

# Williams Named Women of Color Technology All-Star Award Winner



-Photo by Daphne Cassani

CSCM Paulette Williams serves lunch to hungry Sailors and Marines during a site visit to the galley onboard Naval Submarine Base Kings Bay.

By CSCM Michael Carter  
Officer in Charge Navy Food Management Team Mayport

Master Chief Culinary Specialist Paulette Williams of the NAVSUP Fleet Logistics Center Jacksonville, Navy Food Management Team was named the Women of Color (WOC) 2012 Science, Technology, Engineering, and Math (STEM) Technology All-Star Award winner.

Technology All-Stars are accomplished women of color with approximately 22 or more years in the workforce and who have demonstrated excellence in the workplace

and in their communities.

Williams is the senior instructor at Navy Food Management Team Mayport. She leads the training and development efforts for all of the Navy culinary specialists in the Southeastern Region, including afloat galleys onboard 14 U.S. Navy ships and 21 shore-duty galleys, including Naval Station Guantanamo Bay. Williams' educational and leadership efforts focus on the areas of food production, sanitation, food safety, training, technical management, and administration. Additionally, Williams holds a Masters in Health Science from

Trident University and is an avid volunteer involved with community events in Jacksonville.

"I am extremely honored and excited to be a recipient of the Women of Color STEM Technology All-Star Award. I couldn't have imagined that I would ever have the opportunity to receive this very prestigious award," said Williams, a 24-year veteran of the Navy. "I am extremely thankful and grateful to my chain of command for their complete support and nomination for this award. This is definitely one of the highest honors

See Williams, Page 10

## Navy Focuses On Suicide Prevention Awareness

From Navy Personnel Command Public Affairs

September is National Suicide Prevention Awareness Month and the Navy is using the month as a launch pad to focus on Navy's ongoing suicide prevention efforts, officials announced in NAVADMIN 259/12 released Aug. 27.

During each week of the month resources will be available to guide discussion on stress navigation and suicide prevention concepts. The weekly concepts to be explored are: building resilience, navigating stress, encouraging bystander intervention to A-C-T (Ask Care Treat), and reducing barriers for seeking support through counseling.

The tools and resources are available on www.suicide.navy.mil and www.navynavstress.com. These tools emphasize the themes of dedication, optimism, determination and humor. Additionally, the winner of the Suicide Prevention Public Service Announcement Contest will be announced Sept. 28. The winning video will be available year-round online and will be broadcast regularly on Direct-to-Sailor television, the American Forces Network and Pentagon channel.

"Our people are our greatest asset," said Capt. Kurt Scott, Behavioral Health Programs director, Bureau of Naval Personnel. "We're promoting a lifestyle of total fitness - physically, mentally, socially and spiritually - to ensure our Sailors are best able to meet the challenges they will face in today's Navy."

See Prevent, Page 12

## NEX Celebrates CPO Selects



-Photo by Paige Gnam

Chief Select Aviation Machinist's Mate Luis Ruiz shows his son the guitar that he won during a raffle for Chief Selects held at the on base Navy Exchange during its annual CPO Select Uniform Night on Aug. 29.

## Help Clean Up Mayport Beach

From Mayport Environmental

Naval Station Mayport is one of the official clean-up sites for the 2012 International Coastal Cleanup on Sept. 15.

Volunteers are needed to collect litter and debris on the beach and along the Jetties at Naval Station Mayport. Participants should plan to meet at 8 a.m. at Jetties Pavilion #3 (the eastern-most covered pavilion) near Pelican Roost RV Park on Bon Homme Richard Street. This event will run until approximately 10 a.m. Volunteers are welcome to participate for part or all of that time frame. Community service hours may be earned. Pre-registration is not required. Gloves and garbage bags will be provided.

To learn more, call Keep Jacksonville Beautiful at (904) 630-3420 or visit www.coj.net/KJB or contact NS Mayport Water Quality Program Manager, Scott Dombrosky at 270-6781.

## Navy Sponsors 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 national companies will be collecting resumes for numerous jobs. 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.



# STREET TALK

# What do you like about being stationed at NS Mayport?



**BM3 Chad Lambert**  
USS The Sullivans  
The weather, the beach and it's close to home.



**IT2 Jerita Leverette**  
USS The Sullivans  
There's a lot to do in the area. It's better than Virginia.



**GSE1 Jose Diaz**  
SERMC  
The weather, the people are friendly and there are a lot of family activities around here. This is a small base with great services.



**OS3 Laquanta George**  
NS Mayport  
Small, and interact with superiors. Also superiors are interested in my well-being.



**BM2 Mykei Cruz**  
Harbor Ops  
Being a part of Harbor Operations department and being able to cross train on day-to-day activities.



**SH3 Randolph Copland**  
Base Housing  
Relaxation and tranquility. Morale on base is excellent. The people I work for are excellent. It's paradise for the Navy.

# Tips For Fostering School Connectedness



**Judy Cromartie**  
School Liaison Officer

This school year will be marked by many of the traditional signs of children returning to school - fresh hair cuts, new shoes, the latest backpacks, sharpened pencils, and the grateful smiles of loving parents who have longed for that first day of school. While it is certainly important that the school year begins well, it is even more important that parents and schools work together to make sure the entire school year *continues* well. Parents with children entering school for the first time may experience some apprehension about where and how to become involved in their young child's school life. More experienced parents may struggle with making

## Knowing THE ROPES

the transition as children move into new grades, schools, or districts.

The involvement of a caring adult in the school life of a child cannot be overemphasized. Research has suggested again and again that student achievement can be tied to many factors, one of which is support from home. Many families struggle to balance work demands, family needs, and extra-curricular activities. Here are a few simple suggestions which could make a big difference in your child's success in school:

**Communicate with the teacher on a regular basis** - Early in the school year, clarify how information will be shared between home and school and how concerns and problems will be handled. With the technology available, many teachers post information on a classroom website, blog, or e-mail.

**Volunteer for school activities** - Schools, especially middle and high

schools, struggle to get enough parent support to sustain programs and events. Your willingness to make yourself available will help create a cooperative working relationship between you and the school. If your work schedule does not permit volunteering at daytime events, consider helping out in the evening at sporting events, with tutoring programs, or providing refreshments for a PTA meeting.

**Monitor homework completion and work together on assignments which invite family participation** - Set a regular time for homework, create an actual schedule, post it where everyone in the family can see it, and stick to it. Find a place within your home where you can concentrate, away from distractions. Set and enforce appropriate rules for homework time. During homework time, be available to work with your child.

**Know your child's friends and the friend's**

parents - it is important to know who your child interacts with in and out of school to make sure that you approve of the activities your child is involved in. An easy way to accomplish this is to participate in school events and to become involved in academic activities. Sporting events, PTA meetings, and choral concerts give you an opportunity to meet not only your child's friends, but also their parents.

**Schedule informal meetings** - You do not need to wait for Open House to have a face-to-face meeting with your child's teacher. Schedule a meeting early in the year especially if your child has a learning disability or had trouble last school year. These meetings should be brief and to the point. Write down your questions. It is important that you share your concerns in a manner which demonstrates purpose, caring, and respect.

**Know your child's academic program** - Understanding the goals for a certain grade level or for a particular subject will better prepare you to support your

child's learning at home. You can log on to [www.SoarAtHome.org](http://www.SoarAtHome.org) to view by grade level and subject the core curriculum your child will be responsible for this year. For elective classes, the syllabus or course outline can give you a better idea of what will be expected in a class. Looking at your child's textbook will also give you a good idea of what will be taught.

**Review your child's daily schedule** - Become familiar with your child's daily schedule. It will help you understand your child's day and how it may impact his or her learning. Middle and high school students may only have ½ of their schedule each day. Note which classes are on A day and which ones are on B. One of the days may be measurably more difficult or require much more homework. Knowing this will allow you to help your child become better organized.

**Establish a spot for communication** - While elementary schools often send home important information in the backpack, secondary schools leave it up to the student on how to best get

information home. By checking the backpack or establishing a special spot for handouts, homework to be signed, notes from the teacher, etc., you will stay better informed. This spot can also then be the place where you can put signed tests, notes to the teacher, or even your child's lunch. Having this spot can really reduce morning "where did I put that" headaches!

At first glance, many of these suggestions seem rather simple but they can require a bit of commitment. With a little help from home, this could be your child's best school year ever. Be that parent who makes a difference!

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at [Judith.cromartie@navy.mil](mailto:Judith.cromartie@navy.mil) or by phone at (904) 270-6289 ext. 1305 [office] or (904) 993-5860 [cell]. Or you can schedule a meeting with her in her office in Building One.

# Knowing God Is An Act Of Heart, Not Head



**Lt. Calvin Gardner Sr.**  
Surface Force Ministry Center

Psychologist, Carl Rogers was 22 years old when he entered Union Theological Seminary in New York in 1924. While attending seminary, he participated in a seminar organized to explore religious doubts.

Rogers later said of the group, "The majority of members...in thinking their way through questions they had raised, thought themselves right out of religious work. I was one."

Some Christians might balk at Roger's decision but there are two life lessons that may be extracted from his life example. First, never intellectualize God.

In other words, God has never been nor will

## CHAPLAIN'S CORNER

He ever be confined by our minds. In fact, the moment you and I try to figure God out, we miss the most important aspect of who God is. God is not known through intellect or feeling, but rather by faith.

Furthermore, Paul reminds us that "God in his wisdom saw to it that the world would never know him through human wisdom" (1 Cor. 1:21a, KJV). Thus many miss God by 18 inches (the average distance between ones head and heart) simply because they try to know him via human wisdom. It is not our songs, tears or the length of our prayers that grips the heart of God but rather our faith..."*And without faith it is impossible to please God...* (Hebrews 11:6a, NIV).

Notice what the text does not say...it does not say 'without prayer,' albeit we need to pray; it does not say 'without going to church.'

The point is this, the aforementioned acts are

the results of faith and that is why our faith pleases God.

The second life principle Roger's experience teaches us is that we all are prone to "doubt" God, especially during uncomfortable times. If we are honest, we all can admit

that there are times when our faith is fickle, inconsistent, and ambivalent.

During Sunday worship we sing "My faith looks up to Thee"...until we receive bad news or things do not work out as we have planned. During these times our faith waivers and quite frankly it is hard to believe God is in the mist of our disappointment. How do we stay consistent in our

faith during these times? James 1:4a reminds us to "Let endurance have its perfect result....be perfect and complete, lacking in nothing. Cross references: Hebrews 11:6 : Heb 7:19

The operable word in this text is *endurance*. In other words, it is through endurance that we learn that life is not a one-time 100-yard-dash in which the faster we run, that faster is it over. No

one would mind going through a life challenge if it were that simple. But facing a life challenge that last weeks, months or even years is a another matter. God's goal in allowing us to go through the crucibles of life is to perfect (mature) our faith so that we may help others through the very things we thought we could not endure.



**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  
3<sup>rd</sup> 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.  
PMOS  
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.



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# Navy Medicine Announces Reorganization

From U.S. Navy Bureau of Medicine and Surgery Public Affairs

The U.S. Navy Bureau of Medicine and Surgery (BUMED) detailed its reorganization and realignment plan for the Navy Medicine enterprise in a message to its staff Aug. 30.

The message, sent from BUMED chief of staff Rear Adm. Rebecca McCormick-Boyle, announced the implementation phase of the reorganization designed to build a more effective, efficient and responsive organization.

"Over the past several months, Navy Medicine leadership discussed and prioritized organizational opportunities and challenges to build a better and more integrated command around Navy and Marine Corps leadership," wrote McCormick-Boyle. "As a result, we are engaged in executing a realignment plan for the Navy Medicine enterprise that will meet these requirements."

The realignment is also closely linked to Navy Surgeon General Vice Adm. Matthew Nathan's strategic vision for Navy Medicine which puts an

emphasis on three core objectives-value, readiness and jointness, according to McCormick-Boyle.

"We must concentrate on bringing more value to our customers and stakeholders across the enterprise and improve our ability to operate in a joint environment while maintaining a high state of medical readiness for our naval forces," McCormick-Boyle wrote. "As Vice Adm. Nathan often says, when the world dials 9-1-1, it is not to make an appointment and we are taking the steps necessary to ensure we are ready to answer without delay."

The biggest change underway involved re-scoping the organization, responsibilities and structure of what was Navy Medicine Support Command (NMSC).

In July 2012, NMSC was renamed and re-scoped from a Regional command into Navy Medicine Education and Training Command (NMETC) with a primary focus on education and training.

The new command is head-

quartered in San Antonio, Texas and has detachments in Jacksonville, Fla., and Bethesda, Md.

NMETC will work closely with BUMED to ensure Navy medical personnel continue to be equipped with the best training military medicine can provide. They will also work closely with the leadership at the Medical Education and Training Campus (METC) in San Antonio to ensure Navy personnel are well-supported as well as maintain seamless and focused training for hospital corpsmen who keep Sailors and Marines medically fit and ready.

"Our job in Navy Medicine is to support the forward deployed force and ensure personnel readiness. Navy Medicine keeps the nation's naval forces medically ready to operate around the world in support of U.S. national objectives," wrote McCormick-Boyle. "Our main mission is support to the warfighter and we're in the fight to build an organization that can do just that."

NMSC and its leadership did

an outstanding job throughout their existence, but as the needs of our customers change and the dynamics of the environment we operate in changes, we also have to flex and adapt to meet those shifting requirements."

The overall realignment was developed to enhance accountability, command and control, and ensure representation of Navy equities both across the enterprise and throughout the Fleet.

Many of NMSC's former responsibilities will be absorbed by the Bureau of Medicine and Surgery (BUMED) departments and many of NMSC's lower echelon commands will be functionally realigned to departments within BUMED including the Navy and Marine Corps Public Health Center which will be realigned under BUMED's health care operations department.

The realignment also established two new department codes, M2 to manage all research and development and

M7 for education and training. Rear Adm. Bruce Doll has been appointed as BUMED M2 and will report to BUMED in October 2012. Rear Adm. William Roberts, who is reporting as the commandant of METC next month, will serve as BUMED M7. According to McCormick-Boyle, all personnel impacted by the realignment have been notified and implementation of plan is underway.

"Our people are our most valuable asset and they enable us to meet our missions. With that, we are committed to making the realignment process as transparent and seamless as possible for all of you," she said.

Navy Medicine is a global health care network of 63,000 personnel who provide health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments, at expeditionary medical facilities, hospitals, clinics, hospital ships and research units around the world.

# TRICARE Offers Plethora Of Pharmacy Choices

By Kristin Shives  
TRICARE Management Activity

TRICARE beneficiaries have plenty of pharmacy options, including military pharmacies, TRICARE Pharmacy Home Delivery and 56,000 network pharmacies. Wondering which option to choose from?

Military treatment facility (MTF) pharmacies fill prescriptions free of charge, up to a 90-day supply for most medica-

tions. Not all medications are available at MTF pharmacies, but beneficiaries can use the TRICARE formulary search tool, [http://pec.ha.osd.mil/formulary\\_search.php](http://pec.ha.osd.mil/formulary_search.php) to find out if a medication is available. Registered users may also use TRICARE Online to request prescription refills at [www.tricareonline.com](http://www.tricareonline.com).

TRICARE Pharmacy Home Delivery is another low-cost option giv-

ing beneficiaries low or no copays. It's safe, convenient and easy to use from home, when traveling on a temporary assignment or moving to another TRICARE region. Prescriptions are mailed to any address in the United States and its territories. Beneficiaries can get up to a 90-day supply for most medications with minimal out-of-pocket costs. Once registered, beneficiaries

can sign up for automatic refills or request them by mail, phone or online. TRICARE recommends home delivery option for prescriptions needed on a regular basis.

Beneficiaries who choose to fill or refill prescriptions at a retail network pharmacy can get up to a 30-day supply. Certain vaccines are covered for zero copayment

at participating network pharmacies. Call 1-877-363-1303 or visit [www.express-scripts.com/TRICARE/](http://www.express-scripts.com/TRICARE/) to find a participating pharmacy.

TRICARE provides a world-class pharmacy benefit to all eligible uniformed service members, retirees and family members, including beneficiaries age 65 and older. Coverage is the same

regardless of beneficiary category or health care plan being used.

The pharmacy program is available worldwide, but there are some limitations in having prescriptions refilled in some overseas areas.

Home delivery does deliver to the Army Post Office (APO) and Fleet Post Office (FPO) overseas.



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# De Wert Stops In Toledo During 1812 Tour

By Ensign  
Hannah Johnston

USS De Wert (FFG 45) PAO

Residents of Toledo lined the Maumee River banks to welcome USS De Wert as she made her approach into the city of Toledo at the Maritime Plaza Pier.

With a population of less than 300,000, it is the smallest city De Wert will visit throughout her Great Lakes Cruise. The smaller population size, however made no impact on the turnout for Navy Week. More than 4,000 people visited De Wert each day during her four day port visit; the largest turnout De Wert has seen yet.

As a resident of Toledo, Operations Specialist 1st Class Petty Officer Joshua Snyder said, "It was an amazing feeling to be pulling into my hometown. I've been in the Navy almost twelve years and never thought I would get the chance to get a port call in Toledo. When the Mayor of Toledo and the rest of the Distinguished Visitors came aboard in Detroit Thursday morning I felt closer to home already."

After participating in the Distinguished Visitors cruise from Detroit to Toledo, the Mayor of Toledo, Michael Bell, hosted a reception Thursday night for all Navy Week participants where he presented a key to the city of Toledo to De Wert's Commanding Officer, Cmdr. Joe Thomas.

On Friday morning, De Wert had the opportunity to host a Naturalization Ceremony on board for 23 new American citizens, including one of De Wert's own, Damage Controlman 3rd Class Petty Officer Trevor Viguilla.

"It was a day I will never forget. I feel very blessed to be able to serve in the US Navy and to become an American citizen on the ship for which I serve. It truly is a privilege I am honored to have," said Viguilla.

Thomas addressed



Onlookers greet the Oliver Hazard Perry-class frigate USS DeWert (FFG-45) as it transits the Maumee River in Toledo during Toledo Navy Week 2012. Toledo Navy Week is one of 15 signature events planned across America in 2012 and coincides with the Navy's commemoration of the bicentennial of the War of 1812, hosting service members from the U.S. Navy, Marine Corps, Coast Guard and Royal Canadian Navy.

-Photo by MC1 Mark O'Donald

all of the new citizens and led them in their American Oath, followed

by Viguilla leading the new citizens in the Pledge of Allegiance for the clo-

sure of the ceremony.

Two very special guests visited De Wert during her

stay in Toledo. William De Wert, brother of USS De Wert's namesake,

Hospitalman Richard De Wert and a fellow Marine who served with HN Richard De Wert during the Korean War. Once aboard, the men shared stories and memories with the crew about the honorable man from which De Wert received her name.

The city of Toledo arranged many events for the crew of De Wert to participate in during her stay. Sailors volunteered for more than ten community relations projects (COMREL) where they worked with the Habitat for Humanity, Cherry Street Mission Homeless Shelter, and other various non-profit organizations. The crew also enjoyed their liberty time by participating in batting practice with the local AAA baseball team, the Toledo Mudhens, visiting the roller coaster capital of the world at Cedar Point, and playing in a USO sponsored golf tournament at Detwiler Golf course.

De Wert continues her Great Lakes Cruise to commemorate the Bicentennial of the War of 1812 with upcoming port visits in Cleveland, Detroit, and Buffalo before returning home to Mayport.

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](http://www.ourflagwasstill-there.org).



-Photo courtesy of USS De Wert Rear Adm. Nosal and the Mayor of Toledo, Michael Bell during the Distinguished Visitors Cruise from Detroit to Toledo. Mr. Bell was the first person to be named as an Honorary Tuskegee Airman.



-Photo courtesy of USS De Wert Boatswain's Mate 2nd Class Alexander gives a speech at the Naturalization Ceremony and explains his journey to becoming an American citizen.



Electronics Technician 1st Class Robert Warden shows visitors a radar range and baring monitor on the bridge of the guided-missile frigate USS De Wert (FFG 45).

-Photo by MC1 John J. Mike



The guided-missile frigate USS De Wert (FFG 45) pulls into Chicago to participate in the Navy's commemoration of the Bicentennial of the War of 1812. The commemoration coincides with Chicago Navy Week, one of 15 signature events planned across America in 2012.

-Photo by MC1 Douglas Mappin



Sailors demonstrate flight deck firefighting to distinguished visitors aboard the Oliver Hazard Perry-class frigate USS De Wert.

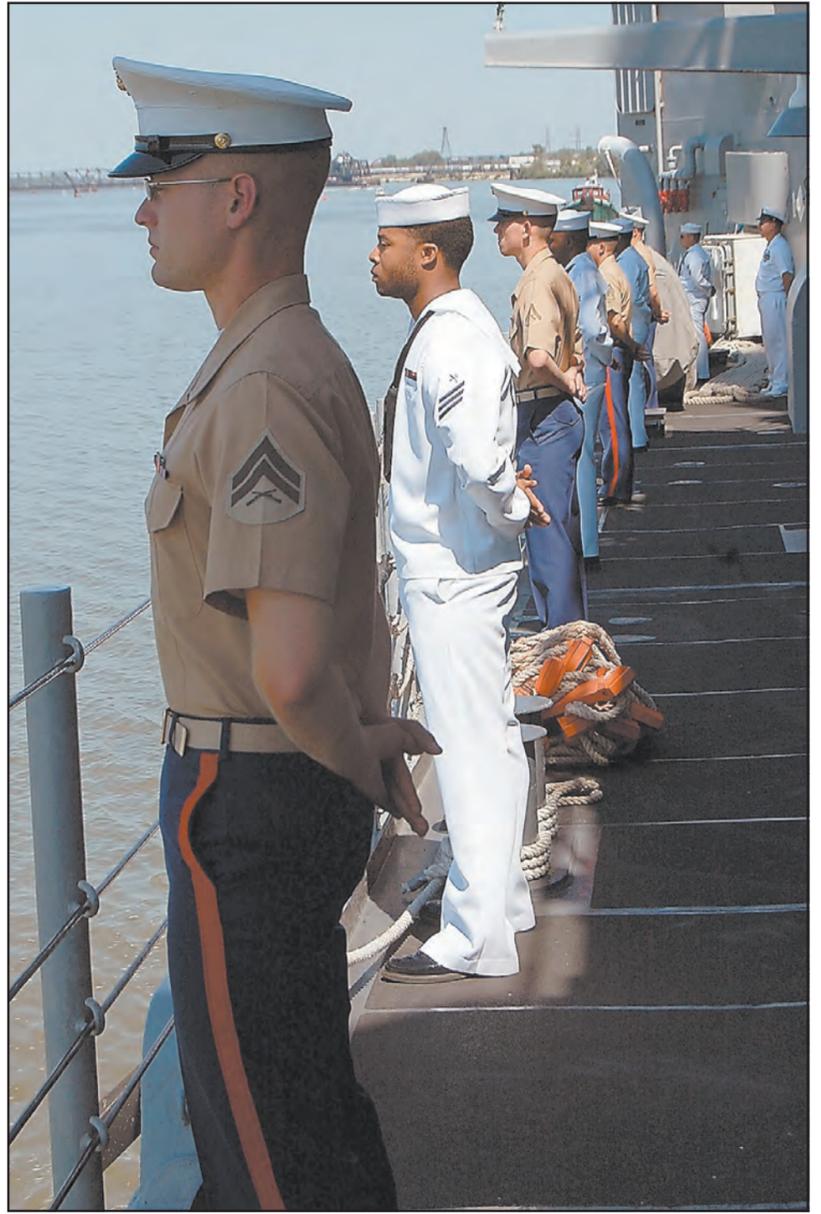
-Photo by MC2 Dustin Good



-Photo courtesy of USS De Wert  
Boatswain's Mate 2nd Class Pennywell participates in a Question and Answer session for the Distinguished Visitors Cruise from Detroit to Toledo.



-Photo courtesy of USS De Wert  
The crew of De Wert had the opportunity to host two very special visitors on board during their visit to Toledo. Mr. William De Wert, brother of our namesake Richard De Wert, and a fellow Marine who served with Hospitalman Richard De Wert during the Korean War shared stories with Cmdr. Thomas about the honorable man from which we received our name.



-Photo courtesy of USS De Wert  
Sailors and Marines aboard De Wert man the rails while pulling into Toledo Thursday afternoon. The Marine Corps Band out of New Orleans is embarked with De Wert for her journey throughout the Great Lakes.



-Photo courtesy of USS De Wert  
De Wert hosts a Naturalization Ceremony on board for 23 new American citizens including De Wert's own Sailor, Damage Controlman 3rd Class Trevor Viguilla. Thomas addresses our new citizens and leads them in taking their American oath.



-Photo courtesy of USS De Wert  
Damage Controlman 3rd Class Viguilla leads the 23 new American citizens in the Pledge of Allegiance at the end of the Naturalization Ceremony.



-Photo courtesy of USS De Wert  
The De Wert golf team competed in the USO sponsored golf tournament at Detwiler Golf Aug. 24.



-Photo courtesy of USS De Wert  
Several Sailors from De Wert had the opportunity to participate in batting practice with the Toledo Mudhens, the local AAA baseball team.



-Photo by MC1 John J. Mike  
Visitors aboard the guided-missile frigate USS De Wert (FFG 45) are shown the ship's MK-75 deck gun during a tour.



-Photo by MC1 Mark O'Donald  
The Oliver Hazard Perry-class frigate USS DeWert (FFG-45) transits the Maumee River in Toledo during Toledo Navy Week 2012.

# NAVSUP FLC Jax Provides Logistics For PANAMAX Exercise

By Lt. Cmdr. Joshua Lancaster  
NAVSUP Fleet Logistics Center  
Jacksonville Operations Officer

NAVSUP Fleet Logistics Center (FLC) Jacksonville partnered with U.S. Naval Forces Southern Command (NAVSO), U.S. 4th Fleet (C4F), and Commander Task Force (CTF) 43 to provide logistics support for PANAMAX 2012, which concluded on 16 August at Naval Station Mayport, Fla.

The main focus of PANAMAX 2012 was to exercise a variety of responses, in coordination with the governments of Panama and Colombia, to protect and guarantee safe passage of commercial traffic through the Panama Canal. This multinational exercise strengthens interoperability and builds joint capabilities of the participating nations to plan and execute complex multinational operations.

NAVSUP FLC Jacksonville supported C4F and the exercise from its commencement, attending the Initial Planning Conference through the Final Planning Conference. Additionally, four full-time personnel were sent to both the Multi-National Forces South (MNF-S) (C4F) and Combined Forces Maritime Component Command (CFMCC) (Brazil) components during the exercise, all which were crucial in order to assist in building

and maintaining an accurate battle space picture across the air, land, and sea.

NAVSUP FLC Jacksonville's Lt. Cmdr. Dave Muhl was instrumental in the building of the Logistics Joint Manning documents for both staffs and all reporting procedures from components through the MNF-S on through to the SOUTHCOM Joint Logistics Operations Center (JLOC). Additionally, NAVSUP FLC Jacksonville provided direct contracting support during the Combined Acquisition Review Board (CARB) and the Combined Contract Review Board (CCCB) meetings.

Rear Adm. Sinclair Harris, Commander U.S. Naval Forces Southern Command/U.S. 4th Fleet, along with Brazilian Rear Adm. Wilson Pereira de Lima Filho concluded the exercise in which more than 1,000 military personnel from 17 nations, including the United States, participated. Of that number, 269 participants were from partner nations.

"I would to thank our partners in the Americas and other observers for their critical contribution and outstanding participation in key leadership roles of this exercise. Every nation shared unique and invaluable skills and their real-world experiences make this the

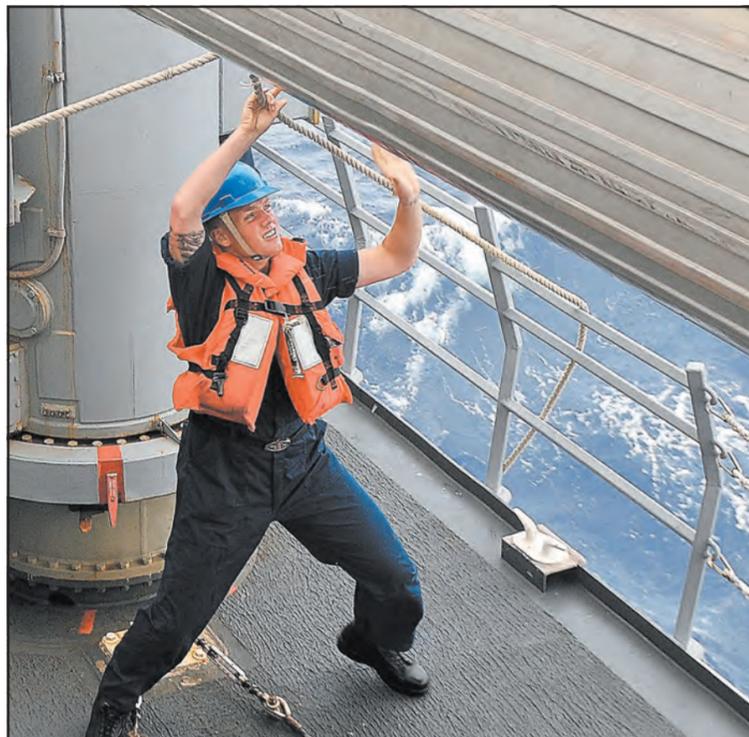
best exercise ever," Harris said.

NAVSUP Fleet Logistics Center (FLC) Jacksonville, one of seven fleet logistics centers under NAVSUP Global Logistics Support (GLS), provides operational logistics, business and support services to fleet, shore and industrial commands of the Navy, Coast Guard, Military Sealift Command, and other Joint and Allied Forces. Services include contracting, regional transportation, fuel, material management, household goods movement support, postal and consolidated mail, warehousing, global logistics and husbanding, hazardous material management, and integrated logistics support.

NAVSUP GLS comprises more than 5,700 military and civilian logistics professionals, contractors and foreign nationals operating as a single cohesive team providing an array of integrated global logistics and contracting services from 110 locations worldwide to Navy and Joint operational units across all warfare enterprises.

A component of the Naval Supply Systems Command headquartered in Mechanicsburg, Pa., NAVSUP GLS is part of a worldwide logistics network of more than 22,500 military and civilian personnel providing combat capability through logistics.

## Holding Steady



-Photo by MC3 Frank J. Pikul  
Seaman Joel Haworth aligns a rigid-hull inflatable boat as it is lowered onto the boat deck of the Oliver Hazard Perry-class guided-missile frigate USS Underwood (FFG 36). Underwood is deployed to Central and South America and the Caribbean in support Operation Martillo and 4th Fleet's mission, Southern Seas 2012.

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**Monday, October 1<sup>st</sup>, 2012 @ 11:59 PM**

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# Vicksburg Sailors Focus On Fitness

By MC2 Nick Scott  
Enterprise Carrier Strike Group Public Affairs

Throughout the final scheduled deployment of guided-missile cruiser USS Vicksburg (CG 69) the crew has remained focused on maintaining a high level of fitness.

Physical readiness is an important part of Navy life and many Sailors use deployment as an opportunity to become more physically active.

"Working out is my Zen time," said Cryptologic Technician

(Collection) 2<sup>nd</sup> Class Andrew C. Buzzanco, who exercises daily. "It keeps me focused and gives me the energy I need to do my job properly. I always feel great after I'm done."

Staying healthy and fit involves more than just working out, however.

"I eat a lot of fruit and vegetables in my daily diet," said Operations Specialist 2<sup>nd</sup> Class Charlon A. Clarke. "I try to keep away from soda and sugary juices and stick to water. The key is staying hydrated."

Although exercising regularly is important, it is also important not to take on more than you can handle.

"Go slow if you are just starting out," said Clarke. "Never try to lift more weight than you are capable of lifting and remember that Rome wasn't built in a day."

During a time when the Navy is very competitive, maintaining the Navy's physical fitness standards can be just as important as earning qualifications.

"We are assessed twice a year on our physical readi-

ness and the Navy has very high standards," said Lt. Dylan Richmond, navigation officer aboard Vicksburg, who exercises six times a week.

"It is important for both the physical and mental health of Sailors to exercise regularly and keep a balanced diet," Richmond also said. "It also helps me feel free, even out to sea. It is a great stress reliever for those extra stressful days during deployment."

To help its Sailors stay healthy, Vicksburg is equipped

with cardio equipment, two weight rooms and additional exercise equipment on the weather decks as well as a "victory track" that operates on the main weather deck at designated times during the day.

Vicksburg is on her final deployment and is currently operating in the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions as a part of Operation Enduring Freedom.

## U.S. Fleet Forces Selects New Fleet Master Chief

From U.S. Fleet Forces Public Affairs

U.S. Fleet Forces Command (USFF) announced the selection of the command's new fleet master chief, the senior enlisted leader for the Navy's Atlantic Fleet, Aug. 27. Command Master Chief Chuck Clarke, who is currently serving in the top enlisted job at U.S. 5th Fleet in Bahrain, will take over for Fleet Master Chief Mike Stevens, who is slated to become the 13th master chief petty officer of the Navy at the end of September.

"Master Chief Chuck Clarke is a tremendous leader with a wealth of experience in a variety of assignments," said Stevens. "He has our Navy's and our Sailor's best interests in mind and can provide the commander with a unique perspective that will only help to increase mission readiness throughout the fleet."

In his new assignment, Clarke will become the

command's senior enlisted advisor for more than 100,000 active duty and Reserve personnel who serve on more than 120 ships and submarines and nearly 80 shore activities within the U.S. Fleet Forces Command area of responsibility.

Clarke, who was born in Georgetown, Guyana (South America), enlisted in the Navy in 1987. His previous assignments include USS Dubuque (LPD 8), USS Mount Vernon (LSD 39), USS Iwo Jima (LHD 7), Naval Mobile Construction Battalion (NMCB) 40, Recruit Training Command and Personnel Support Detachment Point Loma in San Diego, Calif., Naval Support Activity, La Maddalena, Italy; and Helicopter Tactical Wing Atlantic Fleet, Norfolk, Va.

Prior to U.S. 5th Fleet, he served as the command master chief aboard the carriers USS Kitty Hawk (CVN 63) and USS Nimitz (CVN 68).

Clark is a gradu-

ate of the Navy's Senior Enlisted Academy, the Command Master Chief/Chief of the Boat Course and the National Defense University Keystone Course.

He holds an associate degree from National University, a bachelor's degree from Excelsior College, and a master's in human relations from the University of Oklahoma.

His personal decorations include the Meritorious Service Medal (two awards), Navy and Marine Corps Commendation Medal (six awards), Navy and Marine Corps Achievement Medal (six awards), and the Military Outstanding Volunteer Service Medal.

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## HSL-48 Delivers



-Photo by CTT1 Billy Bernal  
Petty Officer Third Class Alejandro Rojas from Helicopter Squadron Light 48 detachment 2 (HSL 48-2) monitors as a crewmember aboard the USNS Sacagawea hooks up a pallet to USS Carr's embarked SH-60B helicopter during a Vertical Replenishment (VERTREP). The underway replenishment is scheduled to be Carr's final one prior to decommissioning in 2013 after completing their deployment to the U.S. 4th Fleet area of responsibility supporting Operation Martillo.

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# Hué City Puts Four Chief Selects Thru Paces

By MCSN Darien G. Kenney  
USS Hue City Public Affairs

Four Sailors aboard guided-missile cruiser USS Hué City (CG 66) are undergoing a rigorous training program as they prepare for advancement to chief petty officers (CPOs).

Beginning with the notification that they had been selected for advancement, the Hué City chief-selects are now in the midst of a six-week CPO induction process designed to teach

them to effectively handle the responsibilities of being a chief petty officer.

Selectees will be challenged through this process and pushed to excel.

"Having to be open to other parts of the Navy and learn about them, along with your job is one of the biggest challenges I'm facing right now," said Chief (select) Electrician's Mate (SW) Javian Williams. "This induction is making me a better Sailor and

soon to be a better chief in the Navy."

In the past few weeks, the selectees have experienced a number of leadership roles and team-building exercises to help them develop the thought processes of a chief.

"I always knew that being a chief petty officer was a large responsibility, and I'm learning as much as I can this induction season," said Chief (select) Yeoman (SCW/AW)

Leydi Mendez. "I look forward to applying my newfound knowledge after the 14th of September. I'm beyond proud and honored to have made it to this milestone."

Hué City Command Master Chief (SW) Raymond Charest has helped guide the selectees through the induction process and feels honored to welcome new chiefs to the Chiefs' Mess aboard Hué City.

"I'm ready to see these chief-

selects lead Sailors and do great things in the Navy," said Charest. "We have a great batch of new chiefs aboard Hué City prepared to take on any challenges."

Hué City is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions as part of Operation Enduring Freedom.

## Life At Sea On USS Hué City



-Photos by MCSN Darien G. Kenney

Chief Damage Controlman Quincy Crockett, from Chicago, trains Sailors on proper hose handling during a crash and salvage drill on the flight deck of the guided-missile cruiser USS Hué City (CG 66).



Electronics Technician 3rd Class Meagan Bramble, from Jacksonville, Fla., works on a circuit board aboard USS Hué City



Seaman Kenneth Wood, from Toledo, Ohio, prepares to put money on a Navy Cash card aboard USS Hué City.



Gas Turbine Systems Technician (Electrical) 3rd Class Matt Cox, from Midland, Mich., analyzes readings on USS Hué City.

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# Military Families Free Annual Pass To National Parks

By Amaani Lyle

American Forces Press Service

Through its America the Beautiful series, the National Park Service grants complimentary access to more than 2,000 federal recreation sites, national parks and wildlife refuges to active duty service members and activated Guardsmen and reservists and their families, said Kathy Kupper, National Park Service spokeswoman.

"The park service is just so grateful for the service of the military, so we've been looking for a way to show our gratitude," Kupper said. "It's taken a couple of years to get all the details worked out, but we're honored that we can pay back a little bit."

Service members can get a pass, valued at \$80, by showing their military identification card. Family members can obtain their own passes, even if the service member is deployed or if they are traveling separately, Kupper explained.

A pass covers entry and standard amenity fees for a driver and all passengers in a personal vehicle at per-vehicle fee areas, or up to four adults at sites that charge per person. Children age 15 or under are admitted free. Wounded warriors or any American citizen with a disability can get a free lifetime pass to all national parks.

A 25-year National Park Service employee, Kupper recalled the organization's decades-long military ties, specifically to the Army, which oversaw national parks between the 1876 establishment of Yellowstone, the first national park, and the 1916 stand-up of NPS.

"For about 40 years, you had the U.S. Army, particularly the U.S. Cavalry, including Buffalo Soldiers, care for our first national parks," Kupper said. "Yellowstone, Yosemite, Sequoia and Kings Canyon all had roads set up, built, with trails established and wildlife protected ... by the U.S. Army."

Kupper added that even park ranger uniforms are inspired by the cavalry uniform, symbolizing the enduring bond.

"Many national parks were set aside for use strictly by military, whether for rest and relaxation trips ... or for training," the spokeswoman said, adding that through the years, the parks have been home to some of America's most iconic images of freedom.

"Our service members are fighting to protect our freedoms and a lot of them are manifested in these symbols like the Statue of Liberty, the Liberty Bell, Mount Rushmore - all sites cared for by the Park Service," Kupper said. "These places inspire the military and remind them what they're fighting for so where better for them and their families to visit?"

## Farragut Takes Break In Severomorsk



-Russian Federation navy photo by Capt. 1st rank Anatoly Romanko  
The guided-missile destroyer USS Farragut (DDG 99) arrives in Severomorsk for a two-day visit after completing exercise Northern Eagle 2012.

## National Pow/Mia Recognition Day Honors All Sailors 'Until They Are Home'

From Chief of Naval Personnel  
Public Affairs

The Navy will join the nation in commemorating Prisoners of War/Missing in Action (POW/MIA) Recognition Day Sept. 21, as announced in NAVADMIRAL 262/12. National POW/MIA Recognition Day is a day of observance for all Americans to offer remembrance, honor, and respect to service members who were prisoners of war and those who remain missing as a result of the nation's conflicts. The 2012 national theme, "Until They

Are Home," pays special tribute to the families of these service members who have sacrificed and endured on behalf of their loved ones.

"National POW/MIA Recognition Day gives us the opportunity to honor the sacrifices of our POW/MIA service members, and to reaffirm our sacred promise to our nation to bring every warrior home," said Rear Adm. Martha Herb, director of personnel readiness and community support. "This year's theme especially recognizes

family members of our POW/MIA Sailors, many of whom continue to wait for the return of their loved ones."

All commands are encouraged to host or support local POW/MIA Recognition Day activities. Suggested activities include displaying the missing man table in a unit work space and hosting formal ceremonies in which a former POW or family member of a current MIA Sailor is a guest speaker.

This observance is also one of six days

throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

Today, more than 33,000 Sailors from World War II through the Persian Gulf War remain unaccounted for. Each year, Navy's POW/MIA section assists with repatriating Sailors and returning them to their loved ones for burial in our homeland.

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# 'Shipmates To Workmates' Pays Off For FRCSE Sailor

From FRCSE

Thanks to the Shipmates to Workmates program designed to help separating Sailors find jobs, a Navy petty officer with 15 years of military service began a civilian career at Fleet Readiness Center Southeast (FRCSE) Aug. 6.

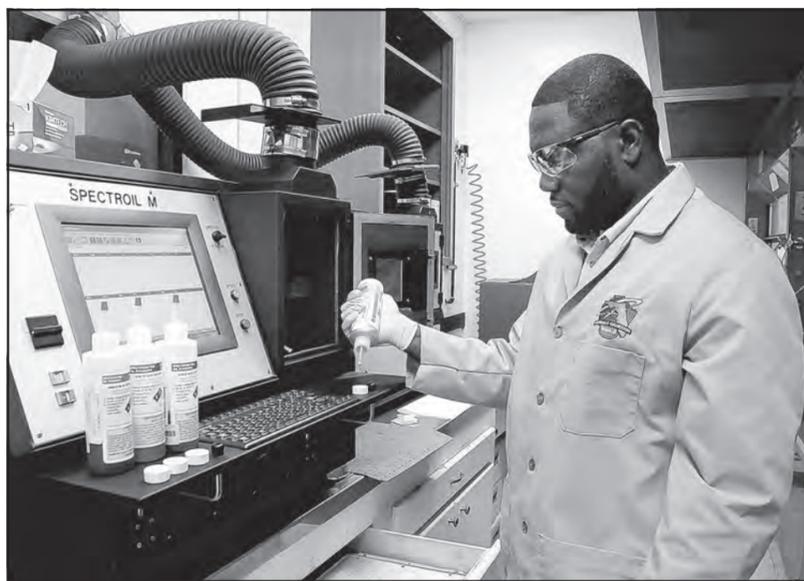
Aviation Machinist's Mate 1st Class Terrence Roach landed a federal job as a materials engineer technician supporting the command's Navy Oil Analysis Program (NOAP), a position he held for three years at FRCSE Detachment Mayport, Fla., prior to separating from active duty in July.

"The opportunity that they gave me is great," said Roach of the Naval Air Systems Command (NAVAIR) Shipmates to Workmates program. "It has allowed me to stay in the area with my family, and I have a career working in aviation similar to what I did before."

Because FRCSE operates aircraft and aeronautical-related equipment, the facility is required to participate in the NOAP. Roach is responsible for monitoring and diagnosing the condition of equipment or oil without the removal or extensive disassembly of the equipment using approved sampling techniques. His efforts support local squadrons and FRCSE operations.

Roach was born in Guyana, South America. At the age of 10, he immigrated to the United States with his family in 1987. They settled in a poor neighborhood of Brooklyn, N.Y. where illegal drug use was rampant and drive-by shootings a common occurrence. For a better life, he enlisted in the Navy in May 1997 and became a U.S. citizen while serving on active duty in Jacksonville.

He credits his Navy experience for providing the specialized skills needed for the laboratory job. He served as



-U.S. Navy photo

*In the Materials Engineering Laboratory at Fleet Readiness Center Southeast Aug. 28, Terrence Roach, a materials engineer technician, prepares oil samples for testing in a Spectroil M Oil Analysis Spectrometer to analyze all the wear metals, contaminants and additives typically found in used oil samples. Roach secured his position through the Shipmates to Workmates program designed to assist separating Sailors impacted by the Enlistment Retention Boards in 2011 with finding federal jobs.*

the leading petty officer in a NOAP laboratory and prior to that on an Emergency Reclamation Team for two years when assigned with the "Topcats" of Sea Control Squadron (VS) 31 until its disestablishment in 2008 at Naval Air Station Jacksonville. With four sea tours under his belt, two back-to-back on the USS Dwight D. Eisenhower (CVN 69), Roach was tracking for advancement to chief when an Enlisted Retention Board (ERB) decision to reduce force strength in 2011 ended his Navy career.

"I knew about the ERB before November 2011 when we got our results," he said. "I knew in April that they were going over records, everyone between 8 and 15 years of service."

Roach learned his fate when the Phase II ERB reviewed the records of E-6 through E-8 Sailors from 31 overmanned ratings. He said the ERB involuntarily separated about 2,900 Sailors. Faced with unemployment, a wife and two children to sup-

port, and no immediate job prospects, he was open to any transition assistance the Navy was offering. When a NAVAIR Shipmates to Workmates program representative contacted him offering to provide employment assistance, he said, "yes."

"They called me and said they saw my resume and wanted me to apply for jobs," said Roach. "They shot me a list of about 10 federal and civilian jobs every day, a lot of them not in Florida. I didn't think I was going to get the FRCSE job, but I did."

FRCSE Supervisory Chemist Gary Whitfield said he knew the laboratory was losing a chemist, a military spouse, and he desperately needed to fill the position.

"Given Terrence's experience and background, he is a drop-in fit for the position," said Whitfield. "It is also a good opportunity to support our military folks. He has already done a lot to get us prepared for an Aviation Maintenance Inspection conducted for quality control."

When people ask how

he got the job, Roach gladly provides details about the Shipmates to Workmates program jointly managed by NAVAIR, along with several partnering commands and the Office of the Chief of Naval Operations. He encourages his separating shipmates to pursue every opportunity, network, utilize human resource specialists and be open to relocating.

Tania Dawson, the NAVAIR recruiting and retention program manager, said the Shipmates to Workmates program is another means of getting diverse skill sets into NAVAIR. She said 41 Sailors who worked for the command at multiple sites were impacted by the ERB decision.

"It makes good business sense; they are our own," said Dawson.

For more information on the Shipmates to Workmates program, visit the official website at <http://www.navair.navy.mil/jobs/sm2wm/>.

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## Williams

From Page 1

of my Navy career," she added.

Williams will attend the Corporate Communications Group (CCG)-sponsored WOC STEM Conference on Oct. 11-13 2012 in Dallas, Texas, where she will be presented with the Technology All-Star Award, along with award winners in various other STEM award categories. Williams is the only active duty Navy recipient in the All-Star category.

CCG promotes significant minority achievement in STEM through such events as the WOC awards, the Black Engineer of the Year Awards (BEYA), and the

Minorities in Research Science Awards. The Navy has maintained a relationship with CCG for the last 20 years.

"I applaud Master Chief Williams' achievement and am extremely proud that she will represent this command and the Navy as a whole at the conference," said NAVSUP Fleet Logistics Center (FLC) Jacksonville Commanding Officer Capt. Kevin Head. "She is a stand-out professional in her field, as evidenced by this award. We are fortunate to have her here as part of our Navy Food Management Team at NAVSUP Fleet Logistics Center Jacksonville."



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**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

**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

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**Sept. 9: NFL Sunday Ticket.** Every Sunday at Noon at Castaways. Watch you 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**

## MWR HAPPENINGS

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**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).

**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 Colorman 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 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.

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**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).

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# Learn What FFSC Has To Offer You

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.

Sept. 5, 8:30 a.m.-3:30 p.m., **Stress Management, Wellness Center**

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

Sept. 5, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

Sept. 6, 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 inter-

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Presents

## NEW DAD'S CLASS



Expecting a new baby can be a worrying time for expectant fathers too! An expectant dad needs to know what to expect with a new baby.

Join us to meet and gain support from others and exchange new ideas.

**WHEN:** September 10, 2012 & December 3, 2012  
1300-1530

**WHERE:** Mayport USO

**WHO:** The group is open to Active Duty and/or family members who are expecting or recently has a new baby.

**BEST DAD IN THE WORLD!**

To register, please contact FFSC at (904) 270-6600 ext. 1700  
For information contact, Lauren Walton or Jaye L. Meyer at (904) 270-6600 ext. 1715 or 1717

act with other children their child's age. All children age four and below are invited to attend.

Sept. 6, 10-11 a.m., **Craft Hour**, USO

Sept. 10-13, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building 1, Room 1616

Sept. 12, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

Sept. 12, 11 a.m.-noon, **Survivor Benefit Plan**, FFSC Room 719

Sept. 13, 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 inter-

act with other children their child's age. All children age four and below are invited to attend.

Sept. 15, 10 a.m.-until, **IA Families Outing To Zoo**, Jacksonville Zoo

Sept. 17, 8:30 a.m.-3:30 p.m., **Anger Management Class**, FFSC Room 702

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

Sept. 17-21, 7:30 a.m.-5

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Oct 2-3, 2012 - Call 270-6600 ext. 1700/01  
To Register Or For More Information

p.m., **SAPR Initial Victim Advocate Training**, Building 1 Room 1616

Sept. 18, 1-3 p.m., **PFM/CFS Forum**, FFSC Room 702

Sept. 19, 11 a.m.-noon, **Your Insurance Needs**, FFSC Room 719

Sept. 19, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

Sept. 20, 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.

Sept. 24, 1-4 p.m., **Relationship Communication**, FFSC Room 702

Whether you've been dating for 6 months or married for 20 years, effective communication is critical to keeping your relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication.

Class is a one-time 3-hour class. Couples are encouraged but not required to attend class together.

Sept. 24-27, 8 a.m.-4 p.m., **TAP Separate Workshop**, Building 1, Room 1616

Sept. 25, 6-8 p.m., **Ombudsman Assembly**, Building 1, Room 104

Sept. 26, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

Sept. 27, 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.

## Prevent

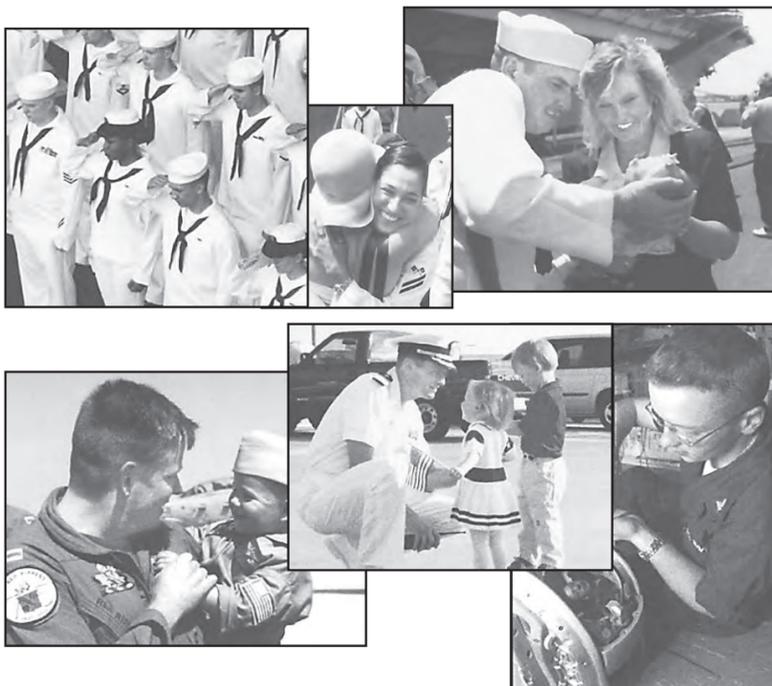
These efforts reinforce the Secretary of the Navy's 21st Century Sailor and Marine initiative, as well as support the Chief of

Naval Operation's directions. Most importantly, focusing on total fitness puts us on a path to prevent suicides."

For more information about suicide prevention visit [www.suicide.navy.mil](http://www.suicide.navy.mil) and [www.navy.navstress.com](http://www.navy.navstress.com)

From Page 1

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1037045

# MCPON Names Gary Sinise Honorary Chief

By MC2 Thomas Rosprim

Office of the Master Chief Petty Officer of the Navy

Actor, humanitarian and musician, Gary Sinise, was named an honorary chief petty officer during a ceremony held at the United States Navy Memorial and Naval Heritage Center Aug. 24.

Sinise received the honor from Fleet Master Chief(AW/NAC) Michael D. Stevens on behalf of Master Chief Petty Officer of the Navy(MCPON) (SS/SW) Rick D. West. Stevens was named as the next MCPON by Chief of Naval Operations (CNO) Jonathan Greenert June 27.

"It is very interesting how things work out and I believe that all things happen for a reason," said Stevens. "MCPON was going to honor Mr. Sinise at the 'Year of the Chief' kickoff event in April, but unfortunately Mr. Sinise was slightly injured in a car accident here in D.C.



-Photo by MC2 Thomas L. Rosprim  
Gary Sinise, left, is named an honorary chief petty officer by Fleet Master Chief Michael Stevens during a ceremony at the Navy Memorial and Naval Heritage Center. Stevens presented the honor on behalf of Master Chief Petty Officer of the Navy (MCPON) Rick D. West. Stevens was named as the next MCPON.

and was unable to attend the event. Thankfully, he was not seriously injured and MCPON is on a trip overseas visiting Sailors, so now I have the opportunity to preside over this event tonight."

Sinise has been exposed to the military all of his life through his family's deep roots in military service. His father served in the Navy in the 1950s, two of his uncles served in World War II, three

brother-in-laws served in Vietnam, his sister-in-law served for 10 years, and his nephew served in Afghanistan and was recently accepted into the Green Berets.

While not serving in the

military himself, Sinise has raised millions of dollars for various charities dedicated to helping the military and veterans through his Gary Sinise Foundation launched in 2010. He has also performed free concerts all over the world for service members with his 'Lt. Dan Band,' named after his role in the 1994 Oscar-winning movie "Forrest Gump."

"I am a big fan of your work as an actor, but I am an even bigger fan of the role you play in real life," said Stevens. "And it is that body of work that we honor here today."

Stevens presented Sinise with the honorary chief petty officer certificate signed by MCPON, while his daughter, Ella, pinned the chief's anchor on his lapel. Stevens helped Sinise don a chief's cover, which was followed by a salute to the crowd by honorary Chief Sinise, bringing the large

crowd of chief petty officers, chief petty officer selectees, Sailors, families and the general public to their feet in a standing ovation.

"What a humbling day it is for me to receive this," said Sinise. "I'm truly touched by it. I don't take it for granted, and I don't take it lightly."

The cornerstone of Sinise's foundation was built upon his life-long principals and long standing commitment to be a citizen of action, and to help in any way that one can to serve the nation by honoring and helping the people who serve our country.

"I'm always amazed and humbled at the skill and dedication of the men and women who serve in our Navy ...God bless you all for doing what you do in defense of our freedom all around the world," said Sinise.

**USS Robert G. Bradley FRG will meet from 5:30-9 p.m. on Sept. 6.**

**USS Taylor FRG will meet from 7-8:30 p.m. on Sept. 6.**

**USS Klakring FRG will meet from 6:30-8:30 p.m. on Sept. 7.**

**2012 Veterans Special Recognition Ceremony**

Veteran Special Recognition Ceremony to honor Fourth Congressional District Operation Desert Shield and Desert Storm veterans. Those eligible for the honor will receive certificates of Special Recognition in a ceremony on Nov. 8 at Naval Air Station Jacksonville. The application deadline to register for the honor is Oct. 5. The application can be found on Congressman Crenshaw's site: [www.crenshaw.house.gov](http://www.crenshaw.house.gov).

**"Another Sign"-The Musical, Tickets On Sale Now**

Thursday, Sept. 27 at Florida State College, South Campus "Military Appreciation Night" for "Another Sign - The Musical. Mayport and NAS JAX USO have tickets on sale now for this show at 50 percent off, \$15 cash only please. "Another Sign," approaches homelessness from many angles. For more information on the musical, visit [www.itsanotheresign.com](http://www.itsanotheresign.com)

**Premier Wedding Expo-Free Tickets**

The wedding expo is on Sept. 9 from 1-4 p.m. at the University Center at UNF. Receiving the four free tickets is easy. All you have to do is go to [www.PremierWeddingExpo.com](http://www.PremierWeddingExpo.com), click on "Pre-



Register & Buy Tickets," fill out the pre-registration online, and use the PROMO CODE - USOPWE

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4. We would like about a 7 to 10 day notice, if possible, so that we can fit it into our production schedule.

5. We are unable to ship these banners. We are a local owned franchise, with a store at 175-1 Blanding Boulevard, and one in Jacksonville at 3663 Southside Boulevard. This is a service for the Jacksonville/Orange Park area.

Banners are only for returning combat troops and unfortunately, are not available for troops assigned to NSB Kings Bay, GA. These banners are provided for FREE and please do not request a banner be prepared and no show up to pick it up.

**Veterans Farm Needs Your Support**

Veterans Farm is a

farm in Jacksonville that strives to help disabled combat veterans get back into society through the use of horticulture therapy. Veterans work on the farm and develop skills to help them overcome their physical, mental, and employment problems. We grow datil peppers and blueberries that carry our Veteran's Farm label. Wal-Mart is having a "Get on the Shelf" contest, similar to American Idol. If we win, Veteran's Farm products will be on Wal-Mart shelves all over the country. The more products we sell, the more veterans you will help. Our mission is to win this contest, and get our products on their shelves. PLEASE text "4970" to 383838 to VOTE! For more information please visit [www.getontheshelf.com](http://www.getontheshelf.com)

**K9S For Warriors**

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

**Smiles Over Miles**

Smiles Over Miles gives all active duty military service members the opportunity to send video messages back home for free, easily from any computer with an internet connection and webcam. The technology also comes with built in

security, so messages are kept private and delivered via secure transmission. Sign-up now via the following link: <http://smile-sovermiles.com>

**Special For Military Hunting And Fishing License**

Active-duty and retired military Florida residents can get a low cost (\$20) Military Gold Sportsman's License. The license covers hunting, freshwater and saltwater fishing and a variety of associated permits at a greatly reduced cost. The Military Gold Sportsman's License is available at tax collectors' offices only. Applicants must present a current military ID card plus a Florida driver's license or orders showing they are stationed in Florida as proof of eligibility. Military Gold Sportsman's License (includes same privileges as Gold Sportsman's License, Listed Below) Available to Florida residents who are active or retired members of the U.S. Armed Forces, Armed Forces Reserve, Florida National Guard, Coast Guard or Coast Guard Reserve; upon submission of a current military identification card and proof of Florida residency. Gold Sportsman's License includes Hunting, Saltwater Fishing and Freshwater Fishing licenses; and Deer, Wildlife Management Area, Archery, Muzzleloading Gun, Crossbow, Turkey and Florida Waterfowl, Snook and Lobster permits.

**Recycling**

Recycling has come to the Greater Jacksonville

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

**Honorably discharged veterans, active-duty service and reserve members** will receive a 25 percent discount on the purchase of a Florida State Park annual pass. The discount provides a savings of \$15 on an individual annual pass and \$30 on a family annual pass, which allows up to eight people in a group to access most of Florida's 160 state parks. In addition, honorably discharged veterans who have service connected disabilities, and surviving spouses of military veterans who have fallen in combat, will receive a lifetime family annual entrance pass at no charge. For information on qualifications and necessary forms to receive these discounts, visit [www.FloridaStateParks.org/TheUSOandRocketLife](http://www.FloridaStateParks.org/TheUSOandRocketLife), have partnered to deliver a heart-warming opportunity for the men and women of the armed forces and their families. The Personal Photo Book program enables troops serving abroad and their families to create 20-page personal photo books and ship them to any APO/FPO address for free. These full-color, customized photo books

are small enough to fit in a soldier's cargo pockets yet can hold more than 60 photos of loved ones. RocketLife prints the books for free, and the USO pays for the shipping. To get started, visit <http://uso.myphotoproducts.com>.

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

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

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

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

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

## Out in Town

**Friday, Sept. 7**

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

**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/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.

**Monday, Sept. 10**

Beaches Photography Club meets at the Beaches Library, 600 3rd St., Neptune Beach, 6-8 p.m. The program will be the Results of 2nd Annual

Print Competition. Craig Monroe is the judge and will give live comments. This is a free event with people of all ability levels and camera types welcomed and encouraged to come and learn more about photography.

**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.

**Tuesday, Sept. 18**

Vietnam Veterans of America, Florida State Council, Duval County Chapter 1046 and Clay County Chapter 1059 Presents an Agent Orange Town Hall meeting at 6:30 p.m. at the Morocco Shrine Center, 3800 Saint Johns Bluff Road South. Agent Orange, a herbi-

cide chemical containing dioxin, used to defoliate the jungle in Vietnam may have exposed more than 2 million U.S. military personnel from 1961 to 1970. This panel discussion presents the facts one needs to know that affects not only the Vietnam veteran, but his children and grandchildren. The United States Government just recently added Blue Water Navy Ships to a list that is now allowed to apply for veterans benefits. The Department of Veteran Affairs said that surviving spouses and decedents of Vietnam veterans might also be entitled to benefits. This is for the Vietnam vet, Children of Vietnam vets, grandchildren of Vietnam vets, and any one that has a Vietnam veteran in their family's history.



## Employment

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Software/Programming  
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Delivery Driver  
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Engineering  
Entertainment  
Executive/Management  
Finance/Investment  
General Employment  
Hotel/Hospitality/Tourism  
Industrial Trades  
Insurance  
Landscaping/Grounds  
Maintenance  
Law Enforcement/  
Security/Safety  
Legal  
Maintenance/Janitorial  
Services  
Management/Professional  
Marketing  
Mechanics  
Medical/Health Care  
Marine/Trade  
Nurses/Nurses Aides  
Office/Clerical/  
Administration  
Part-Time  
Personal Services/Beauty  
Real Estate/Property  
Management  
Recreation/Sports/Fitness  
Restaurant/Bar/Club/  
Food/Beverages  
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Positions Wanted

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TEXT JAX14401824

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**ATTN: RETIRED MILITARY AND RECENT COLLEGE GRADS**  
GCA Services, a national provider of  
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resumes for our **Area Manager**  
position. Requires a self-starter,  
capable of managing multiple sites  
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be hands on and willing to learn.  
Position requires a flexible work  
schedule and a passion for success.  
Ideal for newly retired military/  
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college grad. Custodial experience  
a plus, but willing to train.  
Competitive salary, company  
vehicle, 401k, health/vision/dental,  
autonomous work environment,  
promotion opportunities.  
E-mail resume to  
custodialmanager@yahoo.com  
EOE  
Text JAX14451627

### Child Care

**Mosby Family Day Care Home**  
The (Christian Education) is  
offering something new!  
Weekend VPK/IT's Free! Children  
will enjoy a Weekend of Fun  
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Appliances, buy, sell, trade & repair  
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cal quality oversize capacity  
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Bed Set, Can deliver \$190  
Two Locations in Jax, Northside  
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seat, hutch, headboard/dresser  
for queen-size bed, coffee and  
end tables, figurines, some  
clothes, karaoke machine, harley-  
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used, for sale best offers.

**FUTON \$100; Armoire \$200;**  
Shelves \$125; Dining Room  
Table w/China Cabinet \$500.  
904-277-8205

**LA-Z-BOY mauve, like new,**  
\$1500.00. Counter Chairs 25"  
sea foam, \$50. Leather, nice.  
Bob 904-599-6039

**METAL MINI-BLINDS- Beige**  
(3) 23.25"x71.5", (1) 17"x68.25",  
\$10 each. All for \$30. 268-2482

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check Amazon.com-Great  
deal! \$125. 904-536-3256

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tbl only 3x5' \$75. Michelin  
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**RED MAPLE FIG TREES**  
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### Pets and Supplies

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**WEIMARANER PUPS AKC**  
silvers & blues, 1st shots, tails  
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**YORKIE PUPPIES for sale! \$500.**  
Call Katrina at 904-315-6367.

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**Ranger Bass Boat 354V,**  
Johnson FT150, Johnson Trol-  
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**2011 Fleetwood 23B Jamboree**  
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# 650,620 HOURS

Besides protecting our country, military personnel stationed in our communities donated 650,620 hours of volunteer service in Northeast Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

Thank You!



# WE BRING THE MILITARY TO YOU

Together, our communities of service members and their families, and your business, can spell SUCCESS.

Not only will your business benefit while the families are stationed here, many military families retire to the area, with the tri-base area being one of the most sought-after assignments in the U.S. Navy.

To advertise, or to find out more information, please call 904.359.4168.





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