How Do I Get Help For My Special Needs Child?



**Judy Cromartie**  
School Liaison Officer

**How Do I Get Help for My Special Needs Child?**

To get help for your child, you must become an advocate for him. Why should you do this? Well, you are a natural advocate for your child. You were his first teacher, his most important role model, and you have his best interests at heart! Because you will be involved with your child for life, you need to be an active participant

## KNOW THE ROPES

in planning his education.

As your child's advocate, your first step is to learn as much as you can about the special ed services available at your child's school and from the district. You will need to gather information about the processes used to make the decisions about your child and who the people are making them. Who are the specific individuals in your child's school and at the district office you will work with to secure those services designed to meet your child's special needs? Since your child is entitled to an "appropriate" education, not the "best" education, nor an education that will "maximize

your child's potential," you must know these individuals, the processes, and the State and Federal laws, especially The Individuals with Disabilities Education Act of 2004.

What do you currently know about your child's disability and educational history? Remember, the district only has to provide an "appropriate" education. Your main goal is to ensure that your child is provided with "special education and related services [which are] designed to meet [the child's] unique needs and prepare them for further education, employment, and independent living..." 20U.S.C. 1400(d). You will not be able to determine if what

they are offering is appropriate if you don't know what has been tried before and whether it worked or not.

Another important goal involves building a healthy working relationship with the school staff. Because you will be negotiating with the school for special education services, you will need your knowledge of special education law and his disability and educational history. School personnel may or may not inform you of your rights and responsibilities. By maintaining a cordial relationship with school personnel, they will be more willing to discuss issues, make additional proposals, and develop Individualized Educational Programs (IEPs) which specifically address your child's needs and result in that appropriate education for your child.

Are you the only one advocating for your child? Absolutely not! Teachers, school staff, and school- and district-based administrators are available to provide support to you and your child. But as you know, schools and district special education departments are woefully understaffed. They will evaluate your child and make recommendations to you about educational services. However, these evaluations and resulting recommendations will vary from school to school and from individual to individual as the educational background and training of these individuals is quite varied.

Another individual who can advocate for your child is a lay advocate. These individuals use their specialized knowl-

edge and expertise to help parents resolve problems with schools. They can attend meetings with you, help you craft letters, negotiate for services, and advise you about your legal rights and responsibilities. If this service sounds like what you need to get help for your special needs child, join me on Tuesday, Sept. 21st in the training room of Building One at N.S. Mayport [across from the Navy Federal Credit Union]. Jill Fane, NE Florida Trainer for the Central Florida Parent Center, will be speaking on how to effectively advocate for your special needs child.

As a special needs advocate for the NE Florida area, she will share with you how to get quality services for your child while maintaining a positive working relationship with school personnel. You will also learn about your child's rights and your rights and responsibilities as the parent of a special needs child. Additionally she will share with you resources which are available locally for your special

needs child.

This program, How Do I Get the Help I Need for My Special Needs Child?, is the first in a series of parent programs scheduled for this year. The programs are scheduled for 6:30 pm in Building One on Massey Ave. The presenters are all experts in their field who can provide parents with the latest information on the topic and a multitude of resources for the military family. [See attached information on all the parent programs scheduled for this year.]

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this program on Sept. 21 or concerns about an educational issue impacting your child, she can be reached via email at [judith.cromartie@navy.mil](mailto:judith.cromartie@navy.mil) or by phone at (904) 270-6289 X1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

## 2010-2011 Military Parent Programs

**NS Mayport – Building 1**  
**6:30 p.m.**

**Tues., Sept. 21: How Do I Get the Help I Need for My Special Needs Child?**

As the parent of a special needs child, you are the one who will represent your child's interests and negotiate for special education services. To effectively advocate for your child, you need to know your child's rights and your rights and responsibilities. Learn how to get quality services for your child and how to maintain a positive working relationship with school personnel. Find out what additional resources are available locally for your special needs child.

**Thurs., Oct 28: What is Response to Intervention (RtI), and Why Won't the School Test My Child?**

Since some students have uncommon needs, which must be addressed to help them succeed in school and in their lives beyond, exceptional education/student services department insures that students are served in a nurturing environment of respect and compassion. Learn what you need to know about this new process of assessing needs to best serve your child.

**Tues., Nov. 16: What Can I Do to Help My Child Be More Successful in School, and What Resources Are Available for Military Students?**

The time you take and the support you provide will help your student succeed in school now and then later achieve postsecondary success whether it is in the military, the work force, or college. This program will provide basic skills for avoiding homework battles, setting up a study area, and communicating with your child's teachers. Armed with these basic skills, you can formulate a strategy for fostering academic improvement. Learn

about resources, which improve the quality of life of military families and linkage to school information – enrollment, special needs, state testing, and school choice. These resources will give you the support you need to insure the academic and personal/social success of your children.

**Tues., Jan. 25: Helping Military Families Understand the Financial Aid Process – Scholarships, Loans, Grants, Work Study**

An overview of the federal student aid programs and Florida programs, including the Bright Futures Scholarships will be provided. Federal student aid can help a student with an average or above academic record complete his/her education. State aid can provide further financial support. Learn about additional financial aid resources available to military families!

**Tues., Feb. 15: It Is Time for My Child to Select His Classes for the 2011-2012 School Year. What Should I Know to Help Him Make the Proper Choices?**

Critical thinking, adaptability, interpersonal communications, global awareness, and media literacy are required skills for secondary and postsecondary success. Too often students, parents, and even teachers at the school are not knowledgeable about which course offerings provide these skills. School counselors can provide the link between the skills which will be needed to be successful in the workplace with the specific courses available to the students at the school. Learn more about course offerings at local schools and how to connect your child with volunteer opportunities. Learn how to help your student with his academic and career development through several, easy-to-access and easy-to-use

online programs.

These programs are sponsored by Judy Cromartie, the School Liaison Officer for NS Mayport. She has selected presenters who are experts in their fields to provide you with the latest information on the topic and a multitude of resources for the military family and child. If you have questions about one of these programs or an educational issue impacting your child, you can reach her via by phone at (904) 270-6289 X1305 [office] or (904) 219-3894 [cell] or by email at [judith.cromartie@navy.mil](mailto:judith.cromartie@navy.mil).



**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 3<sup>rd</sup> 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)**  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays each month 9:15 a.m.  
For more information, contact MOPS coordinator at [mayportmops@yahoo.com](mailto:mayportmops@yahoo.com)

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**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  
AEAN Michael Roggio ..... Staff

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Mayport, FL 32228-0032  
Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012  
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Email: [mayportmirror@comcast.net](mailto:mayportmirror@comcast.net)  
CO Actionline: 270-5589 or 1-800-270-6307

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# Keeping A Positive Attitude Will Make Happier



Chaplain Peter W. Dietz  
COMDESRON 14

Why do the doom and gloom news stories get so much higher ratings than the good news stories? Why is negative campaigning by politicians so much

## CHAPLAIN'S CORNER

more effective than promoting ones abilities? Why does the pull towards negativity seem stronger than the pull to be positive? I don't know. But I do know that it is great to be positive. I know that positive people tend to be healthier and have better relationships. Often positive people are able to heal and recover from illness more quickly. Positive people tend to be more successful. Positive people are usually more fun to be around (there are exceptions to that, of course). I also know that positive people have experienced pain in their lives, as well.

I recently got a note from a childhood friend who after having cancer herself lost her brother, who was her best friend, to a heart attack this summer. She wrote, "I have come to realize that God never stops teaching us and humbling us in our lives." As a chaplain I am privileged to share in many of your lives and have been able to walk with many through some very difficult times. I see a lot of suffering and loss. As adults we have all suffered to various degrees. Some may not know their parents or don't want to know them, many have been abused, some have grieved

the loss of loved ones or battled severe illnesses and of course most of us have had struggles with relationships. We all experience pain. How we live with it makes the difference. How we view the world ~ either as a negative, dangerous place, or a beautiful creation filled with mystery and awe ~ is up to us. Abraham Hicks said, "My happiness depends on me, so you are off the hook." How we choose to live with the pain in our lives is up to us. King David often cried out in his pain and suffering to the Lord in the Psalms but would finish his song with praise and glory to God. As for me, I don't believe in a God that inflicts pain and suffering on us, rather I believe in a God that brings good out of evil and hope out

of despair. Like David, after a period of grief and sadness we need to turn our attention from the pain to the positive. Every autumn, people of Jewish faith enter into the "Days of Awe," which is a ten day period between *Rosh Hashanah*, the Jewish New Year, and *Yom Kippur*, the Day of Atonement. It is a time of year to look at one's life, cast off the bad things that have been done, seek reconciliation with people that may have been offended, and grow in one's relationship with God. It is a new year, thus a time for new beginnings. Whether Jewish, Christian, Muslim, atheist or anything else, there is value to putting the past behind, growing from lessons learned and having hope for the future.

My prayer for you is that you are able to find your inner peace, grow in your relationships with the ones you love and with God. Be supportive and empathetic to strangers and grow in your appreciation and awe of the amazing world around us. Instead of watching TV, watch the sun rise. Be childlike in your laughter. Get involved in a fitness class. Go to church or join a social organization. Make time for yourself to pray or meditate and get re-centered. Volunteer and share the wonderful gifts you have been given with others. Pain is inevitable, living life with joy and peace is up to you.

## Connecting With Our Guard, Reserve Sisters

### HOMEFRONT IN FOCUS

By Beth Wilson  
Military Spouse Contributor

"I can't seem to find a military community; I feel alone going through this." This email came in from Susie, a National Guard spouse in the Midwest. Kelly, a Guard wife in California, sat across from me expressing her confusion over military acronyms and procedures. She says, "I think I need a 'military' girlfriend. I know I can do this if I could just talk to someone who understands." Her words echo many I have heard from Guard and Reserve spouses.

Over the past two years I have enjoyed the privilege of speaking to National Guard spouses across the country. I am inspired by these spouses. Man, I admire them. As active duty spouses we are immersed in the culture of the military, we have at our finger tips resources, support and opportunities that enrich our lives - all nearby. We 'are' military. Our Guard and Reserve counterparts are what one spouse described as 'suddenly military.'

Guard and Reservists are no longer 'weekend warriors.' Since 9/11 they have deployed aggressively in support of the conflicts in Iraq and Afghanistan. The Oklahoma National Guard, for example, is in the midst of their largest deployment mobilization since the Korean War.

The local armory is their 'base.' A look at the armory reveals no exchange or commissary; no FFSC or ACS. It is where the service member 'drills' or trains for duty and they may be driving from as far away as 100 miles to do so. Families are distributed across the state and it is not unusual to even cross state lines.

I want to talk to my active duty sister spouses. We have National Guard and Reserve families in our neighborhood. An internet search of your town and 'National Guard' will show how many armories dot your county, your area. My experience with the National Guard Bureau Family Programs Office (FPO) has been so positive. The FPO is mobilized and busy reaching out to Guard and Reserve Families. But you and I know the FFSC isn't the 'girlfriend' we all need. We need that girlfriend...that 'deployment buddy' so to speak, and that presents an opportunity.

Let me build my bridge - National Guard and Reserve spouses are not victims, they are not helpless or needy. They are amazing, capable men and women. But take a moment to remember when you first entered the military culture. I equate my first deployment to

the mini-earthquakes I experienced in southern California. Things are shaking and you're not sure where to find stability. Now imagine that you were 'suddenly military' because of a deployment but there is no family support center nearby. Yeah...like me, you'd want to find others to hang with. So this is my challenge to you - look for the 'suddenly military' in your community. Get to know them, reach out to them and offer them the support and friendship you know you need during deployment.

Whether Army or Air National Guard, or Navy Reservist, the diversity adds to the richness of friendship. I have learned so much from the Guard and Reserve spouses that serve on my team. They have programs we do not; we have programs they do not. They do things 'differently' and the exchange of ideas is great. And, in the process they have become my dearest friends.

Want to connect with spouses in your area? The Family Programs Office is always looking for volunteers; contact your local Armory or your state's National Guard or Reserve Bureau. They will welcome your interest, will train and equip you... you'll be all the richer in friendships.

Connect with Beth on twitter (@Beth\_Wilson), her forum ([www.enlistedspousecommunity.net/forum](http://www.enlistedspousecommunity.net/forum)) or email her at [beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com). Don't miss Enlisted Spouse Radio at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).

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# From Military-to-Military-to-Community Klaking COMREL Helps Colombian School



-Photo by MC1 Darryl Wood  
Sailors assigned to the guided-missile frigate USS Klaking (FFG 42) paint the side of the John F. Kennedy Educational Institution during a joint community relations project with the Colombian national navy in Santa Marta, Colombia. Klaking is on a six-month deployment to South America and the Caribbean as part of Southern Seas 2010, a U.S. Southern Command-directed operation that provides U.S. and international forces the opportunity to operate in a multi-national environment.

By MC1 Darryl Wood  
CTG 40.0 Public Affairs

Sailors from USS Klaking (FFG 42) and Helicopter Anti-Submarine Light 42 (HSL) 42 Det 10 had the opportunity to work side-by-side with the Colombian Navy performing maintenance at a school, while in port in Santa Marta, Columbia on Aug. 21.

Twenty crewmembers of the guided-missile frigate volunteered to help the Colombian Navy with a community relations (COMREL) project, allowing Sailors from both the United States and Colombian navies to come together and help a local community in need.

"When we got there I was surprised by the greeting we received," said Ensign Phillip Jones, assigned to Klaking. "I never experienced anything like it before, and I would like it to be treated like a rock star. We pulled up in the bus and got out and I was giving high fives

to the kids and shaking hands. It was definitely awesome."

The COMREL project took place at the John F. Kennedy Educational Institution, which was built to provide an education to underprivileged children. Located in the San Martin Barrio of Santa Marta, the single school building is made up of six classrooms and supports an enrollment of 155 students. Using volunteers from Klaking, the Colombian Navy, and soldiers from the Cordova Battalion, the project focused on cleaning and painting the school to provide a better learning environment for its students.

"I was painting, sweating in the sun, and a kid came up and tapped me on the arm. I look over, he gives me a thumbs up, says thank you and runs off. It was awesome. It's something you don't expect to see in other parts of the world, but you begin to realize that no matter where you go in the world, peo-

ple are pretty much the same. They just speak different languages," said Jones.

This COMREL project was a military to military cooperative event, but soon after beginning, the local community and the school's children joined the efforts.

Locals watched and offered words of thanks, while others brought freshly baked treats to those working. Soon, children joined in with wet rags cleaning the walls and window railings allowing the work to progress at a faster pace.

"We are very pleased that there is an interest from the U.S. Navy to come and help," said Ruth Maria Bolano, the school's director. "It is important to remember that this type of work is valuable because it contributes to the educational environment available for the children. I am eternally grateful for what is being done here today. This will benefit the



Lt. Lance Ruth, assigned to the guided-missile frigate USS Klaking (FFG 42), paints window shutters as children clean wiping rags.

entire neighborhood, the entire community, not just the school and not just the students."

The atmosphere at the COMREL project was one of pride in community and thankfulness towards those helping. From the warm greeting to the offering of meals and the assistance with the work to the grateful farewell, this project

exemplified the power of the global community.

"This school is the literal and figurative center of this neighborhood just as the children here represent the future of this country. By joining with the Colombian military in this project, these Sailors have positively influenced that future and continued to strengthen the rela-

tionship between Colombia and the United States."

Southern Seas is an annual U.S. Southern Command-directed operation executed by DESRON 40 as Commander, Task Group 40.0.

Southern Seas 2010 includes the Klaking, HSL 42 Det 10, and DESRON 40 serving as the command element.



A Klaking Sailor gets help sanding security bars from some of the local students during the COMREL.



Klaking Command Master Chief, CMDCM Jeff Kirby, dips his brush in paint to add extra color to one of the school's walls.



Lt. Craig Richardson discusses paint preferences with a Colombian sailor.



USS Klaking Hospital Corpsman 2nd Class Jeffrey Paugh mixes paint



Cmdr. Scott Smith, commanding officer of USS Klakring (FFG 42), removes old paint from a doorway gate with the help of local children.



USS Klakring's Lt. Lance Ruth repairs security bars



USS Klakring Lt. j.g. Timothy Livingston sands down a wall during a community relations project at John F. Kennedy Educational Institution in Santa Marta, Colombia



Klakring Sailors pose with students and Colombian Navy sailors after a dance performance to thank the Sailors for their help.



Students assigned to the John F. Kennedy Educational Institution perform a dance for Klakring Sailors in appreciation of their work to repaint and repair the school.



Klakring and Colombian Sailors applaud the exhibition.



Young students play the drums in local native costume.



Smith talks with local media about the community relations project.

# FFSC Classes Help Sailors, Families

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 1701. FFSC is located in Building One on Massey

Sept. 16, 1:30-3 p.m., **Conflict Resolution for Women**, FFSC, Room 702

Sept. 16, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Sept. 16, 8-11 a.m. **Anger Management**, Building One Room 1606

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

Sept. 20-21, **SAPR Advocate Refresher Training**, 8 a.m.-4 p.m., NAS Jax Chapel

Sept. 20, 8:30 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC Room 702

Sept. 20, 1-3 p.m., **FERP-Federal Employment Class**, FFSC Room 702

Sept. 20-24, 8 a.m.-4 p.m., **CFS Training**, Building One, Room 1616

Sept. 21, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Sept. 21, 9-11 a.m., **Parenting Class**, FFSC Room

## Navy Tri-Base Job Fair Set

From FFSC

Naval Station Mayport, Kings Bay SUBASE, and NAS Jacksonville Fleet and Family Support Centers (FFSC) will sponsor the Navy Tri-Base Job Fair on Wednesday, Sept. 22 from 9 a.m.-2 p.m. at the Morocco Shrine Center.

Active duty, separating, retiring and retired service members, military spouses, family members and separated service members up to 180 days after separation date are eligible to attend. Attendees are encouraged to bring several copies of their resumes and dress for interviewing.

Local, state and national companies will be collecting resumes for numerous jobs. The following types of companies will be at the Job Fair: energy, defense contractors, government, law enforcement, financial, healthcare, engineering logistics, aviation, naval ship repair, education, industrial, construction, maritime, technology, and more.

The Job Fair and parking are free. The Morocco Shrine Center is located at 3800 St. Johns Bluff Road in the Southside of Jacksonville.

For more information, call the Fleet and Family Support Center at 904-270-6600 Ext. 1606 or email [pamela.ottesen@navy.mil](mailto:pamela.ottesen@navy.mil).

702

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

Sept. 22, 9 a.m.-12 p.m. **Tottletyme Playgroup, USO**

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the

area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Sept. 22, 9 a.m.-2 p.m., **FERP- Tri-base Job Fair**, Morocco Shrine Center

Sept. 23, 1:30-3 p.m., **Conflict Resolution for Women**, FFSC, Room 702

Sept. 23, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Sept. 23, 9-11:30 a.m., **Smooth Move**, FFSC, Room 719

This workshop is designed for inexperienced, as well as experienced military members on permanent change of station (PCS) orders. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The trav-

## Proclamation To Thank Ombudsmen



-Photos courtesy of CNRSE

Rear Adm. Tim Alexander, Commander, Navy Region Southeast, signs a proclamation honoring Sept. 14, 2010, as the 40th anniversary of the Navy Ombudsman Program creation. Looking on are: Navy Region Southeast Regional Chaplain Capt. Timothy Lantz, Region Southeast Educational Services/Deployment Support Coordinator Diane Parker, Navy Region Southeast Fleet and Family Readiness Director Hector Spulveda, NAS Jacksonville Fleet and Family Support Center Trainer Wanda Archer, NAS Jacksonville Ombudsman Coordinator Wilhelmina Nash, Navy Region Southeast Executive Director Bruce Cwalina, Navy Region Southeast Regional Command Master Chief CDCMC Joseph Curtain, and Submarine Base Kings Bay Fleet and Family Support Center Director Debbie Lucas.

el section of Personnel Support Detachment (PSD) will present a section on travel pay and allowances. FFSC staff will discuss the emotional cycles of relocation, budgeting for a PCS move and provide some strategies for families.

Sept. 27-30, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building One, Room 1616

Sept. 27, 6-8 p.m., **Ombudsman Assembly**, Building One, Room 104

Sept. 28, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Sept. 28, 9-11 a.m., **Parenting Class**, FFSC Room 702

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

Sept. 29, 9 a.m.-12 p.m. **Tottletyme Playgroup, USO**

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet

training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Sept. 30, 1:30-3 p.m., **Conflict Resolution for Women**, FFSC, Room 702

Sept. 30, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Oct. 5, 9-11 a.m., **Parenting Class**, FFSC Room 702

Oct. 12, 9-11 a.m., **Parenting Class**, FFSC Room 702

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# DoD Joins Suicide Prevention Alliance

By Army Sgt. 1st Class Michael J. Carden

American Forces Press Service

Taking care of service-members is among Defense Secretary Robert M. Gates' top concerns, he said Sept. 10, and that includes preventing military suicides.

"It is always a horrible tragedy to see a servicemember safely off the battlefield only to lose them to this scourge," Gates said. "It is the ongoing duty of this department to do everything possible to care for those who protect our nation."

Speaking at the launch of the National Action Alliance for Suicide Prevention at the National Press Club here, Gates underscored the importance of a nationwide approach to suicide prevention.

The alliance's strategy pools federal and private-sector research and resources in hopes of better addressing the national suicide rate.

Veterans Affairs Secretary Eric K. Shinseki and Health and Human Services Secretary Kathleen Sebelius are part of the alliance and represent the public sector on the board. Army Secretary John M. McHugh represents the public sector as co-chair.

The military suicide rate has increased steadily over the past five years, exceeding the national average of 11.1 suicides per 100,000 people. The military last year averaged 12.5, according to a Defense Department task force.

Suicide claimed 309 military members last year, and 267 troops committed suicide in 2008, the task force said. From 2005 to 2009, more than 1,100 servicemembers took their own lives, an average of one suicide every 36 hours, the task force said.

"We must and we will do better," Gates said.

Gates outlined some of the challenges the military faces in

## Taking Suicide Seriously



-Photos courtesy of CNRSE  
Rear Adm. Tim Alexander, Commander, Navy Region Southeast, signs a proclamation on Sept. 8, to proclaim September as Suicide Prevention Month, during a ceremony in the commander's office. Looking on are members of the Navy Region Southeast and installation staffs. The proclamation focused on first responders applying ACT - Ask, Care, Treat, as a proactive approach to suicide prevention.

suicide prevention, citing nearly a decade of war and advancements in protection and battlefield medicine.

While more troops are surviving physical injuries, psychological war wounds have taken a toll on the military, he explained.

The stigma associated with seeking help for post-traumatic stress and traumatic brain injuries also is a challenge in suicide prevention, he said, noting that such conditions can increase the risk of suicide.

"We are also confronting a historical stigma attached to these kinds of wounds -- a lack of understanding that they, too, are an inevitable consequence of combat, that those fighting to recover deserve respect for their sacrifice, as well as the

best state-of-the-art care," Gates said.

The Defense Department has taken several measures to reduce stress on the force and help troops and their families in need, he said.

Gates noted that the Army and Marine Corps are growing the size of their forces to increase time at home between deployments. Also, the Pentagon is working to improve access to care by adding more 2,000 mental health providers at military health care facilities. Initiatives are also under way to improve care for reserve-component troops and their families, many of whom don't have the same access to support as active-duty troops, he said.

The Pentagon's most notable -- and perhaps most diffi-

cult -- challenge is working to change the reluctance within the military culture to seek mental health care. Gates said troops who seek psychological care are not at risk of damaging their careers. In fact, he added, he praises their willingness to come forward.

"As with almost every issue in our military, progress on this front comes down to leadership among those in command and leadership positions," he said. "They need to aggressively encourage those under them to seek help if needed, and also set an example by doing the same."

Tackling the military's suicide issue will translate to success in the civilian world, he added.

"In everything we do, we must remember that every sol-

dier, sailor, airman or Marine is part not just of the military, but also of a larger community," the secretary said. "Their families, their hometowns, their civilian employers, their places of worship all must be involved in the solution."

McHugh agreed. The Army's efforts to better understand what it takes to prevent suicide among its force have determined that many of the issues are not related just to the Army and military, he said.

"Many [psychological issues] are the shared challenges that every citizen in every community in this country and indeed in every corner of this world faces -- things like drug and alcohol abuse, financial hard-

ships [and] relationship challenges," he said.

Getting people to seek help and reducing the nation's suicide rate must be a team effort, McHugh said.

"As proud as we are of what we can accomplish, we neither can nor wish to go it alone," McHugh said. "This is such an exciting opportunity and an honor for us to partner with some of the most illustrative organizations and minds, some of the most leading scholars and groups involved in this critical challenge."

"I look forward to the work ahead," he continued. "I look forward to learning and to taking those lessons back to the department."

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# TRICARE Encourages Military Kids To 'Move'

From TRICARE

During the month of September, TRICARE continues its strong commitment to the battle against childhood obesity. By observing Childhood Obesity Awareness Month, TRICARE is an active participant in the Let's Move! program for military kids.

The national Let's Move! program works to combat the epidemic of childhood obesity through engaging every sector impacting a child's health. It provides schools, families and communities simple tools to help kids be more active, eat better and get healthy.

TRICARE's web page at [www.tricare.mil/getfit](http://www.tricare.mil/getfit) serves as the 'headquarters' for beneficiaries looking for resources on childhood obesity. The page highlights ongoing efforts to raise awareness of childhood obesity and encourages children to eat right and exercise. It has links to informational websites and games emphasizing good nutrition and fitness for kids.

The Let's Move! campaign reports that over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America is overweight

or obese. What is more shocking, one third of all children born in 2000 or later, will suffer from diabetes at some point in their lives. Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer and asthma.

TRICARE knows it is not easy battling obesity. Weight loss occurs when calories consumed are less than calories burned. If children (or adults) consume more calories than they are burning, there is a good chance they will gain weight. Decreasing calorie consumption

and increasing physical activity to burn more calories than consumed is the simple "recipe" for weight loss. For someone obese, staying committed to changing his or her diet may not be simple. Physicians and experts are in agreement that battling obesity involves a commitment to healthy eating habits and regular exercise. Having a support system is also very important.

Early and appropriate intervention is valuable. Teaching children ways to make healthy eating choices at a young age can bring benefits for a life-

time. Military personnel, retirees and their families can utilize the support from the Defense Commissary Agency (DeCA). The DeCA website at [www.commissaries.com](http://www.commissaries.com) provides dietary advice columns, recipes and information on making healthy food choices. The "MyPyramid" tool at [www.mypyramid.gov](http://www.mypyramid.gov) from the Agriculture Department assists by creating a personalized eating schedule and physical activity plan.

For exercise and activities, check with schools for a list of programs. Also, military

Morale, Welfare and Recreation (MWR) centers offer activities from team sports like basketball and baseball, to music, dance, martial arts, gymnastics, swimming, ice skating and more. MWR youth services has something for everyone. Beneficiaries should check with the nearest installation for more information. Learn more about Let's Move! at [www.healthierkidsbrighterfutures.org](http://www.healthierkidsbrighterfutures.org).

## Finegan Students Learn To 'Play 60'



-Photos by Paige Gnann

Above, Melissa Scobee, wife of Jacksonville Jaguars kicker Josh Scobee, talks to fifth-graders from Finegan Elementary School about nutrition and exercise as part of the NFL-wide "Play 60" program to motivate children in developing healthy lifestyle habits. Several Jaguars wives visited the school for an hour to show them how exercise can also be fun. Right, Nicole Considine, wife of Jaguars safety Sean Considine (37), shows the students stretching and yoga techniques.

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## Out in Town

**Thursday, Sept. 16**

Fleet Reserve Association, Branch 290, will host dinner from 5 - 8 p.m. The menu this week will be fried shrimp with french fries, cole slaw, hush puppies and dessert. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

**Friday, Sept. 17**

Fleet Reserve Association Branch 290 is hosting a Shepherds Pie Dinner from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of Doug Bracey will entertain until 1:00 am. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. Please call 246-6855 for more information or to place an order.

One Church One Child of Florida, Family Support Services of North Florida and the Florida Department of Children and Families are co-hosting a free Adoption Prayer Breakfast from 7:30-9:30 a.m. to engage churches in promoting public adoption. More than 500 leaders from the faith community are expected to attend the breakfast scheduled at EverBank Field. The goal of the event is to recruit churches who will partner with One Church One Child to increase awareness of children available for adoption and to identify families interested in public adoption. According to the Department of Children and Families, Florida has 850 children with no identified family. Of these children, more than 450 are African American, and most are over the age of eight, making them more difficult to place. Church leaders and active parishioners are urged to attend the free prayer breakfast and may register online at [ococfl.org](http://ococfl.org). Registration will be

# COMMUNITY CALENDAR

limited to the first 1,000 guests to RSVP.

**Saturday, Sept. 18**

Fleet Reserve Association Branch 290 is hosting a Steak Dinner from 5 - 8 p.m., at the branch home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. The bar will be open for all drinks. Starting at 9 p.m., the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a morning of fun for children ages 6 to 12 from 10 a.m. to Noon. Participants of Art Adventures: Portrait Collagraphs will spend two hours exploring the galleries, art making and time in Art Connections. Participating individuals will create a positive and negative impression of their face by drawing and painting with ink. Attendees will tour the permanent collection of The Cummer and be inspired by the beautiful portraits and works of art found in the American collection. Cost is \$10 per class for members and \$14 for non members. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-0630.

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

Join a park ranger at 2 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take

place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

**Friday, Sept. 19**

Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

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

**Monday, Sept. 20**

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.

**Tuesday, Sept. 21**

Fleet Reserve Association, Branch 290, will host dinner from 5 to 8 p.m. The menu this week will be beef enchiladas with rice & refried beans, and dessert. A donation of \$6 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

**Wednesday, Sept. 22**

Fleet Reserve Association,

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

**Thursday, Sept. 23**

Fleet Reserve Association, Branch 290, will host Dinner from 5-8 p.m. The menu this week will be Linguini with Clam Sauce, Garlic Bread, Salad and Dessert. A donation of \$8.00 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

**Friday, Sept. 24**

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners, from 5 to 8 p.m., at the Branch Home at 390 Mayport Rd. We'll do the cooking for you. A donation of \$5 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4 to 6 p.m., all drinks are 50¢ off. After dinner, enjoy the music of MART LANDON from 9 p.m. to 1 a.m.

**Saturday, Sept. 25**

JaxParks, Jacksonville Jaguars, The American Heart Association, Jacksonville Children's Commission, Winn-Dixie Stores, Dairy Council of Florida and Nutrition Expert Trisha Howell, RD,LD/N CHHC are partnering to celebrate Nickelodeon's Worldwide Day of Play here in Jacksonville. Nickelodeon will stop programming for three hours and suggest that children go outside and play. Free activities, nutritional guidance, snacks, special guests and sporting challenges will give the children of the First Coast a unique opportunity. As community leaders, each partnering agency encourages physical activity and better nutri-

tion to ensure a healthier generation. Some experts believe that if unhealthy habits among children continue to increase, the current generation could become the first in American history to live shorter lives than their parents. Support the First Coast's effort to motivate children and create an adventure of physical activity and nutritional awareness. Activities for Jacksonville's Worldwide Day of Play featuring Jaguar players includes tug of war, relay races, nutrition demonstrations and Nickelodeon Slime! Also, there will be special guest appearances by the Jacksonville Jaguars, the ROAR, Jaxsonville and Jacksonville Jaguars D-Line. Children will also be able to compete in challenges in each zone to win great prizes. An air conditioned parent zone will also be provided. For a complete event description, visit [jaxparks.com](http://jaxparks.com) or call (904) 630-CITY.

Join the Springfield Animal Care & Rescue Club (SACARC) for Dog Days in the Park 2010, celebrating fun for the whole family -including the four-legged members. Bring the kids and the dogs to Confederate Park in Springfield (956 Hubbard Street) from 10 a.m. to 4 p.m. for live popular music by the Sweet Low Down, food, beer, wine and the world-famous Disc-Connected K9 Frisbee Team. Event features vendors, adoptable animals and more. Admission is free, and all proceeds benefit SACARC, a non-profit animal rescue organization in historic Springfield. More information at [www.sacarc.org](http://www.sacarc.org).

The Talbot Islands have a rich cultural history that dates back over 5,000 years. Join a Park Ranger at 2 p.m. for a look into these past cultures and the artifacts they left behind. 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.

National Public Lands Day is the nation's largest hands-

on volunteer effort to improve and enhance the public lands Americans enjoy. Help us keep the park clean by coming out and volunteering your time starting at 9 a.m.. Registration for the clean-up will be at pavilion one on Little Talbot Island. No reservations are necessary. Please let the ranger at the ranger station know you are there for the clean-up.

**Sunday, Sept. 26**

The International Coastal Cleanup (ICC) is the world's largest, one-day volunteer effort to clean up the marine environment. Do your part and help the park clean-up these pristine beaches starting at 9 a.m. Registration for the clean-up will be at the first parking lot on Amelia Island. No reservations are necessary.

Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

The Ladies Auxiliary of the Fleet Reserve Association, Branch 290, will present "CHRISTMAS IN SEPTEMBER" at the Branch Home, 390 Mayport Road, from 2-6 p.m. Get your Christmas Shopping done early and treat yourself! Some of the items available for sale will be: Miche bags - handmade quilts & hand bags, lingerie, blown glass jewelry, haircuts and more. There will be refreshments, a raffle and gift wrapping. For more information, or to participate, contact Marie Lightfoot at 904-923-8598 or [marie.lightfoot@ymail.com](mailto:marie.lightfoot@ymail.com). This special event is open to the public.

**Monday, Sept. 27**

Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Rd at 6 p.m.

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# Taylor Concludes Historic Visit To Russia

By MC1(SW/AW) Edward Kessler

USS Taylor Public Affairs

USS Taylor (FFG 50) departed Murmansk, Russia, Sept. 9 after a three-day port visit.

Taylor's visit to Murmansk marked the first time since the end of World War II that a U.S. Naval warship has visited the port of Murmansk.

"It was an honor to be the first warship to visit the port of Murmansk since 1945 and celebrate our relationship with the Russian people," said Cmdr. Lyle Hall, commanding officer. "I hope this visit is the start of many more visits for the U.S. Navy to Murmansk."

During the port visit, the crew of Taylor participated in multiple wreath laying ceremonies to commemorate the close alliance between Russia and America and to honor veterans of both countries on the 65th anniversary of the end of World War II.

Additionally, the crew of Taylor hosted a reception, and contributed their time to help a local orphanage through a community relations project

(COMREL).

Cmdr. Lyle Hall, commanding officer of Taylor, and members of her color guard, participated alongside Russian Armed Service members in a wreath laying ceremony at the Alyosha World War II monument, erected to pay homage to the fallen soldiers of World War II.

"It was very significant to represent the United States during the wreath laying ceremony," said Boatswain's Mate Seaman Henry Wells. "The Russian Soldiers were very nice, and I enjoyed talking to them as we prepared for the event."

After the ceremony, the commanding officer of Taylor and the U.S. Consul General, to St. Petersburg, Sheila Gwaltney, stopped briefly at the Kursk memorial to pay their respects to the Sailors who were lost on the submarine Kursk.

Consul General Gwaltney and Cmdr. Hall also visited the U.S. Monument at the International World War II Polar Convoy Cemetery. The cemetery was particularly sig-

nificant for the Taylor Sailors that had the opportunity to participate in the ceremony. Three American merchant marines that perished supporting the polar convoys rest in the cemetery.

"It was a humbling experience to pay tribute to three American Sailors buried here in Russia," said Fire Controlman 2nd Class (SW) Justin Sanders. "It was an eye opening experience to interact with our friends from Russia, it is something I will always remember."

Members of Taylor's crew were hosted by both the Russian Navy and the veterans of the Polar Convoy for an at-sea wreath laying.

The wreath laying occurred in the location where the S.S. Thomas Donaldson was sunk by a German U-boat just off the shores of Kildin Island, near the entrance to the port of Murmansk.

During World War II, the United States supplied Russia with over 11 billion dollars worth of war-time supplies via the Lend-Lease Act. Nearly



-Photos by MC1 Edward Kessler  
Fire Controlman 2nd Class (SW) Justin Sanders from Worcester, Mass., a member of the Oliver Hazard Perry-class frigate USS Taylor (FFG 50) color guard, prepares to lay a wreath at the Alyosha WWII Monument alongside members of the Russian Armed Forces, to honor the fallen soldiers of WWII. Taylor is in Murmansk participating in several commemorative events marking the 65th anniversary of the end of WWII. Taylor is on a scheduled deployment in the U.S. 6th Fleet area of responsibility.

one-third of that material was delivered directly in to the port of Murmansk, via the Polar Convoy.

Ensign Lynn Bovard and Senior Chief Sonar Technician Surface (SW/AW) Robert Parker represented the United States as they placed a wreath in the waters over the Thomas Donaldson in honor of those Sailors who lost their lives during the "Murmansk Run."

"It was an honor to participate in a ceremony paying respect to the service and sacrifice of Sailors from both of our countries," said Senior Chief

Sonar Technician Surface (SW/AW) Robert Parker. "I have met some of the most wonderful people here in Russia and seen a part of the world that I never thought I would see. I only wish that I could do more to repay the people of Murmansk for their hospitality."

In addition to the ceremonies and reception, 14 Sailors from Taylor took part in a community relations project (COMREL) at a local orphanage in which they planted trees and played a friendly game of soccer before eating lunch with the children.

"Not a lot of American

Sailors have gotten the opportunity to visit Russia," said Ships Serviceman Seaman Carlos Olivagalindo. "It felt great to get to know some of the children and share who we are as Americans with them."

Olivagalindo also remarked that he will take away a lifetime of memories from the time he spent with the children and the traditional Russian meal they shared with him.

"It really seemed that everyone enjoyed our presence here in Russia," said Olivagalindo. "We have a lot to share about each other."



Yeoman 3rd Class (SW) Jeremy Tenney of USS Taylor (FFG 50) color guard stands at attention alongside a fellow service member of the Russian Armed Forces during a wreath laying at the Alyosha WWII Monument, to honor the fallen soldiers of WWII.

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# The Sullivans Volunteers At Spanish Hospice

From USS The Sullivans

USS The Sullivans (DDG 68) Chief Petty Officers and selectees, Chaplain and Community Service coordinator recently visited the Malaga, Spain chapter of the Cudeca Foundation.

Founded in 1992 by Joan Hunt, a British citizen whose husband succumbed to cancer, the Cudeca Foundation is an organization that offers no-cost palliative care to patients suffering from incurable illnesses. The organization started with the opening of several Cudeca Foundation charity shops run by selling donated items. The hospice facility was later opened on land donated by the Spanish province of Malaga.

While most of Cudeca is run by private donations, the foundation is starting to work with the Spanish government for support as well. Patients who may have exhausted their means of treatment or are simply seeking comfort while



they're ill can find such care at the Cudeca hospice facility or through house calls made by doctors who contribute their time to the foundation.

The ship's CPO Mess and CPO Selectees were greeted by Katey O'Neill. Following some work including painting, repair, and cleaning, O'Neill took them on a tour of the facility where

the Chiefs and Chief Selectees were able to talk with patients and view other functions of the facility.

The Sullivans CPOs and CPO Selectees were extremely grateful for the opportunity to serve the foundation and presented the center with a customary USS The Sullivans CPO Mess Shamrock Plaque.



-Photos courtesy of USS The Sullivans

Above, Chiefs from USS The Sullivans CPO Mess, selectees and ship's chaplain participated in a community relations project for the Cudeca Foundation in Malaga, Spain. Also pictured is Kate O'Neill with the Foundation. Above left, The Sullivans volunteers repaint a fence at the center.



## Naval Station Mayport Base Range

Range can be scheduled from  
0400 - 1600

To schedule your command for small arms qualification courses, please email us at:

[NSMYPT\\_SMALLARMS\\_RNG@navy.mil](mailto:NSMYPT_SMALLARMS_RNG@navy.mil)

Approved weapons are M9, M11, M14, and M16 series or under merited by your duties. All courses of fire must be standardized and governed by instruction. Courses of fire for the Navy are found in the OPNAVINST 3591.1F.

(Includes 9MM Ball, 5.56MM, and 7.62MM Ammunition)

Point of Contact for the Naval Station Mayport Range:

Base Range Safety Officers

GMI(SW) Billy Elliott or MA2(SW/AW) Maria Holmes at (904)270-7441 ext. 20

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Saturday

October 9, 2010

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E-7 / O-3 \$35.00

O-4 & Above \$45.00

Civilians \$45.00

Limited Seating of 800

The evening will include a seated dinner of Basil Chicken w/roasted

red pepper sauce & Seared Flat

Steak w/ peppercorn Bordelaise.



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The NRA Foundation and the NRA Civil Rights Defense Fund can be found in the National/International Unaffiliated Section of the CFC booklet.

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[www.nrafoundation.org](http://www.nrafoundation.org)



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# New Fitness Schedule In Effect

**Fitness**  
Surfside Fitness schedule is as follows:

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

9:30 a.m., **Intro TRX**  
(weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center.

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

6:45 p.m., **Yoga**  
**Tuesday**  
7:30 a.m., **20/20/20**  
A fusion of our Low Impact, Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training.

11:30 a.m., **Zumba**  
A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

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

2 p.m., **NOFFS Nutrition & Fitness Series**  
NOFFS (Navy Operational Fitness and Fueling Series) is a program designed to improve the operational performance of Navy personnel through fitness and nutrition. Emphasis is placed on injury prevention via tissue management and refueling.

2:30 p.m. **FEP Bootcamp**

## MWR Sports/Fitness

**Basics**  
Bootcamp-style workout regimens designed to improve PFA scores, help you meet body composition standards, and heal and deter injuries. Get off the FEP program quick when you join this PT program. Meets behind Surfside Fitness Center.

5:30 p.m., **Kids' Clinic**  
5:30 p.m., **Zumba Basics**  
**Wednesday**  
7 a.m., **Spartan**  
Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettlebells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, TRX, and many other advanced training techniques. Meets behind Surfside Fitness Center.

10 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**  
This class adds flavor to conventional step moves, resulting in high caloric burn and fun. Get fabulously fit!

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

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

5:30 a.m., **Zumba**  
**Thursday**  
6 a.m., **Functional Flexibility**  
This class consists of highly effective flexibility regimen that will strengthen, stretch and relax the body. Say good-bye to tense, tight aching muscles.

7 a.m., **NOFFS Nutrition & Fitness Series**  
NOFFS (Navy Operational Fitness and Fueling Series) is a program designed to improve the operational performance of Navy personnel through fitness and nutrition. Emphasis is placed on injury prevention via tissue management and refueling.

9:30 a.m., **20/20/20**  
A fusion of our Low Impact,

Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training.

11:30 a.m., **Zumba Basics & Toning**  
Rhythmic strength training set to Latin music. Build muscles and burn fat. Mueve la colita.  
11:30 a.m., **TRX**  
(weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center.

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

**Friday**  
7 a.m., **Beach Bootcamp**  
(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.  
7:30 a.m., **Zumba**

The Gym Schedule is as follows:

**Monday**  
6:30 a.m., **Command Jump and Jab**  
11:30 a.m., **Weight Training for War Fighters**

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., **FEP Spin & Row**  
5:30 p.m., **Spinning**  
**Tuesday**  
7 a.m., **Cardio, Combat & Core**

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

11:30 a.m., **Spinning**  
**Wednesday**  
7 a.m., **Command Cardio Pump**

11:30 a.m., **Weight Training for War Fighters**

**Thursday**  
11:30 a.m., **Row-bics**  
**Friday**  
6:30 a.m., **Spinning**  
9:30 a.m., **Intro to Spinning**  
11:30 a.m., **Strength Training Basics for Women**

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

## SPORTS STANDINGS

Intramural Golf Results		Weekly Points
<b>Rank</b>		
T1 Vicksburg	-13	2967
Mike Guard		
Rich Hubbard		
T1 ATG	-13	2967
Larry Ford		
Shane Brewer		
T1 SERMC	-13	2967
Gentry Stewart		
Jojo Lucero		
T4 NBHC	-9	1100
Robert King		
Vicki Edgar		
T4 HSL-46	-9	1100
Daniel Rosenbach		
Scott Marcille		
T6 ATG	-7	1000
Joe Bickel		
Nelson Bulseco		
T6 HSL-46	-7	1000
Jessie Barton		
Mike Way		
T6 NBHC	-7	1000
Judas Delagarza		
Patrick Cornish		
T6 Samuel B.	-7	1000
Roberts		
Jarrod Earnest		
Patrick Englert		
10 FRC	-4	675
Anthony Dunbar		
11 ATG	-3	0
Joe Sortillon		
Ted Ballas		
12 HSL-46	+5	0
Rick Boswell		
13 NBHC	+6	0
Dave Perry		

## Sports Challenge

### 4-Day Command Competition OCT. 5-8, 2010

**Tuesday, Oct. 5**  
0830 \*CO Challenge Canoe Race (Lake Wonderwood)  
0900 Experienced Canoe Race (Lake Wonderwood)  
0930\* 3 on 3 Basketball (Gym)  
1100 Bowling (Mayport Bowling Center)  
1700\* One Pitch Softball (Softball Complex)

**Wednesday, Oct. 6**  
0800\* Mini-Biathlon (Gym & Pool)  
0830\* Strongman Competition (Surfside Fitness Center)  
0930\* Kickball (Softball Fields 1 & 2, Behind Medical)

**Thursday, Oct. 7**  
0830\* Golf (Windy Harbor Golf Club)  
0900\* Cricket Darts (Mayport Bowling Center)  
1100\* 8-Ball Pool (Mayport Bowling Center)

**Friday, Oct. 8**  
0900\* Volleyball (Behind Beachside Community Ctr.)  
0900\* Horseshoes (Behind Beachside Community Ctr.)  
1130 Simon Says (Sea Otter Pavilion)  
1200\* \*\*Tug-o-War (Beach Behind Sea Otter Pavilion)  
1230 Awards Presentation (Sea Otter Pavilion)  
1230 Cookout (Sea Otter Pavilion)

\*Signups for these events must be turned in by 12 noon Wed. Sept. 29 so brackets can be made  
\*\*Bonus point event  
In the event of an overall tie, a tie-breaker event will determine the winner.

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## MWR HAPPENINGS

**Sept. 16: Foc'sle CPO Club Open for Lunch Only.** All Hands lunch is available 11 a.m.-1:30 p.m. Evening hours are reserved for CPO Induction Season activities. 270-5431.

**Sept. 16: Sweethearts for Soldiers Calendar Signing.** 5-7 p.m. at Bogey's (Windy Harbor Golf Club). 270-5143

**Sept. 17: Deadline for 8-Ball Pool Tournament.** Tournament is Sept. 22 at Mayport Bowling Center starting at 4:30 p.m. Captain's Cup event; Free to enter. Sign up at the Gym or Bowling Center. 270-5451

**Sept. 17: Deadline for Military Classic Flag Football Tournament.** Tournament is Sept. 25. Sign up your team

at the Gym. Cost is \$125 per team. Eligible players include active duty, military retirees, Reservists, DOD employees, and dependents. 270-5451

**Sept. 17: Free Summer Outdoor Movie – Toy Story 3 (G).** Start time is at sunset (approximately 9 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. 270-7205

**Sept. 19: Jaguars Golf Special, "Bring A Buddy".** Buy one round of 18 holes with a cart after 12 p.m. on any Jaguars game day and get

one free. Individuals without a buddy receive \$5 off the regular rate. 270-5380

**Sept. 19: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**Sept. 20: Monday Night Football at CPO Club.** Foc'sle CPO Club will open at 6 p.m. for Monday Night Football. All Khaki welcome. 270-5431

**Sept. 21: All Khaki Wings and Trivia Night.** 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

**Sept. 22: All Hands Family Steak Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per steak dinner. A kid's hotdog meal is only \$3. Purchase tickets in advance; limited tickets available at the door. 270-5228

**Sept. 23: Thursday CPO Social Hour.** 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday

night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

**Sept. 24: Deadline for Fall Sports Challenge.** The Fall Sports Challenge is Oct. 5-8. Commands may pick up registration packets at the Base Gym. 270-5451

**Sept. 24: Free Summer Outdoor Movie – The Last Airbender (PG).** Start time is at sunset (approximately 9 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. 270-7205

**Sept. 25: UFC 119, Mir vs. Nogueira.** 10 p.m. only on Pay-Per-View at Castaway's Lounge. (Free) 270-7205

**Sept. 26: Jags vs. Eagles.**

Limited tickets are available (while supplies last) at ITT. Tickets located in sections 200 and 400. 270-5145

**Sept. 26: Jaguars Golf Special, "Bring A Buddy".** Buy one round of 18 holes with a cart after 12 p.m. on any Jaguars game day and get one free. Individuals without a buddy receive \$5 off the regular rate. 270-5380

**Oct. 5-8: Fall Sports Challenge.** Sign up your command at the Gym for this bi-annual, four-day, multi-event challenge. (Free) 270-5451

## LIBERTY CALL

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

**Sept. 16: Trivia Night.** 7 p.m. at Planet Mayport. Come test your trivia knowledge. (Free)

**Sept. 16: Sweethearts for Soldiers Calendar Signing.** 5-7 p.m. at Bogey's (Windy Harbor Golf Club). Free calendar for all military. 270-5143

**Sept. 17: Dave and Busters Trip.** Van departs from Planet

Mayport at 7 p.m. Cost is only \$5.

**Sept. 18: Global Cage Fighting at the UNF Arena.** Van departs from Planet Mayport at 5 p.m. Cost is only \$5.

**Sept. 19: Rep Your Roots Competition.** May the best outfit win at Planet Mayport all day. (Free)

**Sept. 20: The Book Mine Trip.** Van departs from Planet

Mayport at 4 p.m. Come get

lost in this book warehouse. **Sept. 21: Darts Tournament.** 6 p.m. start at Planet Mayport. (Free)

**Sept. 22: Pool Tournament (Semi-Final #2 and Finals).** 6 p.m. start at Planet Mayport. (Free)

**Sept. 23: Fall Barracks Bash.** 4-7 p.m. behind Barracks 1586 and 1587 with free steak dinners, DJ entertainment, and prizes. (Free)

**Sept. 24: Glow in the Dark**

**Putt-Putt Golf.** 10 p.m. at the Planet Theatre. (Free)

**Sept. 25: Heart Walk.** Call Planet Mayport at 270-7788 for details.

**Sept. 25: UFC 119, Mir vs. Nogueira.** 10 p.m. only on Pay-Per-View at Castaway's Lounge. (Free) 270-7205

**Sept. 26: Jaguars vs. Eagles Trip.** Van departs from Planet Mayport at 2:30 p.m. Cost is \$5. Pre-registration required.

**Sept. 27: Starlight Cinemas.** BYOS "Build Your Own Sundae" and an outdoor movie starting at 6 p.m. outside Planet Mayport. (Free)

**Sept. 28: Passport Dining, TacoLu Baja Mexicana.**

## KID ZONE

**Sept. 19: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**Sept. 17: Free Summer Outdoor Movie – Toy Story 3 (G).** Start time is at sunset (approximately 9 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

**Sept. 22: All Hands Family Steak Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per steak dinner. A kid's hotdog meal is only \$3. Purchase tickets in advance; limited tickets available at the door. 270-5228

**Sept. 24: World Wide Day of Play.** 4-5:30 p.m. at the Youth Activities Center. Event features outdoor fun with races, relays, kickball, and fit-

ness challenges. Free water, Gatorade and fruit will be available. Grade K-12 welcome. (Free) 270-5680 or 5421

**Sept. 24: Free Summer Outdoor Movie – The Last Airbender (PG).** Start time is at sunset (approximately 9 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available

for purchase. 270-7205

**Sept. 25: Day for Kids.** 1-4 p.m. at the Youth Activities Center. This carnival event will also include free hotdogs, chips and punch. (Free)

**Oct. 5: New Session of The First Tee Begins.** Session meets 5-6 p.m. Tuesday and Thursday for three weeks at Windy Harbor Golf Club. Youth of active duty, ages 7-17, are eligible. Sign up at the Youth Activities Center. (Free) 270-5680 or 5421

**E1-E6 Single Sailors & Geo-Bachelors**

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## SECOND HARVEST

We Nourish Hope.™

In support of National Make a Difference Day, October 23, Balfour Beatty Communities and Naval Station Mayport Chapel are partnering to make a difference and we invite you to join us! We are taking on the fight against hunger by collecting canned and packaged foods for the Second Harvest Food Bank.

Statistics regarding poverty in the Second Harvest Food Bank's 18-county service area:

- More than 250,000 people live in poverty
- More than 80,000 of those living in poverty are children
- More than 100,000 people live in poverty in Duval County

Hunger is not isolated to one event, one day or one season. Hunger does not discriminate by race, faith, ethnicity age or sex; it exists throughout our community and can affect anyone. In America today, one in eight people is "food insecure" – defined as someone who is hungry or is living in fear of hunger. **Let's MAKE A DIFFERENCE and give back to those in need!**

**HOW CAN YOU HELP?**  
The Second Harvest Food Bank needs non-perishable grocery items. The following is a list of our most frequently requested items by our member agencies and clients:

Meals in a Can	Boxes of Pasta/Macaroni	Peanut Butter
Canned Meat/Poultry	Rice	Canned Veggies
Canned Tuna	Nonfat Dry Milk	Canned Fruit
Dry Beans	Macaroni and Cheese	Diapers
Oatmeal	Canned Soup	
Baby Food	Evaporated Milk	

\* Please note that Second Harvest Food can only accept unopened, unexpired items. We also cannot accept "homemade" canned jellies, jams or vegetables.

**WHERE ARE DROP OFF DONATIONS?**  
Please bring all donations to a Balfour Beatty Communities office or Naval Station Mayport Chapel. There will be a barrel provided for you to drop off your donation.

- Office Location: Bldg 289 Moale Ave or Bldg 350 Massey Ave; you may also drop off at 1201 Assisi Lane (Off Base Community Center).
- Office Hours: Monday – Friday, 0800 – 1700

**WHEN DO COLLECTIONS START?**  
The food drive will begin on 13 September 10 and run until 22 October 10.

Balfour Beatty Communities and Naval Station Mayport Chapel appreciate your contributions!

# NWU: No Out-of-Pocket Expenses For Sailors

From Chief of Naval Personnel Public Affairs Office

Following a recent fleet reminder of the Dec. 31 Navy Working Uniform (NWU) mandatory wear date, the chief of naval personnel (CNP) is ensuring Sailors who have not received a full set of uniforms or allowances will not be expected to use their own money to meet uniform requirements.

The Navy recognized that Sailors who started recruit training Oct. 1, 2007, through April 26, 2009, were not issued NWU



components due to a delay in uniform production, nor did they receive the full enhanced clothing replacement allowance due to their time in service.

As a result, the Navy is reviewing the issue and will provide a solution that will not require Sailors to use their own money for uniforms.

"We are reviewing several options to ensure this group of Sailors does not incur an uncompensated, out-of-pocket expense when meeting the NWU requirement," said Vice Adm. Mark Ferguson, CNP.

Ferguson went on to explain these Sailors will not be expected to have four sets

of the NWU while the Navy weighs several courses of action to compensate them. He also extended their deadline until June 30, 2013, to allow these fixes to be identified and implemented.

With the exception of those identified, fleet-wide availability of the NWU was achieved six months early and Sailors are expected to use the allowances provided over the past several years to purchase a full sea bag ahead of the mandatory wear date.

The NWU seabag requirements are as follows: four NWU blouses and trousers, one pair of NWU boots, two eight-point utility caps, five 100 percent blue cotton t-shirts, five pairs of boot socks, one mock turtle neck sweater, one fleece liner one Gortex parka.

Exchanges have sales associates available to help with proper sizing and fit, as well as ample supplies of the NWU to meet demand.

If a local exchange does not have a particular item, or if a

Sailor is not stationed near an exchange, uniform items can be ordered by calling the Uniform Support Center's toll-free number, 1-800-368-4088, or by going to [https://www.navy-nex.com/command/about\\_us/p-uniformsupport.html](https://www.navy-nex.com/command/about_us/p-uniformsupport.html).

For more information on Navy uniforms visit <http://www.npc.navy.mil/CommandSupport/USNavyUniforms/>.

## Officials Extend Spouse Career Program Deadline

By Elaine Wilson  
American Forces Press Service

Officials have extended a spouse employment program enrollment deadline in the hopes that more military spouses will be able to take spring semester classes.

Effective Sept. 13, spouses currently enrolled in the Military Spouse Career Advancement Accounts program, commonly known as MyCAA, will be able to request financial assistance for classes with a start date that is on or before Jan. 31. Previously, the start-date cutoff was Jan. 15.

However, spouses still must submit their financial assistance request by Oct. 21, officials emphasized.

The change was based on feedback from spouses and

schools. Many schools offer a later start date for the spring semester, and extending the enrollment deadline will give more spouses the opportunity to attend courses, said Robert L. Gordon III, deputy undersecretary of defense for military community and family policy.

"We appreciate the feedback from military spouses currently participating in the MyCAA career advancement program," Gordon said.

MyCAA is active at this time only for currently enrolled spouses, who can participate in the program through Oct. 21. At that time, the program will ramp down in preparation for the Oct. 25 launch of a revamped program.

Earlier this year, officials reviewed the popular spouse

employment program and decided to make changes to bring it back to its original intent: equipping spouses of junior servicemembers with portable careers, such as real estate and home health care, that can convey from duty station to duty station.

Previously, MyCAA offered a lifetime benefit of \$6,000 to all spouses of servicemembers. But starting Oct. 25, financial assistance will be limited to spouses of active duty servicemem-

bers in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2. Spouses of Guard and Reserve members within those ranks can participate as long as they can start and complete their courses while their sponsor is on Title 10 orders.

Eligible spouses will be able to receive a maximum financial benefit of \$4,000 for up to three years from the start date of the first class, with a \$2,000 annual cap. The money can be used to fund associate's degrees,

licenses and certification programs, but not higher degrees. The annual cap can be waived if a license or certification's cost exceeds \$2,000.

Currently enrolled spouses who meet the new criteria will be able to continue with the program after Oct. 25, but under the new parameters.

Spouses who no longer will be eligible to receive financial assistance after Oct. 25 still will be able to access career and education counseling services.

The new MyCAA program will include assistance in identifying and securing information on additional financial resources, employment readiness, and career exploration and counseling for all spouses of active duty servicemembers.

Military spouses can find more information about MyCAA on the Military OneSource website at <http://militaryonesource.com> or by calling Military OneSource at 1-800-342-9647.

## Troop Pay For Combat, Hardship

By Army Sgt. 1st Class Michael J. Carden  
American Forces Press Service

The change from Operation Iraqi Freedom to Operation New Dawn does not affect the pays and entitlements troops serving in Iraq receive, a Pentagon spokeswoman said.

Service members deployed to Iraq will still receive hostile fire/imminent danger pay, hardship-duty pay, and incidental expenses. Some troops will qualify for family separation allowances. Also, all pay for warrant officers and enlisted members is tax exempt, while officers are exempt from taxes for up to \$7,611.30 each month they serve in a designated combat zone.

"These pays compensate a member for the arduous conditions and additional burdens and dangers associated with being deployed to a combat zone," Eileen Lainez said.

For some troops, the addi-

tional pay could mean as much as \$680 a month, not including tax exemptions, while deployed to a combat zone.

Troop levels in Iraq peaked at nearly 170,000 in 2007 during the height of the troop surge. Combat operations there officially ended August 31, 2010. Fewer than 50,000 troops will remain in Iraq until Dec. 31, 2011, to serve in an advise and assist role for Iraqi security forces. Troop levels do not affect these special pays, Lainez said.

"Additional entitlements in Iraq, Afghanistan, Kuwait or other countries in the Arabian Peninsula designated as combat zones, or direct support areas, are not tied to troop levels," she said.

### Klaking Takes Time to Honor 9/11



-Photo courtesy of USS Klaking

*USS Klaking pauses to reflect on the loss of the Sept. 11, 2001 terrorist attacks on the World Trade Center and Pentagon. Klaking is currently deployed in the COMUSNAVSOP area of operations.*



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FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
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GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
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Updated: FEBRUARY 1, 2007

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

# Honor 9/11 Victims By Staying True To U.S. Values

By Lisa Daniel

American Forces Press Service

President Barack Obama this morning paid tribute to the 184 people who died in the terrorist attack on the Pentagon nine years ago Sept. 11, saying America honors their sacrifice by holding firm to the nation's ideals of unity and tolerance.

"The perpetrators of this evil act didn't simply attack America; they attacked the very idea of America itself - all that we stand for and represent in the world," Obama told some 200 family members of 9/11 victims gathered at the Pentagon Memorial. "And so the highest honor we can pay those we lost - indeed, our

greatest weapon in this ongoing war - is to do what our adversaries fear the most: to stay true to who we are as Americans, to renew our sense of common purpose, to say that we define the character of our country and we will not let the acts of some small band of murderers who slaughter the innocent and cower in caves distort who we are."

Obama spoke at 9:34 a.m. at the same time and place that the hijacked American Airlines Flight 77 slammed into the Pentagon, and under strikingly similar weather conditions: a cool, September morning under a bright blue sky with

the sun rising brightly over the Pentagon roof to the south side of the building.

Standing alongside Defense Secretary Robert M. Gates and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, Obama called the Sept. 11 anniversary a reflection, unity and renewal.

"We gather to remember, at this sacred hour, on hallowed ground - at places where we feel such grief and where our healing goes on," he said.

While it's natural to dwell on the images of carnage from the attacks and the final moments of the victims' lives, Obama told the families, "these memo-

rials and your presence today remind us to remember the fullness of their time on Earth.

"They were fathers and mothers raising their families, brothers and sisters pursuing their dreams, sons and daughters [with] their whole lives before them," he said. "They were civilians and servicemembers."

Obama noted that the victims - nearly 3,000 from the attacks on the Pentagon, at the World Trade Center in New York and aboard a hijacked plane that crashed in Pennsylvania - were of all races and faiths.

"They were Americans and people from far corners of the world," he said. "And they

were snatched from us senselessly and much too soon. But they lived well, and they live on through you."

The legacy of the 9/11 victims should be preserved by a renewed sense of common purpose among Americans, and a conviction to not give in to an enemy that wants to divide the nation, the president said.

"As Americans, we are not and never will be at war with Islam," Obama said. "It wasn't a religion that attacked us on that September day. It was al-Qaida - a sorry band of men, which perverts religion. And just as we condemn intolerance and extremism abroad, so will

we stay true to our traditions here at home as a diverse and tolerant nation."

In the past nine years, the United States has persevered, going on the offensive to quash al-Qaida in Afghanistan, where the attacks were planned, Obama said. "They may seek to strike fear in us, but they are no match for our resilience," he said.

"They may seek to exploit our freedoms, but we will not sacrifice the liberties we cherish or hunker down behind walls of suspicion and mistrust," Obama said. "Today we declare once more that we will never hand them that victory."

## Mayport Remembers 9/11



-Photos by MC1(SW) Daniel Gay

Above, Naval Station Mayport's newly selected Chief Petty Officers sing the national anthem during a 9-11 remembrance ceremony held on base. Top right, Naval Station Mayport's commanding officer, Capt. Aaron Bowman speaks to the crowd during a 9-11 remembrance ceremony held on base. Bottom right, Audience members listen to a speech from Bowman.

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# REACHING OUT

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

## Meals On Wheels For Pets

The Council on Aging of Nassau continues its partnership with *Meals On Wheels for Pets*, in promoting their second annual *Rollin' on the River Cruise* on Sept. 12. Proceeds from their event will help fund our one year old partnership with them, which currently serves 49 eligible Council on Aging Meals On Wheels clients. Our Council on Aging clients own 55 cats, 66 dogs, and one cockatiel, and have been the recipient of over 9,000 lbs. of donated pet food that have been delivered through our volunteers as they conduct their regular "people food" meals deliveries. These pet meals contribute to our Council on Aging of Nassau clients' wellbeing and prevents the need of the client to feel obligated to share the meal intended for them with their pet, insuring better nutrition for both people and pets. The Council on Aging of Nassau has pet food collection boxes in the lobby of both facilities: 1367 South 18<sup>th</sup> Street, Fernandina Beach, FL 32034; 37002 Ingham Road, Hilliard, FL 32046 We welcome the public to drop off of sealed containers of pet food during business hours. Plans are currently in development for Nassau County Animal Services to bring adoptable cats and dogs on the 2<sup>nd</sup> Friday of every month to our Fernandina location and the 3<sup>rd</sup> Friday to our Hilliard location for "pet therapy" benefiting both pets and people. This pet interaction enhancement to our existing program will kick off on Sept. 10. The Council on Aging of Nassau is a 501c3 non-profit agency that delivers critical services to Nassau County seniors in five categories including Meals on Wheels, COA Transportation, In-Home Care, and Adult Day Health Care, while operating two senior recreation centers. More information about our services is available on our website [www.coanassau.com](http://www.coanassau.com).

## National Multiple Sclerosis Society of North Florida

The National Multiple Sclerosis Society of North Florida needs volunteers for the "Bike MS PGA Tour Cycle to the Shore 2010" on Oct. 2-3. This is a great opportunity to get community service hours and help out for a great cause. The society is looking for individuals, groups and organizations to help with pre-event preparations/set up; general help; registration; customer service; clean up crew; food preparation/service; medical; safety;

## Mayport Lions Club Volunteers

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

luggage handling/transportation; and bike handling. If you are interested, contact Jason Henika at [Jason.henika@fln.mnss.org](mailto:Jason.henika@fln.mnss.org)

## Guardian ad Litem

Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration. This advocate is known as a Guardian ad Litem. In the 4<sup>th</sup> Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian ad Litem. These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained. The work is compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child. If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, [www.guardianadlitem.org](http://www.guardianadlitem.org), or call 904-630-1200 to schedule a screening interview.

## First Coast "No More Homeless Pets"

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

## St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as

USN(Ret) 463-2884.

## Jacksonville International Airport Volunteer Ambassador Program

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

## Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please CS1 Hopkins or call 270-5373 for more information.

## YMCA of Jacksonville

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

Children's Home Society of Florida

Children's Home Society of Florida is getting ready to permanently place seven or eight children in loving homes within the next couple weeks. Seeking children's furniture. Contact Nick Geinosky at 904-493-7738.

## Homeless Pet Shelter

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

## St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as

# 2009 International Coastal Cleanup

Volunteers are needed in support of The 2010 International Coastal Cleanup, to collect litter and debris on the beach and along the Jetties at Naval Station Mayport. Participants should plan to meet at 8 a.m. on Sept. 25 at Jetties Pavilion #3 (the eastern-most covered pavilion) near Pelican Roost RV Park on Bon Homme Richard

Street. This event will run until approximately 10 a.m. Gloves and garbage bags will be provided.

To learn more about the International Coastal Cleanup, go to: [www.coastalcleanup.org](http://www.coastalcleanup.org), or contact Naval Station Mayport Water Quality Program Manager, Scott Dombrosky at 270-3188. Pre-registration is not required.

ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

## Big Brothers Big Sisters Mentoring

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

## Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial

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

## St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

## Lea's Place

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

## NS Mayport Retired Activities Office

Naval Station Mayport is currently searching for com-

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

## I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see [www.imshomeless-center.org/volunteers.html](http://www.imshomeless-center.org/volunteers.html)

## Dignity U Wear

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

## Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. For additional information, contact Christine Small at 904-493-7747.

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Join in the largest USO ride in the state of Florida and one of the largest police escorted benefit rides in Central Florida. Attached you will find a flyer with all the information on this event including local lodging specials. SARAH EVANS will be in concert on Sept. 17! Visit [www.usobenefitride.com](http://www.usobenefitride.com) for more details.

The Marine Corps Marathon/Freedom 5K is set for Saturday, Oct. 2, which begins at the Memorial Wall next to Everbank Field. For more information or to register for this event please visit: [www.1stplacesports.com](http://www.1stplacesports.com) or [www.jaxmarinecorpshalfmarathon.com](http://www.jaxmarinecorpshalfmarathon.com). Special discounted entry fees for teams!

The Combined Federal Campaign is just around the corner and we would appreciate you considering your Greater Jacksonville Area USO for your donation. Our CFC number is 97347 and your generosity helps us keep the doors open and continue to provide outstanding programs and services for all branches of the military and their families.

Your Greater Jacksonville Area USO is now on Facebook. Go to Facebook hit the like button. At the bottom of our page you can also share the like with friends and family.

The 2010 Southern Women's Show tickets are on sale at the Mayport and NAS Jax USO centers.

The 23rd Annual Southern Women, Ås Show in Jacksonville will take place Oct. 21-24 at the Prime Osborn Convention Center. Tickets are \$5 from the USO. There will be three special guests for this year's show: -Sandra Lee, the Semi-Homemade cooking and entertaining star, will be appearing at 10:30 a.m. and 2 p.m.

# USO NEWS

on Oct. 22, to show you simple solutions for dramatic results for home entertaining.

-Point of Grace, the Grammy nominated and ten time Dove Award winning trio, will give an acoustic performance on the Fashion & Entertainment Stage on Friday, 22 October, and will be cooking a recipe from their new cookbook on the Cooking Stage on Saturday, 23 October.

-Tanya Sensney, "The Coupon Queeny" will be presenting her top 3 tips to start saving and much more during her daily presentations on the Mint Magazine Save & Learn Stage.

For more information please visit: <http://www.southernshows.com/wja/>.

The First Tee is pleased to provide no cost services to children of active duty National Guardsmen and Reservists. Children between the ages of 5-17 are invited to participate in a free golf and life skills instruction program. To locate the nearest chapter of The First Tee go to [www.thefirsttee.org](http://www.thefirsttee.org) and download the coupon at [www.thefirsttee.org/military](http://www.thefirsttee.org/military). Bring the coupon to the chapter and your child could be enjoying a new experience of learning the game of golf.

The Jacksonville Air show is set for Oct. 23-24 onboard NAS Jacksonville. This is a great family event featuring top military and civilian performers, including the US Navy Blue Angels! Gates open at 9 a.m., Show begins at 10 a.m., free parking, admission and Kid's Zone! Open to the public!

Honorably discharged veterans, active-duty service and reserve members will receive a 25 percent discount on the purchase of a Florida State Park annual pass. The discount provides a savings of \$15 on an individual annual pass and \$30 on a family annual pass, which allows up to eight people in a group to access most of Florida's 160 state parks. In addition, honorably discharged veterans who have service connected disabilities, and surviving spouses of military veterans

who have fallen in combat, will receive a lifetime family annual entrance pass at no charge. For information on qualifications and necessary forms to receive these discounts, visit [www.FloridaStateParks.org/thingstoknow/annualpass.cfm#discountsforveterans](http://www.FloridaStateParks.org/thingstoknow/annualpass.cfm#discountsforveterans).

The USO and RocketLife, have partnered to deliver a heart-warming opportunity for the men and women of the armed forces and their families. The Personal Photo Book program enables troops serving abroad and their families to create 20-page personal photo books and ship them to any APO/FPO address for free. These full-color, customized photo books are small enough to fit in a soldier's cargo pockets yet can hold more than 60 photos of loved ones. RocketLife prints the books for free, and the USO pays for the shipping. To get started, visit <http://uso.myphotoproducts.com>.

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

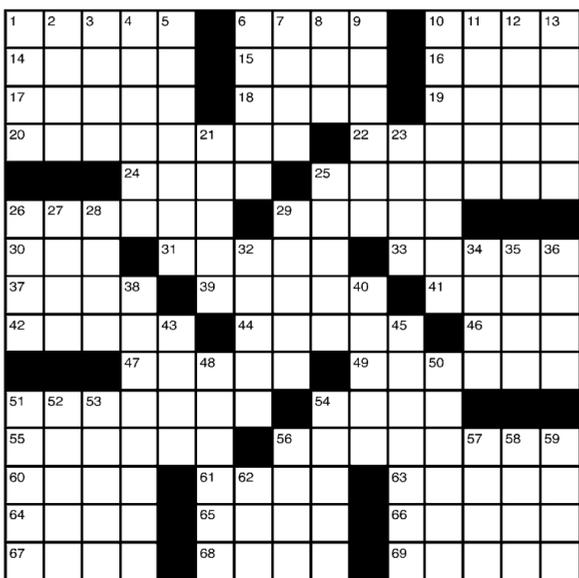
There is a computer resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

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

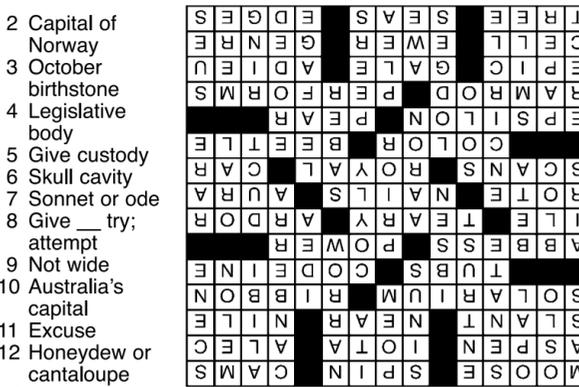
For more information about activities or meeting availabilities, call 246-3481 or stop by at 2560 Mayport Road.

## THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- Bullwinkle, for one
  - Rotate
  - Rotating machine pieces
  - Colorado resort
  - Tiny amount
  - Actor Baldwin
  - Incline
  - Close at hand
  - Longest river
  - Sunroom
  - Blue \_\_\_; first prize, perhaps
  - Bathers' spots
  - Strong painkiller
  - Mother Superior, often
  - Strength
  - Suffix for project or text
  - Emotional
  - Zeal
  - Learned by \_\_\_; memorized
  - Manicurist's concerns
  - Invisible emanation
  - CAT \_\_\_; tests examined by radiologists
  - Fit for a king
  - Prius or Camry
  - Green or gray
  - Hard-shelled insect
  - Greek letter
  - "...a partridge in a \_\_\_ tree..."
  - Stick used to put gunpowder into a musket
  - Goes on stage
  - Heroic tale
  - Strong wind
  - French farewell
  - Jailbird's home
  - Pitcher
  - Literary class
  - Elm or oak
  - Bodies of water
  - Margins
- DOWN**
- Tumor



### THIS WEEKS ANSWERS



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- Graduate exam, perhaps
- Uncommon
- Surround
- Cavalry sword
- Song for one
- Greenery
- Elks clubs
- Wore away
- Vertical
- Daily or weekly
- Grin
- British nobles
- Entreaty
- Wedding band
- Meager
- Takes to court
- Amazement

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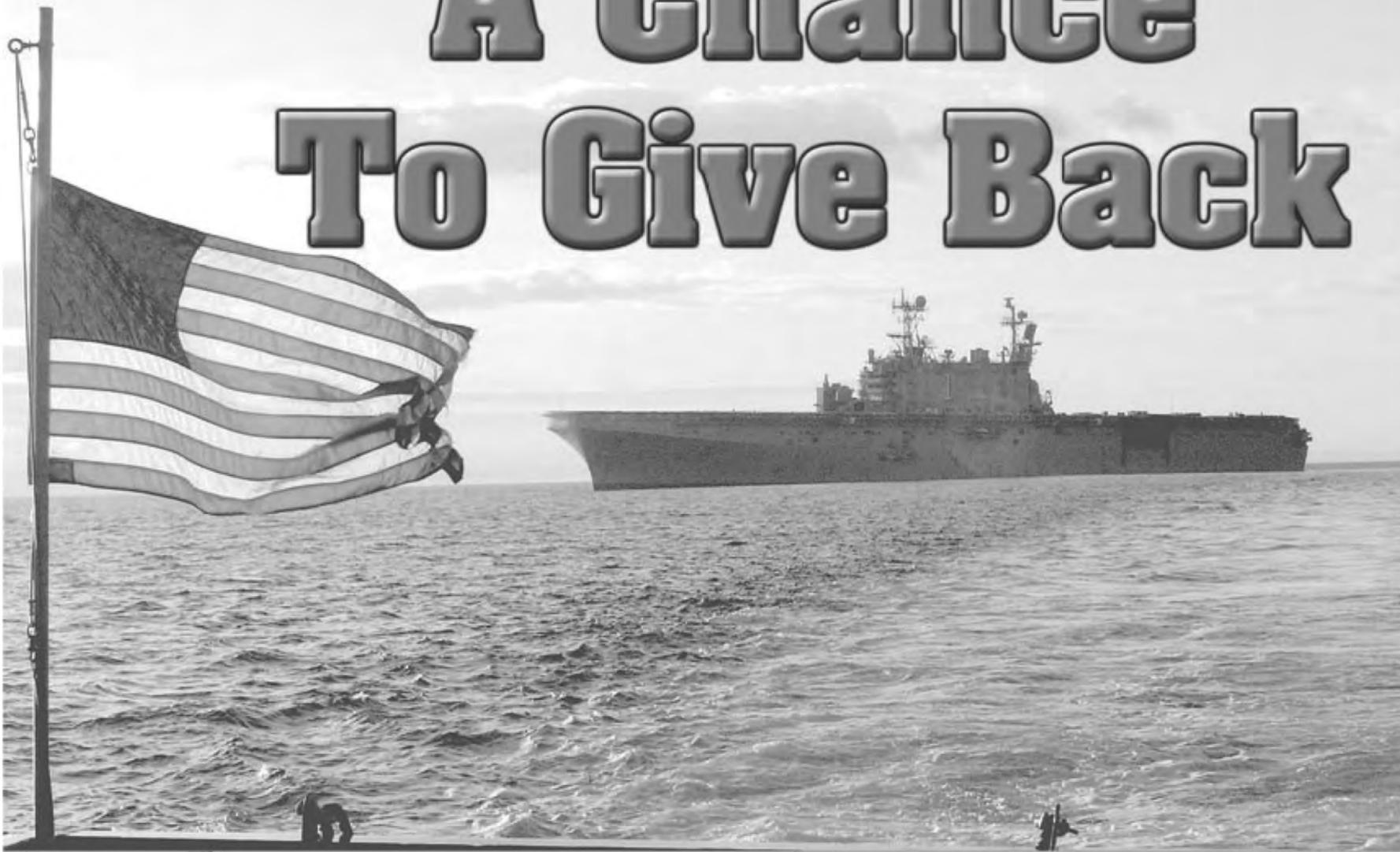
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