

# Hue City Begins Cruiser Modification

By MC2(SW) Jacob Sippel  
Navy Public Affairs Support Element  
East Detachment Southeast

The Ticonderoga Class guided-missile cruiser USS Hue City (CG 66) has begun the process of cruiser modification to extend the ship's life and enhance combat capability.

In 2003, the Navy decided to upgrade 22 of the 27 Ticonderoga Class guided-missile cruisers (CG 52 - CG 73), in an effort to keep these ships combat-relevant until a new generation of surface warships can be designed and built. This conversion will extend the ships a service life to 35 years each. The conversion will also allow the ships to participate in land attack, littoral undersea warfare, force protection and anti-air defense missions; including ballistic missile defense.

Part of the many modifications happening aboard Hue City is an all-electric conversion. This is when the steam-operated equipment is replaced with electric equipment.

"The core of the modification package is to upgrade the engineering plant to an all-electrical configuration by removing the waste heat boiler systems," stated Don Doyle, Port

Engineer. "This is a tremendous undertaking for these systems and it extends throughout the ship. The waste heat boilers are very maintenance intensive and a major contributor to just about all the ships internal corrosion issues."

Some of the other equipment affected are washers and dryers, cooking kettles, dishwashers, fuel oil heaters and potable water heaters.

"A significant amount of time is spent fixing steam leaks. The Navy spends millions of dollars of repair money every year fixing problems with our evaporators and other portions of the steam system," said Lt. Peter Furman, the ship's systems test officer. "Not only does it cost a lot, but the unseen cost is the many man hours the crew uses fixing these steam-related problems."

Additionally, there are some other improvements being made to Hue City as part of this modification.

"There will be a significant weight reduction to improve ship's stability and to enable growth for the ship's extended service life," said Furman. "In all, the cruiser modification program is critical to sustain sur-



-Photo by MC2 Jacob Sippel  
BAE Systems Southeast shipyard members work on USS Hue City (CG 66) during the ship's cruiser modification period. The ship is switching from steam-operated equipment to all-electric equipment. Also done during this cruiser modification is hull and deck strengthening.

face combatant force structure and will provide a cost effective bridge to the introduction of our future family of ships."

Other alterations include superstructure strengthening and improved main space fire-fighting capabilities.

This \$24-million project will give Hue City critical new war fighting capabilities as combat systems are upgraded, while crew size and maintenance requirements are reduced.

"It's a privilege to be associ-

ated with a project of this magnitude," said Furman. "This is a significant period in the ship's life. Ultimately, it will improve the quality of life for Hue City's Sailors."

Capt. Paul Stader, Hue City commanding officer, says the crew is ready for the challenges ahead.

"The process of the shipyard environment is very testing and because the ship is out of its element, it can be a challenge-

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-Photo by MC2 Jacob Sippel  
Crewmembers of USS Hue City (CG 66) gather outside the ship during the ship's cruiser modification-maintenance period. The ship is getting an upgrade to the engineering plant by switching from boiler systems to all-electric systems.

## YAC Encourages Budding Artists



-Photo by Sarah Barthelémy

Charles Hamilton, age 8, and Alana Durham, age 9, display their artwork as part of the Boys & Girls Clubs of Americas (BGCA) Fine Arts Exhibit. The Youth Activity Center is one of more than 4,000 Clubs across the country that have joined in this program, promoting young people's creativity and encouraging artistic skills and cultural enrichment.



# \$150 Billion Reinvestment From Military Efficiencies

From the Department of Defense

Secretary of Defense Robert M. Gates announced Jan. 6 a series of efficiencies decisions designed to save the Department of Defense more than \$150 billion during the next five years primarily by reducing overhead costs, improving business practices and culling excess or troubled programs.

Most of the resulting savings will be used by the Army, Navy, Marine Corps and Air Force to invest in high priority programs that strengthen warfighting capabilities.

In anticipation of an era of modest defense budget growth, Gates launched a comprehensive effort in May 2010 to reduce the Department's overhead expenditures. The goal was to sustain the military's size and strength over the long term by reinvesting those efficiency savings in force structure and other key combat capabilities. Specifically, the military services were directed to find at least \$100 billion in savings that they could keep and shift to higher priority programs. To achieve the savings targets, service leadership conducted a thorough and vigorous scrub of bureaucratic structures, facilities, programs, business practices, civilian and military personnel levels, and associated

"Secretary Gates charged the Navy and Marine Corps to scrub everything, eliminate the unnecessary or underperforming, find savings, and apply those savings to warfighting. We have done that. Hard choices were made, but they were necessary to make certain we are the most efficient and effective fighting force we can be."

-Secretary Ray Mabus

overhead costs.

The measures announced Jan. 6 are the latest in a series of DoD reform initiatives, to include the President's last two annual defense budgets, which have rebalanced the Department's spending habits while increasing investments

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**Capt. Doug Cochrane**

Shipmates,

Happy New Year, I know beyond a shadow of a doubt that 2011 will be an exciting, fulfilling and rewarding year for Team Mayport - never forget that Power Projection and Global Presence start right here on the waterfront and the hangar decks at Mayport.

On Jan. 17, we will celebrate the contributions and genius of Martin Luther King Jr. with a Federal Holiday. Later that week on the 20th, Mayport will hold a special concert by Jacksonville-based Edward Waters College Concert Choir at 10 a.m. at the Base Chapel. Oasis Galley will present a special menu in conjunction with the observance.

Also on the 20th of January, our First Class Petty Officers will take the CPO exam, and hopefully every Mayport First Class Petty Officer will make the Board. I know ya'll (we are in the South) are way ahead of the curve and have been hitting the books. Keep your eye on the prize and continue to make studying a priority.

## CAPTAIN'S COLUMN

Advancements are not only increased responsibility, but more money in your pocket. I want to see everyone who is eligible make rate.

On Jan. 18, our free VITA Tax Center will open up at 707 A/B Everglades Ct., near the Veterinary Clinic and Thrift Shop. In the VITA Tax Center, trained professionals will assist you in preparing and submitting your federal and state taxes - all for free. Let's get that hard earned money back in your pockets where it belongs!

Looking ahead, Mayport will host the Rawhides from VRC-40, in January and February. These Naval Aviation professionals will support the USS George H.W. Gush Strike Group with the venerable C-2 Greyhounds. If you see any of these young professionals walking around "campus" say Hi and welcome them to Mayport, Florida.

Exercise Solid Curtain/Citadel Shield 2011 will kick off on Feb. 21-25 on base and on installations throughout the country. Solid Curtain/Citadel Shield is the largest anti-terrorism and force protection exercise conducted nationwide.

The exercise may cause increased traffic around the base or delays in access to the base. Area residents might also see increased security activity associated with the exercise. This exercise is designed to enhance the training and readi-

ness of U.S. Navy security personnel to respond to threats to installations and units and is NOT a response to any specific threat, but is a regularly scheduled exercise.

Speaking of New Year's - the resolutions have been made, and it's easy to stay fired up for the first couple weeks....Surfside Fitness Center has a new exercise schedule posted and the Personal Trainers and fitness specialists are ready, willing and able to help you meet and exceed those fitness goals. Unfortunately I had to separate Sailors for the first time in my Navy career last month for PFA failures, and changes are here for those separated for body composition assessment (BCA) failure. To comply with DoD-wide policy, Sailors separated from the Navy after Jan. 1 solely for failing the physical fitness test (PFT) portion of the physical fitness assessment (PFA) will not be authorized involuntary separation pay, according to the latest NAVADMIN released Dec. 29.

Policy for involuntary separations before Jan. 1 did not distinguish between separations for failing the PFT and separations relating to weight control. Members separated for failing the BCA in any of three PFA failures may receive one-half involuntary separation pay as long as they are eligible for such pay in all other respects, including the requirement, if qualified, to serve in either the selected reserve or individual ready reserve. Members who have been involved in misconduct or who are not performing satisfactorily must be separated for those reasons, not for weight con-

trol. This new guideline is all the more reason to stick with a work out and dietary plan - believe me Emily, Steve, Mia, LaPlace, Angie, and all the professionals will get you where you need and want to be.

As I mentioned, now that we have the holidays behind us, and if you over did it this year on your Christmas spending, the staff at Navy-Marine Corps Relief Society is standing by to help. They can assist in laying out a budget for you as well as provide you with a no interest loan to get you back on track. If you need further information, call them at 270-5418 ext. 1504. They ARE looking out for your best interest.

On Jan. 25 there will be a free parent program on college financial aid held by our own School Liaison Officer Judy Cromartie. This is a great opportunity to learn all the resources you have available for your upcoming college student. The class will start at 6:30 p.m. at Building 1. For more information, call Judy at 270-6289 ext. 1305.

Please keep safety in mind at all times, and call "Club 2000" if you need to. It is a resource that can save your life and others. No questions asked...if you are too impaired to drive, call 270-5401.

I look forwards to the year ahead and I can't tell you enough how much I appreciate how much all of you bring to the table each day. Keep up the great work, be safe and keep those suggestions coming into the CO's suggestion box or email them at douglas.cochrane@navy.mil

# A Golden Opportunity Leads To Treasure



**Chaplain Philip Bagrow**  
Surface Force Ministry Center

"It will be a golden opportunity!!" I screamed for what seemed to be the millionth time at my high school freshman daughter.

"No it won't," she screamed

## CHAPLAIN'S CORNER

back, "It will completely ruin my life ~ FOREVER!!"

So went the argument when I transferred her from a not-so-good high school to one of the nation's top rated public high schools. As time goes on (she is now a sophomore at UNF), she grudgingly concedes that it was in fact a very golden opportunity. It has had a more positive effect on her life than if she had stayed at the high school she had been attending.

Now in our family, if something comes along that may have some work up front, or may cause a temporary inconvenience, or may not be what the rich and famous are all about, but at the same time has the potential for a great outcome ~ it is a "golden opportunity." Unfortunately, for my three children, it still carries the stigma of "ruining their lives." Like, for example, buying a used car that has low mileage,

is fuel efficient, has good insurance rates, and will make for a low car payment. It is a golden opportunity, to be sure ~ but it isn't "cool" looking.

"You want me to drive THAT?!!!"

Ah, yes, I do.

Fortunately (or not, perhaps, if you are a teenager), life is full of golden opportunities. My objective with my children is not to make life unbearable, but rather to teach them to discern as they grow into adults how to recognize and take advantage of things that come their way. And at the same time, not fall prey to quick, easy schemes that are full of empty promises

and cause a lot more pain and heartache in the future.

I see parallels in Navy life all the time. Being the newest deck seaman on the ship is a challenge for any young man or woman. There are times when anything looks great if it will remove them from their plight ~ including going UA ~ but will rarely in the end be beneficial or move them to where they really want to be. This is also true for Navy spouses; being married to a Sailor is hard work and often the grass looks greener on the other side of the fence ~ so they give up and leave. **Both are examples of being quick to want to get**

**out from their present situation without really thinking things through.** That's why we need to understand and appreciate what a golden opportunity really is.

Simply put, a golden opportunity means there is a treasure out there if you are willing to hunt for it. There is huge reward if you are willing to be patient. There is incredible freedom in the end if you are willing to get the work done first. And a golden opportunity usually is pointed out by someone senior to us who, believe it or not, knows more than we do (that was for my kids!).

# Web Resource Update For Public School Parents

The Florida Department of Education's *Success Measures* website is aimed at educating parents and students about how Florida's curriculum standards and assessments system combine to produce statewide measures of student success. Presently, the website focuses on student assessments such as the Florida Comprehensive Assessment Test (FCAT), FCAT 2.0, and End-of-Course assessments.

The *Success Measures* website will continue to be updated with important information on Florida's assessment programs

## KNOW THE ROPES

including details on what your children are being taught in our classrooms and how their learning will be assessed. As Florida's assessment programs mature beyond the Florida Comprehensive Assessment Test (FCAT), Florida's, it's important that parents and students have a clear understanding of the materials students are expected to learn and the new

state assessments designed to measure that learning.

Last week the Department of Education launched a new web resource for parents for all their assessment questions. The newly created "**Success Measures Pathway Tool**" has been designed to provide parents and students with personalized reports detailing what is being taught and tested in the

classrooms on a student-by-student basis. Through this tool, parents and students can perform individualized searches to see exactly what material they will be learning, as well as which assessment(s) they will be taking and when.

Florida Education Commissioner Dr. Eric J. Smith applauds this new tool as it "will help us to better work with parents to prepare our children for their continued educational achievement and future workforce success." He believes that by "providing a user-friendly resource that

allows our parents and students to understand Florida's curriculum standards and assessments is critical to our efforts to make them more informed about their schools."

The **Success Measures Pathway Tool** will allow users to submit the school year, grade level, and the anticipated courses their student will be taking. With this basic information, the Pathway Tool will then generate a brief report detailing the assessments which are aligned with the selected courses at the time the courses will be taken. It will also provide a thorough

listing of the content which will be covered on those assessments.

To utilize this new tool, visit the Florida Department of Education website for *Success Measures* at [www.fldoe.org/SuccessMeasures](http://www.fldoe.org/SuccessMeasures).

Judy Cromartie is the School Liaison Officer for NS Mayport. She can be reached via email at [judith.cromartie@navy.mil](mailto:judith.cromartie@navy.mil) or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-3894 [cell].

# Ellen Rykert Named Publisher Of Military Pubs

From Florida Times-Union

Ellen Rykert has been named publisher of The Florida Times-Union's Military Publications. The T-U has been a long-standing partner with the U.S. Navy to bring our military community the latest news and information via Jax Air News (NAS Jax), The Mirror (Mayport NAS) and The Periscope (Naval Submarine Base Kings Bay).

"Ellen has demonstrated exemplary leadership skills during her nine years with the company," Lucy Talley, publisher of The Times-Union, said. "We have no doubt these publications will continue to expand and improve. Ellen has a strong history with the military and takes great pride in the partnership we have with the Navy. It was only natural that her title be changed to publisher."

Rykert has served as manager of Florida Military Publications since November 2001. Under her guidance, the weekly newspapers received prestigious Chief of Naval Information Merit Awards, which recognizes achievements in internal print and broadcast products by Navy commands and individuals. This CHINFO award represents the best Navy newspaper nationally and internationally:

•THE MIRROR - Chief of Naval Information Merit Award - 1st Place 2002 Metro



**Ellen Rykert**  
T-U Military Publications  
Publisher

•THE MIRROR - Chief of Naval Information Merit Award - 2nd Place 2008 Metro

All three publications also have won second or third places in CHINFO competition throughout 2003-2008.

The Military Publications department received second place in the Arts/Entertainment category's 25,000-100,000 circulation division for Waves of Glory: A Salute to Military Excellence 2005. This section featured the 2005 Sea and Sky Spectacular event at Jacksonville Beach, the Navy's 230th birthday and a tribute to veterans.

Last year, the department won third place in the International Council Air Show Inc. competition for the 2010 NAS Jax Air Show Event Poster in 2010 Marketing

Competition.

"Under Ellen's leadership, the Military Publications have become a cornerstone of excellence for The Florida Times-

Union." said Mark Lane, vice president of advertising. "Ellen's passion for the Navy is respected and appreciated by all of us."

Bobby Martin, Times-Union general manager added, "Ellen is very passionate about our three Navy bases and their important contribution to our

national defense and local communities. All three publications have been award winners thanks to Ellen's hard work and dedication to quality."



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Monday-Friday 11:30 a.m.  
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Baptisms: class 3rd Sunday of month

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Sunday school 9:15 a.m.  
Baptism: For information contact your chaplain

**Women's Bible Study**  
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**Protestant choir**  
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**Interdenominational MOPS (Mothers of Pre-Schoolers)**  
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Paige Gnann.....Editor

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The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

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# Free Tax Center Opens Jan. 18

From RLSO Mayport

On Jan. 18, NS Mayport will reopen the Tax Center to provide free basic tax preparation services through the Voluntary Income Tax Assistance program (VITA).

This program saves Sailors hundreds of thousands of dollars they might otherwise pay to get their taxes done and obtains millions of dollars in tax refunds for Sailors.

VITA is the ONLY free tax preparation service on base. Private tax preparers charge \$50-\$100 or more per return and often pressure Sailors to pay high rates to get their refunds more quickly. VITA E-files almost all returns, ensuring fast refunds. VITA is run entirely by volunteers who have been certified by the IRS in basic tax preparation.

**Who is eligible for free tax preparation through VITA?**

- all active-duty service members and their dependents

- all retirees and their dependents
- reservists on active duty for more than 30 days
- reservists within 30 days of demobilization
- and reservists involved in pre-mobilization

**What to bring to the Tax Center:**

- all 2009 W-2's and 1099's
- copies of social security cards for taxpayers and dependents
- taxpayer(s) military ID cards
- bank account numbers and routing numbers
- any other tax records including copies of 2008 tax returns if available
- Couples wishing to file joint returns should come to the Tax Center together. If a spouse is unavailable, the spouse preparing the return will need to bring a Power of Attorney that specifically covers tax filing purposes, or an IRS Power of Attorney Form 2848 (available at [www.irs.gov](http://www.irs.gov))

irs.gov)

**Where and when:**

Tax returns can be done on a first-come-first-served, walk-in basis or by making an appointment. Saturdays are BY APPOINTMENT ONLY. Also, if you have a complex return, please call ahead to make an appointment.

The VITA Center is located at 707 A/B Everglades Ct.

Hours of operation are: 9 a.m.-4 p.m., Tuesday-Saturday

For more information or to make an appointment, please contact the Tax Center directly at 270-5150.

## Local Business Leaders Visit



-Photo courtesy of USS Samuel B. Roberts  
Members of the Beaches Chamber of Commerce tour USS Samuel B. Roberts during a visit to the base to acquaint local business leaders with the local military.

## Celebrate MLK Day With Special Concert

From Staff

Come out and observe Dr. Martin Luther King Jr. Day with Naval Station Mayport with a special concert by the Edward Waters College Concert Choir on Jan. 20 at 10 a.m. at the Base Chapel.

Martin Luther King, Jr. Day is a United States holiday marking the birth date of Rev. Dr. Martin Luther King, Jr. and observed on the third Monday of January each year, around the time of King's birthday, Jan. 15.

King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. He was assassinated in 1968.

On Aug. 23, 1994, Congress passed the Martin Luther King Jr. (MLK) Holiday and Service

Act, designating the King Holiday as a day of volunteer service. Executive Order 13401, dated April 27, 2006, further delineates responsibilities of federal agencies with respect to humanitarian efforts on the King Holiday.

The next MLK Day of Service will be held Jan. 17, 2011. The national recurring theme of this holiday is "Remember! Celebrate! Act! A Day On. Not A Day Off."

It calls upon the American people to engage in public service and promote nonviolent social change. Dr. King's unfinished movement toward equality can be achieved by our united, enduring efforts. Additional resources and reference materials are available on the Defense Equal Opportunity Management Institute Web site at [www.deomi.org](http://www.deomi.org).

## Lost And Found

For lost personal property/items please contact NAVSTA Mayport's, Command Lost and Found Custodian, Mike Meeks at (904) 270-6289 ext. 1338.

- 1 Set of keys with dog tag belonging to Simmons W.G.
- 1 Brown Teddy Bear wearing red shirt
- 1 Samsung "Moment" Sprint cell phone
- 1 Pink iPod 8gb Nano with headphones and carrying case

## Hue City

From Page 1

ing period for the crew and leadership," said Stader. "It's been a very productive yard period, but we look forward doing to what we do best, and that's being underway at sea. It has been a great effort between us, Southeast Regional Maintenance Center and the many government contractors. We are ready to wrap this up

and get operational!"

The mission of USS Hue City is to conduct prompt, sustained combat operations at sea in support of a carrier battle group or amphibious assault group and is designed to defend against coordinated saturation attacks involving enemy surface ships, submarines, aircraft and missiles.

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# USS Boone Helps MEDEVAC Injured U.S. Submariner

By Ensign Crystal Curtis

USS Boone

While underway operating independently to conduct training evolutions in support of ULTRA-S, Mayport-based guided-missile frigate USS Boone was sent an urgent retasking message to make best speed to the location of a submerged U.S. submarine on Dec. 16. The nuclear aircraft carrier USS George H. W. Bush was also sent these orders as they were pulling into their homeport of Naval Station Norfolk. The tasking came following a Sailor on board the submarine suffering severe head trauma. Because of the criticality of the injury, the Sailor was in dire need of medical attention more specialized than could be provided on board the submarine.

USS Boone transported a fleet surgeon and anesthetist from NAS Jacksonville and provided

an SH-60 Seahawk helicopter to support personnel transfers to and from the submarine. Bush was standing by off-station in case the injured Sailor needed to be airlifted to the carrier, which has better facilities and more extensive medical capabilities than the submarine and the frigate.

USS Boone's Executive Officer, Lt. Cmdr. Robert Speight, remarked about how quickly Boone's crew adapted to the drastic change in tasking and accomplished all requirements during the time-intensive situation.

"The mission at hand is always Boone's top priority, especially when it comes to saving a fellow Sailor's life," Speight said. "Fortunately Boone and her crew are trained, experienced and equipped well enough to respond to the call of duty at a moment's notice."



-U.S. Navy Photo

USS Boone (FFG 28) came to the rescue of a U.S. Submariner while conducting training evolutions with USS George H.W. Bush in December. The crew was able to MEDEVAC the Sailor to NAS Jacksonville for further evaluation.

## Flushing The Lines



-Photo by MC2 Gary Granger Jr

Lt. Darin Wood from the Naval Station Mayport Fire Department performs a flow check on a base fire hydrant to check and maintain proper water pressure.

## USS Simpson Shows Support For CFC

From USS Simpson

USS Simpson again showed overwhelming support for the 2010 Combined Federal Campaign and the charities it supports.

Organized by Chief Gas Turbine System Technician Mechanical (SW) Shane Hightower, Information Systems Technician 1<sup>st</sup> Class (SW) Ervin Kelly, Interior Communications Electrician 1<sup>st</sup> Class (SW) Young, and Navy Counselor 1<sup>st</sup> Class (SW) Zavithsanos, USS Simpson was able to raise more than \$18,500, with Operations Department leading the way with more than \$5,000. The initial goal was \$7,300 and contributions helped surpass that by 250 percent, including an average donation per Sailor of \$95.

"Despite the difficult economic times we are facing as a nation, Simpson Sailors rose to the occasion and exhibited an inspirational giving spirit. This crew's willingness to give makes me proud to call myself a SIMPSON Sailor," says Kelly.

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Sun., Jan. 16: GIANTS V. Orlando KINGS - 5 pm

Sun., Jan. 30: GIANTS V. Heartland PROWL - 5 pm

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Attorney RON SHOLES is a veteran of Gulf War '90-'91



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# SERMC, FISC Team Up For 'Toys for Tots' 2010



-Photo by YNC Campbell  
Above, Capt. Joyce Robinson, Commanding Officer of Fleet Industrial Supply Center Jacksonville (FISC JAX), and Capt. Ron Cook, Commanding Officer of Southeast Regional Maintenance Center (SERMC), pose with members of both organizations. Right, three overflowing tri-walls and seven large boxes.

By FC2 (SW)  
Courtney Ortega

FISC JAX DET SERMC  
SERMC and FISC JAX DET SERMC generated three overflowing tri-walls and seven boxes of toys for the "Toys For Tots" 2010 toy drive.

"The objectives of Toys for Tots are to help less fortunate children throughout the United States experience the joy of Christmas; to play an active role in the development of one of our nation's most valuable resources, our children; to unite all members of local commu-

nities in a common cause for three months each year during the annual toy collection and distribution campaign; and to contribute to better communities in the future," according to U.S. Marine Corps Reserve Toys for Tots Program web page.

SERMC started collecting toys on Nov. 30. On Dec. 17, the toys were picked up and distributed by the Marine Corps in time for Christmas.



## New Boats For Coast Guard Mayport



-Photos by Petty Officer 1st Class Christopher Evanson  
Crewmembers from Coast Guard Station Mayport prepare to moor up to a pier in Jacksonville aboard their new 45-foot Response Boat-Medium Wednesday, Dec. 29. Replacing the Coast Guard's 41-foot Utility Boats (UTB), the 45-foot RB-M's improved design, new ergonomics, and enhanced safety features will make Station Mayport boatcrews more effective in performing their multiple missions.



A forward look at the bridge of the 45-foot Response Boat-Medium, the newest response asset at Coast Guard Station Mayport.

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<sup>1</sup>Average auto premiums based on countrywide survey of new customers from 10/1/09 through 9/30/10, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of competitors' names does not imply affiliation, endorsement or approval. <sup>2</sup>Storage discount is not available in CA, HI, MA, NC, NY, PA and VA. To qualify for the discount, the vehicle must not be driven and must be stored in a secure location. Other restrictions apply. <sup>3</sup>Also known as Military Installation Discount, this is a reduction in your premium for comprehensive coverage, except in CA, where it applies to your premium for collision coverage. Not available in MA and NY. Other restrictions apply. Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX. Each company has sole financial responsibility for its own products. © 2010 USAA. 123274-1110

# 'Wicked Jacks,' 'Screamin Seagulls' Back Home



-Photos courtesy of HSL-46

Lt. Cmdr. Keith Henderson of HSL-46 Detachment Eight "Wicked Jacks" hugs his children after returning to Naval Station Mayport with the detachment in December. The Wicked Jacks were embarked on USS Kauffman and deployed to the Fifth Fleet Area of Operations.

From HSL-46

The Detachment Eight "Wicked Jacks" of HSL-46 embarked on USS Kauffman (FAG-59), and the Screamin' Seagulls of Detachment Three embarked on USS Normandy returned to Naval Station Mayport in December.

The Wicked Jacks departed Norfolk, Virginia in July and completed 144 days underway in the Fifth Fleet Area of Operations. Detachment Eight were tasked to support Standing NATO Maritime Group ONE (SNMG-1) in the battle against piracy. Detachment Eight flew more than 500 mishap free hours and stopped multiple pirate "motherships" from attacking merchant shipping.

While underway, Aviation Electronics Technician 1<sup>st</sup> Class Trimble was re-enlisted and promoted, as well as two other petty officers being promoted, Air Warfare Rescue 2<sup>nd</sup> Class Stroud and Aviation Electronics Technician 3<sup>rd</sup> Class Ocasioalmodovar.

The Wicked Jacks earned a NATO Service Medal, a Sea Service Deployment Ribbon, and multiple individual awards. Detachment Eight also enjoyed many port visits to include, Djibouti, Oman, Crete, and the Seychelles Islands.

Detachment Three has been deployed on the Norfolk-based ship USS Normandy (CG 60)



since May. The Seagulls were deployed in support of the Global War on Terror in the Fifth Fleet area of responsibility as part of the Harry S. Truman (CVN 75) Carrier Strike Group.

Detachment Three flew more than 800 mishap free flight hours, sometimes during a high operational tempo, throughout their seven month deployment. While conducting their assigned missions two members reached important milestones in their aviation careers. Lt. David Hoopengardner flew his 1,000<sup>th</sup>-hour in the SH-60B in mid July, and Lt. Cmdr. Mike

Hansen flew his 2000<sup>th</sup>-hour in September.

Other detachment accomplishments included promoting four enlisted Sailors and two officers, conducting multiple re-enlistments at sea, and awarding three Sailors with the Enlisted Aviation Warfare Specialist wings. Detachment Three visited France and took liberty in multiple ports in the Arabian Gulf, to include Bahrain and Jebel Ali, Dubai.

Detachment Three was welcomed home to NS Mayport by friends, families and squadron mates.



Friends and family members of the aircrew of HSL-46 Detachment Eight wait at the squadron's hangar for the detachment to fly the SH-60B back to Mayport.



Friends and family members of the aircrew of HSL-46 Detachment Eight wait for their loved ones to fly into Jacksonville International Airport.



Lt. Ryan Dahlman is welcomed home after flying into JIA, following a six-month deployment with HSL-46 Detachment Eight.

# 'Healing Our Nation's Heroes' NBHC Mayport Is On The Job



*NBHC Mayport Dentist Cmdr. Jerry Torres, assisted by Dental Technician Skip Bradley, applies dental fillings to Ensign Kelly McAllister's teeth. McAllister serves aboard USS The Sullivans (DDG-68).*



*HM2(SW/AW/FMF) Nyesha A. Russel restocks medication supplies for the pharmacy.*



*Naval Branch Health Clinic Mayport, located aboard Naval Station (NS) Mayport provides stellar care to NS Mayport active duty Sailors, retirees and family members. The gleaming building is named in honor of Navy Hospital Corpsman and Medal of Honor recipient Robert R. Ingram, who delivered care to wounded Marines in Vietnam while under fire and seriously wounded. Today, Navy Medicine's best continue to provide care to our nation's warriors and their families.*



*NBHC Mayport patients enjoy a broad range of physical therapy equipment and physical therapists trained in the intricate skills of managing their recovery. If more assets are required, patients can be referred to Naval Hospital Jacksonville, with its brand new physical and occupational therapy facility, or to local civilian therapists.*



*Hospital Corpsman 2<sup>nd</sup> Class(FMF) Jacqueline Moberg serves NBHC Mayport pharmacy patient Lt.j.g. Stephen M. Swidersky. The NBHC Mayport pharmacy fills 18,000 to 20,000 prescriptions per month. The pharmacy provides a convenient drive-through, where prescriptions can be dropped off and picked up in two hours.*

**Jan. 13: All-Khaki Gaming Night.** 6 p.m. every Thursday at Foc'sle CPO Club with 40-cent wings, drink specials and all-you-can-drink soft drinks for \$1. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431

**Jan. 14: Paul Lundgren Band.** 9 p.m. Live at Castaways. FREE. 270-7205

**Jan. 16: Winter Bowling and Band Bash,** featuring Jacksonville's own Big Engine. 8-11 p.m. at Mayport Bowling Center. Enjoy bowling, food, soda and a show for only \$12 (food and show

**MWR HAPPENINGS**

only option \$8). 270-5377

**Jan. 17: Martin Luther King Holiday Bowling Special.** 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, . lb. burger or hot dog with fries and a soda for only \$10 (non-food option \$8). 270-5377

**Jan. 25: Free Parent Program: Financial Aid.** 6:30 p.m. at building 1. Presented by the School Liaison Officer, Judy Cromartie. (904) 270-NAVY x1305

**Jan. 26: All Hands Seafood Boil.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For ticket information, call SHCM Watson at 270-7178.

# Winter Bowling & Band Bash

Sunday, Jan. 16 8-11 pm.

Featuring Jacksonville's own **Big Engine**



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For more information, call (904) 270-5377

MWR MAYPORT BOWLING CENTER & FIRST LANES GRILLE

## 'Snoopy'-ing Through The Paper



-Photo by ET1(SW/AW) Marty Parsons

Riley Searcey, 9, takes a break before the production of Youth Activities Center's "A Charlie Brown Christmas" with his copy of The Mirror newspaper. Show us where YOU are reading The Mirror. Submit pictures to [mayportmirror@comcast.net](mailto:mayportmirror@comcast.net).

**Jan. 14: Movie Night PJ Party.** 7-11 p.m. at the Youth Center. Cost is \$7 in advance or \$9 day-of, space permitting. 270-5680

**Jan. 14: Teen Cosmic Bowling.** 7:30-10:30 p.m. Cost is \$8 and includes shoes and 2 hours of bowling. Advanced sign-up and permission slip required. Minimum 16 years of age. 270-5680

**Jan. 25: Free Parent Program: Financial Aid.** 6:30 p.m. at building 1. Presented by the School Liaison Officer, Judy Cromartie. (904) 270-NAVY x1305

### KID ZONE

**Jan. 26: All Hands Seafood Boil.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For ticket information, call SHCM Watson at 270-7178.

**Jan. 26: Teen Winter Dance.** 7-11 p.m. at the Teen Center. Refreshments and food available for purchase. 270-5680

**Jan. 28: Wild West Dance Night.** 7-11 p.m. at the Youth Center. Cost is \$7 in advance or \$9 day-of, space permitting. 270-5680

**Jan. 29: Teen Trip: Kick Ball, Gym and McDonald's.** 5-9 p.m. Advanced sign-up and permission slip required. Bring money for McDonald's. Minimum 16 years of age. 270-5680

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# Allegheny String Band Kept Tune At RV Park

By Bill Austin

NS Mayport PAO

Love for the road and the sweet sounds of music keep the Schillinger family in tune.

On Jan. 6, the Allegheny String Band sat down for a talk that would be filled with stories of life on the road and how this family had come to land at Naval Station Mayport.

The group, comprised of Mary, Beth, Joe and their father Pete, play a mixture of bluegrass, Irish gospel and civil war music and they make no bones or apologies about their dislike for most modern music. "We

write a lot of our own and prefer the sound of old country," said Mary, the oldest of the trio at eighteen. All of her band mates come from different parts of the country and none were musically inclined before coming together as a family.

"All of them are adopted," said Pete, with a smile and obvious pride as he and his wife Jackie watched them set up for the night's performance. He added that they have only been part of the family for a few short years. The Schillinger's have three older children, one of them just returned

from his fifth tour of duty in Afghanistan.

The beginning of the Allegheny String Band was simply a gift of musical instruments.

"Mom bought Mary and I a fiddle and we just picked it up," said Joe.

Beth followed shortly after with a guitar, and the group was formed.

"We taught dad how to play the stand up bass but we don't let him sing," said Mary as the rest shared a big laugh.

Life on the road has its challenges according to the fam-

ily, but show time they come together and you would never know by listening to them that they are still new to the music game.

The road has taken them recently through Northern California, and eventually they will return back to Pennsylvania where they live on a farm and work big gardens and can a lot of the bounty.

"It all seems to work out," said Jackie, who serves as not only mom but the group's manager.

"They are homeschooled and have met so many great people

of all ages on the road. It truly is a great experience," she said.

When they do take the stage, they are dressed in old time clothes reminiscent of the 1930's with long dresses and hats. It's appropriate dress for the music that comes from this young talented group with an earthy sound accompanied by smooth harmonies.

On this night, they were in jeans and shorts and when they

took mandolin, guitar and fiddle in hand, they banged out an excellent rendition of the late Blue Grass legend Bill Monroe's "Dark Hollow" for the RV audience already hanging out and waiting for the show.

Bill Monroe would have been proud.



-Photo by Bill Austin

The Allegheny String Band warms up before a performance on Jan. 6 at the Mayport Pelican Roost RV Park. The trio, adopted by retired Army Nurse Pete and Jackie Schillinger, tour the RV Park circuit performing their music.

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.

**Jan. 14: Movie Trip: The Green Hornet.** Van departs Planet Mayport at 5 p.m. Cost is \$5.  
**Jan. 14: Paul Lundgren Band.** 9 p.m. Live at Castaways. FREE. 270-7205

**Jan. 15: Paintball.** Van departs Planet Mayport at 9 a.m. Cost \$5 (includes paintballs, gear and transportation)  
**Jan. 16: Winter Bowling and Band Bash,** featuring Jacksonville's own Big Engine. 8-11 p.m. at Mayport Bowling Center. Enjoy bowling, food, soda and a show for only \$12 (food and show only option \$8). 270-5377  
**Jan. 17: Martin Luther King Holiday Bowling Special.** 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, 1 lb. burger or hot dog with fries and a soda for only \$10 (non-food option \$8). 270-5377  
**Jan. 21: Dinner Trip to**

## LIBERTY CALL

**Mimi's Sports Grill.** Van departs Planet Mayport 6 p.m.

**Jan. 22: Ringling Bros, Barnum & Bailey Trip.** Van departs Planet Mayport at 6:15 p.m. FREE

**Jan. 23: St Augustine Day Trip.** Van departs Planet Mayport at 10 a.m. FREE

**Jan. 24: Liberty Committee Meeting.** 3:30-4 p.m. at Planet Mayport. Come help decide what happens

with your Liberty Program.  
**Jan. 26: Pool Tournament Finals.** 6 p.m. at Planet Mayport.  
**Jan. 26: All Hands Seafood Boil.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For ticket information, call SHCM Watson at 270-7178.

**Jan. 27: Texas Hold'em**

**Tournament.** 6 p.m. at Planet Mayport.

**Jan. 28: Dinner Trip to Dave & Busters.** Van departs Planet Mayport at 5:30 p.m. Cost is \$10. Sign up deadline is Jan. 25.

**Jan. 29: Hoggetowne Medieval Faire Trip.** Van departs Planet Mayport at 8:30 a.m. FREE

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# New Fitness Schedules At Surfside, Gym

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

**Monday**  
6:30 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., **Kickboxing**  
Learn basic kicks, punches and balance moves in this calorie burning, sweat producing knock out of a workout.

10 a.m., **Young at Heart**  
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**  
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.

3 p.m., **Conditioning For Running**  
Put your best foot forward and improve your 1.5-mile time, run a 5K or a marathon. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

5 p.m., **Zumba Basics**  
Learn the basic dance steps in four Latin dances; salsa, cumbia, samba and merengue. This is a 30-minute instructional program which will prepare you for the regular Zumba class. It is recommended you master the basics before joining the regular Zumba program.  
5:30 p.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.

6:30 p.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.

**Tuesday**  
6:30 a.m., **Spartan Training**  
Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettlebells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, TRX, and many other advanced training techniques. Meets behind Surfside Fitness Center.

9:30 a.m., **Step**  
11:30 a.m., **Kickboxing**  
Learn basic kicks, punches and balance moves in this calorie burning, sweat producing knock out of a workout.

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.

2:30 p.m. **FEP Bootcamp 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., **Yoga**  
A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

**Wednesday**  
7 a.m., **Conditioning For Running**

Put your best foot forward and improve your 1.5-mile time, run a 5K or a marathon. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

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.

10 a.m., **Young at Heart**  
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., **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.

11:30 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.

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.

5:30 p.m., **Step & Kick**  
Step up the fat burn and kick down those cal with this combo class of step aerobics and kickboxing.

5:30 p.m., **Kids' Clinic**  
This clinic is designed for children ages 10-14. It teaches how to safely use fitness equipment and provides general information on exercise and fitness workouts. Held at Surfside Fitness Center. After completion of the course, participants will be issued a card which will allow them to use the facility when accompanied by a parent or legal guardian.

6:30 p.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.

**Thursday**  
6:30 a.m., **Yoga**  
A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

9:30 a.m., **Bootcamp Basics**  
An introduction to Bootcamp style training. Will incorporate primarily outdoor training including TRX, sports drills and other H.I.T. training techniques.  
11 a.m. **Zumba Basics**  
Learn the basic dance steps

in four Latin dances; salsa, cumbia, samba and merengue. This is a 30-minute instructional program which will prepare you for the regular Zumba class. It is recommended you master the basics before joining the regular Zumba program.

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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.

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.

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., **Advanced Mind Body**  
Mind Body programs focus on improving flexibility,

strength and balance while enhancing posture, mental focus and coordination. Deter injury and the effects of stress, burn calories and improve overall health. Mind Body is a fusion of *Yoga, Pilates and Tai Chi*

11:30 a.m., **Spartan Training**  
Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettlebells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, TRX, and many other advanced training techniques. Meets behind Surfside Fitness Center.

The Gym Schedule is as follows:

**Monday**  
6:30 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**  
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

2:30 p.m., **Row-bics**  
Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The command version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

**Tuesday**  
11:30 a.m., **Spinning**  
This 45-minute indoor

See Schedule, Page 11

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## Schedule

From Page 10

cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

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

This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

### Wednesday

### 6:30 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., 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., 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.

### Thursday

### 6:30 a.m., Spinning

This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

### 11:30 a.m., Row-bics

Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to

your legs, feet or joints. All fitness levels welcome. The command version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

### 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.

### 5 p.m., Spinning

This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

### Friday

### 6 a.m., Spinning

This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

### 7 a.m., Row-bics

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

### 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.



## Jax Knights Spend Day At Mayport



-Photos by MC2(SW) Jacob Sippel  
 Marcus Andersen (Navy ret.) receives tickets from Jacksonville Knights wide receiver Machinist's Mate 1st Class Antoine Hill during a "meet and greet" on Naval Station Mayport. The Jacksonville Knights are a minor league football team and are a member of the Florida Football Alliance.



Members of the Jacksonville Knights minor league football team visit Naval Station Mayport to have a "meet and greet" with servicemembers and their families. During the "meet and greet", wide receivers Charles Mickens and Machinist's Mate 1st Class Antoine Hill sign autographs and hand out tickets and schedules.

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Photo Courtesy of Dept. of Defense

# Enterprise CSG Deploys With Mayport Dets

By Commander, Second Fleet Public Affairs

Commander, Second Fleet announced Jan. 7, that Enterprise Carrier Strike Group (ENT CSG) will deploy for operations in the U.S. Navy's 5th and 6th Fleet areas Jan. 13.

This deployment is part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe. Working with allied and partner maritime forces, ENT CSG units will focus heavily on maritime security operations and theater security cooperation efforts, which help establish conditions for regional stability.

"I'm extremely proud of the men and women of the Enterprise Carrier Strike Group," said Rear Adm. Terry

B. Kraft, commander of ENT CSG. "These sailors and Marines have exceeded all expectations in a very short amount of time. We are trained and ready to go over the horizon and support our joint and coalition partners in the execution of our nation's maritime strategy."

ENT CSG consists of approximately 6,000 Sailors who, over the last four months, have successfully completed refresher training and certifications to ensure they operate effectively and safely together.

"Enterprise returned to the waterfront last spring ready to tackle her upcoming deployment. The strike group spent most of October at sea training during a challenging Composite Training Unit Exercise, and

after a successful Joint Task Force Exercise in December, we spent our time ensuring the ship, our Sailors, and our families were ready for this deployment," said Kraft.

This is the third deployment leading an aircraft carrier into combat operations over the last three years for Capt. Dee L. Mewbourne, who assumed duties as commanding officer of USS Enterprise (CVN 65) Tuesday. Mewbourne most recently commanded USS Dwight D. Eisenhower (CVN 69) and while in command he completed two successful combat deployments supporting Operation Enduring Freedom.

"It is clear Team Enterprise is trained and ready to accomplish the missions that lay ahead. I am honored to be joining such

a professional crew and to be a part of the legacy and heritage of Enterprise," Mewbourne said.

ENT CSG is made up of Commander, Carrier Strike Group 12, the aircraft carrier USS Enterprise (CVN 65), Carrier Air Wing (CVW) 1, Destroyer Squadron (DESRON) 2, the guided-missile cruiser USS Leyte Gulf (CG 55) with embarked HSL-48 Detachment One, and the guided-missile destroyers USS Barry (DDG 52), USS Bulkeley (DDG 84), and USS Mason (DDG 87) with embarked HSL-46 Detachment Seven. The squadrons of CVW 1 embarked in Enterprise are Strike Fighter Squadron (VFA) 11 "Red Rippers," VFA 136 "Knighthawks," VFA 211 "Fighting Checkmates," Marine

Fighter Attack Squadron (VMFA) 251 "Thunderbolts," Carrier Airborne Early Warning Squadron (VAW) 123 "Screwtops," Carrier Tactical Electronic Warfare Squadron

(VAQ) 137 "Rooks," Fleet Logistics Support Squadron (VRC) 40 "Rawhides," and Helicopter Anti-Submarine Squadron (HS) 11 "Dragonslayers."



-U.S. Navy Photo

USS Enterprise deployed today (Jan. 13) for operations in the Fifth and Sixth Fleet areas with its carrier strike group, including helicopter detachments from NS Mayport.

## LCS Contract Award Announced

Special from Navy Office of Information

The Navy has awarded Lockheed Martin Corp. and Austal USA each a fixed-price incentive contract for the design and construction of a 10 ship block-buy, for a total of 20 littoral combat ships from fiscal 2010 through fiscal 2015.

The amount awarded to Lockheed Martin Corp. for fiscal 2010 littoral combat ships is \$436,852,639. The amount awarded to Austal USA for the fiscal 2010 littoral combat ships is \$432,069,883. Both contracts also include line items for nine additional ships, subject to Congressional appropriation of each year's Littoral Combat Ship (LCS) Program requirements. When all 10 ships of each block buy are awarded, the value of the ship construction portion of the two contracts would be \$3,620,625,192 for Lockheed Martin Corp., and \$3,518,156,851 for Austal USA. The average cost of both variants including government-furnished equipment and margin for potential cost growth across the five year period is \$440 million per ship. The pricing for these ships falls well below the escalated average Congressional cost cap of \$538 million.

"The awards represent a unique and valuable opportunity to lock in the benefits of competition and provide needed ships to our fleet in a timely and extraordinarily cost effective manner," said Secretary of the Navy Ray Mabus.

This award is a unique opportunity to maximize the buying power on the LCS Program by leveraging the highly effective competition between the bidders. Each

contractor's 10-ship bids reflect mature designs, investments made to improve performance, stable production, and continuous labor learning at their respective shipyards. The award was based on limited competition between teams led by Lockheed Martin and Austal USA. Under these contracts, both shipbuilders will also deliver a technical data package as part of the dual award, allowing the government a wide range of viable alternatives for effective future competition.

This approach, which is self-financed within the program by adding a year to the procurement and utilizing a portion of the greater than \$2 billion total savings (throughout the Future Years Defense Program), enables the Navy to efficiently produce these ships at an increased rate and meet operational requirements sooner.

Chief of Naval Operations Adm. Gary Roughead praised the Navy's plan to add both ship designs to the fleet: "The LCS is uniquely designed to win against 21st century threats in coastal waters posed by increasingly capable submarines, mines and swarming small craft. Both designs provide the capabilities our Navy needs, and each offers unique features that will provide fleet commanders with a high level of flexibility in employing these ships."

The innovation and willingness to seize opportunities displayed in this LCS competition reflect exactly the improvements to 'the way we do business' in order to deliver better value to the taxpayer and greater capability to the warfighter.

Moreover, the Navy's LCS acquisition

strategy meets the spirit and intent of the Weapon Systems Acquisition Reform Act of 2009 and reflects the Navy's commitment to affordability. The benefits of competition, serial production, employment of mature technologies, design stability, fixed-price contracting, commonality, and economies of scale will provide a highly affordable ship construction program.

"The rigor and diligence of the source selection process has resulted in the acquisition of quality, capable ships at fair prices," said Assistant Secretary of the Navy for Research, Development and Acquisition Sean Stackley. "This dual award strategy exemplifies the Navy's compliance with Secretary Gates' and Under Secretary Carter's direction to improve the buying power of the Defense Department. Both teams have shown cost control on their second ships, and we look forward to the delivery of these capable fleet assets in the future."

The Navy remains committed to a 55-ship program and the LCS is needed to fill critical, urgent warfighting requirements gaps that exist today. The LCS Program is required to establish and maintain U.S. Navy dominance in the littorals and sea lanes of communication choke points around the world.

The LCS Program operational requirements have been virtually unchanged since the program's inception in 2002 and the both hull forms will meet the Navy's operational warfighting requirements.

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# Defense Official Outlines Pay Freeze Details

By Karen Parrish

American Forces Press Service

Defense Department civilian employees affected by the federal pay freeze for 2011 and 2012 will still have the opportunity to receive performance awards, promotions and normal longevity increases, a senior defense official said.

Pasquale "Pat" M. Tamburrino Jr., deputy under-secretary of defense for civilian personnel policy, told American Forces Press Service in a recent interview that senior leaders are working to ensure that employees are treated fairly during the freeze.

"We value the contributions of our career federal employees, and we value their service to the nation. Nothing has changed there," he said.

From the time the pay freeze was announced, Tamburrino added, the emphasis has been

on ensuring all federal employees receive equal treatment.

"Whether you're the most junior civil servant on the first day of the job or you're a member of the executive leadership team, it applies to you," he said. Defense leaders, he noted, have been "very clear" in directing that the freeze should affect all employees equally.

"Not everything is covered by statute," he said, noting that heads of agencies have some administrative discretion in some dimensions of pay. But guidance on the pay freeze instructs agency heads to manage administrative privileges the same way the president treated general pay increases in the executive order, he added.

"You should not use that privilege to grant a pay raise," he said.

Tamburrino said he encourages managers to use the tools

that always have been available to them - and still are - to reward employees.

"When it's appropriate, you give somebody a performance award," he said. "If you tell them the organization has five or six goals, and they do a lot of heavy lifting to help you get to those goals, then I think you should sit down as a leader and say, 'We have to recognize that.'"

Most employees, he said, want three things: clear guidance on the management team's priorities, the tools and resources necessary to complete their work, and coaching and feedback.

"Financial compensation is important because it is; we all have financial obligations that have to be satisfied," he said. "But what's really important as well is [that] you want to tell your employees, 'You're doing

a really fine job.'"

President Barack Obama announced his intent for a two-year pay freeze for federal civilian workers Nov. 29. Congress approved the proposal, and Obama signed it into law Dec. 22.

The Office of Personnel Management issued a memorandum Dec. 30 to heads of executive departments and agencies, detailing how the freeze applies to the federal work force in accordance with existing law and presidential guidance. The Defense Department issued guidance in line with OPM's the same day.

"It's a response to the difficulties the country is facing, and I think what's really good about it is [that] it's universal," Tamburrino said. "You have to have a very clear understanding of what's in and what's out, because that's what affects

employees."

The freeze covers what have traditionally been known as general pay increases, he said, which normally take effect each January and consist of a combination of base pay and locality pay increases for most civilian employees. Federal civilian pay increased an average of 3.5 percent in 2008, 3.9 percent in 2009, and 2 percent in 2010, according to government figures.

"The president determined, based on the state of the economy, that those pay raises that are statutory in nature should not be granted [during the two-year freeze]," Tamburrino said.

According to the OPM guidance, the freeze, which extends through Dec. 31, 2012, affects some 2 million federal civilian employees in most pay systems: general schedule, executive schedule, senior executive

service, senior foreign service, senior-level and scientific, and professional. Postal employees and military service members are not affected by the freeze.

However, OPM officials said, the pay freeze policy may not apply to any increase that is required by a collective bargaining agreement that has already been executed.

Except for minor instances in Alaska, Hawaii and other non-foreign areas, locality pay also is frozen, Tamburrino said.

"I think everybody recognizes [the pay freeze] was a really difficult decision," he said. "I think we did a tremendous job in issuing some very clear guidance, and I think the leadership of the Department of Defense did a really good job in making it very level and even across the department."

## Fireworks, Navy-style



-Photo by MC2 James R. Evans

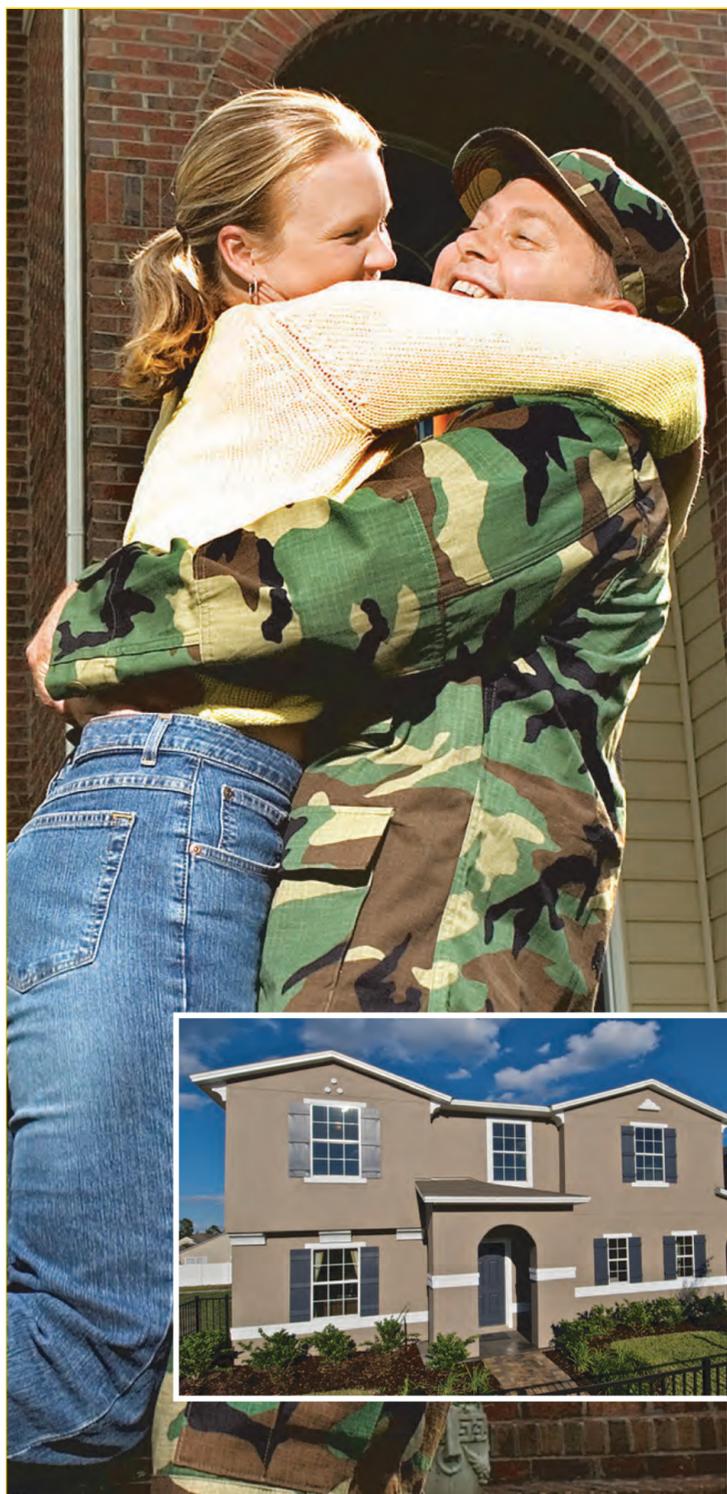
Sailors ring in the new year at midnight with a qualification fire of pencil flares in the first time zone west of the International Date Line aboard the aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson and Carrier Air Wing (CVW) 17 are on a deployment to the U.S. 7th Fleet area of responsibility.

## Underway Replenishment



-Photo by MC2 James R. Evans

Sailors fire shot lines from the Arleigh Burke-class guided-missile destroyer USS Gridley (DDG 101) to the Military Sealift Command dry cargo and ammunition ship USNS Carl Brashear (T-AKE 7) during an underway replenishment. Gridley is underway with the Carl Vinson Carrier Strike Group on a deployment to the U.S. 7th Fleet area of responsibility.



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# Wars, People, Balancing Risk Top Chairman's 2011 Guidance

By Jim Garamone

American Forces Press Service

The chairman of the Joint Chiefs of Staff's guidance for 2011 charts the way forward in America's wars, in improving the health of the force and in balancing global risks.

Navy Adm. Mike Mullen's 2011 guidance was released Jan. 5, relaying the admiral's priorities and strategic objectives for the year.

The military's mission this year focuses on defending America's vital national interests in the broader Middle East and in South-Central Asia, the chairman's guidance says. He noted that in 2010, more American troops and resources were dedicated to the war in Afghanistan to support the U.S. strategic objective to disrupt, dismantle and defeat al-Qaida in Afghanistan and Pakistan.

"The surge in U.S. forces has helped arrest Taliban momentum in some places, though we have not yet seen a fundamental shift in momentum necessary to deny al-Qaida safe haven and prevent them from threatening U.S. or ally interests," Mullen wrote.

In addition to the U.S. surge, Afghanistan now has more trained and capable army and police forces. Across the border, Pakistani security forces have taken back vast swaths of the border area, "and al-Qaida senior leadership is weaker than at any other point since it fled Afghanistan in 2001," the chairman wrote.

Looking ahead, U.S., Afghan and coalition forces must continue to apply pressure on the Taliban and al-Qaida, Mullen wrote, adding that the U.S. military will continue to develop the trust and experience needed to build a strategic partnership with Pakistan.

The U.S. military also recognizes the crucial role India

plays in the region, Mullen noted. The United States welcomes India's "steadying contributions to regional stability, and applaud the ministerial talks between India and Pakistan," he wrote. "The next year will be critical, but our commitment to all our regional partners is enduring."

In Iraq, fewer than 50,000 American troops remain, all engaged in advising and assisting Iraq's security forces. All American forces will be out of the country by the end of 2011.

"As our military draws down, a robust Office of Security Cooperation will form the cornerstone of our security partnership with the Iraqis," Mullen said. "We must ensure this transition is adequately resourced to get it right."

The United States is concentrating more attention on the Persian Gulf and on the area composed of Southwest Asia and the eastern Mediterranean Sea, Mullen wrote. U.S. service members are working to train legitimate forces, defeat transnational groups and combat the spread of weapons of mass destruction. Iran, and its pursuit of nuclear weapons, is the most significant threat in the region, he added, and the American military will "continue to plan for a broad range of military options should the president decide to use force to prevent Iran from acquiring nuclear arms."

The guidance also addresses the health of the force and the welfare of its people. Mullen wrote that the strain on the U.S. force will remain high in 2011, especially for special operators, the Army and the Marine Corps. The Army and Marine Corps will not reach the target ratio of one year deployed and two years at home station this year, he acknowledged.

This lack of balance affects

the capabilities that forces have, Mullen said, as soldiers and Marines do not have the time to conduct training to carry out the full range of missions.

"I will issue instructions that we adopt 'Total Force Fitness' - a methodology for changing the way we understand, assess and maintain our peoples' well-being and sustaining our ability to carry out our mission," the chairman wrote.

The military will continue to focus on rising suicide rates and the signature injuries of the wars - post-traumatic stress and traumatic brain injuries. Mullen said the problems probably will get worse before they get better, and that leaders at all levels must improve their understanding of the scope of the problems and the signs and symptoms of vulnerable populations.

The chairman's guidance says he wants the government to cooperate to build a "continuum of care" that spans the Defense and Veterans Affairs departments.

Mullen also stressed the importance of the services working together. "We must develop more effective ways to improve and assess joint and unit readiness," he wrote. "Training and exercises must become more joint, interagency and multinational."

The chairman said reinforcing readiness goes hand in hand with finding efficiencies in the department, as the military must focus resources where they are needed most.

On balancing global risk, Mullen wrote, it's more of an art than a science. The United States will maintain forward presence and have forces ready to respond to all contingencies, he said.

"Since our top priority this year is success in Afghanistan, our air and maritime forces must shoulder additional

responsibilities and provide the primary capabilities to balance global risk elsewhere," he wrote.

Asia is the region most affected by this, he noted. "We will closely monitor the uncertainty stemming from political succession in North Korea, and maintain a robust deterrent against future provocations," the chairman wrote. "We seek to resume military-to-military relations with China in order to prevent miscommunication and foster cooperation in areas of mutual interest." The United States will defend freedom of navigation and access to sea lines of communication, he added.

In addition, the military must address risks in Somalia, Yemen and North Africa, Mullen wrote, as well as the increasing risks in the cyber world. The American military also must be prepared to move at a moment's notice when catastrophe strikes, he added, as it did in response to an earthquake in Haiti and flooding in Pakistan last year.

Meanwhile, Mullen said, the U.S. military must remain the professional, disciplined and apolitical force that Americans admire.

"Strength of character is the heart of our armed forces," he wrote. "It is a strength that comes from the remarkable diversity of the citizens we protect and serve."

Mullen said the military will continue to value the diversity and inclusivity of the military.

"I look forward to working with Defense Secretary [Robert M.] Gates and the service chiefs to prepare and certify the joint force to implement the new law that repeals 'Don't Ask, Don't Tell,'" he wrote. "I commit to making sure the process is well-led, maintains our combat readiness and upholds our high standards."

## Pres. Obama Signs Defense Authorization Act

By Karen Parrish

American Forces Press Service

Noting his objection to two of its provisions, President Barack Obama signed the fiscal 2011 defense authorization act into law Jan. 7.

The Ike Skelton National Defense Authorization Act for Fiscal Year 2011 is named for former U.S. Rep. Ike Skelton of Missouri, longtime chairman the House Armed Services Committee, who lost his House seat in November's election.

"The act authorizes funding for the defense of the United States and its interests abroad, for military construction, and for national security-related energy programs," the president wrote in a statement accompanying the signing's announcement.

Obama registered "strong objections" to two of the act's provisions related to transfer of detainees

from the U.S. facility at Guantanamo Bay, Cuba. One prohibits the use of funds appropriated by the act to transfer Guantanamo detainees into the United States, and the other bars the use of certain funds to transfer detainees to the custody or effective control of foreign countries unless specified conditions are met.

But despite his objections to the two sections, the president said in his statement, "I have signed this act because of the importance of authorizing appropriations for, among other things, our military activities in 2011."

The act governs a wide range of Defense Department activities, including procurement; research, development, testing and evaluation; equipment operation and maintenance; military personnel authorizations and policy; and reserve-component management.

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# Gates Outlines 'Don't Ask' Repeal Process

By Cheryl Pellerin  
American Forces Press Service

Defense Secretary Robert M. Gates described the Pentagon's three-step process for preparing to allow gays to serve openly in the military services on Jan. 6.

At a Pentagon news conference with Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, Gates updated reporters on the department's plan for implementing repeal of the so-called "Don't Ask, Don't Tell" law, which has been in effect since 1993 and remains in effect until the process is complete.

"Our goal here is to move as quickly, but as responsibly, as possible," Gates said. "I see this



-DoD photo by Air Force Master Sgt. Jerry Morrison  
Defense Secretary Robert M. Gates makes a point during a Jan. 6, 2011, Pentagon news conference with Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff.

as a three-step process. The first is to finalize changes in regulations [and] policies [and] get

clearer definition on benefits." The second phase is to prepare training materials for use

by personnel specialists, chaplains, commanders and other leaders, and those who are in daily contact with service members, he said.

The third phase, the secretary explained, is the actual training for service members.

"We're trying to get the first two phases of that process done as quickly as possible," he said. "My hope is that it can be done within a matter of a very few weeks, so that we can then move on to what is the real challenge, which is providing training to 2.2 million people."

The House of Representatives passed legislation in May that called for the president, defense secretary and Joint Chiefs chair-

man to certify the implementation plan before the repeal takes effect. On Nov. 30, Pentagon officials released the report of a working group that reviewed issues associated with a potential repeal. And on Dec. 18, the Senate voted 65-31 for repeal, and President Barack Obama signed the legislation into law Dec. 22.

Gates said Clifford L. Stanley, undersecretary of defense for personnel and readiness, is leading the effort.

"I have asked Undersecretary Stanley to accelerate the first two phases of this process as much as he possibly can so that we can get on with the training process," the secretary said.

Mullen said the legislation specifies that the repeal will take effect only after he, Gates and Obama certify that new policies and implementing regulations are consistent with standards of military readiness, effectiveness, unit cohesion and retention.

"From my perspective," the chairman said, now is not the time to 'come out,' if you will," noting that even after the required certification takes place, the present law will remain in effect for 60 more days. "We'll get through this. We'll do it deliberately. We certainly are focused on this, and we won't dawdle."

## Obama Authorizes U.S. Joint Forces Command Closing

By Karen Parrish  
American Forces Press Service

President Barack Obama issued an official memorandum Jan. 6 authorizing Defense Secretary Robert M. Gates to dissolve U.S. Joint Forces Command.

"I hereby accept the recommendations of the secretary of defense and chairman of the Joint Chiefs of Staff and approve the disestablishment of United States Joint Forces Command, effective on a date to be determined by the secretary of defense," the memo read in part.

In the document, Obama also directed Gates to notify the Congress on his behalf.

Gates announced in August that he would recommend the command be eliminated and its essential functions assigned to other organizations. During a Pentagon news conference yesterday, Gates said about half of the Norfolk, Va.-based

command's missions would be reassigned to other organizations but should be retained in the Norfolk-Suffolk area of Virginia.

Army Gen. Raymond T. Odierno commands Joint Forces Command, which is responsible for the military's joint training, doctrine and operations. In August, Gates said that with the depth of joint experience now established in the services through experience in Afghanistan, Iraq and around the world, the need for such a joint advocate has lessened.

The military no longer requires a "separate four-star combatant command, which, in the case of [Joint Forces Command] entails about 2,800 military and civilian positions and roughly 3,000 contractors of all kinds at an annual cost of at least \$240 million to operate," the secretary said.

## Moving Constitution



-Photo by MC3 Kathryn E. Macdonald  
Sailors assigned to USS Constitution and Naval History and Heritage Command Detachment Boston personnel handle lines to move Constitution from berth 2 to berth 1 at Charlestown Navy Yard after completion of construction on her pier.

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# Health Plan Officials Work To Improve Efficiency

By Donna Miles

American Forces Press Service

As Defense Secretary Robert M. Gates presses for a modest increase in health plan premiums for working-age military retirees to help offset rising health care costs, the head of the TRICARE Management Activity reported progress already made in improving efficiencies as well as the quality of health care services.

"We've been hearing the secretary talk all year about how concerned he is about health care costs. We are too," Navy Rear Adm. (Dr.) Christine S. Hunter told American Forces Press Service shortly after Gates announced his plan yesterday to seek a premium increase for working-age military retirees in the fiscal 2012 budget request.

"We want to use our benefits wisely, and we want to be responsible about the costs," Hunter said. "But most of all, we want to be responsible to our patients."

Cost-effective health care management is a pillar in what Hunter calls TRICARE's "quadruple aim."

"We want to have readiness for the military members and their families, and we want to do that through the best possible health [for beneficiaries] and enhance the patient experience," she said. "And then we want to do so at a responsible

cost."

TRICARE officials have worked hard to manage the per-patient cost of health care, Hunter said. TRICARE Prime, the managed-care option that covers all active-duty members and many retirees, costs the government \$4,202 per beneficiary per year, program spokesman Austin Camacho reported. TRICARE Standard, the program's fee-for-service plan, costs \$3,584 per beneficiary per year. TRICARE for Life, for beneficiaries age 65 and older, costs the government \$3,874 per patient per year.

"We are doing a pretty good job of managing costs on a per-patient basis, and year-over-year growth is low," Hunter said.

In their drive to balance cost considerations with other "quadruple aim" priorities, officials are focusing heavily on preventive medicine.

"If we work together to get to better health, it will cost less," Hunter explained. "So whatever we can do to work together to use the benefit most wisely then allows the benefit to be as robust as it can be for as many people as possible. We get the most for all of us."

Hunter cited several initiatives already bearing fruit. More beneficiaries are using the lower-cost mail-order pharmacy option to fill prescriptions. They're getting their

immunizations and increasingly participating in a new concept called "patient-centered medical homes" that provide more comprehensive and personalized health care. They're making greater use of online appointment services and health care education materials. And they're increasingly using expensive emergency-room services only for actual emergencies.

"All of these things help us work together to help us achieve the secretary's goals, and we are already starting to make progress," she said. "We need to be very aware that there is a pressure [to improve efficiency and control costs] and the resources are not infinite. But we are all part of the solution."

Hunter said she's confident the TRICARE organization and its beneficiaries will continue working together to streamline costs and promoting efficiencies so the system can remain robust.

"The momentum has started for us to work together with patients and leaders to achieve this," she said. "We have a community of TRICARE leaders and patients that together can help to achieve what America is trying to achieve. We would like to be as healthy as possible, and we would like to have the right health care there when we need it."

## Free Health Care For Troops

By Donna Miles

American Forces Press Service

Though Defense Secretary Robert M. Gates seeks modest premium increases for working-age military retirees who use the TRICARE Prime health plan, the benefit will remain free to service members, defense officials emphasized Jan. 7.

Gates unveiled sweeping cost-cutting initiatives yesterday, including a recommendation to increase TRICARE Prime premiums for working-age retirees in fiscal 2012, the first increase in the plan's 15-year history.

"For some time, I've spoken about the department's unaffordable health costs, and in particular the benefits provided to working-age retirees under the TRICARE program," the secretary told reporters.

"Many of these beneficiaries are employed full-time while receiving their full pensions, and often forego their employers' health plan to remain with TRICARE," he said. "This should not come as a surprise, given that the current TRICARE enrollment fee was set in 1995 at \$460 a year for the basic family

plan, and has not been raised since."

Gates noted the dramatic increase in insurance premiums during that period for private-sector and other government employees. Federal workers pay roughly \$5,000 a year for a comparable health insurance program, he said.

"Accordingly, with the fiscal year 2012 budget, we will propose reforms in the area of military health care to better manage medical cost growth and better align the department with the rest of the country," Gates said. "These will include initiatives to become more efficient, as well as modest increases to TRICARE fees for ... working-age retirees, with fees indexed to adjust for medical inflation."

These initiatives could save the department as much as \$7 billion over the next five years, he said.

Military retirees automatically are enrolled in one of two TRICARE plans, program spokesman Austin Camacho explained. Retirees who join TRICARE Prime, the system's managed-care option that covers active-duty members, pay an annu-

al enrollment fee of \$230 per year for an individual or \$460 for a family. Those in TRICARE Standard, a fee-for-service plan, pay no enrollment fee or premium. Instead, they pay a yearly deductible of \$150 per person or \$300 per family, as well as co-payments or cost shares for inpatient and outpatient care and medications, up to a \$3,000 annual cap on out-of-pocket expenses.

Military retirees aren't required to report whether they have jobs that offer insurance plans, Camacho said, noting that having other insurance does not take them off the TRICARE rolls. Rather, he explained, TRICARE becomes the "second payer" for health care, picking up co-payments and deductibles from the primary insurance plan.

Meanwhile, the senior TRICARE officer told American Forces Press Service the system is poised to support Gates' new efficiency measures and already is making progress as it strives to provide the best health care at the best cost.

## Congress Extends Stop-Loss Deadline

From American Forces Press Service

The deadline for eligible servicemembers, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay has been extended to March 4, Defense Department officials announced today.

The deadline extension is included in the continuing resolution bill that President Barack Obama signed Dec. 21, providing funding for federal government operations through March 4.

Congress established the retroactive pay to compensate military members who served involuntary extensions or whose retirement was suspended between Sept. 11, 2001, and Sept. 30, 2009. Eligible members and their beneficiaries are required to submit a claim to their respective military service to receive the benefit of \$500 for each full or partial month served in stop-loss status.

The services estimate 145,000 servicemembers, vet-

erans and beneficiaries are eligible. Because most of those eligible had separated from the military, the services have engaged in persistent outreach efforts throughout the year. Efforts, including direct mail, engaging military and veteran service organizations, social networks and media outlets, will continue throughout the period of eligibility, Defense Department officials said.

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# FFSC Workshop, Class Schedule For January

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.

Jan. 13, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Jan. 13, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Jan. 13, 8-11:00 a.m., **Anger Management**, BLDG 1, Room 1616

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.

Jan. 18, 9-11:00 a.m., **Resume Walk-In Review**,

FFSC Room 701

Jan. 19, 9-11:00 a.m., **Car Buying Seminar**, FFSC Room 702

Jan. 19, 9-noon, **Tottle Tyme Playgroup**, USO

Jan. 20, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Jan. 20, 8-12:00 p.m., **FAP Key Personnel Training** BLDG 1, Room 1124

Jan. 20, 1-3:00 p.m., **PFM Forum** BLDG 1, Room 1616

Jan. 20, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Jan. 22, 7:30p.m., **Individual Augmentee (IA) Family Outing at the Circus Memorial Arena**

Jan. 24-25, 8-4:00 p.m., **Ombudsman Basic Training**, FFSC Room 702

Jan. 24-27, 8-4:00 p.m., **TAP Retiree Workshop** BLDG 1, Room 1616

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you

are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Jan. 25, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Jan. 25, 8:30-2:00 p.m., **Military Spouse 101**, FFSC Room 607

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.

Jan. 25, 7:30-4:30 p.m., **SAPR Command Liason Training**, FFSC Room 719

Jan. 26, 8:30-4:00 p.m., **SAPR POC & DCC** BLDG 1, Room 1616

Jan. 26, 9-noon, **Tottle Tyme Playgroup**, USO

Jan. 27, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Jan. 27, 4:30-6:30 p.m., **Banking and Financial Services**, BLDG 1, Room 1616

Jan. 31, 8:30-noon, **FERP-Career & Job Readiness Class**, FFSC Room 702

Jan. 31, 1-3:00 p.m., **FERP-Federal Employment Class**, FFSC Room 702

## Nominations Open For Military Child Of The Year Award

By Elaine Wilson

American Forces Press Service

A nonprofit organization is giving Americans the chance to sing the praises of a group often called the nation's unsung heroes: military children.

Operation Homefront, a troop- and military-family support group, is inviting people to nominate outstanding military children from all branches of service for the 2011 Military Child of the Year Award.

"It is vitally important to recognize military children," said Jim Knotts, Operation Homefront's chief executive officer. "I think kids have gotten overlooked as we've recognized the sacrifices of the military, and they are such an important aspect of our military

community. They deserve to have their moment in the sunshine as well."

Each winner will receive \$5,000 and be flown here with a parent or guardian for a special recognition ceremony April 7.

In the past, just one military child out of the services received the annual top honor. But this year - the program's third - officials have expanded the program to recognize one child each from the Army, Navy, Air Force, Marine Corps and Coast Guard.

"The sacrifices of military kids are so dramatic," Knotts said. "They live through and thrive in the face of such great challenges, it is wholly appropriate to recognize more of them."

A panel of judges - comprising an Operation Homefront staff member and volunteer service members and spouses - will select the five winners. The panel will look at objective criteria, such as the number of months a child has dealt with deployments, and at subjective criteria, such as leadership, strength of character, resilience and ability to thrive in the face of challenges, Knotts explained.

Past winners have set a high bar, Knotts said, but he added that he has no doubt many others are just as deserving of the award.

Last year's winner, 10-year-old Willie Banks, helped to care for his younger sister when his mother deployed to Iraq. His father, an Army major, died

when Willie was a toddler. He also volunteers at church, school and on the athletic field.

The year before, Brittany Wallace took the title. When her father was severely injured in Iraq, Brittany took over as head of the household while her mother tended to his rehabilitation. Brittany, who was 17 at the time, took care of her two younger siblings, cleaned the house and made meals - all while keeping up her grades at school.

"The two past winners are indicative of tens of thousands of exemplary military kids that are out there," Knotts said.

Nominations will be accepted online until Jan. 31 at <http://www.OperationHomefront.net/MCOY>. Nominees must have a valid military ID or currently be enrolled in the Defense Eligibility Enrollment Reporting System, be between the ages of 8 and 18 and able to travel to Washington, D.C., for the April 7 ceremony.

## Need Job Experience? Volunteer With FFSC

From FFSC

Volunteering is an important and fulfilling way to help your community and increase your job skills. It can add to your skills bank since it gives you a chance to work at different jobs. In addition to helping the community with your donated time, you help yourself by becoming more marketable.

You can develop new skills, make contacts for possible future employment, and establish good references. By volunteering your time, you have a perfect opportunity to show that you are responsible, have initiative, and a willingness to learn. These are marketable assets for future employers!

Most employers want their new workers to already be trained or experienced. They neither have the time nor funding to train workers. Therefore, if you do not have specific training or job experience, volunteering is a way to gain both. You will save future employers money, and that makes you a more desirable potential employee!

A volunteer is a very special person since she or he is not doing it just for monetary reward. Sometimes we volunteer because we want to make positive changes to help others. Become a FFSC volunteer. Call Pamela Ottesen at 904-270-6600 ext. 1606 for more information.

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# 'Call To Service' Award Presented To Retired CMC

By MC2 Robert Stirrup

Commander, Navy Region Hawaii Public Affairs

The chief of naval operations (CNO) presented the Presidential Volunteer Service Award to a retired U.S. Navy command master chief during an awards ceremony at Sharkey Theatre on Joint Base Pearl Harbor-Hickam Jan. 7.

James Taylor, volunteer Pearl Harbor survivor liaison for Navy Region Hawaii, was awarded with the Call to Service pin by Adm. Gary

Roughhead.

Taylor has been personally responsible for planning, overseeing and conducting approximately 250 burial honors for Pearl Harbor survivors, and has donated more than 3,000 hours of his time during the last two years to the Navy.

"For 54 years, you have served our nation in uniform, in civil service, and now as a volunteer for Commander, Navy Region Hawaii," said Roughhead. "It is individuals like you who make

our Navy and nation a better place, and I know your work is especially appreciated by all who have received your support."

"Your actions bring great credit to our Navy, and I send you my personal thanks for extending yourself to veterans and their families," CNO added.

Taylor stated that he was both surprised and honored when he got called on stage to receive the award.

"I was shocked when I first found out that I was receiving an award from

the president of the United States," Taylor said.

"It is an honor to be nominated for this, and it is an honor to have it presented by the CNO," he said.

Taylor also said he could not have earned the award by himself.

"There are a lot of people in my life that helped me get to where I'm at, and I feel they are the true reason why I'm standing where I'm at today," Taylor stated.

The Presidential Volunteer Service

Award Call to Service pin is reserved for those who have committed themselves to more than 4,000 volunteer hours during their lifetime.

The President's Council on Service and Civic Participation was established in 2003 to recognize the valuable contributions volunteers are making throughout the community.

From Page 1

## Efficiencies

in proven capabilities most relevant both to current wars and to the most likely future threats.

"Meeting real-world requirements. Doing right by our people. Reducing excess. Being more efficient. Squeezing costs. Setting priorities and sticking to them. Making tough choices. These are all things that we should do as a Department and as a military regardless of the time and circumstance. But they are more important than ever at a time of extreme fiscal duress, when budget pressures and scrutiny fall on all areas of government, including defense," said Gates.

"While America is at war and confronts a range of future security threats, it is important to not repeat the mistakes of the past by making drastic and ill-conceived cuts to the overall defense budget. At the same time, it is imperative for this Department to eliminate wasteful, excessive, and unneeded spending. Indeed, to do everything we can to make every defense dollar count."

The service departments achieved savings in several areas, including the number and size of headquarters staffs, base operations, energy consumption, and facilities sustainment.

At the same time, the service leaders undertook the normal process of setting priorities and assessing risks in preparing the fiscal 2012 budget request – a process that led to the recommended termination or restructuring of a number of troubled or unneeded weapons programs.

The services will keep the savings they were motivated to find and reinvest in the needed capabilities each service needs to support the warfighter. The bulk of the savings will be used by the service departments to make key investments in areas such as ship building, long-range strike, missile defense, intelligence, reconnaissance and surveillance (ISR), wounded warrior care and facilities, and much more.

Specifically, the Department of the Navy is proposing to use efficiencies savings to:

Accelerate development of a new generation of electronic jammers to improve the Navy's ability to fight and survive in an anti-access environment; Increase the repair and refurbishment of Marine equipment used in Iraq and Afghanistan; Develop a

*"The Navy enthusiastically participated in Department of Defense efficiency efforts. I am pleased with the rigor undertaken throughout this process, the results of which will contribute to the Navy's warfighting capabilities. The initiatives we have undertaken will allow the Navy to address readiness and warfighting capabilities, optimize organizations and operations and ensure that resources are optimized in operations and maintenance initiatives. These savings and changes will enable us to be the Navy the nation needs today and into the future."*

-Adm. Gary Roughhead

new generation of sea-borne unmanned strike and surveillance aircraft; Buy more of the latest model F-18s and extend the service life of 150 of these aircraft as a hedge against more delays in the deployment of the Joint Strike Fighter (JSF); and Purchase additional ships – including a destroyer, a littoral combat ship, an ocean surveillance vessel and fleet oilers.

The Department of the Navy proposed efficiencies savings of more than \$35 billion over five years to include:

Reducing manpower ashore and reassigning 6,000 personnel to operational missions at sea; Using multi-year procurement to save more than \$1.3 billion on the purchase of new airborne surveillance, jamming, and fighter aircraft; Disestablishing several staffs (but not the associated platforms) to include submarine-, patrol aircraft-, and destroyer-squadrons plus one carrier strike group staff; and Disestablishing the headquarters of Second Fleet at Norfolk, Va., and transferring responsibility for its mission to the Navy's Fleet Forces Command.

For the Department of the Air Force, this efficiencies process made it possible to:

Buy more of the most advanced Reaper UAVs and

move essential ISR programs from the temporary war budget to the permanent base budget. Going forward, advanced unmanned strike and reconnaissance capabilities must become an integrated part of the service's regular institutional force structure; Increase procurement of the Evolved Expendable Launch Vehicle to assure access to space for both military and other government agencies while sustaining our industrial base; Modernize the radars of F-15s to keep this key fighter viable well into the future; Buy more simulators for JSF air crew training; and Develop a new long range, nuclear-capable penetrating bomber, which will be designed using proven technologies, an approach that should make it possible to deliver this capability on schedule and in quantity.

The Air Force proposed efficiencies measures that will total some \$34 billion over five years and include:

Consolidating two air operations centers in the United States and two in Europe; Consolidating three numbered Air Force staffs; Saving \$500 million by reducing fuel and energy

consumption within the Air Mobility Command; Improving depot and supply chain business processes to sustain weapons systems, thus improving readiness at lower cost; and Reducing the cost of communications infrastructure by 25 percent.

The Department of the Army would use its savings to:

Provide improved suicide prevention and substance abuse counseling for soldiers; Modernize its battle fleet of Abrams tanks, Bradley fighting vehicles, and Stryker wheeled vehicles; Accelerate fielding to the soldier level of the Army's new tactical communications network. Accelerate procurement of the service's most advanced Grey Eagle UAVs; and Buy more MC-12 reconnaissance aircraft to support ground forces, and begin development of a new vertical unmanned air system to support the Army in the future.

The Army proposed \$29 billion in savings over five years to include:

Terminating the SLAMRAAM surface to air missile, and the Non-Line of Sight Launch System, the next-generation missile launcher originally conceived as part of the Future Combat System; Reducing manning by more than 1,000 positions by eliminating unneeded task forces and consolidating six installation management commands into four; Saving \$1.4 billion in military construction costs by sustaining existing facilities; and Consolidating the service's email infrastructure and data centers, which should save \$500 million over five years.

Of the \$100 billion identified by the service departments, approximately \$28 billion will also be used over the next five years by the Army, Air Force, Navy and Marine Corps to deal with higher than expected operating expenses such as fuel, maintenance, health care and training costs.

In addition to directing the

four services to find savings, Gates announced last August a set of initiatives aimed at reducing overhead costs and improving efficiency across the DoD as a whole – with special attention to the headquarters and support bureaucracies in the Office of the Secretary of Defense, the combatant commands, and other defense agencies and field activities.

Gates announced Jan. 6 that this effort – combined with a government-wide freeze on civilian salaries – has yielded approximately \$54 billion in savings over the next five years. These savings include further reducing the contractor staff cadre, consolidating IT support, culling redundant intelligence organizations, eliminating unnecessary reports and studies, freezing civilian staff levels and pay, downgrading overseas commands, decreasing the number of generals, admirals and civilian executives, and modest increases in TRICARE premiums on military retirees.

In addition to terminating the Marine Corps' Expeditionary Fighting Vehicle, Gates also stated that he is placing the Marine Corps' short take-off and vertical landing (STOVL) variant of the JSF on the equivalent of a two-year probation because of significant testing problems. As a result, the development of the Marine variant will be moved to the back of the overall JSF production sequence. To fill the gap created from the slip in the JSF production schedule, the Department of the Navy will buy more Navy F/A-18s.

The formal announcement of the President's fiscal 2012 budget submission next month is also expected to call for a \$78 billion reduction to the FYDP, to include no real growth in defense spending in fiscal 2015 and fiscal 2016. But because of the rigorous reform efforts undertaken over the past year, it is possible for the DoD to absorb this reduction in the projected top-line without significant impact to warfight-

ing capability, although it will necessitate a reduction in the size of the Army and Marine Corps starting in fiscal 2015.

The total savings generated by DoD-wide overhead efficiencies, the civilian staffing and pay freeze, and the future decrease in ground forces, when added together, are roughly equivalent to the sum of the top-line reductions projected in the FYDP. With the efficiencies savings, Gates said he is confident the Department can effectively meet the threats it is likely to face over the next few years. But he also stressed the FYDP represents the minimum level of defense spending necessary given the complex and unpredictable array of security challenges the United States faces around the globe. Beyond this five year time frame, the savings from overhead efficiencies and force reductions will have mostly run their course.

Gates concluded by talking about the importance of following through on all DoD reform measures while maintaining adequate levels of funding.

"This Department simply cannot risk continuing down the same path – where our investment priorities, bureaucratic habits, and lax attitudes towards costs are increasingly divorced from the real threats of today, the growing perils of tomorrow, and the nation's grim financial outlook," Gates declared at the conclusion of the announcement. "These times demand that all of our nation's leaders rise above the politics and parochialism that have too often plagued considerations of our nation's defense – whether from inside the Pentagon, from industry and interest groups, and from one end of Pennsylvania Avenue to the other. I look forward to working through the next phase of the President's defense reform effort with the Congress in the weeks and months ahead – to do what's right for our Armed Forces and what's right for our country."



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# Out in Town

**Thursday, Jan. 13**

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Fried Shrimp. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

**Friday, Jan. 14**

Fleet Reserve Association Branch 290 is hosting dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. The menu will be Meatloaf with sides. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

Ever wonder what is looking back at you just beyond the campfire light? That noise that you keep hearing in the bushes; what is it? Come join a park ranger at 6:30 p.m. and find out what animals are at the Talbot Islands that may go "bump in the night." The program will take place at the campground fire circle. This program is free with campsite reservation.

**Saturday, Jan. 15**

The American Legion Auxiliary Unit 316, 1127 Atlantic Blvd., Atlantic Beach, will serve a Beef Stew Dinner with salad and biscuit, from 5 p.m. until sold out. Music by Guitar Redd from 8 p.m. until Midnight. Take out is available. For any additional information please call 249-0202.

Join a park ranger at 2 p.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, includ-

# COMMUNITY CALENDAR

ing many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion one on Little Talbot Island.

Fleet Reserve Association Branch 290 is hosting dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. The menu will be Taco Salad with Spanish Rice and refried beans. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

**Sunday, Jan. 16**

Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m. to noon at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. 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.

**Monday, Jan. 17**

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

**Wednesday, Jan. 19**

Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" from 5 to 8 p.m. at the

Branch Home, 390 Mayport 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, Jan. 20**

Fleet Reserve Association, Branch 290, will host dinner from 5 to 8 p.m. The menu this week will be Shrimp Fajitas. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

The Duval County Extension Office will hold "Water Saving Tips & Rain Barrel Demonstration" from 7-8:30 p.m. at Willowbranch Library, 2875 Park St. Participants will learn water conservation tips for inside and outside the home and how to create their own rain barrel. This is a free program. Please pre-register with Becky at 387-8850. This program is co-sponsored by the Duval County Extension Office and the St. Johns River Water Management District.

**Friday, Jan. 21**

Reserve Association Branch 290 is hosting dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. The menu will be Spaghetti with garlic bread. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of Southern Magic will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

**Saturday, Jan. 22**

Fleet Reserve Association

Branch 290 is hosting a Mystery 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 Southern Magic will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

Join a park ranger at 2 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

The Duval County Extension Office will hold "Starting Vegetables from Seeds" from 10 a.m.-noon. Participants will learn how to start their own vegetable garden by planning seeds. They will take home their own planted seed tray. The cost for the class is \$15. Pre-registration is required. Call Jeannie at 904-387-8850. The class will be at the Duval County Extension Office, 1010 N McDuff Ave.

**Sunday, Jan. 23**

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.

**Saturday, Jan. 29**

The Jacksonville Genealogical Society will hold their regular meeting on at 1:30 at the Webb-Wesconnett Branch Library, 6887 103rd St. We are fortunate to have as our speaker Mr. Alvie Davidson. Mr. Davidson is a certified genealogist, retired U.S. Naval Reserve Intelligence Officer, Florida certified private investigator, Class A license, and an author. His research specialty is Lineage Societies and Heir Searcher. Mr. Davidson is from Lakeland, Fla. Mr. Davidson's presentation is "Introduction to Forensic Genealogy." A case study of forensic research. Please note this is a meeting date change. For further information please contact Jim Laird, (904) 264-0743.

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.

**Saturday, Feb. 5**

The Duval County Extension Office will hold "Vegetable Workshop" from 10 a.m.-noon at its office, 1010 N. McDuff Ave. Cost is \$5. This workshop will cover the basics of growing warm season vegetables and go into some detail concerning the particular vegetables grown

in the warm season. Please call Jeannie at 904-387-8850 to pre-register.

Join a park ranger at 2 p.m.

for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

**Saturday, Feb. 12**

Join a park ranger at 2 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. The program will meet at pavilion one on Little Talbot Island.

**Saturday, Feb. 19**

Join a park ranger at 2 p.m. for an introduction to the basics of hiking. Weather, wildlife tracking, trail safety and proper gear will all be discussed. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

**Saturday, Feb. 26**

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.

# Town Hall Meets On First Coast

From Northeast Florida Regional Council

The Regional Community Institute of Northeast Florida, Inc. is a not-for-profit with the mission of creating a vision for growth and development in the First Coast region for the next 50 years.

They were asked to do the vision in a timeframe that would allow it to be considered by the Northeast Florida Regional Council Board as it updates the plan for the region, the Strategic Regional Policy Plan (SRPP). First Coast Vision is planned to be complete by September 2011.

The Regional Community

Institute is interested in getting input into the vision from all residents of the region, and understands the importance of the military to the region, and the input of military personnel to the vision. All are invited to learn about First Coast Vision at a meeting in each of the seven counties in the region. Residents will have the opportunity to chose the growth pattern they prefer for the region, to talk with neighbors and planners about the draft goals and objectives being contemplated for inclusion in First Coast Vision, and to give planners their input.

Town Hall meetings are being planned in each County for the following evenings:

- Monday, January 31, 2011: Duval County
- Thursday, February 3, 2011: Nassau County
- Monday, February 7, 2011: Baker County
- Thursday, February 10, 2011: Clay County
- Thursday, February 17, 2011: Putnam County
- Thursday, February 24,

- 2011: Flagler County
  - Monday, February 28, 2011: St. Johns County
- Details will be posted soon at [firstcoastvision.com](http://firstcoastvision.com) about how to provide input and about meeting venues. Want more information? Go to [firstcoastvision.com](http://firstcoastvision.com) or contact Margo Moehring, Director of Policy at the Northeast Florida Regional Council at 904 279 0885 ext. 161 or [mmoehring@nefc.org](mailto:mmoehring@nefc.org).



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COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD(MT PLEASANT RD)	
GATE	463779 SR 200/A1A	YUL	JAX		
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
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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).

**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 4th 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

# REACHING OUT

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 [dlfields@bellsouth.net](mailto:dlfields@bellsouth.net)

**Jacksonville International Airport Volunteer Ambassador Program**

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

**Jacksonville Zoo**

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experienc-

es. 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 [dlfields@bellsouth.net](mailto:dlfields@bellsouth.net).

**St Augustine Amphitheatre Seeks Volunteers**

St. Augustine Amphitheatre seeks volunteers to be used as 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 aban-

done. Volunteers assist Child Protective Investigators with feeding, bathing and playing with the children. They may also assist in the clothes closet, providing the children with clean clothing. 360-7091.

**NS Mayport Retired Activities Office**

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

**I.M. Sulzbacher Center for the Homeless**

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feeling 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. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747.

# Scholarships Available For Nurse Assistant Through Red Cross

From American Red Cross

The Northeast Florida Chapter of the American Red Cross is extending full scholarships for participation in Nurse Assistant Training (NAT) for eligible applicants through a grant from the Florida BrAlve Fund established at The Community Foundation in Jacksonville.

Applicants must demonstrate

financial hardship, and/or lack of other available resources due to participation in the Iraq or Afghanistan conflicts. Applicants will be required to provide Florida ID to verify Florida residency in one of our servicing counties and a copy of official documentation verifying their or their family member's service to Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF).

With Red Cross NAT training, you will master fundamental academic and social skills

necessary to be a successful nurse assistant. You will gain new-found independence. And as a Red Cross nurse assistant, you'll be an important part of a health care team that works together to provide compassionate care for nursing home residents and patients. It's a job where you make a difference.

For more information, please call the SAF Mayport Service Center at 904-246-1395.



Millions of children are living with type 1 diabetes. Every day, they have to check their blood sugar and take insulin shots...their families worry about the threat of complications like kidney failure, blindness and heart disease. That's why JDRF is funding research to make a cure a reality.

Call 800-533-CURE or visit [www.jdrf.org](http://www.jdrf.org)



**JDRF** Juvenile Diabetes Research Foundation International  
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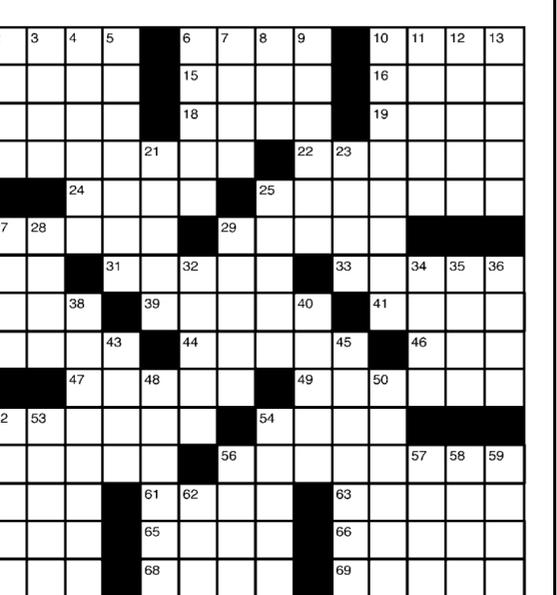
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## THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- Actress Spacek
  - Puncture
  - \_\_\_ up; tallies
  - "Bye, Jacques"
  - Cincinnati, \_\_\_
  - Sketch
  - Ethical
  - Small brook
  - Detest
  - Periodic table listings
  - \_\_\_ appropriate; considered fit
  - Word of lament
  - Belittle
  - Heavy artillery
  - Sudden increase
  - \_\_\_-sided; unilateral
  - Misshapen folklore fellow
  - Obstacles
  - Rocky \_\_\_ ice cream
  - Surrender
  - Threesome
  - Go into
  - High-powered surgical beam
  - Unwell
  - Blanket
  - Interfere
  - Like old photos with no clue as to when they were taken
  - Burrowing animal
  - \_\_\_ voyage; ship's first trip
  - Threatening
  - Schwinn, e.g.
  - Concept
  - Leg bone
  - Odd's opposite
  - Fuel, for some
  - Official order
  - Relaxation
  - Comes to a close
  - Classroom furniture
- DOWN**
- Identical
  - False deity
  - Beget children
  - Sailor
  - Symbol of Christmas warmth
  - Varieties
  - \_\_\_ and that
  - Feel miserable
  - More daring
  - Follower of a religion
  - Play
  - Went out with
  - Stockholm resident
  - Child's caretaker
  - Breakfast order
  - Sword fights
  - Apple center
  - Shortly
  - Orderly
  - Enjoy finger painting
  - Greased
  - Parched
  - Fish's organ
  - Shoe bottom
  - Self-indulgent



- 1/13/11
- THIS WEEKS ANSWERS**
- |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | K | S | E | D | S | D | N | E | I | S | E | R |
| I | C | I | D | E | T | V | O | C | N | E | A | E |
| V | I | B | I | L | A | V | E | D | I | E | K | B |
| G | N | I | C | V | N | E | M | N | E | D | I | V |
| E | T | O | M | E | D | I | V | D | N | U |   |   |
| E | T | D | E | M | R | E | A | V | C |   |   |   |
| T | T | I | E | S | V | T | R | E | I | N | E |   |
| O | I | H | L | D | T | E | I | A | D | O | R |   |
| S | G | V | A | N | S | E | M | O | N | G | E | N |
| E | G | H | U | S | N | O | N | N | C | A | V |   |
| E | D | V | R | G | E | D | S | V | L | A |   |   |
| D | E | M | E | D | S | T | N | E | M | E | T | E |
| E | T | V | H | T | T | I | R | T | V | R | O | M |
| M | V | D | D | O | I | H | O | N | E | I | D | V |
| S | D | V | A | V | I | T | S | A | S | I | S |   |
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- |                                |                                |
|--------------------------------|--------------------------------|
| 40 Evil spirit                 | 52 Wide-eyed                   |
| 43 Learn by ___; memorize      | 53 Levees                      |
| 45 Akin                        | 54 Lunch & dinner Margaret ___ |
| 48 City of canals and gondolas | 57 Wading bird                 |
| 50 Make up one's mind          | 58 Actor ___ Nolte             |
| 51 Brown shade                 | 59 Gangster guns               |
|                                | 62 Actor Ameche                |

USS Simpson family readiness group will meet from 6:30-9 p.m. on Jan. 13.

HSL-48 family readiness group will meet from 6-8 p.m. on Jan. 17.

USS The Sullivans family readiness group will meet from 5:30-8:30 p.m. on Jan. 18.

**Your Greater Jacksonville Area USO is now on Facebook.**

**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.

**USO**  
NEWS

For information on qualifications and necessary forms to receive these discounts, visit [www.FloridaStateParks.org/thingsstoknow/annualpass.cfm#discountsforveterans](http://www.FloridaStateParks.org/thingsstoknow/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>.

**The U.S. Department of Veterans Affairs** has announced the launch of its new and improved online form, "Application for Health Benefits," which will make it easier and faster for veterans to apply for their health care benefits. This revised online application form (10-10EZ) provides enhanced navigation features that make it easier and faster for veterans to use. The new version also allows veterans to save a copy of the completed form for their personal records. The most significant enhancement allows veterans to save their application to their local desktop and return to the application at any time without having to start over. Previously, veterans had to complete the

form in a single session. This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from veterans by eliminating some questions. In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010. Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>. Veterans may also contact the VA at 1 (877) 222-VETS (8387) or visit the VA health eligibility website at [www.va.gov/healtheligibility](http://www.va.gov/healtheligibility).

**The Veterans History Project First Coast** is dedicated to honoring the many veterans of Northeast Florida and those who supported war efforts. We record the memories of those who have served our country by conducting

interviews. These stories are placed on our website for others to listen and learn: [www.vhp-firstcoast.org](http://www.vhp-firstcoast.org). We are a partner with the Library of Congress in Washington, D.C. where the memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

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

**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.

**Watch TV or a movie from the video library.** Service members can also enjoy video games or use the sports equipment.

**There is a full kitchen, 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 the center at 2560 Mayport Road.

## Final Weeks To Nominate For 2011 Secretary Of Defense Employer Support Freedom Award

From ESGR

The beginning of the new year marks the final two weeks for Guard and Reserve members and their families to nominate supportive employers for the 2011 Secretary of Defense Employer Support Freedom Award. During the 2011 nomination period, Guard and Reserve members have nominated military supportive employers in all 50 states, D.C., Guam, Puerto Rico and the Virgin Islands.

To date California, Texas, Florida, New York and Ohio are the top five states submitting nominations for the award, indicating strong support by the state's employers for its citizen warriors. The Army National Guard, Army Reserve, and

Air National Guard are leading among the seven service branches.

The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their outstanding support of their employees who serve in the Guard and Reserve. Nearly one-half of the U.S. military is comprised of the Guard and Reserve, making the role of U.S. employers in support of employees in the military increasingly important.

Guard and Reserve members and their families are eligible and encouraged to nominate employers that have provided exceptional support to Guard and Reserve employees beyond

the federal law requirements. Nominations may be submitted at [www.FreedomAward.mil](http://www.FreedomAward.mil) through January 17, 2011. The names of all nominated employers will be announced in the spring and the 15 Freedom Award recipients will be announced in early summer. The 15 recipients for 2011 will be honored in Washington, D.C. at the 16<sup>th</sup> annual Secretary of Defense Employer Support Freedom Award ceremony in September.

The Freedom Award was instituted in 1996 under the auspices of Employer Support of the Guard and Reserve (ESGR), a Department of Defense agency, to recognize exceptional support of Guard and Reserve members from the

employer community. In the past 15 years, 145 employers from across the nation have received this prestigious award. Established in 1972, ESGR's mission is to develop and promote employer support for

Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws, and resolving conflict between employers and service members.

For questions regarding the nomination process, visit [www.FreedomAward.mil](http://www.FreedomAward.mil) or contact Maj. Melissa Phillips, ESGR Public Affairs, at 703-696-1171, ext. 519 or email at [ESGR-PA@osd.mil](mailto:ESGR-PA@osd.mil).

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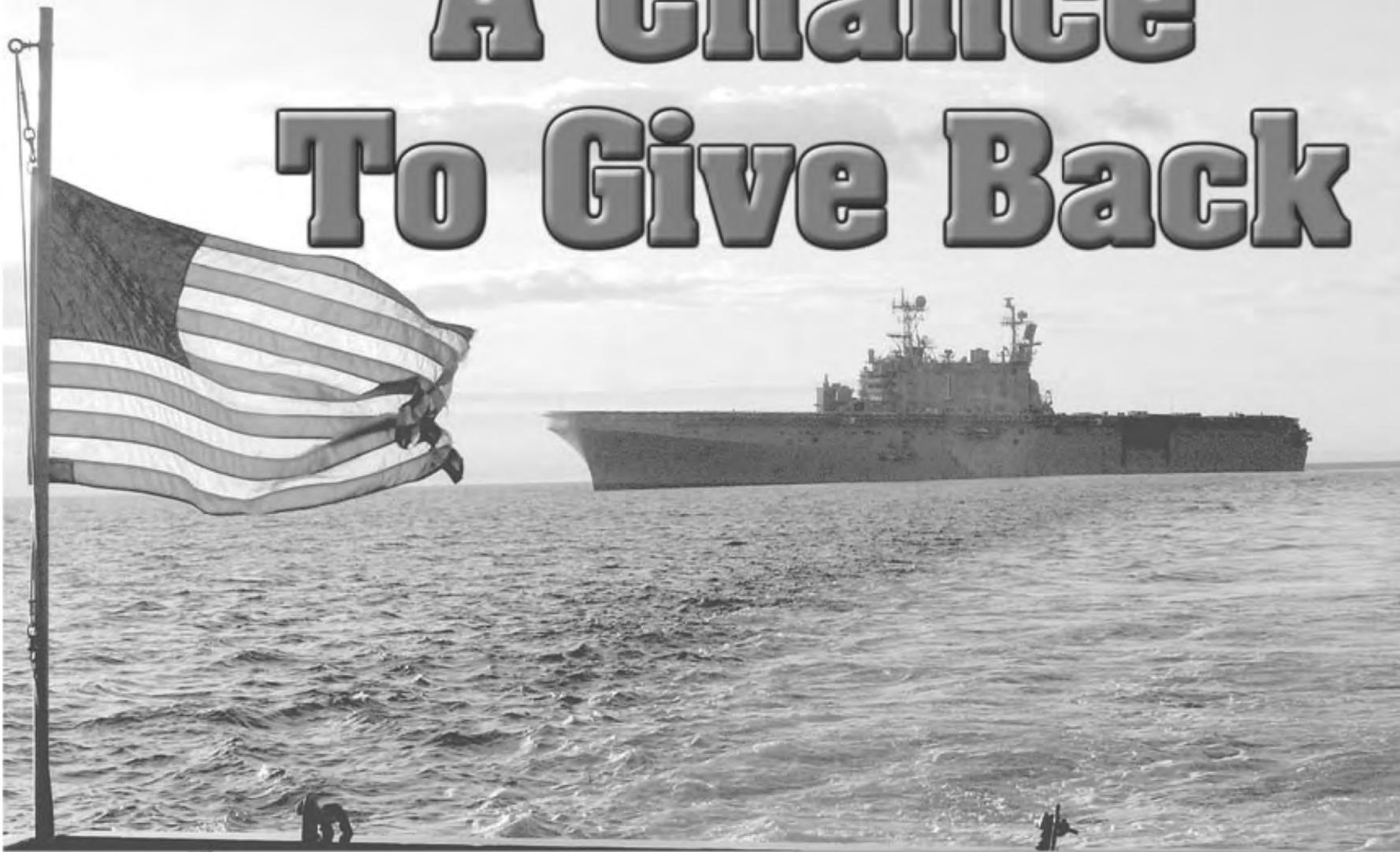
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