



-Photos by MC2(SW) Jacob Sippel  
Boatswain's Mate 3rd Class Timothy Camp and Boatswain's Mate 1st Class Brandon Bonin both get ready to try out the cuisine at the Black History Month observance held on Naval Station Mayport. Black History Month was founded by the writer, editor and historian Carter G. Woodson in 1926, to address and memorialize the significant achievements of African-Americans throughout history.

## Mayport Celebrates Black History Month

By MC2(SW) Jacob Sippel

Navy Public Affairs Support Element East Detachment Southeast

More than a hundred Sailors and civilians celebrated Black History Month on Feb. 25 during an observance held on Naval Station Mayport's Beachside Community Center.

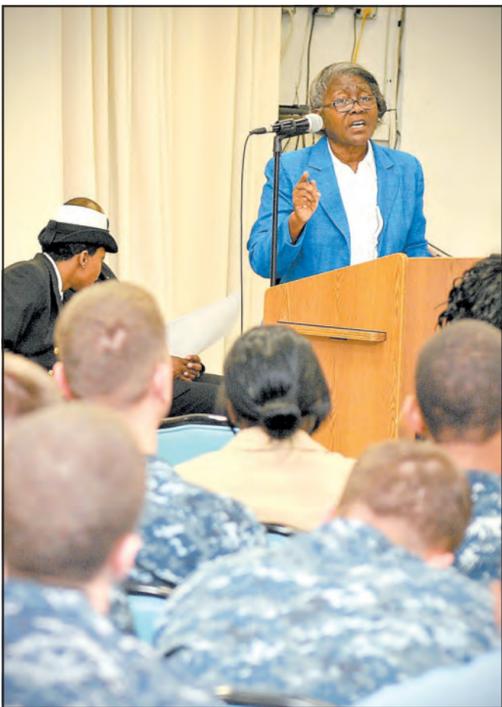
Each year, the Navy pays tribute to the generations of African-Americans who have contributed to the success of America. This year's theme is "African Americans and The Civil War."

Black History Month originated when Harvard historian Carter G. Woodson and the Association for the Study of Negro Life And History (ASNLH) announced Negro History Week in 1925. The event was first celebrated during the second

Week of February 1926, which encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. In 1976, the 50th anniversary of Negro History Week and the bicentennial of the United States' Independence, President Gerald R. Ford proclaimed February as Black History Month, according to a BUPERS message by CNO Adm. Gary Roughead.

"What we try to do as a base is come together for all observances throughout the year and truly bond together," explained Senior Chief Electronic's Technician Mark Prince, Naval Station Mayport Equal Opportunity Advisor. "I think it is important because we are the world's greatest Navy for a reason and we utilize every culture that makes us up. It's what makes the Navy great and it's what makes our country great!"

The guest speaker for the observance was Maude Burroughs Jackson, a Middleburg, Fla. native.



Guest speaker Maude Burroughs Jackson, a retired teacher who was part of the fight for equal rights in Florida that would play a pivotal role in the passage of the Civil Rights Act in 1964, speaks to the audience during a Black History Month observance at Naval Station Mayport. Black History Month pays tribute to the generations of African-Americans who struggled with adversity to achieve success.

Jackson, a retired teacher, was part of the fight for equal rights in Florida that would play a pivotal role in the passage of the Civil Rights Act in 1964.

"I wanted to get a message across to the crowd," said Jackson. "I want everyone to try to help someone as you go along in life; even if it's just a smile or a good word. I celebrate black history every day and we make history every day as we live. If we think of it that way, we will continue to be better people."

After the speech by Jackson and a plaque presentation to the retired teacher, everyone in attendance enjoyed food and educational presentations. People

designed informative booths on a historically significant African-American of their choosing and also prepared food such as African, Soul and Caribbean.

"Everything was just wonderful," stated Jackson. "It's good to get together and share stories and try to understand each other; to share similarities and common interests. It's good to share ideas and think of ways every group can improve. Today was just a great day in general."

More than 186,000 African Americans served in the Union Army and Navy, and they provided support services essential to keep-

See History, Page 13

## Mayport Goes 'Haze Gray'



-Photo by MC1 Toiete Jackson  
Hospital Corpsman 3rd Class Marjorie Hartman, assigned to Naval Hospital Jacksonville, learns the different positions of the fire hose from Damage Control Fireman Layna Simon, assigned to USS Roosevelt (DDG 80), during Operation Haze Gray. Operation Haze Gray is an exercise aimed at having medical corps reservist and active-duty corpsmen with little or no shipboard experience to become part of a homported crew and conduct "shipboard life" training.

By MC1 Toiete Jackson  
Navy Public Affairs Support Element East, Det Southeast

Several medical corps reservists and active duty corpsmen got the chance to experience the rigors of shipboard life for the first time with help from ships from Destroyer Squadron (DESRON) 14.

NS Mayport was host to 25 medical corps reservists, assigned to Operation Health Support Unit (OHSU) Naval Hospital Jacksonville (NH Jax),

and eight active duty corpsmen assigned to NH Jax, with limited or no shipboard experience, Feb. 22-25 for "Operation Haze Gray."

Servicemembers ranging in rank from E-1 to O-6 were able to become part of a homeported crew and conduct "shipboard life" training on board USS De Wert (FFG 45), USS Boone (FFG 28), USS Taylor (FFG 50), and USS Roosevelt (DDG 80).

"It's important that we as

medical providers know what our patients do. We need to know the environment they work in, we need to know the things they do on a daily basis; the stressors that they face. This was a plan to get them out there and buddied up with the guys who are actually doing the job and then [allow them to do] the job themselves so they can truly experience what it takes to be a Sailor in today's Navy," said Capt. Lynn Welling, com-

See Haze Gray, Page 8

## New CO For Klakring

By Ensign Kevin Killeen  
USS Klakring PAO

On Feb. 25, Cmdr. Scott M. Smith turned over command of the guided-missile frigate USS Klakring (FFG 42) to Cmdr. Darrell S. Canady in a ceremony held at HSL-40's hangar.

Those attending included guest speaker Rear Adm. Craig Faller, Commander, Navy Recruiting Command; Capt. Gary Haben, Commander DESRON 14; Capt. Brian Nickerson, Commander DESRON 40; Aides representing Senator Rubio, Congressman Crenshaw, and Congressman Mica, and representatives from the St. Augustine Navy League.

Faller was the commanding officer of Smith's third ship, USS Stethem (DDG 63).

"I remember asking then-Commander Faller, 'do you enjoy command?'"

Smith recalled during his address, "and I remember him giving the unequivocal answer of 'yes.' I think that was the spark that started it all."

Smith's wife, Kim, and their two children Sophia and Kelsea were also in attendance. Faller and Smith both thanked Mrs. Smith for her unwavering sup-



-Photo by Paige Gnann  
Cmdr. Darrell S. Canady speaks at the USS Klakring change of command ceremony after relieving Cmdr. Scott Smith, seated, as commanding officer of the frigate on Feb. 25 at HSL-40 hangar.

port during a particularly busy at-sea schedule.

Smith led Klakring over the course of two deployments, first in 2009 with Sixth Fleet's Standing NATO Maritime Group-1, then in the Fourth Fleet AOR with embarked CDS 40 staff for Southern Seas 2010.

During her 2009 NATO deployment, Klakring conducted Theater Security Cooperation (TSC) engagements with 16 countries. The

ship engaged in several multinational naval exercises during the deployment, to include Shark Hunt and FRUKUS. She was one of the first U.S. ships to visit the Black Sea following the 2008 South Ossetia War. The Hon. John F. Tefft hosted Georgian President Mikheil Saakashvili on board Klakring during a port visit to Batumi as the crew conducted mil-to-mil engagements and community

See Klakring, Page 3

NS Mayport Trains For Real World Situations

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MWR EXPO On March 10 Features Food, Prizes and Information

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Volunteer Opportunities Available For NS Mayport

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# Achieving Our Goals One Step At A Time



Chaplain Eddy Logan  
Surface Force Ministry Center

## CHAPLAIN'S CORNER

My grandmother used to tell me that if I ate spinach enough, I would eventually learn to like it. Two years ago I decided to apply this same philosophy to running. I was 45 years old at the time and had not had any reason (nor desire) to run for more than three miles at a time since I was in high school.

But I had gotten to a point that I needed to overcome my extreme distaste for running and decided that if I ran more, I would eventually come to enjoy it.

I began a running regimen with a goal to run a marathon by the end of one year. At the six month mark, I was

really proud of my progress and entered a half marathon. During organized runs, there are water stations along the way and occasionally these stations may provide a piece of fruit or an energy gel pack (which is like sucking a condiment pack of yogurt).

However, at about the 10-mile water station, I was handed a piece of "humble pie" as a couple of police cars rolled by escorting a small group of runners. These were the leaders, from the full marathon, that

were overtaking me and would end up finishing the 26.2 miles in 2 hours and four minutes. I finished the half in 2:51.

But instead of getting discouraged, I felt a sense of hope because I knew that those runners had not always been able to run that distance at that fast of a pace. And, only sixth months earlier, I wouldn't have been in this position to have even witnessed such a feat.

It is easy to get discouraged when we feel as if we are not achieving our goals. However,

an old Chinese proverb says that a journey of a thousand miles begins under the feet. Achieving our goals in small steps is one of the best ways to work towards success.

It does help to have some one that will encourage us, work with us and make us accountable whenever we feel like giving up. I know it works because I have come to enjoy running. However, I'm still not crazy about spinach.

# Learn Tips To Help Keep Your Kids Safe Online



Judy Cromartie  
School Liaison Officer

## KNOW THE ROPES

With any type of bullying there has to be pure intent to cause negative consequences for the other person. The bully did not accidentally hurt someone's feelings.

Bullying online is very different from bullying in a schoolyard. Dr. Gwenn Schurgin O'Keefe reports that studies have shown that cyberbullying has a much more profound impact than traditional schoolyard bullying. In the schoolyard, kids know who their bully is, and they know if they tell an adult or a teacher, it can get handled. The bully is put in his place. The victim feels safe; he

or she feels empowered.

Typically, cybervictims tend to feel more vulnerable once they've been cyberbullied. Dr. O'Keefe suggests that "This may be due to their inability to see or know the bully, to know how many people have read about the incident, or if it will occur again." With cyberbullying, often you don't even know who the bully is. If you're lucky, there's a name attached to the message. However, very often the message comes in anonymously, and the child feels very anxious. He wonders, "Has the message gone out to the whole world. Am I going

to be stalked and harassed by this person for a long time?" This can really go on [for a long time] and have a very profound impact on the life of the child and on his self-esteem. Children can become depressed, and I have previously reported several instances of students committing suicide.

Studies currently report that cyberbullying occurs in a third of kids who use technology. Of those kids, most do not report the incident to even a trusted adult. Parry Aftab, a highly regarded internet safety attorney who has surveyed young people across the country, found that they report cyberbullying only 5 percent of the time. And girls tend to be cyberbullied more than boys are. However, there's no profile, which definitely says, "You're going to be

cyberbullied more than somebody else."

Parents need to have a high index of suspicion that their child may be suffering from cyberbullying, for example, if they observe that their child is anxious, or depressed, or losing sleep. In addition, the child is probably communicating through his or her device in a way that was different from before. For example, the child might suddenly avoid the technology, not want to text, leave the cell phone at home, or suddenly not check his or her Facebook profile. Or, conversely, such children may check their email or profiles more often and get upset or act strangely after using it.

So what can parents do? Education is the key to helping your child deal with cyberbul-

lying. On Thursday, March 10 at 6:30 pm, Jacksonville Beach Elementary School will host FBI Special Agent Larry Meyer of the Cyber Crimes Squad. He will provide tips to follow to create a safe cyber environment for children. THIS IS A PARENTS-ONLY EVENT due to the nature of the information he will present.

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

# Did You Know March Is American Red Cross Month?

By Beth Wilson  
Military Spouse Contributor

## HOMEFRONT IN FOCUS

In 1881 Clara Barton founded today's American Red Cross. Since its beginning the Red Cross rushes to where help is needed. And people around the country rally with outpourings of volunteer assistance and donations of funds and needed supplies. But the work of the American Red Cross is not limited to disaster response.

Since 1942, following the tradition of President Franklin D. Roosevelt, the President declared the month of March as Red Cross Month. This focus on the Red Cross coincides with their major push for fund raising to accomplish their diverse mission throughout the year and

across the country.

Most of us know about the Red Cross Disaster Relief/recovery efforts. We not only know about their blood drives but many of us give blood. But the Red Cross works tirelessly 24/7. The American Red Cross provides disaster preparedness support and training, childcare (babysitting) certification, CPR training and certification, swimming lessons, water safety and lifeguard certification to name just a few services.

For military families the Red

Cross is much more. 24/7/365, the Red Cross quickly sends emergency communications to deployed service members on behalf of their family ([www.redcross.org](http://www.redcross.org)). The Red Cross is on military installations across the globe briefing service members and families on support provided by the Red Cross. The Red Cross does more than send emergency notifications. They perform well-being checks, offer financial assistance, facilitate holiday mail for troops, information and referral,

deployment support and services for veterans.

Did you know they can help you start a career in the medical field with their Nursing Assistant training program? And, they can build your resume in other areas as well – by volunteering.

American Red Cross month is an opportunity to get acquainted with the services and support they provide. It is an opportunity to review your disaster preparedness. It is a time to take a class. It is an opportunity to volunteer.

The Red Cross depends on volunteers; as such 96% of their total work force is volunteers. There are many areas to volunteer where you can utilize your

existing skills or develop new ones. From assisting with disaster recovery, delivering military messages, or working at a blood drive the Red Cross needs you. To learn about volunteer opportunities in your area logon to [www.redcross.org/en/where](http://www.redcross.org/en/where), type in your zip code for a list of needs in your area.

As military families we need to keep the toll free number in our smart phone and wallet to facilitate connecting with the Red Cross in the event of an emergency. The military assistance number is 877-272-7337. When calling have the full name of your service member, their rank, Branch of service, date of birth or social security number, military address and

information on deployed unit (if currently deployed).

The American Red Cross – serving our communities, our nation and our family. Please consider supporting them and volunteering today.

Connect with Beth on Twitter (@Beth\_Wilson), Facebook (EnlistedSpouseRadio) and her site ([www.enlistedspousecommunity.com](http://www.enlistedspousecommunity.com)). Enlisted Spouse Radio celebrates the Month of the Military Child throughout March. Tune in for great resources for you and your children ([www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht)).

# Chapel Releases Lenten, Easter Schedules

Naval Station Mayport Chapel has released its schedule for Roman Catholic and Protestant services for the Lenten and Easter observance.

**Roman Catholic**  
**Ash Wednesday, March 9**  
Mass, 11:30 a.m. and 7 p.m.  
Ashes, 7:30 p.m. in Small Chapel

**Stations of the Cross**  
All Friday's of Lent (Main Chapel), 6 p.m.  
Followed by a potluck in the Fellowship Hall each Friday

**Holy Week**  
**Passion (Palm) Sunday, April 17**  
Mass (start outside Chapel), 8:45 a.m.

**Holy Thursday, April 21**  
Mass of the Lord's Supper, 7 p.m.

**Good Friday, April 22**  
Good Friday of the Lord's Passion, 8:30 p.m.

**Holy Saturday, April 23**

Easter Vigil Mass, 8 p.m.  
**Easter Sunday, April 24**  
Resurrection of the Lord Mass, 7 a.m.

Held at the Sea Gull Pavilion. Breakfast following Mass at Oasis Galley.  
Mass (at Main Chapel), 9 a.m.

**Protestant**  
**Ash Wednesday, March 9**  
Service (in Small Chapel), 11:30 a.m.

**Holy Week**  
**Palm Sunday, April 17**  
Service, 10:30 a.m.  
**Maundy Thursday, April 21**  
Service in Small Chapel, 7 p.m.

**Good Friday, April 22**  
Service in Small Chapel, 7 p.m. with fish fry following service

**Easter Sunrise Service, April 24**  
Behind the O' Club, 7 a.m.

Breakfast following the service at Oasis Galley.

**Easter Morning Service**  
Main Chapel, 10:30 a.m. with a cantata performed by the Chapel by the Sea Choir.



**Roman Catholic Mass**  
Sunday 9 a.m.  
Monday-Friday 11:30 a.m.  
Confessions: before & after mass or upon request  
CCD: Sunday 10:30 a.m.  
Baptisms: class 3<sup>rd</sup> Sunday of month  
**Protestant Worship**  
Sunday 10:30 a.m.  
Sunday school 9:15 a.m.  
Baptism: For information contact your chaplain

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

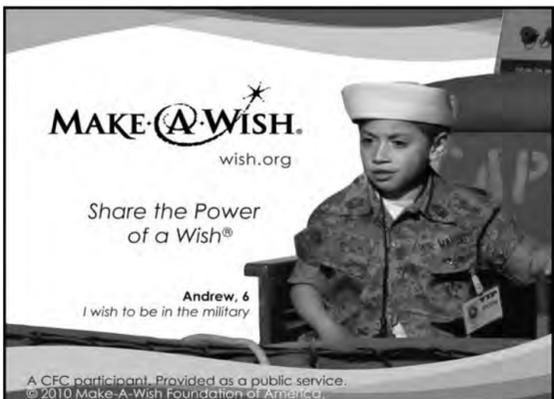
**Interdenominational MOPS (Mothers of Pre-Schoolers)**  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays each month 9:15 a.m.  
For more information, contact MOPS coordinator at [mayportmops@yahoo.com](mailto:mayportmops@yahoo.com)

**Marriage**  
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.

# Caring For Children Of Military Parents

Are you a caregiver of a child whose parent is or has been deployed? Are you a military parent who has asked a family member other than your spouse to care for your child during a deployment? If so, we would like to invite you to complete an online survey asking about your experiences. The University of Florida/IFAS Extension is gathering information from kinship caregivers (extended family members) who have been designated to care for related children. We will use this information to help develop a curriculum for kinship caregivers in order to promote the healthy adjustment of children whose parents are deployed. Please go to the link below to complete the online survey. <http://www.surveymonkey.com/s/6XLJX5Q>



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# RGB Arrives In Gabon for APS West Mission



-Photo by MC1 Darryl Wood  
 Quartermaster 1st Class John Hill, left, and Togolese navy Chief Warrant Officer Ouro Djala, conduct navigation training while underway aboard the guided-missile frigate USS Robert G. Bradley (FFG 49) as part of Africa Partnership Station (APS) West 2011. APS is an international security cooperation initiative, facilitated by Commander, U.S. Naval Forces Europe-Africa, aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa.

By MC1 Darryl Wood

Commander, U.S. Naval Forces Europe-Commander, U.S. Naval Forces Africa/Commander, U.S. 6th Fleet Public Affairs

USS Robert G. Bradley (FFG 49) arrived in Libreville, Gabon, for port visit as part of the Africa Partnership Station (APS) West mission, Feb. 23.

Building on the Chief of Naval Operations' Maritime Strategy, APS seeks to enhance regional and maritime safety and security in Africa by developing partnering capabilities and relationships.

While the Navy has conducted training during routine deployments in West Africa for years, the focus of APS is increasing African maritime capabilities and capacity, and promoting economic prosperity and stability. Bradley's dedication to this mission is visible by its crews' commitment.

"Robert G. Bradley is looking forward to its second theater security cooperation engagement

in Libreville, Gabon, fresh off a highly successful Togo visit," said Cmdr. Darryl Brown, commanding officer of Robert G. Bradley.

While in Gabon, Robert G. Bradley will host ship tours, office calls and a reception aboard with music provided by the U.S. Naval Forces Europe Band.

"Robert G. Bradley hopes to strengthen U.S. relations with Gabon," said Brown.

APS is an international security cooperation initiative, facilitated by Commander, U.S. Naval Forces Europe-Africa, aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa.

Robert G. Bradley, an Oliver Hazard Perry-class frigate, is homeported out of Mayport, Fla., and is on a scheduled APS deployment to the West Coast of Africa.

## A Safe Landing



-Photo by MC3 Jeffrey A. Willadsen  
 An SH-60B Sea Hawk helicopter assigned to the Grandmasters of Helicopter Anti-Submarine Squadron Light (HSL) 46, lands aboard the guided-missile destroyer USS Mason (DDG 87). Mason is deployed as part of the Enterprise Carrier Strike Group and is assigned to Commander Task Force 51 supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

## Klakring

From Page 1

relations projects, making international news. Commander, U.S. Naval Forces Europe also hosted the President of Montenegro on board Klakring during her 2009 deployment.

Returning to Mayport for an abbreviated training cycle and deploying again within a year, Klakring circumnavigated the continent of South America in 2010, deploying independently with embarked CDS 40 staff to the SOUTHCOM AOR. During her Southern Seas '10 deployment Klakring participated in TSC events with 12 countries, including both the Atlantic and Pacific phases of UNITAS and SIFOREX. Klakring navigated the treacherous Patagonia

Passage, and entered ports in Chile and Argentina that hadn't seen a US Warship since World War II.

"A Peacetime Navy is uniquely gifted with the ability to prevent conflict," said RDML Faller, "and in that arena Klakring has proven herself to be superior."

Canady assumes command while Klakring is in the midst of a CNO availability. The ship has been designated as a pilot ship for the new ATG-supervised training cycle. Smith will be reporting to the Naval War Institute in Washington D.C.



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# Mayport Participates In Exercise Solid Curtain/Citadel Shield 2011

By MC2 Sunday Williams  
Navy Public Affairs Support Element  
East, Det Southeast

Naval Station (NAVSTA) Mayport participated in exercise Solid Curtain/Citadel Shield 2011 (SC/CS 2011), an annual security training exercise coordinated by U.S. Fleet Forces Command (USFF), in Mayport, Feb. 21-25.

The week-long security exercise is the largest anti-terrorism/force protection (AT/FP) exercise conducted by Navy installations and activities in the continental United States.

Willie Green the Installation Training Officer for Mayport said the purpose of the exercise is to test and train the installation's ability to prevent, detect and defend against an act of terrorism.

"This exercise provided a great opportunity to test multiple security measures that have been pre planned. Some of these security measures are only used once a year or maybe not ever. So we get this chance to see if these measures are still effective and its great training for all hands on and off the installation," said Green.

The exercise consisted of several mini-drills that tested primary mission capabilities such as fire and emergency services, safety, fleet and family readi-

ness, security and the computer network alert system.

Scenarios included a pre-planned responses to include a simulated intrusion of a small boat crashing into USS Boone (FFG 28) causing an explosion to invoke security, medical and firefighters to respond to a mass-casualty as well as an active-shooter scenario where two shooters killed and wounded several people and then took the commanding officer hostage.

Other exercises simulated suspicious packages where the Explosive Ordnance Disposal Mobile Unit (EODMU) 6 had to go in and remove the package using various techniques. "The benefit for not only us but everyone involved is that we all get to work together and see how our team will interact with security and the firefighters as well as the medical services," said Lt. Michael Simmons, EODMU6, officer in charge. "It is so important for us to not only perfect our EOD skills but the skills where we work with our other counter parts so we can ensure the safety of the base."

The simulations and exercises are designed to train responders to react to a real world threat and Commanding Officer Capt. Douglas



-Photo by MC2 Gary Granger Jr.  
Naval Station Mayport Chief Financial Officer Frank Schaefer and base Commanding Officer, Capt. Doug Cochrane, are held hostage by Master-at-Arms 2nd Class (SW/AW) Rodnic Ward during the last day of weeklong Solid Curtain/Citadel Shield 2011 exercises. NS Mayport Security personnel, along with Building One, were drilled on hostage negotiations and building security during the exercise.

Cochrane said he is confident his Sailors know what to do. "We have a lot of excellent Sailors here, we have professionals that take this mission

very seriously and are dedicated to the protection of the assets here, national security and of course life and limb of fleet, family and fighter," said

Cochrane. "You look at what the enemies have done in the past and you try and forecast what they will do in the future, it is not an exact sci-

ence we just do our best to get better at it every day." SC/CS 2011 consisted of more than 250 individual training events across the country.



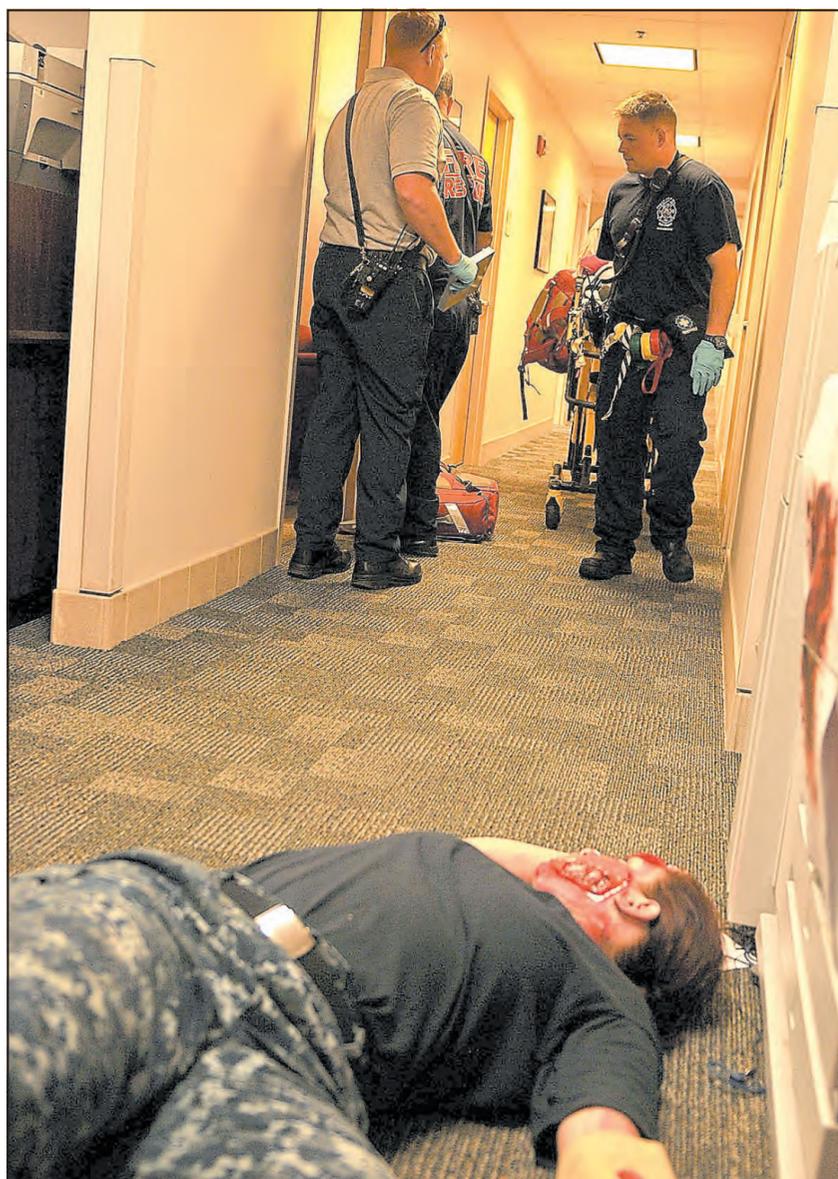
-Photo by MC2 Gary Granger Jr.  
Ward is confronted and captured by Mayport's special forces team during the Building One exercise.



-Photo by MC2 Gary Granger Jr.  
Ward interacts with Cochrane while members of Mayport's security team observe and grade responses to the scenario.



-Photo by MC1 Toiete Jackson  
Navy Chaplain, Lt. Eddy Logan provides grief counseling to a grieving wife, played by Yeoman Seaman Rochelle Bell, as part of the base simulated Emergency Family Assistance Center during Exercise Solid Curtain/Citadel Shield 2011. Exercise Solid Curtain/Citadel Shield is an annual anti-terrorism and force protection exercise that is conducted on all continental U.S. naval installations Feb. 21-25.



-Photo by MC2 Gary Granger Jr.  
Emergency personnel assess the scene at Building One after gunmen invaded the building through Fleet and Family Support Center and "killed" several Sailors and civilians.



-Photo by MC2 Gary Granger Jr.  
Fire fighters put wounded personnel in an ambulance after a simulated terrorist attack on USS Boone.



-Photo by MC2 Gary Granger Jr. Sailors assess and treat simulated casualties on board USS Boone (FFG 28) during a mass casualty drill during Exercise Solid Curtain/Citadel Shield 2011. Exercise Solid Curtain/Citadel Shield is an annual anti-terrorism and force protection exercise that is conducted on all continental U.S. naval installations Feb. 21-25.



-Photo by MC2 Gary Granger Jr. Sailors check the vitals and injuries of a shipmate after a simulated terrorist attack on USS Boone.



-Photo by MC2 Gary Granger Jr. Low light and a smoke-filled mess deck makes the job of assessing the injuries of shipmates during Exercise Solid Curtain/Citadel Shield 2011.



-Photo by MC2 Gary Granger Jr. Naval Station Mayport's fire fighters evacuate injured personnel during a simulated mass casualty drill on board USS Boone (FFG 28) during Exercise Solid Curtain/Citadel Shield 2011.



-Photo by MC2 Gary Granger Jr. Master-at-Arms Seaman Apprentice Robert Blaton, a handler assigned to the Naval Station Mayport (NAVSTA) Military Working Dog Program, and his dog, Benny, conduct an explosive proficiency evolution in a parking lot on board NAVSTA Mayport during Exercise Solid Curtain/Citadel Shield 2011.



-Photo by MC2 Gary Granger Jr. Master-at-Arms Seaman Apprentice Robert Blaton, a dog handler assigned to the Naval Station Mayport (NAVSTA) Military Working Dog Program, and his dog, Benny, conduct an explosive proficiency evolution near an empty building on NAVSTA Mayport during Exercise Solid Curtain/Citadel Shield 2011. Exercise Solid Curtain/Citadel Shield is an annual antiterrorism and force protection exercise that is conducted on all continental U.S. naval installations.



-Photo by MC2 Gary Granger Jr. An Explosive Ordnance Disposal technician from EODMU Six Det Mayport preps the detachment's response vehicle for Exercise Solid Curtain/Citadel Shield.



-Photo by MC1 Toiete Jackson Fleet Family Support Center Representative, Helen Williams provides comfort to a grieving expectant mother, played by Personnel Specialist Seaman Moses McKelvey, as part of the base-simulated Emergency Family Assistance Center during Exercise Solid Curtain/Citadel Shield 2011.



-Photo by MC1 Toiete Jackson Fleet Family Support Center Representative, Guadalupe Pina, provides translation services for Legalman 2nd Class Geneva Younge as she provides legal advice as part of the base-simulated Emergency Family Assistance Center during Exercise Solid Curtain/Citadel Shield 2011.

**March 3: Showtime Video Rock & Bowl.** 10 p.m. to Midnight every Friday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-5377

**March 7: Conditioning for Running.** 3 p.m. every Monday at Surfside Fitness Center. 270-7718

**March 7: Tennis Season Begins.** Season ends May 6.

**March 8: Catch a Leprechaun 5K Run/ 3K Walk.** 8 am in front of the gym.

**March 8: "First Tee" Spring Session Begins.** 6-week program designed to teach young people about the skills and basics of golf. Sign up at the Youth Center. 270-5680.

**March 8: Men's Softball Organizational Meeting.** 11 a.m. at the gym. 270-5452

**March 9: All Hands Steak Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person.

## MWR HAPPENINGS

Purchase tickets in advance; limited tickets available at the door. Sponsored by SERMC. For tickets, call Jeff Lawrence at 270-5126 x3115

**March 11-13: March Maddness Basketball Tournament.** Sign-up deadline Feb. 25. 270-5452

**March 10: MWR Travel Expo.** 10 a.m.-1 p.m. at Ocean Breeze. 60 vendors, food samples, giveaways and more. 270-5228

**March 11: Bite The Bullet.** 9 p.m. Live at Castaways. FREE. 270-7205

**March 12: Showtime Video Rock & Bowl.** 10 p.m. to Midnight every Saturday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and

dazzling laser light show. 270-5377

**March 13: Bowling Family Fun Night.** 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**March 14: Captain's Cup Men's Volleyball Begins.** Season ends May 13. 270-5452

**March 15: Captain's Cup Intramural Soccer Organizational Meeting.** 11 a.m. at the gym. 270-5452

**March 15: Final Day of Youth Spring Baseball and Soccer Sign Ups.** Register at the Youth Activities Center. 270-5680.

**March 16: Captain's Cup**

**Intramural Golf Meeting Organizational Meeting.** Noon at Windy Harbor. 270-5380

**March 16: All Hands Fried Chicken Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$8 per person for a 2-piece meal with sides. 7-piece box (no sides) \$7. Order your to-go order by 3 pm by calling 270-5431.

**March 16: Military Appreciation Day** every Wednesday at Windy Harbor Golf Club. 18 Holes and a Cart Only \$15. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID)

**March 17: St. Patrick's Day Specials.** 6:15 p.m.

at Beachside Bingo. Free Leprechaun's Pot o' Gold game, double payouts, free dessert table, and more! Don't forget to wear green! 270-7204

**March 19: UFC 128: Shogun vs. Evans.** 10 p.m. at Castaways. FREE. 270-7205

**March 21-24: Men's Softball Pre-Season Tournament.** Sign-up deadline is March 16. 270-5452

**March 23: 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. Sponsored by DESRON. For tickets, call OSCS Eugene Demers at 270-5801 x119 or ITCS Brad

Compeaux at 270-5801 x148

**March 25: Neurotic Butterfly.** 9 p.m. Live at Castaways. FREE. 270-7205

**March 26-Apr. 1- Red Cross Lifeguard Certification Course.** Register at the Gym. Must be age 16 or older. For more information call the aquatics dept at 270-5101 or 270-5425.

**March 28: Captain's Cup Men's Softball Begins.** Season ends May 26. 270-5452

**March 28-31: Men's Pre-Season Soccer Tournament.** Sign-up deadline March 23. 270-5452

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.

**March 3: Showtime Video Rock & Bowl.** 10 p.m. to Midnight every Friday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-5377

**March 4: St. John's Town Center Trip.** Van departs Planet Mayport at 5 p.m. Transportation only.

**March 5: Paintball.** Van departs Planet Mayport at 9 a.m. Cost \$5 (includes paintballs, gear and transportation)

**March 7: Conditioning for Running.** 3 p.m. every Monday at Surfside Fitness Center. 270-7718

**March 7: Liberty Committee Meeting.** 3:30-4 p.m. at Planet Mayport. Come help decide what happens with your Liberty Program

**March 8: Catch a Leprechaun 5K Run/ 3K Walk.** 8 am in front of the gym.

**March 9: All Hands Steak Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. Sponsored by SERMC. For tickets, call Jeff Lawrence at 270-5126 x3115

**March 9: Kid Rock in Concert.** Van departs Planet Mayport at 5 p.m. Cost is \$30. Sign-up deadline is March 6.

**March 10: MWR Travel Expo.** 10 a.m.-1 p.m. at Ocean Breeze. 60 vendors, food samples, giveaways and more. 270-5228

**March 11-13: March**

## LIBERTY CALL

**Maddness Basketball Tournament.** Sign-up deadline Feb. 25. 270-5452

**March 11: Bite The Bullet.** 9 p.m. Live at Castaways. FREE. 270-7205

**March 12: Sugarland in Concert.** Van departs Planet Mayport at 5:30 p.m. Cost is \$30. Sign-up deadline is March 6.

**March 12: Showtime Video Rock & Bowl.** 10 p.m. to Midnight every Saturday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-5377

**March 13: Jacksonville Roller Girls Trip:** Van Departs 5:30 p.m. FREE

**March 14: Dart Tournament.** 6 pm at Planet Mayport.

**March 15: Spring Barracks Bash.** 4-7:30 p.m. in the quad between bldg. 1586 and 1587. Food, live band, DJ, paintball and more.

**March 16: All Hands Fried Chicken Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$8 per person for a 2-piece meal with sides. 7-piece box (no sides) \$7. Order your to-go order by 3 pm by calling 270-5431.

**March 16: Military Appreciation Day** every Wednesday at Windy Harbor Golf Club. 18 Holes and a Cart Only \$15. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID)

**March 18: Jax Sharks Arena Football.** Van Departs Planet Mayport at 6:45 p.m. Cost \$5.

**March 19: Monster**

**Supercross Trip.** Van Departs Planet Mayport at 5 p.m. Cost \$15.

**March 19: UFC 128: Shogun vs. Evans.** 10 p.m. at Castaways. FREE. 270-7205

**March 21-24: Men's Softball Pre-Season Tournament.** Sign-up deadline is March 16. 270-5452

**March 23: Joe's Crab Shack Dinner Trip.** Van departs Planet Mayport at 5 p.m. Transportation only.

**March 23: 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. Sponsored by DESRON. For tickets, call OSCS Eugene Demers at 270-5801 x119 or ITCS Brad

Compeaux at 270-5801 x148.

**March 25: Neurotic Butterfly.** 9 p.m. Live at Castaways. FREE. 270-7205

**March 25: Movie Trip.** Van departs Planet Mayport at 5 p.m. Cost is \$5.

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\*Showcase Townhome located at unit 29B

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**March 4: Freedom Friday Mardi Gras Party.** 7-11 p.m. at the Youth Center. Cost is \$7 advanced sign-up and \$9 day of, space permitting. 270-5680

**March 4: Teen Masquerade Ball.** 6-10 p.m. at the Teen Center. \$2 admission. Refreshments available for purchase. 246-0347

**March 8: "First Tee" Spring Session Begins.** 6-week program designed to teach young people about the skills and basics of golf. Sign up at the Youth Center. 270-5680.

**March 12: Teen Center Girls Only Night.** 5-10 p.m. at the Teen Center. Hair, nails, make-up and more. Snacks provided. 246-0347

**March 13: Bowling Family Fun Night.** 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling

**KID ZONE**

for prizes. 270-5377

**March 15: Final Day of Youth Spring Baseball and Soccer Sign Ups.** Register at the Youth Activities Center. 270-5680.

**March 18: Freedom Friday St. Patrick's Day Party.** 7-11 p.m. at the Youth Center. Cost is \$7 advanced sign-up and \$9 day of, space permitting. 270-5680

**March 19: Teen Italian Dinner Night.** 6-9 p.m. at the Teen Center. Pasta, salad and breadsticks; make your reservation by March 16. 246-0347

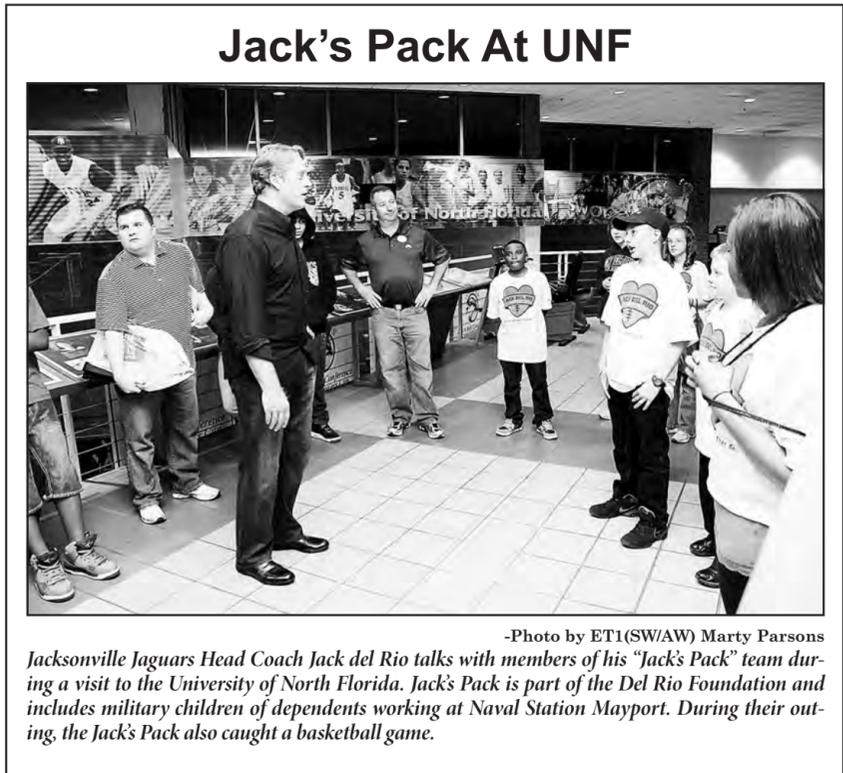
**March 25: Celtic Children and River Dance Performance.** 4 p.m. at the Youth Center. 270-5680

**March 26: Teen Center Boys Only Night.** 5-10 p.m. at the Teen Center. Video Game Extravaganza. Snacks provided. 246-0347

**March 26: March Madness 3 vs. 3 Teen Basketball Tournament.** 10 a.m. at the Gym. Cost is \$10 per person; limit of 5 per team. 246-0347

**March 26-Apr. 1- Red Cross Lifeguard Certification Course.** Register at the Gym. Must be age 15 or older (must show proof of age at time of registration and first day or course). For more information call the Aquatics Dept. at 270-5101 or 270-5425.

**March 28: Youth Spring Break Camp Begins.** Camp runs March 28-Apr. 1. Sign up at the Youth Center. 270-5680.



**Jack's Pack At UNF**

*-Photo by ET1(SW/AW) Marty Parsons*  
 Jacksonville Jaguars Head Coach Jack del Rio talks with members of his "Jack's Pack" team during a visit to the University of North Florida. Jack's Pack is part of the Del Rio Foundation and includes military children of dependents working at Naval Station Mayport. During their outing, the Jack's Pack also caught a basketball game.

**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**  
 10 a.m., **Young at Heart**  
 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**  
**Tuesday**  
 6:30 a.m., **Spartan Training**  
 Unconventional training for the unconventional war-

**LIBERTY CALL**

rior 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**  
 1 p.m., **Strength Solutions & Flexibility Fix-Ups**  
 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**  
**Wednesday**  
 7 a.m., **Conditioning For Running**  
 9:30 a.m., **20/20/20**  
 10 a.m., **Young at Heart**  
 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**  
 nagement and refueling.  
 1 p.m., **Moms in Motion**  
 5:30 p.m., **Step & Kick**  
 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**  
**Thursday**  
 6:30 a.m., **Yoga**  
 9:30 a.m., **Bootcamp Basics**  
 11 a.m. **Zumba Basics**  
 11:30 a.m., **Zumba**  
 11:30 a.m., **TRX**  
 1 p.m., **Strength Solutions & Flexibility Fix-Ups**  
 7 a.m., **Beach Bootcamp**  
 9:30 a.m., **20/20/20**  
 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**  
 The Gym Schedule is as follows:  
**Monday**  
 6:30 a.m., **Cardio, Combat & Core**  
 11:30 a.m., **Spinning**  
 2:30 p.m., **Row-bics**  
**Tuesday**  
 11:30 a.m., **Spinning**  
 4:30 p.m., **Spinning**  
**Wednesday**  
 6:30 a.m., **Cardio, Combat & Core**  
 11:30 a.m., **Weight Training for War Fighters**  
 2:30 p.m., **Weight Training for War Fighters**  
**Thursday**  
 6:30 a.m., **Spinning**  
 11:30 a.m., **Row-bics**  
 11:30 a.m., **Weight Training for War Fighters**  
 5 p.m., **Spinning**  
**Friday**  
 6 a.m., **Spinning**  
 7 a.m., **Row-bics**  
 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.

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# USS The Sullivans On Display

From USS The Sullivans

Mrs. Betty Howard, with the Mayport Council Navy League and a Navy League National Director, and husband Bill Howard visited USS The Sullivans recently to show off the recent Navy League Ship Display that was in place at Regency Mall in honor of the ship and her legacy.

They also presented the crew

with a professionally framed commissioning poster for use on the ship's Mess Deck.

Mrs. Howard, being Irish herself, had designed a poster display honoring USS The Sullivans at the Battle of Midway Dinner for the past two years, as part of recognizing the heroes from USS Junea in the Pacific during WW II.

The poster was displayed

in the Regency Square Mall in a store front window that was donated to the Mayport Council Navy League. For the very last display in October Mrs. Howard chose to honor USS The Sullivans due to their recent return from deployment in September 2010. Featured was a tri-fold poster, along with other items pertaining to the ship and the large

framed commissioning poster of the Sullivans brothers. Mrs. Howard said that while setting up the display "a couple came along to watch, and as I began to explain the history of the ship they were so kind to let me know that they were very familiar with it since their son was a crew member and they were in town for his return from deployment."



From Page 1

## Haze Gray



-Photos by MC1 Toiete Jackson

Medical Corpsmen are briefed on fire fighting equipment by Damage Control Fireman Layna Simon, assigned to USS Roosevelt (DDG 80) during Operation Haze Gray training.

manding officer of Naval Hospital Jacksonville.

The exercise was aimed at having the Sailors learn the duties and responsibilities of a sea warrior by receiving hands on training, meeting fleet Sailors and experience life aboard a naval vessel.

The training covered a variety of shipboard fundamentals and provided tools and resources to help them become successful corpsmen and have a firm understanding on how shipboard accidents may occur.

"This was an excellent idea," said Hospital Corpsman 3<sup>rd</sup> Marjorie Hartman assigned to NH Jax. "I picked up a lot of information to help me understand shipboard lingo and the

dangers fleet Sailors face daily that can help me treat them better when they come to Naval Hospital Jacksonville."

My particular focus for them was to see how hard our Sailors work in an environment that is not normally seen but by shipboard Sailors," said HMCMSW(AW/FMF) Doug Mullen, Medical Readiness Division Mayport. "For Example, the Reservists that were on board USS Taylor experienced the obstacles and challenges of working onboard a ship that was in a maintenance availability while living on board a barge. Working on ships is extremely hard and they needed to see and experience that."

The corpsmen became a part of the crew for a week and participated in a

few working parties, sick-calls, damage control and fire-fighting trainings, as well as other basic seamanship duties.

"It is more than passing out band-aids," said Cmdr. Deedie Harrington, director of training Naval Reserve OHSU, NH Jax. "We will learn ship board safety, fire safety, etc. We will also teach the line side what more they can do to make life on the ship better."

Harrington said she recognized the unique role the medical team plays in the lives of Navy Sailors and wanted to forge a precedent-setting collaboration and set a new standard and a different approach to the normal training either side has ever received.

"I believe that this is a real first in



The participants of Operation Haze Gray pose for a group picture. Operation Haze Gray is an exercise aimed at having medical corps reservist and active duty corpsmen with little or no shipboard experience to become part of a homported crew and conduct "shipboard life" training.

the Navy: not just active and reserve integration, but integration directly with the fleet set up specifically to allow each of the three components to work and train together," said Capt. Victor Steibel, commanding officer of OHSU Naval Hospital Jacksonville.

Servicemembers were divided into four groups, distributed to each participating ship and issued a sleeping space amongst the crews and paired with a shipboard Sailor or officer.

"Reservists are much more active and involved than ever before," said Harrington. "Knowing that, the active duty have said they want to get to know us. There is no telling when any of us will be stationed or who will be working with whom. We are an inte-

grated military now."

Harrington said the training was a success and has nothing but positive feedback from the corpsmen that participated as well as the overwhelming assistance they received from the ships.

"That's why there is Haze," said Harrington. "We can see their world and they can see ours. Being the planner and not having done this before, I think they finally understand the mission of a shipboard Sailor."

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**Game On** — The young and young-at-heart will want to spend time in the Home Arcades gaming area. Old school video games meet today's hottest games in an area designed for all to take a break from the stresses of modern life. On Sunday, compete in the video game competition to be crowned the ultimate "top scorer".

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# Bomb Exercise Heightens AT/FP Proficiency

By Clark Pierce

NAS Jacksonville

NAS Jax security and fire department personnel – supported by the Mayport Bomb Squad – successfully conducted an anti-terrorism/force protection (AT/FP) evolution Feb. 24 as part of the installation's participation in Exercise Solid Curtain - Citadel Shield 2011.

NAS Jax Commanding Officer Capt. Jeffrey Maclay observed the exercise at the FACSAC Jax Antenna Farm near Allegheny Road.

He explained, "This car bomb scenario is our part of the Solid Curtain - Citadel Shield exercise that tests our AT/FP response. It's a significant learning opportunity because it

involves coordination of NAS Jax security and fire departments along with NCIS, the FBI and the Explosive Ordnance Disposal (EOD) detachment from Naval Station Mayport."

The exercise kicked off when a "jogging" role player called police dispatch to report a "strange car" parked on the road. When a patrolman arrives to investigate the car, he reports a package in the back seat marked with the word "bomb."

Security and fire personnel were dispatched to the scene. The onsite incident commander was Lt. Clifford Caserta of NAS Jax Security, who communicated with NAS Jax Emergency Operations Center to determine available assets in

the area.

"As an explosive-detecting military working dog and security personnel secured the area surrounding the car, we requested the EOD response team from Naval Station Mayport. The Florida Highway Patrol and Jacksonville Sheriff's Office escorted the bomb squad truck through morning traffic to the NAS Jax Birmingham Gate," said Caserta.

After a briefing by Caserta and other players, the EOD mobile unit approached to a safe distance from the suspicious car and unloaded two tactical robots.

Bomb squad LCPO Senior Chief Explosive Ordnance Disposal Technician Jonah Toy

said that for any given scenario, the EOD team performs reconnaissance to identify the device, determines how to neutralize the device, after which they dispose of hazardous components and submit a final EOD incident report.

After deploying the EOD robots and exhausting their capabilities, a human bomb squad member, EODC Rick McAbee, was suited up to shoot the car bomb with 'energetic tools' designed to destroy bomb firing circuits or their explosive payloads.

According to a news release from Commander Navy Region Southeast, Solid Curtain - Citadel Shield 2011 is a scheduled exercise conducted Feb.

21-25 at all continental United States naval installations – and is not a response to any specific threat.

"This exercise enhances the training and readiness of our security personnel and first responders," said Rear Adm. Tim Alexander, commander, Navy Region Southeast. "It will also create a learning environ-

ment for installation personnel to exercise functional plans and operational capabilities."

Alexander added, "This is the time to prepare and learn how to adapt to diverse and fast-moving situations. The more opportunities we have to train, the more proficient we'll be in dealing with real-world events."



Photo by AT3 Omari Janhrette  
EOD members EODCS (EWS/EXW/AW) Jonah Toy and EODC (EWS/FMS) Rick McAbee gear up to take a closer look at the situation.



Photo by AT3 Omari Janhrette  
EOD officials manually operate RONS equipment used to handle explosives by remote control.



Photo by AT3 Omari Janhrette  
Remote-controlled robot TALONS and RONS make a cautious approach toward the suspected car bomb.

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- 12/26/10: GIANTS - 133, Savannah STORM - 108
- 1/1/11: GIANTS - 116, Heartland PROWL - 84
- 1/2/11: GIANTS - 206, Georgia GWIZZLIES - 102
- 1/4/11: GIANTS - 187, Florida MAKOS - 123
- 1/8/11: GIANTS - 160, Florida THUNDERCATS - 85
- 1/9/11: GIANTS - 174, Orlando KINGS - 104
- 1/15/11: GIANTS - 153, Florida MAKOS - 80
- 1/16/11: GIANTS - 129, Orlando KINGS - 104
- 1/22/11: GIANTS - 164, Savannah STORM - 128
- 1/29/11: GIANTS - 140, Heartland PROWL - 129
- 1/30/11: GIANTS - 180, Heartland PROWL - 114
- 2/6/11: GIANTS - 204, Florida MAKOS - 85
- 2/13/11: GIANTS - 150, Savannah STORM - 126
- 2/18/11: GIANTS - 158, Fayetteville FLIGHT - 101
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\* 22 game victories, 1 forfeit by the California Sea Kings on Feb. 22



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# Eighteen Tigers Ride USS Roosevelt

By Lt.j.g. Leta Comer

USS Roosevelt Public Affairs

On Feb. 11, Operation Tiger Cruise 2011 kicked off on board USS Roosevelt (DDG 80). Eighteen excited Tigers ranging from 13 to 69 years old boarded the ship in Yorktown, Virginia for a six day cruise to Mayport, Florida. This special type of "cruise" is the best way for family and friends to truly experience life at sea with their favorite Navy Sailor.

The day started early with hugs and kisses good-bye to those that were staying ashore then the Tigers reported aboard with their sponsors and went to their Sea and Anchor stations. With one long whistle blast announcing that the ship was underway, the adventure for the Tigers began. The first few hours after the ship was safely underway include moving into their racks, stowing their belongings in their "coffin," and having all electrical devices safety checked. After a welcome aboard from the commanding officer and a safety brief, the exploration of what Sailors do all day began.

During their six days at sea, the Tigers experienced a variety of shipboard evolutions such as underway replenishment, gun shoots, fire fighting, pipe patching, flag hoisting, and tours of



-Photos courtesy of USS Roosevelt  
Chief Damage Controlman Shimran Ali and Damage Controlman Fireman Layna Simon teach Gunnar Borsman, son of Lt. Adam Borsman, and Penelope Priester, sister of Yeoman Seaman Audrey Stoelting, how to patch a pipe.

the Main Engine Room, Bridge, Combat Information Center (CIC), and hangar bays.

Awestruck upon entering CIC, Michael Rollins, father of Lt.j.g. Michele Rollins, exclaimed, "This looks like something out of a movie with all the displays and radars."

To give the Tigers a feel for what it is like to be newly reported and unqualified, a spe-

cially designed Tiger Surface Warfare Specialist (TSWS) Personnel Qualification Standard (PQS) was assigned for them to complete during their time aboard. Definitions of common naval terms, important phone numbers, demonstration of throwing a heaving line, and most importantly sitting in the Commanding Officer's chair on the Bridge were some

of the required tasks. A favorite among the Tigers was a scavenger hunt for items like used chem-lights, empty shell casings, used bingo Cards, and tongue depressors signed by Chief Hospital Corpsman Richard Tomlinson.

One of the biggest concerns voiced was, "What happens if we sink?" To set their minds at ease, the Tigers received train-

ing on lifeboat stations and the proper wear of flotation devices and the Executive Officer removed TITANIC from the night's movie list. During a Total Ship Survivability Exercise, the Tigers went with their sponsors to General Quarters to see just how much teamwork is needed to save the ship while fighting fires, flooding, and restoring power to damaged areas of the ship. Many of the Tigers donned fire fighting ensembles and learned the skills required for handling a fully charged hose.

Theresa Nietubicz, mother of Gunners Mate 3<sup>rd</sup> Class Nicholas Garlick, was amazed at how much a Sailor has to do each day saying, "this week has given me a whole new understanding of my son. I will make sure care packages include lots of Monster energy drinks."

At night, the Tigers recharged on the Messdecks with MWR events like bingo, movies and popcorn. Ice cream social night enabled the Tigers to chat with some of the Sailors they hadn't come in contact with yet.

Gregg Brown, father of Fire Controlman 2<sup>nd</sup> Class Chris Brown said, "This is a different surface navy than back in '85. They are much better equipped to fight a war than we ever were."

To commemorate Operation Tiger Cruise 2011, Lt. Adam Borsman and Ensign Katharine Glynn compiled a slide show for the Tigers to take home to show the rest of their families.

Upon finding out that the slide show debut was at 1800, Theodore Glynn, father of Ensign Katharine Glynn, remarked, "I can't go. I have to go to bed 'cause I have watch with Katie at 0300."

"The Tigers we had onboard could not have been more enthusiastic," stated Roosevelt's Commanding Officer, Cmdr. Robb Chadwick. "Over the six days we were able to show them so much and they all have a much greater appreciation for the amazing work their Sailors do."

Fair Winds and following seas to all of Roosevelt's Tigers; John Baumgardner, Patricia Bellace, Gunnar and Skylar Borsman, Gregg Brown, Theodore Glynn, Michael and Teresa Harrell, Kimberlin Frank, Virginia Martinez, Theresa Nietubicz, Azaria Penny, Penelope Priester, James Rains, Michael Rollins, Larry Schander, Scott Simpson, and Philip Stiefel Sr.

Roosevelt is assigned to Destroyer Squadron 24 and is homeported in Mayport, Florida.



Senior Chief Boatswain Mate Eric Frank demonstrates how to tie a knot with his daughter, Kimberlin Frank.



Ensign Katharine Glynn with Dad, Theodore Glynn, standing by on station during a Replenishment at Sea.



Tigers learn how to use a standard Navy fire hose.

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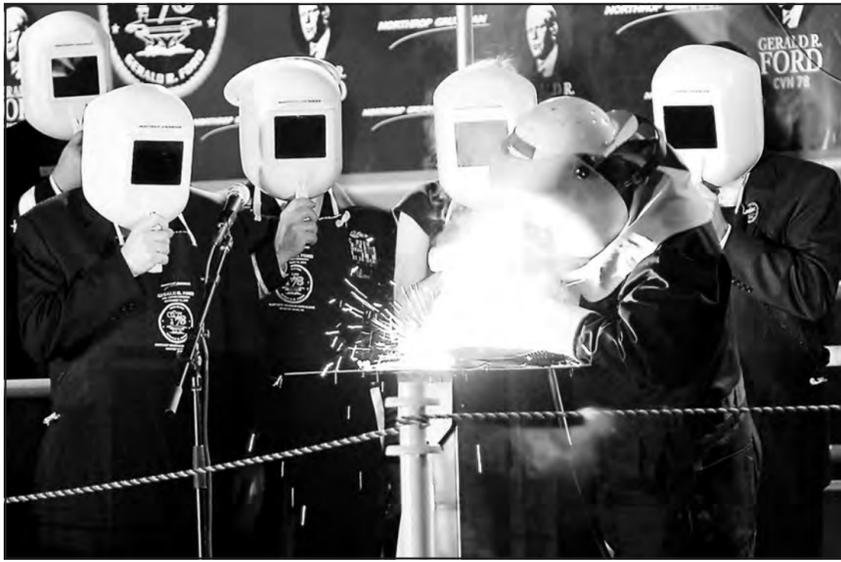
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-Photo by MC3 Class Cory Rose  
Robert Bowker, a structural welder with Northrop Grumman Shipbuilding, welds the initials of Susan Ford Bales into the keel of the aircraft carrier Gerald R. Ford (CVN 78) during a keel laying and authentication ceremony. Gerald R. Ford is the newest class of aircraft carrier.

# Construction Begins On Navy's Newest Aircraft Carrier

From Program Executive Office Aircraft Carriers Public Affairs

Advance construction started on the nation's newest aircraft carrier Feb. 25 with a "first cut of steel" ceremony at Northrop Grumman Shipbuilding Newport News, Va.

The steel plate cut will be used in the construction of the carrier, which has yet to be named, but will be designated CVN 79. The carrier represents the second in a new class of ships designed to replace Enterprise and Nimitz-class carriers and save more than \$5 billion in total ownership costs during its planned 50-year service life when compared to

Nimitz-class carriers.

"Today we mark the beginning of the advance construction of CVN 79, second of the Gerald R. Ford-class of aircraft carriers," said Rear Adm. Michael McMahon, Program Executive Officer (PEO) for Aircraft Carriers. "It's an important step in continuing carrier construction using advanced technologies and efficiencies to reduce both ownership and procurement cost in this new class of carriers."

Ford-class aircraft carriers, while retaining the same hull form as the Nimitz class, contain several advanced technology systems includ-

ing Electromagnetic Aircraft Launching Systems, advanced arresting gear, dual band radar, a redesigned smaller island and a new propulsion plant. The first ship in the class, Gerald R. Ford (CVN 78), is also under construction at Northrop Grumman Shipbuilding-Newport News and is scheduled to be delivered to the fleet in September 2015.

The PEO for Aircraft Carriers, an affiliated PEO of Naval Sea Systems Command, focuses on the design, construction, system integration, delivery and life-cycle support of all aircraft carriers.

# Admiral Provides Details of Somali Piracy Killings

By Jim Garamone  
American Forces Press Service

Four pirates are dead and 15 are in custody, but not before they killed four Americans in the bloodiest piracy incident in recent history, the commander of U.S. Naval Forces Central Command told reporters in a conference call Feb. 22.

Navy Vice Adm. Mark I. Fox, who also commands the Navy's 5th Fleet, said the pirates shot Scott and Jean Adams of California and Phyllis Mackay and Bob Riggle of Washington state. The surface vessel Quest was sailing around the world when the Somalis hijacked it off the coast of Oman.

White House Press Secretary Jay Carney told reporters on Air Force One that President Barack Obama authorized the use of force if there was an imminent threat to the hostages. He said the president was informed of their deaths at 4:42 this morning.

"The loss of our fellow Americans is a tragedy," Fox said from his headquarters in

Manama, Bahrain.

The admiral gave a timeline of the action. Pirates captured the vessel about 190 nautical miles southeast of Masirah Island, Oman, Feb. 18. Four U.S. Navy warships responded: the aircraft carrier USS Enterprise, the guided-missile cruiser USS Lylete Gulf and the guided-missile destroyers USS Sterett and USS Bulkeley.

The ships found the vessel and made contact with the pirates via bridge-to-bridge radio, and began a series of negotiations. Yesterday, two pirates boarded the USS Sterett to continue negotiations.

"At 8 a.m. this morning ... a rocket-propelled grenade was fired by the pirates from the Quest toward the Sterett," Fox said. "Immediately thereafter, gunfire erupted from inside the cabin of the Quest. Several pirates appeared on the deck of the Quest and moved up to the bow with their hands in the air in surrender."

U.S. special operations forces closed in on the Quest in small

boats and boarded the yacht. "They discovered that all four hostages had been shot by their captors," Fox said. The service members took immediate steps to provide medical care, but the four Americans died of their wounds. The boarding party also found two dead pirates aboard the vessel.

The special operations forces did not fire weapons during the boarding, Fox said.

"While clearing the vessel, two additional pirates were killed," the admiral said. "The remaining 15 suspected pirates are in U.S. custody."

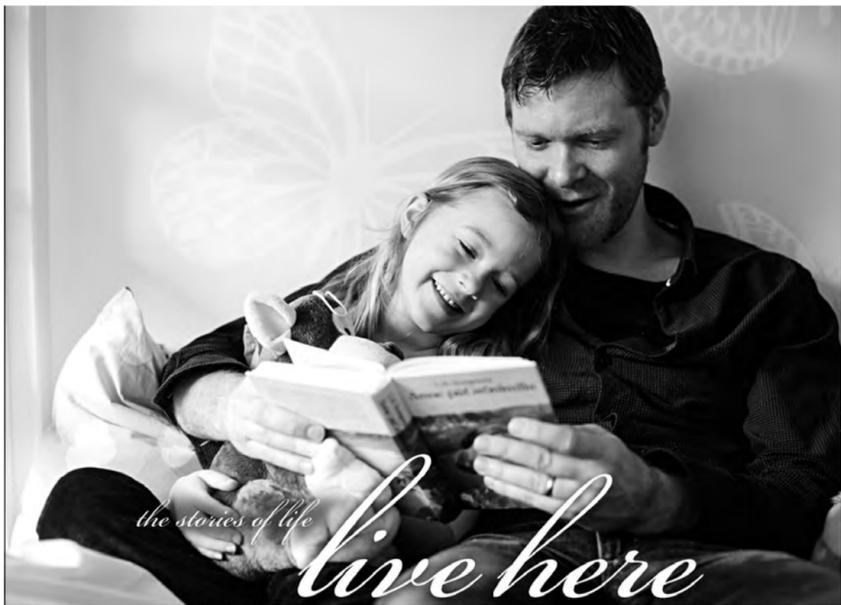
Fox said two additional pirates were killed as the special operators cleared the boat. One was killed with a pistol, the other in a knife fight, the admiral said. There were no casualties to service members or damage to Navy ships. The Navy and the FBI are investigating the incident.

Fox said the perpetrators will be brought to justice.

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-U.S. Navy photo courtesy of Northrop Grumman Shipbuilding

The Pre-Commissioning Unit (PCU) William P. Lawrence (DDG 110) conducts steering and propulsion systems tests during combined super trials in the Gulf of Mexico. Super trials are the final milestone before the ship's delivery.

# Navy Accepts Delivery Of USS William P. Lawrence

From Naval Sea Systems Command Public Affairs

The Navy officially accepted delivery of the future USS William P. Lawrence from Northrop Grumman Shipbuilding during a ceremony in Pascagoula, Miss, Feb. 23.

Designated DDG 110, William P. Lawrence is the 60th ship of the Arleigh Burke class.

Delivery of DDG 110 follows the successful completion of combined "super trials" in the Gulf of Mexico, Jan. 21. Throughout the three-day evolution, Northrop Grumman and the U.S. Navy's Board of Inspection and Survey tested the ship and its systems, including the communications, combat and propulsion systems, to

demonstrate the ship's operational capability. DDG 110 exhibited significant improvements in the level of completion, final finish and performance compared to previous ships of the class.

"DDG 110 proved her operational worth last month in a rigorous round of sea trial evolutions, so we know she can perform as designed," said Capt. Pete Lyle, Program Executive Office (PEO) Ships DDG 51 Class program manager. "Delivering William P. Lawrence marks a great success for the Navy and will provide the fleet with a highly capable combatant to guarantee freedom of the seas."

Accepting delivery of DDG

110 represents the official transfer from the shipbuilder to the Navy and is a major milestone in William P. Lawrence's transition to operational status.

William P. Lawrence is a multi-mission guided-missile destroyer designed to operate in multi-threat air, surface and subsurface environments. The ship is equipped with the Navy's Aegis Combat System, the world's foremost integrated naval weapon system. The class provides outstanding combat capability and survivability characteristics while minimizing procurement and lifetime support costs due to the program's maturity. The DDG 51 program continues to reinforce affordability and efficiency,

with a commitment to deliver ships at the highest possible quality.

As one of DoD's largest acquisition organizations, PEO Ships, an affiliated PEO of the Naval Sea Systems Command, is responsible for executing the development and procurement of all major surface combatants, amphibious ships, special mission and support ships, and special warfare craft. Currently, the majority of shipbuilding programs managed by PEO Ships are benefiting from serial production efficiencies, which are critical to delivering ships on cost and schedule.

# Breast Health Happenings At NH Jacksonville

By NH Jax Public Affairs

Ribbons & Roses breast cancer support group meets Wednesday, March 9 at 7 p.m. at Naval Hospital Jacksonville's General Surgery Clinic waiting area (located on the 2<sup>nd</sup> floor at the main outpatient entrance).

Lt. Cmdr. Steven Barstow, chaplain, speaks on communication with spouse and family. For more information please contact Breast Care Coordinator Nikki Levinson-Lustgarten at (904) 542-7857.

The 21<sup>st</sup> Century Breast Care Symposium, a one-day seminar for physicians and nurses, takes place on both March 10 and 11, 7:30 a.m. to 4 p.m. in

the hospital's 2<sup>nd</sup> deck conference room. Capt. Peter Soballe and Anne Forsha of National Capital Area Breast Care Center speak on topics such as clinical breast exam, imaging, surgical diagnosis and treatment options, high risk management, genetics and case studies. The event includes 7.25 units of continuing medical education (CME/CE) and a \$5 fee covers lunch and coffee.

Clinicians can register for either date by calling the hospital's staff education and training department at (904) 542-7860, or call Levinson-Lustgarten at (904) 542-7857 for more information.

## History

ing wartime forces functioning effectively. By war's end, African Americans had served on almost all of the Union's nearly 700 ships, and eight were awarded the Medal of Honor for gallantry in combat. One recipient was landsman John Lawson, who was awarded the Medal of Honor for his heroic actions while serving on USS Hartford during the Battle of Mobile Bay in 1864. More information on the individual contributions of Sailors during the Civil War is available from the National Parks Service at [http://www.itd.nps.gov/cwss/sailors\\_index.html](http://www.itd.nps.gov/cwss/sailors_index.html).

African Americans continued to shape the legacy of the Navy in the 20th and 21st centuries. In 1917, John Henry Turpin became the first African American Chief Petty Officer, the Navy's highest enlisted rank at the time. Answering the call to serve in World War II were Lt.j.g. Harriet Ida Pickens and Ensign Frances Wills, the first two African American

From Page 1

Women accepted for Volunteer Emergency Services (WAVES), and Phyllis Mae Dailey, the Navy's first African American commissioned nurse. Admiral J. Paul Reason became the Navy's first African American four-star admiral in 1996, and Rdm1 Lillian E. Fishburne became the Navy's first African American woman flag officer in 1998. Assistant Secretary Of The Navy For Installations And Environment, the Honorable BJ "Buddy" Penn, was the first African American to serve as acting Secretary Of The Navy in 2009. In October 2009, the Navy announced that the Lewis And Clark-class dry cargo ship T-AKE 13 would be named in honor of World War II veteran and Civil Rights Activist Medgar Evers. Vadm Samuel Lee Gravely, Jr., was the first African American to command a warship, to attain flag rank, and to command a numbered fleet. In November 2010, USS Gravely (DDG 107) was commissioned, honoring his legacy.

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Nova Southeastern University in Jacksonville recognizes the sacrifices you have made on behalf of our nation. As a way to thank you for all you've done, we've partnered with Veterans Affairs' new Yellow Ribbon scholarship program. NSU proudly offers scholarship opportunities for hundreds of qualified active military personnel and veterans seeking undergraduate and graduate degrees in a wide range of programs. We offer convenient class schedules at night, on weekends and even online. Join us at one of our Information Meetings and tour our state-of-the-art facility, meet faculty members, and speak with our academic and financial aid advisers. Don't miss this opportunity to discover your future.

**JACKSONVILLE OPEN HOUSE**  
 Thursday, March 10th, 6:00 p.m.  
 or  
 Saturday, March 12th, 9:30 a.m.  
 RSVP: [nova.edu/jax](http://nova.edu/jax) or 904-245-8910



# FFSC Classes Available In March

From FFSC

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

March 3, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

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

March 3, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

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

March 7, 1-4 p.m., **New Dad's Class**, USO

This program is designed for new Dads and Moms. The program will address, investigate, and discuss issues facing fathers in today's weird world. The attendees will look at being a father in the military, on care of newborns and toddlers and how to grow with your child and become the Dad you really want to be. The program will increase the participant's knowledge about child development and will also address relationship changes that accompany the birth of a child.

March 7, 1-4 p.m., **What About The Kids?**, FFSC Room 719

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

**THE NEW PARENT SUPPORT PROGRAM**

*invites you*

to

**An English Tea For Expectant Moms**

*You are cordially invited to an English Tea at The Chapel on April 28 from 1-3 pm*

*We are honoring our expectant moms in recognition of April's Child Abuse Prevention Awareness Month.*

*Come and enjoy two hours of pampering, good food and good company!*

*We hope to see you there!*

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

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

March 8, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

March 8, 8-11 a.m., **Anger Mangement**, FFSC Room 702

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.

March 8, 9-11:00 a.m., **Parenting Class**, FFSC Room 719

March 8, 9-10:30 a.m., **Smooth Move**, FFSC Room 719

This workshop is designed for inexperienced, as well as experienced military members on permanent change of station (PCS) orders. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The travel section of Personnel Support and Detachment (PSD) will present a section on travel pay and allowances. FFSC staff will discuss the emotional cycles of relocation, budgeting for a PCS move and provide some strategies for families. March 8-11, 8 a.m.-4:30 p.m., **SAPR Victim Advocate (VA) Training**, Building 1 Room 1616

March 9, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

March 10, 9-11:00 a.m., **CO/XO Spouse Social Media Workshop**, Building 1 Room 104

March 10, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

March 10, 4:30-6:00 p.m.,

**Saving And Investing**, Building 1 Room 1616

March 10, 3-4:30 p.m., **Conflict Resolution For Women**, FFSC Room 702

March 10, 5-6:00 p.m., **Pattern Changing For Women**, The Beach House Jax Beach

March 10, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

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

March 14, 8:30-noon, **FERP-Career & Job Readiness Class**, FFSC Room 702

March 14, 1-3:00 p.m., **FERP-Federal Employment Class**, FFSC Room 702

March 14-17, 8 a.m.-4:00 p.m., **TAP Retiree Workshop**, Building 1 Room 1616

March 15, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

March 15, 9-11:00 a.m., **Parenting Class**, FFSC Room 719

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

March 16, 3-4:30 p.m.,

**Managing Anger Group**, FFSC Room 702

March 17, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

March 17, 4:30-6:00 p.m., **Developing Your Spending Plan**, Building 1 Room 1616

March 17, 3-4:30 p.m., **Conflict Resolution For**

**Women**, FFSC Room 702

March 17, 5-6:00 p.m., **Pattern Changing For Women**, The Beach House Jax Beach

March 17, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

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

March 21-24, 8:00 a.m.-4:00 p.m., **Executive TAP Workshop**, Building 1 Room 1616

March 22, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

March 22, 9-11:00 a.m., **Parenting Class**, FFSC Room 719

March 23, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

March 24, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Feb. 24, 3-4:30 p.m., **Conflict Resolution For Women**, FFSC Room 702

March 24, 5-6:00 p.m., **Pattern Changing For Women**, The Beach House Jax Beach

March 24, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

March 28-31, 8-4:00 p.m., **TAP Separatee 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.

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OFF-BASE PICKUP LOCATIONS			LOCATION	ADDRESS	CITY
LOCATION	ADDRESS	CITY	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
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	RIBAUTL 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
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX			

Updated: FEBRUARY 1, 2007

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## Out in Town

### Thursday, March 3

Fleet Reserve Association, Branch 290, will host dinner from 5 to 8 p.m. The menu this week will be Beef Brisket. A donation of \$6 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.

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 7:30 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a world-wide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty branch" because of the number of active duty members. If you have served in any of the maritime service - Navy, Marine Corps or Coast Guard, no matter how long - stop by the Branch Home or call 246-6855 for more information. New members are always welcome.

### Friday, March 4

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 Shepherd's Pie. 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.

### Saturday, March 5

Join a park ranger at 2 p.m. for a leisurely paced hike to discover the island's natural communities through a historical perspective. Participants are encouraged to bring bug spray and bottled water. This program will take place at the

## COMMUNITY CALENDAR

Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

### Sunday, March 6

Palm Valley Baptist Church, 4890 Palm Valley Road, Ponte Vedra Beach, FL 32082 will be celebrating Homecoming Day at 10 a.m. The church is over 100 years old. The pastor is Rev. Jeffrey R. Witt. Dr. John Sullivan of the Florida Baptist Convention will be the guest speaker and a gospel group, Southern Joy, will provide the entertainment. A potluck luncheon will follow the service.

Fleet Reserve Association, Branch 290, hosts breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. Menu items include eggs, steaks, bacon, sausage, grits, hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$3 to \$6 for a basic four-item breakfast, or \$3 for a breakfast sandwich, is requested. Additional side items are available for a donation of \$1 to \$5. Call the Branch at 246-6855 to have a full menu faxed to you. As always, the public is invited.

### Monday, March 7

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.

### Thursday, March 10

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Beef Enchiladas. 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.

### Saturday, March 11

Join the Fleet Reserve Association for a night of music and dancing, at the Branch Home, 390 Mayport Rd. Featured will be ON THE GO, from 9 p.m. to 1 a.m.

### Saturday, March 12

The Florida Department of Environmental Protection's Fort Clinch State Park, 2601 Atlantic Ave., Fernandina Beach, is partnering with the Friends of Fort Clinch, Inc. and the Florida Fish and Wildlife Conservation Commission to conduct a Kids' Fishing Clinic to teach lessons on knot tying, fishing ethics, tackle, habitat, casting and more. The clinic is open to children ages four to 16 and will be held on the Atlantic Fishing Pier at Fort Clinch State Park. During the event, 500 kids will take home their own rod and reel combo. A free hot dog lunch is provided to every participant. Bring your family to enjoy a fun day of saltwater fishing. For additional information, please contact the park at (904) 277-7274 or visit [www.floridastateparks.org](http://www.floridastateparks.org).

The Duval County Extension Office will hold a "Common Pests of Warm Season Vegetables" workshop at the extension office, 1010 N. McDuff Avenue. Cost is \$5. Please call Jeannie to register, 387-8850.

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 Spaghetti with garlic bread and salad. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9:00 pm, the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

### Sunday, March 13

Come and celebrate Florida Heritage month with the Talbot Islands State Parks at 1-4 p.m.. Join local experts as they present discoveries on how natives in Florida utilized plants in their daily lives. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. Menu items include eggs, steaks, bacon, sausage, grits, hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$3 to \$6 for a basic four-item breakfast, or \$3 for a breakfast sandwich, is requested. Additional side items are available for a donation of \$1 to \$5. Call the Branch at 246-6855 to have a full menu faxed to you. As always, the public is invited.

### Monday, March 14

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

### Saturday, March 19

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

### Saturday, March 26

The Talbot Islands have a rich cultural history that dates back over 5,000 years. Join a park ranger at 2 p.m. for a look into these past cultures and the artifacts they left behind. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

### Sunday, March 27

Come and celebrate Florida Heritage month with the Talbot Islands State Parks. Join a local expert from 1:30-2:30 p.m. as they present discoveries on Native dugout canoes found throughout Florida. This program will take place at the Ribault Club on Fort George

Island Cultural State Park. No reservations are necessary and the program is free.

### Thursday, March 31

The Duval County Extension Office is offering a free workshop from 6-8 p.m. on turf-grasses for this area and how to give your lawn the best care and maintenance. Other topics covered will be the water and fertilizer ordinances, composting, spring preparation and soil testing. To register for this free program call Becky at 904-387-8850. This program will be held at the Regency Square Regional Library at 9900 Regency Square Blvd.

## Midway Dinner Tickets On Sale

*From Navy League of Mayport*

Tickets are now on sale for this year's Battle of Midway Commemoration Dinner, which will be held June 4 at the Renaissance Resort, World Golf Village. Guest speaker TBA and other veterans of the Battle of Midway will also attend this year's dinner. Come meet these "National Treasures" and hear their adventures first hand. The Navy League of Mayport is hosting the dinner.

The evening promises to be emotional and patriotic, and provides an excellent opportunity to connect with survivors of what historians call one of the U. S. Navy's greatest sea victories and the turning point of World War II in the Pacific.

Ticket costs are: Active Duty E-6 and below, \$25; E-7 to O3, \$35; O4 to O5, \$45, O6 and above, civilians, and retirees, \$55.

The evening includes fine dining and entertainment. Uniform will be O4 and above - dinner dress white jacket; O3 and below - dinner dress white/dinner dress white jacket optional and civilian is black tie or business attire. Cocktails begin at 1830, dinner at 1930. Reserved seating.

Make checks payable to NAVY LEAGUE MIDWAY DINNER. Tickets may be purchased from the following locations:

Navy League Mayport  
POC Bill McLoughlin, Phone 904-285-8731 or email: [huggy1074@aol.com](mailto:huggy1074@aol.com)  
Navy League St Augustine  
Bill Dudley, Phone 904-794-7814 or email: [anuday00@aol.com](mailto:anuday00@aol.com)

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Community Activities and LifeWorks Events	\$0.00
On-site Maintenance and Management Team	\$0.00
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OR CALL 904-332-6810



The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CSI Terry Jackson at 270-5373 and ACI 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).

**Volunteer At Election Time**  
The city of Jacksonville is looking for volunteers on March 22 and May 17 to check in election merchandise, carry ballot bags and other election equipment and re-stock election-related items. Volunteers will work from 7 p.m. until midnight at the Elections Center Downstairs, 5200-2 Norwood Avenue. For more information, contact Maggie Johnson at [maggiej@coj.net](mailto:maggiej@coj.net) or 630-8015 or Jean Atkins at [jatkins@coj.net](mailto:jatkins@coj.net) or 630-8013 no later than March 4.

**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 call 904-630-1200 to schedule a screening interview.

# REACHING OUT

## 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' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please call 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

# More Volunteer Opportunities

## St. Johns River Clean Up At Mayport

NS Mayport is looking for volunteers to participate in the 16th annual St. Johns River Clean up on March 19 from 8-11:30 a.m. at the Jetties Pavilion #3.

Volunteers will collect litter and debris along the Jetties and ocean front. Gloves and garbage bags will be provided. Tickets will be provided to all participants that may be redeemed for refreshments and t-shirts from noon-2 p.m. at Riverside Arts Market.

To learn more about the clean up, go to [www.coj.net](http://www.coj.net) (key words St. Johns River Celebration) or contact NS Mayport Water Quality Program Manager, Scott Dombrowsky, at 270-6781. Pre-registration is not required.

## San Pablo Elementary Presidential Fitness

Volunteers are needed to help students at San Pablo Elementary in Jacksonville Beach with their Presidential Fitness testing from 8 a.m.-3 p.m. Dates are March 15-18, 21-24, April 5-8. Contact ETI(SW) Claude Troullier at 270-6148 to sign up.

## Special Olympics in Yulee

Volunteers are needed to help with the Special Olympics event at Yulee High School in Nassau County on March 11. Volunteers will be at the school from 9 a.m.-noon. For more information, contact John McBrearty at [jandemcb@aol.com](mailto:jandemcb@aol.com).

## Fletcher PTSA-TPC Tournament

Fletcher High School PTSA needs volunteers for the TPC tournament held May 9-15. Volunteers will man two concession tents to benefit the high school PTSA. Tents are manned Monday, Tuesday, Wednesday from 7:30 a.m.-dusk and Thursday-Sunday from 6 a.m. to close. For more information, contact Noela Smart at [smartpta@bellsouth.net](mailto:smartpta@bellsouth.net).

## All-Star Basketball

The United Negro College Fund will sponsor a high school basketball All-Star game on March 12 at Edward Waters College. To volunteer, contact ETCS Mark Prince at [mark.h.prince@navy.mil](mailto:mark.h.prince@navy.mil).

Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

St. Johns County Habitat For Humanity Needs Volunteers!

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

## Lea's Place

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

## NS Mayport Retired Activities Office

Naval Station Mayport is currently searching for committed volunteers to serve the local retiree community in the Retired Activities Office (RAO) located in the Fleet and Family Support Center (FFSC). 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.

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**MARCH CHALLENGE: Rehab your diet.**

*Improve your health and make your exercise more effective by improving what you eat. Replace all of the calorie dense foods with foods that are nutrient dense.*

**Week 1 Goal: Choose whole grains.**

Replace foods made from refined grains such as white bread, white pastas, white rice, etc. with foods made from whole grain.

**Events:**  
Walk to Run: Tuesdays & Thursdays, 1630 at NAS JAX track  
Navy Run (10K run, 5K walk)- April 2, 8am at NEX.

**MARCH CHALLENGE: Manage your stress.**

*Since stress is a normal part of life, learning to manage it in a healthy way is essential. Rather than just distracting yourself or ignoring it, learn how to manage it and increase your stress resilience.*

**Week 1 Goal: Identify stress in your life.**

Stress can have a variety of negative effects including emotional discomfort, health problems, and difficulty concentrating. Pay attention to the causes and effects of stress in your life, and eliminate or reduce the stressors you have control over.

**Events:**  
Cognitive Behavior Therapy Group: Thursdays, 1300 at Mental Health  
Logo Therapy Group: Wednesdays, 1430 at Mental Health

**MARCH CHALLENGE: Foster sincere "love curiosity."**

*No matter how much you may think you and your partner are alike, there is much about you that is very different. Seek to understand each other with loving curiosity, especially when there are annoying differences.*

**Week 1 Goal: Ask questions.**

Learn more about each other. You can make this a fun part of the time you spend together and can even make a game out of it. You can find lists of questions online, or you can make up your own about likes, dislikes, memories, etc.

**Events:**  
Healthy Romantic Relationships Class: Wednesdays, 1200 at Hospital Chapel

**MARCH CHALLENGE: Increase Your Sense of Awe**

*An important element of spirituality and satisfaction with life is the ability to be amazed at and grateful for the world around you. This month, train yourself to see the divine all around you.*

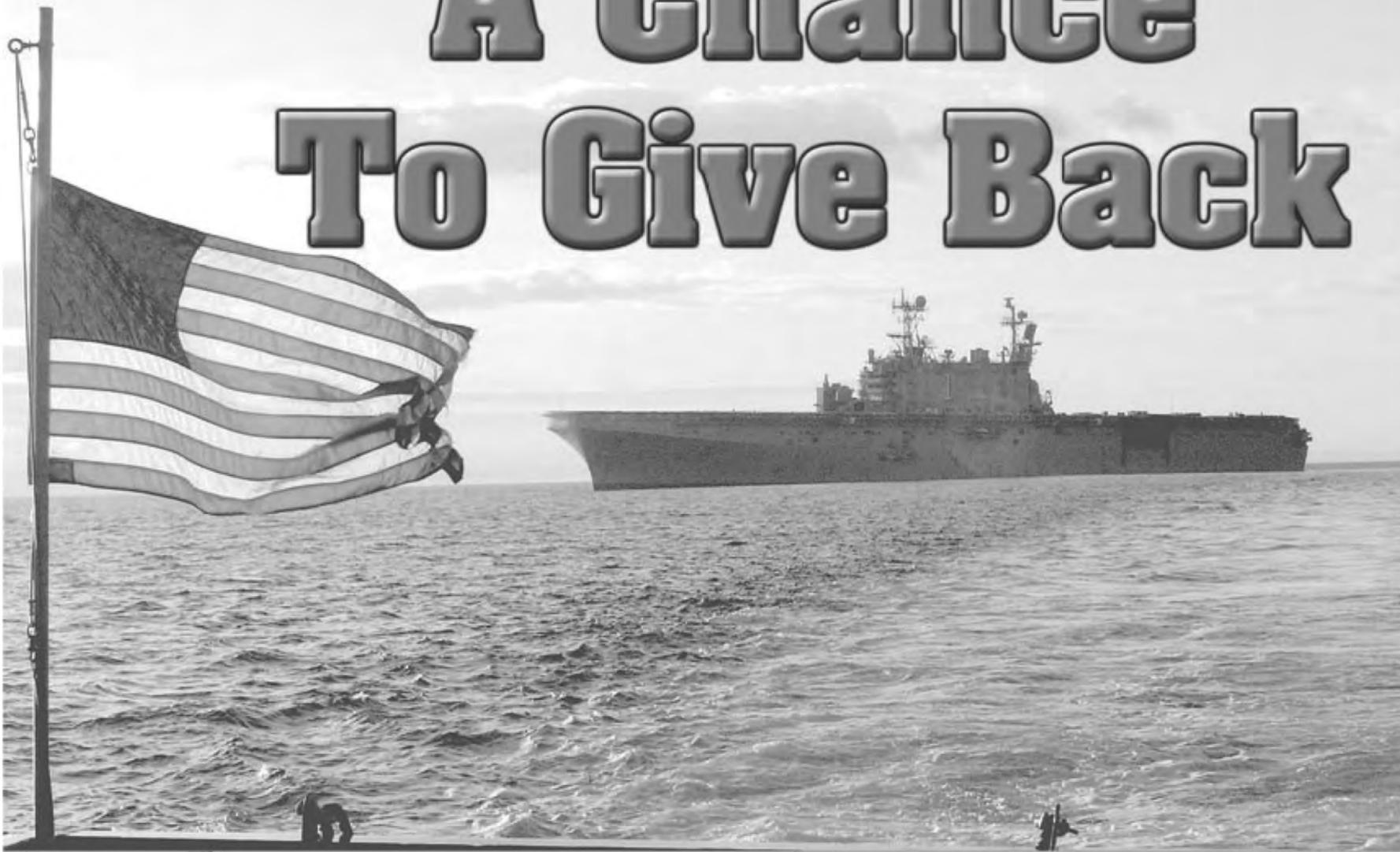
**Week 1 Goal: Discover the beauty of nature.**

The world is full of amazing beauty and symmetry in surprising places. Stop to smell the roses, watch ants work, or examine the design of a spiders web. Let yourself be amazed at the perfection of nature every day.

**Events:**  
Guided Relaxation and Meditation Class: Thursdays, 1200 at Hospital Chapel  
Religious Services and Classes- Contact local Chaplain

**To get involved, send an email to: [challenge4life2011@yahoo.com](mailto:challenge4life2011@yahoo.com)**

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