

DoD Plans For Budget Uncertainties

By Jim Garamone
American Forces Press Service

Deputy Defense Secretary Ashton B. Carter has released a memo directing the services and defense agencies to begin planning for possible upcoming budget challenges.

The memo allows defense components to freeze civilian hiring, terminate temporary hires and reduce base operating funds. It also allows components to curtail travel, training and conferences and to curtail administrative expenses.

The memo - dated Jan. 10 - points to the threat of sequestration and the continued use of a continuing resolution as a way to fund the department. Sequestration was to have become effective Jan. 2, but Congress delayed its activation until March 1 to give lawmakers more time to come up with an alternative. It would impose major across-the-board spending cuts.

Since Congress did not approve an appropriations act for fiscal 2013, the Defense Department has been operating under a continuing resolution and will continue to do so at least through March 27. Because most operating funding

was planned to increase from fiscal 2012 to fiscal 2013, but instead is being held at fiscal 2012 levels under the continuing resolution, funds will run short at current rates of expenditure if the continuing resolution continues through the end of the fiscal year in its current form, Carter wrote in the memo.

Given this budgetary uncertainty, the department must take steps now, the deputy secretary said.

"I therefore authorize all Defense components to begin implementing measures that will help mitigate execution risks," the memo reads. "For now, and to the extent possible, any actions taken must be reversible at a later date in the event that Congress acts to remove the risks. ... The actions should be structured to minimize harmful effects on our people and on operations and unit readiness."

The memo allows components to review contracts and studies for possible cost savings, to cancel third- and fourth-quarter ship maintenance, and to examine ground and aviation depot-level maintenance. This last must be finished by Feb. 15.

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-Photo by Paige Gnam

USS Roosevelt outgoing Commanding Officer, Cmdr. Robert Thompson, left, is joined by COMDESRON 14, Capt. Paul Flood, and Chaplain Edsil Logan, in applauding for Cmdr. Frankie Clark as he becomes the ship's new commanding officer during a change of command ceremony on Jan. 11.

New CO For Roosevelt

By Ensign Anne Prisk
USS Roosevelt PAO

Cmdr. Robert S. Thompson was relieved by Cmdr. Frankie J. Clark on Jan. 11 as commanding officer of USS Roosevelt (DDG 80) during a pierside ceremony at Naval Station Mayport

Thompson reported to Roosevelt as executive officer in October 2010 and oversaw the highly successful visit by the Board of Inspection and Survey (INSURV) as well as deployment certification exercises with the George

H. W. Bush Carrier Strike Group. Thompson assumed command of Roosevelt on July 1, 2011, while deployed in the AFRICOM Area of Responsibility.

Upon taking command, the class of 1993 Naval Academy graduate led Roosevelt through the remainder of her independent deployment providing Intelligence, Surveillance and Reconnaissance support with the embarked Scan Eagle Unmanned Aerial Vehicle. The ship was com-

mended by Commander, Sixth Fleet As well as the Commanding General of the Joint Special Operations Command for their superb performance, which resulted in Roosevelt and her crew being awarded the Global War on Terror Service and Expeditionary Medal.

Roosevelt was also a Battle E award recipient for DESRON 14 during 2011. Following Roosevelt's return to Mayport, she subsequent-

See Roosevelt, Page 8

USS Halyburton Holds Change Of Command

By OS3(SW)
Quintrel R. Brown

USS Halyburton Public Affairs

During a Change of Command Ceremony on board Halyburton, Cmdr. David E. Fowler relieved Cmdr. Bertram C. Hodge as the commanding officer of guided missile frigate USS Halyburton (FFG 40).

Hodge took command

in August 2011, meeting the ship on her way home from deployment. He was immediately tasked with leading the ship through a maintenance period with follow on sea trials and an intense training cycle, which prepared Halyburton for another NATO Counter-Piracy deployment in support of Operation Ocean

Shield.

Hodge will report to guided missile frigate USS Klakring (FFG 42) to become her Commanding Officer.

Fowler assumes the duty as commanding officer after his most recent tour ashore serving as a staff officer at the Allied Maritime Component Command in Naples, Italy.



-Photo courtesy of USS Halyburton

Cmdr. David Fowler is piped aboard during USS Halyburton's change of command ceremony where he relieved Cmdr. Bertram Hodge as commanding officer.

NS Mayport Begins New Road Improvement

By MC2 (SW)
Salt M. Cebe

NPASE

Naval Station Mayport (NAVSTA Mayport) held a groundbreaking ceremony Jan. 09 to commence its base-wide expansion project.

The project includes improvements on several avenues on base in order to improve base capacity as well as the safety of the specific intersections.

"Not only are these improvements going to provide safer vehicular and pedestrian traffic, but it also shows the Navy's commitment to Mayport remaining a vital Navy hub well into the future," said NAVSTA Mayport's Public Affairs Officer, Chief Mass Communication Specialist William H. Townsend.



-Photo by MC3 Damian Berg

From left, Andrew Culpepper, the quality control manager of TMG Services, Michael Panczykowski, Senior vice president of Pond Architects engineers planners, Capt. Doug Cochrane, commanding officer of Naval Station Mayport and Cmdr. Miguel Deguez, public works officer Naval Station Mayport break ground for the Massey Avenue Corridor Improvement Projects. The 2 phase \$6.7 million project to improve capacities and safety on Naval Station Mayport is scheduled for completion in February 2014.

The current two-lane intersections are being transformed into boulevard-style roadways with two-lanes in each direc-

tion that are then going to be divided by a raised median.

"This project that we're working on here with the Navy is our single most important project in the Department of Defense arena," stated Pond & Company Architect Michael Panczykowski. "This is a major roadway improvement on a significant corridor on NAVSTA Mayport. It's an honor to work alongside the United States Navy."

The Navy has big plans for the future of Naval Station Mayport. The base is strategically located and plays a major role in the Navy's sea power capabilities.

"The Department of Defense and the Department of the Navy are voting with their checkbook. What they're

voting on is the strategic importance and the vital nature of NAVSTA Mayport", said Capt. Douglas Cochrane, NS Mayport commanding officer. This is the only military road project that is taking place in the Navy right now. By 2020 you're going to see nearly Twenty Thousand people on this installation as well as over 20 warships and a tremendously bright future for NAVSTA Mayport.

Since its commissioning in December 1942, Mayport has grown to become the third largest naval surface fleet concentration area in the United States.

Give Blood, Save Lives

NS Mayport will hold its quarterly blood drive on Jan. 29 from 9 a.m.-2 p.m. in Building 1, Room 104.

Get Jump On Financial Aid For Upcoming College Students

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mayportmirror.com

CNO Releases 2013 Message To Fleet

**By MCC
Julianne Metzger**
Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Jonathan Greenert released his New Year video message to the fleet in his blog Jan. 11.

In the video blog message Greenert highlighted the importance of safety, wellness and trust among shipmates. While most are focused on losing

weight, Greenert stressed a larger goal of overall wellness.

"I want you to be fit mentally and physically... take care of yourself," said Greenert. "We need you more than you know; you are the key to our success."

Greenert went on to say that more than any other service; the Navy is dependent upon trust.

"We go to sea; it is inherently dangerous out

there," he said. "If you're alone in the water, eventually you'll die. You need to depend on someone else, whether you're flying over the water, you're sailing on the water or you're submerged."

Greenert stated that trust ties in with taking care of one another. He encouraged all personnel to have the moral courage to step up and intervene if they see a shipmate struggling.

"I tell you shipmates, again and again; when we've talked to people who have considered taking their lives, you know what made the difference?" said Greenert. "Someone cared enough about that Sailor to get them the help they needed."

Greenert also covered the budget concerns which he said Sailors would be hearing a lot about in the weeks to

come. He clearly stated in the video that no matter what happens with the budget, pay and benefits for active duty military will not be affected. He also said that taking care of families and maintaining fleet and family services is a priority.

Greenert told Sailors to stay focused on the mission and not the budget discussion in Washington. He said that leadership will have to take hard look

at non-critical operations and that he would keep the fleet informed on any potential changes.

"Worry about war-fighting first, worry about operating forward, and worry about being ready," Greenert said. "You leave the rest to us."

CNO Greenert's video message can be viewed in its entirety on his blog: <http://cno.navy.mil/2013/01/10/kicking-off-2013/>

Need Financial Aid for College? Hoping For A Bright Futures Scholarship?



Judy Cromartie
School Liaison Officer

If you are the parent of a high school senior, you are probably wondering what you need to do to apply for financial aid for your child. To qualify for any type of federal aid, you and your child will need to complete the *Free Application for Federal Student Aid* (FAFSA). And completion of the FAFSA is now a requirement for Bright Futures eligibility.

You need to begin gathering the information you will need to complete your taxes in order to complete the FAFSA. You may be wondering what is the rush since you don't even have your W-2 yet? What you may not know is that many schools award aid on a first-come, first-served basis. Therefore, the student may not be eligible for state aid in Florida if the FAFSA isn't submitted until April.

Many state aid deadlines are early in the calendar year (calendar

Knowing THE ROPES

year 2013 for the 2013-14 award year). While students are responsible for filling out the FAFSA, parents must also provide financial information if the student is their dependent. The form requires the previous year's tax return and other tax information for the student and parents.

On the other hand, the online *Florida Financial Aid Application*, required for state aid including Bright Futures, is a self-reported document. The student can use his transcript from June 2012 to complete the application. All information will be verified when the district uploads his first semester grades and courses in January of 2013.

To get help with the in's and out's of completing the FAFSA and the Florida Financial Aid Application, plan to attend the NS Mayport's Parent Program on Financial Aid. This program is scheduled for Jan. 24 from 6-8 p.m. It will be held at the USO, 2560 Mayport Rd., Atlantic Beach, FL 32233. You DO NOT have to register for this FREE event.

Clarence Richardson, a retired US Navy Lt.

Commander and enrollment specialist for FSCJ, is the area expert on all aspects of financial aid. He will explain the process for completing the FAFSA and answer any questions. Lynn Brannon, Military OneSource consultant, will present the military side of financial aid, and I will provide additional information on the *Florida Financial Aid Application*. This special program on financial aid is offered for military parents and students as part of Duval County Public Schools' Financial Aid Nights.

If you are unable to attend the presentation on Jan. 24, you can attend any of **DCPS Regional Financial Aid Nights**. This schedule is included.

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

FINANCIAL AID NIGHTS 2012-2013

SCHOOL/CONTACT	DATE	TIME
FIRST COAST HIGH SCHOOL 590 Duval Station Rd., 32218, (904) 757-0080	DEC. 10	7:00 PM
DARNELL COOKMAN MIDDLE HIGH 1701 Davis St. N., 32209 (904) 630-6805	DEC. 11	6:30 PM
PAXON SCHOOL FOR ADVANCED STUDIES 3239 Norman E. Thagard Blvd., 32254, (904) 693-7583	JAN. 8	5:30 PM
FLETCHER HIGH SCHOOL 700 Seagate Ave., 32266, (904) 247-5905	JAN. 15	6 PM
AP RANDOLPH 1157 Golfair Blvd., 32209, (904) 924-3011	JAN. 17	6 PM
ATLANTIC COAST HIGH SCHOOL 9735 R.G. Skinner Pkwy, 32256, (904) 538-5120	JAN. 17	6 PM
RIBAUTL HIGH SCHOOL 3701 Winton Dr., 32202, (904) 924-3092	JAN. 17	6 PM
TERRY PARKER HIGH SCHOOL 7310 Parker School Rd., 32211, (904) 720-1650	JAN. 17	6:30 PM
ED WHITE HIGH SCHOOL 1700 Old Middleburg Rd., 32210, 693-7620	JAN. 22	6 PM
WOLFSON HIGH SCHOOL 7000 Powers Ave., 32217, (904) 739-5265	JAN. 22	6 PM
JACKSON HIGH SCHOOL 3816 Main St., 32206, (904) 630-6950	JAN. 23	6 PM
FRANK H. PETERSON 7450 Wilson Blvd. 32210, 573-1150	JAN. 24	6 PM
STANTON COLLEGE PREP 1149 W. 13 th St., 32209, (904) 630-6760	JAN. 24	7 PM
ALL MILITARY STUDENTS/PARENTS USO, 2560 Mayport Rd., Atlantic Beach, FL. 32233 (904) 246-3481	JAN. 24	6 PM
SANDALWOOD HIGH SCHOOL 2750 John Prom Blvd., 32246, (904) 646-5131	JAN. 28	7 PM
BALDWIN HIGH SCHOOL 291 Mill St. W., 32234, (904) 266-1200	JAN. 29	6 PM
DOUGLAS ANDERSON 2445 San Diego Rd., 32207, (904) 346-5620	JAN. 31	6 PM
MANDARIN HIGH SCHOOL 4831 Greenland Rd., 32258, (904) 260-3911	JAN. 31	6 PM
RAINES HIGH SCHOOL 3663 Raines Ave., 32209, (904) 924-3049	JAN. 31	6 PM
FORREST HIGH SCHOOL 5530 Firestone Rd., 32244, (904) 573-1170	FEB. 5	5:30 PM
ROBT E. LEE HIGH SCHOOL 1200 S. McDuff Ave., 32205, 381-3930	FEB. 7	6 PM
ENGLEWOOD HIGH SCHOOL 4412 Barnes Rd., 32207, 739-5212	FEB. 11	6:15 PM
ALL ESOL STUDENTS/PARENTS Englewood HS, 4412 Barnes Rd., 32207, 390-2602	FEB. 11	6 PM



Lisa Smith Molinari
Military Spouse Columnist

I love snowy white winters, but ever since the Navy moved us to Florida, the only flakes we see are floating in milk-filled cereal bowls. So, I sit on my sunny screened porch in January, surrounded by green grass, ocean breezes, and palm trees, and I dream of snow.

I know, I know, that's nuts. Crazy. Certifiable. But I can't help it. Something was imprinted in my psyche many years ago, something that makes me associate winter with snow, and snow with pleasure.

As a child growing up in Pennsylvania, my heart filled with anticipation at the first snow. To us, snow, especially in copious amounts, meant FUN. Snowballs, sled riding, hot chocolate, and one of the most joyous occasions in a child's life - SNOWDAYS.

I can recall falling off my flying red plastic sled in a puff of white on the hill behind our house,

The Meat&Potatoes OF LIFE

and laying a minute or two, to make sure I was still in one piece and to listen to the silence - how the snow absorbs noise and brings a soft quietness to the air. Packed and padded in protective layers, I felt swaddled like a baby, watching my breath ascend over me into the air. It was pure joy.

Ironically, a serious sledding accident in the winter of 1977 only strengthened my positive association with snow.

I was in the fifth grade, and it was the last night of our winter break from school, and also my father's poker night. While the men played cards in our basement rec room, my brother and I listened to radio reports of a blizzard, and hoped for school closures.

Fueled by bravado (and a few beers), my father and his buddies decided it would be a good idea to take our 12-man wooden toboggan out for a run down the hill behind our house. My brother and I couldn't believe our luck, and eagerly followed.

With my legs crisscrossed under the toboggan's wooden curl, I sat in the front, four men and my brother behind me. Visibility was nil due

to the blizzard and dark night, but there was a wide path between the houses for our ride. With the weight of the men, we took off like a bullet, and I pulled the ties of my parka hood tight to keep the snow from hitting my face.

About halfway down the hill - WHAM! The rest came in flashes: my

father's friend looking down wearing one of my hats, someone saying "I think it's broken," riding in the back of a truck, being carried on the toboggan into the hospital, three layers of pants being cut off, wanting my mom and dad.

I had broken my femur. Apparently, our toboggan had drifted off course, running into a white flagpole in our neighbor's yard. I spent the next two and a half months in a hospital bed, with a

weight hanging off the end of my foot.

To add insult to injury, during my lengthy hospital stay, the historic 1977 blizzard blew into town. Schools were cancelled for over two weeks, and I was stuck in a hospital bed watching Don Ho and eating Jell-O.

One might think that the experience would have caused me to associate snow with pain; however, the pain of my broken leg paled in comparison to the envy I had

for my peers who spent two glorious weeks out of school, sucking on icicles, throwing snowballs, and drinking hot chocolate.

So now, like Pavlov's dog, when winter rolls around, I begin to drool.

Sometimes the Navy sends us somewhere that fulfills my nostalgic longings, like our last tour in snowy Stuttgart, Germany.

I must admit, there was a downside. Bundled up like the Michelin Man, I

See Life, Page 3



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.

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Navy Remembers Dr. Martin Luther King Jr. Day

By Ensign Amber Lynn Daniel
Navy Office of Diversity and Inclusion Public Affairs

Mayport Holds MLK Observance Jan. 18

Naval Station Mayport will commemorate Dr. Martin Luther King Jr. Day with an observance on Jan. 18 at 10 a.m. at Beachside Community Center. The Oasis Galley staff will prepare a special meal to immediately follow. The cost of the meal is \$4.60 per person.

As announced by NAVADMIN 001/13, the Navy will join the nation in observing Dr. Martin Luther King Jr. Day, Jan. 21.

Navy commands are encouraged to reflect on the recurring theme, "Remember! Celebrate! Act! A Day On, Not A Day Off!" and increase their knowledge and awareness of Dr. King's contributions to American history and civil rights by participating in military and community events.

Dr. King was the chief spokesman for nonviolent activism during the civil rights movement, which successfully protested racial discrimination in federal and state law.

Following in the footsteps of his father, King entered the Christian ministry in February 1948 at the age of 19. He was ordained at Ebenezer Baptist Church in Atlanta

and in 1954, upon completion of graduate studies at Boston University, he accepted a call to serve at the Dexter Avenue Baptist Church in Montgomery, Ala. While ministering there, King became an instrumental leader in the Montgomery Bus Boycott, made famous by the arrest of Rosa Parks. The boycott lasted over a year and led to the 1956 District Court ruling that racial segregation on buses was unconstitutional. Over the course of his lifetime, King was arrested 30 separate times for his participation in civil rights activities.

Although King spent the majority of his life preaching on the issues of social justice, empowerment, love and peace, which won him the Nobel Peace Prize in 1964, his attention and efforts also included fighting economic injustice. On April 4, 1968, King journeyed to Memphis, Tenn., to help

lead sanitation workers in a protest against low wages and intolerable working conditions. While standing on the balcony of the Lorraine Motel, King was shot and ultimately died.

In honor of King's unfinished efforts, Dr. Martin Luther King Jr. Day was established by President Ronald Reagan in 1983. The first observance was held Jan. 15, 1986, the anniversary of King's birthday. In 1992, President George H.W. Bush proclaimed the Dr. Martin Luther King Jr. federal holiday would be observed every year on the third Monday of January. On Aug. 23, 1994 Congress passed

the Martin Luther King Jr. Holiday and Service Act, designating the Dr. Martin Luther King Jr. federal holiday as a day of national volunteer service.

All commands are strongly encouraged to increase their knowledge and awareness of King's contributions to American history and civil rights through participation in military and community events and volunteerism within their communities and worldwide.

More information on the Martin Luther King Jr. Day of Service, including a search engine to find volunteer opportunities near you can be found online at <http://www.mlkday.gov/about/serveonkingday.php>.

For more news from Chief of Naval Personnel - Office of Diversity and Inclusion, visit www.navy.mil/local/cnp-diversity



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Live In PPV Housing? Make Informed Pet Choices

From Staff

With Valentine's Day quickly approaching, you might think a new puppy would make a great gift for your sweetheart.

Before you go out and get the new addition, Naval Station Mayport on and off-base housing residents are reminded that Balfour Beatty Communities does have a pet clause for its residents.

According to the BBC pet addendum, Akita, American Bull Dog, Chow, Doberman, Pit Bull and Rotweiller breeds are not permitted and neither are exotic pets, such as snakes and lizards.

Only two pets per house are allowed. Fish tanks and bird cages count as one pet. No more than one first tank is permitted in Housing and no more than two bird cages.

All pets must be kept current with vaccinations,

testing and treatment and must be approved by management.

The privilege of keeping a pet in Housing may be revoked and/or a Letter of Caution issued if the pet is determined to be a nuisance. A nuisance is defined as any action of a pet that endangers life or health, gives offense to the senses, violates laws of decency, or obstructs reasonable or comfortable use of property. For example, an animal may be deemed a nuisance if it:

- Habitually or repeatedly barks in such a manner or to such an extent that it disturbs others
- Interferes or obstructs persons engaging in exercise or physical activity
- Defecates on the lawn of a home not occupied by its owner
- Habitually violates the leash law

From Page 2

Life

would trudge four flights down our military stairwell housing to our minivan, hazy with salt residue and laden with blackened hunks of snow behind each wheel. Despite spraying de-icing compound into the locks, the doors would often be frozen solid, requiring me to climb in from the trunk.

But now, even with the memories of crusted, frozen, gritty car doors still freshly juxtaposed

against this balmy pastel Florida winter, I can't help but long for snow. Big fluffy, white hunks dropping from tree branches. Delicate crystalline flakes drifting slowly from the sky. Cold to the touch. Warm to my heart.

Get more wit and observations from Lisa at her blog, The Meat and Potatoes of Life, www.themeatandpotatoesoflife.com

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New Workouts Onboard RGB

**By Ensign
Matthew P. Roberts**
*USS Robert G. Bradley Public
Affairs Officer*

Onboard USS Robert G. Bradley (FFG 49) Sailors are trying to be fit with a new type of workout. Two times a day a familiar grunting and groaning can be heard from the foc'sle or the flight deck where Sailors struggle through the daily RGB Workouts. Everyday the workout is different with sweat and suffering being the only constant.

The RGB Workout program was started as an idea by Cryptologic Technician Technical 2nd Class (SW) Tyson Schmidt to provide equipment for the crew to use for exercise with the limited space available onboard.

"Each workout we beat ourselves up physically, but we have fun doing it," said Schmidt.

Schmidt raised \$2,200 prior to deployment by selling raffle tickets to the crew in order to purchase kettlebells, slam balls and other workout equipment. After the deployment a drawing will be held to give the workout equipment back to the crew.

Initially, Robert G. Bradley was supposed to go on an African Partnership Station mission and this required Bradley to give up its current exercise equipment to provide room for stores and other mission essential gear. Bradley now has a new mission instead of APS and supports Sixth Fleet Operations in the Mediterranean, however the new workout equipment is used Monday through Saturday or as operational schedule allows.

This new workout program even goes beyond using the equipment. Sailors participating in the RGB Workout are weighed and measured each month using Personal Profile Sheets to continu-



-Photo by ET1(SW) Daniel Raley

Sailors onboard USS Robert G. Bradley (FFG 49) posing after completing the 12 days of Christmas workout.

ously monitor their gains and losses. The goal of the RGB Workout is for each participant to see constant improvement over the duration of the deployment.

The workouts focus on high intensity and max repetitions with the length being anywhere from 25-45 minutes.

"I really like the intensity of the workouts, but we always seem to do my least favorite exercise, burpees," says Lt.j.g. Daniel J. Pokewaldt, a constant participant in the daily workouts.

The workouts are unique and different each time so as not to follow a pattern and they often separate the Sailors into teams to promote competition and teamwork. Competition is also provided often at the end of each workout with a short challenge that usually involves a single exercise

and going for maximum repetitions or time.

This Christmas Eve a special workout was held that was based on the 12 days of Christmas. Each day was an exercise and the workout followed the

format of the well known song with each exercise being repeated multiple times.

Additionally, each month a RGB Fitness challenge is held to determine whose team of three

is the toughest on the ship.

The winner of the month's challenge gets bragging rights and a right to take their picture with the RGB Fitness Challenge Trophy.

USS Robert G. Bradley is an Oliver Hazard Perry Class Frigate homeported out of Mayport, Florida, and is currently on a deployment in support of Sixth Fleet operations in the Mediterranean Sea.



-Photo by Ensign Matthew P. Roberts
Right, Lt.j.g. Cameron Leseane and Ensign Patrick Staub cheer on Lt.j.g. Jack McGee onboard USS Robert G. Bradley (FFG 49) during the RGB group workouts.



-Photo by ET1(SW) Daniel Raley
Sailors on board USS Robert G. Bradley (FFG 49) hold a squat during the RGB group workouts.



-Photo by ET1(SW) Daniel Raley
Lt.j.g. Pokewaldt swinging a kettlebell over his head during the RGB Workouts.

RGB Helps Out San Vincenzo Abbey

By Ensign
Matthew P. Roberts
USS Robert G. Bradley Public
Affairs Officer

Several USS Robert G. Bradley (FFG 49) Sailors participated in a community relations project at the San Vincenzo al Volturno Abbey during a quality of life port visit in Naples, Italy on Jan 3-4. The abbey was founded in 703 A.D. outside of Naples.

The Sailors performed yard work to clear weeds and brush around olive trees in order to prepare the abbey's olive grove for the next harvest and afterwards toured the ancient abbey.

"The main focus of our team was to help with yard work," said RGB's Community Relations Program Coordinator, Chaplain (Lt.) Stephan Cloer, who stressed that the abbey was short in staffing for the amount of area they had to take care of.

This is only the beginning of a seven-month deployment, and it is the start of RGB's commitment to community relations in foreign ports. The Sailors who volunteered were happy to have this opportunity to help out.

One might think Sailors on a liberty port in Italy would be ready for rest and relaxation and would rather see the historical sites in Rome, Naples, and Pompeii. Not so for these 16 community service volunteers from USS Robert G. Bradley.

"The Sailors kept asking if they could do more," Cloer said. "Everyone had a great time and we

were happy to carry on the great relationship the Navy has with the abbey."

This was not the first time the abbey has been visited by Sailors and the Navy has had a long history helping out the nuns at San Vincenzo al Volturno.

The abbey at San Vincenzo al Volturno is a historical monument, tourist attraction and symbol of Italy's long-standing spiritual traditions. The site is a major interest for archaeologists, and is becoming recognized as one of the most important archaeological discoveries of the century.

Fire Controlman 2nd Class (SW) Gregory Glover, one of RGB's volunteers, said the project was fun and worthwhile.

"It was great to be able to help them out and it was also a cultural experience for us," he said. "They showed us around the abbey and it was interesting to see a part of ancient Italy."

Glover said that RGB's help was appreciated, and that the nuns at the abbey were left with a positive impression of RGB Sailors and the US Navy.

"There was only one nun there and she was very grateful for our help," Glover said, "Together, with our greater numbers, we were able to accomplish more."

USS Robert G. Bradley (FFG 49), an Oliver Hazard Perry-class frigate, is homeported out of Mayport, Fla., and is on a scheduled deployment to the Sixth Fleet area of responsibility in the Mediterranean Sea.



-Photo by Lt. Stephen Cloer

Ensign Matthew L. McCain cutting away brush at the Abbey of San Vincenzo al Volturno.



-Photo by Lt. Stephen Cloer

Sailors from USS Robert G. Bradley (FFG 49) clear brush at the Abbey of San Vincenzo al Volturno.



-Photo by Lt. Stephen Cloer

Sailors from USS Robert G. Bradley (FFG 49) being shown around during a tour of the Abbey of San Vincenzo al Volturno.

C6F Visits USS Robert G. Bradley Sailors

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

The commander of U.S. 6th Fleet visited Sailors aboard guided-missile frigate USS Robert G. Bradley (FFG 49) Jan. 5.

During the visit, Vice Adm. Frank C. Pandolfe toured the ship, held an all-hands call on the ship's forecastle, met with the ship's senior leadership, and recognized several Sailors' accomplishments in an awards ceremony.

"The admiral's visit today reiterates the importance of the mission and how important their time away from home is to our national interests," said Cmdr. Peter Ehlers, Robert G. Bradley's commanding officer.

Pandolfe thanked the Sailors for their contributions and spoke about the importance of their



-Photo by ET1(SW) Daniel Raley

Vice Adm. Pandolfe pins on Boatswain's Mate 3rd Class Marlon J. Narvaez's ESWS pin onboard USS Robert G. Bradley (FFG 49).

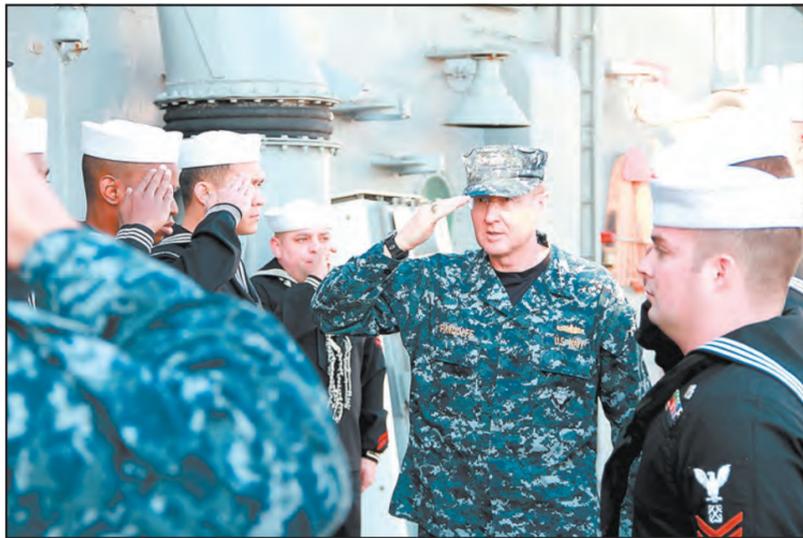
deployment.

"This is a great ship with a proud legacy and you're adding to it today by operating in this theater," said Pandolfe. "Thank you so much for what you're doing. Your mission is very important."

Members of the crew felt honored that the fleet commander took time to

visit.

"I felt like it was a good visit," said Logistics Specialist 3rd Class Dana Plummer. "It's reassuring that he would take the time out of his busy schedule to come and see us and talk to us about the great job we're doing. It felt really good to know we're out here making a difference."



-Photo by ET1(SW) Daniel Raley

Boatswain Mate 1st Class Bonin pipes during Vice Admiral Pandolfe arrival onboard USS Robert G. Bradley (FFG 49).

During the all-hands call, Pandolfe also presented nine Sailors with awards.

"It was a big honor. I've never even heard of somebody that's been

pinned by the admiral," said Boatswain's Mate 3rd Class Marlon Narvaez, who received his Enlisted Surface Warfare Specialist qualification during the ceremony. "It's something

I'll remember even after I get out of the Navy."

Robert G. Bradley, homeported in Mayport, Fla., is currently deployed to the U.S. 6th Fleet area of responsibility.

CPPD Releases 2013 Naval Leader Planning Guide and Weekly Planner

By Susan Henson
Center for Personal and Professional Development Public Affairs
 The Center for Personal and Professional Development (CPPD) has released the 2013 edition of the Naval Leader Planning Guide (NLPG) and the Naval Leader Weekly Planner (NLWP), CPPD leadership said Jan. 3.

Both versions of the planner were available online Dec. 13, and commands can download the PDF version free-of-charge from Navy Knowledge Online. Users can also download a file that can be imported into Microsoft Outlook that will populate personal calendars with the dates found in the product. Commands are authorized to use the downloaded source files to arrange for printing at



local facilities to satisfy unit-level requests for the resource.

"We did a hard scrub of this year's the Naval Leader Planning Guide and the Naval Leader Weekly Planner to ensure we had the best possible product," said Capt. John Newcomer, CPPD's commanding officer. "We see delivering this product as part of our commitment to provide the fleet with the tools to lead with courage, respect and trust and mentor future leaders to do the same. The Naval Leader Planning Guide and the Weekly Planner are full of information to help leaders do just that."

The NLPG brings

together a large amount of information in a compact, portable format. This year's edition includes a 15-month calendar (January 2013 to March 2014), a complete list of CPPD courses and services, contact information for all CPPD learning sites and Navy College Offices around the world, the Principles of Naval Leadership, and Navy and Marine Corps Selection Board and Fitness Report/Evaluation schedules. It also includes a directory of community managers and technical advisors at Navy Personnel Command.

The weekly version of this product contains a

13-month calendar, but all other sections contained in it are the same resources as the monthly guide, including the personal and professional development sections and the career management points of contact.

The 2013 product includes the latest Chief of Naval Operations (CNO) Professional Reading Program list, which was announced in October of 2012 in conjunction with the Navy's birthday. The Marine Corps Professional Reading Program list was also updated for 2013.

"We strive to provide the most up-to-date information possible to ensure the fleet has the information needed to meet mission," said Newcomer. "Of course there's always an opportunity to improve,

and we greatly value feedback from everyone on the Navy and Marine Corps team on how we can make it even better - please send us your suggestions."

To download the 2013 NLPG, log on to www.nko.navy.mil and select the Leadership tab. The guide can be downloaded as either a PDF file for printing or as an Excel file, which can be imported into Microsoft Outlook.

CPPD is responsible for providing a wide range of personal and professional development courses and materials, including General Military Training, Navy instructor training, alcohol and drug awareness program training, suicide and sexual assault prevention, bystander intervention, and personal responsibility classes.

CPPD's required leadership training is delivered multiple times throughout a Sailor's career via command-delivered enlisted leadership training material and officer leadership courses in a schoolhouse setting. CPPD also administers the Navy's voluntary education program, which provides Sailors with the opportunity to earn college degrees. CPPD additionally manages the United Services Military Apprenticeship Program, which offers Sailors the opportunity to earn civilian apprenticeship certifications.

For more information about the Center for Personal and Professional Development (CPPD), visit <https://www.netc.navy.mil/centers/cppd>

New Navy Apprenticeship Trade Available

By Darryl Orrell
Center for Security Forces Public Affairs

The Center for Security Forces (CENSECFOR) announced Jan. 13 that the fourth installment to its list of apprenticeship trades is now available to Sailors for open enrollment.

The new Armory Technician Apprenticeship Trade is available to Sailors, E-4 and above, who serve in a broad range of ratings such as Gunner's Mate, Master-At-Arms, Special Warfare Operator, and more.

"This is an apprentice level trade applicable to personnel who store, inventory, issue, receive and maintain records on assigned arms, ammunition and explosives," said Jose Bautista, Master-At-Arms (MA) programs manager at (CENSECFOR). Sailors

can enroll in this new Department of Labor (DoL) approved apprenticeship trade by visiting United Services Military Apprenticeship Program (USMAP) online and select the 'Enroll/Reinstate' link to begin.

Bautista went on to point out that this is probably the only apprenticeship trade that covers multiple ratings and provides sailors with improved skills and competencies.

"Sailors desiring to enroll must have completed the Security Force Weapons Personal Qualifications 301, 305, 308, 322, and 323. A Sailor must also possess NEC [Naval Enlisted Classification Code] 0812, 0814, 9525, or 9536," said Bautista.

Sailors who successfully complete the required 2000 hours of documented experience will earn

the distinction of being an Armory Technician. The level of experience covers six select skill areas such as maintenance, inventory control, security, and safety just to name a few.

USMAP works closely with the DOL to provide nationally recognized apprenticeship programs that result in journeyman-level certificates of completion for members of the Navy, Marine Corps and Coast Guard. During their apprenticeship, service members document their military duties while working in their rating or military occupational specialty.

Bautista also alluded to the next wave of apprenticeship trades to be released as being the Criminal Investigator Apprenticeship and the Military Working Dog (MWD) Apprenticeship.

The package for the Criminal Investigator

Apprenticeship is currently pending DOL approval with an anticipated release sometime this spring or summer.

"The CIA (Criminal Investigator Apprenticeship) is designed for MA personnel having the military police investigator NEC 2002, as well as appropriate personnel in the USMC and USCG," said Bautista. "The MWD apprenticeship is currently in development stages and its anticipated release date is yet to be determined."

Apprenticeship fore-runners to the new Armory Technician Apprenticeship have been highly successful since their debut. For example, the Security Specialist and the Police Officer I (Government Service) apprenticeships have had up to 1,600 active enrollments.

Earning the DOL certificate costs the service member nothing and does not normally require working additional off-duty hours. USMAP has provided sea-service military members with

journeyman level certifications for more than 35 years and reached a record 50,000 current active USMAP participants last year.

"These nationally recognized certifications give Sailors the opportunity to perform duties and gain experience they might not otherwise have an opportunity to achieve," said Bautista.

The Center for Security Forces provides specialized training to more than 28 thousand students each year and has 14 training locations.

Budget

It also calls on all research and development and production and contract modifications that obligate more than \$500 million to be cleared with the undersecretary of defense for acquisition, technology and logistics before being awarded.

For science and technology accounts, the components must provide the undersecretary and the assistant secretary of defense for research and engineering with an assessment of the budgetary impacts that the budgetary uncertainty will cause to research priorities.

From Page 1

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New Tool Helps Families Plan Deployments

By Karen Parrish

American Forces Press Service

The Defense Department has launched a new resource to help troops and their families plan for the "before, during and after" of deploying.

Barbara Thompson, director of DOD's office for family policy, explained "Plan My Deployment" during an interview with the Pentagon Channel and American Forces Press Service.

"This is a new, interactive, online tool that supports service

members and their families as they prepare for the different stages of deployment," she said.

The new resource guides users through the "ins and outs" of deployment, Thompson said: from power of attorney and legal assistance considerations to financial and emotional issues. Other tips and tools address education and training benefits, she added.

"We modeled this after the very, very popular 'Plan My Move,' which helps with [permanent change of station]

moves," she said. "It's the same kind of approach: we look at providing the tools and information, and you tailor it to your individual family's needs."

Plan My Deployment saves the user's information, she said, so people can exit from the site and return at their convenience, picking up where they left off.

Though other deployment planning guides and resources already exist, Thompson said, DOD leaders wanted to offer family readiness assistance to the entire active duty, National

Guard and Reserve force and their families.

While the pace of deployment across the services has dropped since U.S. forces left Iraq and will continue to decline as the combat mission in Afghanistan draws to an end, Thompson said, service members always will face the possibility of deploying for duty.

"Let's face it: military members deploy all the time. ... We've learned a lot of lessons during this long-term conflict, and we want to make sure that

our service members and their families are prepared for what's in the future," she said.

Plan My Deployment is available at DOD's Military OneSource website, which also offers a range of other services for military families, she said. Thompson pointed out the site is "outside the gates" in the public domain, so it is available to extended family members who don't have access to military facilities.

New Requirements For Overseas Bases Mail

By MCSN Erik Luebke

Navy Public Affairs Support Element-East Detachment Europe

The United States Postal Service (USPS) recently sent out a mandate that all letter mail being shipped to overseas military installations be addressed with a nine-digit zip code, starting January 2013.

The policy change came with an upgrade to USPS's mail sorting system and the opening of an additional centralized gateway for receiving and shipping all government mail.

"The USPS is asking anyone sending letters to service members at overseas bases to label them with a nine-digit zip

code," said Chief Logistic Specialist (SW) Jimmy Jimenez, leading chief petty officer of the Naval Support Activity (NSA) Naples Capodichino post office. "This change accompanied the opening of a centralized gateway at O'Hare to take some of the stress off of John F. Kennedy International

Airport, which used to be the sole routing hub for government mail."

The new mail sorting system will enable mail to be delivered and sorted quicker by giving the sorting machines another way to divide up the mail. The new address format will include the box number as a four-digit num-

ber at the end of the zip code. For example: John Smith PSC 999 Box 82 FPO AE 09622-0082

"The new system will make it so that everything is already sorted when it gets here," said Jimenez. "This means we don't have to spend hours sorting baskets full of mail, and we can put it directly

into the boxes."

For more information, visit the USPS website at <https://www.usps.com/ship/apo-fpo-guidelines.htm>. For more news from Navy Public Affairs Support Element East Det. Europe, visit www.navy.mil/local/npaseu-rope

Uniform Working Groups Established In Fleet

From U.S. Fleet Forces Command Public Affairs

Commander, U.S. Fleet Forces (USFF) and Commander, U.S. Pacific Fleet (CPF) distributed a message to commanders and commanding officers Jan. 11 that announces the agendas of two uniform working groups.

The working groups are reviewing the requirements and flame resistant qualities of fleet organizational clothing and subsequently the suitability of working uniforms worn at sea. They were formed following

a recent impromptu test by the Navy clothing textile research facility that showed the Navy Working Uniform (NWU) Type I is not flame resistant and will burn when subjected to flame.

USFF Commander Adm. Bill Gortney said the working group that will review all organizational clothing worn by Sailors on ships, submarines, and in expeditionary units is designed to inform the second working group, which will ultimately determine the requirements for at-sea work-

ing uniforms. The Navy removed the requirement for all hands to wear flame resistant uniforms at sea in 1996.

"The organizational clothing working group has been tasked with providing fact-based information and determining whether to limit flame resistant organizational clothing to Sailors who work in engineering departments, flight decks, and other high risk areas; or to expand fire resistant organizational clothing to all Sailors afloat," said Gortney. "Those findings

are necessary before any recommendations can be made about at-sea working uniforms."

The primary consideration for both working groups is Sailor safety, and the results will provide the answers needed to maintain operational readiness and safety requirements.

"We intend to use these working groups to inform a deliberative review process. We will determine the level of protection our Sailors need, given the missions and tasks we expect them to ex-

ecute in their respective work environments," said Gortney.

Both working groups will be comprised of members of the USFF and CPF staffs along with members of the Naval Safety Center, systems commands, and various operational commands.

While the groups are not working on a specific timeline, Gortney said he hopes to have the organizational working group's findings in a matter of weeks.

The Navy currently requires Sailors who

stand watch in engine room or machinery spaces to wear fire retardant coveralls, with the sleeves rolled down, and when they're performing maintenance in machinery spaces where steam is circulating in the piping systems or fuel fired machinery is in operation. Individual Navy type commanders also provide organizational clothing, with added protection, to Sailors working on the flight deck or as part of damage control teams.



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Navy Implements Changes To INSURV

From U.S. Fleet Forces Command Public Affairs

The president of the Board of Inspection and Survey (INSURV) rolled out major changes to the frequency and grading method of the INSURV program effective Jan. 1.

Rear Adm. Robert Wray, INSURV president, said changes to the frequency of the inspections and the grading system were implemented to improve the readiness of Navy ships and crews and to provide Navy and congressional leaders with an accurate reflection of that readiness.

Under the old program, INSURV teams conducted exhaustive inspections and surveys of ships every five years and reported their material readiness to Congress. Now ships will be inspected about every 30 months.

"The Navy is always

working to improve how we assess our ships. Over time, we came to the conclusion that ships aren't being looked at often enough to give leadership the readiness information we want, and to give ship's crews the practice they need to get through the inspections on their own," said Wray. "Hence the move to double the frequency of inspections."

Under the new inspection timeline, INSURV inspectors will conduct a traditional "Material Inspection" during a unit's Fleet Response Plan (FRP) cycle. In the alternating cycle, a similar inspection will be conducted by the unit's type commander with INSURV support.

The other notable change comes to the overall grading system. Previously, the program

utilized a grading status of Satisfactory, Degraded or Unsatisfactory, which oversimplified inspection results with a coarse one-word descriptor attempting to describe a ship with nearly 200 sub-systems. The new system will use a more quantifiable INSURV "Figure of Merit," which is a weighted average of 30 scores used to provide a final grade and report on the overall readiness of a ship.

In the past, Sailors could spend up to two years preparing their ship for an INSURV inspection. "Come as you are" is one of the goals of the revised process. It means that rather than exhaustively preparing for an INSURV, ships will prepare for deployment, and the INSURV process will measure their material condition as a part of that

process.

Changes to the scope, breadth and rigor of the INSURV process have already been fully implemented. Wray said Navy leadership felt the grading system and the five-year time span between inspections under the old system were not effectively meeting Navy material readiness objectives.

"The major change for the average Sailor will be two-fold," Wray said. "First, each ship, prior to each deployment, will have a full-blown material inspection in which the ship will be expected to get underway, do full power, anchor, shoot guns, operate combat systems, etc., for a team of external inspectors. Second, ships will be expected to do this on their own, without months of external prepa-

ration and assistance."

While twice as many inspections may sound like a bad thing, Wray stressed that the new process will benefit the Sailors who have to prepare the ship for INSURV.

"We want the pre-deployment material inspection to be a normal part of doing business, like the Composite Training Unit Exercise (COMPTUEX), something ships know how to do on their own," he said. "In a larger sense, we want to create a 'culture of material readiness' in which ships and their crews are always thinking about being ready for INSURV. The concept is to create a culture for material readiness, in which any ship, at any time in the appropriate part of the FRP, could successfully shoot their guns, do full-power runs,

anchor, and demonstrate her combat systems."

Wray said the goal of these changes is very simple.

"In a perfect world, every ship will complete a rigorous material inspection prior to every deployment, conducted either by INSURV or by their TYCOM, using INSURV methods. Ship's crews will be able to prepare for, and successfully complete, the inspection on their own. Navy leadership will also get true, accurate, unvarnished readiness information upon which to make resourcing decisions."

INSURV's primary purpose is to fulfill Title 10 responsibilities to examine the material readiness of U.S. Navy vessels and report the findings to the secretary of the Navy.

Navy Launches New POD Announcements

From Defense Media Activity - Navy

Navy leaders launched Navy Plan of the Day announcements, a new resource on the Navy's webpage, www.navy.mil.

The initiative is intended to get current, relevant information to deckplate Sailors so they can be proactive in managing their careers.

"We have to keep finding new and better ways to make sure our people are fully aware of Navy policies and programs that affect their careers and families. This initia-

tive launches a new page on Navy.mil called Navy Plan of the Day (POD) announcements, dedicated to giving Executive Officers good material to choose from when putting together their POD," said Rear Adm. John Kirby, Navy Chief of Information.

The POD announcements page is divided into three sections. The first includes specific POD notes on issues that are of fleet-wide interest. The second is a list of upcoming dates and deadlines

from the Navy Leader Planning Guide. The final section is devoted to "This Date in Navy History."

Coordinators will update the online version as they receive input. In addition to maintaining the Web page, people can sign up for a weekly e-mail that includes POD information for the coming week at www.govdelivery.com.

This will make the information available for Sailors at sea who may have difficulty accessing the internet.

Roosevelt

ly completed a successful SRA, Basic Phase, and Training Phase, and participated in Fleet Week New York City in May 2012 and Mobile, Alabama's Bayfest in October 2012.

His next duty assignment will be an internship at the Defense Advanced Research Projects Agency followed by attendance at the Industrial College of the Armed Forces, a college of the National Defense University.

Clark will assume command of the guided missile destroyer after serving as her executive officer for the past 18 months. Prior to this tour, he served as the Flag Aide to

Commander, U.S. Naval Forces Europe and Africa and Commander, Allied Joint Force Command Naples. He is a native of Pembroke, Georgia and graduated from Morris Brown College in 1995. Clark began his naval career serving aboard USS Kearsarge (LSD 3) as Electrical, Main Propulsion, and Deck Division Officer. He subsequently served on USS Hayler (DD 997) as Navigation/Administration Officer; as Engineer Officer on board USS Ross (DDG 71); and as Material Officer for Commander, Destroyer Squadron 28 in Norfolk, Virginia.

His shore tours include Naval Postgraduate School in Monterey, California, where he earned a Masters Degree in Systems Management under the Joint C4I Curriculum, and the Naval War College in Newport, Rhode Island, where he earned a Masters Degree in National Security and Strategic Studies.

From Page 1

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Heaving The Line On USS Farragut



-Photos by MC2 A.J. Jones
Boatswain's Mate 3rd Class Ernest Obengmanu, left, and Seaman Daniel Desir connect a replenishment fixture aboard the guided-missile destroyer USS Farragut (DDG 99) during a replenishment-at-sea with the Military Sealift Command fleet replenishment oiler USNS Walter S. Diehl (T-AO 193).

Fire Controlman 3rd Class Vincent Schaefer puts a round turn on a bitt aboard the guided-missile destroyer USS Farragut (DDG 99) as the ship moors. Farragut is deployed with the John C. Stennis Carrier Strike Group to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions for Operation Enduring Freedom.

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Happy Birthday 29th USS Halyburton

By OS3(SW)
Quintrel R. Brown
USS Halyburton Public Affairs

USS Halyburton's (FFG 40) crew members celebrate the 29th birthday of the ship's commissioning.

USS Halyburton's keel was laid on Sept. 26, 1980 and launched on Oct. 13, 1981. Halyburton was named after Pharmacist Mate 2nd Class William D. Halyburton.

William Halyburton was posthumously awarded the Medal of Honor for his heroism, while serving with the 5th Marines, during the Battle of Okinawa.

On May 10, 1945, Halyburton served with a Marine rifle company against the Japanese in Okinawa when they suffered numerous casualties after advancing into battle.

Exposed to enemy fire, he rushed to aid a fallen Marine the furthest away. Shielding the man with his own body while administering aid, Halyburton was mortally wounded.

On Jan. 7, 1984, the Navy honored Pharmacist Mate 2nd Class William D. Halyburton by naming guided missile frigate 40 after him.

A number of other military structures have been named for him, including the Halyburton Quarters in Charleston, South Carolina; a road at the National Naval Medical



-Photos by OS3(SW) Quintrel R. Brown

Center in Bethesda, Maryland; and a barracks at Naval Air Station Pensacola, Florida.

In memory of Halyburton's commissioning, Halyburton Commanding Officer, Cmdr. David E. Fowler, and the Command Senior Chief, Lee C. Friedlander served cake and ice cream to the Halyburton Sailors.

USS Halyburton is scheduled for decommissioning after her 30th anniversary in 2014.

Halyburton is currently deployed, working in support of North Atlantic Treaty Organization (NATO) in counter piracy operations for Operation Ocean Shield in the 5th Fleet area of responsibility.



Above, during USS Halyburton's 29th birthday celebration on board the ship, Commanding Officer, Cmdr. David E. Fowler, serves birthday cake to the crew. Halyburton was named after Pharmacist Mate 2nd Class William D. Halyburton who was posthumously awarded the Medal of Honor for heroism during World War II. Right, Command Senior Chief Lee C. Friedlander, serves ice cream to the crew. Halyburton is currently deployed, working in support of North Atlantic Treaty Organization (NATO) in counter piracy operations for Operation Ocean Shield in the 5th Fleet area of responsibility.



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Halyburton Clean Up In Seychelles

By OS3(SW)
Quintrel R. Brown

USS Halyburton Public Affairs

Sailors from USS Halyburton (FFG 40) took time to volunteer at Foyer De Nazareth Boys Orphanage in Anse Etoile during a recent port visit to Victoria, Seychelles.

Ten Sailors participated in the community relations project (COMREL), clearing away underbrush from the orphanage entrance, servicing lawn equipment, and pulling weeds. After the work was finished some of the orphans scaled the palm trees and threw down coconuts for the Sailors to enjoy. The volunteers were joined by the Consulate Representative, Mrs. Marie-Anette Ernesta, and her family. The nuns who oversee the orphanage prepared a local "bread-fruit" for

all to enjoy.

As the Sailors enjoyed the snack, Mrs. Ernesta shared a local saying- "Once you have eaten the bread-fruit, you will come back to Seychelles again."

The Sailors concluded the COMREL by distributing school supplies, frisbees, items donated by the NFL's Green Bay Packers and Carolina Panthers; baseballs, t-shirts, and key chains from the Charlotte Knights, and soccer balls to the 14 orphan boys, ranging from ages 4 to 16, living there.

"COMRELS are something that I love doing. It makes me realize that love and peace can prevail," said Culinary Specialist 3rd Class (SW) Emmanuel Appiahkupi. "If we teach children how to honor nature's gifts, the joy and beauty of the outdoors

will be here forever."

Chaplain Tom Bingol, Halyburton's COMREL organizer, shared that the orphanage projects provide Halyburton Sailors with an excellent opportunity to help those in need and expand their worldviews. Even with a major holiday, busy in-port schedule, and some severe weather courtesy of a passing tropical cyclone, "Team Haly-B comes through when there is a chance to lend a helping hand. Special thanks to Halyburton's chapter of CSADD, and Ms. Gail Self of Concord, North Carolina, who coordinated with the Packers, Panthers, and Knights and provided soccer balls for the event."

USS Halyburton is deployed off of the coast of Africa in support of Operation Ocean Shield.



-Photos by MC2 Jamar Perry

Above left, Halyburton volunteers help pull weeds and plant flowers outside of the Foyer De Nazareth Boys Orphanage in Victoria, Seychelles. Bottom left, Boatwain's Mate 3rd Class Frank Charles (Left) and Lt. Tom (CHAPS) Bingol (Center) help pull weeds to help beautify the orphanage. Above, all of the volunteers from Halyburton with the boys from the orphanage and the nuns and volunteers who run the orphanage.

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Wexford Chase From the \$180s
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Out in Town

Thursday, Jan. 17

North Jacksonville Baptist Church, located at 8531 North Main St., will host the exciting Jubilee Tour, featuring talented Christian recording artists, The Booth Brothers, Greater Vision and Legacy Five. The Jubilee concert will begin at 7 p.m. Reserve tickets online at www.imconcerts.com by phone at 1-800-965-9324 or in person at the North Jacksonville Baptist Church in Jacksonville.

Friday, Jan. 18

FRGs

USS Taylor private party on Jan. 18 from 6-8 p.m.
 USS Hue City Family Readiness Group on Jan. 22 from 7-8 p.m.
 USS Halyburton Family Readiness Group on Jan. 25 from 6-8:30 p.m.

No Dough Dinner

There will be a No Dough Dinner on Jan. 28 from 5-7 p.m. featuring chicken and broccoli casserole. Sponsored by Atria

Humana Challenge Weekend

Join the World Golf Hall of Fame in honoring Bob Hope Jan. 17-20. The World Golf Hall of Fame is celebrating the Humana Challenge, formerly the Bob Hope Classic. Guests can enjoy the Hall's "Bob Hope: Shanks for the Memory" exhibit while watching the tournament in the Bob Hope Theater. Visitors can also participate in a special Bob Hope scavenger hunt in the museum for a chance to win a Humana Challenge Prize pack (no purchase necessary to enter). Active and retired military receive free admission to Museum, and St. Johns County resi-

COMMUNITY
CALENDAR

The Ladies Auxillary Fleet Reserve Association #290 will hold a Mexican dinner from 5-8 p.m. at the branch home, 390 Mayport Rd. Donations are \$8. The dinner is open to the public. Take out orders are welcome. For more information, call 246-6855.

Saturday, Jan. 19

North Atlantic right whales visit Northeast Florida waters to give

birth to calves December through March. Join a ranger to learn about one of the world's most endangered large mammals. This program will take place at 2 p.m. at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Jacksonville Zoo and Gardens will hold its annual CSX Train Days

promotion on Jan. 19-20. For these two days the Zoo will only charge \$1 per person for train rides, sponsored by CSX Corporation. CSX employees will act as honorary train conductors for part of the two-day period. For more information on the Zoo, log on to www.jacksonvillezoo.org.

Tuesday, Jan. 22

The Jacksonville Public Library and The Artist Series proudly present the 11th Annual Family Night on Broadway, during opening night of Mary Poppins during preshow

at 6:30 p.m. and intermission. Family-friendly activities will include a Mary Poppins sing-along, face painting, coloring tables, arts and crafts, green screen photos, and an origami kite station inspired by the song "Let's Go Fly a Kite." Guests can sign up for library cards and check out books at the show. All Family Night activities are free with paid admission tickets. Discounted Family Night tickets are available through The Artist Series. Buy one adult ticket and get a child's ticket free with the passcode: CHILD

when you order online at www.artistseriesjax.org. For more information call (904) 442-BWAY (2929). Restrictions apply.

Saturday, Jan. 26

Join a Park Ranger at 1 p.m. for a leisurely paced hike to discover the island's natural communities. 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 and is part of the Timucuan Adventure Day event. No reservations are necessary and the program is free.

NEWS

dents will receive 30 percent off admission.

Free JaxCERT Emergency Preparedness Course

The American Legion Auxiliary-Post 316 in Atlantic Beach will be offering a FREE emergency preparedness course for anyone interested. The program is free and open to the public. Classes began on Wednesday, Jan. 16 and meet weekly from 6:30-9 p.m.

Free JaxCERT Emergency Preparedness Course

The American Legion Auxiliary-Post 316 in Atlantic Beach will be offering a FREE emergency preparedness course for anyone interested. The program is free and open to the public. Classes began on Wednesday, Jan. 16 and meet weekly from 6:30-9 p.m.

Military Wives Vendor Show

Come out and support your local military spouse businesses at the

Mayport USO on Feb. 3 from 9 a.m.-3 p.m. and get a head start on your Valentines Day shopping. This event is free and open to the public.

MLS Soccer Match Coming To Jacksonville

On Feb. 15, 2013, the Philadelphia Union will face another MLS team, to be announced in the near future, at Everbank Field starting at 7:30 p.m. Use the link and password listed below and \$2 for every ticket will be donated back to your local Jacksonville USO office. Come out and support this great event and our local Military Men and Women. There will also be a FREE youth clinic at 5:30 p.m before the game. PASSWORD - USOJAX

www.ticketmaster.com/event/2200498AA0DC6031?did=uso

COMPASS: A Course For Navy Life - Upcoming Course For Navy Spouses

COMPASS is a 12-hour Team mentoring program

developed by spouses for spouses. Come make new friends as you learn about the Navy lifestyle and gain knowledge and skills to successfully meet the challenges ahead. COMPASS is FREE and open to ALL Navy spouses! For more information and to register for the upcoming February session, please visit: <http://www.gocompass.org/jacksonville.html>

2013 Players Championship Birdies For Charity Campaign

The Greater Jacksonville Area USO is pleased once again to be participating in the 2013 Players Championship Birdies for Charity Campaign held in May in conjunction with The Players Championship. For more information visit www.birdiesforcharity.playerschampionship.com to participate and become eligible to win a fabulous grand prize.

2nd Annual Jax Area USO Chili Cook Off

Do you think you make the best chili around? Would you like a chance to prove it? The 2nd annual Jax Area USO

Chili Cook off will be held February 23rd from 12:00-5:00pm at the Fleet Reserve on Collins Road. For more information and registration, visit www.jaxusochilicookoff.com.

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Guard or Coast Guard Reserve; upon submission of a current military identification card and proof of Florida residency.

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.

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

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

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



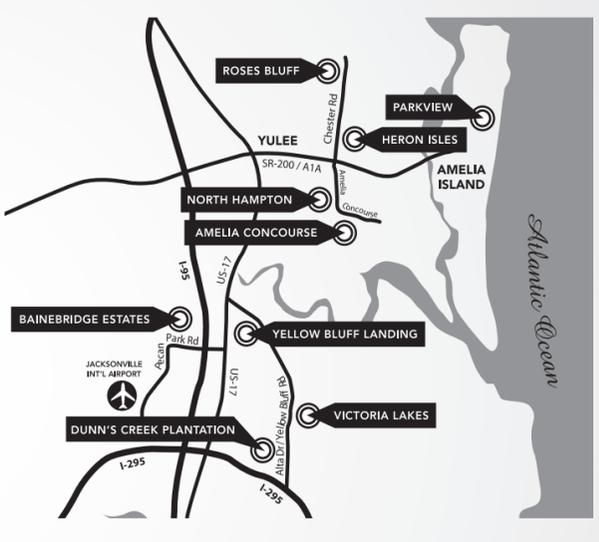
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NS Mayport FFSC Sets Workshop, Class Schedule

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.

Jan. 17, 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.

Jan. 19, 11:30-until, **IA Children's Circus Outing**, Veterans Memorial Arena

Jan. 23, 9 a.m.-noon, **Employment Seminar**, FFSC Room 719

Jan. 23, 11 a.m.-12:30 p.m., **Home Buying**, FFSC Room 702

Jan. 23, 7:30 a.m.-4:30 p.m., **SAPR VA Refresher Course**, FFSC Room 1616

Jan. 24, 8 a.m.-noon, **FAP Key Personnel Training**, FFSC Room 1124

Jan. 24, 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 play-

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grounds. 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.

Jan. 28-Feb. 1, 7:30 a.m.-4 p.m., **Command Financial Specialist Training**, FFSC Room 1616

Jan. 28, 8:30 a.m.-12:30 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.

Jan. 28-Feb. 1, 8 a.m.-

4 p.m., **TAP Separatee Workshop**, Building 1 Room 1616

Designed for Military personnel within 90-180 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Jan. 29, 9-11 a.m., **Active Parenting**, FFSC Room 702

Jan. 29, 1-3 p.m., **What About The Kids**, FFSC Room 702

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with expo-

sure to domestic violence. Parent's need to see, understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happened, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Jan. 30, 9 a.m.-noon, **Employment Seminar**, FFSC Room 719

Jan. 31, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

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

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 <p>Cayman II at Amelia National 5 Bed - 5 Bath - 3,953 Sqft. Was - \$652,362 Now - \$553,900</p>	 <p>Preakness V at Amelia National 4 Bed - 3 Bath - 3,817 Sqft. Was - \$665,645 Now - \$519,900</p>	 <p>Tidewater Breeze at Tidewater 4 Bed - 4 Bath - 3,483 Sqft. Was - \$685,388 Now - \$439,975</p>
 <p>Mariner at Tidewater 4 Bed - 3.5 Bath - 2,749 Sqft. Was - \$366,369 Now - \$276,900</p>	 <p>Nottingham at Highland Glen 4 Bed - 3.5 Bath - 3,888 Sqft. Was - \$647,136 Now - \$558,900</p>	 <p>Danbury at Julington Creek 4 Bed - 3.5 Bath - 2,668 Sqft. Was - \$301,909 Now - \$249,900</p>
 <p>Egret III at St. Johns Forest 4 Bed - 3 Bath - 3,144 Sqft. Was - \$546,239 Now - \$518,900</p>	 <p>Turnberry at Highland Glen 4 Bed - 3.5 Bath - 3,381 Sqft. Was - \$574,459 Now - \$512,900</p>	 <p>Catalillo at Palermo 4 Bed - 3.5 Bath - 3,028 Sqft. Was - \$487,269 Now - \$478,250</p>
 <p>Bellhaven at Julington Creek 4 Bed - 3 Bath - 3,144 Sqft. Was - \$497,570 Now - \$474,900</p>	 <p>Stonebridge III at Julington Creek 5 Bed - 4.5 Bath - 3,867 Sqft. Was - \$749,935 Now - \$659,900</p>	 <p>Preakness V at Julington Creek 4 Bed - 3 Bath - 3,817 Sqft. Was - \$780,975 Now - \$626,170</p>

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- Home Finder's Realty**
2294 Mayport Rd., Mayport
- Subway**
2294 Mayport Rd., Mayport
- Brass Anchor**
Mayport Rd., Mayport
- Terry's Country Store**
2198 Mayport Rd., Mayport
- Fleet Reserve Assoc. #290**
390 Mayport Rd., Mayport
- American Legion Post 316**
1127 Atlantic Blvd., Mayport
- Advance Auto Parts**
14045 Beach Blvd., Jax Beach
2350 3rd St. S., Jax Beach
- Beach Diner**
501 Atlantic Blvd., Atlantic Beach
- Beside Publix**
600 Sawgrass Village Dr., Ponte Vedra Beach
- Best Western**
2389 Mayport Rd., Atlantic Beach
- BP Food Shop**
7961 Arlington Expwy, Jax
- BP Food Shop**
14070 Beach Blvd., Jax
- BP Food Shop**
1628 N 3rd St. @ 16th Ave., Jax Beach
- BP Food Shop**
605 New Berlin Rd., Jax
- Cap'n Odies**
2206 Mayport Rd., Atlantic Beach
- Chevron**
1540 Mayport Rd., Atlantic Beach
- Comfort Inn Mayport**
2401 Mayport Rd., Atlantic Beach
- Days Inn**
1401 Atlantic Blvd., Neptune Beach
- Family Dollar**
10732 Atlantic Blvd., Jax
- Famous Amos**
1111 Cesery Blvd., Jax
- FCE - Shell**
7150 Merrill Rd., Jax
10716 Atlantic/St. Johns Bluff, Jax
1001 2500 Mayport Rd/A1A, Atlantic Beach
1539 3rd St. S., Jax Beach
- FCE - Shell (Daily's)**
9115 Merrill Rd./9-A, Jax
13490 Atlantic Blvd./San Pablo, Jax
14294 Beach Blvd./San Pablo, Jax Beach
4755 Hodges Blvd./JTB, Jax
- Gate**
1721 University Blvd. N., Jax
7211 Merrill Rd., Jax
1001 Monument Rd., Jax
10044 Atlantic Blvd., Jax
8070 Atlantic Blvd., Jax
2520 3rd St. S., Jax Beach
220 A1A N., Ponte Vedra Beach
619 A1A N., Ponte Vedra Beach
319 S 3rd St., Jax Beach
570 Busch Dr., Jax
4100 Heckscher Dr., Jax
463779 SR 200/A1A, Yulee
- Girvin Coin Laundry**
12777 Atlantic Blvd. #2, Jax
- Holiday Inn Express**
1101 Beach Blvd., Jax Beach
- Holiday Inn Express**
2040 Mayport Rd., Atlantic Beach
- Jiffy Lube**
2837 Townsend Blvd., Jax
10430 Atlantic Blvd., Jax
1672 3rd St. S., Jax Beach
13560 Atlantic Blvd., Jax
1067 Atlantic Blvd., Atlantic Beach
- La Pizzeria**
2158 Mayport Rd., Jax
- Navy Exchange (Side Of Pan Am Plaza)**
2294 Mayport Rd., Atlantic Beach
- T's Stop & Shop**
2051 Mayport Rd., Atlantic Beach
- Walgreen**
4715 Hodges Blvd., Jax
- Wok Express**
1301 Monument Rd., Jax

Jan. 18: Karaoke Night. 8 p.m. at Castaways Lounge. Belt it out at karaoke with DJ Tom Turner. 270-7205

Jan. 21: Martin Luther King Holiday Bowling Special. 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, one item off Fast Lanes Grille's menu and a soda for only \$15 (non-food option \$12; a la carte option also available). 270-5377

Jan. 23: All-Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$12 per person. Purchase tickets in advance; limited tickets available at the door. Sponsored by the FLC JAX. For tickets, contact (904) 270-7178.

Jan. 24: Game Night. 7:30 p.m. at Castaways Lounge. Enjoy a night of your favorite games: Life-Sized Jenga, Twister & more. 270-7205

Jan. 29: Men's

Jan. 18: Freedom Friday- Night at the Drive-In. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of, space permitting. 270-5680

Jan. 21: Martin Luther King Holiday Bowling Special. 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, one item off Fast Lanes Grille's menu and a soda for only \$15 (non-food option \$12; a la carte option also available). 270-5377

Jan. 25: Teen Trip: Al's Pizza and Beaches Area. Depart Teen Center at 6 p.m.; return 10 p.m. Please bring money for dinner; Permission slip required. 246-0347

Feb. 1: Teen Base Round Up. 7 p.m. at the Teen Center. Follow up the Base Round up with

MWR HAPPENINGS

Captain's Cup Softball Meeting. 11 a.m. at the Gym. League begins Feb. 19. 270-5451

Feb. 1: 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

Feb. 1: Sugar & Spice Party. 9 p.m. at Castaways Lounge. Featuring live band Aftershock. Free food, beverage specials, giveaways and more. 270-7205

Feb. 2: 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

Feb. 2: UFC 156- Aldo vs. Edgar. 10 p.m. at Castaway's Lounge. 270-7205

Feb. 3: Bowling Family Fun Night. 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes your choice of a ¼ lb hamburger or a hot-dog with fries and a soda, All-You-Can Bowl with shoes, music videos, light show and colored head-pin bowling for prizes. 270-5377

Feb. 3: Superbowl XLVII at Castaway's Lounge. Pre-game at 5:30 p.m. Kick off at 6 p.m. Watch the Big Game while you enjoy refreshments, snacks, giveaways and more. Free t-shirts

KID ZONE

soda and sliders at the Teen Center. Permission slip required. 246-0347

Feb. 2: Freedom Friday- Football Fanatics. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of, space permitting. 270-5680

Feb. 3: Bowling Family Fun Night. 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes your choice of a ¼ lb hamburger or a hot-dog with fries and a soda, All-You-Can Bowl with shoes, music videos, light show and colored head-pin bowling for prizes. 270-5377

Feb 14: Youth Drama Club Presents "Charlie

Brown's Valentine". 4:15 p.m. at the Youth Center. 270-5680

Feb. 15: Freedom Friday- Cupid Shuffle. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of, space permitting. 270-5680

Feb. 16: Teen Lock In. 7 p.m.- 7 a.m. at the Teen Center. Enjoy a bonfire, s'mores, hot dogs, games, ice cream breakfast and more. Permission slip required; cost is \$15 advanced sign-up and \$20 day of, space permitting. 246-0347

Feb. 23: Teen Bowling Trip. Depart Teen Center at 7 p.m.; return 10 p.m. Permission slip required.

for the first 100 attendees through the door. 270-7205

Feb. 5: 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

Feb. 6: 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

Feb. 6: 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

Feb. 6: Just For Fun Wednesdays. Every Wednesday at Mayport Bowling Center. It's not about how good you bowl, it's about how much fun you can have! \$1 Colormania Bowling, drink specials, request your favorite music all day long and more. 270-5733

Feb. 6: 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)

Feb. 8: 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

Feb. 11-13: Pre-Season Softball Tournament. Sign up by Feb. 4.

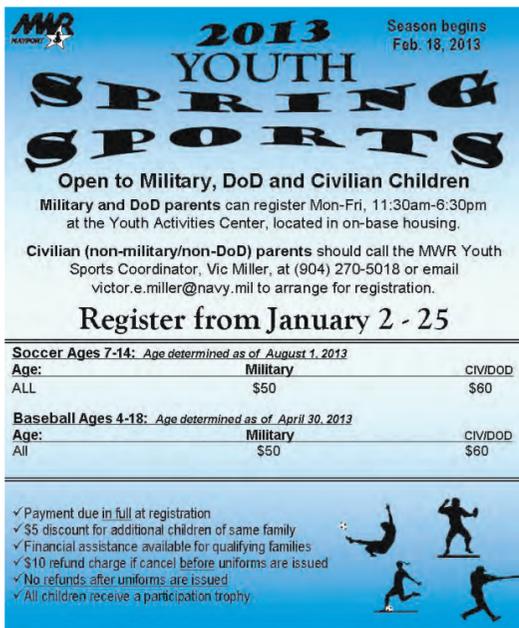
Feb. 12: Mardi Gras 3K Walk/5K Run. 8:10 a.m. in front of the gym.

Feb. 12: Mardi Gras Party. 8 p.m. at Castaway's Lounge. Featuring DJ entertainment. Free food, Mardi Gras trivia, prizes

Feb. 13: All-Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$12 per person. Purchase tickets in advance; limited tickets available at the door. Sponsored by the SERMC. For tickets, contact (904) 270-5431.

Feb. 14: Bingo Valentine's Special. 6:30 p.m. at Beachside Bingo. There will be double payouts on all warm-ups, \$150 payouts on all hard cards, free desserts and dauber, plus, when you bring your significant other, they will receive a free paper pack. 270-7204

Feb. 18: Presidents' Day Holiday Bowling Special. 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, one item off Fast Lanes Grille's menu and a soda for only \$15 (non-food option \$12; a la carte option also available). 270-5377



2013 YOUTH SPRING SPORTS
Season begins Feb. 18, 2013

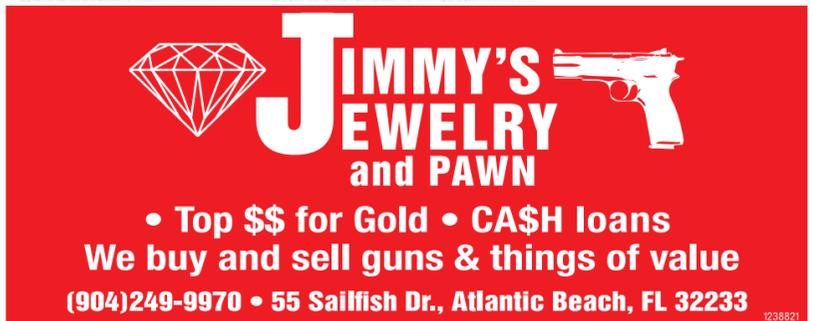
Open to Military, DoD and Civilian Children
Military and DoD parents can register Mon-Fri, 11:30am-6:30pm at the Youth Activities Center, located in on-base housing.
Civilian (non-military/non-DoD) parents should call the MWR Youth Sports Coordinator, Vic Miller, at (904) 270-5018 or email victor.e.miller@navy.mil to arrange for registration.

Register from January 2 - 25

Soccer Ages 7-14: Age determined as of August 1, 2013		
Age:	Military	CIV/DOD
ALL	\$50	\$60
Baseball Ages 4-18: Age determined as of April 30, 2013		
Age:	Military	CIV/DOD
All	\$50	\$60

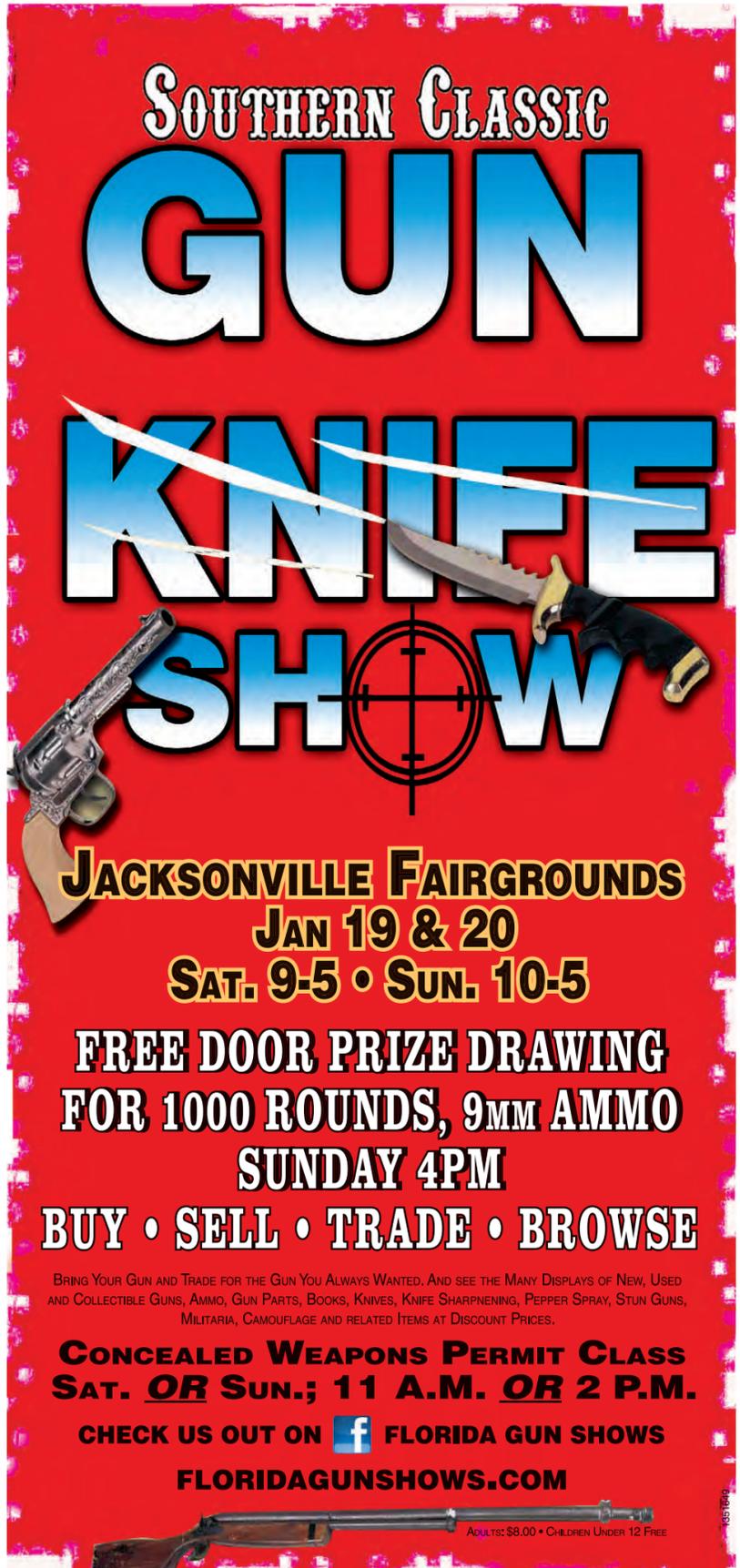
- ✓ Payment due in full at registration
- ✓ \$5 discount for additional children of same family
- ✓ Financial assistance available for qualifying families
- ✓ \$10 refund charge if cancel before uniforms are issued
- ✓ No refunds after uniforms are issued
- ✓ All children receive a participation trophy

Register at the Youth Activities Center (904) 270-5680
Volunteer Head Coaches and Assistant Coaches are needed!
Youth Sports Coordinator: (904) 270-5018



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“An extraordinary experience, exquisitely beautiful.”
—Cate Blanchett, Academy Award-winning actress

“Elegant—very athletic and very skilled!”
—John McColgan, Riverdance Producer

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.

Jan. 18: Karaoke Night. 8 p.m. at Castaways Lounge. Belt it out at karaoke with DJ Tom Turner. 270-7205

Jan. 20: Disc Golf. Van departs 11 a.m. FREE; equipment provided.

Jan. 21: Martin Luther King Holiday Bowling Special. 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, one item off Fast Lanes Grille's menu and a soda for only \$15 (non-food option \$12; a la carte option also available). 270-5377

Jan. 23: Ping-Pong Tournament. 6 p.m. at Liberty Center.

Jan. 23: All-Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$12 per person. Purchase tickets in advance; limited



LIBERTY CALL

SUPER BOWL XLVII

Sunday, Feb 3 at Castaway's Lounge 6:30 pm Kick-off

Join us at Castaway's Lounge to watch the Big Game!
Free Food, Giveaways, Prizes!
Plus Free T-Shirts to the First 100 Attendees!

MAYPORT For more information, please call (904) 270-7788

tickets available at the door. Sponsored by the FLC JAX. For tickets, contact (904) 270-7178.

Jan. 24: Game Night.

7:30 p.m. at Castaways Lounge Enjoy a night of your favorite games: Life-Sized Jenga, Twister & more. 270-7205

Jan. 26: Hoggetowne Medieval Faire. Van departs 9 a.m. Cost \$7.

Jan. 27: St. Augustine Day Trip. Van departs 10 a.m. FREE; Transportation only

Jan. 29: Men's Captain's Cup Softball Meeting. 11 a.m. at the Gym. League begins Feb. 19. 270-5451

Jan. 30: Pool Tournament. 6 p.m. at Liberty Center.

Jan. 31: Movie Trip. Van departs 6 p.m. Cost \$5.

Feb. 1: 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

Feb. 1: Sugar & Spice Party. 9 p.m. at Castaways Lounge. Featuring live band Aftershock. Free food, beverage specials, giveaways and more. 270-7205

Feb. 2: 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

Feb. 2: UFC 156- Aldo vs. Edgar. 10 p.m. at Castaway's Lounge. 270-7205

Feb. 3: Superbowl XLVII at Castaway's Lounge. Pre-game at 5:30 p.m. Kick off at 6 p.m. Watch the Big Game while you enjoy refreshments, snacks, giveaways and more. Free t-shirts for the first 100 attendees through the door. 270-7205

Feb. 4: Command Break-In. Look for us at Barracks 1586 & 1587 and get the latest news on your Liberty program.

Feb. 5: WWE Smackdown. Van departs 5 p.m. FREE. Must be in uniform.

Feb. 6: 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

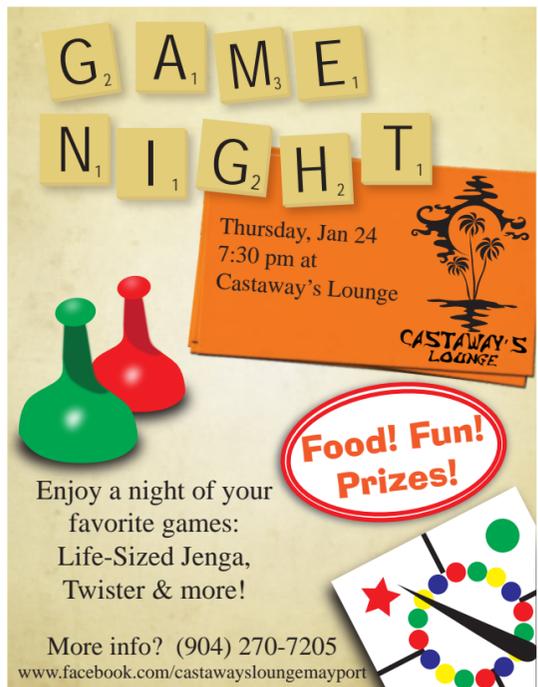
Feb. 6: Just For Fun Wednesdays. Every Wednesday at Mayport Bowling Center. It's not about how good you bowl, it's about how much fun you can have! \$1 Colormania Bowling, drink specials, request your favorite music all day long and more. 270-5733

Feb. 6: 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)

Feb. 6: Chess Club & Tournament. 6 p.m. at Liberty Center.

Feb. 7: Snag Golf. 4 p.m. at Liberty Center. Learn the basics, hone your skills, or just have some fun.

Feb. 8: 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



GAME NIGHT

Thursday, Jan 24
7:30 pm at
Castaway's Lounge

Food! Fun! Prizes!

Enjoy a night of your favorite games:
Life-Sized Jenga,
Twister & more!

More info? (904) 270-7205
www.facebook.com/castawayssloungemayport



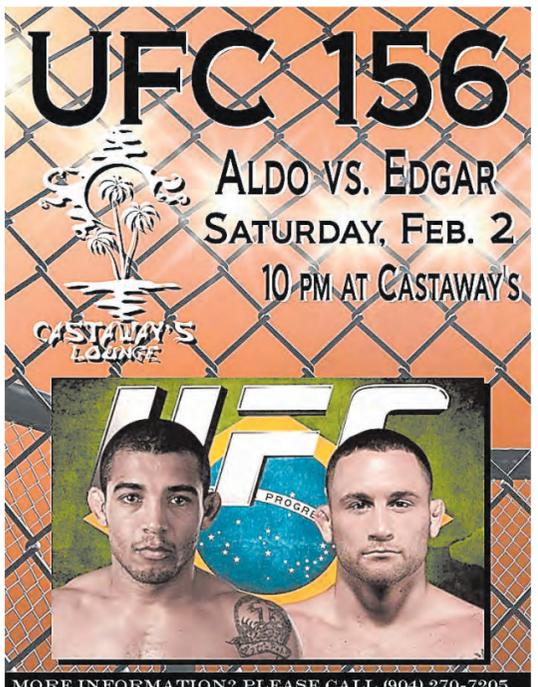
SUGAR & SPICE PARTY

Friday, Feb. 1
9 pm at Castaway's Lounge

Featuring Live Music by
Aftershock

Things are getting spicy at Castaways!
Enjoy specials, free food, giveaways, and more!

More info? Call (904) 270-7205



UFC 156

ALDO VS. EDGAR

SATURDAY, FEB. 2

10 PM AT CASTAWAY'S

UFC

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Experts Weigh-In On Staying, Getting Fit

From Navy Personnel Command Public Affairs

Getting fit rates high among resolutions people make at the start of the New Year, and Navy's Physical Readiness Program has resources and information to help Sailors and families achieve their fitness goals, officials said Jan. 8.

"Whether you exercise and want to increase your current level of fitness or you are looking to start a routine to attain a healthy level of fitness we can help," said Bill Moore, director, Navy Physical Readiness Program. "Focusing on the wellness of Sailors and their families by providing the skills and tools for fitness and nutrition is one of our primary objectives."

While it is common for Sailors to skip or reduce workouts over the holidays according to Moore, Sailors should be able to resume their normal fitness routine if little time elapsed between workouts over the holidays.

"Most commands wrap

Naval Station Mayport has updated its fitness classes effective immediately for Surfside Fitness and the Gymnasium.

The new **Surfside Fitness class schedule** is as follows:

Monday

11:30 a.m., Kickboxing
4:30 p.m., Cut N Core

Want to see more muscles in the mirror? Perfect your form and technique in a resistance training class designed to maximize muscle strength. This full body strength training class will challenge every major muscle group and includes core training specifically designed to build and strengthen the muscles of the abdomen and back. Get ready to get ripped!

5:30 p.m., Flex 'N Stretch

Reap the benefits of flexibility training in this 30-minute class designed for increasing range of movement of limbs and improving circulation. Stretching assists with relaxation, flexibility, strength and injury prevention. Class includes active and passive stretches as well as myofascial release. Learn proper stretching techniques for every muscle in the body and tissue management techniques that can be used after every workout to aide in recovery.

Tuesday

9:30 a.m., Intro to Yoga
11:30 a.m., Zumba

A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

4:30 p.m., Yoga

Wednesday

11:30 a.m., Strength Training For Women

12:30 p.m., Flex 'N Stretch

4:30 p.m., Zumba

Thursday

9:30 a.m., Strength Fundamentals

Learn basic strength training with focus on form and proper technique utilizing dumbbells, barbells, resistance bands and medicine balls. The results will be an overall increase in energy and endurance, a more efficient metabolism, healthier posture and much more!

Get ShipShape With Health Promo

From Health Promotion by the Ocean

Navy and Marine Corp Public Health Center's directed 8-week Nutrition and Weight Management Class will start on Jan. 22 and runs for eight consecutive Tuesdays from 9-11 a.m. Class is open to active duty per-

sonnel, adult dependents, and retirees. Topics to be discussed include food groups, nutrition labels, calories, serving sizes, grocery shopping, and food journaling. For more information, call Health Promotion by the Ocean at 904-270-5251 ext. 16.

up their fall physical fitness assessments before Thanksgiving and there are gatherings and shopping that may eat into fitness time over the holidays, so it is natural for people to exercise less," said Moore. "Missing four to five days of exercise over the holidays should have little impact on fitness routines."

Sailors who missed more than six days between workouts may experience some muscle soreness when resuming their routine.

For those who haven't worked out since the last semiannual physical readiness test Moore recommends starting off slowly and building up

slowly.

"Start with a shorter duration for cardio-respiratory exercise and less weight for strength training. Build up from there," said Moore. "Sailors can start with 20 minutes of some sort of exercise two or three days per week, slowly increasing time by five minutes per week until they reach their desired level of activity."

"If you have truly been inactive and want to start a routine, then you should consult your physician before performing exercise," he added.

Once you establish fitness routine Moore recommends making it part of a weekly schedule.

"Consistency is the

key," he said, adding that whether serving on shore duty, on board ship or submarine, or in the dirt and sand, the Navy provides its Sailors resources and equipment to remain fit to fight.

Navy guidance recommends Sailors complete at least 150 minutes of moderate physical activity each week and perform strength-training exercises at least twice a week to work all major muscle groups.

Examples of moderate-intensity cardio-respiratory activities include brisk walking (3 mph or faster), bicycling (slower than 10 mph) and water aerobics. High-intensity

activities include jogging or running, lap swimming, jumping rope and circuit training. Strength training includes push-ups, lifting weights, and working with resistance bands. Including two sessions per week of 8-10 exercises that work all the different parts of the body (legs, hips, back, chest, abs, shoulders and arms) repeated for 10-12 reps each can improve fitness, decrease muscle loss and help maintain a healthy weight.

The Navy Physical Readiness Program website at <http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx> has links to sample warm-ups and workouts users may choose. One sample workout specifically addresses techniques to improve performance on the Navy's physical readiness test.

Sailors and families will also find links to nutrition information that when followed compliment a

good fitness routine.

"No matter what your fitness goals are, good nutrition can help improve your exercise performance, decrease your recovery time from strenuous exercise, prevent injuries due to fatigue, and provide the fuel required during times of high-intensity training and weight control," said Lt. Cmdr Jennifer Wallinger, registered dietitian, Navy Physical Readiness Program.

The site also contains a Navy registered dietitian locator so Sailors and family members may meet face-to-face with an expert and learn more about incorporating proper nutrition to maximize the benefits of their fitness routine. Whether it is maintaining or seeking to attain a healthy level of fitness the Navy provides Sailors and family members the tools to reach their goals, according to Moore.

MWR SPORTS/FITNESS

11:30 a.m., Zumba
4 p.m., Kickboxing

Friday

9:30 a.m., Zumba Basics
11:30 a.m., Strength Training For Women

12:30 p.m., Flex 'N Stretch

Mayport Sandbox

The **Mayport Sandbox** is a high intensity (H.I.T.) outdoor workout area located oceanfront behind Surfside Fitness Center. The area includes a Pull -up Bar and Ring rig, Kettlebells, Sleds, Tires, TRX Suspension Frame, Slam Balls, Ropes, Ab Mats, Sledge Hammers, Farmers Walk, Olympic Lift area and equipment, Monkey Bars, Low Crawl, Sprint and Drag area. H.I.T. training involves functional programming that will take your workout to the next level. Both open Sandbox hours and instructor led classes are provided by Olympic Lift and Crossfit certified Mayport Fitness Team members.

Monday

7:30 a.m., Command Bootcamp

11:30 a.m., TRX Suspension Training

Tuesday

7-8:30 a.m. Open Sandbox

2:30-4:30 p.m. Open Sandbox

Wednesday

7 a.m., NOFFS

9:30 a.m., Intro to TRX Suspension Training

11 a.m.-1 p.m. Open Sandbox

Thursday

7 a.m., Sunrise Yoga

Oceanfront Yoga (weather permitting) will transform your body and your attitude. Start your busy day with stretch, strength and stress relief.

7-8:30 a.m. Open Sandbox

11 a.m.-1 p.m. Open Sandbox

2:30-4:30 p.m. Open Sandbox

Friday

7 a.m., Command Bootcamp

HIT At the Sandbox

Monday

7 a.m., HIT

8 a.m., Intro to HIT

11 a.m., HIT

12 p.m., HIT Skill Review

7:30 a.m., HIT Skill Review

11 a.m., HIT

12 p.m., Intro to HIT

3 p.m., Intro to HIT

Wednesday

7 a.m., HIT

8 a.m., Intro to HIT

Thursday

11:30 a.m., HIT for Women

3 p.m., Intro to HIT

Friday

7 a.m., HIT

8 a.m., HIT Skill Review

11 a.m., HIT

12 p.m., Intro to HIT

Saturday

9:30 a.m., HIT

10:30 a.m. Intro to HIT

The new Gymnasium class schedule is as follows:

Monday

11:30 a.m., Spinning

5:45 p.m., Kids Clinic

This clinic is designed for children ages 10-14. It teaches how to safely use fitness equipment and provides general information on exercise and fitness workouts. Held at Surfside Fitness Center. After completion of the course, participants will be issued a card which will allow them to use the facility when accompanied by a parent or legal guardian.

Tuesday

11:30 a.m., Steel Anchor

This incentive program develops muscular strength and power needed to attain the Steel Anchor Award. Structured and progressive training targets muscles to increase your bench press, squat, and dead-lift. Participants will utilize multiple pieces of free weight, selectorized and plate loaded strength equipment in the gym. Steel Anchor award includes a shirt and plaque recognition.

4:30 p.m., Spinning

Wednesday

7 a.m., Rowing

11:30 a.m., Rowing

11:30 a.m., Spinning

This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at the back of the temp Gym weightroom.

Thursday

11:30 a.m., HIT for Women

3 p.m., Intro to HIT

Friday

7:30 a.m., Spinning

11:30 a.m., Rowing

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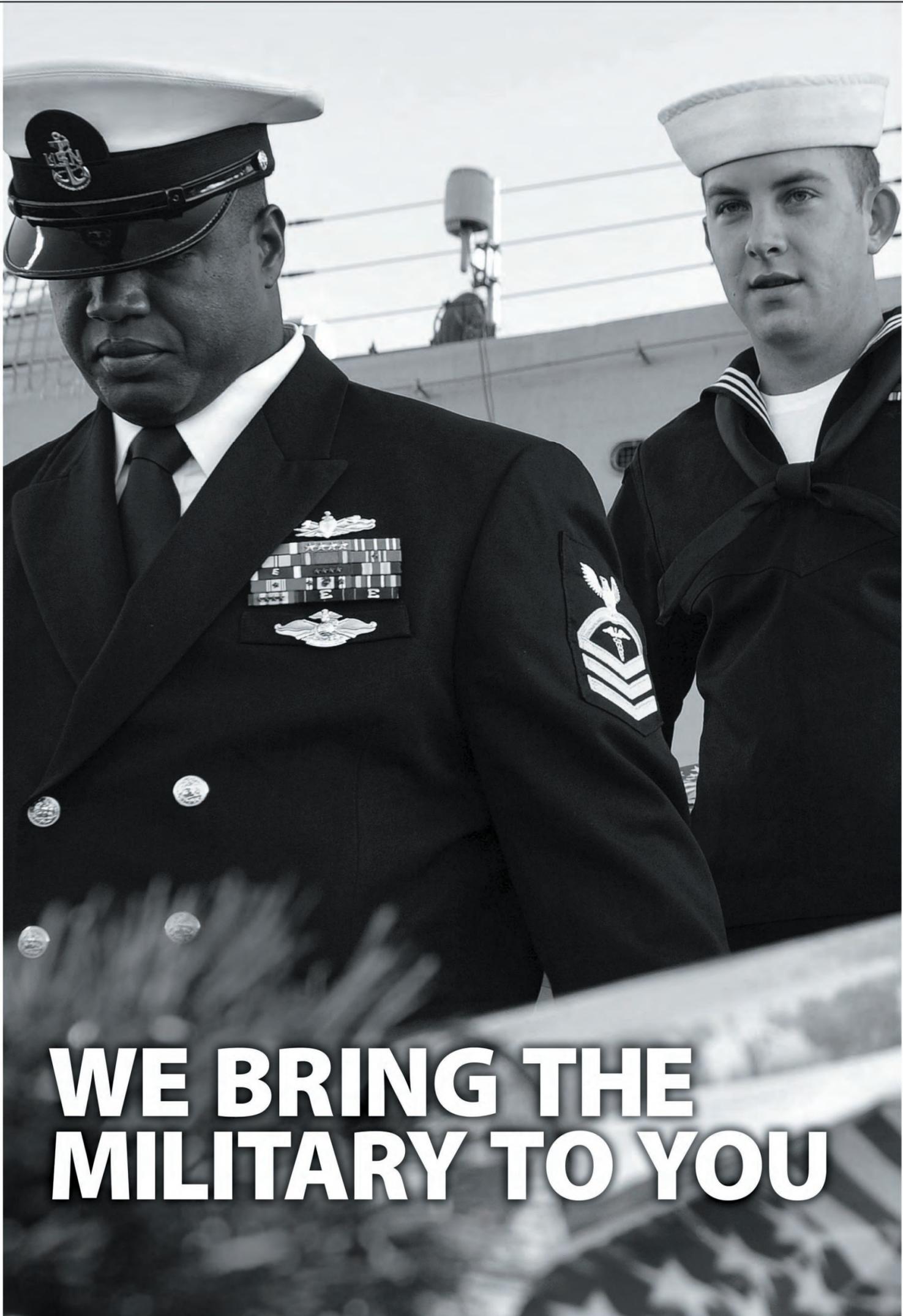
The Navy is the largest employer in Northeast Florida and Southeast Georgia

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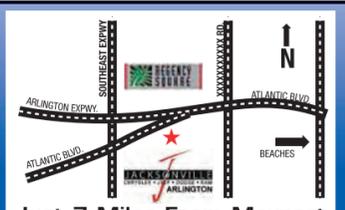
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