

Valiant Joins Mayport Fleet

From U.S. Coast Guard

Naval Station Mayport gained more than 100 new residents when the Coast Guard Cutter Valiant arrived Friday for a permanent homeport change.

The 210-foot medium endurance cutter moved to Mayport from Miami with a crew of 12 officers, 64 enlisted personnel and their families.

The Valiant is a multi-mission, medium endurance cutter that operates in the Atlantic Ocean, Caribbean Sea and Gulf of Mexico for the commander of Coast Guard Atlantic Area. The cutter's missions include search and rescue; maritime law enforcement; marine environmental protection; defense readiness; and ports, waterways and coastal security.

"Everyone we've worked with to make our move possible - the command and personnel at Naval Station Mayport, the St. Augustine chapter of the Navy League and countless members of the community - has welcomed us with open arms and gone above and beyond to ensure we have a smooth transition," said Cmdr. Stephen Burdian, commanding officer of the Valiant. "We're extremely fortunate to call Jacksonville our new home."

The Valiant's move to Jacksonville opens space in Miami for the Coast Guard's new Sentinel-class Fast Response Cutters, which will be homeported there.

An extensive review of multiple potential homeports determined Naval Station Mayport is the best location for the Valiant and its crew.

"We have an outstanding relationship with the Coast Guard here, and the Valiant's arrival highlights that partnership," said Capt. Doug Cochrane, commanding officer of Naval Station Mayport. "We're

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-Photos by MC1 Toiete Jackson
Above, The U.S. Coast Guard Cutter Valiant (WMEC 621) arrives at Naval Station Mayport for a permanent homeport change from Miami with a 76-person crew. Left, Family and friends of the U.S. Coast Guard Cutter Valiant (WMEC 621) cheer as they arrive at Naval Station Mayport for a permanent homeport change from Miami. The Valiant is a multi-mission, medium endurance cutter whose mission include search and rescue; maritime law enforcement; marine environmental protection; defense readiness; and ports, waterways and coastal security.

Boyles Takes Command Of CHSMWL

From CHSMWL

Capt. Daniel E. Boyles relieved Capt. Douglas J. ten Hoopen as Commander, Helicopter Maritime Strike Wing, U.S. Atlantic Fleet on Aug. 3 during a ceremony at Ocean Breeze Conference Center.

Boyles, a native of Mount Prospect, Ill., was commissioned through the University of Illinois NROTC program in 1986, where he earned a Bachelors of Science Degree in Mathematics. He was designated a Naval Aviator in June 1988.

Boyles flew the SH-2F Seasprite during his initial sea assignment in HSL-35 and made two deployments to the Western Pacific and Indian Ocean in USS Sides (FFG 14) and USS Reasoner (FF 1063). Boyles then transferred to HSL-41 in February 1992, where he transitioned to SH-60B Seahawk and served as an Instructor Pilot in the Fleet Replacement Squadron.

In September 1994, Boyles reported to USS Juneau (LPD 10), located at Naval Station San Diego, where he served as Air Boss and deployed to the Central Pacific and Persian Gulf. During this tour Boyles earned his Officer of the Deck (Underway) and Surface Warfare Officer Qualifications.

In June 1999, Boyles returned

to San Diego, California, and reported to HSL-47 where he served as Safety Officer, Operations Officer and completed a Caribbean Counter Narcotics deployment as Officer-in-Charge of Detachment Six in USS Doyle (FFG 39).

In September 2004, he returned to HSL-47 as Executive Officer and on Dec. 8, 2006 he took command of the Saberhawks. During this tour the Saberhawks won the coveted Secretary of Defense Maintenance Award, the Lockheed Martin Superior HSL Maintenance Award and the Capt Arnold J. Isbell award for tactical excellence. In addition, the Saberhawks participated in Tsunami and Hurricane Katrina relief efforts while supporting two USS Abraham Lincoln Strike Group deployments.

His shore assignments included tours to the Director Assessments Division (N81) on the staff of the Deputy Chief of Naval Operations (Resources, Requirements, and Assessment) and to NORAD and USNORTHERN Command Interagency Liaison Office in Washington D.C.

A Long Island native of Bay Shore, New York, ten Hoopen is a 1987 graduate of the United States Naval Academy. After



-Photo by Paige Gnann
Capt. Daniel Boyles salutes guest speaker Rear Adm. Ted Branch, Commander, Naval Air Force Atlantic, after relieving Capt. Douglas ten Hoopen as Commander, Helicopter Maritime Strike Wing, U.S. Atlantic Fleet on Aug. 3 during a ceremony at Ocean Breeze Conference Center.

receiving his aviation wings in 1989, he was assigned to HSL-43 in San Diego, Calif., where he completed two deployments to the Arabian Gulf while forward deployed to Atsugi, Japan. The first was as Detachment Operations Officer in USS

Mobile Bay (CG 53) in support of Operations Desert Shield and Desert Storm. The second was as Detachment Maintenance Officer in USS Bunker Hill (CG 52) He finished his tour at HSL-43 as the Quality Assurance Officer.

Ten Hoopen's other sea tours began in 1995, when he reported as Assistant Navigator in USS Nimitz (CVN 68), homeported in Bremerton, WA. While aboard he deployed for a third time in support of Desert

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Navy Housing – Helping Us Help You

Blog Post by Commander, Navy Installations Command Public Affairs

“As a Navy leader – and someone who lives in Navy housing – I am committed to ensuring service members and their families have suitable, affordable and safe housing. Recent events pertaining to mold in Navy barracks, and government owned and family privatized housing have indicated a need to more clearly communicate assistance available on all issues, but particularly when pertaining to health or safety issues.

This is a personal issue for me. I am determined to ensure we are providing the very best housing throughout the fleet – but I also need your help. If you help me by reporting your housing issues, we can help ensure you maintain a house or barracks room that you can feel proud to say is your home.”

VADM Bill French
Should a health or safety issue arise during a Sailor’s stay in Navy barracks, government owned, or privatized family housing, we’ll work with the Sailor as an advocate for their needs until we find a solution.

If the issue cannot be resolved, we will work with the Sailor to find alternate accommodations. Whether in a barracks room or home, if you live in Navy housing and suspect a health or safety condition exists, please report it to the local Private-Public Venture (PPV) office, the local Navy Housing Office or your barracks manager. Use your Chain of Command; talk to your LPO, LCPO, Division officer, Ombudsman and even your Commanding Officer until you feel you’re getting the right amount of attention on your

issue. If you feel you are having health issues that may be related to conditions in your home or barracks room, see your medical provider immediately and then report the issue to your command medical officer or representative and your chain of command.

Taking personal responsibility to prevent issues like mold before it gets out of hand is essential. In many environments mold can grow no matter how well we maintain the home or condition the air quality. Be vigilant and ensure areas

of your home or barracks room that tend to have more moisture, like kitchens and bathrooms, are kept clean on a regular basis. Often times, all it takes is a once weekly wipe down with mold/mildew cleaner.

As a ready and resilient force, 21st Century Sailors and their families must feel confident they can report personal and housing concerns in order to stay safe and healthy in the places they live so we can all focus on our mission, our duties and those we care about.

Welcome To NS Mayport, Jacksonville



Judy Cromartie
School Liaison Officer

Most children and their families get excited about moving to a new community. It is an opportunity to start afresh, make new friends, explore different scenery, and maybe get their own bedroom. But the other side of a move for children is leaving friends and starting in a new school. “Who will be my teacher?” “Who will I sit with at lunch?” “Will I have to ride a bus?”

These are common questions, tinged with anxiety, which your children are now asking about this new community - Jacksonville, Florida.

Knowing THE ROPES

While you may be concerned about housing, a job, and new clothes due to a climate change, your children have honed in on what will have the greatest impact on them: school.

Moving is hard for the whole family, but it can be especially hard on kids. One of the keys to making it easier is preparation. Psychologist Gary Santavicca says, “In general, the more preparation you have, the easier a transition is.”

But if you didn’t have time to research this move, now is the time to get online to learn about Hanna Park, the fun things to do throughout the Beaches’ community, the zoo, and their new schools. If possible, have your children help you with this online research. Santavicca states that by helping, it becomes “a

family project” which creates a positive response to the move for all in the family.

By sending a positive message to your children about the good place where they are now living, the good people, and especially, the new school, your excitement will be transferred to your children. This helps them to feel confident about their new surroundings and the new school.

If you need help getting more information about the new school than can be found on the school’s website, check with me, the School Liaison Officer at N.S. Mayport. Or you can find out school information by going to www.duvalschools.org and click on the tab “Parents.” Then scroll down to “How to Enroll” to find enrollment forms, the start

and end times, cost of the lunch, sports schedules, and answers to your transportation questions.

As the School Liaison Officer I will also be able to put you in contact with the school’s counselor. The counselor can provide information about registration dates/times, PE routines (including uniforms for middle and high school students), backpack rules, and other information which may not be posted on the school’s website. The school counselor will also be able to answer your questions about your child’s IEP or 504 Plan.

Check on the individual school’s website to find out the date of Orientation. Most schools in Duval will have this on their website and on the marquee at the front of the school. At Orientation, your child will learn about the school’s dress code, find out his schedule for the year, meet his teacher or teachers, and maybe even

get his lanyard and school ID. In August, the website will also post the date and time for Open House.

As you approach day one, which is Aug. 20 in Duval, establish a regular bedtime routine and morning routine. Decide if your child will pack a lunch or buy it. Make sure that he has clothes which are appropriate for the school’s dress code. Determine where at home he will keep his school ID, his books, and maybe that lunch so that each morning is hassle-free.

With a little bit of effort at home, parents can establish a positive tone for this latest move which will result in a great year of learning. Parental involvement and enthusiasm may be all your child needs to have a great move and an outstanding year of academic success!

Websites to help make the first days and weeks easier:

*websites for area schools: www.duvalschools.org; www.stjohns.k12.fl.us

*free tutoring: www.SoarAtHome.com; www.tutor.com

*special needs: www.militarystudent.org; www.autism-society.org

*Military Youth on the Move: This program is supported by the DoD and available at <http://apps.mhf.dod.mil/pls/psgprod/f?p=MYOM:HOME2:0> This website is designed to provide relocation and outreach support to military youth ages 6-18.

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.

Olympic Dreams Or Defeats Bring Lessons



Lt. Stephen Cloer
CNSL Ministry Center

The Summer Olympics in London has filled our home as we tune in to watch each evening to see who will win a medal. My favorite part of the Olympics is hearing the stories of the athletes and their families who have sacrificed so much to be there. They have been

CHAPLAIN’S CORNER

clinging to the dream of Olympic gold, hoping it will become reality.

The London 2012 games have indeed been interesting to watch, as some who were thought to be gold medal contenders failed to place on the medal stand. Their Olympic dream was crushed in a moment. For many of these athletes it has taken most of their life to train for this one day, so it is indeed a great disappointment when they are not able to perform on Olympic game day.

Have you ever faced crushing disappointment in your life? Has life suddenly taken a turn you never thought possible? Have you seen a dream you held onto for years come quickly to an end? Can you relate to these athletes who have invested their lives for this day, only to walk away empty handed? I am sure we can all relate in some way.

Among these Olympic sad endings, there is a great lesson to be learned. The lesson is that sorrow and suffering are times in our life that can be a

catalyst for us to truly accept ourselves and find out more of who we are. It is a chance to grow in character as a person as we accept the truth of the circumstances that have enveloped us.

Oswald Chambers says it well in ‘My Utmost for His Highest,’ that “the only way to find yourself is in the fires of sorrow.”

These are indeed shaping moments in our life. While we all wish life was full of nothing but success and achievements, such a life would actually be to our detriment because

success tends to breed pride that goes to our head. Pride breeds complacency and a self-seeking attitude. A crushed dream or a moment of sorrow is an opportunity for God work in our life to break down pride and increase humility.

It is a chance to ask ourselves, “What really matters in life?”

The character of Christ is seen in John 12:27 where Jesus says, “Now My soul has become troubled; and what shall I say, ‘Father, save Me from this hour’? But for

this purpose I came to this hour.” The hour was when Jesus was betrayed by Judas and crucified on a cross. He could have evaded the hour, but rather He moved towards it in humility.

We all strive and work hard to pursue our life’s dreams, but circumstances are so many times outside our control. When life takes a turn and dreams are crushed, take that time to stop and take personal inventory and look to God who has a purpose for it all!

New Website Honors Service Members’ Valor

By Jim Garamone
American Forces Press Service

The Defense Department unveiled a new website today that honors service members’ highest acts of valor.

The site - at <http://valor.defense.gov> - is designed to raise awareness of service members’ heroism and to help deter those who falsely claim military honors, officials said.

Recognizing those who have served so honorably remains the crux of the DOD effort, Defense Secretary Leon E. Panetta said. “One of the most important things we can do for all veterans is to honor the service of those who have gone above and beyond the call of duty,” he added.

Ultimately, officials

said, the intent of the website will be to honor soldiers, sailors, airmen and Marines who received the highest valor awards in operations since Sept. 11, 2001. These are the Medal of Honor, service crosses and the Silver Star. The listing covers only awards since Sept. 11, 2001. The site currently lists only those awarded the Medal of Honor, and will expand to include the other awards, officials said.

“It is essential that we honor and recognize our service members’ achievements, while maintaining the integrity of our award data,” said Erin C. Conaton, undersecretary of defense for personnel and readiness.



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Jerome Cayangyang

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NGI&S Bowman Hall Gets Facelift

From Staff

Representatives from Naval Station Mayport, Navy Gateway Inns & Suites, Public Works and construction contractors gathered outside of Building 1585 Friday to cut the ribbon on the newly renovated Bowman Hall.

Bowman Hall has undergone a total room renovation project since December 2009, which included the repair and renovation of 114 guest rooms, hallways, lounges and common areas. The project was completed in July and cost \$5.2 million, including furnishings.

Closet walls, doors, shelves, bathroom plumbing, flooring - even the ceiling fans carpeting and room number signs were demolished and removed during the renovation.

The new rooms have a modern look and provide a feeling of home, according to Ada Ferran, NGIS Mayport manager. The furniture, fixture and equipment upgrades also include a new queen size bed, bed and bath linens, night stands, art work, desk and chairs, along with a 32-inch TV.



-Photo by Paige Gnam

Representatives from Naval Station Mayport, Navy Gateway Inns & Suites, Public Works and OTAK construction contractors gather outside of Building 1585 Friday to cut the ribbon on the newly renovated Bowman Hall. The \$5.2 million project, including a total renovation of the 114 guest rooms, was completed in July.

Valiant

From Page 1

thrilled the Coast Guard chose our base, and we welcome our new shipmates."

There are no other Coast Guard cutters permanently homeported aboard Naval Station Mayport, but the base often hosts visiting cutters in need of temporary pier space for port calls, scheduled maintenance periods and emergency repairs during patrols through the area.



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-Photo by MC2 Anthony Curtis

Sailors man the rails aboard Oliver Hazard Perry-class frigate USS DeWert (FFG 45) as the ship arrives in Montreal. DeWert, Cyclone-class coastal patrol ship USS Hurricane (PC 3) and Canadian Halifax-class frigate HMCS Ville de Quebec (FFH 332) are visiting cities in America and Canada to commemorate the Bicentennial of the War of 1812.

USS De Wert Visits Canada For War Of 1812 Commemoration

By Ensign Hannah Johnston
USS De Wert Public Affairs

USS De Wert (FFG 45) left Jacksonville, Florida on July 16 to begin a 73-day cruise through the Great Lakes to commemorate the Bicentennial of the War of 1812. Since her departure, De Wert has visited the Canadian cities of Halifax, Quebec City, and Montreal and is currently en route to her first American port, Milwaukee.

At each of the Canadian port visits, De Wert hosted distinguished visitor

receptions for the respective cities' mayors, military officials, and other public figures to further our ties with our sister country.

"We did a phenomenal job because we functioned as a team and were dedicated until the end," said Cmdr. Joseph Thomas, commanding officer of USS De Wert.

The crew of De Wert has succeeded at fulfilling a demanding schedule of completing ship preparations, providing tours, conducting community relations projects, and

engaging with the public of the host city. More than 5,000 people visited De Wert in Quebec City and Montreal.

"I really enjoy the opportunity to meet and mingle with the people and for them to see the finished product of all our hard work," said Boatswains Mate 2nd Class Nathaniel Pennywell.

Currently, De Wert is transiting the St. Lawrence Seaway, which provides a system of locks, channels, and canals for ships to transit from the



-Photo by MC2 Tony D. Curtis

Sailors man the rails aboard Oliver Hazard Perry-class frigate USS DeWert (FFG 45) as the ship departs Quebec City. DeWert, Cyclone-class coastal patrol ship USS Hurricane (PC 3) and Canadian Halifax-class frigate HMCS Ville de Quebec (FFH 332) are visiting cities in America and Canada to commemorate the Bicentennial of the War of 1812.

Atlantic Ocean to the Great Lakes. De Wert's arrival into the Great

Lakes is a highly anticipated event, as it is the first Navy frigate to visit

the Great Lakes since the See De Wert, Page 5



-Photo courtesy of USS De Wert

Members of the Wendake First Nation greeted Rear Adm. Greg Nosal, Cmdr. Joe Thomas and the crews of USS De Wert, USS Hurricane, and HMCS Ville de Quebec during a traditional aboriginal welcoming ceremony in Quebec.



-Photo courtesy of USS De Wert

USS De Wert inside the first of fifteen locks during her transit through the St. Lawrence Seaway.



-Photo by MC2 Dustin Good

Cmdr. Joseph C. Thomas, USS DeWert commanding officer, signs the guest book with Jocelyn Ann Campell, city councillor of Montreal, at city hall.



-Photo by MC2 Tony D. Curtis

Operations Specialist 3rd Class Zach Wood, left, and Electronics Technician 2nd Class John Cochran, both from USS DeWert (FFG 45), answer questions from Ted Bird on TSN Radio 990 Montreal about the ship's visit to the city.



-Photo by MC2 Tony D. Curtis

Sailors assigned to Cyclone-class coastal patrol ship USS Hurricane (PC 3) watch a concert featuring Slash from Guns n' Roses.



-Photo by MC2 Anthony Curtis
Chief Electrician's Mate Gerson Paul from Cyclone-class coastal patrol ship USS Hurricane (PC 3) gives toy hockey sticks to a patient during a community relations event.



-Photo by MC2 Anthony Curtis
Quartermaster Seaman Patrick Riley from USS De Wert (FFG 45) greets a patient during a community relations event at the Sainte-Justine Mother and Child University Hospital Centre.



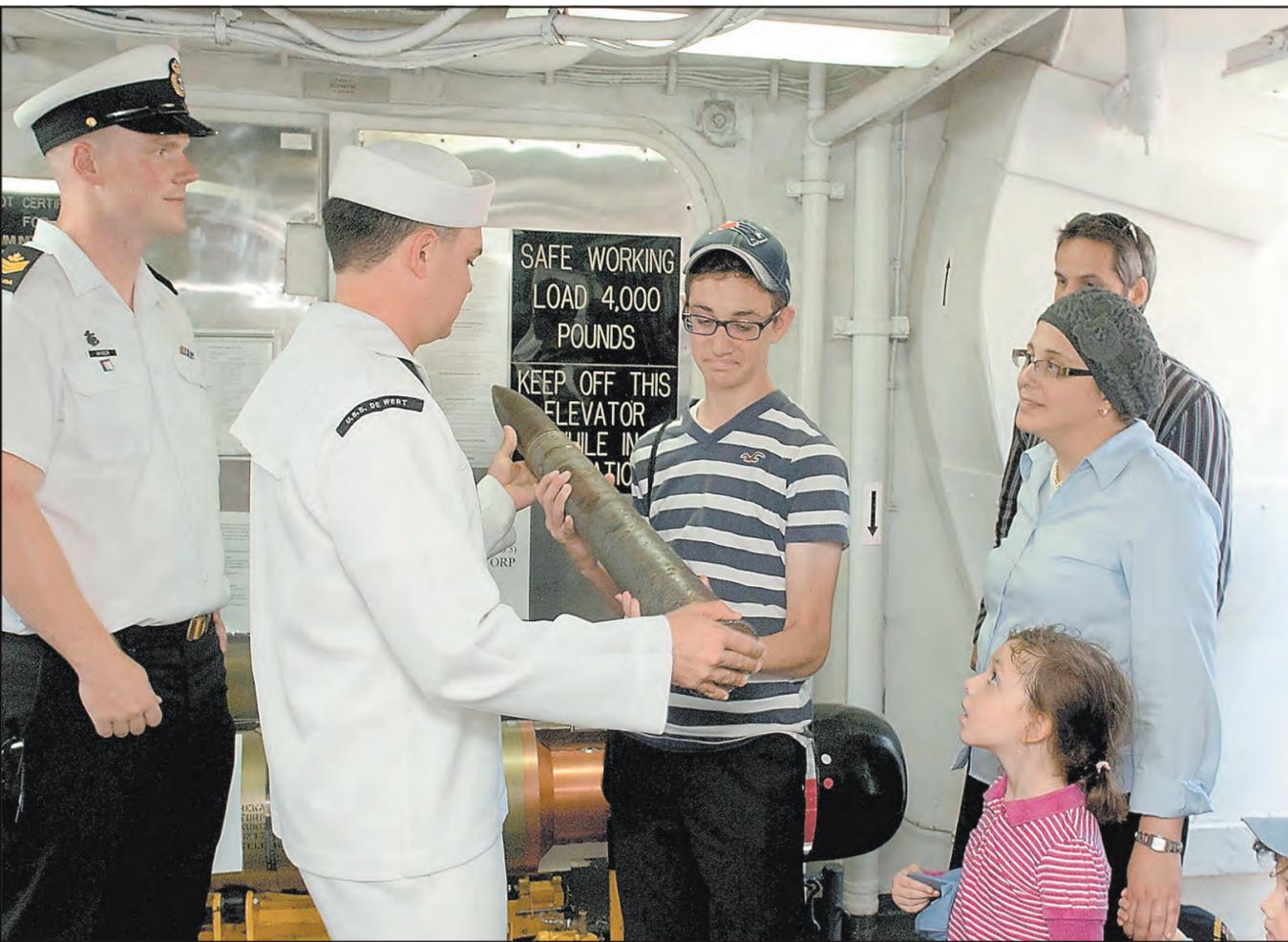
-Photo by MC2 Anthony Curtis
Quartermaster 1st Class Darkemu Cammu operates a GPS on the bridge aboard USS De Wert (FFG 45).



-Photo by MC2 Anthony Curtis
Gunner's Mate 3rd Class T'Darris Booker describes different weapons to tourists aboard USS De Wert (FFG 45).



-Photo by MC2 Anthony Curtis
Fire Controlman 2nd Class Daniel Faiella describes a .50 caliber machine gun to a tourist aboard USS De Wert (FFG 45).



-Photo by MC2 Dustin Good
Sonar Technician (surface) 2nd Class Mark Riddell shows a Mk .76 round to Montreal locals during a tour aboard USS De Wert (FFG 45). De Wert, Cyclone-class coastal patrol ship USS Hurricane (PC 3) and Canadian Halifax-class frigate HMCS Ville de Quebec (FFH 332) are visiting cities in America and Canada to commemorate the Bicentennial of the War of 1812.

De Wert

From Page 4

Navy's last Great Lakes Cruise in 1999. The USS Hurricane (PC 3) and the Royal Canadian Navy's HMCS Ville de Quebec are also traveling with De Wert throughout the Great Lakes for the commemoration events. Other scheduled port visits include Chicago, Toledo, Detroit, Cleveland, and Buffalo.

The War of 1812, also known as America's second war for independence, is regarded by many as the conflict that started our country's rise to global influence. From 1812 to 1815, we fought to expand to the north and west, and to assert our rights to trade freely with other countries, without interference from Britain's Royal Navy ships on the high seas. Our modern Navy and our role as a global maritime power are rooted in the events of 1812 to 1815. More information on the Bicentennial Commemoration of the War of 1812 can be found at www.ourflagwasstill-there.org



-Photo by MC2 Dustin Good
Lt. Cmdr. Ron Flesvig explains the navy insignia of Informations Systems Technician 3rd Class Jeremy Wood to a Montreal news crew aboard Oliver Hazard Perry-class frigate USS De Wert (FFG 45).



-Photo by MC2 Dustin Good
Interior Communications Electrician 1st Class Michael Klebeck, from Cyclone-class coastal patrol ship USS Hurricane (PC3), explains damage control equipment to Montreal locals during ship tour.

Annual Panamax Kicks Off In Mayport

From U.S. Naval Forces Southern Command and U.S. 4th Fleet Public Affairs

Rear Adm. Sinclair Harris, commander, U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) and Brazilian Rear Adm. Wilson Pereira de Lima Filho welcomed partner nation participants and staff officially kicking off this year's PANAMAX exercise, Aug. 6.

The main focus of PANAMAX is to exercise a variety of responses, in coordination with the governments of Panama and Colombia, in order to protect and guarantee safe passage of commercial traffic through the Panama Canal, ensure its neutrality, and respect national sovereignty.

Representatives from 17 nations are participating in the annual exercise from Aug. 6-17, which has evolved over many years and now includes training for many of the same 21st century threats encountered in today's land, sea, air and cyber environments. More than 600 military personnel have traveled to Mayport for the exercise including 170 guests from partner nations.



Rear Adm. Sinclair Harris, commander, U.S. Southern Command and U.S. 4th Fleet gives PANAMAX military exercise T-shirts to local media during a press conference held on board Naval Station Mayport. The main focus of PANAMAX is to protect and guarantee safe passage of commercial traffic through the Panama Canal.

-Photo by MC2 Salt Cebe

Military and civilian personnel from Mayport-based COMUSNAVSO/C4F and Destroyer Squadron 40 (including Navy Reservists from the Jacksonville area) are also participating in PANAMAX.

PANAMAX is a U.S.-sponsored, multinational annual exercise

that includes participants from Belize, Brazil, Canada, Chile, Colombia, Dominican Republic, Ecuador, El Salvador, France, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, and the United States.

"This exercise is designed to execute sta-

bility operations under the support of United Nations Security Council Resolutions; provide interoperability training for the participating multinational staffs; and build participating nation capability to plan and execute complex multinational operations," Harris said.

The governments of the

countries participating in PANAMAX share common interests and this exercise enhances those links by fostering friendly, mutual cooperation and understanding between participating militaries. This multinational exercise also contributes to interoperability, and builds the capabilities of

the participating nations to plan and execute complex multinational operations.

"One of the most important benefits of multinational exercises like PANAMAX is the fact that all the participants will be able to exchange their experiences, expertise and will gain new knowledge about each other's culture and people, Harris said. "These interactions strengthen our bonds across the region and foster long-lasting friendships and an understanding among the partner nations, ultimately benefiting the security of the region."

COMUSNAVSO/C4F supports U.S. Southern Command joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

FFSC Mayport Works To Help Sailors, Families

From FFSC

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

Aug. 9, 1:30-3:30 p.m., **Troops to Teachers**, FFSC

Aug. 9, 9 a.m.-noon, **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.

Aug. 13, 6-7 p.m., **IA Family Connection Group**, USO

Aug. 13, 8:30 a.m.-3:30 p.m., **Anger Management Class**, FFSC Room 702

Aug. 13-17, 7:30 a.m.-5 p.m., **SAPR Initial Victim Advocate Training**, NAS Jax Chapel

Aug. 14, 9-11 a.m., **Active Parenting**, FFSC Room 702

Aug. 14, 1-3 p.m., **Resume Writing For Military Spouses**, FFSC Room 719

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For additional information please call FFSC (904) 270-6600

Aug. 14, 6-7 p.m., **Exceptional Family Member Support Group**, Building 1, Room 104

Aug. 15, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

Aug. 15, 11 a.m.-noon, **Money and the Move**, FFSC Room 702

Aug. 16, 9 a.m.-noon, **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.

Aug. 20-23, 8 a.m.-4 p.m., **TAP Separate Workshop**, Building 1, Room 1616

Aug. 22, 11-12:40 p.m.,

Car Buying Strategies, FFSC Room 702

Aug. 22, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

Aug. 23, 9 a.m.-noon, **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.

Aug. 27, 1-4 p.m., **Relationship Communication**, FFSC Room 702

Aug. 28, 6-8 p.m., **Ombudsman Assembly**, Building 1, Room 104

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Aug. 29, 11 a.m.-12:30 p.m., **Raising Financially Fit Kids**, FFSC Room 702

Aug. 29, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

Aug. 30, 9 a.m.-noon, **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.

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USS Klakring Cleans Up In Sicily

By DCC(SW/AW) Austin C. Hampton

USS Klakring

Sailors from USS Klakring (FFG-42) volunteered their liberty time in Sicily to serve the community by participating in two community relations projects.

While the ship was in port for a short stop in nearby Augusta Bay, Klakring Sailors Seaman Pedro Diaz, Boatswain's Mate 1st Class John Weitzel, Senior Chief Personnel Specialist Dewayne Lynch, Chief Damage Controlman Chase Hampton, and Chaplain Lt. Justin Top participated in a beautification project at the Commune Di Florida Open Market.

The Sailors were also joined by Lara Aliffi, Miriana Mollica, and Giuseppe Cospitano, who are members of a Sicilian youth group similar to

the Boy and Girl Scouts of America. Together, the crew worked in the intense Sicilian summer heat, fighting off thorn bushes and blowing sand to gather a truck-load of trash and debris from the area surrounding the market.

After finishing for the day, Scout Lara Allifi described the event as, "The Good, Tired and

Beautiful experience."

Several blocks away, Logistics Specialist Seaman Jonathan Winters, Information Systems Technician Seaman Tommy O'Sullivan, Gas Turbine System Technician (Mechanical) 2nd Class Louie Reyes, Engineman 2nd Class Mauro Jimenez and PACE Instructor Dennis Saliny were simi-

larly charged with gathering a large amount of trash and debris from the area within and surrounding the Commune Di Florida Public Soccer Stadium.

Once finished, the endeavoring group assist-

ed volunteers from NAS Sigonella in painting the interior of the stadiums facilities. Afterwards, the volunteers from all organizations gathered to enjoy a meal comprised of local favorites while watching a friendly soccer

competition in the stadium courtyard.

USS Klakring is currently deployed on her final cruise before decommissioning in 2013 and conducting Fire Scout operations in support of AFRICOM.



Photos courtesy of USS Klakring Sailors from USS Klakring spend time picking up trash during a beautification project at Commune Di Florida Open Market.



Sailors from USS Klakring stands with bags of trash and debris gathered from the Commune Di Florida Public Soccer Stadium after a dual community relations project while the ship was in port in Sicily.

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HSL-48 At Work On USS Underwood



-Photos by MC2 Stuart Phillips
Boatswain's Mate 3rd Class Guanqun Sun (foreground) acts as the landing signalman enlisted (LSE) as Sailors prepare to traverse the flight deck after refueling an SH-60B Sea Hawk helicopter assigned to the Vipers of HSL-48 during a "hot pump" and crew swap aboard USS Underwood (FFG 36).



Sailors refuel an SH-60B Sea Hawk helicopter assigned to HSL-48 during a "hot pump" and crew swap on USS Underwood.

CHSMWL

From Page 1

Storm, and earned his Surface Warfare designation after qualifying as Officer of the Deck (Underway).

After three WESTPAC deployments to the Arabian Gulf, Ten Hoopen chose to do his Department Head tour on the East Coast, where he served at HSL-44 in Mayport, from 1998 - 2000. He first served as Officer-in-Charge (OIC) of Detachment 10 in USS Philippine Sea (CG 58). Upon return from that deployment he deployed again ten days later as OIC of Detachment One in USS Vicksburg (CG 69).

He finished his tour

at HSL-44 as Squadron Operations Officer and was recognized as the 1999 HSLWINGLANT Officer of the Year. He completed sea duty assignment as Commanding Officer of

HSL-42 from September 2005 until December 2006, winning the Battle "E" for calendar year 2006.

Ten Hoopen's shore duty assignments began in 1993 in Washington,

DC, where he served at the Pentagon as Administrative Assistant to the Assistant Vice Chief of Naval Operations (AVCNO), followed by a 13-month tour as Aide to the VCNO. From

2000-2002 he served at the Bureau of Naval Personnel in Millington, TN, first as the HS/HSL Placement Officer and then as Assistant Aviation Captain Detailer. He completed studies at the Joint

Forces Staff College in March 2004 and served as a branch chief in the Operations Directorate of the Joint Chiefs of Staff from January 2007 until June of 2009.

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The Sullivans Holds DC Olympics



-Photos courtesy of USS The Sullivans
Command Master Chief Brian Porter looks on as Information Systems Technician Second Class Christopher Curran demonstrates proper hose handling during USS The Sullivans' Damage Control Olympics.



Damage Controlman First Class Jeremiah Bredeson instructs Sailors from USS The Sullivans in firefighting skills during their Damage Control Olympics at Naval Station Mayport on July 26.

USS The Sullivans Qualifies 4 SWOs



-Photo courtesy of USS The Sullivans
USS The Sullivans congratulates her newly pinned Surface Warfare Officers, Lt.j.g. Rachel Halnon, Ensign Lauren Raines, Ensign Rachel Howell and Ensign Jonathan Tibbetts.

By Lt.j.g. Ashley Gebicke
USS The Sullivans

There were handshakes and congratulations all around The Sullivans' wardroom as two new Surface Warfare Officers received their pins on July 27.

Ensign Lauren Raines and Ensign Jonathan Tibbetts successfully completed a rigorous board process Friday,

joining Ensign Rachel Howell and Lt.j.g. Rachel Halnon - who passed their final board on July 25 - as four of the newest Surface Warfare Officers in the fleet.

"It's such a great feeling to have your SWO pin - to have a group of people with years of experience in the Navy decide that you have earned the right to wear a warfare insignia," said Howell. "It's a

great feeling, but it also makes you feel even more responsible for your decisions and actions."

Halnon is a 2010 graduate of the Virginia Military Institute, and Tibbetts is a 2010 graduate of Florida State University. Both Raines and Howell are 2011 graduates of the United States Naval Academy.

Navy Establishes Program Office For CVN 79 Procurement

From PEO Aircraft Carriers

The Program Executive Officer (PEO) for Aircraft Carriers, Rear Adm. Thomas Moore, announced the stand up of a new program office, July 27, within PEO Carriers, PMS 379, and the assumption of office

by Cmdr. Doug Oglesby.

The new program office will manage the planning and procurement of John F. Kennedy (CVN 79) and future aircraft carriers of the Gerald R. Ford class. PMS 379 will join existing PEO Carriers programs PMS 312 for in-service

carriers and PMS 378 for Future Carriers. PMS 378 retains responsibility for the construction and delivery of Gerald R. Ford (CVN 78).

"Standing up a new program office will allow the Gerald R. Ford-class to begin continuous pro-

duction while ensuring CVN 78 completes construction and delivery to the highest standards. As the first new aircraft carrier design in more than 40 years, the Gerald R. Ford-class will move into modified repeat production of CVN 79 and 80 through

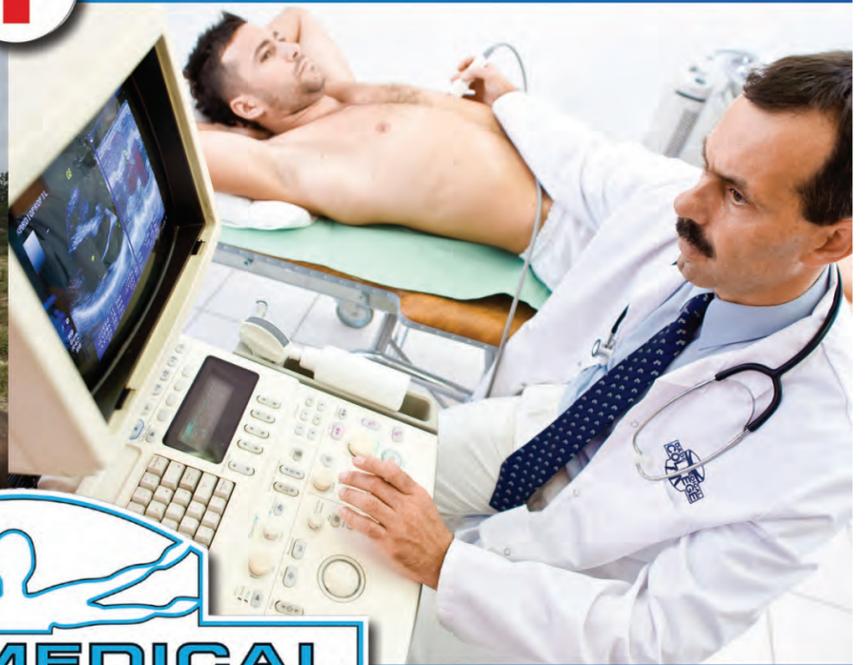
the new program office," said Moore.

"I am excited to stand up this new program office and manage the procurement of John F. Kennedy and CVN 80" said Oglesby. "The team will build on success with Gerald R. Ford and devel-

op best practices and procedures to affordably deliver these warships."

Before the ceremony concluded, Oglesby was frocked to the rank of captain by Assistant Secretary of the Navy Research, Development and Acquisition Sean Stackley.

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USS Carney Concludes 3-Month Drydocking

By Ensign Lily Powers
USS Carney (DDG 64)

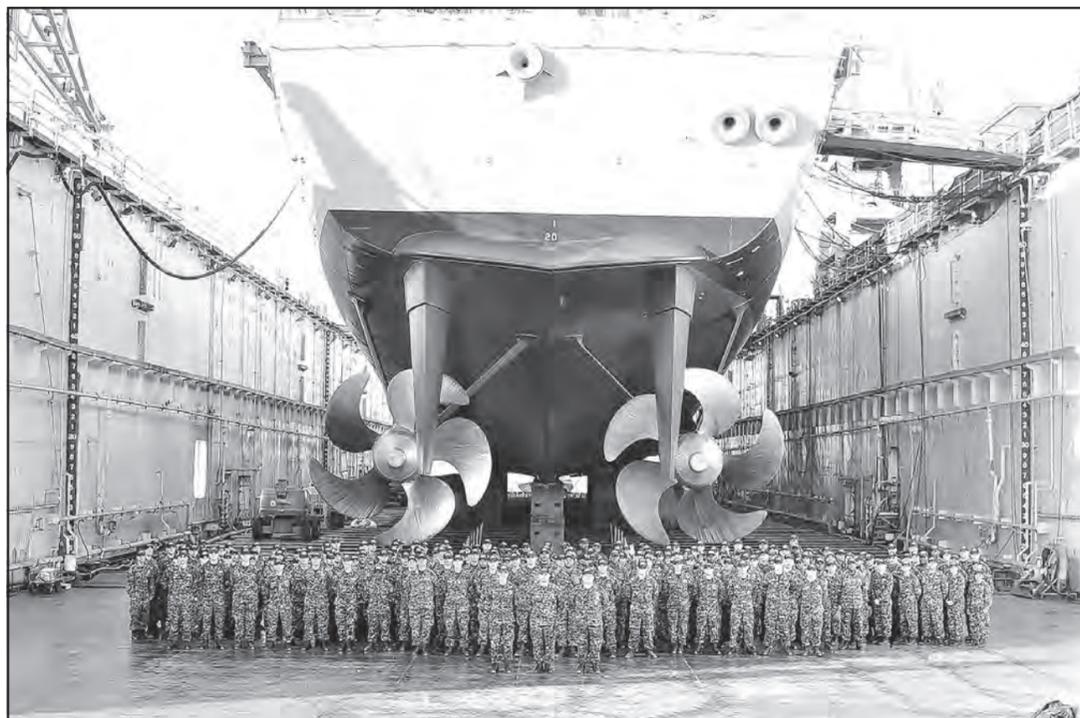
Even the best of warships with an outstanding crew require some time out of the water for sprucing up. For guided-missile destroyer USS Carney (DDG 64), the time came in April when she entered into her third major drydock period, known as a Docking Selected Restricted Availability (DSRA).

Carney came out of the water on April 19, but preparations for that event began more than six months before that as her crew and her Port Engineer Sean McMurray of South East Regional Maintenance Center (SERMC) began planning the logistics of this milestone event.

Work center supervisors, lead petty officers and division officers began to determine what work needed to be accomplished, ranging from simple refinishing of decks to removal and repairs to the ship's propellers. This evolution required the crew to be forward-looking and forward-leaning during the second half of a seven-month-long deployment to the 5th fleet area of responsibility.

Carney was officially "on the blocks" at around 3 p.m. on April 19. Contractors began checking in at the quarterdeck and fanning out around the ship to remove lagging, rig hoses, and complete the assessments that would make for a smooth transition from Naval Station Mayport to BAE Jacksonville's Shipyard.

At the same time, the crew moved onto YRBM



The crew of USS Carney stands aft of the ship while it is in dry dock at BAE Jacksonville Shipyard during a three-month Docking Selected Restricted Availability.

45, a berthing barge that would be their temporary home for the next four months.

The "deadstick" transit up the St. John's River to drydock was a really unique experience for the crew, especially junior officers and Sailors.

"Being up on the bridge during the transit was pretty cool...even though we weren't operating engines or rudder, I still learned a lot about ship handling" said Ensign Tim Dover, Conning officer for the evolution.

Everyone was most excited to observe the ship's entrance into the drydock.

"I had seen the ballasting process before, and I was impressed because it was actually a more efficient and less

time-consuming evolution this time around" said Electrician's Mate 1st Class (SW) Odely Aime.

As Carney approached the entrance to the now ballasted-down drydock, the tugs that had towed her from Mayport handed her over to a team of civilian tugs that would turn her stern towards the mouth of the drydock and carefully guide her, with the help of previously-placed centering guides on the flight deck, back into the drydock.

Once in place, the dock began to ballast up, with divers constantly checking to ensure that Carney was properly aligned on the massive blocks that would support her 8,886 tons, or "505 feet of American fighting steel." After nine hours of careful

efforts, Carney was finally high and dry and her crew was able to go home for the night.

While the crew (with the exception of each day's duty section) would go home each night, crews of workers would work around the clock to ensure that the timeline for completion was adhered to every step of the way.

Extra Force Protection watches were stood up, and the operational tempo on board Carney remained fast-paced and aggressive.

Through the cooperation of the ship's crew, SERMC personnel, the shipyard and drydock, and outside contractors, the work was accomplished in a safe and timely manner.

On the morning of July 28, preparations were made, space inspections and valve verifications

completed, and the entire crew aboard, Carney was prepared for undocking. Tugs returned Carney to Mayport basin and brought a newly refitted Destroyer one step closer to returning to full combat ready status.

"BAE, SERMC and Carney Sailors did an outstanding job conducting much needed repairs since her last docking in 2003. However, the success and completion of those jobs and the docking evolutions is directly contributed to the ownership maintained by Carney Sailors, of which I am most proud of," said the ship's Commanding Officer, Cmdr. Marc D. Boran.

USS Carney is inport Mayport completing a maintenance availability, and plans to be underway for Sea Trials in November in preparation for her first deployment as a Ballistic Missile Defense Destroyer in 2013.

-Photo courtesy of USS Carney

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Redesigned TA Program Announced

From DoD

President Obama announced the launch of the redesigned Transition Assistance Program developed by an interagency team from the Departments of Defense, Veterans Affairs, Labor, Education, and Homeland Security as well as the Office of Personnel and Management and the Small Business Administration on July 23.

The revamped program, called Transition GPS, is the first major overhaul of the TA program for military members in nearly 20 years.

The effort began in response to a call from President Obama in August 2011 to ensure all service members are "career ready" when they leave the military.

"I applaud the leadership of President Obama to bring together govern-

ment agencies around the goal of enhancing career opportunities for service members," said Secretary of Defense Leon E. Panetta. "Our personnel have developed extraordinary technical expertise and world-class leadership skills that are in high demand. Transition GPS will help military members apply their experience to additional training, formal education, and develop successful civilian careers."

"One of our fundamental responsibili-

ties as a government is to properly prepare and support those serving in our military so they are career ready as they transition back into civilian life. With this new initiative, we can better ensure veterans receive the care, benefits and employment services they have earned," said Secretary of Veterans Affairs Eric K. Shinseki. "This collaborative effort will have an impact well beyond this current generation of individuals returning from combat."

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Regency: Aug 16TH: 10AM-5PM • Orange Park: Aug 17TH: 10AM-5PM • Baymeadows: Aug 18TH: 10AM-5PM

USS Taylor On Task



-Photo by MC2(EXW) Terrence Siren

Cmdr. Jeremy Hill, commanding officer of the guided-missile frigate USS Taylor (FFG 50), guides several defense attaché members representing Pakistan, India, Egypt and Great Britain, on a tour of the ship. Taylor is assigned to Commander, NATO Task Force 508, supporting Operation Ocean Shield, maritime interdiction operations and counter-piracy mission in the U.S. 5th Fleet area of responsibility.



-Photo by MC2(EXW) Terrence Siren

Above, U.S. Navy Sailors assigned to USS Taylor kneel on the flightdeck during the final round of the 9mm gun qualification course of fire. Sailors aboard the USS Taylor (FFG-50) participate in an M9 weapons qualification. Above right, Seaman Michael Westfall, a member of the visit, board, search and seizure (VBSS) team aboard guided-missile frigate USS Taylor (FFG-50) (background), stands guard during a routine boarding of a dhow. Right, Sailors aboard the USS Taylor (FFG-50) participate in an M9 weapons qualification.



Out in Town

Friday, Aug. 10

The Ladies Auxillary Fleet Reserve Association #290 will host a potluck dinner from 5-8 p.m. at the branch home, 390 Mayport Rd. The group is asking for an \$8 donation. Take out orders are welcome. The event is open to the public. For more information, call 246-6855.

Saturday, Aug. 11

Christ United Methodist Church invites the community to an old-fashioned fish fry, hosted by the United Methodist Men. Dinners will include fish, hush puppies and all the trimmings, all for only \$7 for adults and \$4 for children. Meet us in Wilson Hall of the church at 4 p.m. at 400 Penman Road, Neptune Beach to reel yours in! Need info? Call the church at 249-5370.

Join a park ranger at 2 p.m. and learn about the lifecycle of the sea turtle and the importance of these creatures. 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.

Saturday, Aug. 18

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

COMMUNITY CALENDAR

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

The City of Atlantic Beach will show Dolphin Tale as its first summer Twilight Movie in the Park. Based on true events, this family film is about Winter, a young dolphin who loses her tail in a crab trap, and Sawyer, the reserved 11-year-old boy who befriends her. Sawyer meets the rescued dolphin at the Clearwater Marine Aquarium, a marine rehabilitation center where she lives. Sawyer rallies friends and family alike to save Winter and enlists a pioneering doctor to create a unique prosthetic appendage to restore the dolphin's ability to swim. Admission is free and open to the public, so bring your blankets, lawn chairs, and snacks. The film is being shown at Jack Russell Park, 800 Seminole Rd, Atlantic Beach. Adults are asked to accompany children. Free refreshments and fun for kids of all ages begins at 7 p.m. with the movie showing at twilight. Visit the AB website for special events page for upcoming events at www.coab.us/events.

Sunday, Aug. 19 Christ United Methodist Church will be hosting a back to school celebration for all children of the community from 11:30 a.m. Please join us for fun, food, games and giveaways as we bid farewell to summer and hello to a new school year. For more information, please contact the church office at 249-5370 or Hanna Thomas, Children's Ministry Leader, at thomwacky@aol.com. Christ UMC - Wilson Hall, 400

Penman Road, Neptune Beach.

Saturday, Aug. 25

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. 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.

Tijuana Flats is celebrating summer's end with the 48th annual Summer Beach Run and its unforgettable post-race celebration at 7 p.m. at Jacksonville Beach Seawalk Pavilion, 1st St. N, Jacksonville Beach. This family-friendly event will benefit the restaurant's Just In Queso Foundation, which provides aid to individuals, communities and organizations in need. Participants will not cross the finish line empty-handed. Directly after the race, runners will be treated to free food provided by Tijuana Flats, beer and live music. This event is the perfect opportunity to bring friends and families together to help the community, have fun and stay fit. The event includes both a five mile and a one mile fun run with a portion of the proceeds from the race benefiting the Just in Queso Foundation. To sign-up or for more information about the event, visit <http://www.1stplacesports.com>.

"Start Your Own Vegetables from Seed" Lecture and Hands-on: Take home your own planted tray at Duval County Extension Office 1010 N. McDuff Ave. from

9:30 a.m.-noon. Cost is \$15. Pre-registration and pre-payment is required, please contact Jeannie Crosby at 255-7450. Make checks payable to: DCOHAC and mail to: Duval County Extension Office, Attention: Jeannie.

Tuesday, Aug. 28

Duval County Extension Florida Friendly Landscaping staff will present a "Baker's Dozen" of landscape tips for the upcoming winter season from 6-8 p.m. at Webb Wesconnett Regional Library, 6887 103rd St. Learn the difference between regular lawn care and organic lawn care and much more. Attendees will also see how to prepare their tools for the off season including a sharpening demonstration. This is a free class, but registration is requested. Call Becky at 904-255-7450 or email her at beckyd@coj.net.

Saturday, Sept. 8

Join Wounded Warrior Project™ (WWP) for the WWP 8K Run in Jacksonville. Activities begin at 7 a.m. and a race start time of 9 a.m. at the Jacksonville Landing to help honor and empower our nation's Wounded Warriors. Race proceeds support the free programs WWP offers wounded service members nationwide. Advance registration is \$25 (includes race day number, timing, and post-race festivities) and each runner must raise a minimum of \$99. Top finisher awards and additional race-day options are available. Visit <http://www.woundedwarriorproject.org/www-8k-runs.aspx> to register.



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2350 3rd St. S., Jax Beach
- Beach Diner**
501 Atlantic Blvd., Atlantic Beach
- Beside Publix**
600 Sawgrass Village Dr., Ponte Vedra Beach
- Best Western**
2389 Mayport Rd., Atlantic Beach
- BP Food Shop**
7961 Arlington Expwy, Jax
- BP Food Shop**
14070 Beach Blvd., Jax
- BP Food Shop**
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- BP Food Shop**
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- Cap'n Odies**
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1111 Cesery Blvd., Jax
- FCE - Shell**
7150 Merrill Rd., Jax
10716 Atlantic/St. Johns Bluff, Jax
1001 2500 Mayport Rd/A1A, Atlantic Beach
1539 3rd St. S., Jax Beach
- FCE - Shell (Daily's)**
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14294 Beach Blvd./San Pablo, Jax Beach
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- Gate**
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10430 Atlantic Blvd., Jax
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13560 Atlantic Blvd., Jax
1067 Atlantic Blvd., Atlantic Beach
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- Navy Exchange (Side Of Pan Am Plaza)**
2294 Mayport Rd., Atlantic Beach
- T's Stop & Shop**
2051 Mayport Rd., Atlantic Beach
- Walgreen**
4715 Hodges Blvd., Jax
- Wok Express**
1301 Monument Rd., Jax

Aug. 10: Summer Swim Lesson Session V Begins. Registration is Aug. 3 & 4 at the pool from 8-10 a.m. Cost is \$40 per child/adult; \$35 if child is enrolled in Youth Summer Camp. 270-5101.

Aug. 10: Beach Blanket Bingo. 12:15 pm at Beachside Bingo. Wear your sun hats and shades; dig in the sand for prizes, double payouts on all hard cards, free hot dogs and chips and more. 270-7204

Aug. 10: Outdoor Movies- Hugo (PG). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 10: 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

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.

Aug. 8: 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, (904) 270-5431

Aug. 8: 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)

Aug. 9: Jacksonville Suns Baseball. Van departs Liberty Center at 5 p.m. Sign-up deadline Aug. 8. FREE

Aug. 10: Jacksonville Jaguars vs. New York Giants Football. Van departs 5:30 p.m. Cost \$8.

Aug. 10: Outdoor Movies- Hugo (PG). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 10: 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

Aug. 11: UFC 150: Henderson vs. Edgar. 9 p.m. at Castaways Lounge. 270-7205

Aug. 12: Ichnetucknee Tubing Trip. Van departs 7 a.m. Cost \$10.

Aug. 13: Pinewood Derby Registration. All Day at the Liberty Center. Come and pick up your derby car & register for the big race.

Aug. 14: Go the Distance 10K Run/ 5K Walk. 8:10 a.m. in front of the gym.

Aug. 14: Men's Summer Softball Organizational Meeting. 11 a.m. at the Gym. 270-5451.

Aug. 15: 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

Aug. 10: Summer Swim Lesson Session V Begins. Registration is Aug. 3 & 4 at the pool from 8-10 a.m. Cost is \$40 per child/adult; \$35 if child is enrolled in Youth Summer Camp. 270-5101.

Aug. 10: Outdoor Movies- Hugo (PG). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 17: Outdoor

MWR HAPPENINGS

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Aug. 15: 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

Aug. 15: Ping-Pong Tournament. 5 p.m. at Liberty Center.

Aug. 17: St. John's Town Center Shopping. Van departs 5 p.m. Transportation only. FREE

Aug. 17: Outdoor Movies- Journey 2- The Mysterious Island (PG-13). Film begins at Sunset behind Beachside Community Center. FREE.

Aug. 15: 12 Signs Astrology Party. 9 p.m. at Castaways Lounge. Featuring DJ Tom. Food, giveaways, prizes, beverage specials and more. 270-7205

Aug. 15: Ping-Pong Tournament. 5 p.m. at Liberty Center.

Aug. 17: St. John's Town Center Shopping. Van departs 5 p.m. Transportation only. FREE

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Aug. 17: Outdoor Movies- Journey 2- The Mysterious Island (PG-13). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 20: Men's Summer Basketball Begins. Season ends Oct. 18. 270-5451

Aug. 21: 7v7 Fall Soccer Organizational Meeting. 11 a.m. at the Gym. 270-5451.

Aug. 22: 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 the NS Mayport CPO Selectees. For tickets, call (904) 270-5431.

Aug. 24: Dusk til Dawn Softball Tournament. Sign up by Aug. 16. 270-5451

Aug. 24: Shiver Me Timbers Party. 9 p.m. at Castaways Lounge. Featuring Rock Band LIFT. Come dressed in your best pirate costume. Prizes for best costume, most original and best couple. Food, giveaways, Open Mic with band, beverage specials and more. 270-7205

Aug. 24: Outdoor Movies- Pirates: Band of Misfits (PG). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Soccer Organizational Meeting. 11 a.m. at the Gym. 270-5451.

Aug. 21: Chess Tournament. 6 p.m. at Liberty Center.

Aug. 22: 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 the NS Mayport CPO Selectees. For tickets, call

Aug. 31: Outdoor Movies- The Avengers (PG-13). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205



(904) 270-5431.

Aug. 23: Hooter Dinner Trip. Van departs 5 p.m. Transportation Only.

Aug. 24: Dusk til Dawn Softball Tournament. Sign up by Aug. 16. 270-5451

Aug. 24: Shiver Me Timbers Party. 9 p.m. at Castaways Lounge. Featuring Rock Band LIFT. Come dressed in your best pirate costume. Prizes for best costume,

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Aug. 24: Outdoor Movies- Pirates: Band of Misfits (PG). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 25: Wet n' Wild Water Park. Van departs 7 a.m. Cost \$20. Sign-up deadline Aug. 19.

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Aug. 15: 12 Signs Astrology Party. 9 p.m. at Castaways Lounge. Featuring DJ Tom. Food, giveaways, prizes, beverage specials and more. 270-7205

Aug. 15: Ping-Pong Tournament. 5 p.m. at Liberty Center.

Aug. 17: St. John's Town Center Shopping. Van departs 5 p.m. Transportation only. FREE

Aug. 17: Outdoor Movies- Journey 2- The Mysterious Island (PG-13). Film begins at Sunset behind Beachside Community Center. FREE.

Aug. 18: Liberty Lock-In. Begins at 11:30 p.m. at the Liberty Center. Come for snacks, games, and more as we stay open all night!

Aug. 19: Paintball. Van departs Liberty Center at 9 a.m. Cost \$5 (includes paintballs, gear and transportation) Sign-up deadline Aug. 16.

Aug. 20: Mayport 500 Pinewood Derby. 8 p.m. at the Liberty Center. Put your car to the test in the Mayport 500.

Aug. 20: Men's Summer Basketball Begins. Season ends Oct. 18. 270-5451

Aug. 21: 7v7 Fall

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Movies- Journey 2- The Mysterious Island (PG-13). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 24: Outdoor Movies- Pirates: Band of Misfits (PG). Film

begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 31: Outdoor Movies- The Avengers (PG-13). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

First Coast's Only Baby Friendly Hospital Celebrates World Breastfeeding Week

By Jeanne Casey

Naval Hospital Jacksonville Deputy Public Affairs Officer

As the only hospital in Northeast Florida or Southeast Georgia certified as Baby Friendly by the World Health Organization and United Nations Children's Fund, Naval Hospital (NH) Jacksonville kicks off World Breastfeeding Week (Aug. 1 to 7) with a series of activities for patients—service members (active duty and retired) and their families. The week's events include a Baby Bootcamp class on Aug. 1 and New Mom Orientation on Aug. 3, along with an educational display in the lobby near the pharmacy.

"We want to do all we can to improve the health of our nation's youngest heroes—the

children of our military members—and encourage the use of mother's milk for the 1,000 babies born in our hospital each year," said NH Jacksonville Commanding Officer Capt. Gayle Shaffer. "And our Baby Friendly certification and ongoing pre- and post-natal classes illustrate our commitment to supporting new mothers and reducing the risks of childhood illnesses."

According to the American Academy of Pediatrics journal, infant mortality is reduced by 21 percent among breastfed babies in the U.S. And of the two to three babies born each day at NH Jacksonville, about 90 percent are breastfed when they leave—compared to a national breastfeeding rate of about 75 percent. Other benefits to

baby of mother's milk include less ear infections, diarrhea, respiratory infections, asthma, diabetes, obesity, childhood leukemia and Sudden Infant Death Syndrome. Benefits for mom include less postpartum depression, diabetes, and breast and ovarian cancer. Breastfeeding also saves time and money for families in both baby formula and medical care.

"Baby Friendly certification is all about reducing infant mortality," said Northeast Florida Breastfeeding Collaborative Chair Heather Huffman. "Naval Hospital Jacksonville and other hospitals like it across the nation are doing their part to promote healthier babies."

NH Jacksonville is currently one of only 143 Baby Friendly hospitals and birth centers in

the U.S. The Baby Friendly designation is awarded after a rigorous on-site survey is completed, and maintained by continuing to practice 10 crucial program elements. The comprehensive program includes initiating breastfeeding in the first hour of life, "rooming-in" with moms and babies in the same room, educating staff and patients, and fostering breastfeeding support groups.

Along with the classes offered during World Breastfeeding Week (a World Alliance for Breastfeeding Action effort launched 20 years ago), NH Jacksonville offers a wide range of classes free-of-charge to patients giving birth at its hospital—including baby boot camp, prenatal exercise, Hypnobirthing, infant mas-

sage, breastfeeding, prepared childbirth and an orientation program. Plus, the hospital's new, private labor/delivery and maternal/infant suites offer couplet care (with mom and baby rooming together), breast pumps, breastfeeding counseling from lactation nurses, "siesta for the fiesta" daily quiet time to support feeding, newborn hearing screening, and an educational "newborn channel" on television. Dads are welcome to stay the night and visiting hours are round-the-clock.

NH Jacksonville patients can register for free classes by calling 904-542-2229 (BABY). To learn more about the Baby Friendly Hospital Initiative (administered in the U.S. by Baby Friendly USA), visit www.babyfriendlyusa.org.

DoD Leads Drive Toward Healthier Lifestyles

By Lisa Daniel

American Forces Press Service

The Defense Department is taking a leading role in a governmentwide effort to stop the nation's obesity problem, Barbara Thompson, the director of DoD's Office of Family Policy/Children and Youth, said.

DOD is one of 17 federal departments and agencies working together to identify opportunities for promoting healthy living as part of the White House's National Prevention Council strategy, she explained.

"One part of that is preventing obesity," Thompson told American Forces Press Service and The Pentagon Channel. "It has a huge impact on our quality of life, both for children and adults."

Thompson noted a national increase in Type II diabetes and cardiovascular disease, believed caused by increased fat, salt and sugar in Americans' diets at the same time that many children are less active than in previous generations. There was a 40 percent rise in childhood obesity between 1998 and 2008, she said.

The shift toward unhealthier foods and less exercise has developed over the past 30 years or so, and is having a huge impact on health, healthcare costs, and national security, Thompson said.

"For the first time, we're hearing that this generation will not live longer than their parents."

The Bipartisan Policy Center, a Washington-based think tank, issued a major report last month, "Lots to Lose," written by two former Agriculture secretaries and two former Health and Human Services secretaries, that includes a case study of Defense Department initiatives to counteract obesity, Thompson noted.

Shipshape, Base CFL Meeting

From Health Promotion

The Navy and Marine Corp Public Health Center directed eight-week Nutrition and Weight Management Course is starting here at Mayport Health Promotion on Aug. 28.

The class runs for 8 consecutive Tuesdays and runs from 9-11 a.m. It is open to active duty, Sailors on the Fitness Enhancement Program, adult dependents, and retirees.

Shipshape is an action-oriented weight management program focusing on nutrition education, increasing exercise, and behavior modification skills that support a healthy lifestyle.

The quarterly Health Promotion Command Fitness Leader meeting will be held on Aug. 16 at Health Promotion, Building 2050, Marshal Couch Drive from 9-10 a.m. All command Health Promotion Representatives and Command Fitness Leaders are welcome to attend.

Call 270-5251 for more information.

DOD's spending on healthcare is rising at twice the rate as the civilian sector and "unhealthy lifestyles and obesity, in particular, are significant contributors to this trend," the report says. It has reached \$50 billion annually, taking up 10 percent of the overall defense budget.

The trend is wreaking havoc on the services' ability to recruit, creating a national security imperative, Thompson said, with only 25 percent of 17- to 24-year-olds able to meet the military's weight standards. The majority of applicants rejected for military service today have obesity issues, she said.

In 2010, 59 percent of female recruits and 47 percent of male recruits failed the military's entry-level fitness test, the report says.

Of those recruited, the services are seeing large increases in service members with bone fractures, thought to be the result of calcium deficiencies, and so many dental problems

that 62 percent of new soldiers were not immediately deployable, the report says.

Preventing Obesity in Children

Thompson's office instituted a "5-2-1-0" policy for the department's schools and childcare centers, as well as civilian partners that serve National Guard and Reserve children. The numbers represent five servings of fruits and vegetables, restricting "screen time" - TV and computers - to two hours each day, ensuring one hour of exercise daily, and allowing no sweetened beverages.

"Policy is one of the most powerful tools we have to implement change," Thompson said. "We're sharing those lessons learned with civilian community."

"The bottom line is that we have to make healthy options available and affordable. And parents need to know how important fruits and vegetables are -- and small serving

sizes." Thompson's tips for curbing obesity include:

- Eliminate sweetened beverages, including juices;
- Practice portion control;
- Advocate for your children;
- Ask teachers to reduce sweets in the classroom;
- Get the nutritional information for school menus and ensure that they are healthy;
- Ask grocery store managers to move sugary foods higher than eye level to young children;
- Exercise as a family;
- Cook and eat meals as a family;
- Breastfeed;
- Grow a garden, or encourage your installation to start community gardens;
- Make fruits and vegetables more appealing to children by offering a variety of color and textures; and
- Don't stop serving a healthy food because children refuse to eat it; it can take many times of seeing it on their plate for them to adjust to the taste.

Also, Thompson said, limit electronics, not only because they make kids sedentary, but also because of the advertising. The food industry spends \$10 billion annually in marketing food - most of it high in salt or sugar - to children, according to the "Lots to Lose" report.

As part of her "Let's Move!" campaign to end obesity in a generation, First Lady Michelle Obama has asked food companies with advertising aimed at children to make their products healthier. Last month, Walt Disney became the first to introduce new standards for food advertising to kids. All foods marketed on Disney's television and radio channels will be required to meet Disney's nutrition guidelines - which align with federal standards to promote fruit and vegetables and limit calories, sugar,

sodium, and saturated fat - by 2015, Disney officials said.

Preventing Obesity in Service Members and Families

The military is working to help service members and their families stay healthy. The Military OneSource website, www.militaryonesource.mil, offers health coaches for adults and teens to help with weight management and to meet their overall health goals, Thompson said.

And, the first lady's "Joining Forces" campaign recently announced that health clubs that are part of the International Health Racquet & Sportsclub Association are offering free memberships to immediate family members -- teens and older -- of deployed reservists and National Guard members. Clubs may provide additional benefits such as childcare, children's programming, group classes, discounts for veterans, and discounts for active duty families. Participating clubs can be found at www.healthclubs.com. Also, the American Council on Exercise is offering free training and fitness instruction to family members of deployed reservists and National Guard members. Participating instructors can be found at www.acefitness.org/joiningforces.

If the governmentwide efforts and those in DOD seem like a lot just to make Americans healthier, that's the point, Thompson said.

"We all have to be in this together," she said. "This is going to take a national effort to change these habits that have been ingrained in us for the past 40 years."

Vaccination Can Prevent Cancer-Causing HPV

By Ensign Warren Ross

Uniformed Services University of the Health Sciences student on Family Medicine rotation at Naval Hospital Jacksonville

August is National Immunization Awareness Month. There are 26 vaccine-preventable diseases, including Human Papillomavirus (HPV). According to the Centers for Disease Control (CDC), HPV is the most common sexually transmitted disease in the United States. At least 50 percent of sexually active men and women will be infected in their lifetimes.

This article addresses frequently asked questions about HPV, and why it's important to get vaccinated against the disease.

What is HPV? It is a virus spread through sexual contact. There are approximately 40 different types of genital HPV. Some types can cause cervical, anal, penile, vaginal and mouth or throat cancer in women and men. Most people with HPV have no symptoms.

Who should get the vaccine? The CDC advises all females and males 9 to 26-years-old receive the full course of HPV vaccination.

How is HPV passed from person to

person? HPV is passed through skin-to-skin contact.

Condoms do not fully protect against transmitting this virus. It is possible to get the virus from a sexual partner who does not have any visible signs of infection, such as genital warts.

Why should children and adults be vaccinated? The vaccination works to prevent the viruses from infecting the body, and can greatly reduce the risk of developing HPV related cancers.

Is the vaccine safe? Yes. The United States currently has the safest, most effective vaccine supply in history. Years of testing are required by law before a vaccine is licensed, and they are continually monitored for safety and effectiveness. The actual vaccine contains a chemical protein coating from the virus - no viral genetic material. It is impossible to contract HPV from the vaccine. According to the Vaccine Adverse Effects Reporting System, over 46 million doses of vaccine have been given in the U.S., and the risks of side effects are very low (less than 0.05 percent). Side effects include redness, swelling, or soreness

in the area where the shot was given. A study published in the Journal of the American Medical Association also found that there is a very small risk of fainting or blood clots right after the shot is given. People who have fainted after receiving shots in the past should alert their doctors before getting the vaccine.

Why vaccinate non-sexually active children/adults? The vaccine only prevents HPV if the person does not already have it. It does not cure an already infected person. So the best time to vaccinate is before sexual activity begins. For individuals who are already sexually active or those who have already had genital warts, the vaccine is still recommended as it can prevent infection from other strains of the HPV virus.

What happens after getting the HPV vaccination? The vaccination series consists of three shots. Once the initial HPV vaccine has been administered, a second shot should be given two months later. The final shot is required six months after the first one.

Does the vaccine replace the need for a regular Pap test? No, the HPV vac-

cine only protects against the virus. It's important that all women have Pap test and pelvic exams as part of their routine health care.

Does TRICARE pay for the vaccination? Yes. TRICARE does pay for HPV vaccine.

Should pregnant women get the vaccine? No. Pregnant women should not get the vaccine. Once the baby is born, they can discuss with their healthcare provider the best time to schedule the vaccination.

Protection against cancer-causing HPV, as well as the elimination of polio and smallpox in the U.S., is powerful examples of why it's important to vaccinate. Patients should talk to their healthcare providers about the right vaccinations for them and their children. To learn more about immunizations, visit CDC's website: <http://www.cdc.gov/vaccines/parents/infants-toddlers.html> or call 1-800-CDC-INFO (1-800-232-4636).

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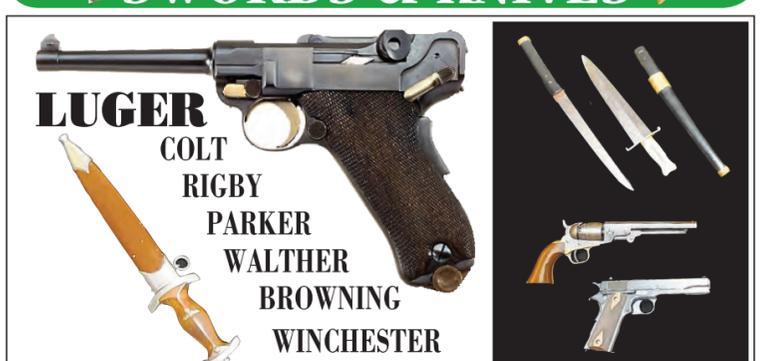


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