



-Photo by MC1 Toiete Jackson

First Lady Michelle Obama announces new hiring commitments by the private sector as well as major accomplishments of the Joining Forces initiative during her speech at Naval Station Mayport. First Lady Michelle Obama and Dr. Jill Biden created Joining Forces to bring Americans together to recognize, honor and take action to support veterans and military families as they serve our country and throughout their lives.

First Lady Obama Talks 'Joining Forces' With Service Members, Vets, Spouses

By Lisa Daniel

American Forces Press Service

The White House initiative to hire veterans and military spouses has surpassed its goals, having led to the hiring or training of more than 125,000 veterans and spouses

in the past year, First Lady Michelle Obama announced during a visit to Naval Station Mayport on Aug. 22.

Speaking to Sailors and their families at Naval Station Mayport in Jacksonville, Fla., the first

lady said 2,000 companies have hired 125,000 employees through their pledges to the "Joining Forces" campaign, and, of those, 140 employers have hired 28,000 military spouses.

"That's 125,000 people

who are providing for their families, contributing to our economy and serving the country they love," Obama said.

The first lady said she has a clear message to troops, spouses and veterans: "When you fin-

ish your service to your nation, you've got 2,000 great companies waiting to bring you on board. These companies are not just making these commitments because it's the right thing to do, which it is, but because it's the

right thing for their bottom line."

Obama said she's heard "a thousand times over" from heads of companies who say veterans and military spouses are their best employees.

See Initiative, Page 13

CNP Addresses Changes To Personnel Policies

From Chief of Naval Personnel Public Affairs

As part of an effort to inform the fleet of key personnel policies, the chief of naval personnel held several all hands calls at Naval Station Mayport and Naval Air Station Jacksonville Aug. 22-23. During his visit to the region, Vice Adm. Scott R. Van Buskirk spoke with Navy leaders and Sailors about Navy's force management initiatives, efforts to improve sea duty manning, and 21st Century Sailor and Marine programs.

"We continue to focus on Warfighting First - we Operate Forward and will continue to Be Ready to meet the nation's call," said Van Buskirk to the audience of Sailors. "To meet these tenets, our people must be deployable, assignable and distributable. Our work is vitally important and I am so very proud of you, our Sailors who continue to make this all happen."

Van Buskirk also discussed how the Navy is addressing the ongoing challenge of filling sea duty gaps following the FY12 Enlisted



-Photo by MC2 Sunday Sawyer

Vice Adm. Scott R. Van Buskirk, Chief of Naval Personnel, speaks to Sailors at Naval Station Mayport during an all-hands call. Van Buskirk is touring naval bases to inform Sailors of the future direction of the U.S. Navy.

Retention Board, which reduced overmanning in ratings throughout the Fleet. According to Van Buskirk, the majority of gaps at sea are due to challenges in filling undermanned ratings and Sailors on lim-

ited duty, operational deferment, and in training and transit.

"Manning the Fleet is our highest priority, and we must continue to provide our Fleet with qualified,

See CNP, Page 13

Cupcake Wars At Exchange

From NEX

Mayport Navy Exchange is encouraging Commands, Petty Officer Associations and family readiness groups to get in the kitchen and come out with their best cupcakes for the 2nd annual Cupcake Wars

on Sept. 7.

Judging will begin at 11 a.m. Last year's winner was USS Farragut. After the judging, all baked goods will be on sale to customers with proceeds going to the Commands' Recreation committees.

Wounded Warrior Holds 8K Run

From WWP

Join Wounded Warrior Project (WWP) for the WWP 8K Run in Jacksonville on Saturday, Sept. 8.

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.

Advance registration is \$25 and each runner must raise a minimum of \$99. Visit the event website to register, woundedwarriorproject.org.

Fair Winds
Wildlife Officer Art Burt
Page 3

HSL-48 Pilot Searches
For Call Sign
Page 6

PMCPON
Runs With CPO Selects
Page 9



mayportmirror.com



Capt. Doug Cochrane

CAPTAIN'S CORNER

rating and retiring shipmates, as well as their families.

Speaking of well done..great job to everyone who had a hand in making the 10th annual PANAMAX 2012 exercise the success that it was. Military and security forces from the United States and 16 partner nations took part in the nearly two-week round of intense simulated training here, and those involved shared unique and invaluable skills in a real world scenario. Hopefully some of you took the time to meet some of your counterparts, and shared some of the camaraderie that was seen throughout the base. Huge event and excellent training.

Although Tropical Storm Isaac didn't cross our path, it's a solid reminder that we need to stay prepared. Have an evacuation plan and make sure all your

important documents and papers are in a "grab and go" box in case you need to evacuate. If you don't have a plan now, you could be scrambling. We are not out of hurricane season for another couple of months, and anything can happen.

For 130 years, our great nation has celebrated Labor Day, the "workingmen's holiday" as it was referred to in the 1800s. Labor Day is, in fact, a celebration of the social and economic achievements of American workers; those workers whose drive, determination and relentless strength made our nation into what it is today, and those who continue on their path. Labor Day weekend right around the corner and marks the end of summer. The long weekend for many will mean travel and various other outdoor activities. BE SAFE and make sure your time off includes risk management and preventive measures so it ends on a safe and positive note. In 2011, between Memorial Day and Labor Day, 16 Sailors lost their lives. One in an ATV wreck; two drowned; one during recreational

activities; five in four-wheeled motor vehicles; and seven on motorcycles. This year we have lost 15 Sailors in similar mishaps. ALL OF YOU are a vital part of this team and the loss of just one trained and ready Sailor or family member is something we just cannot have.

I would rather get a call about a Sailor who needed an extra day of leave to get back to the base safe, then a call from the chaplain reporting a senseless death.

Fair winds to our game warden Art Burt as he retires after 52 years of honorable government service. His love of the outdoors, sea turtles and wildlife will be missed. Hats off to you Art, and enjoy retirement!

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

MCPON Sends Labor Day Message

Special Master Chief Petty Officer of the Navy (SS/SW) Rick D. West

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following Labor Day message to the Fleet Aug. 27.

"Shipmates and Navy families,

For 130 years, our great nation has celebrated Labor Day, the "workingmen's holiday" as it was referred to in the 1800s. Labor Day is, in fact, a celebration of the social and

economic achievements of American workers; those workers whose drive, determination and relentless strength made our nation into what it is today, and those who continue on their path.

Labor Day weekend is also seen as the last 'hooyah' before the end of summer ... a long weekend filled with various outdoor activities or one final road trip with the kids before school starts. Whatever your Labor Day plans happen to involve,

be sure your holiday weekend includes risk management and preventive measures so it ends on a safe and positive note.

In 2011, between Memorial Day and Labor Day, 16 Sailors lost their lives. One in an ATV wreck; two drowned; one during recreational activities; five in four-wheeled motor vehicles; and seven on motorcycles. This year we have lost 15 Sailors in similar mishaps. Let's not see the number rise this Labor Day weekend. You and your families

are important to the Navy and the loss of just one trained and ready Sailor or family member is unacceptable, and in most cases preventable with proper planning.

As you enjoy time off with family and friends this holiday weekend, keep in mind our Shipmates who are deployed and in harm's way. Their labor of keeping the watch for the safety and security of our nation is one we all share. It's because of you that Americans can enjoy

the freedoms and liberties we all hold so dearly. Thank you, Shipmates, for your continued service and dedication to our great Navy and nation.

Stay focused; stay alert; stay safe and let's bring this summer to a close with zero fatalities or injuries.

Enjoy your Labor Day weekend and Hooyah!

Very Respectfully, MCPON

Avoiding The Homework Battles



Judy Cromartie
School Liaison Officer

School has started. Have those homework battles begun? Avoid those nasty battles with five strategies to help your children get the most out of their study time. Each strategy begins with a question about your child. Your answer should help you to identify your child's overall strengths and weaknesses when it comes to studying.

Getting Started: Does your child dive right in or get stuck at the beginning? Many children need help with planning so get them started on an assignment by breaking it into smaller parts. For example, if your child has four chapters to read, suggest tackling one or two in the first study session. The others can be saved for later. By decreasing the initial task, it may be

Knowing THE ROPES

easier to begin. Schedule as many sessions as necessary to complete the entire assignment. Knowing that part of the assignment is already completed will make it easier for completing the overall requirement.

Managing Time: Does your child manage time well? The key to time management is planning. Help your child map out study sessions in writing so the study plan is visible, much like a builder uses blueprints. If the school doesn't provide a planner, buy one. Then demonstrate its use! Even though it may look user-friendly to you, if you have never used one, it might be initially tricky for your child to figure out how to write in assignments or projects. Also as part of the planning, assist with finding the right time for study sessions. Does right after school work best? Maybe after a snack? After dinner? Or maybe the sessions work better as mini-sessions? Evaluate different strategies over a couple of

weeks to determine which study strategy works best.

Taking Notes: When you help your child study for a test, does he have notes from class? If not, why not? Trying to write word-for-word transcriptions in class is nearly impossible. Some students - even those in high school - still have trouble copying notes from the board, an overhead, or a power point. Suggest focusing on getting the key words and/or ideas down on paper. Then that night at home, encourage rewriting the notes and filling in the details that are still fresh from the lecture or class that day. This has the added benefit of looking at those notes a second time.

Organizing Study: Is your child the organized type? If not, color-coded folders for each subject may provide some organization. Notes, handouts, classwork, and returned tests will go into that sub-

ject's folder so study time will not be taken up with looking for all the information needed to study. But when it is time to study, where does your child study? Some children do better in a common area like the kitchen table so that help is readily available. Other children like a quiet spot away from the hustle and bustle of family life. It is important to have a designated place and have at that place the materials needed for most types of studying: highlighters, note cards, sticky notes, pens, pencils, pencil sharpener, notebook paper, a dictionary, and maybe a thesaurus.

So now you that know where your child studies, ask how does your child study? Does he go over the questions at the end of each chapter the test will cover? Does he check out those highlighted boxes in his text that might be called "Important Points" or "Keys to Understanding"? What does he do with his class notes? Check out this next section on **Reviewing the Material**

for a better understanding of how to use class notes as a study guide.

Reviewing the Material: Does your child avoid reviewing course material until right before a test? Bad idea! Reviewing is one of the most important study skills! Each night prior to starting on that night's homework, your child should review what was done in class that day. He should look over his notes to fill in any blanks, correct misspellings, and highlight the main ideas of the lesson. Or if your child tells you there is no homework in a class for that night, then emphasize that the review of the day's lesson IS tonight's homework. The next step is to review at regular intervals - daily, weekly, every couple of weeks - all of the material that is being covered, paying special attention to all the material that he has highlighted in his notes. Then when it is test time, the material is fresh!

Getting Expert Help: Go to www.tutor.com/military to get a professional tutor to help with

math, science, social studies, and English - from elementary through high school. These tutors are screened, certified, and background-checked. They only work with one student at a time. No exceptions. The tutor will make sure that your child understands the material whether it is a single homework problem in 5th grade math, a unit test in social studies, or a quarter exam in 18th Century British lit.

Remind your child that getting the most out of a study session will bring many rewards, including more time for other activities, greater confidence, and better grades.

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) 993-5860 [cell]. Or you can schedule a meeting with her in her office in Building One.

Mayport Chapel Programs Begin

From Mayport Chapel

Naval Station Mayport Chapel is registering now for its FY 12/13 Religious Education programs. Both the Protestant Sunday School and Catholic Religious Education will have their first classes on Sunday, Sept. 9.

Protestant Sunday School has classes for elementary age through adult. Classes are held each Sunday at 9:15 a.m. Protestant worship follows at 10:30 a.m. with Children's Church the 2nd thru 4th Sundays.

Catholic religious education has classes for Pre-K through Confirmation. There is also a RCIA class for inquirers as well as an adult bible study group. All classes are held each Sunday at 10:30 a.m.

You may register for either program by contacting the Director of Religious Education, Alline Zwarycz, either before or after Sunday worship services or by contacting the chapel during regular working hours Monday thru Friday at 270-5212.

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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Wildlife Officer Retires After 52 Years

From Staff

Naval Station Mayport is bidding fair winds and following seas to a pillar of the base Security department this week as Wildlife Officer Art Burt prepares to retire after 52 years of combined naval service.

Burt started his career with the Navy at Naval Station Mayport when he hitchhiked up from his hometown of Orlando, Fla., to enlist at just 17 years old in 1959.

He came out of boot camp as a Culinary Specialist, cross rated to Boatswain's Mate and then Signalman before converting to Master-at-Arms (MA) and making



-U.S. Navy Photo
Naval Station Mayport Wildlife Officer Art Burt receives his 50-year pin from NS Mayport Executive Officer, Cmdr. Pat Pickard, earlier this year. Burt is retiring this month after 52 years of combined naval service.

chief petty officer.

Burt was one of the first MAs in the Navy, graduating with honors from the

second class to attend MA school.

He retired from active duty in 1979 off of USS

Manley (DD 940) and spent the next two years as owner/operator of the Dunkin' Donuts on Beach Boulevard.

But the call of the U.S. Navy came again. Burt sold the donut shop and returned to NS Mayport in 1981 as a patrolman with Base Security.

In 1983, he attended a patrol drug dog handler course and established the military working dog kennels at Mayport. In fact, Burt was one of only three civilian kennel masters in the Navy.

He stayed in that position for 14 years before assuming the position of Fish and Wildlife Officer for the base.

"That's what I've been ever since," he said.

During his tenure, Burt has become one of the most recognizable faces of Mayport. He established a robust sea turtle protection program, toured schools and youth activities centers to educate children about area fish and wildlife and enforcing the federal laws and regulation.

Burt said his retirement plans include camping in his pull-behind camper and visiting his children, grandchildren and two great-grandchildren with his wife, Sharon.



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COMMUNITY CALENDAR

Out in Town

Friday, Sept. 7

Christ United Methodist Church Neptune Beach will host our annual Fall Rummage Sale on Sept. 7-8 from 9 a.m.-3 p.m. at the Church at 400 Penman Road. Come join us to search for your special treasures! For information, please contact the church office at 249-5370

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. 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.woundedwarrior-project.org/wwp-8k-runs.aspx> to register.

Christ United Methodist Church Neptune Beach will host our annual Fall Rummage Sale from 9 a.m.-3 p.m. at the Church at 400 Penman Road. Come join us to search for your special treasures! For information, please contact the church office at 249-5370

Want to find out how to lawn bowl or play bocce ball? Join a ranger at 2 p.m. on the green to learn about these fun outdoor games. 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, Sept. 15

An "Eating and Growing Seasonably" Workshop; a food demo/sampling using seasonal produce and learn to grow warm season vegetables will be held at Duval County Extension Office, 1010 N. McDuff Ave. 32254, from 9:30 a.m.-12:30 p.m. Cost is \$10 with pre-registration and pre-payment being required. A tour of the Canning Center will be offered at the end of this class. Please contact Jeannie Crosby at 255-7450. Make checks payable to: DCOHAC and mail to: Duval County Extension Office, Attention: Jeannie. Please call Jeannie to register, 255-7450.

Find out from a park ranger at 2 p.m. what a gopher is, where they live and why they are so important. 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, Sept. 22

Join a park ranger at 2 p.m. for an adventurous hike to discover the island's wondrous wildflowers. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

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-Photo by MC2 Stuart Phillips

The Oliver Hazard Perry-class guided-missile frigate USS Underwood (FFG 36) receives a refueling hose during a replenishment-at-sea with USNS Sacagawea (T-AKE 2). Underwood is deployed to Central and South America and the Caribbean in support of Southern Seas 2012.



-Photo by MC2 Stuart Phillips

Boatswain's Mate 1st Class (SW) Dmitry Spiridinov looks on during a functional check flight of an SH-60B Sea Hawk helicopter assigned to the Vipers of HSL-48 USS Underwood (FFG 36).



-Photo by MC3 Frank J. Pikul

Sailors fire M9 pistols during a small arms qualification on the flight deck of USS Underwood (FFG 36).

USS Underwood, Carr Resupply At Sea With USNS Sacagawea

By MC3 Frank J. Pikul
Southern Seas 2012 Public Affairs

The Oliver Hazard Perry-class guided-missile frigates USS Underwood (FFG 36) and USS Carr (FFG 52) took part in an underway replenishment (UNREP) at sea with the supply ship USNS Sacagawea (T-AKE 2), Aug. 20.

The evolution included refueling by suspended lines and a vertical replenishment (VERTEP) utilizing an SH-60B Sea Hawk helicopter assigned to Helicopter Anti-Submarine Squadron Light (HSL) 48 Detachment 2 stationed aboard Carr.

Underwood took on approximately 120,000 gallons of fuel oil and 14,000 gallons of JP-5 (jet fuel) from Sacagawea in an evolution that took two hours to complete.

"We were running low on fuel and needed it badly," said Senior Chief Gas Turbine System Technician William Schmelling, the senior enlisted mechanic aboard Underwood. "Evolutions like these take a while and require a lot of planning to ensure it goes smooth-



-Photo by MC2 Stuart Phillips

Lt. Dustin Schultz fires an M9 pistol during a live-fire exercise aboard USS Underwood (FFG 36).

ly. The whole crew is involved and without them we can't complete the refueling."

Underwood also received 23 pallets of various supplies such as equipment parts, food, and mail during the resupply process.

"I am always happy when I can do my job and get the supplies that everyone ordered to the ship," Logistics Specialist 2nd Class Jeremy Cole on Underwood said. "The best thing is that we received



-Photo by MC2 Stuart Phillips

Fire Controlman 1st Class (SW) Dennis Fairbanks tightens a strap on the close-in weapons system (CIWS) before a live-fire exercise aboard USS Underwood (FFG 36).



-Photo by MC3 Frank J. Pikul

Fire Controlman 1st Class (SW) Dennis Fairbanks opens the radar guidance box on the close in weapons system (CIWS) aboard USS Underwood (FFG 36) to conduct routine maintenance.



-Photo by MC3 Frank J. Pikul

Seaman (SW) Aaron Drendel holds a line as USS Underwood (FFG 36) launches a rigid-hull inflatable boat to conduct a parts exchange with USS Carr (FFG 52).



-Photo by MC2 Stuart Phillips

Boatswain's Mate Seaman Elleston Taylor (left) trains by mimicking Boatswain's Mate 2nd Class (SW) Joshua Singleton as he acts as the landing signalman enlisted (LSE) during a functional check flight of an SH-60B Sea Hawk helicopter assigned to HSL-48 on the flight deck of USS Underwood (FFG 36).



-Photo by MC2 Stuart Phillips
Seaman (SW) Everett Harper chips paint from a hatch aboard USS Underwood (FFG 36).



-Photo by MC2 Stuart Phillips
Seaman Ka'ala Morrison paints a cleat aboard USS Underwood.



-Photo by MC3 Frank J. Pikul
Seaman Ka'ala Morrison uses a pneumatic sander while conducting routine maintenance on the main deck of USS Underwood (FFG 36).



-Photo by MC2 Stuart Phillips
Quartermaster 3rd Class David Collins plots navigational aids in the pilothouse aboard USS Underwood (FFG 36).



-Photo by MC2 Stuart Phillips
Seaman (SW) Francis Mliswa uses the "big eyes" to search for contacts while standing the forward lookout watch aboard USS Underwood (FFG 36).



-Photo by MC3 Frank J. Pikul
Logistics Specialist Seaman Michael Spears carries chocks and chains across the flight deck of the Oliver Hazard Perry-class guided-missile frigate USS Underwood (FFG 36) during the launch of an SH-60B Sea Hawk helicopter assigned to HSL-48.



-Photo by MC2 Stuart Phillips
Seaman Jonathan Howard (center) displays a fuel sample for visual inspection to pilot Lt. Richard Kroeger (left) during a "hot pump" and functional check flight of an SH-60B Sea Hawk helicopter assigned to HSL-48 on the flight deck of the Oliver Hazard Perry-class guided-missile frigate USS Underwood (FFG 36).



-Photo by MC2 Stuart Phillips
Seaman (SW) Aaron Drendel acts as the sound-powered phone talker on the foc'sle as the Oliver Hazard Perry-class guided-missile frigate USS Underwood (FFG 36) anchors in Cartagena, Colombia. Underwood is deployed to Central and South America and the Caribbean in support of Southern Seas 2012.

From Page 4

mail and that is an important boost for the morale of the crew."

"Every member of the crew was motivated to help and they always come together to help each other out for the greater good of the ship," Underwood Command Master Chief Michael P. Bates said.

After the completion of the resupply at sea, a U.S. Customs and Border Protection (CBP) Office of Air and Marine (OAM) P-3, operating out of National Air Security Operations Center-Jacksonville (NASOC-JAX), air dropped a sealed capsule containing mission essential parts for the air detachment assigned to HSL 48 Detachment 3 stationed aboard Underwood.

"It was interesting to see a P-3 that close and I hope that the part will

do the trick to fix the helicopter," said Operations Specialist Seaman Recruit Aaron Smith, a junior enlisted Sailor aboard Underwood. "I have the best job in the world because I get to see things most people don't ever get to see in their lives."

Underwood Sailors used a rigid-hull inflatable boat (RHIB) to recover the capsule from the sea and returned to Underwood.

"We were manned and ready to go as soon as the aircraft was in the area," said Gas Turbine System Technician Brian Stankowitz, one of the search and rescue swimmers and members of the RHIB team aboard Underwood. "I think we definitely accomplished our mission today from start to finish and I am proud to serve with a dedicated crew like this one."

Helicopter Pilot Makes Permanent Bond With USS Farragut, Surface Navy

By MC3 A.J. Jones
USS Farragut

Lt.j.g. Pete Mooney has been going to air shows since he was a kid. His father was an Air Force pilot; his brother and sister fly planes, so it comes as no surprise that Mooney would become a pilot too.

"There's a feeling I get whenever I go near anything that flies," commented Mooney, a helicopter pilot with the Vipers of Helicopter Anti-Submarine Light Squadron (HSL) 48. "There's nothing else in the world that gives me that same feeling."

Mooney has been in the Navy for three years. HSL 48 is his first duty station, and he is assigned to the "Deadly Sinners" of Detachment 7.

"I'm guilty of being like everyone else," said

Mooney. "When I came in it was all about wanting to be a jet pilot. I remember my dad's stories of the golden age of fighter jets and fighter pilots, and I wanted to be a part of that pretty badly."

Lt.j.g. Mooney went through flight school, but Top Gun wasn't his calling. Instead Mooney was assigned to a helicopter squadron.

"I ended up getting helicopters, and I was bummed at first," Mooney recalled. "But it's been an absolute perfect fit for me."

Although Mooney is a Navy pilot, he has yet to earn a call sign from his squadron.

"I don't have a call sign yet," he proclaimed. "You usually don't get one, unless you do something to earn one, usually something, not too

bright."

Even though Mooney hasn't earned a call sign from the squadron, he has earned a nickname aboard guided-missile destroyer USS Farragut (DDG 99). HSL 48 Detachment 7 is assigned to Farragut during their 2012-2013 deployment.

Aboard Farragut he is known as "Arleigh."

"I got the nickname, 'Arleigh,' because I was filling out a report and I knew we were DDG 99 and I knew the flight deck class, but I didn't know what class of ship Farragut was," he said laughing. "So I called the bridge, and I just asked, Hey, what kind of ship are we on?"

"The kid that answered hesitated and then started telling me it was USS Farragut, DDG 99 and the flight deck category, stuff

I already knew, and I got frustrated and just hung up," Mooney recalled. "Well then it spread like a wildfire around the bridge, I didn't know where I was, what kind of ship this was, and when it finally came to light what happened, the answer I needed the whole time was Arleigh Burke Class."

So the name Arleigh stuck. Mooney will have to endure this name for the entirety of his deployment on Farragut, a name he helped create. Some men may be upset about this, but Mooney just takes it in stride.

"I love the people here," said Mooney. "This is the first Navy vessel I've been on, and I didn't know what to expect, but the experience so far has been great."



- Photo by MC3 A.J. Jones
Lt. j.g. Pete Mooney from the Vipers of Helicopter Anti-Submarine Light Squadron (HSL) 48 Det 7, walks across the flight deck of guided-missile destroyer USS Farragut after landing an SH-60B Seahawk.

Washing Your Car Can Have Consequences

From NS Mayport Environmental

When thinking about the health of our surface waters, it should be remembered that our homes are at the "headwaters" of our lakes, streams, and rivers. Every chemical pollutant that gets on our driveway, sidewalk, or street will be picked up in rain water and carried untreated through a series of pipes and ditches to the nearest natural water body.

One residential practice that can contribute to pollution of stormwater runoff is the home car wash. "But what harm can washing my car at home cause?" many would ask. Part of the answer lies in the cumulative effect of the approximately 250 million vehicles registered in the United States. Even with just a small percentage of those vehicles being washed at home at any time, cumulatively the runoff from car washing can add significant toxicity to our waterways.

Discharge from wash-

ing cars will carry a mix of pollutants even when using just water. The runoff contains oil, grease, brake dust, sediment, rust and other trace metals, and many other contaminants. When the variety of soaps and cleaners on the market are added to the mix, it's hard to determine all the various chemicals that are being added to the runoff. Even if the water evaporates, the pollutants are not gone. Most of the pollutants dry on paved surfaces or soil particles only to

be picked up again during the next rain event.

Most of the damage caused by car wash cleaners is due to chemicals known as surfactants. These chemicals make cleaners more effective at removing oil and grease from your vehicle and allow the cleaner to rinse off easily with water. Surfactants however are very harmful to fish. Studies have indicated that even when car wash runoff was significantly diluted, it was still very toxic to fish species.

To avoid the harmful effects of washing your personal vehicle, the best practice is to do it at a professional car wash facility. Often, the water used in these types of facilities is recycled. Pollutants, especially sediments, oil, and grease are normally separated out for proper disposal. Discharges from the facilities go to sanitary sewage treatment facilities for further treatment. On Naval Station Mayport, there are two car wash facilities available. One is at the Navy Exchange Gas Station on Maine Street.

The other is the MWR car wash next to Bldg. 414 on Supply Street.

If you do wash your vehicle elsewhere, here are some tips on minimizing the environmental impact.

- Use biodegradable, phosphate-free, water-based cleaners only.
- Minimize water usage. Use a nozzle that can be turned off when not in use to conserve water and reduce runoff.
- Wash on an area that absorbs water, such as gravel, or grass. This can filter water before it enters groundwater, storm

drains, or creeks. Avoid washing cars on concrete or asphalt pavement unless it drains into a vegetated area.

• Always empty wash buckets into sinks or toilets. Don't dump them on the pavement.

• When planning a car wash fundraiser, try developing a partnership with a commercial car wash facility, or use a safe location. Fundraiser car washes on Naval Station Mayport should be held at one of the two car wash facilities that are designed to treat the runoff.

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Matt Pasco, Chief Warrant Officer 2 and his daughter Delilah



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-Photo by CTSN Anders Carter
 Chief Fire Controlman James Iko, right, observes while Fire Controlman 3rd Class Robert Perry demonstrates his ability to operate a .50-caliber machine gun during a qualification shoot aboard guided-missile frigate USS Taylor (FFG 50). Taylor is assigned to Commander, NATO Task Force 508 supporting Operation Ocean Shield, maritime interception operations and counter-piracy missions in the U.S. 5th Fleet area of responsibility.



-Photo by Lt. j.g. Jennifer Gabriel
 Cmdr. Dennis Volpe, executive officer and damage control training team leader, center, and Chief Damage Controlman David Helegda, damage control training team coordinator, right, observe Lt. j.g. Kenneth Perfido, damage control assistant, aboard guided-missile frigate USS Taylor (FFG 50), during a toxic gas drill.

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CPO Selectees Tackle Beach Run

By Kaylee LaRocque
Naval Air Station Jacksonville
Public Affairs

Prospective Master Chief Petty Officer of the Navy (MCPON)(AW/NAC) Mike Stevens joined 117 chief petty officers (CPO) and CPO selectees from Naval Air Station Jacksonville and Naval Station Mayport in the 5-mile Tijuana Flats Beach Run at Jacksonville Beach, Aug. 25.

After a series of warm-up exercises and singing the national anthem, the runners took off down the beach, followed by the formation of CPO selectees carrying flags and singing traditional Navy songs. They were cheered on by hundreds of family members, friends and spectators who came out for the event.

"I came to Jacksonville to take a look at the training for our new CPO selectees, interact with them and meet with the leadership who are providing the opportunity for them to participate in this event. I'm also here to run



Chief Petty Officer selectees from Naval Air Station Jacksonville, Naval Station Mayport and Naval Submarine Base Kings Bay, Ga. stand in formation and pledge allegiance to the National Ensign prior to the annual 5-mile Tijuana Flats Summer Beach Run. Nearly 200 chief's and chief-selects participated in the event to build esprit de corps.

with the Jacksonville community and to have good time," said Stevens.

As participants hit the halfway mark, the group

turned around and headed back to the finish line, coming in at a little over one hour. Stevens praised the CPO selectees

for completing the run. "I'm impressed that the group stayed together - nice job. I guess the CPO 365 program is working

out pretty well," Stevens said. "It's great to be an American and do something special and then we join the U.S. Navy and

become part of something even more special. Then, a chosen few get the opportunity to be called a 'chief petty officer.' There are about 30,000 CPOs in the United States Navy, and when you compare that to the 300-plus million population of our country, you are the chosen few and you should feel good about that."

"I'm so very, very proud of you all coming out here tonight and to see those who will soon wear the coveted fouled anchors perform in such a magnificent manner in front of the great citizens of Jacksonville. What a great Navy town this is," said Stevens, who also recognized the spouses and families, thanking them for their support.

After completing the run, the chief selectees gathered in formation to show their pride by reciting the "Sailor's Creed", singing "Anchors Aweigh" and participating in some cool down stretches.



Chief Petty Officer selectees stand in formation prior to the annual 5-mile Tijuana Flats Summer Beach Run.



Prospective Master Chief Petty Officer of the Navy (PMCPON) Michael Stevens stretches with chief petty officer selectees before the race.

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DC Training



-Photos by MC1 Ian W. Anderson

Above, Hull Maintenance Technician 1st Class Wesley Deckard from Bloomington Ind., a Surface Warfare Officer School Learning Site Mayport instructor, performs a safety brief to firefighters from First Coast Navy Fire and Emergency Services prior to entering the Damage Control Wet Trainer. Right, Damage Controlman 1st Class Benjamin Lieb and Damage Controlman 1st Class Thomas Menard, Surface Warfare Officer School Learning Site Mayport instructors, attach a hose to a portable dewatering pump during simulated flooding at a damage control wet trainer.



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USS Carney Runs For Cause

By Lt.j.g. Lily Powers
USS Carney PAO

Twelve Carney Sailors ran in the American Lung Association's Fight For Air Run/Walk on Aug. 18 at Metropolitan Park in Jacksonville.

Several "Carney Warriors" placed in their age groups: Cmdr. Crossman (Carney's XO) and Electronic's Technician 2nd Class (SW/AW) Rita Crosby placed first in their respective age groups, and Electronic's Technician 2nd Class (SW) Justin Miller and Fire Controlman 2nd Class (SW) Eric Johnson placed third in their age group.

The event was a great way for Carney Sailors to get out in the community to support a worthy cause, and the team had fun doing it.

Electronic's Technician 2nd Class (SW) Justin Miller, the ship coordinator for the event, said, "It



-Photo courtesy of USS Carney

Team Carney in front of the finish line after the race.

was really exciting to get the command involved in this 5K and I think we will participate in more events like this in the near future."

Operation's Specialist

2nd Class (SW) Andrew Yelverton said "this was my first 5K, and I can't wait to run in another one soon!"

USS Carney is in port 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.

Navy Holds Tri-Base Job Fair

From FFSC

Naval Station Mayport, Kings Bay SUBASE, and NAS Jacksonville Fleet and Family Support Centers (FFSC) will sponsor the Navy Tri-Base Job Fair on Wednesday, Sept. 19 from 9 a.m.-2 p.m. at the Morocco Shrine Center.

Active duty, separating,

retiring and retired service members, military spouses, family members and separated service members up to 180 days after separation date are eligible to attend. Attendees are encouraged to bring several copies of their resumes and dress for interviewing.

Local, state and nation-

al companies will be collecting resumes for numerous jobs. The following types of companies will be at the Job Fair: energy, defense contractors, government, law enforcement, financial healthcare, engineering logistics, aviation, naval ship repair, education, industrial, construction,

maritime, technology, and more.

The Job Fair and parking are free. The Morocco Shrine Center is located at 3,800 St. Johns Bluff Road in the Southside of Jacksonville.

For more information, call the Fleet and Family Support Center at 904-270-6600 ext. 1700.

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

Sept. 1: Youth Bowling Program Open House. 10 a.m.-2 p.m. at Mayport Bowling Center. Bring the whole family for free bowling and hot dogs. Pre-registration for the 2012-2013 Youth Bowling Program will also be available. 270-5377.

Sept. 2: End of Summer Bowling Bash. 4-7 p.m. at Mayport Bowling Center. 3 hours of summertime bowling fun with Beach Boys music, prizes, hot dogs and hamburgers for everyone and more! Cost is \$10 per adult, \$8 kids 4-10, Free for kids 3 and under. 270-5377

Sept. 4: Softball Begins. Season ends Nov. 1. 270-5451

Sept. 5: 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

Sept. 5: Lunchtime

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. 30: Jacksonville Jaguars vs. Atlanta Falcon Football. Van departs 5:30 p.m. Cost \$8.

Aug 31: Pool Tournament. 6 p.m. at Liberty Center.

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

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Sept. 2: Paintball. Van departs Liberty Center at 7:30 a.m. Cost \$5 (includes paintballs, gear

Sept. 1: Youth Bowling Program Open House. 10 a.m.-2 p.m. at Mayport Bowling Center. Bring the whole family for free bowling and hot dogs. Pre-registration for the 2012-2013 Youth Bowling Program will also be available. 270-5377.

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Sept. 7: Teen Base Round-Up and Pizza Party. 7-11 p.m. at the Teen Center. This is a chance for Teens to round-up any newcomers to the base to introduce them to the Teen Center and invite them to a Pizza Party. Permission slip is required to participate in the round up on base. Staff will be on hand at the Teen Center with registration pack-

MWR HAPPENINGS

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

Sept. 5: 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 FY13 CPO Selectees. For tickets, contact ACC Ferrer (904) 270-7211.

Sept. 7: TGIF Extreme Bowling Party. Every Friday from 4-6 p.m. at Mayport Bowling Center. Free for Active Duty; guests \$5. Beer & drink specials, half-price wings, awesome music videos and light show! 270-5377

Sept. 7: Teen Base Round-Up and Pizza Party. 7-11 p.m. at the Teen Center. This is a chance for Teens to round-up any newcomers to the base to introduce them to the Teen Center and invite them to a Pizza

Party. Permission slip is required to participate in the round up on base. Staff will be on hand at the Teen Center with registration packets and permission slips. 246-0347

Sept. 8: Military Classic Flag Football Tournament. Sign up by Aug. 30. 270-5451

Sept. 8: 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

Sept. 9: NFL Sunday Ticket. Every Sunday at Noon at Castaways. Watch your favorite NFL team on one of Castaways' 9 flat-screens. Drink specials throughout the day. 270-7205

Sept. 10: 7v7 Fall Soccer Begins. Season ends Nov. 8. 270-5451.

Sept. 11: Freedom 5K Run/ 3K Walk. 8:10 a.m. in front of the gym.

Sept. 11: 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

Sept. 12: 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 Colormanina Bowling, drink specials, request your favorite music all day long and more. 270-5733

Sept. 12: 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)

Sept. 14: 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

Sept. 15: ESPN College

your creativity. Prizes awarded to the best entries.

Sept. 11: Freedom 5K Run/ 3K Walk. 8:10 a.m. in front of the gym.

Gameday. Every Saturday at Noon at Castaways. Watch you favorite NCAA Football teams on one of Castaways' 9 flat-screens. Drink specials throughout the day. 270-7205

Sept. 15: Singles Tennis Tournament. Sign up by Sept. 6. 270-5451

Sept. 21: Bingo Extravaganza. 6:30 pm at Beachside Bingo. Our first ever \$25,000 one-game payout. Ten \$1000 games, Ten \$500 games and more. Only 225 packages available; multiple packages may be purchased. Advanced purchase

required. 270-7204.

Sept. 26: 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 HSM 46. For tickets, call AMC Mani Bitor (904) 270-6010 x144.

Sept. 28: One Night in Mexico. 7-11 p.m. at the Teen Center. It's a fiesta! We'll have a taco and nacho bar, mock-aritas, jalapeño eating contest, Spanish music and much more. 246-0347

LIBERTY CALL

and transportation) Sign-up deadline Aug. 16.

Sept. 4: Command Break-In. Look for us at the Galley for Lunch.

Sept. 4: Softball Begins. Season ends Nov. 1. 270-5451

Sept. 5: 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

Sept. 5: 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

Sept. 5: 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 FY13 CPO Selectees. For tickets, contact ACC Ferrer (904) 270-7211.

Sept. 5: Pool Tournament. 6 p.m. at Liberty Center.

Sept. 6: Bahama Breeze Dinner Trip. Van departs Liberty Center at 5 p.m. Transportation Only.

Sept. 7: TGIF Extreme Bowling Party. Every

Friday from 4-6 p.m. at Mayport Bowling Center. Free for Active Duty; guests \$5. Beer & drink specials, half-price wings, awesome music videos and light show! 270-5377

Sept. 8: Military Classic Flag Football Tournament. Sign up by Aug. 30. 270-5451

Sept. 8: 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

Sept. 8: Laser Tag. 7-9 p.m. at Sea Otter Pavilion. Free.

Sept. 9: St. Augustine Alligator Farm. Van Departs Liberty Center 10 a.m. Cost \$10. Sign up deadline Sept. 5

Sept. 9: NFL Sunday Ticket. Every Sunday at Noon at Castaways. Watch your favorite NFL team on one of Castaways' 9 flat-screens. Drink specials throughout the day. 270-7205

Sept. 10: 7v7 Fall Soccer Begins. Season ends Nov. 8. 270-5451.

Sept. 10: Manga and Comic Art Competition. All Day at the Liberty Center. We provide the supplies; you provide

KID ZONE

ets and permission slips. 246-0347

Sept. 28: One Night in Mexico. 7-11 p.m. at the Teen Center. It's a fiesta!

We'll have a taco and nacho bar, mock-aritas, jalapeño eating contest, Spanish music and much more. 246-0347

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Published by
The Florida Times-Union

'Feds Feed Families' Drive Ends Friday

By SN Matthew Muhl

USS Philippine Sea

For the past three months, national charity Feds Feed Families has been receiving donations from all over the country, and the Naval Station Mayport Chapel, which will stop receiving donations at the end of August, are hoping for more contributions before they seal the last box this week.

"What we have collected so far is about 4-to-5000 pounds of non-perishable goods," calculated Operations Specialist 1st Class Jeremy Daniels, who is in charge of the advertising, collection and the distribution of said goods.

The charity, now in its 4th year, is a nationwide effort led



-Photo by SN Matthew Muhl

A 'Feds Feed Families' donation box at the Mayport Chapel is filled with non-perishable food items waiting to be collected. The food drive will end tomorrow.

by a collection of government agencies, including that of the Departments of Defense and Agriculture, to help all families, whether they are military or civilians. "It's basically designed for federal employees to come together and gather up food and take them out to the local food banks for families," Daniels says of the charity. "This helps replenish the food supply that gets severely diminished, especially in the summer months when children are out of school."

The national goal of Foods Feed Families is approximately 2 million pounds, and around half of the 5000 pounds that Daniels has already collected from the local community have

come from the Mayport commissary.

"It has a tremendous impact on the community," Daniels added. "If a hundred people came in, that's a hundred cans of vegetables that we wouldn't have had before. And it doesn't just have to be food, it can be deodorant, tooth paste, anything that can help the families out who are struggling or on the verge of being homeless. What little bit they get from those food banks helps keep them afloat until the next paycheck comes around."

Donations can be dropped off at the Mayport Chapel at 350 Massey Street.

Money App Puts Finances in Hand

By Lisa Daniel

American Forces Press Service

Financial planners often talk about "being smart" when it comes to your finances - where, when and how to save, spend, and invest your money and how to manage your credit.

The ins and outs of getting and staying in good financial shape can feel like a full-time job. From buying a house to researching tax breaks to asking about lower interest rates on credit cards or auto insurance, getting smart about finances takes effort.

That endeavor can be made easier, however, with a free website and app created especially for military members by the Better Business Bureau and McGraw Hill Companies. The consumer advocacy group's military division teamed up with the global financial information company to create militaryandmoney.com and its smartphone app, which is available for the iPhone and iPad. There will also soon be an Android version available, Brenda Linnington, director of the BBB Military Line, told me

today.

Linnington, wife of Army Gen. Mike Linnington, who commands the Military District of Washington, creates curriculum for the Military Line's personal finance workshops, which are given at military bases around the country as part of the Defense Department and services' financial readiness outreach. BBB's Military Line also is a partner in the Kiplinger/BBB Financial Field Manual.

Linnington replaced Holly Petraeus last year as MilitaryLine's director when Petraeus was appointed to head the military division of the Consumer Financial Protection Bureau. Both have worked to ease personal finance for service members and their families.

"We don't want it be laborious kind of thing," Linnington said of the website and app. "They can just plug in their numbers, so they have their personal financial situation in palm of their hands."

The digital aids came about after the bureau and McGraw Hill separately pledged to help

"Joining Forces," the campaign First Lady Michelle Obama and Second Lady Jill Biden created last year to support military families, Linnington said. The campaign fostered the partnership, merging the bureau's military financial acumen with McGraw Hill's global financial reach.

The website and app provide "basic training" in personal finance with video instructions on budgeting and managing credit. They also offer an "action center" with a calculator for entering your own financial information to help with building savings - you can set a reminder for regular installments - and reducing debt.

"The great thing about the app is it's very user-friendly, and it puts that person's financial situation in the palm of their hands," Linnington said "They can have it with them wherever they go."

The website and app can help families through the financial shift of deployments and how to ease the burden when combat and hazard pay go away, she noted.

"That reunion period, as wonderful as it is, especially during the honeymoon period, also is full of a lot of stressors," she said. "Add in the changes to your financial situation - now you have less income, your children are getting older, and becoming more expensive - that can cause more stress on an already stressful situation."

The website and app are tailored to enlisted members at the E6 level and below, Linnington said, because that is who the bureau found needs it most. Most complaints of financial problems from service members come from the E5 and E6 level, she said. Unlike junior service members, they're most in their mid-20s - they're beginning to develop credit and make enough money to pay off debt and save. And they are starting families.

"They have more money than they had before, but they also have more expenses and they're getting into larger purchases," she said.

Your Droid, Iphone Can Help With Voting

From a Federal Voting Assistance Program News Release

Service members, their families and U.S. citizens living overseas now have voting information at their fingertips with the Federal Voting Assistance program's new mobile website.

The site provides an interface that quickly leads users to voting information in an easy-to-read, mobile-friendly format.

Accessible from any smartphone, the site connects voters with the latest news alerts, absentee voting information, state election dates, key contact information, and answers to frequently asked questions. Users also can sign up for FVAP's voting alerts.

Users will be directed automatically to the mobile website when they visit FVAP.gov from a mobile browser.

From Page 1

Changes Coming To Family Health Eligibility

From TRICARE

Starting this fall, the eligibility requirements for the US Family Health Plan (USFHP) are changing for new enrollees.

TRICARE beneficiaries who enroll in USFHP after Aug. 20, 2012 will lose their eligibility for the program when they turn 65 and be transitioned into TRICARE For Life. Under the new policy, beneficiaries 65 and older

won't be able to enroll in USFHP after Aug. 20, 2012.

Because the eligibility requirements are effective Oct. 1, 2012, new USFHP enrollees must submit their application by Aug. 20, to be enrolled before the requirements go into effect.

All current USFHP members, including those who enroll before

Aug. 20, can remain in USFHP, regardless of age, until they no longer qualify for TRICARE coverage. However, if a beneficiary dis-enrolls from USFHP, the new rule applies if they wish to re-enroll at a later date.

USFHP enrollment will remain open to eligible active duty family members, qualifying surviving children and spouses

who have not remarried, unmarried children up to age 21 or until age 23 for full-time students, retirees and their family members under the age of 65, and former adult dependent children whose sponsor's status qualifies them for TRICARE Young Adult coverage. Beneficiaries can enroll at any time and coverage follows the 20th of the month rule.

USFHP is a managed care TRICARE Prime option offering comprehensive coverage at a low cost to beneficiaries. Beneficiaries enrolled in USFHP receive their care at one of their health care facilities. For more information on USFHP or to enroll go to www.tricare.mil/usfhp or call membership services at 1-800-748-7347.

CNP

experienced Sailors. Now that we have balanced the overmanned ratings, assigning Sailors to where we need them most is key. The recent manning policies and initiatives are intended to achieve this."

"We are America's away team, and our Navy is in demand," continued Van Buskirk. "With this increased demand for naval forces, there is a renewed need for proper sea duty manning. To meet the most pressing needs of the Fleet, we have worked with Fleet Forces, Pacific Fleet and MCPON to execute short, medium and long term

initiatives and policy adjustments to improve sea duty manning."

In early August, Navy introduced several voluntary and involuntary measures intended to reduce gaps at sea. These include changes to detailing through the Career Management System Interactive Detailing (CMS/ID), extension of the Voluntary Sea Duty Program (VSDP), the Limited Directed Detailing Program, the Chief Petty Officer (CPO) Early Return to Sea Program, and expansion of the ratings eligible for Sea Duty Incentive Pay

(SDIP).

"These measures aim to manning operational units with qualified Sailors with critical skill sets, ensuring Fleet and operational readiness," said Van Buskirk.

Van Buskirk also emphasized the importance of sea duty and the important role Sailors play in their career management.

"I highly encourage you to be proactive, speak with your chain of command, and consider all the voluntary measures Navy has in place to pursue sea duty. Professionally, volunteer-

ing may offer additional training opportunities, and your demonstration of superior performance at sea is the benchmark for top evaluations and advancement."

Van Buskirk also emphasized the importance of the 21st Century Sailor and Marine initiative, which 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 Department of the Navy.

"The 21st Century

Sailor and Marine initiative ensures that you and your families are equipped to meet both the physical and mental challenges of our global mission, and are ready to be Sailors and Navy families," said Van Buskirk.

"In particular, I'd like to highlight the importance of Sexual Assault Prevention and Response as part of the 21st Century initiative," continued Van Buskirk. "As shipmates, we must look out for each other and prevent harm before it occurs. Bystander intervention is key to preventing sexual assault - it's recognizing

inappropriate, coercive and harassing behaviors, knowing when to intervene, and then intervening. This is important. I urge you to ask questions and get involved. It is about taking care of you, our Sailors, and about all of us taking care of one another."

Van Buskirk's all hands calls in Navy Region Southeast are part of a series of visits around the Fleet to inform Sailors of key personnel policies affecting their careers.

From Page 1

Initiative

Unemployment still is too high for veterans and military spouses, but Joining Forces has helped to push the national veteran unemployment rate down nearly 20 percent from a year ago, Obama said. The veteran unemployment rate in July was 6.9 percent, compared to 8.6 percent in July 2011, Joining Forces officials said.

"I got the job," said Paul Andrews, a former sonar technician stationed on USS Roosevelt until

March. "It honestly feels like a storybook ending to me. And today I live in Houston, Texas with my wife and three young children. I didn't have to go a single day unemployed."

"So Joining Forces is real," he added. "It has impact. It connected me with meaningful employment that leveraged the skills I gained during my military service."

Though the initiative has exceeded its goals, Obama said, the participating companies have

pledged to hire another 250,000 veterans and spouses, with at least 50,000 of that total being spouses. "It would be understandable if these companies just stopped now and patted themselves on the back and called it a day," the first lady said. "But these companies are doing just the opposite."

The first lady and Dr. Jill Biden, wife of Vice President Joe Biden, started Joining Forces in April 2011 to rally Americans to

actively support service members and their families in areas of employment, education and wellness. A year ago, President Barack Obama asked Joining Forces to challenge the private sector to hire or train 100,000 veterans and military spouses by the end of 2013.

"I thought this challenge was pretty ambitious," the first lady, said, noting that the effort was launched with just two partner companies. "Before long, compa-

nies all over this country had started stepping up." By April, they had hired 60,000 veterans and spouses, and by May, the number was 80,000. The federal government has made the same commitment, and veterans and spouses made up 28 percent of all federal hiring last year, a White House official told reporters.

Also at the event, Vice Adm. Scott Van Buskirk, chief of naval personnel, said he supports Joining Forces because it has

had "a huge impact" on Sailors, their spouses and veterans. "They've shined a spotlight on the unique needs and strengths of military families and veterans," he said.

The Joining Forces initiative to make professional licenses portable from state to state for military spouses is "near and dear to my heart," Van Buskirk said. His wife is a speech pathologist who has had to recertify multiple times, he explained.

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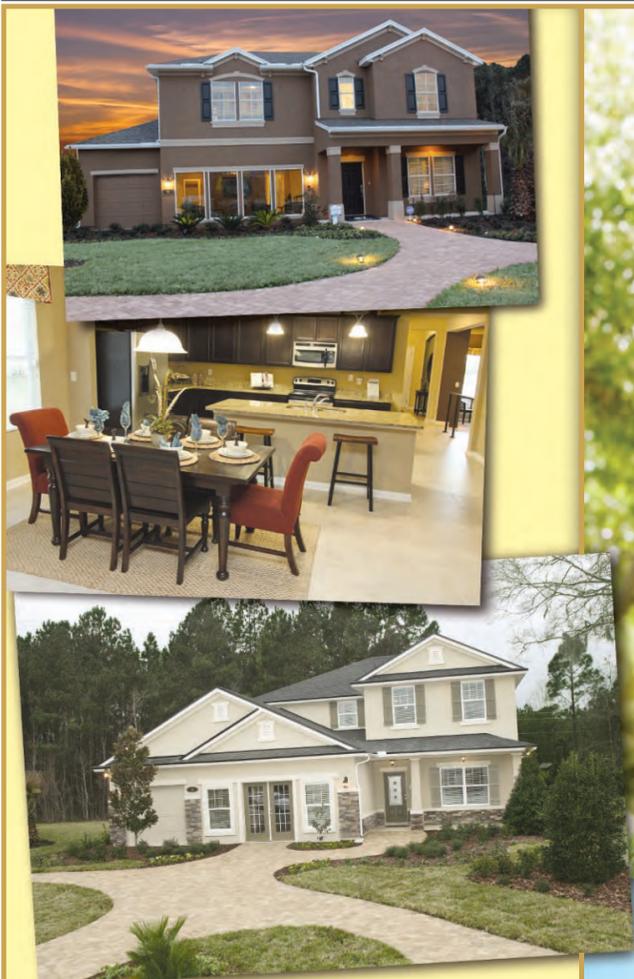
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