

Obama Recognizes Military Contributions During Oath

By Donna Miles

American Forces Press Service

Barack Obama took the ceremonial oath of office for his second term as the 44th U.S. president and commander in chief on the steps of the U.S. Capitol Jan. 21, honoring the men and women in uniform who have preserved America's freedoms throughout its history.

More than 5,000 military members - some participating in the Inaugural Parade, others playing musical accompaniment, firing artillery rounds into the sky or providing behind-the-scenes support - were among more than a half million people who gathered on the National Mall to watch Obama and Vice President Joe Biden enter their second term.

Recognizing the drawdown of forces in Afghanistan and the



President Barack Obama and Vice President Joseph Biden lay a wreath at the Tomb of the Unknowns in Arlington National Cemetery, Jan. 20, 2013. Maj. Gen. Michael S. Linnington, left, commanding general Joint Forces Headquarters - National Capital Region/U.S. Army Military District of Washington, stands at attention as the wreath is presented.

-Photo by Leroy Council

ramping down of more than a decade of conflict, Obama offered high praise during his inaugural address for U.S. service members, their contributions and sacrifices.

"Our brave men and women in uniform, tempered by the flames of battle, are unmatched in skill and courage," he said. "Our citizens, seared by the memory of those we have lost, know too well the price that is paid for liberty. The knowledge of their sacrifice will keep us forever vigilant against those who would do us harm."

Obama expressed hope for a more peaceful future, noting that Americans understand that "enduring security and lasting peace do not require perpetual war."

Americans are "heirs to those who won the

See Obama, Page 9



Members of the audience stand and read portions of Dr. Martin Luther King Jr.'s famous "I Have A Dream" speech during a MLK observance on Jan. 18 at Beachside Community Center.

-Photos by FC2 Robert Leonard

Mayport Sailors Remember MLK

From Staff

Sailors from Naval Station Mayport and surrounding commands gathered at Beachside Community Center on Jan. 18 to remember the work of Dr. Martin Luther King Jr.

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

The event was coordinated by Mayport's multicultural committee and included a special meal sponsored by Oasis Galley following the observance.

Guest speaker for the event was Cmdr.

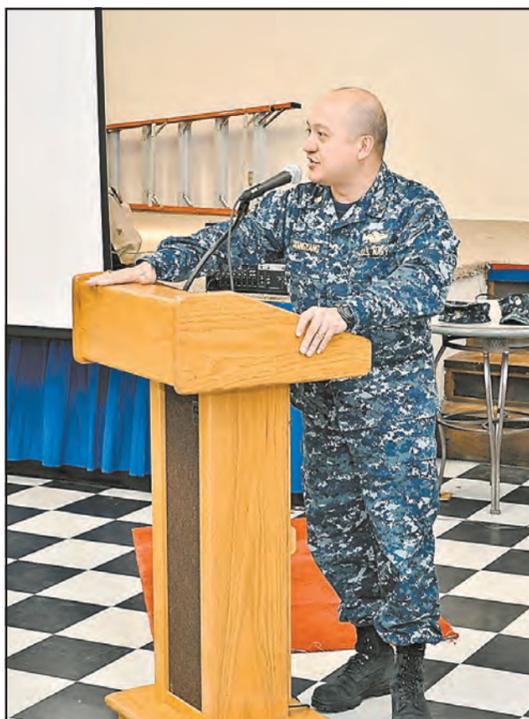
Jerome Cayangyang, NS Mayport's chaplain and a Jacksonville native.

Cayangyang reminded the crowd that even in this current time when Americans still are divided in politics and beliefs that "we must recognize those things that we share in common."

"We should not see our fellow Americans as enemies, but as our brothers," Cayangyang said.

Cayangyang also shared how Dr. King's message affected him as a American of Filipino descent.

"[Racial equality] is not just a black or white thing," he added.



NS Mayport chaplain, Cmdr. Jerome Cayangyang, speaks to the crowd about his interpretation of Dr. Martin Luther King Jr.'s message of racial equality.

TRICARE Prime Service Area Changes

By Amaani Lyle

American Forces Press Service

Active duty service members and their families will be unaffected when long-delayed reductions to areas where the TRICARE Prime option is offered take place Oct. 1, TRICARE officials said Jan. 9.

But as TRICARE seeks to synchronize service area shifts once staggered by contract delays, some military retirees and their dependents will be moved to TRICARE Standard coverage, S. Dian Lawhon, beneficiary education and support division director, said during a conference call with reporters. Those affected reside more than 40 miles from a military treatment facility or base closure site, she said.

The new contracts limit Prime networks to regions within a 40-mile radius of military treatment facilities and in areas affected by the 2005 base closure and realignment process, she explained. But provisions will allow Prime beneficiaries who see providers outside the 40-mile service area to remain in Prime if they reside within 100 miles of an available primary care manager and sign

an access waiver, she added.

"If TRICARE retirees and young adults live less than 100 miles away from a remaining Prime service area, they can reenroll in Prime by waiving their drive standards and there will be room made for them," Lawhon said, adding that the networks are required to connect providers to those who elect to waive their drive standards.

Contractors such as United HealthCare Military & Veterans, Health Net Federal Services and Humana Military will continue to assist beneficiaries in obtaining providers in their regions, she added.

"Health care is best if it's local," Lawhon said. "We've established the drive standards [to enable] people to access their primary and specialty care within a reasonable period of time."

Austin Camacho, TRICARE's benefit information and outreach branch chief, said the out-of-pocket, fee-for-service cost of TRICARE Standard would cost a bit more, depending on the frequency of health care use and visits. No cost applies for preventive care such as mammograms, vaccines, cancer screening, prostate

See TRICARE, Page 9

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.

Looking For Best Athlete

Applications for Athlete of the Year are available at the Mayport Gym. Active duty men and women are eligible. Applications due Jan. 31.

SECNAV Talks

Focus Areas

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mayportmirror.com



Capt. Doug Cochrane

There are a lot of questions being asked right now about the fiscal cliff, sequestration and the potential impact to the military as a whole and, more specifically, to our pay. You should have already noticed a change to your paycheck. A 'tax holiday' that lowered the Social Security withholdings to 4.2 percent for the past two years expired on Jan. 1 bringing that tax withholding back up to 6.2 percent and reducing civilian paychecks by two percent in net pay. For military personnel, changes to net pay are affected by other factors such as increases in basic allowances for housing, subsistence, longevity basic pay raises and promotions. Active duty military personnel saw pay adjustments in their January mid-month paycheck and reflected on the January leave and earnings statement.

The sequestration was delayed for two months, until March 2013, with the

CAPTAIN'S CORNER

American Taxpayer Relief Act passed by Congress this month. Depending on what happens with Congress, and if they can resolve budget issues before March, will determine how truly great of an impact we will see throughout the Navy and DoD. We are tightening the purse strings now and slowing the "burnrate" of our budget dollars. This means a hiring freeze of civilians and contractors, reduced travel, and continuing to identify unnecessary budget waste. We are working very hard to sort out the best way to deal with this and keep that impact as minimal as possible. Rest assured, however, that we will continue to provide the finest service possible to the finest fleet.

Speaking of paychecks, volunteers are being gathered and trained to help man Naval Station Mayport's Volunteer Income Tax Assistance (VITA) tax center, which is scheduled to be opened on Feb. 4 rather than Jan. 24 as first announced. This is a free tax return service available to all active duty, reserve personnel and their dependents using Military One South and H&R Block software. Retirees with an annual gross income less than \$58,000 may use Tax Slayer or Free Tax

USA for free. Don't pay someone to do your taxes when you can do them for free. Check out The Mirror for more information about days and times the center will be opened.

Thanks go out to the Multicultural Committee and Galley for spearheading Naval Station Mayport's Dr. Martin Luther King Jr. Day observance and special lunch on Jan. 18. Chaplain Cayangyang did a fabulous job honoring Dr. King and reminding us all why his work was so important to Americans of all races. Mayport joined a Navy-wide initiative to reflect on "Remember! Celebrate! Act! A Day On, Not A Day Off!" and increase knowledge and awareness of Dr. King's contributions to American history and civil rights by participating in military and community events. As Dr. King said, "Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent." Remembering his legacy keeps us standing tall and working for the good of our nation.

We can also help out our shipmates and community by participating in NS Mayport's quarterly blood drive in conjunction with American Red Cross on Jan. 29 from 9 a.m.-2 p.m. in Building 1, Room 104. American Red Cross has an emergency need for blood donors

of all types. The holiday season typically brings a decline in blood donations nation-wide, but the need for blood remains high. The blood drive is open to all military and civilian personnel.

MWR Mayport is looking for the next Athlete of the Year. Applications for the next Mayport Athlete of the Year are available at the gym on the literature rack next to the water fountain. This is open to all active duty men and women. Deadline to return application is Jan. 31. I know we have some great athletes out there. I'm looking forward to seeing who's the best candidate for the award.

If you haven't already started, now is the time that you should be preparing for the March advancement exams. The exams take place every March and September for Sailors trying to achieve the ranks of petty officer third class through petty officer first class and the exam to become a chief petty officer takes place every year in January. Remember, the best way to prepare for an upcoming advancement exam is by utilizing resources, effective time management skills and keeping a positive attitude.

Continue sending your suggestions to the CO's suggestion box or email them at douglas.cochrane@navy.mil.

Getting To Know New Superintendent



Judy Cromartie
School Liaison Officer

Nikolai P. Vitti, Ed.D. was selected as Superintendent of Duval County Public Schools (DCPS) in September of 2012. Since that time he has relocated to the First Coast from Miami, expressed his determination to improve the district from "good to great," and scheduled Town Hall meetings in each of Duval's school districts.

The Town Hall meeting at Ribault High School

Knowing THE ROPES

(District 4) on Tuesday, January 15th was attended by numerous parents and students from the North Jacksonville area. School Board members in attendance included the Honorable Paula D. Wright, District 4, the Honorable Dr. Connie Hall, District 5, and the Honorable Jason Fisher, District 7.

Dr. Vitti opened his portion of the program describing those areas of focus which, he believes, will take Duval schools from good to great. The areas of focus he mentioned Tuesday night included

- developing great instruction leaders, including principals and

teachers;

- developing the whole child by expanding early childhood education;
- strengthening parent and community involvement; and
- streamlining the efficiency of business operations.

After his introductory remarks, Dr. Vitti opened the program up to parent questions. A parent question concerning activity busses resulted in his addressing the magnet transportation issue. Two years ago magnet transportation was greatly scaled back due to economic woes in the district. Prior to that activity busses were completed eliminated. This resulted in

students not having after school access to tutoring, clubs and organizations, and sports' practices. He stated that "some schools need relief moving forward" with his plan of taking the schools from good to great. He indicated that he will be discussing these transportation issues with his Board on Thursday, January 17th.

While sounding quite positive about the reinstatement of magnet transportation, he did remind the audience that putting something back in the budget would require taking something out of the budget. He is encouraged by the participation at the Town Hall meetings and seems delighted to engage the audience in responding to a variety of questions. This has helped him to gauge the level of concern parents

have for certain issues.

In response to a question about a local high school which has had several principals in the last four years, Dr. Vitti expressed his desire to remain "in Duval a long time." By staying in this area for a long time, he can assure sustainability with principals and board members. It will allow him "thoughtfulness and purposefulness in his decisions to select or remove principals." He expressed a need "to go through a process of meeting these principals and their schools, giving them resources, including an appropriate salary." He described an internship program for principals which he would like to see developed to include a mentor for each principal since "leadership development

doesn't happen at a workshop." His own internship allowed him to see things through the eyes of his mentor which he may have not seen otherwise.

The final Town Hall meeting is scheduled for Thursday, January 24th at Mandarin High School which is in School District 7. The meeting will begin at 6 p.m. and is scheduled to end at 8 p.m.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at judith.cromartie@navy.mil or by phone at (904) 270-6289 X1305 [office] or (904) 993-5860 [cell]. Or you can schedule a meeting with her in her office in Building One.

Get Real - Your Choices Make A Difference



Chap Karen Rector
Surface Force Ministry Center

School shootings, budget black holes, sequestration, lying and cheating scandals, broken homes, broken people, and the list goes on. I won't ask the proverbial question, "Could it get any worse," because the answer would be, "Yes".

This is not your typical feel good chaplain article and it isn't a politically correct article, because, quite frankly I'm tired of trying to please everyone at the cost of further decay of our moral and ethical fiber. It's time for all of us to stop fooling ourselves that we can

have anything we want whenever we want with a darn the consequences attitude.

I'm on my soapbox today. As I write this article I am listening to CNN and they ask the question, "Why do we cheat?" One answer was that people are afraid to fail. I say that if you cheat, you've already failed. When did we forget that failure is an integral part of success? The best lessons I've learned were through my failures.

Other reasons people cheat; they are just too lazy to do the required work and when called on it, many will come up with all sorts of reasons to justify it. I cheated once in the 5th grade on my reading homework. Quite frankly, I didn't do my homework; actually, out of 8 people, only one did the work, and the rest of

us copied it. The other 8 ratted me out. The teacher made me draw from the quote jar, and it was a long one. I had to write the quote 1,000 times. I was so mad, and was thinking how unfair it was that they had told on me. They had cheated too! In the end, it didn't change the fact that I cheated out of laziness. My punishment resulted in a sore

hand, embarrassment, and a note home - which was far worse than the quote jar. Suffering those consequences motivated me to not cheat anymore.

We've become a society that wants to put the blame on anyone but ourselves to avoid consequences. We blame politicians, parents, TV, music, video games, doctors, lawyers, banks, and the list goes on. I say we need to look at ourselves first. There has been a colossal breakdown in our values. Over half of marriages end in divorce.

Children are born out of wedlock and men and women are having multiple children from multiple partners - but we can't say out loud that it's part of the problem, because we may hurt someone's feelings or discriminate against them. Well, I'm saying it. It's wrong, and it's destroying the very foundation of our society.

If we want real and positive change in society, and in our lives, then we need to change ourselves. We need to hit our knees and ask God for forgiveness and strength to take

responsibility for our lives and to make better choices. If you're Christian, go to church. If you're Jewish, go to synagogue. If you're Muslim, go to the Mosque. Practice your faith in fellowship with other believers. Put down your cell phones, turn off your TVs and video games, stop texting, tweeting, and facebook-ing and look people in the eyes and have a conversation. More importantly, talk with God. It isn't too late, but one day it will be.

CHAPLAIN'S CORNER



Command Chaplain
Lt. Cmdr.
Jerome Cayangyang

Roman Catholic Mass
Sunday 9 a.m.
Monday-Thursday
11:30 a.m.

Confessions:
before & after mass or upon request

CCD, RCIA & Adult Ed:
Sunday 10:30 a.m.
Baptisms

3rd Sunday of month 10:30 a.m.
Catholic Youth Group
2nd & 4th Sunday 11:30 a.m.-1 p.m.

Protestant Worship
Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Choir: Wednesday 7 p.m.
Baptism: For

information contact your chaplain
Women's Bible Study
Wednesday 10 a.m.
Protestant Youth Group

1st Friday Youth Quak Trip 6:30 p.m.
3rd Friday at Chapel 7-10:30 p.m.
PWOC

2nd Saturday 9:30 a.m.
PMOC

3rd Saturday Prayer Breakfast 9 a.m.
MOPS

1st & 3rd Thursday, 9:30 a.m.

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

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SECNAV Discusses His Focus Areas

By MC2 Alexandra Snyder

Defense Media Activity - Navy

Secretary of the Navy Ray Mabus rolled out his new "Four Ps" during a speech at the 25th Annual Surface Navy Association Symposium in Arlington, Va. Jan. 17.

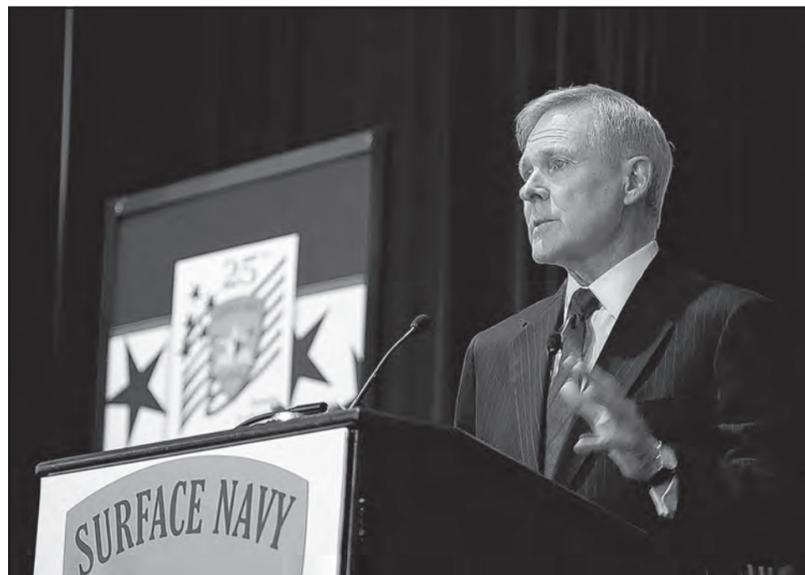
Mabus said the Four Ps of "People, Platforms, Power and Partnerships" are a way to bin key areas that are interrelated priorities for the Navy.

"A top priority of mine and of our Navy is people...taking care of our people," said Mabus. "Unlike most organizations, we push responsibility down... down in rank, down in age, and day-in, day-out we get the type of positive results we need and expect."

Mabus added that although the majority of Sailors are responsible and successful, leadership realized that there needed to be more attention paid to programs to ensure their mental, emotional and physical well-being. In response, the Navy introduced the 21st Century Sailor and Marine initiative to maintain or improve the resilience of the force.

Recognizing abuse of alcohol was a common factor in sexual abuse, domestic violence, suicide and other issues, breathalyzers were brought into commands to help prevent alcohol-related incidents.

"This is not intended to be punitive. But, if you pop positive when reporting for duty, we're going to get you into a program to help you," he said. "We don't want a career or life-threatening alcohol-relat-



-Photo by MCC Sam Shavers

Secretary of the Navy (SECNAV) Ray Mabus delivers remarks at the 25th annual Surface Navy Association Symposium in Arlington, Va. In his remarks, Mabus discussed the Four Ps of "People, Platforms, Power and Partnerships" as a way to highlight key areas that are interrelated priorities for the Navy.

ed incident, and because of that we have to focus on health - physical, mental and emotional."

Mabus also noted that part of maintaining the health of the fleet means taking steps to help Sailors as they transition out of the Navy by ensuring they have access to education, training and employment opportunities. This is especially true for wounded warriors.

"Last year, we set a goal to hire one wounded warrior a day in the Navy," he said. "We tripled it... we hired over 1,000 wounded veterans."

The Navy is also helping those want to join the military, by reestablishing the Naval Reserve Officer Training Corps in universities such as Harvard, Yale and Columbia, and implementing it for the first time at other colleges like Arizona State University.

"No one should be denied the honor of serving this country," said Mabus.

The second P, platforms, refers to the ships, aircraft, submarines, unmanned vehicles and hardware the Navy buys and builds. For the

Surface Navy Association audience, Mabus focused on shipbuilding programs as a strategic priority for the Navy today and in the future.

"I think that we have made great strides in ship building," said Mabus. "We're getting the ships we need, the mix we need and the numbers we need while being good stewards of the taxpayer's money. I'm proud of where we are."

"We owe the shipbuilding industry transparency... I feel we're giving them that," he said. "In turn, they owe us that

every ship built without major design changes, should cost us less than the one before it. This is happening, and we currently have 288 ships."

Additionally, Mabus noted that the Navy has 42 ships currently under contract and is making steady progress toward building a fleet of 300 ships by the end of the decade.

The third P, power, focuses on Mabus' five energy goals which include pursuing energy efficiencies and alternative sources of energy.

"The U.S. military is the largest single consumer of fossil fuels in the world," he said. "Every time a barrel of oil goes up one dollar, it costs the Navy 30 million dollars."

Mabus illustrated that additional cost in terms of steaming days, saying it was roughly the equivalent of 142 steaming days for LHDs or 293 days of combat operations for an Arleigh Burke class destroyer.

Last year the Navy demonstrated the Great Green Fleet in Hawaii, as part of RIMPAC. The Great Green Fleet included a nuclear-powered aircraft carrier, aircraft and ships operating on 50/50 blends of traditional and advanced biofuels, and several firsts such as underway and air-to-air refueling using bio-fuels.

"Something truly remarkable happened when we demonstrated the Great Green Fleet," said Mabus.

"Nothing. Not a single engine or process had to be changed. They simply did not know the difference," continued Mabus. "I don't want to fly less, steam less or deploy less. And I don't think we have to, but we have to make this move."

Partnerships may be the last P, but they're a top priority according to Mabus who links it back to our new Defense Strategy and its focus on innovative, small footprint engagements around the world.

"The Navy is America's away team," he said. "When we're working, we're usually a long way from home. Because of that we need to build partnerships, build capacity around the world. Our presence around the world, working with our friends and allies, is important, and the demand will continue to increase."

Mabus concluded by telling the audience the Navy and Marine Corps team, America's Away Team, stands ready to answer all bells.

"We are and will continue to be the finest fighting force the world has ever known," said Mabus.

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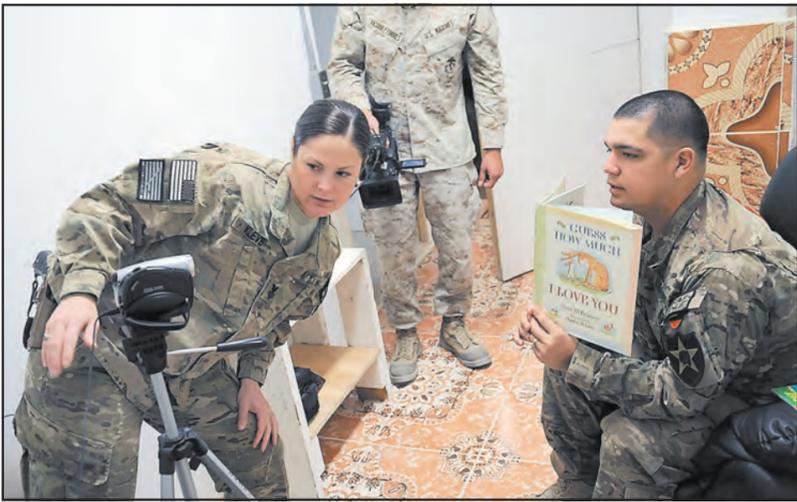
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What's Happening Around The Fleet



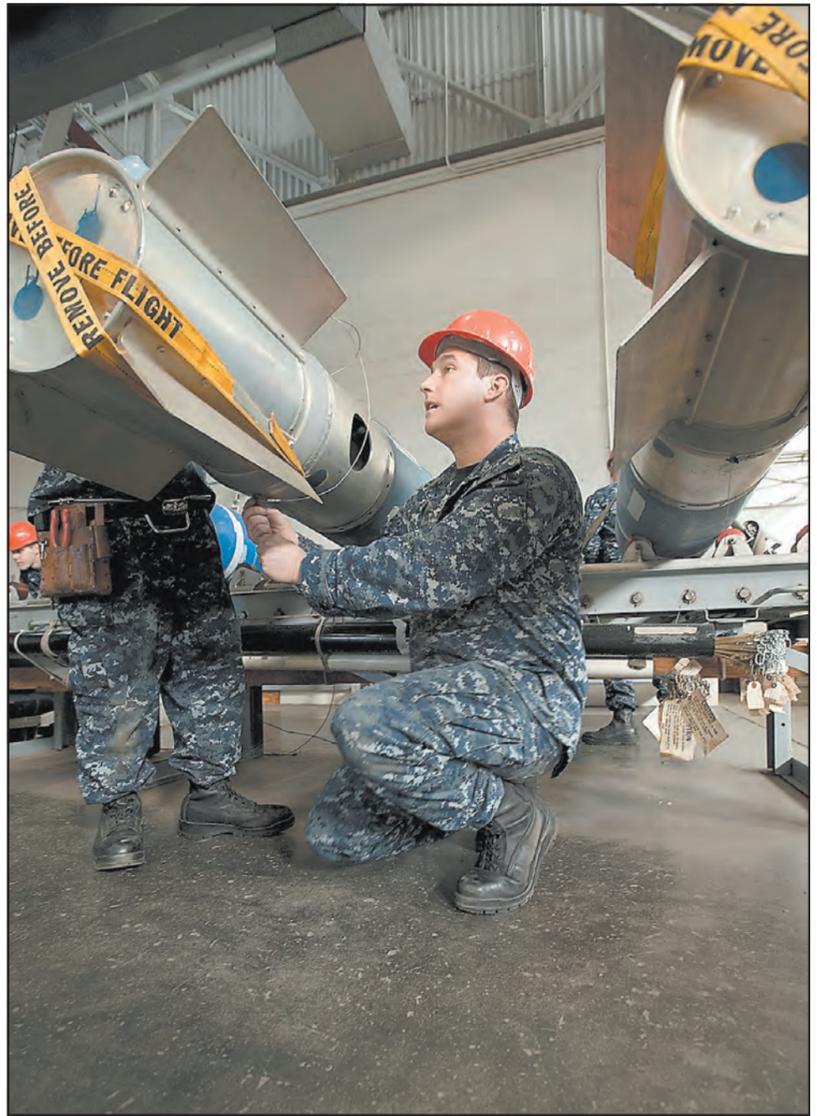
-Photo by Lt. j.g. Matthew Stroup

U.S. Navy Hospital Corpsman 1st Class Jennifer Kleve, right, chats with Afghan women through an interpreter about their experience at the children's supplemental feeding center in Farah City, Jan. 19. The supplemental feeding center in at the Farah City hospital is sponsored by PRT Farah and provides food, education and vaccinations to Afghan children. PRT Farah's mission is to train, advise, and assist Afghan government leaders at the municipal, district, and provincial levels in Farah province Afghanistan. Their civil military team is comprised of members of the U.S. Navy, U.S. Army, the U.S. Department of State and the U.S. Agency for International Development (USAID).



-Photo by Lt. j.g. Matthew Stroup

Hospital Corpsman 1st Class Jennifer Kleve, a medic with Provincial Reconstruction Team (PRT) Farah, helps set up a camera for Army Capt. Jacob Estrada, security force commander for the PRT, prior to his participation in a United Through Reading Read-a-thon. Participants in the program were encouraged to read to children in their families or to students at Birch Elementary in Idaho, to promote childhood literacy. United Through Reading is a non-profit organization that enables deployed service members to share their love and support with their children by reading books aloud on DVD.



-Photo by MC1 Eli J. Medellin

Mineman 3rd Class Cameron M. Sauerland assists in routing an arming wire on a practice mine at Naval Weapons Station Seal Beach. Navy Munitions Command CONUS West Division, Unit Seal Beach, Underwater Weapons Department personnel practice building mines from inert general purpose bombs.



-Photo by MCSA Conor Minto

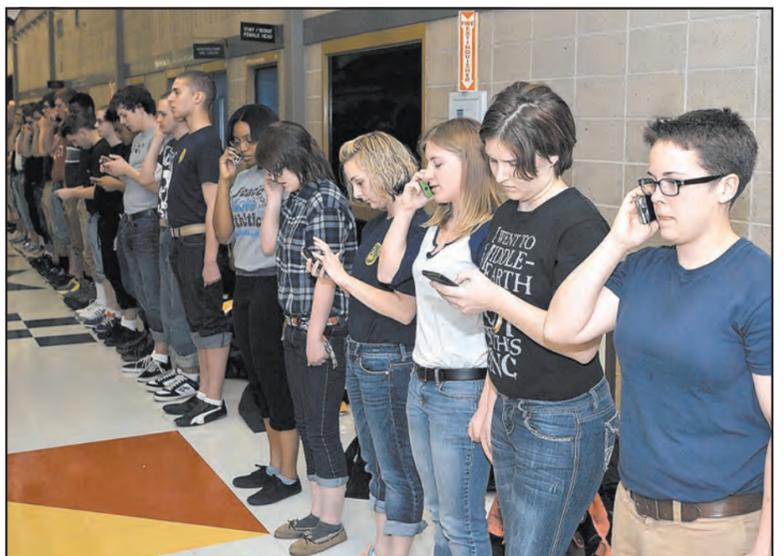
Sailors simulate fighting a shipboard fire while training at the Center for Naval Engineering Firefighting School at Naval Base San Diego.

Making It Through Bootcamp



-Photo by Lt. Liza Swart

Recruit divisions that have completed training arrive for graduation practice at Recruit Training Command, the Navy's only boot camp.



-Photo by Scott A. Thornbloom

Navy recruits call their families in the Golden 13 Recruit In-Processing Center at Recruit Training Command (RTC) during Night of Arrival. The phone call home lets family members know the new recruits have made it safely to RTC. More than 300 new recruits arrived at Golden 13, named after the first 13 African American Navy officers, to begin their Navy careers and training at the Navy's only boot camp.

RGB Performs Boat Ops Training



-Photos by ET1(SW) Daniel K. Raley

Top left, the rigid hull inflatable boat returns alongside during boat operations training onboard USS Robert G. Bradley (FFG 49). Bottom left, Boatswain's Mate 2nd Class Shawn Philbert shows three new seaman the RHIB during boat operations training onboard USS Robert G. Bradley (FFG 49). Right, linehandlers lower the rigid hull inflatable boat to the rail during boat operations training onboard USS Robert G. Bradley (FFG 49).



-Photo by MC3 Kevin J. Steinberg

Sailors man a fire hose in the hangar bay aboard the aircraft carrier USS George H. W. Bush (CVN 77) during an ammunition onload with the Military Sealift Command dry cargo and ammunition ship USNS William McLean (T-AKE 12). George H.W. Bush is conducting training and carrier qualifications in the Atlantic Ocean.

Becoming U.S. Citizens



-Photo by MC2 A.J. Jones

Damage Controlman 3rd Class Erin Lagos, left, and Gas Turbine System Technician (Electrical) 3rd Class Michael Copeland take the Naturalization Oath of Allegiance to the United States of America aboard the guided-missile destroyer USS Farragut (DDG 99) to become naturalized U.S. citizens.



-Photo by MC1 Felicito Rustique

Chief Master-at-Arms Neil McLean, a maritime civil affairs security training instructor, observes Cape Verdian marines practicing a mechanical advantage control hold (MACH) during armed sentry training as part of Africa Partnership Station (APS).



-Photo by MC3 Lorenzo J. Bureson

An F/A-18E Hornet assigned to the Gunslingers of Strike Fighter Squadron (VFA) 105 taxis on the flight deck of the aircraft carrier USS Harry S. Truman (CVN 75) during flight operations. Harry S. Truman is underway conducting composite training unit exercise (COMPTUEX) in preparation for its upcoming deployment.



-Photo by MC1 Rachel McMarr

Cmdr. Tom Frosch, from Clinton Township, Mich., commanding officer and flight leader of the U.S. Navy Flight Demonstration Squadron, the Blue Angels, flies inverted over El Centro, Calif., during a training sortie Jan. 15. The Blue Angels are conducting winter training at Naval Air Facility (NAF) El Centro where pilots must complete 120 practice flights before kicking off the 2013 air show season at NAF El Centro March 16.



The mine countermeasures ship USS Guardian (MCM 5) is seen in this photo released Thursday Jan. 17, 2013 by the Armed Forces of the Philippines Western Command (WESCOM) after running aground off Tubbataha Reef. The reef is about 400 nautical miles southwest of Manila, Philippines.

Gettysburg Leaves With Truman CSG

By MC3 Taylor DiMartino

Harry S. Truman Strike Group Public Affairs

Harry S. Truman (CVN 75) Strike Group (HSTSG) began its composite training unit exercise (COMPTUEX) after departing Naval Station Norfolk Jan. 14.

COMPTUEX is a series of training scenarios designed to certify HSTSG as a deployment-ready fighting force capable of completing operations in overseas theaters.

The exercise will be evaluated and graded by Commander, Strike Force Training Atlantic (CSFTA) through warfare scenarios that will include simulated surface, air, under-



-Photo by MC3 Kasey Krall
The guided-missile cruiser USS Gettysburg (CG 64) transits the Arabian Sea during its last deployment. Gettysburg is joining the Harry S. Truman Strike Group to begin COMPTUEX.

sea, strike and electronic operations (such as visit, board, search and seizure

attacks. In addition, events such as maritime interception [VBSS]), live-fire evolutions, and strike group

formations will also be assessed by CSFTA.

"We can always run simulations, but nothing takes the place of real live scenarios with communication between various units and aircraft in real, tactical situations," said Cmdr. Jason Darish, Truman's combat direction center (CDC) officer. "Proficiencies have been built at a very high rate in the months leading up to COMPTUEX and I think our Sailors are ready for this exercise."

Chief Operations Specialist (SW/AW) Michael Masley, CDC's

leading chief petty officer said his Sailors are ready for the evaluation after months of training and preparation.

"This is the last time that we can prove we are proficient at our jobs and ready to go on deployment," said Masley. "This scenario will be a final test of the crew's deployment readiness and is intended to make sure everyone has the ability to fight and defend the ship in real-world scenarios."

Darish said he has confidence that every member of HSTSG will perform admirably during

the upcoming scenarios.

"I have nothing but the highest expectations," said Darish. "I think we're eager to prove ourselves, eager to learn and to train. Everyone is ready and willing to get the job done. We will have the skills right out the door when it comes time to deploy."

Units operating with HSTSG include: Carrier Air Wing (CVW) 3, 1st Combined Destroyer Squadron (1CDS), USS Barry (DDG 52), USS Gravely (DDG 107), the German ship FGS Hamburg (F220), and the Canadian ships HMCS Ville De Quebec (FFH 332) and HMCS Preserver (AOR 510); USS Monterey (CG 61), USS Gettysburg (CG 64), and USS Kauffman (FFG 59).

Keeping Watch In 6th Fleet



-U.S. Navy photo

The guided-missile destroyers USS Laboon (DDG 58) and USS Forrest Sherman (DDG 98), with embarked NS Mayport-based HSL-48 Detachment One, transit alongside the Military Sealift Command fleet replenishment oiler USNS John Lenthall (T-AO 189) during a replenishment-at-sea. Laboon and Forrest Sherman, homeported in Norfolk, are on deployment supporting maritime security operations and theater security cooperation efforts in the U.S. 6th Fleet area of responsibility.

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CNO Expands Brazil Partnership

By Chief of Naval Operations Public Affairs Office

Chief of Naval Operations (CNO) Adm. Jonathan Greenert concluded a weeklong visit to Brazil Saturday, Jan. 19 where he spoke with naval leadership, toured multiple navy and marine corps bases, and expanded maritime partnership opportunities.

One of the main objectives of the visit was for Greenert to meet with the Commander of the Brazilian Navy Adm. Julio Soares de Moura Neto, who Greenert refers to as a friend and steadfast partner in this economically vibrant country with growing military capabilities.

Greenert's visit symbolically renewed the U.S. Navy's commitment to the two navies' maritime partnership with roots reaching back to WWII. Greenert officially prolonged the relationship through a personal invitation to Moura Neto



-Photo by MCC Julianne Metzger
Chief of Naval Operations (CNO) Adm. Jonathan Greenert and Commander of the Brazilian Navy Adm. Moura Neto answer questions during a media availability in Rio De Janeiro.

and the Brazilian navy to take part in the multinational exercise Rim of the Pacific (RIMPAC) 2014.

Greenert and Moura Neto also secured future cooperation opportunities between the two nations through the joint signing of two memorandums of understanding; one of which is to continue the Military Personnel Exchange Program

(MPEP), which allows for Brazilian and U.S. officers to swap jobs and learn defense practices from the host country.

The other memorandum signed by both naval service chiefs enacted the Foreign Liaison Officers memorandum of understanding, which appoints a liaison officer to a specific command to represent his or her country

regarding matters of government policies, procedures, laws and regulations.

Moura Neto expressed his appreciation for Greenert and the U.S. Navy by bestowing upon him the Brazilian Order of Merit Award for distinguished service and exceptional contributions to the citizens and country of Brazil. Greenert accepted the award on behalf of the U.S. Navy with a sincere declaration of continued naval support.

"This visit has really emphasized the importance of my relationship with Adm. Moura Neto and our Navy," Greenert said.

Greenert's trip began in the capital city of Brasilia on Monday where he, his naval counterpart Moura Neto and senior Brazilian naval officers sat down for a round table discussion about numerous maritime topics.

The visit continued

for Greenert with a tour of the Aramar Nuclear Facility and various military installations in Rio de Janeiro, including the Itaguaí Submarine Base and Submarine Shipyard facility which is under construction. While in Rio, Greenert stated the U.S. Navy will assist Brazil with lessons learned from the development of the U.S. nuclear submarine program to help foster Brazil's subsurface capabilities.

"I find it impressive," said Greenert of the Brazilian submarine program.

"I find it innovative and I think that the Brazilian navy, the Brazilian defense establishment and the government is very forward looking," Greenert added, "I'm very impressed with the professionalism, the investment of people and time and of the technology."

In honor of Greenert's visit and as a military capabilities demonstra-

tion, the Brazilian navy and marine corps executed a live amphibious assault exercise, performed a simulated pilot rescue mission and paraded by marine forces at the marine amphibious division headquarters near Rio de Janeiro.

Greenert spoke at a joint press conference with Moura Neto to discuss his visit, the impact it had on him after talking with the Brazilian navy's leadership and seeing their sailors and marines in person.

"I would put my opinion, or my impression of the Brazilian navy at the very top," Greenert said. "The government and the Brazilian navy have the best vision for what the right security is in the Atlantic and I would view them as the leader in that area."

Step Into New Year With Scheduled Screenings

By Kristin Shives

TRICARE Management Activity

TRICARE beneficiaries should make time to get preventive health screenings starting in the New Year. All TRICARE health plans offer preventive services at no cost. Beneficiaries can start the year off right by putting their health first.

Beneficiaries enrolled in TRICARE Prime may receive clinical preventive services from their primary care manager or from any network provider without a referral or

authorization at no cost.

For those who use TRICARE Standard, or are covered by TRICARE Reserve Select and TRICARE Retired Reserve there are no cost shares for the following clinical preventive services:

- Breast cancer screenings
- Cervical cancer screenings
- Colorectal cancer screenings
- Prostate cancer screenings
- Immunizations

Well-child visits for children under age 6

Other preventive services are free if they're performed during the same visit with TRICARE Standard. If enrolled in TRICARE For Life, beneficiaries pay nothing out-of-pocket for services covered by both Medicare and TRICARE. To get detailed information on all of TRICARE's health plans and coverage visit www.tricare.mil/welcome/plans.

When beneficiaries

work with their health care providers and choose to take advantage of TRICARE's free preventive services, the result is good health outcomes.

Looking for information on health promotion and disease prevention? TRICARE has a list of targeted examinations and available cov-

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Mayport Announces Home Holiday Decorating Winners



-Photos by FC2 Robert Leonard and ET3 Taylor Wells

NS Mayport CMDCM Bob White and Executive Officer, Cmdr. Pat Pickard join Balfour Beatty Communities Manager John Armstrong and Housing Director Gail Washburn in presenting gift cards and a plaque to Operations Specialist Jamie Daniel of USS De Wert for his holiday decorations in Bennett Shores West housing. Middle, White, Pickard and Commanding Officer, Capt. Doug Cochrane announce the Duncan family as the winners of Bennett Shores East. Bottom, Washburn, Cochrane and Armstrong announce the Murchison family as winners of Marsh Cove off-base housing.



New Spouse Orientation Course Online For Navy

From Commander, Navy Installations Command Public Affairs

Commander Navy Installations Command's (CNIC), Work and Family Life Department released an online training course for new Navy spouses called New Spouse Orientation (NSO), officials announced Jan. 16.

The course is designed to support new Navy spouses that may be

geographically isolated or unable to attend this Fleet and Family Support Center workshop in person. The NSO course is available on demand 24/7.

The online training provides information on benefits, support services, military culture and resources to help Navy spouses adapt to the military lifestyle.

According to Dede

O'Rourke, CNIC Relocation Assistance Program Analyst, "the NSO course should be at the top of any new Navy spouse's to do list."

For direct access to the course, visit <http://learning.zeiders.refined-data.com/course/view.php?id=4502> or <http://tinyurl.com/NewSpouseOrientation>.

Obama

peace and not just the war, who turned sworn enemies into the surest of friends," the president said. "And we must carry those lessons into this time as well."

The president affirmed the nation's resolve to defend its people and uphold its values through both the "strength of arms and rule of law" - and with an arm extended to its friends as well as adversaries to help lay conditions for long-term peace.

"We will show the courage to try and resolve our differences with other nations peacefully - not because we are naive about the dangers we face, but because engagement can

more durably lift suspicion and fear," he said.

Meanwhile, "America will remain the anchor of strong alliances in every corner of the globe," he said. "We will renew those institutions that extend our capacity to manage crisis abroad, for no one has a greater stake in a peaceful world than its most powerful nation."

The United States will support democracy around the world, "because our interests and our conscience compel us to act on behalf of those who long for freedom," Obama said. "And we must be a source of hope to the poor, the sick, the marginalized, the victims of prejudice 0 not out

of mere charity, but because peace in our time requires the constant advance of those principles that our common creed describes: tolerance and opportunity; human dignity and justice."

Obama urged the nation to put partisanship aside and come together to support their universal ideals. "With common effort and common purpose, with passion and dedication, let us answer the call of history, and carry into an uncertain future that precious light of freedom," he said.

TRICARE

examinations and routine check-ups, he added.

Officials estimate the changes will lower overall TRICARE costs by \$45 million to \$56 million a year, depending on the number of beneficiaries who choose to remain in Prime, Camacho said.

Lawhon and Camacho said bene-

ficiaries should speak to their health care providers and families to assess the best course of action.

"We're hoping people will take a careful look at their health care needs," Lawhon said. "We have seen that people using the Standard benefit are very pleased with it, and their customer satisfaction is the highest of all."

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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 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 headpin 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 for the first 100 attendees through the door.

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.

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.

Feb. 6: Military Appreciation Day every Wednesday at Windy Harbor Golf Club.

KID ZONE

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 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 hotdog with fries and a soda, All-You-Can Bowl with shoes, music videos, light show and colored headpin 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.

Need A Getaway? Try Navy's Lake Allatoona

By Ryan Leavy

Navy Lake Site Allatoona manager

Morale, Welfare and Recreation Kings Bay recently renovated the Recreational Vehicle Park at Navy Lake Site Allatoona.

Located about 30 miles north of Atlanta, the Navy Lake Site is a 52-acre campground nestled in the Georgia pines on Lake Allatoona.

The RV Park was upgraded to 50-amp hook-ups and new water lines.

Gone are the days of shared power among several RV's. Each site now has a utility tower on a concrete pad, offering easy hook-ups for guests.

Additional work was done in the grounds and landscaping and the staff is excited to unveil the work to patrons.

The campground opens again for business on Feb. 1.

The Navy Lake Site also has beautiful cabins ranging from one to four bedrooms, for those looking for more comfort in their vacation.

If you're looking to get back to nature, MWR Kings Bay encourages patrons to check out Navy Lake Site Allatoona.

Don't have an RV? Rent one for the weekend from the Outdoor Adventure Center and mention it to the Navy Lake Site staff for a 25 percent savings \$12 RV rental per night during the months of February march March.

Call (770) 974-6309 to make your reservation today.



- Photos courtesy of Navy Lake Site Allatoona
 Above, visitors enjoy the water at Lake Allatoona, located just north of Atlanta, Georgia, and maintained by MWR Kings Bay. Below, the RV park has upgrades to its pads and hookups.



Pre-Season Softball Tournament



February 11-13
Sign up by Feb. 4

Men's Captain's Cup Softball
Season Begins Feb. 19.
Season ends Apr. 18

For more information, please call (904) 270-5452



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. 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

LIBERTY CALL

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.

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 Colormanina 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.

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

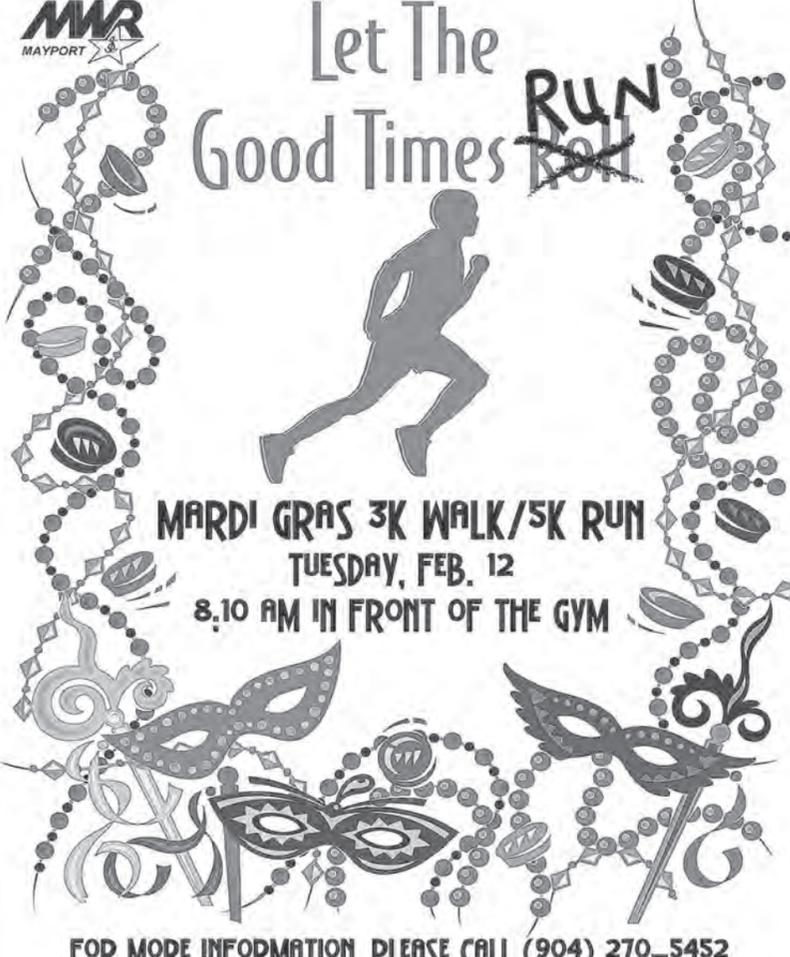


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FFSC Classes Geared To Sailor, Families

From FFSC

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

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 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. 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

Ombudsmen Learn Skills To Help Families



-Photo by ET3 Taylor Wells

NS Mayport Command Master Chief Bob White, Commanding Officer, Capt. Doug Cochrane, and Executive Officer, Cmdr. Pat Pickard join Fleet and Family Support Center (FFSC) in congratulating the newest graduates of the Ombudsman training program last week. The Ombudsmen will be able to use their new skills in helping their command's families.

be associated with exposure 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.

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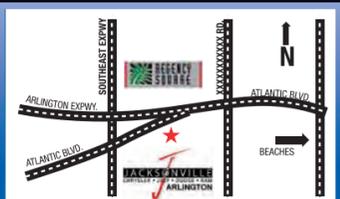
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