

'No Zebras' At Mayport

From Staff

Fleet and Family Support Center's (FFSC) Sexual Assault Prevention and Response Program is hosting author and sex crimes profiler Steve Thompson's "No Zebras, No Excuses" presentation on during three sessions on April 26 at Ocean Breeze Conference Center for all Naval Station Mayport personnel, active duty and civilian.

The sessions will be held from 9-10:30 a.m. for leadership and noon-1:30 p.m. or 2-3:30 p.m. for all personnel.

Thompson has been a national figure on the subject of sexual aggres-

sion for several years, according to his website.

As a graduate student, and martial arts instructor at Indiana University, Thompson focused his education towards psychology and the study of human movement.

In the spring of his second year, a rapist assaulted and terrorized several women on campus. This prompted intense public pressure on the university to educate the public in assault avoidance. As a black belt, Thompson was called upon to be the educator. Knowing little of the dynamics of rape, he still agreed to teach.

See Zebras, Page 12



-Photo by Paige Gnan

Representatives from Fleet and Family Support Center, Security and NCIS join Naval Station Mayport Commanding Officer, Capt. Doug Cochrane, fifth from left, during the official proclamation signing to designate April as Sexual Assault Awareness Month on April 16 in Building One.

ASN Answers 21st Century Questions



-Photo by MCSA Damian Berg

Personnel Specialist 2nd Class Johnathan Ayala, assigned to Personal Support Detachment Mayport, asks Assistant Secretary of the Navy for Manpower and Reserve Affairs Juan M. Garcia a question during an all-hands call at Naval Station Mayport to talk about the 21st Century Sailor and Marine initiative. The initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone combat effectiveness.

By MC2(AW) Gary Granger Jr.
Navy Public Affairs Support Element East Detachment Southeast

Assistant Secretary of the Navy (ASN) for Manpower and Reserve Affairs (M&RA) conducted town hall meetings aboard Naval Submarine Base Kings Bay, Ga., Naval Station Mayport, Fla. and Naval Air Station Jacksonville, Fla. April 10-11.

Juan M. Garcia III addressed more than 1,000 Sailors and Marines from the combined tri-base area during town hall meetings where he discussed topics such as the enlisted retention boards, tuition assistance and the 21st



-Photo by MCSA Damian Berg

Garcia stands by to talk to Fire Controlman 1st Class Rich Possert, assigned to USS Farragut (DDG 99), after an all-hands call at NS Mayport.

Century Sailor and Marine initiative.

"There is no reason to believe the operational tempo our Sailors and Marines

have lived and operated under, the impact and sacrifice for them and their families for the last ten years is going to

See ASN, Page 3

Navy Wins Gold



-Photo by Paige Gnan

MWR Fitness Specialist LaPlace Satterfield sings as the NS Mayport Color Guard presents the colors during the opening ceremonies at the Armed Forces Volleyball Championship held behind Beachside Community Center last week. See full story, Page 9.

TSP To Offer New Roth Option

By Karen Parrish
American Forces Press Service

Service members and Defense Department civilian employees who are eligible for the Thrift Savings Plan will soon have a new Roth option for retirement savings under the program, defense finance officials announced April 13.

The change will allow participants to contribute after-tax dollars to the federal government-sponsored retirement savings and investment plan, according to a Defense Finance and Accounting Service statement.

As with traditional Roth individual retirement accounts, the TSP's two options will now allow plan participants to invest either before- or after-tax dollars, although limits on annual contributions, catch-up contributions and agency matching funds will remain the

same, officials said.

The plan, which is similar to a 401(k), is open to federal civilian employees and military members. For 2012, the maximum contribution is set at \$17,000. Catch-up contributions, available to participants 50 or older, are capped at \$5,500 over the standard limit.

Agency matching contributions are one percent for all eligible employees, dollar-for-dollar for the first three percent of pay an eligible employee contributes to the plan and 50 cents on the dollar for eligible employee contributions of between three and five percent. Contributions above 5 percent of pay are not matched.

The current plan treats all contributions as pre-tax dollars — participants do not pay taxes on pay they put into the plan, but will pay deferred taxes

when they receive those funds in retirement.

The new Roth option will allow contributions that are taxed in the year they are made, but will be tax-free in retirement, TSP officials said.

Greg T. Long, TSP executive director, urged in a letter to participants that they carefully consider whether Roth TSP would be to their advantage.

"As with all tax matters, you should seek the advice of a qualified tax or financial advisor for information pertaining to your specific tax situation," Long wrote.

He added the plan's website will soon offer a Roth calculator, and other website content including forms and publications will be updated in May to include information about the Roth feature.

Defense finance officials said the Roth option

See Roth, Page 12

LCO/CWO Brief On April 20 For E-5 And Above

An LDO/CWO brief will be held for all E-5 and above on April 20 at 1 p.m. at the Base Chapel. SERMC Executive Officer, Capt. Pierre Fuller, will speak about his experience as an LDO. Fuller started his career as an Electrician's Mate Fireman Apprentice in 1980 and commissioned in 1990.

CNRSE Signs Proclamations Child Abuse Awareness, SAAM

Page 12





Capt. Doug Cochrane

FO n Monday, I signed a proclamation declaring April as Sexual Assault Awareness Month at Naval Station Mayport. There has been a big push throughout the Navy to bring this topic to the forefront and it is a problem I will not tolerate. When our CNO Adm. Greenert visited on April 3, he met with base leadership 0-4 and above to stress the importance of combating sexual assault in the Navy. It goes against our very core values and ethos. Never should our brothers and sisters at arms fear each other. Our nation depends on us to defend it against our enemies - and that includes criminals who may be hiding in our midst. It is up to all of us to step in when we see a shipmate threatening another. It is up to all of us to create a climate that does not tolerate these types of crimes. NS Mayport has a sexual assault hotline that is open 24/7 and is

CAPTAIN'S CORNER

completely confidential. Call 358-7273 to talk with trained staff if you have been assaulted or know of someone who has. Congratulations to our Navy athletes for winning the Armed Forces Volleyball Championship...the men captured the gold and the women took gold and silver home. Naval Station Mayport spent last week hosting volleyball teams from the U.S. Army, Marines, U.S. Navy/Coast Guard. It was a real treat to be able to watch the teams bring their best to the sand and show their service pride. MWR Mayport improved and built an additional sand volleyball court to accommodate the championship and did an outstanding job as host. I know all of the teams felt welcomed to Mayport. It was great fun and we hope to host them again in the future.

This Sunday, April 22 is Earth Day and a great time to focus on green initiatives, such as energy and water conservation, recycling and upcycling. Naval Station Mayport is constantly looking for ways to diminish our carbon footprint by installing energy efficient equipment, turning off lights in unused rooms, or zercoscaping our public spaces. In honor of Earth

Day, Mayport is teaming up with Public Works to hold a tree planting ceremony on April 25 at the NEX uniform shop on base. Thanks to Kira for donating the tree for this event.

A significant piece of history will soon sail into our harbor as we welcome USCGC Eagle on April 27 through May 3. USCGC Eagle is the only active commissioned sailing vessel in the U.S. Maritime services. She is one of five training barques in the world. Her sister ships are Mirlea of Romania, Sagres II of Portugal, Gorch Fock II of Germany, and Tovarich of Russia.

Today's Eagle is the seventh in a long line of proud cutters to bear the name. She was built as a training vessel for the German Navy as SNF Horst Wessel. She was awarded to the United States as reparations following WWII. On May 15, 1946, she was commissioned into the U.S. Coast Guard service as Eagle and sailed from Bremerhaven, Germany to New London, Conn.

Eagle serves as a seagoing classroom for approximately 175 cadets and instructors from the U.S. Coast Guard Academy. It is on the decks and rigging of Eagle that the young men and women of the Academy get their first taste of salt air and life at sea. Working aloft they meet fear and learn to overcome it. The cadets handle more than 20,000 square

feet of sail and five miles of rigging. More than 200 lines must be coordinated during a major ship maneuver, so cadets must learn the name and function of each line.

Several local schools are on tap to visit the Eagle, and when you see crewmembers out and about on base, please give them a warm Mayport welcome.

Ok, last call to all commands for this season's Sports Challenge scheduled for April 24-27. I am warning you that I have my game face on and CMDCM Bob White as my wingman for this year's CO/CMC Canoe Challenge. HSL-48 has had the annoying habit of taking home the prize trophy for the past several Challenges and I mean to change that!

Good luck to all the other commands throughout the rest of the challenge. I hope to see everyone come out and show their command pride.

One last thing, on April 24, Mayport will host another blood drive in Building One from 9 a.m.-2 p.m. to support the American Red Cross. Your donation can save a life of another human being.

Thanks to each of you for bringing your hard work and professionalism each day through our gates. Be safe, and keep sending those suggestions to the CO's suggestion box or email them at douglas.cochrane@navy.mil.

Choosing a Summer Camp For Your Child



Judy Cromartie
School Liaison Officer

It is almost summer and time to seriously begin researching summer camp programs for your child.

Because this experience can have a major impact on your child's life, it is important to choose wisely. Is the choice based on where the parents went to camp as children, on the child's interests, on overnight camps available in the area, or just what are the parameters for choosing?

The final camp choice must accommodate all or some of the needs, goals, interests, and expectations of both the child and the parent. To understand what kind of camp your child wants to attend and why, try asking your child the following questions:

Knowing THE ROPES

1. What do you want to gain from the camp experience? Learn something new or develop a current skill? Develop more independence? Meet new friends?

2. Do you have any special interests you want to explore?

3. Would you prefer a sleep-away camp or a day camp?

As you ask the above questions of your child, you may want to silently answer them yourself, and then ask yourself these additional questions:

1. Are there any physical, intellectual, or social limitations, which should be considered?

2. What kind of emphasis will your child profit from the most? For example: Is a lot of structure desirable, is social interaction with members of the opposite sex important, or does your child need a place where he is encouraged to develop at his own pace?

3. Is your child ready for a sleep-away camp?

4. How much money are you willing to budget for this camp experience?

With the answers to the above questions in mind, next you should consider these factors:

TYPE OF CAMP: Generally, overnight camps aren't coed, either all boys, or all girls. But even a coed camp will have interaction between boys and girls through activities or through the use of common facilities such as waterfront and dining hall.

Sleep-a-way camps provide a summer residential program where campers enjoy daily and evening activities. Depending on the type of program chosen, a camp experience can range anywhere from one week to an entire summer.

COST: Nonprofit camps, such as MWR camps, "Y" camps, and Operation Military Kids, are less expensive than private sleep-a-way. As a parent you have to make a careful assessment of your family's financial limitations regarding camp costs. Be sure to estimate for any extras such as a camp uniform, transportation, camper day trips, and the extra spending money for your child.

Costs will vary based on the camp's location and the activities offered.

SIZE: When it comes to size, choosing a camp is very similar to choosing a college. Camps may vary in size from fewer than 100 campers to more than 400. Smaller camps tend to foster special relationships and allow for individual needs to be quickly met. However, very large camps will be organized into small units, allowing for the same kind of attention offered by a smaller camp.

LOCATION: Don't limit your search by looking at one state or by choosing a set distance from home. Consider instead the related questions involving camp environment, security, medical facilities, and accessibility. Which is more important - choosing the right camp based on your child's interests/needs or the comfort of knowing your child's camp is close to home?

PROGRAMS & ACTIVITIES: As you might imagine, camps offer all kinds of programs. Some camps may emphasize a special activity - horseback riding - while others will offer a wide array of programs. Camps in which a camper would devote a majority of his or her time to one activity are often

referred to as Specialty Camps.

Choosing a summer camp program for your child involves some important research. Be careful not to focus on one of these areas and therefore omit others.

For example: a camp's cost might seem like a great bargain, but it won't mean a great deal if the staff and program are inadequate. Be sure to involve your child in the selection process. Look at the total camp program when making your final decision. Finally, ask for references of families who have had their child attend the camp.

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

For Further Information:
*NS Mayport Youth Activity Center's Summer Camps, <https://auth.cnic.navy.mil/mayport/FleetandFamilyReadiness/>

See Camp, Page 3

Ask Your Wife... 'Am I A Good Husband?'



Lt. Brandon Harding
CHSMWL

With Mother's Day approaching in a few weeks, it's time for husbands to do a little inventory on how they are doing. If a man really wants to know, all it requires is the bravery to ask. In a private quiet moment with your wife, ask her to honestly tell you how you are measuring up. Be ready for the truth and don't get defensive when she tells you that you have room for improvement.

Here are a few things to contemplate on your performance:

Do I come home after work and plop down in a chair with the TV remote in hand? Do I immediately start surfing the net or begin playing "Call of Duty" or "Halo"? Do I

CHAPLAIN'S CORNER

kiss my wife in an affectionate way when I come home from work and ask what I can do to help? Do I give the kids a quick hug and then send them off to their mother when they need some help? Do I take care of my own clothes by hanging them up, putting dirty ones in the hamper, including my dirty socks? Do I help with the laundry? Do I tell my wife how much I appreciate her and all she does?

Am I specific in my compliments to her, such as "Thank you for making chicken cacciatore. You know how much I like it. It was really good. Thank you so much."

Do I help clean up after dinner and help wash the dishes? Do I help fix meals? (Particularly important if both of you are employed) Do I really listen and act on what she wants, or do I ignore it? Do I keep my promises to her? Do I take her on a weekly date? Am I honest with my wife? Do I speak to her respectfully, never in a demeaning or insulting way? Do I kneel and

pray with her and tell the Lord how thankful I am for her? Do I look after her when she's ill? Am I completely faithful to my wife? (Which includes complete avoidance of pornogra-

phy)

There are many other items that could be added to the list. If you are brave enough to ask your wife how you are doing you will know what else you need to work on.

Sometimes we need to hear the hard truth to make lasting changes. Make a commitment to

change for a lifetime and not just a few weeks.

Finally, it has been often said that the best gift a father can give his children is to love their mother. I have seen the wisdom of this quote in the thousands of hours I have spent counseling couples and families over the years. When a father

shows love and respect to his wife it sends a powerful message to the children. It also creates a protective barrier around them.

Of all the gifts to give this Mother's Day, resolve to give this gift, its effects will last a lifetime.



Command Chaplain
Lt. Cmdr.
Jerome Cayangyang

Roman Catholic Mass
Sunday 9 a.m.
Monday-Thursday
11:30 a.m.
Confessions:
before & after mass or upon request
CCD, RCIA & Adult Ed:
Sunday 10:30 a.m.
Baptisms
3rd Sunday of month 10:30 a.m.
Catholic Youth Group
2nd & 4th Sunday 11:30 a.m-1 p.m.

Protestant Worship
Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Choir: Wednesday 7 p.m.
Baptism: For information contact your chaplain
Women's Bible Study
Wednesday 10 a.m.
Protestant Youth Group
1st Friday Youth Quak Trip 6:30 p.m.
3rd Friday at Chapel 7-10:30 p.m.
PWOC
2nd Saturday 9:30 a.m.
PMOC
3rd Saturday Prayer Breakfast 9 a.m.
MOPS
1st & 3rd Thursday, 9:30 a.m.

For more information or other worship opportunities and religious organizations in Jacksonville, call 270-5212.



Naval Station Mayport

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Get Rid Of Unwanted Prescription Drugs

From NCIS

The Naval Criminal Investigative Service and the Naval Hospital Jacksonville/Branch Health Clinic Mayport will give the public an opportunity get rid of expired, unused, and unwanted prescription drugs on April 28 from 10 a.m. to 2 p.m.

Bring your medications for disposal to the Navy Exchange Mayport Main Entrance or the Navy Exchange/Commissary Courtyard at NAS Jacksonville. The service is free and anonymous, no questions asked.

Last October, Americans turned in 377,080 pounds -188.5 tons of prescription drugs at more than 5,300 sites operated by the DEA and nearly 4,000 federal, state and local law enforcement partners.

In its three previous Take Back events, DEA and its partners took in almost a million pounds - nearly 500 tons - of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to

diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.

Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, Americans are now advised that their usual methods for disposing of unused medicines - flushing them down the toilet or throwing them

in the trash - both pose potential safety and health hazards.

Four days after the first event, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an "ultimate user" of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them.

The Act also allows the Attorney General to

authorize long term care facilities to dispose of their residents' controlled substances in certain instances.

DEA is drafting regulations to implement the Act, a process that can take as long as 24 months.

Until new regulations are in place, law enforce-

ment agencies like NCIS and the DEA will continue to hold prescription drug take-back events every few months.

Additional local area collection sites and information can be found by visiting www.dea.gov, and clicking on the link, "Got Drugs?"

ASN

change," said Garcia.

"We want to take all those existing personnel support programs, those in development and some new initiatives, bring them together in one group to ensure every Sailor, Marine and their families have the tools they need to ensure they exceed and excel in the coming decade," he added.

The 21st Century Sailor and Marine initiative has five core areas: safety, physical fitness, inclusion, readiness and continuum of service. Though Garcia addressed each of these topics, he focused on those initiatives that high-

light the importance of sexual assault awareness.

"Our leadership, our khakis, our chief's mess, and our wardrooms will receive training to ensure their commands operate in an environment where there is no stigma to raising your hand and pointing out a susceptibility," said Garcia. "A susceptibility or an area of potential threat or danger to another Sailor or Marine."

Cmdr. Roy Love, Afloat Training Group Mayport commanding officer, said the town hall sent positive messages that helped many Sailors and Marines rest some of their concerns they had in regard

to their careers in service.

"It lets us know our leadership cares and they're looking out for our best interest," said Love. "The Sailors and Marines have a great opportunity to talk to the people who make the decisions that affect them and their futures."

Chief Naval Air Crewman (NAC/AW) Curtlynn Harris, an instructor from Patrol Squadron (VP) 30, said his Sailors were delighted to hear that the Enlisted Retention Board would not return.

"I think the information was excellent," Harris said. "It put out some of

the angst, a lot of people had questions about the ERB and Sailors just want to know what the future holds for them in the Navy."

"We went over it all as far as benefits and pay, retention, education, families and benefits, everything," he added.

The 21st Century Sailor and Marine initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps.

From Page 1

From Page 2

Camp

SupportServices/Families/ChildandYouthPrograms/SchoolAgeCare/index.htm

*2012 Summer Camp Issue sponsored by The First Coast Parent Family Newspaper

<http://web.mac.com/>

SCOTTCOLLINGS/Site/Welcome.htm

*Operation Military Kids, a nationwide program to provide support to children and youth of families impacted by global war on terrorism www.operationmilitarykids.org

*Florida 4-H Military Program, part of OMK, supports the "civilian turned military" families in Florida before, during, and after parents are deployed www.florida4h.org

*National Camp Association, Inc. (NCA)

provides feature articles and information about summer sleep-a-way camp, a free summer camp referral service, staff placement service, and information on camp supplies www.summercamps.org

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Taylor Participates In Operation Ocean Shield

By Ensign
Jennifer Gabriel
USS Taylor Public Affairs

During the past several weeks, guided-missile frigate USS Taylor (FFG 50) and its visit, board, search, and seizure (VBSS) team, have actively patrolled the Internationally Recommended Transit Corridor (IRTC) and provided security assistance to several merchant vessels transiting through the Gulf of Aden region.

Taylor, with embarked Helicopter Anti-Submarine Squadron Light (HSL) 48 Detachment 9, is assigned to Commander, NATO Task Force 508 Operation Ocean Shield. This Operation is NATO's counter piracy mission in the Gulf of Aden and India Ocean.

"Ocean Shield is a clear demonstration of the alliance's capability in the maritime field, and its flexibility in meeting the variety of challenges posed in today's security environment," said Cmdr. J. R. Hill, USS Taylor's commanding officer.

"As part of the NATO Task Force Taylor complements the European Union, Combined Maritime Forces (CMF), and independent nations' units tackling piracy in the region," Hill added.

Taylor's mission is to patrol the waters of the Gulf of Aden, the Arabian Sea and Somali Basin, and investigate suspi-



-Photo by CT3 Michael Tammen

U.S. Navy Sailors, assigned to guided-missile frigate USS Taylor's (FFG 50) visit, board, search and seizure (VBSS) team disembark a dhow after completing a routine compliant boarding. Taylor is assigned to commander, NATO Task Force 508 Operation Ocean Shield, maritime interception operations and counter-piracy missions in the U.S. 5th Fleet area of responsibility.

cious maritime activity. Additionally, the ship supports merchant vessels requiring assistance while transiting the IRTC and other regional waterways.

"Most vessels we have encountered are legitimate fishing or trading and are not involved with piracy operations, but

the data collected helps provide information for pattern of life analysis and evidence to compare between boardings that may help classify a dhow as a pirate vessel more clearly during a boarding," said Lt. Michael Modeer, Taylor's senior VBSS Officer.

The information col-

lected during each boarding operation is forwarded to other CTF 508 assets participating in Operation Ocean Shield, as well as other counter-piracy task force units from the European Union Naval Force (EUNAVFOR), CMF, and other national contributors to provide increased regional mari-

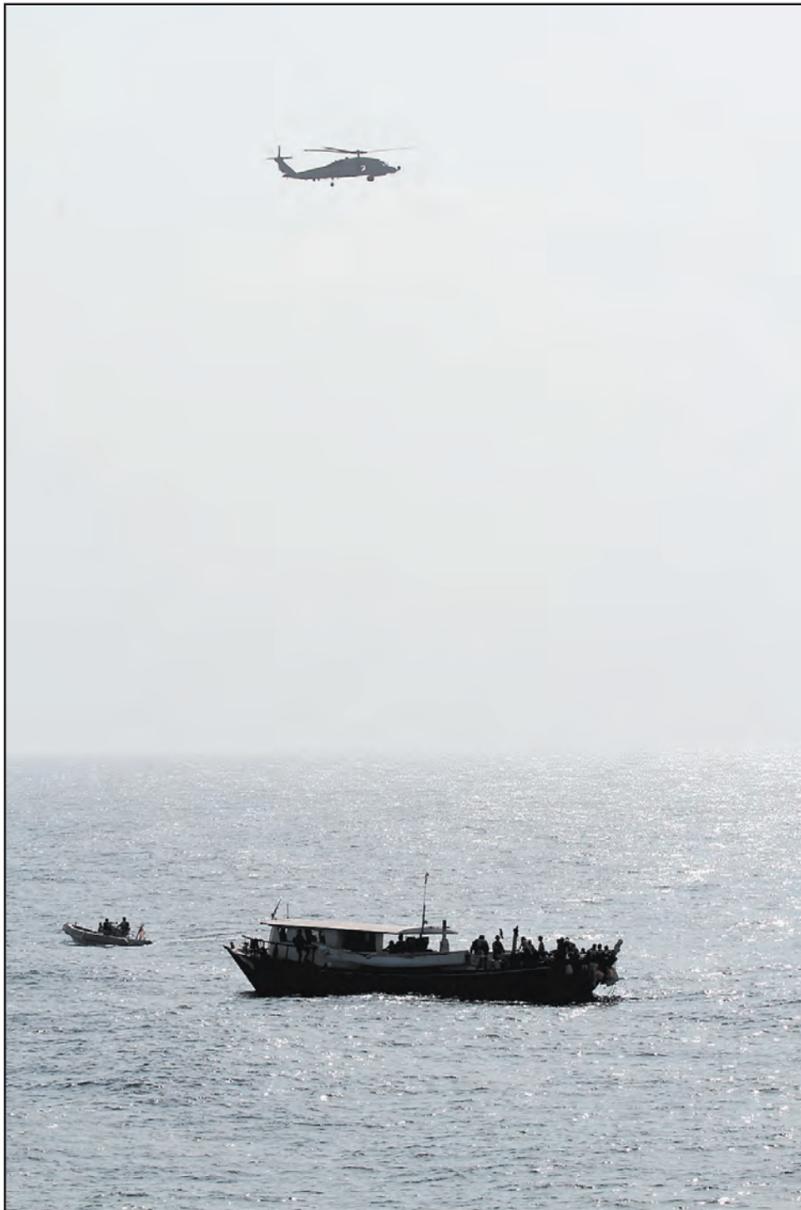
time awareness and security for the international merchant community.

Piracy and maritime crime are a significant concern to the international community, contributing nations, non-government and commercial organizations.

Taylor has conducted numerous maritime secu-

ity assist visit (MSAV) boardings in support of NATO's counter-piracy efforts.

As the deployment continues, Taylor expects to remain vigilant on patrol, providing the maritime presence and security necessary to support counter-piracy efforts throughout the region.



-Photo by CTSN Anders Carter

U.S. Navy Sailors, assigned to guided-missile frigate USS Taylor's (FFG 50) visit, board, search and seizure (VBSS) team investigate a dhow operating in the area as an SH-60B Sea Hawk helicopter, from Helicopter Anti-Submarine Light (HSL) 48, patrols overhead.



-Photo by OS1 Travis Krause

Firecontrolman 3rd Class Bradley Reist, assigned to guided-missile frigate USS Taylor (FFG 50), conducts maintenance checks on the MK15 close-in weapons system.



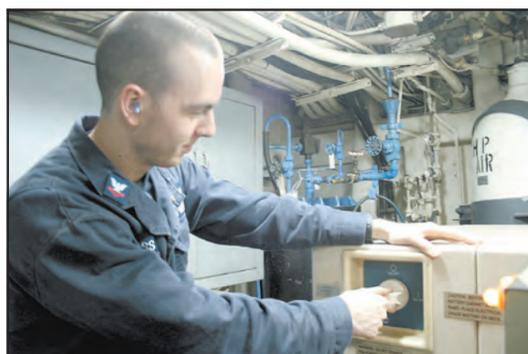
-Photo by OS1 Travis Krause

Chief Aviation Machinist's Mate Luisito Delosreyes and Chief Quartermaster Carlos Crummie, the Chief's Mess oldest and youngest members, cut the cake during the Chief Petty Officer Birthday ceremony aboard guided-missile frigate USS Taylor (FFG 50).



-Photo by OS1 Travis Krause

Chief Culinary Specialist Vincent Hogans prepares to decorate a cake for crewmembers celebrating a birthday aboard guided-missile frigate USS Taylor (FFG 50).



-Photo by OS1 Travis Krause

Gas Turbine Systems Electrical 2nd Class Phillip Goss conducts a preventative maintenance check on an uninterruptible power supply in the main engine room aboard USS Taylor (FFG 50).



-Photo by OS1 Travis Krause

Electronics Technician 3rd Class Gem Belen cleans and refills condiment bottles as part of his food service attendant (FSA) duties on the mess decks aboard guided-missile frigate USS Taylor (FFG 50).



-Photo by MCSN Brian T. Glunt

Secretary of the Navy (SECNAV) Ray Mabus speaks with Sailors during an all-hands call commending the crew for their participation in Africa Partnership Station (APS) aboard the guided-missile frigate USS Simpson (FFG 56). APS is an international security cooperation initiative aimed at strengthening global maritime partnerships through training and collaborative activities to improve maritime safety and security in Africa.

Behind The Scenes Of A SECNAV Visit

By Ensign Joseph A. Schnieders

USS Simpson Public Affairs Officer

The sun was starting to set over the Foc'sle and Boatswain's Mate Seaman Joshua R. Maurer looked at his watch. 19:05 it read, he figured it was soon to the end of the work day for him. He looked around at the rest of the guys around him, his supervisor Boatswain's Mate 3rd Class James Bare and his peers Seaman Brian D. Massie, Seaman Daniel K. Swope, and Seaman Tyler E. Stark. They were all covered in busted up paint dust, primer and paint from previous days. The Secretary of the Navy Ray E. Mabus was visiting in less than a week in Praia, Cape Verde and this group of Sailors was chosen out of their parent division of deck to head up the preservation project tackling the undefeatable enemy of corrosion and to have the ship reflect the quality of the crew on board Simpson. Mabus was to conduct office calls with the local government to reinforce the United States' commitment to supporting and training the host nation to defend the freedom of trade within the exclusive economic zone



-Photo by MCC Sam Shavers

Mabus pins an award on a Sailor during a ceremony aboard the guided-missile frigate USS Simpson (FFG 56).

(EEZ) that encompasses the waters around Cape Verde. To prevent piracy, illegal drug trafficking and illegal fishing are three of the major concerns for many of these West African nations that have grown significantly in recent memory.

For Maurer and his crew, the only thing that mattered was the pride they had in completing the task at hand. Chipping paint on each set of bits and chocks down to bare metal, preparing with primer and painting with haze grey was

on his mind. The pride that the BMs and undesignated Seaman took in their work was in evident in the details, such as the Boatswain's Mate anchors painted on the mooring line bits.

The work required was not limited to Deck division though; OI division was busy getting the centerline pee-way that connects the mid-ships and flight deck up to par. Operational Specialist Ashley J. Ontiveros and Cortes A. Simmons and their peers spent two days preparing the centerline

pee-way for the SECNAV's arrival. Once the ship successfully moored, all of Operations Department got started rigging a tent large enough to encompass the entire flight deck.

At reveille the following morning, the crew was up and engaged in preparations. The Food Service Attendants staged all the reception gear and tables on the flight deck under the tent while keeping a watchful-eye as Electrician's Mate were furiously rigging all the lighting around them. Culinary Specialist

1st Class John F. Blake began work on the ceremonial cakes down on the mess deck while the rest of his guys prepared the food. Right above him, different divisions were conducting Dress Whites uniform inspections to be worn later that night. The Electronics Technicians and Interior Communications Electricians, including Second Class Petty Officer's Bryson K. Running and Sean M. Joker, assembled and tested the microphone and speakers on the Foc'sle where Mabus would speak. Commanding Officer, Cmdr. Leonard H. Milliken, walked around with his Executive Officer, Cmdr. Christopher G. Follin, and Command Senior Chief Glenn R. Daniel throughout the day thanking his Sailors for their hard work. Milliken said he was impressed to see the ship coming together and could not be happier with the effort put forward by his crew.

After a long-night of rigging the reception tent on the flight deck, hanging bunting along the life rails, touching up the sides, and stationing ceremonial quarterdeck gear, BM3 Bare's mind was not

concentrated around getting the last few items ready. Rather, he was thinking of his eight side-boys and their uniforms, reminding himself to make sure he took a look at them again to correct any last second problems. He had been selected to be the Honor Boatswain's Mate and, along with eight side boys, would be the first representatives of the ship to meet the SECNAV and render honors on the quarterdeck.

After two hours, it was all over. Mabus had arrived, promoted CWO2 Ion T. Revak, re-enlisted Fire Controlman 2nd Class Dustin F. Coons, Personnel Specialist 1st Class Leon R. Buxton, awarded four Navy and Marine Corps Accommodation Medals, issued out the ship's Senior Sailor, Junior Sailor, and Bluejacket of the Quarter awards. Mabus had spoken to the crew, answered a few questions and socialized at the flight-deck reception before departing. For Maurer, he said that as he walked back to berthing to take off his whites and overheard other crewmembers discussing liberty plans, he thought, "I think it'd be nice just to go to sleep early tonight."



-Photo by MCSN Brian T. Glunt

Fire Controlman 2nd Class Gerald Delaney cleans a close-in weapons system aboard the guided-missile frigate USS Simpson (FFG 56) for an upcoming departmental inspection.



-Photo by MCSN Brian T. Glunt

Gunner's Mate Seaman Apprentice Travis Locker counts live ammunition on the main deck of the USS Simpson (FFG 56) prior to uploading for a calibration test fire exercise.

The Surfside Fitness class schedule is as follows:

Monday
 9:30 a.m., Zumba Basics
 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.
 11:30 a.m., Cardio, Combat and Core
 4:30 p.m., TRX CORE Fusion
Tuesday
 11:30 a.m., Zumba
 A fusion of hot, sexy and explosive Latin American and International dance music.
 1 p.m., Strength Solutions & Flexibility Fix-Ups
 4:30 p.m., Yoga
Wednesday
 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

MWR Sports/Fitness

on injury prevention via tissue management and refueling.
 9:30 a.m., 20/20/20
20/20/20: A fusion of our Low Impact, Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training. 11:30 a.m., Strength Training For Women
 4:30 p.m., Zumba Basics
Thursday
 6:30 a.m., NOFFS Nutrition & Fitness Series
 9:30 a.m., Yoga
 11:30 a.m., Zumba Basics
 1 p.m., Strength Solutions & Flexibility Fix-Ups
 4:30 p.m., Kickboxing
Friday
 9:30 a.m., Advanced Strength Training for Women
 11:30 a.m., Yoga
Mayport Sandbox Monday
 7 a.m., HIT 1
 Provides a solid foundation to H.I.T. (**High Intensity Training**).

Focus is placed on development of proper form & mechanics for various lifts & bodyweight movements. Participation will result in a solid platform.
 11 a.m., HIT 1
 11:30 a.m., TRX
Tuesday
 7 a.m., Command Bootcamp
 9:30 a.m., Bootcamp Basics
 11:30 a.m., HIT
Wednesday
 11 a.m., HIT
Thursday
 11 a.m., HIT
Friday
 7 a.m., Command Bootcamp
 11:30 a.m., HIT
 The new Gymnasium class schedule is as follows:
Monday
 5:45 p.m., Kids Clinic
Tuesday
 11:30 a.m., Spinning
 5 p.m., Spinning
Wednesday
 11:30 a.m., Spinning
Thursday
 11:30 a.m., Rowing 101
 5:30 p.m., Spinning
Friday
 6:30 a.m., Spinning





MWR SPRING 2012 SPORTS CHALLENGE



<p>APRIL 24</p> <p>0830 - **CO Challenge Canoe Race (Lake Wozneskiwood) 0900 - Experienced Canoe Race (Lake Wozneskiwood) *1000 - Kickball (Field 1 & 2 Behind Medical) 1100 - Bowling (Mayport Bowling Center)</p> <p>APRIL 25</p> <p>*0800 - Singles Tennis (Tennis Complex) *0830 - 3 on 3 Basketball (Gym) *0900 - Cricket Darts (Mayport Bowling Center) *0930 - Laser Tag (Sea Otter Pavilion) *1100 - 8 Ball Pool (Mayport Bowling Center)</p>	<p>APRIL 26</p> <p>*0800 - Swim Relay (Base Pool) *0830 - Golf (Windy Harbor Golf Club) *0930 - Dodgeball (Gymnasium) *1030 - 3 V3 Soccer (Field 7 Behind Gym)</p> <p>APRIL 27</p> <p>*0830 - Volleyball (Beachside Community Center) *0900 - Ping Pong (Beachside Community Center) *0930 - Corn Hole (Sea Otter Pavilion) *1100 - Auto Racing (Mayport Bowl Parking Lot) *1200 - **Tug-o-War (Beach behind Sea Otter Pavilion) 1230 - Awards Presentation (Sea Otter Pavilion) 1230 - Cook Out (Sea Otter Pavilion)</p>
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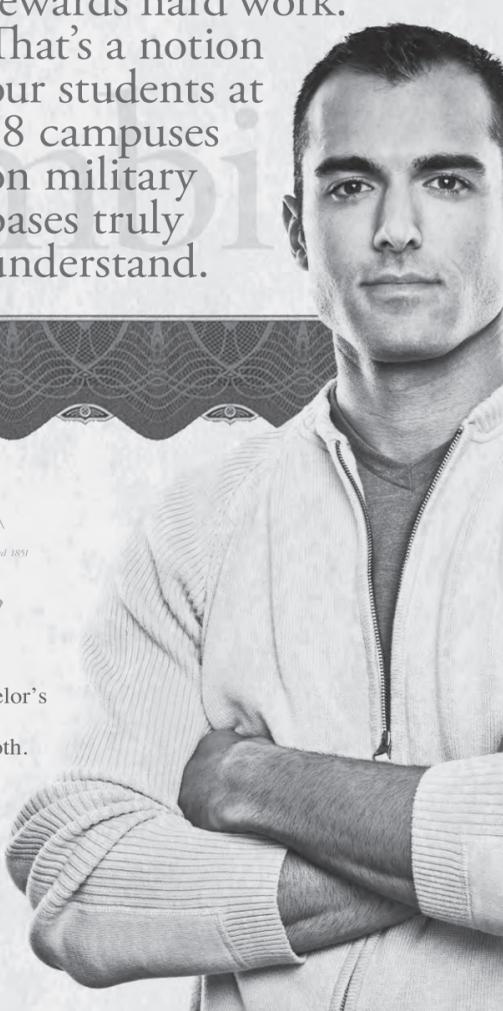


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April 20: Jamaican Me Crazy Night.

9 p.m.-1 a.m. at Castaways Lounge. Live music, food, prizes, and more! 270-7205

April 21: UFC 145: Jones vs. Evans.

10 p.m. Live at Castaways. FREE. 270-7205

April 24-27: Spring Sports Challenge.

Sign up deadline is April 13. 270-5452.

April 25: 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 FRC. For

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

April 20: Jamaican Me Crazy Night.

9 p.m.-1 a.m. at Castaways Lounge. Live music, food, prizes, and more! 270-7205

April 20: Ghosts & Gravestones Trolley of the Doomed Ride in St. Augustine.

Van departs 5 p.m. Sign-up deadline April 16. Cost \$5

April 21: UFC 145: Jones vs. Evans.

10 p.m. Live at Castaways. FREE. 270-7205

April 22: Boom Shaka'laka's Hawaiian Cuisine Dinner Trip.

Van departs 1 p.m. Transportation Only

April 24-27: Spring Sports Challenge.

Sign up deadline is April 13. 270-5452.

April 25: All-Hands

MWR HAPPENINGS

tickets, call AZC Nanney at (904) 270-6100 x149

April 25: Spring Fling. 9 p.m. at Castaways lounge. Featuring Karaoke, food, giveaways and more! FREE. 270-7205

May 1 : All Khaki Wings and Trivia Night.

3-7 p.m. every Tuesday at Foc'sle CPO Club with 40-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers

and their guests). 270-5431

May 2: Lunchtime Bingo. Every Wednesday at 11:30 a.m. at Beachside Bingo. Two \$500 payouts every week. Buy two, get one free. Still only \$13.00 per pack. 270-7204

May 5: Ole'! Run For the Border. 9 p.m. at Castaways lounge. Featuring Latin Fusion band Conclave, free food, giveaways and more! FREE. 270-7205

May 5: Xtreme

Bowling. 8-11 p.m. every Saturday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377

May 8: Armed Forces 10K Run/ 5K Walk. 8:10 a.m. in front of the gym.

May 8: Captain's Cup Kickball Organizational Meeting. 11 a.m. at the Gym. 270-5451.

May 9: 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)

May 9: Chicken Wednesdays. Every Wednesday, 11 a.m.-2 p.m., at Foc'sle Lounge. Enjoy a two-piece fried chicken plate with two sides for only \$7.00. 270-5431

May 9: Just For Fun Wednesdays. Every Wednesday at Mayport Bowling Center. It's not about how good you bowl, it's about how much fun you can have! \$1 Colormania Bowling, drink specials, request your favorite music all day long and more. 270-5733

May 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. For tickets, call Jeff Lawrence at (904) 270-5126 x3115

May 11: Mountain Bike Trail Race (Time Trial). 11 a.m. at Sea Otter Pavilion. Sign up by May 8. 270-5451

May 11: Xtreme Bowling. 8 p.m. to Midnight every Friday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377

May 12: 2012 Mayport Music Fest. 6:30 p.m. at Sea Otter Pavilion. Switchfoot, Fuel & Natalie Stovall. Admission opens at 5 p.m. FREE. 270-5228

LIBERTY CALL

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 FRC. For tickets, call AZC Nanney at (904) 270-6100 x149

April 25: Spring Fling. 9 p.m. at Castaways lounge. Featuring Karaoke, food, giveaways and more! FREE. 270-7205

April 25: Minute to Win It.

5 p.m. at Liberty Center.

April 27: Laser Tag Xtreme.

8 p.m. at the Liberty Center. FREE

Apr 28: Jacksonville Suns Baseball.

Van departs Liberty Center at 6 p.m. FREE.

April 29: Free Drum Lesson.

Introductory/ beginner guitar lesson at George's Music. Stop by the Liberty Center front desk to reserve your place. Van Departs Liberty Center 5

p.m. FREE

April 30: Dart Tournament.

6 p.m. at Liberty Center.

May 1: Boom Shaka'laka's Hawaiian Cuisine Dinner Trip.

Van departs 5 p.m. Transportation Only

May 2: Lunchtime Bingo. Every Wednesday at 11:30 a.m. at Beachside Bingo. Two \$500 payouts every week. Buy two, get one free. Still only \$13.00 per pack. 270-7204

May 3: Motherload of Comedy. Chris Killian & Richie Holliday. Van Departs Liberty Center 6 p.m. FREE.

May 4: Rock Climbing. Van departs Liberty Center at 6 p.m. Cost \$15.

May 5: Ole'! Run For the Border. 9 p.m. at Castaways lounge. Featuring Latin Fusion band Conclave. 270-7205

May 5: Xtreme Bowling. 8-11 p.m. every Saturday at Mayport Bowling Center.

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Taking On Supplies



-Photo by MC3 Nick C. Scott

Lt. Cmdr. Carl Brobst, from Kingston, Pa., executive officer of the guided-missile cruiser USS Vicksburg (CG 69), observes a replenishment at sea with the Military Sealift Command dry cargo and ammunition ship USNS Charles Drew (T-AKE 10). Vicksburg is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions as part of Operation Enduring Freedom.

Employee Of Quarter Lunch On April 27

From Staff

Naval Station Civilian Employee presentation/ luncheon will be held on Tuesday, May 1 at 11:30 a.m., Ocean Breeze Conference Center. All are welcome to attend and support the nominees. Lunch is \$8, pay at the door.

RSVP to sandra.barrett1@navy.mil by Friday, April 27.

Nominees for Employee of the Quarter (1st Quarter) are:

- Ron Kremmerer, Security
- Ronald Renta, Air Ops
- Tom Krygowski, MWR
- Scott McPherson, PWD

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Casting Calls For 'SUPERNANNY'

From Shed Media US

The parenting series AMERICA'S SUPERNANNY is currently casting families for the next season of the show. The casting team is sending producers to the Jacksonville area to find families interested in receiving personalized advice for their unique circumstances.

This season producers are searching for families with unique circumstances and challenges. Deborah Tillman has an extraordinary ability to identify and tackle the toughest issues facing America's families today.

Interested parents can call (877) NANNY TIME (1-877-626-6984) or e-mail supernanny@ShedMediaUS.com for more information.

Shred Personal Papers With BBC

From Balfour Beatty Communities

Balfour Beatty Communities is teaming up with the Shredding Source, Inc. to offer residents of Naval Station Mayport and the surrounding area the opportunity to shred all of their unwanted personal documents at the Ribault Bay Community Center from noon-3 p.m. on April 19.

With the threat of identity theft coming largely from paper documents it is a good idea to shred all documents that are no longer needed, especially those that contain your personal information. This free event is open to the public and participants can bring up to 50 boxes of items to shred.

A mobile shred truck will be located in the parking lot of the community center, 1201 Assisi Lane in the off base housing community. The paper collected from the event will be compressed and securely transported to the paper mill. The recycled material is placed into tanks of hot water and bleached to break it down into pulp. From this pulp state, paper towels and toilet paper are created.

Some items that are suggested for shredding are: credit card statements, old checks, IRS tax returns and anything a thief could use to steal your identity. Unacceptable items are: cardboard, hard copy books, dry or wet trash, plastics or metals, hazardous materials and prescription bottles.

For complete guidelines for shredding and keeping personal documents, go to www.facebook.com/mayporthomes and click on the events tab.

BBC Scholarship Deadline Extended

From Balfour Beatty Communities Foundation

The Balfour Beatty Communities Foundation, a non-profit organization committed to honoring military personnel - active, disabled and fallen - and their families, has extended the application deadline for its academic scholarship program to May 15. High school and undergraduate students residing in Balfour Beatty Communities at Naval Station Mayport are eligible.

One of the Foundation's primary goals is to promote the pursuit of edu-

cation and a commitment to community leadership through academic scholarships for the children of active duty service members that live in Balfour Beatty Communities family housing. With this extension, the Foundation hopes to ensure widespread awareness and participation in this important program.

Balfour Beatty Communities Foundation Scholarship applications for the 2012-2013 academic year are available online at <http://www.bbcommunitiesfoundation.org/scholarships.aspx>.

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1296859

Navy Wins Armed Forces Volleyball Tourney



-Photos by MC2 Salt Cebe

Above, Lt. Ashley Musser and Lt. Mary Arvidson of the Navy team wear their gold medals for placing first amongst the women at the Armed Forces Beach Volley Ball Tournament on board Naval Station Mayport. The Navy women also brought home the silver at the tournament. Below, Senior Chief Air Crewman John Goings and Lt.j.g. Austin Lanteigne of the Navy win gold in the men tournament.



By MC2 Sunday Williams

Navy Public Affairs Support Element East Detachment Southeast

The Navy's Women and Men Volleyball teams came out on top at the 2012 Armed Forces Volleyball Tournament hosted by Naval Station Mayport on April 12-14.

Military teams from the Navy, Marine Corps, Army and Air Force competed for the Armed Forces Championship Gold Medal. Five male teams and four female teams played hard beginning April 12 at 11 a.m. until 7 p.m. playing every hour on the hour on each court.

Air Force Airman Kristiana Scott said she was overjoyed to be part of the competition.

"It's really exciting to be out here and to be able to represent the U.S. Air Force while playing a sport that I love," said Scott who is attached to Air Combat Command Davis Monthan Air Force Base in Tucson, Arizona.

Teams went on to finish up games on April 13

then went on to semi-final matches that led up to the championship matches on April 14.

Both of the number one Navy teams for the men and the women won the Championship gold medal and the Navy's

number two female team, won the silver medal.

"This win was extra special because my partner is the same guy I teamed with when we won back in 2010," said Lt.j.g. Austin Lanteigne, attached to VP-10 out of NAS Jax.

Typically the teams that won Gold would go on to the World Championship overseas, but this year there will not be one so Lanteigne said he will look forward to hopefully playing and winning again next year.



U.S. Air Force 2nd Lt. Katie Bachelder returns the ball during a volleyball match against an U.S. Army team at the 2012 Armed Forces Beach Volley Ball Tournament on board NS Mayport.

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FFSC Workshops Geared To Sailors, Families

From FFSC

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

April 23-26 8 a.m.-4 p.m., **TAP Separate Workshop**, Building One Room 1616
 April 24, 6-8 p.m.,

Ombudsman Assembly, Building One Room 104

April 24, 1-2 p.m., **Resume Writing For Military Spouses**, FFSC Room 719

April 25, 11 a.m. -12 p.m., **Raising Financially Fit Kids**, FFSC Room 719

April 25, 3- 4:30 p.m., **Managing Anger Group**, FFSC Room 702

April 26, 8a.m. -12 p.m., **FAP Key Personnel Training**, Building One Room 1124

April 26, 1:30-3 p.m., **Conflict Resolution For Woman**, FFSC Room 702\

April 26, 9a.m.-12 p.m., **Tottle Tyme Playgroup**, USO

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.

April 30, 1-4 p.m., **Relationship Communication**, FFSC Room 702

Whether you've been dating for six months or married for 20 years, effective communication is critical to keeping your

relationship happy, healthy and strong. Come learn new techniques, which will help you build on the strengths of your relationship and learn to identify barriers to effective communication.

Class is a one-time two-hour class. Couples are encouraged but not required to attend class together.

By Appointment, 8 a.m. - 4 p.m., **Resume Review**, FFSC TBD

Out in Town

Friday, April 20

The Ladies Auxiliary Fleet Reserve Association #290, 390 Mayport Rd., will hold a chicken fried steak dinner from 5-8 p.m. Donations \$10. Take out orders welcome. Open to the public. For more information, call 246-6855.

Saturday, April 21

First Coast children and their families are invited to experience a fun day of learning about ways to make healthy life-style changes through increased physical activity and proper diet. Come out and play at Healthy Family Training Camp, supported by the Fraternal Order of Police Foundation, AvMed Health Plans and 93.3 the Beat from 9 a.m. to 12 p.m. at Pepsi Cabana Villas, Everbank Field.

The United Methodist Men of Christ United Methodist Church Neptune Beach, 400 Penman Rd., are cooking up a spaghetti dinner 5-7 p.m. Cost is \$6 for adults, \$4 for children under 12; 3 and under eat free. Take out is available. For more information, call 249-5370.

PAL will host the National PAL Mentoring Day FUNFEST from 10 a.m.-2 p.m. at the Northside PAL Location (2165 W. 33rd Street). Potential mentors, mentees, and their families will enjoy free food, pony rides, games, arts and crafts, and music at the FUNFEST. The event's purpose is to raise awareness of the mentoring

COMMUNITY CALENDAR

program and to expand the program by recruiting new mentors and mentees. PAL will also be offering free vendor spots for community partners. For information on becoming a community partner or mentor for this event, please contact Larry Major, Mentoring Coordinator, at 355-3308 x 18 or email Larry.Major@jaxpal.com.

The Florida Department of Environmental Protection's Little Talbot Island State Park, 12157 Heckscher Drive, will celebrate Earth Day with a volunteer beach clean up from noon-3 p.m. Help keep Florida clean and beautiful at one of the First Coast's premier state parks. Garbage bags and gloves will be provided for this event. Closed-toe shoes, gloves, a hat and sunscreen are recommended. Park entrance fees waived for participants. Tell the staff at the ranger station you are here to volunteer for Earth Day and meet at pavilion number one. For more information, visit www.FloridaStateParks.org.

The Armis Club of Jacksonville in conjunction with the Meet-up.com and

Jacksonville Public Library are hosting Family Game Day at various library branches around the city, everyone is invited to learn, play, and enjoy board games

and make new friends. The Webb Wesconnett Regional Branch Conference Room B, 6887 103rd St, will be held in the Community Room from 2-5:30 p.m.

Jacksonville Genealogical Society, Inc will hold their monthly meeting at 1:30 p.m. at The Webb-Wesconnett Library Branch, 6887 103rd Street, in the auditorium. Speaker is Geraldine Kohn and she will present a program on Genealogy and Social Medias: Facebook, Twitter and LinkedIn. The presentation will show the benefits of using social media in our genealogy searches.

Saturday, April 28

The Isle of Faith Church, 1821 San Pablo Road S., will hold its Yard Sale from 8:30 a.m.-2 p.m. to benefit Beaches Habitat. Call 221-1700 to donate items.

Tree Hill Nature Center, 7152 Lone Star Rd., will hold its 11th Annual Joseph A. Strasser Butterfly Festival from 10 a.m.-4 p.m. This year's event will feature a live butterfly exhibit, entertainment from folk singer Mrs. Kate and harpist Pat Cloud, hands-on educational programs in the Amphitheater, live animals, free crafts for kids, local vendors of handmade and eco-friendly arts and crafts, a variety of food and drink options (a portion of food sales are donated to Tree Hill), face painting, chalk draw-

ing by Jax Chalk Fest and much more. The highlight of the event each year is a live butterfly release. This year's release will take place at 3:30 p.m. (weather permitting) and will feature a Dreamer from Dreams Come True helping release the butterflies.

The Armis Club of Jacksonville in conjunction with the Meet-up.com and

Jacksonville Public Library are hosting Family Game Day at various library branches around the city, everyone is invited to learn, play, and enjoy board games

and make new friends. The Highlands Regional Branch Conference Room B, 1826 Dunn Ave, will be held in the Community Room from 2-5:30 p.m.

Saturday, May 5
 Come enjoy making Kiwi Pineapple Orange Jam and take home some of the product made at the Duval County Extension Canning Center from 9 a.m.-noon or 1-4 p.m. Class space is limited. Cost is \$20 per person. Pre-registration and prepayment should be made by April 30. To register call Jeannie at 255-7450.

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 Registration Opens April 16 from 9 am-6 pm.
 Register Monday-Friday 11:30 am-6 pm. Registration Fee due at time of registration (before & after school care parents may register 6-8 am or 11:30 am-6 pm April 2-13)
 Weekly Camp Sessions Monday-Friday 6 am-6:30 pm (Closed on July 1)
 Session Payment Due
 1- June 11-15 May 28
 2- June 18-22 June 4
 3- June 25-29 June 11
 4- July 2-6 June 18
 5- July 9-13 June 25
 6- July 16-20 June 29
 7- July 23-27 July 6
 8- July 30-Aug. 3 July 13
 9- Aug. 6-10 July 20
 10- Aug. 13-17 July 27
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Commands Honor CPO Birthday



Above left, active duty and retired chief petty officers at SERMC Mayport participate in a flag raising ceremony to commemorate the 119th birthday of the U.S. Navy's Chief Petty Officers. Above right, USS Hué City Command Master Chief Raymond Charest Jr. and the ship's chiefs mess stand at attention during the ship's flag raising ceremony held in honor of the birthday. Hué City chiefs continued the birthday celebration with their families throughout the afternoon.

-Photos submitted

Navy Names Destroyer USS Lyndon B. Johnson

From DoN

Secretary of the Navy Ray Mabus announced today the next Zumwalt-class destroyer will be named the USS Lyndon B. Johnson.

The selection of Lyndon B. Johnson, designated DDG 1002, continues the Navy tradition of naming ships after presidents and honors the nation's 36th president.

The USS Lyndon B. Johnson is the 34th ship named by the Navy after a U.S. president.

"I am pleased to honor President Johnson with the naming of this ship," Mabus said. "His dedication to a life of public

service included bravely stepping forward to fight for his country during our entry into World War II."

A Texas congressman, Johnson was the first member of Congress to enlist in the military following the start of World War II. After his naval service, Johnson was elected to the U.S. Senate in 1948, where he served as both minority and majority leader before being elected vice president Nov. 8, 1960.

Following President Kennedy's assassination Nov. 22 1963, Johnson succeeded to the presidency, finished the remaining term, and was

reelected for a full term as president, by the greatest percentage of total popular vote (61 percent) ever attained by a presidential candidate.

Johnson's time as president was marked by the passage of programs that greatly influenced and impacted education, healthcare and civil rights for generations to come. He signed the Civil Rights Act of 1964 into law, enacting comprehensive provisions protecting the right to vote and guarding against racial discrimination. His work on civil rights continued with the passage of the Voting Rights Act, which guaran-

teed voting rights for all people, regardless of race.

Johnson signed legislation establishing Medicare, which allowed millions of elderly Americans access to cheaper medical services. He also launched the Head Start Program, which provided preschool children from low-income families with classes, medical care, and other services.

As a naval officer, Johnson requested a combat assignment after the attack on Pearl Harbor and served in the Pacific theater during World War II. After returning from active duty ser-

vice, Johnson reported back to Navy leaders and Congress on what he believed were deplorable conditions for the warfighters, and continued to fight for better standards for all military members.

USS Lyndon B. Johnson will be the third Zumwalt-class (DDG 1000) destroyer. Construction began on the ship at General Dynamics-Bath Iron Works April 4 and is expected to deliver to the Navy in fiscal 2018. The multimission DDG 1000 class destroyers are designed for sustained operations in the littorals and land attack and will provide indepen-

dent forward presence and deterrence, support special operations forces, and operate as an integral part of joint and combined expeditionary forces. This warship integrates numerous critical technologies, systems, and principles into a complete warfighting system. Zumwalt ships will be 600 feet in length, have a beam of 80.7 feet, displace approximately 15,000 tons, and capable of making 30 knots speed. Each ship will have a crew size of 148 officers and Sailors.

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CNRSE Signs Month Of The Military Child, Child Abuse Prevention Proclamation

By MC2(SW) Greg Johnson

Region Southeast Public Affairs

Rear Adm. John Scorby Jr., Commander, Navy Region Southeast (NRSE), signed a Month of the Military Child and National Child Abuse Prevention Month proclamation on board Naval Air Station Jacksonville April 9.

With the signing, Scorby proclaimed April as the Month of the Military Child and Child Abuse Prevention Month throughout the Southeast Region. National Child Abuse Prevention Month and the Month of the Military Child both run through the end of the month.

"This proclamation was intended to help recognize the role that children play in the armed forces community, as well as raise awareness of child maltreatment prevention," Scorby said. "Military children deal with a unique set of challenges as they constantly adapt to their parents' military obligations, and



—Photo by MC2 Greg Johnson
Rear Adm. John Scorby Jr. signs a Month of the Military Child and National Child Abuse Prevention Month proclamation in front of members of the Navy Region Southeast Family Advocacy Program on board Naval Air Station Jacksonville.

it is the responsibility of many people throughout our communities, from schools to law enforcement agencies, to support parents and make sure our children are raised in an engaged and supportive environment."

According to Commander, Navy

Installations Command, the Navy recorded more than 15,000 substantiated reports of child abuse during the last ten years. While those numbers have been steadily decreasing, many incidents go unreported, said Jeannette Werby, NRSE counseling and advocacy

coordinator.

"There are many reasons that abuse goes unreported," Werby said. "Many people who know about abuse don't report it because they think it's none of their business or are concerned about the stigma a report creates and the damage it may

cause to one's career. In many other cases, injuries from abuse are not visible. Also, many children do not report abuse because they worry they will not be believed, have been told not to talk to anyone and have been threatened with physical harm, or simply feel responsible themselves for the abuse."

According to Werby, the best way to combat child abuse is to raise awareness about it through educational programs and events like the proclamation signing.

"Raising awareness about child abuse underscores that the problem is still here and so are the people who care about its resolution. Affirming at the highest levels that child abuse has serious, long-term outcomes for children and their families adds a compelling dimension to the message that child abuse is unacceptable. Those in leadership roles set the tone and course for awareness, response and intervention," she said.

In addition to child

abuse prevention, the proclamation is also intended to raise awareness about the sacrifices made by military children. According to Military K-12 Partners, there are more than 1.2 million military children today, and since 2001, approximately two million children have experienced the deployment of a parent.

"I would like to personally express my appreciation for the sacrifices our military children make," Scorby said. "Despite the many challenges they face, they remain strong and resilient."

The Month of the Military Child was established in 1986 by former Secretary of Defense Caspar Weinberger to underscore the role military children play in the armed forces community.

To find out more about how you can help prevent child abuse or to report an incident of child abuse, contact your installation's Fleet and Family Support Center.

CNRSE Signs Sexual Assault Awareness Proclamation

By MC2(SW) Greg Johnson

Region Southeast Public Affairs

Rear Adm. John Scorby Jr., Commander, Navy Region Southeast (NRSE), signed a sexual assault awareness proclamation on board Naval Air Station Jacksonville April 9.

The decree proclaims April as NRSE Sexual Assault Awareness Month and emphasizes the region's commitment to the Navy's Sexual Assault Prevention and Response (SAPR) program. The signing coincides with National Sexual Assault Awareness Month, which runs through the end of April.

"The Navy's Sexual Assault Prevention and Response Program provides an opportunity for our installations to raise awareness and to promote the prevention of sexual violence," Scorby said. "Sexual assault is a crime that erodes our operational readiness and leaders at all levels of the chain of command need to communicate that we will not tolerate it! Prevention of sexual assault is everyone's duty."

According to Julie Mooney, NRSE credentialing and program specialist, the region recorded 103 reports of sexual assault in 2011 and 118 in 2010.

"Leadership input is of the utmost importance with sexual assault awareness and prevention efforts. The Secretary of the Navy established the Sexual Assault Prevention and Response Office (SAPRO) in 2009 and it has significantly raised awareness. In 2011, SAPRO

hosted a SAPR summit with the primary focus of raising leadership's awareness of sexual assaults that occur within the ranks and the need for increased prevention efforts. I am optimistic that support from leadership in regards to those prevention efforts will have a significant impact on the effectiveness of the Navy's overall efforts," Mooney said.

While raising awareness is one of the primary tools in preventing sexual assault, the Navy SAPR program also focuses on supporting victims. The Navy offers a variety of support services, including clinical counseling and legal services.

Each installation has a 24-hour SAPR victim advocate line. These numbers are advertised throughout the installations and may be dialed to ask questions, inquire about resources or report a sexual assault. In addition, each installation has a Sexual Assault Response Coordinator (SARC) located at the Fleet and Family Support Center (FFSC) to ensure victims receive the support services they need, Mooney said. People may also contact the DoD Safe Helpline at 1-877-995-5247 or via <http://www.safehelpline.org>.

To find out more about the Navy's SAPR program, contact your local FFSC or SARC, or visit http://cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetandFamilySupportProgram/SexualAssaultPreventionandResponse/index.htm

Roth

From Page 1

will be available on a phased basis by military service from June to October. Officials said the schedule will allow service finance employees to complete and thoroughly test the complex changes needed to the various payroll systems.

Defense finance officials said more specific deployment dates on Roth TSP elections will soon be available on www.dfas.mil.

Officials said service members and their families may contact Military OneSource at 800-342-9647 to schedule an appointment with a financial consultant.

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Don't Throw Away Old Jeans

From CSADD

In support of Sexual Assault Prevention and Awareness Naval Station Mayport Coalition of Sailors Against Destructive Decisions (CSADD) will hold a "Jean Drive" through the month of April.

These donations will be presented

to Battered Women's Rape Recovery Team of Jacksonville at the end of the month. Mayport CSADD team have place drop off bins in the following locations: Building 1, Chapel, CPO Club, Fleet and Family Support Center, Mini Mart, and Housing Office. Clothing donations only, not money.

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Zebra

From Page 1

Two months after the sexual assault avoidance program began; a student of Thompson's was raped. When he arrived at the hospital to see her, the only words she could utter were, "I did what you taught me to do, why didn't it work?" The emotional impact of that moment changed the course of his life.

Since then he devoted himself to studying the whys and how's of sexual aggression. He has conducted countless interviews with convicted rapists, psychologists, doctors, as well as thousands of survivors. He has trained and worked beside police officers throughout the country.

For more information, call FFSC at 270-6600 ext. 1730.

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Coupon Policy Changes At Commissary

By Rick Brink

DeCA public affairs specialist

Changes are on the way in how commissaries handle coupons and product returns without receipts, among other things, as the Defense Commissary Agency enacts customer service policy changes to protect the commissary benefit.

"The average coupon user might not notice the policy changes because they are aimed at preventing possible misuse of the commissary benefit - primarily using coupons to get large amounts of cash back," said Joseph H. Jeu, DeCA director and CEO.

Commissary shoppers are big users of coupons, as evidenced by DeCA's consistent ranking among the top 10 grocery retailers in coupon redemptions over the past several years. Commissaries welcome coupon usage, and to acquaint customers with the changes in the coupon acceptance policy, it has been posted on the agency's website at http://www.commissaries.com/inside_deca/publications/directives/DeCAD40_6_PC_3.pdf and on Facebook at www.Facebook.com/YourCommissary.

Key changes, which go into effect May 1, include:

- Gift cards will be issued to a customer, in conjunction with cash, whenever a transac-

NEXs Now Accepting Manufacturers' Coupons

From NEXCOM

Customers know they can save money every day by shopping their NEX. In addition to the average 23 percent savings and no sales tax, customers can also save money by using manufacturers' cents off coupons on their NEX purchases.

"Redeeming coupons provides our customers another way to save money when shopping at their NEX," said Richard Dow, Navy Exchange Service Command (NEXCOM) Senior Vice President Store Operations. "Coupons are a great way to save even more when shopping for the necessities your family needs."

NEXs accept current valid manufacturer's coupons for the item featured on the coupon, subject to its terms and

conditions. This includes online Internet coupons, except for those coupons offering free products, coupons for Proctor & Gamble (P&G) products or those determined to be fraudulent. The NEX does not "double" or "triple" the face value of a manufacturer's coupon.

The NEX accepts scratch-off, percent and cents-off coupons from the Army Air Force Exchange System (AAFES), the Marine Corps Exchange System (MCX) and the Coast Guard Exchange System (CGX). These can be percent and cents-off in-store coupons, coupons presented in a coupon book, or printed from Facebook. All coupon terms and conditions apply. The NEX also accepts a manufacturer's coupon and

NEX coupon, or coupon from another Military Exchange Service, on the same item. The combination of the two coupons cannot exceed the price of the product; money is not returned to a customer on the redemption of two coupons which exceeds the price of the product.

In fiscal year 2011, over 1.6 million coupons were redeemed by NEX customers worldwide with a value of \$2.3 million.

"When you combine our percentage savings with the extra savings from using coupons, customers save a considerable amount of money when they shop at their NEX," said Dow.

tion total reflects \$25 or more is owed to the customer due to coupon "overages" (when the face value of the coupon exceeds the selling price of the item purchased and the transaction results in a negative bal-

ance)

- Gift cards will be issued to customers, in conjunction with cash, for refunds of \$25 or more when a receipt is presented showing the merchandise was originally purchased with gift

cards

- Gift cards will be issued to customers, in conjunction with cash, for refunds of \$25 or more when a receipt is not presented
- Clarification for instances of suspected privilege abuse

- Update to the coupon acceptance policy that clarifies dot-scan barcode requirements and pin requirements for unique numbering, that photocopies and counterfeit coupons are not accepted, and that coupons must be printed in English

The changes harness the scope of the new commissary gift card, which has been in use since last summer. Available only in denominations of \$25 and \$50, issuing gift cards as an alternative to paying out large sums of cash brings DeCA in line with other retailers' practices and ensures DeCA's cash flow is not adversely impacted. Amounts under \$25 will be in cash.

"Commissaries are providers of a benefit that sell groceries at cost, and using the gift cards to cover certain refunds and coupon 'overages' discourages practices contrary to DeCA's mission," Jeu noted.

"We value coupon usage because it helps our customers boost their savings," Jeu said. "These changes are in the best interest of all concerned to help ensure that coupons continue to be a great source of savings for our customers."

Swing Into Spring With A Nutritious Diet

By Kristin Shives

TRICARE Management Activity

With nutrition such an essential part in staying healthy, TRICARE beneficiaries can spring into a healthier life starting with a more nutritious diet.

The Dietary Guidelines for Americans, published by the Department of Health and Human Services and the Department of Agriculture, say a healthy diet should include plenty of fruits, vegetables, whole grains, low-fat milk

products, lean meats, poultry, fish, beans, eggs and nuts. The guidelines also recommend Americans choose foods with low saturated fats, trans fats, cholesterol, salt and added sugars. Dietary fats are needed, but should be limited to 20 to 30 percent of the amount of calories consumed, with no more than 10 percent of total calories from saturated fat. Read the nutrition label to find out the amount and types of fats in foods.

Many fruits and vegetables contain vitamins, minerals and fiber that may help prevent the development of chronic diseases including stroke, cardiovascular disease and cancer. Think color when picking fruits and veggies to add to a diet.

The Centers for Disease Control and Prevention (CDC) list several examples of fruits and vegetables that have a wide range of valuable nutrients; green spinach, orange sweet potatoes,

black beans, yellow corn, purple plums, red watermelon and white onions. Beneficiaries can find the daily amount of fruits and vegetables needed at www.fruitsandveggies-matter.gov.

Balancing food choices is vital for the body to get all its needed nutrients and should include fiber, potassium, and vitamins A and C. Fiber can help decrease the risk of coronary artery disease. Potassium helps keep blood pressure at

a healthy level. Vitamin A keeps eyes and skin healthy plus boosts the immune system. Vitamin C helps bones, teeth and gums remain healthy and aids in the healing process.

Beneficiaries looking for a healthy eating plan can visit www.mypyramid.gov. The site offers information on how many calories are needed daily, how much food equals a portion and how to make healthy choices in each food group.

Nutrition and exercise affect the overall health for today, tomorrow and the future. Eat fewer calories, make informed food choices and be physically active: these steps can help TRICARE beneficiaries maintain a healthy weight, reduce the risk of chronic disease and achieve overall health.

For more information on how to live healthy visit www.tricare.mil/healthyliving.

Fleet Reserve #91 Poker Run

The Fleet Reserve on Collins Road will host its 6th Annual Poker Run for the USO on April 21. Registration from 11 a.m.-1 p.m. Last bike in by 5 p.m. Registration is \$10 with a \$200 guaranteed winner take all! There are lots of door prizes, 50/50 raffle, food and live entertainment by starting at 5:30 p.m. Stops at Rehab Saloon, American Legion Middleburg, VNV/LV Clubhouse, Rusty Pub, Steel Pony, ending back at the Fleet Reserve. Best of five cards win. For more information call 264-2833.

2012 Birdies For Charity Program

Your Greater Jax Area USO is once again pleased to be participating in the 2012 PLAYERS Championship Birdies for Charity program. This unique, community-based fundraising initiative is held in conjunction with THE PLAYERS Championship at TPC Sawgrass, May 7-13, 2012. If you visit www.birdies-forcharity.playerschampionship.com, you will have the opportunity to make a donation to Greater Jax Area USO AND to become eligible to win a fabulous grand prize. Upon making your donation, you will be asked to guess the total number of birdies that will be made during the competition rounds of the tournament. The individual who guesses the exact number of birdies made (or closet thereto) at the 2012 PLAYERS will win \$5,000. In addition, the charity that the individual

USO NEWS

supports with their entry, will receive an additional \$5,000 bonus. In the event of a tie, a tie-breaker question will be used to determine the winner. Deadline for all entries is Wednesday, May 9.

We hope you will take this opportunity to support your Greater Jax Area USO and THE PLAYERS by visiting www.birdies-forcharity.playerschampionship.com. Donations can be made online with a credit card. Or, you may donate via personal check made out to "Greater Jax Area USO" and mail to: Greater Jax Area USO, P.O. Box 108, NAS Jacksonville, FL 32212-0108. Please annotate "Birdies For Charity" on your personal check. A cash donation may be made at either your Mayport or NAS Jax Area USO Centers. All donations received via this program go directly to support your Greater Jax Area USO.

You Could Win A 1948 Pontiac Torpedo!

Do you like old antique cars? The American Legion Riders Chapter 283 has proudly offered a 1948 Pontiac Torpedo car in a raffle drawing to be held on June 1 at 8 pm. NAS Jax USO and Mayport USO now have Donation Tickets available for purchase! The tickets are only \$10. Stop by your USO center today! All sales are cash only at the centers or at Post 283.

K9S For Warriors

K9sforwarriors is located in Ponte Vedra Beach and they specifically offer service dogs for warriors medically diagnosed with Post Traumatic Stress. If you or someone you know would greatly benefit from having a canine companion, please visit www.k9sforwarriors.org for more information.

Smiles Over Miles

Smiles Over Miles gives all active duty military service members the opportunity to send video messages back home for free, easily from any computer with an internet connection and webcam. The technology also comes with built in security, so messages are kept private and delivered via secure transmission. Sign-up now via the following link: <http://smiles-overmiles.com>

Special For Military Hunting And Fishing License

Active-duty and retired military Florida residents can get a low cost (\$20) Military Gold Sportsman's License. The license covers hunting, freshwater and saltwater fishing and a variety of associated permits at a greatly reduced cost. The Military Gold Sportsman's License is available at tax collectors' offices only. Applicants must present a current military ID card plus a Florida driver's license or orders showing they are stationed in Florida as proof of eli-

gibility. Military Gold Sportsman's License (includes same privileges as Gold Sportsman's License, Listed Below) Available to Florida residents who are active or retired members of the U.S. Armed Forces, Armed Forces Reserve, Florida National Guard, Coast Guard or Coast Guard Reserve; upon submission of a current military identification card and proof of Florida residency. Gold Sportsman's License includes Hunting, Saltwater Fishing and Freshwater Fishing licenses; and Deer, Wildlife Management Area, Archery, Muzzleloading Gun, Crossbow, Turkey and Florida Waterfowl, Snook and Lobster permits.

Recycling

Recycling has come to the Greater Jacksonville Area USO. If you have any office paper, shredded paper, old magazines, and newspapers that you would like to donate, please bring it to either the Mayport or NAS JAX USO Center. This will be a great fundraiser for the USO so please help us fill the bins. Help support the troops with your unwanted paper!

Honorably discharged veterans, active-duty service and reserve members will receive a 25 percent discount on the purchase of a Florida State Park annual pass. The discount provides a savings of \$15 on an individual annual pass and \$30 on a family annual pass, which allows up to eight peo-

ple in a group to access most of Florida's 160 state parks. In addition, honorably discharged veterans who have service connected disabilities, and surviving spouses of military veterans who have fallen in combat, will receive a lifetime family annual entrance pass at no charge. For information on qualifications and necessary forms to receive these discounts, visit www.FloridaStateParks.org/TheUSOandRocketLife, have partnered to deliver a heart-warming opportunity for the men and women of the armed forces and their families. The Personal Photo Book program enables troops serving abroad and their families to create 20-page personal photo books and ship them to any APO/FPO address for free. These full-color, customized photo books are small enough to fit in a soldier's cargo pockets yet can hold more than 60 photos of loved ones. RocketLife prints the books for free, and the USO pays for the shipping. To get started, visit <http://uso.myphotoproducts.com>.

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

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

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

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



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'05 Pontiac Grand Am, SE, 6cyl, 4dr, sedan, 177k hwy mi's, AT/PS/PB/Cruise. Asking \$4990obo. 904-757-7037
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2011 Chevy Camaro LT Coupe 2dr, \$26,500, 7,040mi's, parked in gar. V6, 3.6 liters AT, 6spd w/ overdrive & TAP shift, moon roof, alloy wheels, keyless entry, OnStar, ABS(4-wheel), city 18/highway 29, torque:278 @5100 RPM, horsepower: 312 @ 6500 RPM Sara Riek 904-751-4201
2002 LINCOLN - Exc. Blackwood, one owner, garaged, 99k miles, \$18,000. Extra tow hooks, new tires, manuals, separate 904-384-7809
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2003 GMC Sierra 1500 pickup, 1/2 ton, V8, ext. cab, 2wd, tinted windows, new tires, one owner 904-583-2246/206-0207
2007 Nissan Xterra, 69K miles, AT, 4.0L V-6, exc. cond., \$13,000. Call Brian offer \$p, 904-566-6558.

Trucks / Trailers / SUVs

2008 CHEVY Z71, 4x4, 9900mi's, AT, 5.3L, 4dr, Tom 891-2659 after 4.

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\$7.8 Billion

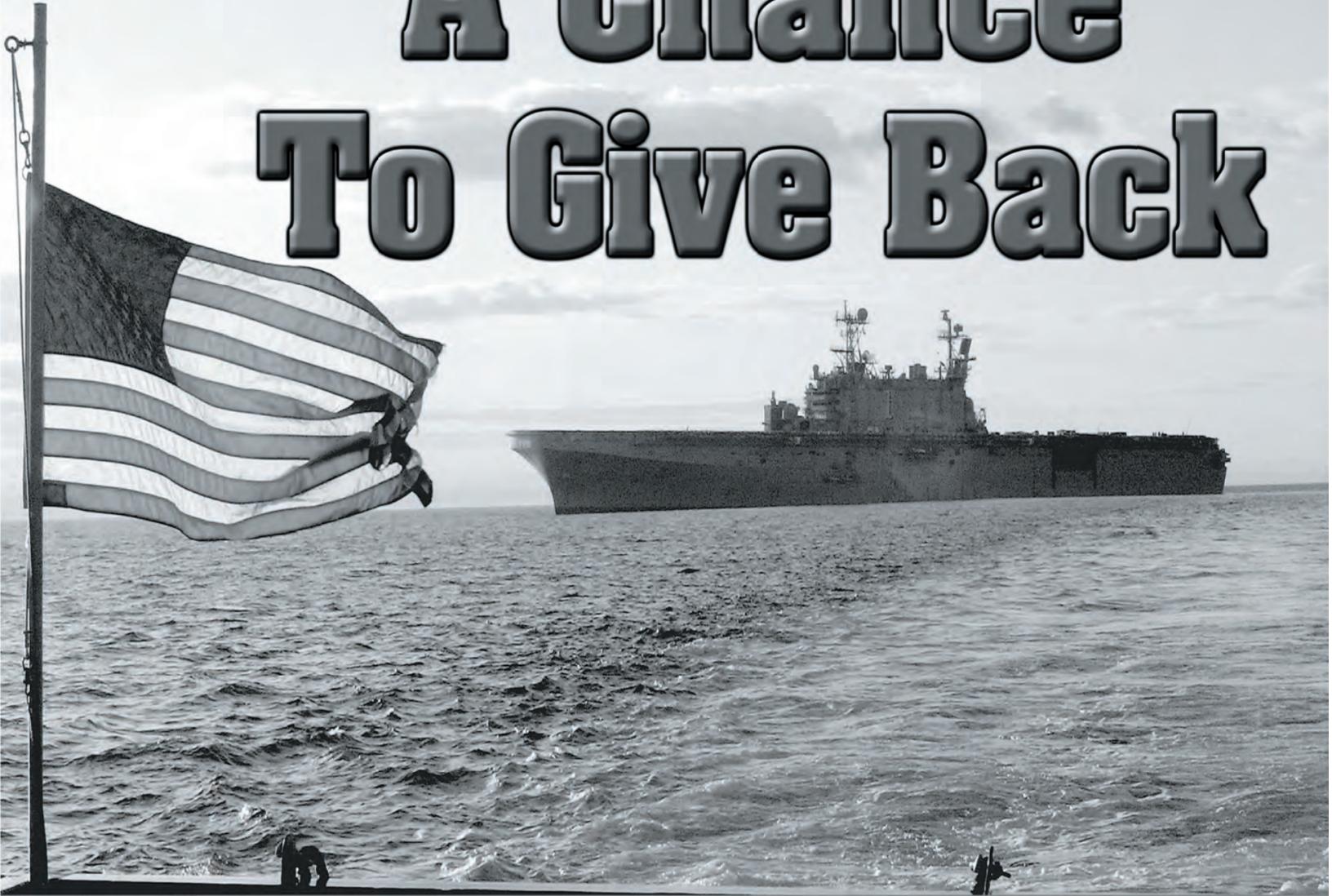
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