

2008 CHINFO Award Winner

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THURSDAY, October 28, 2010

Mayport Housing Will Hold Halloween On Oct. 30, Starting At Sundown

Cochrane Takes Command

From Staff

Capt. Douglas F. Cochrane relieved Capt. Aaron Bowman as commanding officer of Naval Station Mayport during a change of command ceremony on Oct. 21 at HSL-48 hangar. Guest speaker for the event was Vice adm. William "Bill" E. Gorney, Director, Joint Staff.

Cochrane, a native of Perrine, Fla., graduated from Texas Christian University with a B.S. in Mathematics in Dec 1985. Commissioned an Ensign after completion of Aviation Officer Candidate School, he was designated a Naval Aviator in June 1987 and assigned to Helicopter Anti-Submarine Squadron Light Thirty Four (HSL-34), Norfolk Va.

Cochrane deployed to the Persian Gulf in 1987/88, the Caribbean and Panama in 1989, and the Persian Gulf. In 1990/91. He participated in 39 escort transits during Operation Earnest Will, and flew over 75 Direct Combat Support Missions in Operation Desert Storm.

In 1991, Cochrane was selected for Fixed-Wing Instructor Duty and was assigned to VT-3 in Pensacola Fla. While a "Red Knight" Cochrane was a nine-time Instructor of the Month, four-time Instructor of the Quarter, and 1993 Squadron Training Wing, and Navy Region Pensacola Instructor of the Year.

In 1994, Cochrane was nominated and accepted as Flag Secretary for the Commander, Carrier Group Six, AMERICA (CV 66) Battle Group. While deployed, the AMERICA Battle Group participated in Combat Operations against the Former Republic of Yugoslavia, in Bosnia, and in the Southern Non-Fly Zone of Iraq.

In 1996, Cochrane was

selected to attend the Naval Postgraduate School in Monterey, Calif. He graduated in April 1998 with a Master of Science in Logistics Engineering and Transportation Systems Management. His Masters thesis was selected as the Systems Management Departmental nominee for the Superintendent's Award. Additionally, he was awarded the Certified Public Logistian (CPL) designation by the Society of Logistics Engineers (SOLE).

In 1998, Cochrane reported to HSL-46, in Mayport, Fla. He deployed to the Adriatic Ocean and Persian Gulf aboard USS Leyte Gulf (CG 67). While deployed with CVN-71 Strike Group, they engaged in Combat Operations against the former Republic of Yugoslavia forces in Kosovo and Iraqi Forces in the Southern No-Fly Zone of Iraq. He was appointed Squadron Maintenance Officer upon his return and served in that capacity until Nov 00.

Cochrane was selected to serve as the Naval Aide to the Vice President in Nov. of 2000 and served Vice President Richard B. Cheney until Dec. 2002.

He was commanded by President George W. Bush for actions as Naval Aide and Vice Presidential Emergency Action Officer, on and about Sept. 11, 2001. Cochrane assumed Command of HSL-44 in April 2004. During his tenure, the Swampfoxes "Operational Firsts" included: HSL Squadron to Sea initiative with Theodore Roosevelt CSG, deployment of Airborne AIS system, Initial Operation of the MK 50 torpedo, and Digital MAD system. Additionally, Swampfox aircrews were the first naval units overhead New



-Photos by Paige Gann
Outgoing Naval Station Mayport Commanding Officer, Capt. Aaron Bowman introduces incoming Commanding Officer, Capt. Doug Cochrane during the change of command ceremony held Oct. 21 at the HSL-48 hangar bay. Seated to the left of Cochrane is Cmdr. Jerome Dillon.

Orleans in the aftermath of Hurricane Katrina, and contributed significantly to the 1,100 rescues credited to aircraft and aircrew of Helicopter Maritime Strike Force Atlantic. Cochrane reported to USS Theodore Roosevelt (CVN 71) as Navigator in June 2006. He served in that capacity until July 2008. He was awarded the 2007 CNAF Leadership Award by the Commander, United States Naval Air Forces while assigned to Theodore Roosevelt.

In August 2008, Cochrane was assigned as Operations

Officer and Battle Watch Captain for Commander Navy Region Southeast. During his tenure there he led the Regional Operations Center during crises responses resulting from the "2008 Hurricane Season" and the Navy response to the Haitian Earthquake disaster. Cochrane has amassed over 4700 mishap free flight hours, including more than 120 combat missions, and he has achieved over 1,000 mishap free shipboard landings.

Bowman graduated from the United States Naval Academy in 1983 with a Bachelor of

See Mayport, Page 19



Bowman receives a key to the city of Jacksonville by Bob Buehn, division chief of Military Affairs, Veterans and Disabled Services for Jacksonville, during the change of command.

CFC Helps Others Help Military



-Photos by Paige Gann

United Service Organizations (USO) Mayport Director Ed Champagne and Pam Coates talk to Sailors about services provided and available to active duty service members and their families during the annual Combined Federal Campaign kick-off held at Sea Otter Pavilion on Oct. 18. The 2010 CFC season is underway. This year's goal for Naval Station Mayport and tenant commands is \$340,000. The CFC is an annual fundraising drive held by federal employees.

Calling Drive-Thru Pharmacy Hand Phones Working

By HM1(SW/FMF) Stephen H. Ramsdell
NBHC Mayport, Fla.

The Naval Branch Health Clinic Mayport Pharmacy continues to improve services and enhance patient care while maintaining patient privacy.

The Pharmacy installed a new telephone system for the drive-thru window at the Pharmacy recently. The new system provides a direct line of communication from the patient in the drive-thru with the pharmacy staff inside. It includes handsets for both lanes of the drive-thru and allows staff to talk directly with drive-thru customers from remote areas in the pharmacy. Additionally, if no staff is present at the window, the patient simply presses the button for service and it rings on the phones throughout the pharmacy, allowing faster service. The remote access makes it much easier and quicker to talk direct-

ly with a pharmacist inside if the patient desires.

The option of a telephone handset rather than the outdoor speaker provides patients a tool for private communications with the staff member. It also enables patients with hearing difficulties to communicate more clearly.

The drive-thru window at the pharmacy has been in place since the clinic opened. The staff has been working to make the drive-thru more convenient since its inception. The drive-thru offers added convenience to patients with disabilities, those with small children and patients who are too ill to come into the clinic. Additionally, it helps decrease pharmacy wait times and helps to alleviate parking issues at the clinic.

At the beginning of the year the pharmacy began taking same-day drop-off prescriptions through the drive-thru window.

This enables the patient to drop off new prescriptions and pick them up two hours later or any time after, up to 14 days later. Patients can get their prescriptions filled and have their questions answered without leaving the convenience of their car.

The Tricare Mail Order Pharmacy is also available for those who do not use the medical treatment facility pharmacy. It provides patients better convenience by ordering their medications via the mail and have them delivered to their home, decreasing wait and travel times. For more information regarding the Tricare Mail Order Pharmacy, please visit the Tricare web site at www.tricare.mil, or call 1-877-363-1303.

The recent Mayport Health Clinic Pharmacy Drive-Thru upgrade is just one of the ways Naval Branch Health Clinic Mayport is working to enhance patient care.

Mayport Commands
Spend Time With Students

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USS Taylor
Returns From Deployment

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Ghoulish Fun
With MWR

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Relationships Are Based On Trust, Love



Chaplain Rita Love
NS Mayport Chapel

CHAPLAIN'S CORNER

they've got to like me!

The family's approval is definitely important. Still, your relationship with your girlfriend doesn't or shouldn't depend on it. If your girlfriend is committed to you, it does not matter what they think. The sensible approach is to say to self, "I want their approval, but I don't need it." There is no point in dwelling on catastrophes. There is a chance they will dislike you, but there is a chance that things will work out fine. Just because you had an imperfect past doesn't mean you are wrong for your girlfriend. As long as you have learned from

your past and are committed to living a good life, you can be the kind of husband she deserves, even though her family may not accept you.

Question: I keep getting the idea that my wife is depressed. It seems lately she hasn't been joking around very much and she is always in the bed. When I ask if anything is wrong she says no but I know something is wrong. I wonder what I should do.

I would try sitting her down and express to her how much you care about her and are worried. Try to describe what it feels like not to have her joking

around the way she used to be. Be gentle and loving – and try to stay on the emotional process. Be cautious not to use language that might be perceived as attacking or critical. If she's depressed, she will likely be highly sensitive to this.

If she opens up, listen very closely to her and let her speak. Try to validate her experience while maintaining your concern. Shift the problem to something you'd like to work on as a team. What can you do together to tend to what's going on? If her behavior does not change you might want to consider seeking professional help.

Question: I have been in a relationship for almost four months. The relationship has been good except whenever I'm seeing my friends he has

trust issues with me. The other night we got into an argument and he was very drunk. I said something to a friend of mine, a guy. He started questioning me and took a hard grip around my arm. I got scared because it hurt. We had another incident, he was yelling and squeeze hard until I difficulty breathing. I am really scared and don't know what to do. I really love him and don't want anybody to look bad at him.

Your boyfriend's behavior is unacceptable and possibly dangerous. I hope you realize these are serious warning flags. Whatever the reason is for his behavior you need to take this as a serious warning. What if he would have done more than just squeezed you and no one was around? He seemed to

have reacted in a jealous rage and certainly alcohol was a factor. The bottom line is this is a potentially dangerous relationship.

I recommend you let him know that you are scared of him and this is not going to work for you. Perhaps he's open to getting help for his anger and other issues – which would be ideal. If it seems like he is then perhaps things can work – but if he's not, I'd get out before you get hurt. I know it's hard to leave someone you love but this is a serious situation and you may need to put your safety above your feelings for him. If he's not able to take responsibility for his behavior in words and actions combined, it becomes your responsibility to take care of yourself.

Support Federal Funding Of Local Schools Turn In Federal Assistance Program (FAP) Cards



Judy Cromartie
School Liaison Officer

KNOW THE ROPES

Duval County School System has had to bear its share of these budgetary woes. Districts were told to prepare for 10 percent to 15 percent cuts in anticipated revenue for 2010-2011. Education leaders in the 16 states who are members of the Southern Regional Education Board, including Florida and Georgia, are working on various ways to deal with the economic challenges - but it's not easy. "These are unprecedented times," said Gale Gaines, the board's vice president for state services. "I don't think anybody [in the current leadership] has had to deal with a situation this severe across the South and across the nation."

The federal government recognizes that districts like Duval County face added economic pressure because real property (land) in this area has been purchased for use by the military. This means that the county government is positioned to lose property tax revenue that it might otherwise have earned if the federal government had not acquired the property. Compensation for this loss, known as Impact Aid, is paid for federal property which is used to support military installations, low-income housing, Indian lands, and for children whose parents work on

or live on federal lands. To be eligible to receive "Highly Impacted" federal funds, a school district must have at least 40% of its student population considered "federally connected."

In order to qualify for these funds, the local school district must verify the numbers of students served by its local schools. Each year, at the same time, local schools send home an FAP card and ask parents to complete it based on whether they are active duty military and/or work or live on federal property. There are some long-standing myths associated with the card's use. I will try to address some of those issues:

•The schools are making money off of our children! – NOT TRUE!

Administered by the U.S. Department of Education, the Impact Aid program is one of the oldest education programs, dating from 1950. Like most federal programs, it was fully funded in its early years. However, since about the mid-1970's the program has been under funded. This means that local school districts, while receiving some federal funding, are still NOT being fully compensated for the costs of the educational services they provide.

•They are collecting too

much personal information one place. – NOT TRUE! In fact, the information that parents provide on the FAP card is basic contact information and work-related information. Parents are not asked questions about salary or family income, nor are they asked to provide social security numbers or other important identifying data.

•If I do not return the FAP card, my child's school will know that I am angry about... – NOT TRUE! Not completing the FAP card does not affect a district's or school's decisions about policies or procedures. Withholding the FAP card only denies the local schools the much needed funding required to maintain programs and services.

•It's too much work to fill out all these forms again! – NOT TRUE! Completing the FAP card will only take a moment. While it is true that EVERY child in a family will receive an FAP card, parents will quickly realize there are a few simple questions which can be answered in two maybe three minutes. What else is needed? A signature!

The FAP cards went home with Duval students on October 26th. Schools will be collecting completed forms Oct. 29 – Nov. 19. Parents need to complete a separate form for each child.

Without accurate numbers,

the schools could miss out on opportunities such as the one granted to Mayport Middle School.

DoDEA's Promoting Student Achievement at Schools Impacted by Military Force Structure Changes Grant earned by Mayport Middle School allows the school to enhance student achievement in science, technology, engineering, mathematics, English language arts, and reading. A large portion of the grant will ensure integration of technology into the curriculum. Teachers will have opportunities to strengthen their content knowledge and instructional skills through professional development targeted to the new curriculum.

To qualify, a school must have a significant military student population to meet the eligibility requirement. Specifically, elementary schools must have a military student population of least 25 percent and secondary schools must have a military student population of at least 15 percent.

So before Duval Schools can submit a grant application to DoDEA, they must determine if these schools meet the eligibility criteria. Please complete your FAP card. If you have misplaced it, please call the school for a replacement. Schools will begin returning cards to the district office on Nov. 22.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at Judith.

cromartie@navy.mil or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

Beaches Schools
Abess Park ES, #263, Caroline Wells, 220-1260
Alimacani ES, #257, Kathy Stalls, 221-7101
Atlantic Beach ES, #65, Kimberly Wright, 247-5924
J Allen Axson, #141, Paula Renfro, 992-3600
Chets Creek ES, #264, Susan Phillips, 992-6390
Joseph Finegan ES, #247, David Pinter, 247-5999
Jacksonville Beach ES, #144, Jill Leinhauser, 247-5942
Kernan Trail ES, #231, Pearl Roziers, 220-1310
Mayport ES, #227, Yvonne Ferguson, 247-5988
Neptune Beach ES, #246, Elizabeth Kavanagh, 247-5954
Sabal Palm ES, #239, Linda Graham, 221-7169
San Pablo ES, #80, Kim Bays, 247-5947 HSM 40
Seabreeze ES, #225, LaShawn Streeter, 247-5900
Fletcher MS, #63, Don Nelson, 247-5929
Kernan MS, #279, Kathy Kassee, 220-1350
Landmark MS, #256, David Gilmore, 221-7125
Mayport MS #254, Katrina McCray, 247-5977
Fletcher HS, #223, Dane Gilbert, 247-5905
Sandalwood HS, #237, Vicki Schultz, 646-5100

the couch cushions and under the car seat (please tell me I'm not the only one with it there) – then donate it to the Gift Registry. Will you take my challenge and donate your change? You can donate online or drop it off at the store. Either

way I hope you'll share in the joy of giving and taking care of our own.

One final comment, Sears is regarded as one of the most military spouse and veteran friendly employers. Thank you Sears for your commitment to today's

HOMEFRONT IN FOCUS

much of a holiday without these cards...or these cards came in the nick of time for the washing machine that just died or a child's broken glasses or much needed car repairs.

So why am I writing about an opportunity that is closed? Well, I have a motive...

In speaking with Tom, and knowing the impact this initiative has on so many I want to do something and I need your help! This year I want to be part of the giving...not just the receiving and I want to invite you to join me.

This year we can be a part of caring for each other. I am asking you, my fellow military spouses, military parents and grandparents, to join me in donating to Sears Heroes at Home Gift Registry.

Let's see how much we can donate to 'take care of our own' realizing our donation will come right back to us, to our community.

Starting November 1, 2010 Sears will begin to take donations both online and in the store. At that time we will have a link on my site (www.enlistedspousecommunity.com) that will direct you to the Sears donation page. I am challenging you to join me. Each week

Roman Catholic Mass Sunday 9 a.m.
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Confessions: before & after mass or upon request

CCD: Sunday 10:30 a.m.

Baptisms: class 3rd Sunday of month

Protestant Worship Sunday 10:30 a.m.

Sunday school 9:15 a.m.

Baptism: For information contact your chaplain

Women's Bible Study Wednesday 9:30 a.m.

Protestant choir Wednesday 7 p.m.

Interdenominational MOPS (Mothers of Pre-Schoolers)

1st & 3rd Tuesdays each month 9:15 a.m.

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

Marriage Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.

military, their families and our veterans.

Connect with Beth on twitter - @Beth Wilson; Facebook - www.facebook.com/EnlistedSpouseCommunity, or email beth@homefrontin-focus.com.

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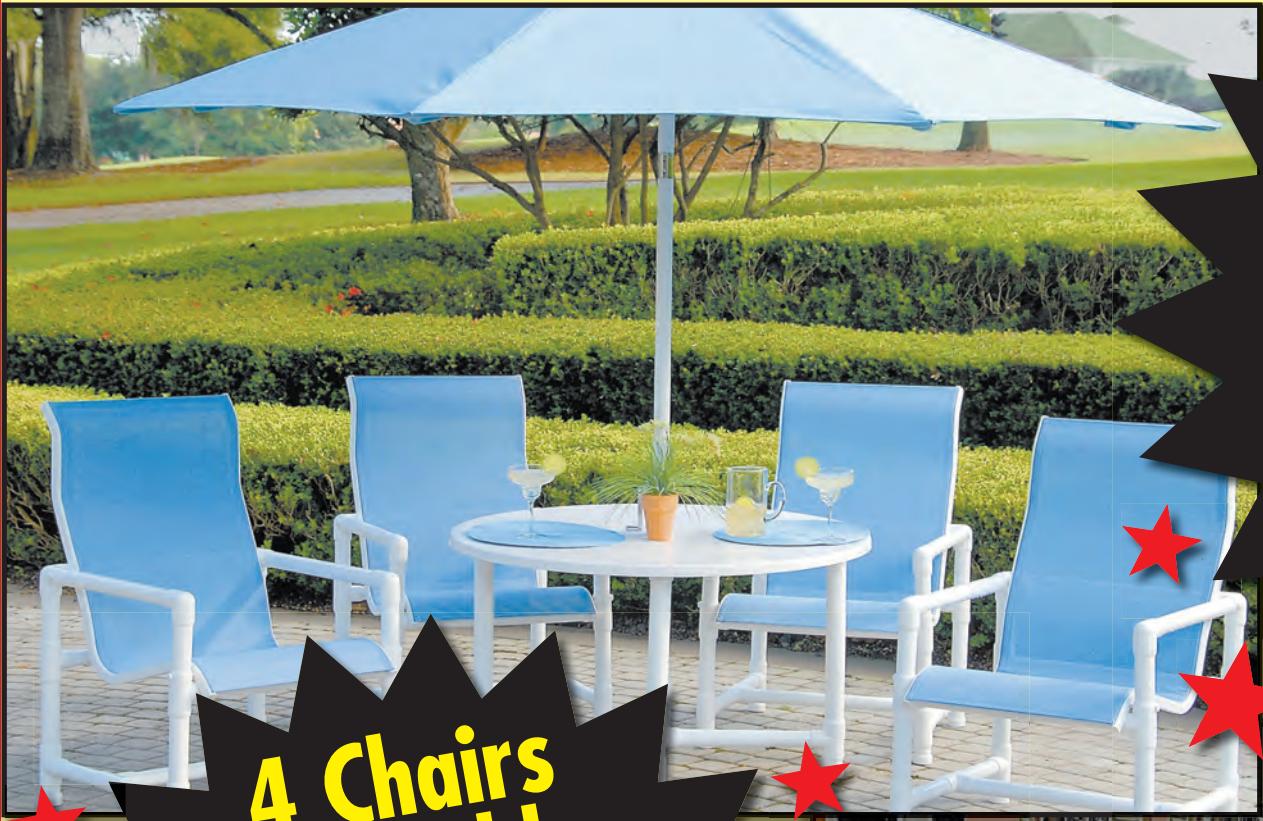
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JB Elementary Tours HSL-44, USS Simpson

From USS Simpson

More than 100 second graders from Jacksonville Beach Elementary visited USS Simpson (FFG 56) and HSL-44 as part of a field trip to Naval Station Mayport to get a first-hand look at the Navy. The tour included lunch for the students, teachers, and chaperones on board Simpson.

The student's first stop was HSL-44 where they learned about the SH-60B Seahawk helicopter and the safety equipment worn by the personnel on the helicopter. They got to put on the pilot's helmets, try on the search and rescue swimmer's gear and even hop on into the cockpit to see the controls.

Following the HSL-44 tour, the students were escorted to the navy pier to visit USS Simpson. When the group arrived, the ship's captain,



-Photo courtesy of USS Simpson

Jacksonville Beach Elementary School students pose in front of USS Simpson along with the Captain and various Simpson Sailors.

Cmdr. Jason Haen, along with more than 20 tour guides, welcomed everyone on the pier

with a brief overview of the ship. After the students, chaperones and teachers received the

appropriate safety briefs they dispersed into smaller groups for the tour.

The groups of students were

able to experience all different aspects of the shipboard life, from the Central Control Station (where the engineering plant is controlled), to the Combat Information Center to the Bridge. They were most impressed with the "big eyes" (high powered binoculars used by the ship's lookouts), the ship's guns and being able to have lunch with the crew. They also learned how to plot on a chart and how the quartermasters help safely navigate Simpson from port to port on the bridge.

One tour stop showed how Sailors get dressed out in a fire-fighting ensemble and the different kinds of gear used to safely fight fires and flooding. The students were able to interact with the crew of Simpson throughout the tour asking

questions.

"I had a great time with the students, teaching them all about our great ship," Damage Controlman 2nd Class Charley Dawson said. "Hopefully some of these students here today will want to join the Navy due in some part to this visit."

When one student asked what their favorite part of the day was he responded "lunch," which was hotdogs, chicken nuggets, french fries, fresh fruit, salad and chocolate pudding for dessert.

USS Simpson, an Oliver Hazard Perry-class Frigate, is home ported in Mayport and is attached to Destroyer Squadron 14.



-Photos by MC2 Sunday Williams

Sailors aboard USS Simpson explain about mooring lines and the ship's anchor to second-grade students from Jacksonville Beach Elementary School during a tour aboard.



-Photos by MC2 Sunday Williams

Machinery Repairman 2nd Class Zach Spath explains how the Jaws of Life work to second-grade students from Jacksonville Beach Elementary School during their tour aboard USS Simpson.

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Farragut Sailor Volunteers At Local School

By FC1 (SW) Richard Possert

USS Farragut

When Cryptological Technician (Technical) 2nd Class Thomas Davis enlisted in the Navy, he knew he would "go back to school" more than a few times. A Navy career is chock full of schools: Navy Schools, college courses, shipboard training, etc. Despite a busy work schedule as part of USS Farragut's preparing for major upcoming evolutions such as ULTRA-S and INSURV, Davis makes time on his own to "go back to school" to spend time with local elementary school students at Duval Charter School in the Arlington neighborhood of Jacksonville.

When the opportunity arises during a special "Farragut Friday," which is when the crew gets a couple of hours of liberty while the elementary schools are still in session, Petty Officer Davis will visit the first grade class his spouse, Brittany Davis, teaches. He reads to them and assists his wife and other faculty members with the daily routine in the school.

"I really enjoy spending my spare time with the elementary students," he stated, "I feel like all children can use a positive role model in those early years as well as when they get older."

Being a role model for the students is only one of the many ways Davis has benefited Duval Charter School. By supporting the Navy's Personal Excellence Partnership Program; Petty Officer Davis is being active in strengthening the education, health promotion, and citizenship of America's youth, preschool through twelfth grade. This is not the first time Petty Officer Davis has worked with local schools as a volunteer. While in "A" and "C" schools in Pensacola, Fla., he also volunteered for more than 150 hours in the fifth grade class at Spencer Bibbs Elementary School.

"When I volunteer I learn a lot and I always get a lot out of the experience," says Davis. "There is always a return on the time I invest with the children. Seeing the smiles I bring to their faces or watching a student improve their academic performance is the number one reason why I do this."

For more information on volunteering and representing the Navy through community service, please visit the Navy Community Service Program's website at: <http://www.mwr.navy.mil/nesc/index.htm>



-Photo by Brittany Davis

Cryptological Technician (Technical) 2nd Class Thomas Davis reads a story to first-graders at Duval Charter School in Arlington.

Airwolves Ride To Fight MS

By Lt. Gretchen Doane
HSM-40 Public Affairs

Airwolves from HSM-40 along with several friends and family participated in the Bike MS: PGA Tour to the Shore on Oct. 2-3.

The event was a two-day, 150-mile bike ride to raise money towards the fight to cure Multiple Sclerosis. The ride began Saturday morning at the St. Augustine Airport and wound down to Daytona Beach for a total of 82 miles the first day. The return ride on Sunday followed a more direct route back to St. Augustine, completing the 150-mile round trip.

Team Airwolf, led by Team Captain, Lt. Stiles Herdt, was successful in raising more than 4,500 dollars for the event. The consensus among the team was that it was a fantastic weekend and a great opportunity to support an important cause.

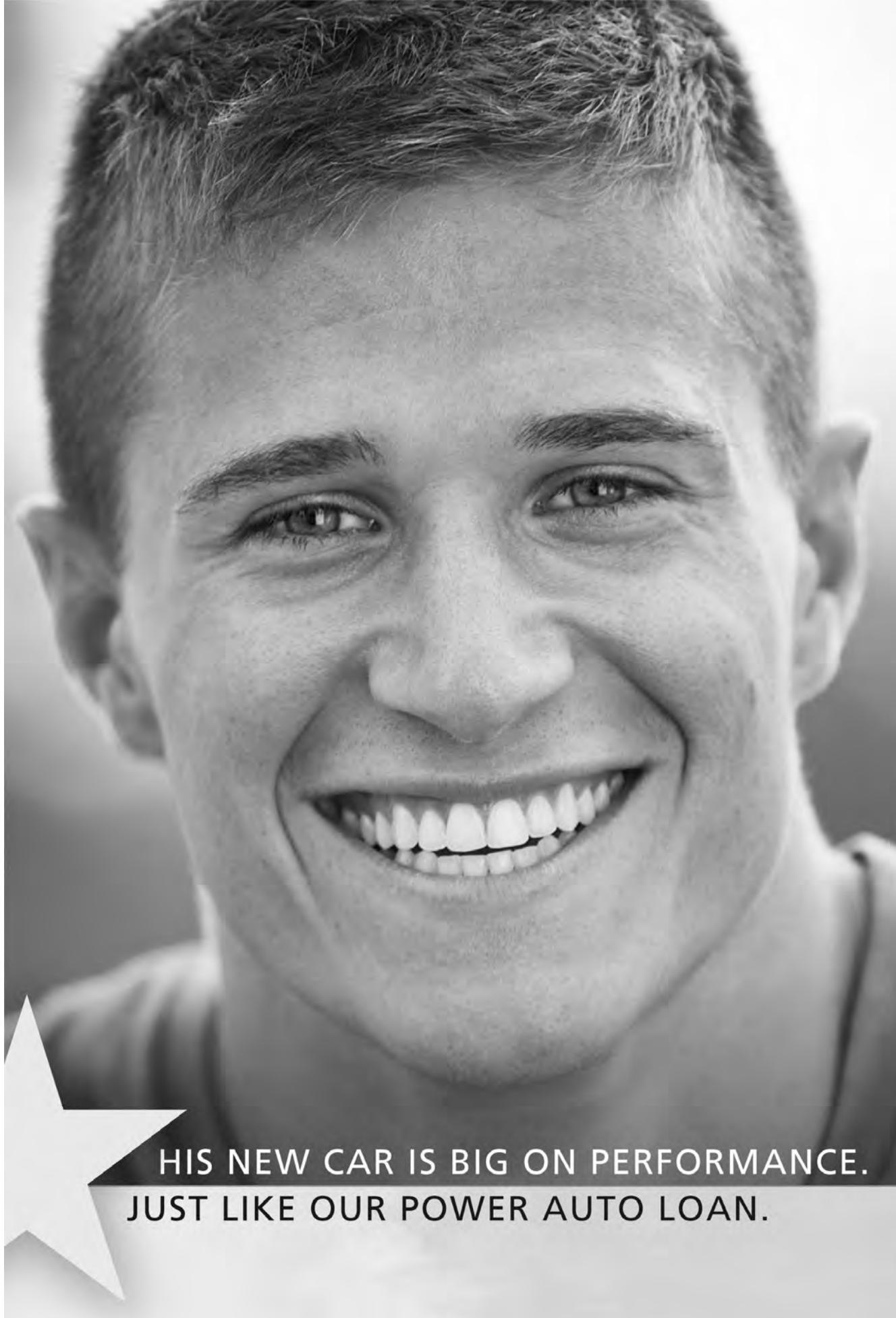
Herdt commented, "It was fun getting a team from the squadron together with friends and family for a weekend of riding and camaraderie for such a worthy cause."

Team members were: Commanding Officer, Capt. Clay Conley, CMDCM Rich Sylve, Master Chief Air Warfare Rescue Rich Quallio, Lt. Cmdr. Matt Hendrickson, Lt. Stiles Herdt, Lt. Gretchen Doane, Lt. Nick Collier, Lt. Wendy Owczarek, Lt.j.g. Rocky Gutierrez, Lt.j.g. Becca Smith, Lt.j.g. Chris Saxton, Aviation Structural Mechanic 1st Class Steve Jordan, Air Warfare Rescue 2nd Class Larry Jenkins, Air Warfare Rescue 2nd Class Larry Jenkins, Trey Knight, Air Warfare Rescue 2nd Class Jason Blackwell, Air Warfare Rescue 3rd Class Larry Jenkins, Nick Jones, Alicia Hendrickson, Pam Buday, Ron Forten and Santhus Knighten.



-Photo courtesy of HSM-40

Airwolves pose for a picture after the race.



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Taylor Returns From NATO Deployment

From USS Taylor

The guided-missile frigate USS Taylor (FFG 50) will return to its homeport Naval Station Mayport, Fla. Saturday Oct. 23, after completing a six-month deployment.

Taylor headed to the Mediterranean Sea as an independent deployer in the Sixth Fleet Area of Responsibility in April, but as a result of unexpected tasking, was given the rare opportunity to sail in the Arctic Sea for nearly a month in order to support an historic port visit to Murmansk, Russia. In addition to that port visit, Taylor also participated in several other multi-national exercises and historic port visits.

Taylor began her deployment contributing to Operation Active Endeavor, a NATO operation intended to keep the Mediterranean Sea safe and secure for all sea going traffic. Following her successful participation in the exercise, the Madrid Council of the U.S. Navy League welcomed Taylor and her crew to the Balearic Islands and the Port of Mahon. Taylor helped to celebrate Memorial Day and the strong ties between the navies of Spain and the United States. Crew members participated in many celebratory events honoring Admiral David Glasgow Farragut, the U.S. Navy's first Admiral, whose father was a native of Mahon.

Mahon served as the first port in which Cmdr. Lyle Hall, Taylor's commanding officer, hosted a reception on



-Photo by OS2 Shantae Salmon

First Kiss winner Stefanie Sturgill hugs her boyfriend Seaman Zack Guranus as the crew of USS Simpson watches the homecoming celebration of USS Taylor on Saturday at Foxtrot Pier.

board. The crew welcomed the opportunity to show off their ship and provide a venue that encouraged international friendships and cultivated continued cooperation among multi-national partners. In addition to the reception in Mahon,

Taylor also hosted receptions in: Villefranche, France; Odessa, Ukraine; Copenhagen, Denmark; Rotterdam, Netherlands; Murmansk, Russia; Brest, France; and A Coruna, Spain.

Each of the receptions was

tied into larger events sponsored by the host nations. In Villefranche, Sailors participated in several Independence Day celebrations throughout the port visit. Taylor moored in Odessa, Ukraine, to support Exercise Sea Breeze 2010 - a 12 day, 10

nation annual exercise committed to Black Sea regional stability and maritime security.

In Murmansk, Taylor's crew and Polar Convoy veterans commemorated the 65th anniversary of the end of WWII and the strong alliance between the

U.S. and Russia that promoted victory against the enemy. Taylor held its final reception on Oct. 8, in A Coruna, Spain, welcoming the Secretary of the Navy, the Honorable Ray Mabus, aboard.

Taylor's port visits were extremely beneficial to the continued relationships between the U.S. and the host nations. Not only was she able to host receptions, Taylor's crew also committed themselves to serving the people of the countries they visited. Nearly fifty Sailors participated in several community relations projects. These projects ranged from delivering Project Handclasp goods to orphanages in Ukraine, Croatia, and Russia, to disaster relief efforts in Draguignan, France, an area damaged by flash flooding. Wherever the ship's Sailors were presented with the opportunity to help, they volunteered to give up their limited liberty time to offer their support.

While operating near the coast of Spain, Taylor rendered aide to three Spanish boaters that had been stranded at sea for more than 24 hours in a small rigid hull inflatable boat. Towards the end of her cruise, Taylor also had the opportunity to work jointly with a Norwegian submarine, as well as several French naval assets.

Taylor and her crew return to Mayport having earned the Navy's Arctic Sea Service ribbon; a rare achievement.



-Photo by OS2 Shantae Salmon

Operations Specialist Seaman Eric Bailey holds his wife and baby close during their reunion at Foxtrot Pier on Saturday.



-Photo by ET1 (SW/AW) Marty Parsons

Lt. Daniel Sepulveda, Taylor's Supply Officer, holds his daughter, Isabel, close during the ship's homecoming.



-Photo by ET1 (SW/AW) Marty Parsons

Chief Hospital Corpsman (SW/FMF) Shawn Kenney gets a big welcome home kiss from his wife after stepping off the brow during the ship's homecoming.

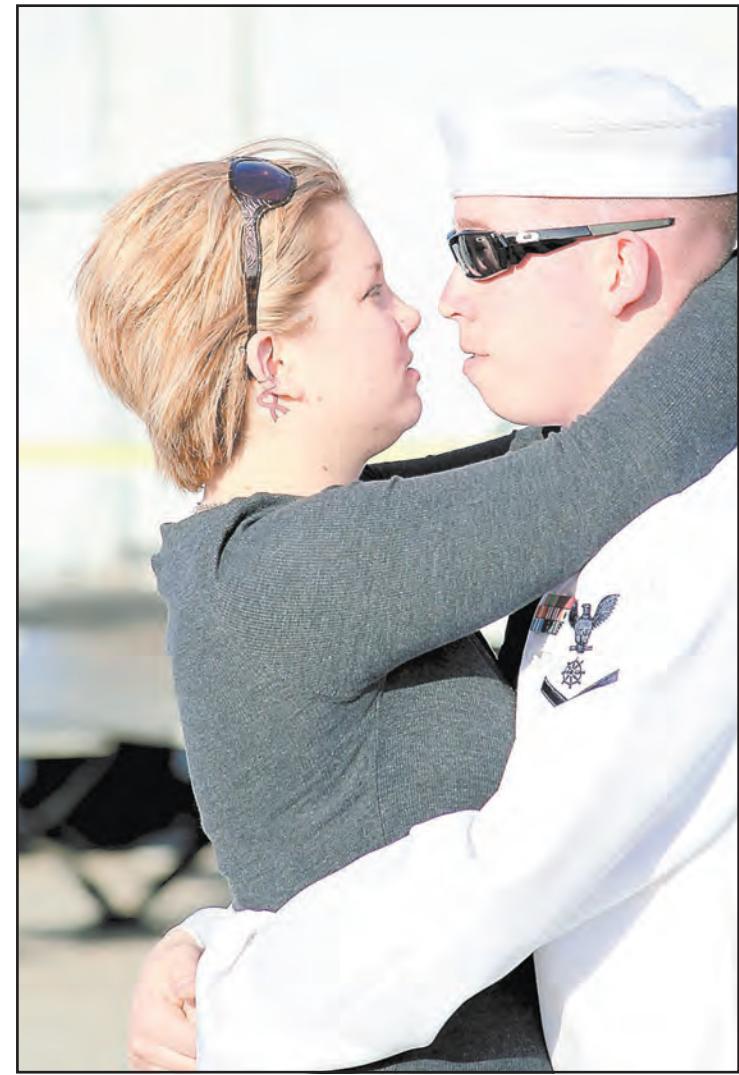


-Photo by ET1 (SW/AW) Marty Parsons

Sailors file down the brow with flowers for their loved ones after the captain calls liberty during Taylor's homecoming.



-Photo by OS2 Shantae Salmon
Lt. William Dean gets a welcome home kiss from his wife, Laura, after disembarking U SS Taylor. The ship returned to Naval Station Mayport on Saturday after a six-month deployment to the Mediterranean.



-Photo by ET1 (SW/AW) Marty Parsons
Quartermaster 3rd Class Michael Bell reunites with his wife pier-side during the ship's homecoming on Saturday.



-Photo by ET1 (SW/AW) Marty Parsons
Culinary Specialist Seaman Dustin Snyder kisses his fiancee, Georgiana Hunold, after returning with USS Taylor and crew on Saturday.



-Photo by ET1 (SW/AW) Marty Parsons
Friends and family members of USS Taylor wait pier-side for the ship to pull into the Mayport harbor on Saturday as part of the ship's homecoming celebration.



-Photo by ET1 (SW/AW) Marty Parsons
Nicholas and Sophia Burns wait for their father, Chief Electronics Technician (SW) Eric Burns.



-Photo by ET1 (SW/AW) Marty Parsons
Family members hold signs and wave flags to welcome home their Sailors.



-Photo by ET1 (SW/AW) Marty Parsons
Fire Controlman 2nd Class (SW) Christopher Robertson holds his newborn son Lucas for the first time.



-Photo by ET1 (SW/AW) Marty Parsons
Culinary Speciliast 2nd Class Jonathan Wilson holds his new daughter as wife, Jennifer, stands by his side.



-Photo by ET1 (SW/AW) Marty Parsons
Logistics Specialist 1st Class (SW) Nestor Garcia talks on the sound powered phone as Taylor pulls pier-side.



-Photo by ET1 (SW/AW) Marty Parsons
Damage Controlman Fireman Todd Price waves to loved ones from the rails as the ship pulls into Foxtrot Pier.

Chaplains Learn About Mayport Coasties

By Lt. Eddy Logan
Surface Force Ministry Center

The Chaplains and Religious Program Specialists (RPs) of the Surface Force Ministry Center (SFMC), Mayport Naval Station, recently toured the U.S. Coast Guard Sector Jacksonville.

The visit provided the Chaplains and RPs an opportunity to become more knowledgeable regarding the scope and mission of the Coast Guard. The Navy Chaplain Corps covers the full range of maritime services and chaplains could be assigned to billets in the Navy, Marine Corps, or the Coast Guard.

CG Lt. Cmdr. William Seward, Chief of Logistics, welcomed the SFMC personnel and began the tour by relating the mission and purpose of the Coast Guard during an informal lunch in the Coast Guard's gallery.

Today's U.S. Coast Guard, with nearly 42,000 men and women on active duty, is a unique force that carries out an array of civil and military responsibilities touching almost every facet of the U.S. maritime environment. Sector Jacksonville is located on six acres of land along the St. Johns River adjacent to Naval Station Mayport and is under the command of Captain Andy Blomme. The area of responsibility for this sector encompasses 40,000 square miles of ocean and inland waterways and it serves as the parent command to four cutters, Maria



-Photo by Lt. Eddy Logan

Chaplains and Religious Programs Specialists from Surface Force Ministry Center tour the U.S. Coast Guard Sector Jacksonville.

Bray, Kingfisher, Shrike and Hammer.

Seward led the group throughout the Coast Guard facilities, pausing near various boats, to explain each vessel's abilities and types of missions. One of the smallest boats, which carries a four person crew, is the Special Purpose Craft – Law Enforcement (SPC-LEs).

A recent addition to the Coast Guard, the SPC-LE is a 33-foot aluminum mono hull with a 10-foot beam and foam collar. It is powered by three

275-horsepower engines able to reach speeds in excess of 50 knots and is capable of operating more than 30 miles from shore. Equipped with a state-of-the-art navigation system and secure communications capability, SPC-LEs are currently deployed in strategic border locations with high level of illegal drug, migrant, and fishery activity.

The SFMC personnel were provided several opportunities to ask questions throughout the tour. This was extremely advantageous for the chaplains

because it is conceivable that a chaplain could serve in each of the three maritime services during the course of his or her career. While the uniform may change for a chaplain, the responsibilities would remain the same and include the following:

- Conduct worship services in a variety of settings.
- Perform religious rites and ceremonies such as weddings and funeral services.
- Counsel individuals who seek guidance.
- Oversee religious educa-

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on issues of religion, culture and ethics.

Before ending the tour, Seward expressed his gratitude to the Chaplains and RPs for their service, "I have the utmost respect for the Navy Chaplain Corps. Their service to the Coast Guard is essential to our operational readiness."



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Fourth Fleet Welcomes Navy's Newest Info Dominance Warriors

From U.S. 4th Fleet Public Affairs

Eleven U.S. Navy officers from U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) received the Information Dominance Warfare pin Oct. 18 qualifying them as Information Dominance Warfare Officers (IDWO). Capt. Eric Taylor, COMUSNAVSO/C4F Maritime Operations Center deputy director, was the first to receive the Information Dominance Warfare device.

"The warfare device we were awarded is one way that the Information Dominance Corps is using to dramatically increase the depth of its members," said Taylor. "These professional skills remain the same, but each part serves to reinforce each other. So the effect is greater than the sum of the constituent parts."

The Navy is under direct attack in the information domain. Three hundred sixty million separate attacks were recorded on Department of Defense networks in 2009. Additionally, Chief of Naval Operations (CNO) Adm. Gary Roughead, stated the changes in the information dominance posture.

"The biggest breakthrough of the current fight in Operation Enduring Freedom and Operation Iraqi Freedom is the successful integration of intelligence with operations, and the networks to get information to the right person, at the right time, in the right way," said Roughead. "That is where the power is."

The U.S. Navy's vision for Information Dominance highlights capabilities that are already evolving, from the 20th century supporting functions to a main battery of 21st century American sea power. CNO directed that the Navy positions itself to remain pre-eminent in the fields of intelligence, cyber warfare, command and control, electronic warfare and other battle field and knowledge management disciplines.

"We need to elevate the priority of information," said Roughead. "Since we already think and operate this way it's time we finally aligned organizationally to sustain it ... to achieve prominence and dominance."

To achieve CNO's vision, the primary communities that enable the commander's decisional superiority have been brought together into the Information Dominance Corps. In creating the Information Dominance Corps, CNO took a bold step in integrating oceanography, information warfare, information professional, intelligence and the space cadre into a new warfare discipline.

to develop information as a main battery concept.

The information dominance community is comprised of 46,000 members, consisting of officer, enlisted and civilian personnel. The Office of the Chief of Naval Operations has developed a roadmap to improve the training, education and qualification across the work-force. The Oct. 18 warfare pinning kicked off the officer qualification process.

Lt. j.g. Darcy Herberick, COMUSNAVOS/U.S. 4th Fleet Maritime Intelligence Operations Center watch officer, Fleet Intelligence Adaptive Force (FIAF) acting-officer-in-charge, also received the warfare device.

"I'm very pleased to have received the warfare pin," said Herberick. "As a junior officer, I had to complete certain requirements to receive the pin, and it was well worth the effort."

The Enlisted Information Dominance Warfare Specialist (EIDWS) Program was established for all enlisted personnel assigned to information dominance commands; Navy Information Operations Commands (NIOC), Naval Computer and Telecommunication Stations (NCTS), Naval Computer and Telecommunications Area Master Stations (NCTAMS), Office of Naval Intelligence (ONI) and Navy Cyber Defense Operations Command (NCDOC) according to standing Navy practice that enlisted warfare qualifications follow platform.

"We are working with Commander, Navy Cyber Forces Command to recognize that the maritime operations centers (MOC) serve critical information dominance functions as well," said Taylor. "By expanding the EIDWS program to the MOCs, our position is that we will be truly operationalizing the Information Dominance Corps. COMUSNAVSO is the naval component command for U.S. Southern Command and is responsible for all naval personnel and assets in the area of responsibility. COMUSNAVSO conducts a variety of missions in support of the U.S. Maritime Strategy, including theater security cooperation, relationship building, humanitarian assistance and disaster response, community relations, and counter-illicit trafficking operations.

For more information, contact COMUSNAVSO/U.S. 4th Fleet Public Affairs by e-mail at comusnavso-c4f_mypt_pao@navy.mil, or visit www.public.navy.mil/comusnavso-c4f, on Facebook at www.facebook.com/NAVSOUS4THFLT, or on Twitter at www.twitter.com/NAVSOUS4THFLT.



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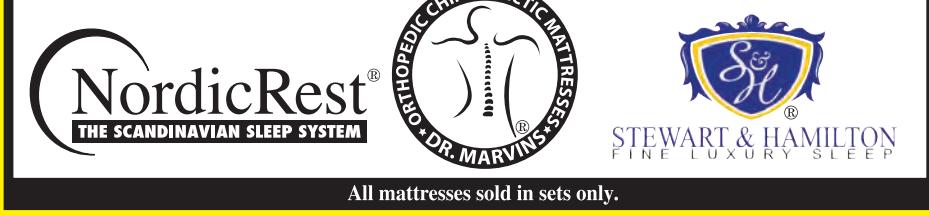
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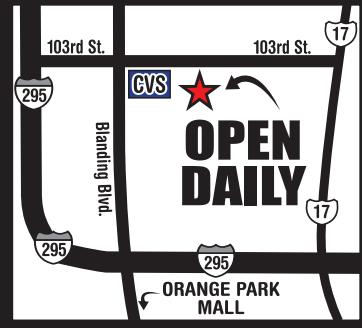
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- Gloves
- White Socks
- Beanie Babies
- Webkinz
- Other Small Plush Toys
- Lip Balm (sealed)
- Toothpaste
- Toothbrushes
- Roll-on deodorant



Suggested Donation Items:

- Travel Size containers of Foot Powder
- Individual Packets of Moist Towelettes
- Bandana Coolers/Cool-Ties*
- Mini-Battery-Operated Fans
- Prepaid Phone Cards
- Travel-Size Board Games
- Handheld Electronic Games
- Computer Flash Drives
- DVDs and CDs
- Video Games
- Headsets (earpiece & mic) WebCams

- Used Cell Phones
- Video Games and Systems IPODS
- PDAs
- Ink-jet Cartridges
- Hand and Foot Warmers
- Single Serving Boxes of Cold Cereal
- Individual Packets of Hot Cereal
- Individual Packets of Trail Mix and/or Nuts
- Energy Bars
- Beef Jerky
- Energy Bars

- Candy bars
- Halloween Candy
- Ready To Eat Tuna or Chicken Salad Kits
- Boxes of Girl Scout Cookies
- Packets of Powdered Hot or Cold Beverages
- Screen Printed T-Shirts
- Baseball Style Caps
- Baseball Gloves
- Disposable Cameras
- Blank Greeting Cards
- Unsealed Personal Cards and Letters

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938273

Oct. 28: Thursday CPO Social Hour – Boss's Night. 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests.

Oct. 29 & 30: Xtreme Bowling Halloween Weekend Special. 8-11 p.m. both nights at Mayport Bowling Center. Bowlers in costume will receive free shoe rental and can win sweet treats with a colored headpin strike. 270-5377

Oct. 29 & 30: Live Band – Liquid Blue. 9 p.m.-1 a.m. both nights at Castaway's Lounge. No cover charge. www.myspace.com/liquidbluerocks 270-7205

Oct. 31: Jaguars Golf

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.

Oct. 28: Pumpkin Carving Contest. Stop by Planet

MWR HAPPENINGS

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. 31: Halloween Bowling Special. 1-8 p.m. at Mayport Bowling Center. Kids 12 and under bowl for free with a paying adult. Limit one child per adult. Not valid with the Family Fun Night special. 270-5377

Oct. 31: 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

Nov. 2: 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.

Nov. 14: Jaguars vs. Texans

Limited tickets are available (while supplies last) at ITT. 270-5145

Housing Haunted House At Off-Base Housing

Naval Station Mayport and Balfour Beatty Communities will hold its Third Annual Haunted House at 1035 F. Lexington Court, located in Ribault Bay Housing on Oct. 29 from 4 p.m. to 9 p.m. All service members and their families are invited.

LIBERTY CALL

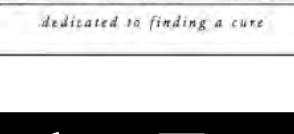
Mayport and carve your pumpkin to enter the contest for best pumpkin. Judging will take place at the Fright Night party

on Oct. 29. (Free)

Oct. 29: Fright Night. 8 p.m.-12 a.m. at Planet Mayport. Food, games, costume contests, carved pumpkin judging, and prizes. (Free)

Oct. 30-31: Scary Movie Marathon. All day and night at Planet Mayport. (Free)

Nov. 1: Space Shuttle Discovery Trip. Van departs Planet Mayport at 10 a.m. Cost is \$15. View the shuttle launch from the Astronaut Hall of Fame. Pre-registration required.



Halloween Weekend of Ghoulish Fun at Mayport Bowling Center

Fri. Oct. 29 & Sat. Oct. 30 (8pm-11pm)

Xtreme Bowling... Bowlers in costume will receive free shoe rental and can win sweet treats with a colored headpin strike!

HALLOWEEN, Sun. Oct. 31 (1pm-8pm)

Kids 12 and under bowl for FREE with a paying adult. Limit 1 child per adult. Not valid with Family Fun Night special.

Info? (904) 270-5377



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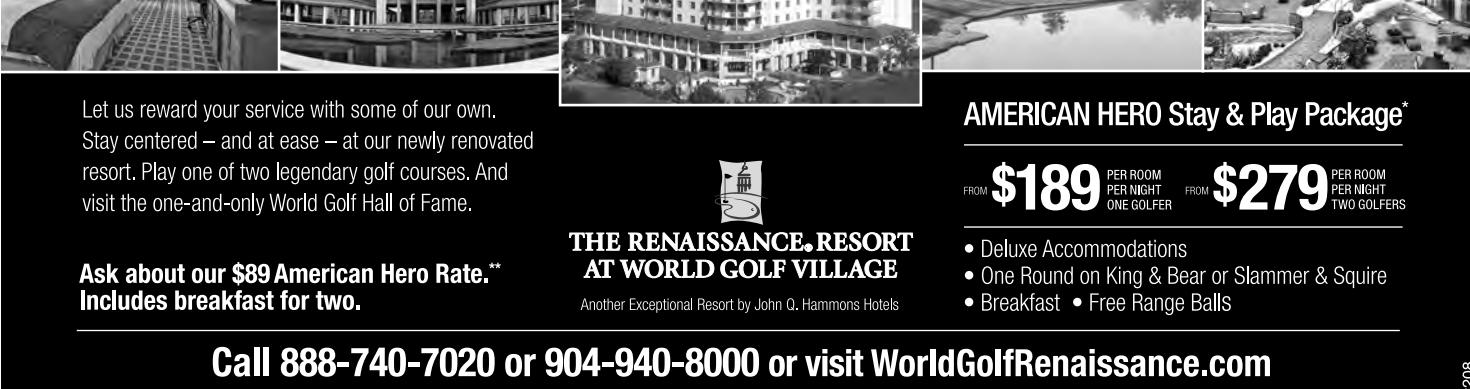
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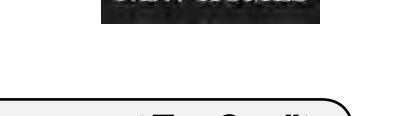
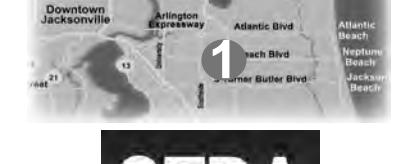
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| lot 83 | 4 bed/2 ba | \$174,990 |
| lot 94 | 4 bed/2 ba | \$189,990 |
| lot 13 | 4 bed/2 ba | \$189,990 |

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Cochrane high-fives a young boy at the CDC.

Oct. 29: Freedom Friday – Costume Contest and Dance Party. 7-11 p.m. at the Youth Activities Center. Ages 6-12 are welcome; age 5 is welcome, if currently in kindergarten. Cost is \$7 in advance or \$9 the day of, if space. Early registration is recommended. 270-5680 or 5421

Oct. 29: Teen Costume Contest and Dance Party. 7 p.m. at Club Teen. Ages 12-17 are welcome; age 18 is welcome, if currently in high school. Cost is \$2 per person. 270-5680 or 246-0347

Oct. 29 & 30: Xtreme

KID ZONE

Bowling Halloween Weekend Special. 8-11 p.m. both nights at Mayport Bowling Center. Bowlers in costume will receive free shoe rental and can win sweet treats with a colored headpin strike. 270-5377

Oct. 31: 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

adult. Not valid with the Family Fun Night special. 270-5377

Oct. 31: Halloween Bowling Special. 1-8 p.m. at Mayport Bowling Center. Kids 12 and under bowl for free with a paying adult. Limit one child per



-Photos by ET1(SW/AW) Marty Parsons
NS Mayport Commanding Officer, Capt. Doug Cochrane accepts birthday cards Monday from children enrolled in the VPK program at the off-base Child Development Center. The children created the cards to celebrate the Navy's birthday on Oct. 13.

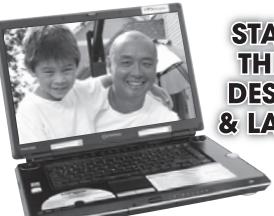
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INFORMATION MEETING

Tuesday, November 9th at 5:30 p.m.

TWO SCHOLARSHIPS WILL BE RAFFLED FOR ACTIVE AND VETERAN MILITARY PERSONNEL.

Classes Available For Sailors, Families At FFSC

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

Oct. 28, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC, Room 702

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

Oct. 28, 8 a.m.-noon, **FAP Key Personnel Training**, Building 1, Room 1615

Nov. 1-5, 8 a.m.-4 p.m., **Command Financial Specialist**, FFSC Room 1616

Nov. 2, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Nov. 3, 9-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Nov. 3, 8-11:30 a.m., **Stress Management**, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants

will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

Nov. 4, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Nov. 4, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Nov. 4, 9-10 a.m., **TRACC Meeting**, FFSC Room 719

Nov. 4, 1:30-3:30 p.m., **Troops to Teachers**, FFSC Room 719

Nov. 8, 6-7 p.m., **IA Discussion Group**, USO

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

Nov. 8, 1-3 p.m., **FERP-Federal Employment Class**, FFSC Room 702

Nov. 8-10, 8 a.m.-4 p.m., **Executive TAP Workshop**, Building 1 Room 1616

Nov. 8, **What About The Kids?**, 9-11 a.m., FFSC Room 719

Children who witness family violence are often forgotten as the unintended victims.

A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see, understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

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

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

Nov. 10, 9-noon, **Tottletyme**

Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

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

Nov. 11, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Nov. 15-18, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building 1, Room 1616

Nov. 15, 8:30 a.m.-2:30 p.m., **Military Spouse 101**, FFSC Room 719

The Fleet and Family Support Center offers this class to military spouses new to the area, and those new to the military

way of life. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

Nov. 16, 1-3:30 p.m., **Overseas Living**, FFSC Room 719

Overseas Living is a class designed to prepare you for living in new and different setting. This class will provide helpful information about living on the economy to dealing with potential terrorist activities. You will have a chance to understand the emotional cycles of overseas living to making this tour the best part of your Navy career. Specific information about visas and absentee voting will be discussed.

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

Nov. 16, 9-11 a.m., **Parenting Class**, FFSC Room 702

Nov. 17, 9-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Nov. 18, 1-3:30 p.m., **Conflict Resolution For Women**, FFSC Room 702

Nov. 18, 9-11:30 a.m., **Smooth Move**, FFSC Room 719

Nov. 18, 8-11 a.m., **Anger Management**, Building 1, Room 1615

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.

Nov. 18, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

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

Nov. 23, 9-11 a.m., **Parenting Class**, FFSC Room 702

Nov. 24, 9-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Nov. 29, 6-8 p.m., **Ombudsman Assembly**, Building 1, Room 104

Nov. 29-Dec. 2, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1, Room 1616

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

Nov. 30, 9-11 a.m., **Parenting Class**, FFSC Room 702

Dec. 7, 9-11 a.m., **Parenting Class**, FFSC Room 702

Dec. 14, 9-11 a.m., **Parenting Class**, FFSC Room 702

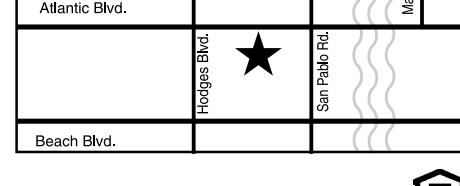


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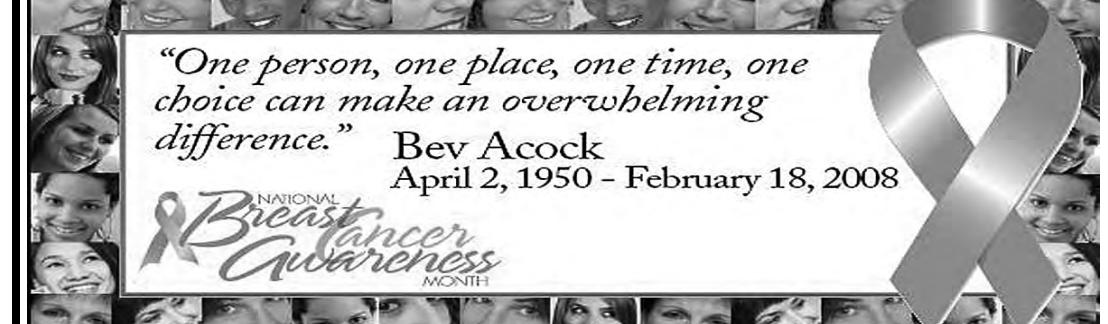
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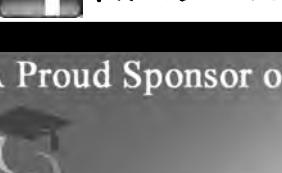
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-Photo courtesy of Bishop Kenny NJROTC

Bishop Kenny High School NJROTC cadets learn about the damage control simulator before heading out to the wet trainer at Naval Station Mayport.

Bishop Kenny NJROTC Cadets Get Wet And Set Sail At Mayport

By Cadet Chief Petty Officer Tyler Nelson and Cadet Erin Sullivan

Bishop Kenny NJROTC Training Officer and First year Naval Science Cadet

A group of 24 Bishop Kenny NJROTC cadets found a way to beat the Florida heat and earn their sea cruise ribbon on Sept. 29. They did it by visiting Naval Station Mayport's Damage Control simulator and taking a ride on two of the tug-boats.

"It was awesome and I earned my first ribbon!" said Cadet Seaman Recruit Robert Costa, who joined the unit this year. Prior to going into the simulator the cadets received classroom instruction in Ships Damage Control. In the class, the cadets were instructed by multiple, humorous, yet serious certified Naval Enlisted Instructors.

"The instructors were far from boring. They were funny yet serious... a very enjoyable class" said, Cadet Chief Petty Officer Tyler Nelson, one of Bishop Kenny's Training Officers.

After the class the cadets were put into the "Wet Trainer Simulator." It is called this

because the cadets got very wet. The cadets were put into two repair parties. Each repair party had two investigators, whose job was to go into the flooding space and survey the damage, and report back to the repair party.

The exercise began with a simulated enemy attack on their ship. The investigators came back to the group of cadets and reported their findings. When the team entered the compartment, with their tools to try to control the flooding, the water was two feet high and rising. With the water level rising from multiple holes and fittings, the cadets had to work together as a team to control the many leaks in the compartment. The water reached four feet before the cadets had it under control.

The cadets felt they were successful in saving the ship and many lives that day. After leaving the simulator the cadets dried off and had a barbecue lunch with the instructors.

After departing the Damage Control Simulator they got to take a short cruise on two of the Mayport Naval Base, tug boats. They split up into two

groups, one group on Tugboat 12 Captained by Captain Jim and the other group on Tugboat 13 Captained by Captain Chris.

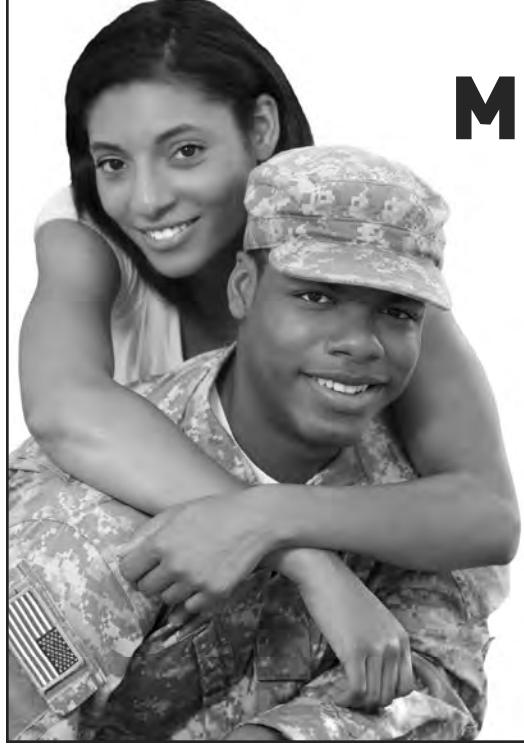
All in attendance had a great experience of Damage Control and were able to earn their sea cruise ribbon...not a bad day.

BK NJROTC Has Their Day In Court



-Photo by MCPO Kevin Harris, USN, (Ret)

On Sept. 23, 2010, the Bishop Kenny NJROTC Color Guard provided the Colors for the City of Jacksonville's Naturalization Ceremony at the United States District Court, Middle District of Florida. The Honorable Monte C. Richardson, United States Magistrate was the presiding judge. Cadets are from left, Cadet Chief Petty Officer Madison Weiland; Color Guard Commander, Cadet Lieutenant Junior Grade Kyle Dajac; Bishop Kenny's Cadet Company Commander, Cadet Lieutenant Commander Jason Infante; and Cadet Chief Petty Officer Christopher Azcuy.



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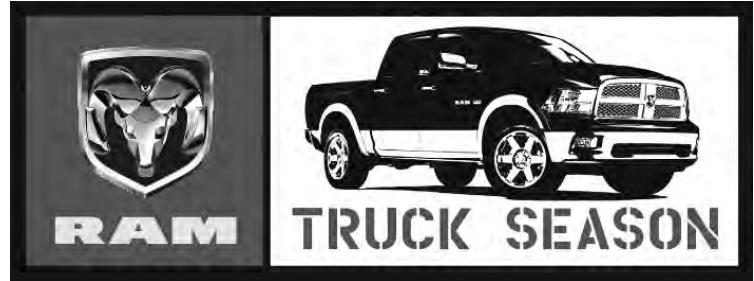
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VA Campaign Urges Vets to Use Benefits, Services

By Donna Miles

American Forces Press Service

The Department of Veterans Affairs has launched a campaign to encourage veterans of Iraq and Afghanistan to take advantage of available VA benefits and services.

The locations - Norfolk, Va.; Raleigh, N.C.; Savannah, Ga.; Seattle; Watertown, N.Y.; and El Paso, Texas - were selected because they're near major military bases and large populations of veterans from Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn.

The new ad promotes one of VA Secretary Eric K. Shinseki's top pri-

orities: providing more veterans access to VA services, Roberts said. Only about 8 million of the more than 23 million veterans around the country take advantage of VA benefits or health care, she said.

"This advertising campaign is an effort to bridge the gap," Roberts said. "VA wants servicemembers and veterans to know we are the resource. The sooner we meet their needs, the less likely they are to encounter the repercussions commonly associated with their post-combat experience."

Former Marine Sgt. Robert Kugler, an Iraqi war veteran, plays the lead role in VA's first television ad, "What

Lies Ahead."

Kugler was deployed to Iraq when his brother, Mike Doheny, a Marine veteran working as a civilian security contractor for the Army Corps of Engineers, was killed during an improvised explosive device attack southeast of Baghdad. Kugler escorted his brother's body home to Broken Bow, Neb., and then returned to Iraq to finish his deployment.

After separating from the military, Kugler heeded the advice Mike left behind in a letter to be opened only upon his death: Follow your dreams and do the things you've always wanted.

For Rob, that meant moving to Los Angeles and pursuing an acting career. He currently takes improvisation classes at the Groundlings Theater and School and has appeared in several TV ads.

In his VA ad debut, Kugler urges combat veterans transitioning back to civilian life to take advantage of the benefits and services they've earned.

"Welcome home!" he says in the ad. "You've served your country. Now that you've completed your service, you've got lots of opportunities for your future."

"But health comes first," he continues. "Sign up for health care at your

nearest VA."

"Thinking about a job, or school?" he asks. "The GI Bill can help pay for college and VA's job assistance can prepare you for a career."

"Want to buy a house?" he questions. "See if you qualify for a zero-down VA home loan."

"It's your VA," he concludes. "Take advantage of your benefits."

The ad directs viewers to the "My VA" website to sign up for benefits. The "What Lies Ahead" ad is slated to run through November, Roberts said, followed by a second ad to run through the year's end.

From Page 1

Mayport

Science Degree. Following commissioning, he completed pilot flight training and received his wings in September 1985 with orders to fly the A-7E Corsair.

While flying the Corsair, he deployed on USS D. Eisenhower (CVN 69) with the VA-72 Bluehawks and then served as an A-7E Flight instructor pilot with VA-122 in

Lemoore, California.

In 1990, he transitioned to the F/A-18 Hornet and joined the VFA-15 Valions deployed aboard the USS Theodore Roosevelt (CVN 71).

He completed his F/A-18 flying career with tours as the Assistant Operations Officer for Strike Fighter Wing Atlantic and Operations Officer for VFA-106 as an F/A-18 flight

instructor.

Bowman was awarded a Masters in Business Administration with distinction in 1995 and subsequently applied for and was accepted in the Aeronautical Engineering Duty Officer (AEDO) specialty career field.

As an AEDO he attended the

Defense Acquisition Advanced Program Managers course and achieved the highest level of certification as a Navy Program Manager.

As a Program Manager, he was involved with the development and procurement of the Joint Standoff Weapon (JSOW), Joint Direct Attack Munition

Station Mayport.

During Bowman's career, he has accumulated more than 2,300 accident-free flight hours and more than 300 carrier-arrested landings.

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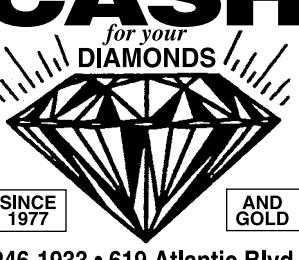


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Holiday Mailing Deadlines Released

From Naval Supply Systems Command
Public Affairs

The Naval Supply Systems Command's (NAVSUP) Postal Policy Division mail-by dates for pre-Dec. 25 delivery of holiday cards, letters and packages are out.

The dates are as follows:

For military mail addressed to APO/FPO addresses APO/FPO AE zip codes 090-098 (except 093), AA zip code 340 and AP zip codes 962-966:

Express Mail Military Service (EMMS): Dec. 18

First-Class Mail, Letters, Cards; Priority Mail: Dec. 4

PAL: Dec. 1
SAM: Nov. 20
Parcel Post: Nov. 12
For APO/FPO AE zip code 093:
EMMS: Not applicable.
First-Class Mail, Letters, Cards; Priority Mail: Dec. 4

PAL: Dec. 1
SAM: Nov. 20
Parcel Post: Nov. 12
For military mail from APO and FPO addresses
EMMS: Dec. 18
First-Class Mail, Letters, Cards; Priority Mail: Dec. 10

PAL: Dec. 3
SAM: Nov. 26
EMMS is available from selected military post offices. If mailing to an APO/FPO address, check with your local

post office to determine if this service is available.

PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

SAM refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum

weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to the continental United States by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

It is also recommended that customers check with their local civilian or military post offices for information on size restrictions and possible need for customs declaration forms. Additionally, customers are advised that certain mail restrictions apply and some items are non-mailable, such as switchblade knives, pornography, con-

trolled substances and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local post office or military post office.

As a final note, customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed. Instead, they will be handled as "non-mailable matter," regardless of the contents or what is listed on the U.S. Customs form.

NAVSUP's primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance. In addition, NAVSUP is responsible for quality of life issues for our naval forces, including food service, postal services, Navy Exchanges and movement of household goods.

DeCA Savings On Pasta Sauces, Salad Dressings, Frozen Dinners To Tempt Your Taste Buds

By Kay Blakley

DeCA home economist

Americans love Italian fare! According to a recent Harris Poll, more people in the United States choose Italian food when eating out than any other. Of course, there are savings to be realized when you eat at home instead of going out. And, when you're part of the exclusive group that enjoys commissary privileges, the at-home savings can be significant. Stock up on items to satisfy your Italian appetite right now during the Italian & American Festival of Savings promotion at your local commissary.

To check out these recipes and more, come to Kay's Kitchen at <http://www.commissaries.com>. As always, you'll save 30 percent or more on the ingredients for all of these recipes in your local commissary.

Easy Meatballs (Serves 4)

Ingredients:

1 pound lean ground beef
1/2 cup Italian-style bread crumbs

1/4 cup milk
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce

1/4 teaspoon pepper
1 small onion, finely chopped (1/4 cup)
1 egg, lightly beaten

Directions:

1. Preheat oven to 400 degrees. Line a 13 x 9-inch pan with aluminum foil; spray with cooking spray.

2. Place the egg in a large bowl; stir in remaining ingredients, except ground beef, until well combined. 3. Crumble ground beef over egg mixture and lightly mix until all ingredients are well combined. 4. For evenly sized meatballs that will cook in the same amount of time, on a cutting board, pat ground beef mixture into a 6 x 4-inch rectangle. Using a sharp knife, cut the mixture into 24 squares. 5. Roll each square into a 1 1/2 -inch meatball; place 1 inch apart in prepared pan. 6. Bake uncovered 18 to 22 minutes or until no longer pink in the center.

Pasta Stackups with Chicken Sausage (Serves 4)

Ingredients:

6 large lasagna noodles
1 cup dried tomato halves (not oil packed), coarsely chopped

6 cloves garlic, minced
1 pound fully cooked chicken sausage links
2 tablespoons olive oil
1 (5 ounce) bag baby spinach

leaves
Shaved Parmesan (optional)

Directions:

1. Cook lasagna noodles according to package directions. 2. Place dried tomatoes and garlic in a bowl; carefully add 1 cup boiling pasta water; set aside.

3. Cut sausage links in half lengthwise and slice in large pieces. In a 12-inch skillet cook sausage in hot oil over medium-high heat until lightly browned and heated through, turning occasionally.

4. Add tomato mixture to skillet. Cook uncovered, 2 minutes.

5. Stir in spinach, 1/2 teaspoon salt and 1/2 teaspoon black pepper. Cover and remove from heat.

6. Cut cooked lasagna noodles in half. To serve, layer noodles and sausage mixture onto individual plates. Pass shaved Parmesan.

Slow-Baked Tomatoes with Garlic and Mint (Serves 8)

The tomatoes for this dish should be roughly the same size and uncut so they bake evenly.

Ingredients:

1 1/2 pounds cherry or grape tomatoes

1/4 to 1/2 cup extra virgin olive oil

7 cloves garlic, peeled, split lengthwise and green shoot removed

1 bunch fresh mint, trimmed

1 to 2 teaspoons coarse or flake salt

1 teaspoon freshly ground black pepper

Toasted slices of rustic bread

Goat cheese (optional)

Directions:

1. Preheat oven to 325 degrees. Wash and drain tomatoes well. Pat dry with paper towels.

2. Arrange tomatoes in a single layer in a nonreactive (earthenware or ovenproof glass) 2-quart baking dish. Pour in olive oil so tomatoes are well-coated and there is a thin layer (about 1/8 inch) of oil on bottom of dish.

3. Toss in garlic, mint, salt and pepper.

4. Bake, uncovered, for 45 to 60 minutes or until skins split and soften but tomatoes still

retain their shape.

5. Serve hot, warm or at room temperature. Spoon or mash over slices of toasted bread. Sprinkle with goat cheese, if desired.

Spaghetti Frittata (Serves 4)

Never discard any leftover spaghetti. If you have at least a cup of it, use it to make a quick and easy second meal.

Ingredients:

6 eggs
1/4 cup milk
Salt and pepper
1 cup leftover spaghetti
Cherry tomatoes and parsley for garnish

Parmesan cheese

Directions:

1. Whisk together the eggs, milk, salt and pepper. Stir in the spaghetti.

2. Pour mixture into a skillet and cook over medium heat 6 to 8 minutes or until eggs are set.

3. Garnish with cherry tomatoes (sliced in half) and sprigs of parsley. Sprinkle with Parmesan cheese, cut into wedges and serve.



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Online Ballots Can Help Overseas Votes Count

By Karen Parrish

American Forces Press Service

The Defense Department's Federal Voting Assistance Program has a solution for overseas servicemembers and other U.S. citizens living outside the country who haven't received an election ballot: get it online.

With Nov. 2 midterm elections two weeks off, Illinois and New York recently joined the list of states and territories the Justice Department has filed complaints against or investigated for irregularities regarding absentee ballots.

"Department of Justice is working with those states to remedy the situation," Pentagon spokesman Marine Corps Col. Dave Lapan said today. "Obviously, DOD's interest is ... making sure our troops stationed overseas are afforded their rights to vote."

For anxious voters, an alternative to mailed ballots is a few mouse-clicks away. New York and Illinois ballots -- and those of 29 other states -- are available online at the voting assistance program's website, <http://www.fvap.gov>.

Bob Carey, FVAP director, said today that New York has agreed to count all absentee ballots received by Nov. 24, but New York voters must mail those ballots by Nov. 1. "They can go to FVAP.gov and download that ballot right now," he added.

Carey said some states allow ballots to be returned by fax or online, but the Military Postal Service will express-mail any ballots military members or their spouses submit from overseas.

Additionally, voters from all 55 states and territories can use the FVAP online federal write-in absentee ballot automated assistant to vote for at least all federal candidates.

Carey said the federal absentee ballot can be used for all jurisdictions' federal-level elections.

"You can choose your federal candidates online. It will print out the ballot with your choices already in there, and give you complete instructions including a pre-addressed envelope to send back to your local election officials," he said.

Visitors to the site click once to say whether they are military or civilian. Either answer leads them to an interactive U.S. map. Clicking on their home of record or state of most recent residence will lead to options to register to vote or to request or track a ballot. Each of these options leads to a state-specific page that tells voters what to do next to download or request and to mark and return their ballots.

The Federal Voting Assistance Program website also offers a reference center that provides answers to frequently asked questions, program contact information, and a chat option for voters who need more help.

"It's not too late to get your absentee ballot," Carey said. "You can get your ballot online today, and send it back, and it will get back in time to be counted."

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AMERICAN LEGION POST	316 ATLANTIC BLVD. JAX	JIFFY LUBE	13560 ATLANTIC BLVD JAX
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY JAX	JIFFY LUBE	1067 ATLANTIC BLVD ATL BCH
COMFORT INN	MAYPORT RD. JAX	JIFFY LUBE	1672 S 3rd ST JAXBCB
COMMISSARY (INSIDE RACKS)	MAYPORT RD. JAX	JIFFY LUBE	8379 BAYMEADOWS RD JAX
DAYS INN	1401 ATLANTIC BLVD. JAX	JIFFY LUBE	5295 SUNBEAM RD JAX
FCE - SHELL	9115 MERRILL RD./9-A JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD JAX
FCE - SHELL	1539 S 3rd ST JAX BCH	JIFFY LUBE	9699 SAN JOSE BLVD JAX
FCE - SHELL(DAILY'S)	7150 MERRILL RD JAX	KANGAROO	2837 TOWNSEND BLVD JAX
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GATE	10455 OLD ST AUGUSTINE RD JAX	SPRINT	12743 ATLANTIC BLVD/GIRVIN JAX
GATE	9540 SAN JOSE BLVD JAX	SPRINT	301 ATLANTIC BLVD. ATL BCH
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Ad Errors - Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion and only the charge for the ad space in error. Please call 366-6300 immediately for prompt correction and billing adjustments.

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

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

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650,620 Hours

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Chief Petty Officer, Gerald Stephens, USN

Chief Petty Officer Gerald Stephens, USN, has been a loyal O'Steen Volvo customer since 2004. Just last week he took delivery of a brand new 2011 XC60 and received a \$7,100.00 discount as part of Volvo's Military Sales Program. This marks Gerald's third Volvo purchased at O'Steen Volvo and according to him, it's the commitment to service and customer satisfaction that keeps him coming back to O'Steen.

"I've always been impressed with the O'Steen Volvo team and that's why I keep going back," he said. "Everything, from the experience of buying the car all the way through the service after the sale, is just so easy and stress-free. And their Military Program is second to none, they really show their appreciation for the men and women serving our country and that's great to see."

Offers good through December 20, 2010. Please see Lars Helstrom, O'Steen Volvo 904-396-5486, for full details on all Military offers.

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