

CNP To Vicksburg: Relief Coming

By Paige Gnann
The Mirror editor

Chief of Naval Personnel (CNP) Vice Adm. Bill Moran talked with Sailors aboard several ships at Naval Station Mayport on Jan. 17, capping off a visit to the Jacksonville area.

To the crew of USS Vicksburg (CG 69), he said relief for the cruiser is coming soon. Two years ago, the Mayport cruiser was put on a list to decommission by March 2013. That day came and passed and Moran said during an All Hands Call that the new 2014 budget bill signed by President Barack Obama on Jan. 17 includes funding to perform ship upgrades and resume manning for the ship.

"When the budget [was] signed, that means this ship is going to stay," Moran told the crew. "I know you've been riding this nasty roller coaster of on again, off again.... It's on."

He said that new billets for the ship will begin

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-Photo by Paige Gnann

Chief of Naval Personnel (CNP) Vice Adm. Bill Moran talks with Sailors aboard USS Vicksburg (CG 69) about manning, pay and uniforms during a visit to Naval Station Mayport on Jan. 17.

New Plan For Optimized Fleet Response

From Defense Media Activity

The Navy's new Optimized Fleet Response Plan (O-FRP) was unveiled in a keynote address delivered at the 26th Annual Surface Navy Association National Symposium in Crystal City, Va., Jan. 15.

Commander, U.S. Fleet Forces Command Adm. Bill Gortney explained the changes to the new O-FRP, addressing Quality of Service and blending both Quality of Work and Quality of Life efforts by providing stability and predictability to deployment schedules over a 36 month O-FRP cycle. One of the highlights from his address was the Navy's efforts to lock in eight month deployment schedules for Sailors. These changes are intended to return a sense of normalcy to a Sailor's schedule by evening out the Sailor's family life and increasing retention rates and Quality of Work for their command.

"What's happened here is that over time ... we lost predictability in the way we generate readiness," said Gortney. His address began by naming the problems with the current Fleet Response Plan, placing an emphasis on readiness through training.

"It doesn't matter how good the stuff is if people aren't there and they aren't properly trained," said Gortney. "Not only do they need to be on the ship ... they have to be there at the right time. If they show up

What is the Optimized Fleet Response Plan and What Will It Accomplish?

By U.S. Fleet Forces Command

On Jan. 15, during the Surface Navy Association National Symposium, Adm. Bill Gortney introduced the Optimized Fleet Response Plan. Below are additional details on the plan.

Battling fiscal constraints, dealing with training back-ups and under-manned crews, and flexing with unpredictable deployment schedules, the Navy is skilled at accomplishing the mission in less than optimal conditions. Sailors adapt and evolve and get the job done, but it comes at a price that often results in increased stress on

See Accomplish, Page 10



-Photo by Paige Gnann

Massey Avenue will soon be spotted with construction barrels and equipment as Public Works gears up for the second phase of the road's expansion project. The project, which will widen the thoroughfare, will last approximately nine months and is expected to impact traffic during construction.

Work Set For Massey Ave

From Public Works

The second phase of the Massey Avenue Corridor Improvement project is scheduled to restart on Monday, Jan. 27.

The project consists of drainage pipe installation, road widening, paving, and other road related work.

During the week, the contractor will start the mobilization process. Directional construction signs will be placed along Maine/Baltimore streets and construction barrels will be

placed on Massey Avenue.

The actual construction is not slated to start until Feb. 3. When this occurs, the current north portion (west direction) of the road will be closed to traffic and the center lane will be used for westbound travel.

The eastbound lane (south side) will stay as it is until road work begins on the south side at a later date. Signs and barrels will be adjusted as the work progresses easterly.

Traffic turning onto Supply

Road at SERMC may do so from the east or west bound lanes.

Traffic will be impacted and employees are urged to use Moale Avenue as an alternate to reach their destination. Employees are also asked to use extreme caution when transiting Massey Avenue and be on the lookout for pedestrians crossing the road.

Completion of the project is scheduled for October 2014.

SARs Jump In Thanks To ATG

By Lt. Samuel Lopez, Jr.
ATG Mayport PAO

USS Roosevelt Sailor Boatswain's Mate 2nd Class Nolan Phillips from Paso Robles, inaugurated NS Mayport's Search and Rescue (SAR) Platform with its first jump on Jan. 14.

Eager to start training, Phillips added, "I'm grateful of the time and gas money saved by not having to drive to UNF"

By conducting the training on base, Sailors can save more than 90 minutes of driving round trip to NAS Jacksonville. When you consider almost 500 Sailors participate in the 2nd Class Swim Qualification training throughout the year, the new SAR Platform will save a considerable number of man hours for Mayport's ships.

The new Naval

Station Mayport MWR Gymnasium and Aquatic Center was designed and constructed to receive state-of-the-art Search and Rescue "9H1" Training Tower. Funding for this tower was planned through a separate military contract (MILCON) managed by Commander, Naval Air Forces Atlantic (CNAL). This MILCON contained the manufacturing,

delivery and installation of nine 9H1 towers at approximately \$250,000 per tower, which were to be used at MWR pools across the fleet.

The SAR Tower was planned to be used by both aviation pilots and aircrew as well as surface rescue swimmers and Fleet Sailors. However, due to FY13

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after the training occurs just before deployment it's not going to work."

The plan aims to streamline pre-deployment inspection requirements and increase readiness by putting all the members of a strike group on the same maintenance and deployment schedule. Starting in

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Give Blood, Save Lives

Naval Station Mayport will host its blood drive on Feb. 4 from 9 a.m.-2 p.m. at Building One. Walk-ins welcome or make an appointment at redcrossblood.org

Check us out Online!



mayportmirror.com

How Can You Make A Difference Around You?



**Chaplain
Buster Williams**
CNSL Ministry Center

Recently the movie "Lone Survivor" came out in theaters. I have heard that it is a powerful portrayal of the horrors of modern day warfare, as well as an inspirational account of how our famed

CHAPLAIN'S CORNER

Navy Seals performed so heroically in this particular encounter with the enemy.

I haven't seen the movie, but I read the book when it first came out and it was incredible. I wouldn't recommend either the book or the movie for children, but I do think there are some great lessons that can be taken from the story of these American heroes of our time and I wanted to give a few thoughts for your consideration.

First, we should be thankful that these incredible warriors are on our side and not the side of the enemy. It should put pride in every American heart and strike fear into the hearts of the enemies of freedom knowing that the Navy Seals are defending our way of life around the world.

Second, it should inspire us all to be better human beings and do more with the lives God has given us. Not

everyone can be a Navy Seal, but all of us can and should do our best to help the weak, defend freedom, be faithful shipmates, be faithful citizens, and take on the lesser challenges that we all face on a regular basis. What injustice can you right in your area of influence?

All of us can lend a helping hand to struggling shipmates in any number of ways - looking out for the new Sailor, bystander intervention to prevent sexual assault; mentoring young Sailors; being involved in our local churches or places of worship; and I could go on and on. Many of our

Sailors are doing just that.

But the point is, we should look to see how we can make a difference for others and not just sit back and live for ourselves. I have performed many a funeral as a chaplain and no one is ever remembered for the things they did for themselves. In the end, God calls us to live for Him first, and for the good of others second.

Jesus said the greatest commandment is to "love the Lord our God with all our heart, soul, mind, and strength and the second is like it you shall love your neighbor as yourself".

Of course, because

of sin no one can live up to this standard, but that doesn't mean we shouldn't try. We can do some good and that is what the book inspired me to consider. What am I doing to make a difference?

As we celebrated the life of Martin Luther King Jr. on Monday, I believe he would have us ask the same question. How we answer will not only determine our own destiny but will impact generations to come. So, this weekend go out and enjoy an inspirational movie and then lend a helping hand where you can.

FAP Survey Forms Deadline Extended To Jan. 30



Judy Cromartie
School Liaison Officer

Public education is supported only by local (primarily property tax revenues), state, and federal funding. Most school districts rely heavily on these resources to support educational programming - classroom instruction, extracurricular activities, faculty training, transportation, administrative services and so much more. Our current economic conditions have placed most families, businesses, and governmental agencies in the difficult position of having to operate under severe budgetary constraints. Tighter budgets have placed people and organizations in the position of having to scale down and, in some cases, eliminate services all together. School districts are no exception.

Like most states, Florida

Knowing THE ROPES

has suffered the loss of tax and federal revenues. As a result, Governor Scott and state legislators have looked for ways to maintain state programs and services while monitoring an ever-shrinking budget. The Duval County School System has had to bear its share of these budgetary woes. Education leaders in the 16 states who are members of the Southern Regional Education Board, including Florida and Georgia, are working on various ways to deal with the economic challenges - but it's not easy!

The federal government recognizes that districts like Duval County face added economic pressure because real property (land) in this area has been purchased for use by the military. This means that the county government is positioned to lose property tax revenue which it might otherwise have earned if the federal government had not acquired the property. Compensation for this loss, known as *Impact Aid*, is paid for federal property which is used to

support military installations, low-income housing, Indian lands, and for children whose parents who work on or live on federal property. To be eligible to receive "Highly Impacted" federal funds, a school district must have at least 40% of its student population considered "federally connected."

In order to qualify for these funds, the local school district must verify the numbers of students served by its local schools. Each year, at the same time, local schools send home an FAP survey form and ask parents to complete it based on whether they are active duty military and/or work or live on federal property. There are some longstanding myths associated with the form's use. I will try to address some of those issues:

"The schools are making money off of our children" - NOT TRUE! Administered by the U.S. Department of Education, the Impact Aid program is one of the oldest education programs, dating

from 1950. Like most federal programs, it was fully funded in its early years. However, since about the mid-1970's, the program has been under funded. This means that local school districts, while receiving some federal funding, are still NOT being fully compensated for the costs of the educational services they provide.

"They are collecting too much personal information one place." - NOT TRUE! In fact, the information which parents provide on the FAP form is basic contact information and work-related information. Parents are not asked questions about salary or family income, nor are they asked to provide social security numbers or other important identifying data.

"If I do not return the FAP survey form, my child's school will know that I am angry about..." - NOT TRUE! Not completing the FAP form does not affect a district's or school's decisions about policies or procedures. Withholding the FAP form only denies the local district the much needed funding required to maintain programs and services.

"It's too much work to fill out all these forms again!" - NOT TRUE! Completing the FAP form will only take a moment. While it is true that EVERY child in a family will receive an FAP form, parents will quickly realize there are a few simple questions which can be answered in two maybe three minutes. What else is needed? A signature!

The FAP forms have already gone home with Duval students. Parents need to complete a separate form for each child.

Without accurate numbers, the schools could miss out on grant opportunities such as the one granted to Mayport Middle School. DoDEA's Promoting Student Achievement at Schools Impacted by Military Force Structure Changes Grant earned by Mayport Middle School has allowed the school to enhance student achievement in science, technology, engineering, mathematics, English language arts, and reading. A large portion of the grant has ensured integration of technology into the curriculum. Teachers have had opportunities to strengthen their content knowledge and instruc-

tional skills through professional development targeted to the new curriculum.

To qualify, a school must have a significant military student population to meet the eligibility requirement. Specifically, elementary schools must have a military student population of least 25 percent and secondary schools must have a military student population of at least 15 percent.

So before Duval Schools can submit a grant application to DoDEA, they must determine if these schools meet the eligibility criteria. Please complete your FAP form. If you have misplaced it, please call the school for a replacement. Schools will begin returning forms to the district office in late November. The deadline has been extended to Jan 30.

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

Get Out The Queso Dip - It's Football Time



Lisa Smith Molinari
Military Spouse Columnist

Panic has set in. Soon, military folks everywhere will be mobbing the commissaries for necessary supplies and stockpiling items in their cabinets, pantries and refrigerators. Is there another Herculean Arctic superstorm headed our way? Is a typhoon spinning its way eastward across the Pacific? Is a deadly combination of high and low-pressure systems colliding in an apocalyptic whirlwind over our nation?

Well, no. But seeing as the Super Bowl is the second largest day for US food consumption after Thanksgiving, there is a perfectly good reason why people are showing old retirees out of the way to grab the last jar of queso dip. After all, a Bowl Day without the traditional football-watching foods would be downright

The Meat&Potatoes OF LIFE

catastrophic.

So, as the mother of an Eagle Scout, I feel obligated to warn everyone to: "Be prepared."

Before you take on the pre-Bowl crowds at the commissaries, be sure to ready the home front. Clear the refrigerator of useless items such as milk, eggs, fruits and vegetables. Other than a few sticks of celery to accompany the wings, toss any unprocessed foodstuffs that are taking up precious space needed for Bowl day essentials.

Once the kitchen has been purged of all healthy, vitamin-fortified, low-fat, fiber-rich foods, it's time to mentally prepare for what you might encounter at the commissary.

Like a Roman Gladiator ascending the catacombs of the Coliseum, like Muhammed Ali entering the ring to take on Joe Frazier, like the Greek soldiers climbing out of the wooden horse inside the gates of Troy, like the Duke of Wellington about to face Napoleon's army at Waterloo, like The Real Housewives of New Jersey sitting down to dinner

-- you must be ready to wage a battle of epic proportions.

As you jot down the arsenal of foods needed for Super Bowl sustenance, breathe deeply and meditate on the past.

Gone are the archaic Bowl days of yesteryear, when football fans survived on outdated canned-meat party sandwiches, pimento cheese spreads, and gelatin salads. Thanks to modern advances in processed cheese technology, the invention of Buffalo wings (origins are "hotly" debated), and the mass-production of tortilla

chips in 1994, we are fortunate to have a proliferation of delicious modern Bowl day snack foods at our disposal.

Presuming you can find an available shopping cart without committing aggravated assault, enter the commissary with a strategy. Don't just join the stream shoppers like some kind of amusement

park pony, strike out on your own and hunt down your targets.

Unlike every other commissary trip, it is actually a good idea to bring the kids. As your secret weapons, they will enable you to divide and conquer. Send each one on a mission: "Lilly, you're going

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Command Chaplain
Lt. Cmdr.
Jerome Cayangyang

Roman Catholic Mass
Sunday 9 a.m.
Monday-Thursday
11:30 a.m.
Holy Day of Obligation
(call chapel for schedule)
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 9:30 a.m.
Protestant Youth Group
1st Friday Youth Quak Trip
6:30 p.m.
2nd & 4th Friday at Chapel
5-8:30 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,
call 270-5212.

THE MIRROR
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RPs Celebrate 35 Years Of Service To Navy, Marine

By **Christianne M. Witten**
Chief of Navy Chaplains Public Affairs

More than 100 Religious Program Specialists (RPs), past and present, gathered with the chief of Navy chaplains and deputy chief of Navy chaplains/chaplain of the Marine Corps to celebrate the 35th anniversary of the RP rating Jan. 16 in Woodbridge, Va.

"Whether providing security support for chaplains in combat and conflict environments, providing critical logistical support for services, or directly engaging in humanitarian relief operations, our RPs continue to serve with distinction and exceed the expected," said Rear Adm. Mark L. Tidd, chief of Navy chaplains.

"We could not do what we do in ministry were it not for their faithful and dedicated service," Tidd added. Master Chief Petty Officer of the



-Photo by Ensign Jacklyn Bush
Religious Program Specialists (RPs) from Naval Station Mayport Chapel celebrate 35 years of service with cake. RPs have been serving Navy and Marine Corps since 1979.

Navy (MCPON) Michael Stevens was the evening's guest speaker.

"The RP rating is one that embodies service. You are a humble force as you selflessly serve and provide for the needs of others. It's a part of your DNA. You bring humility to us in a way no other

rating does," said Stevens.

He went on to discuss the importance of his faith to keep him spiritually fit and equipped to carry out his duties as MCPON. He also shared the importance of his family, being physically fit, working hard, and being humble as keys

for success as a Sailor. Stevens also discussed the value of a professional reading program to keep fit.

The ceremony included an anniversary video highlighting the legacy of the rating. "I applaud you for your vigilance and the faith you have provided

to one another whether deployed or in garrison, and I thank you and your families for the personal sacrifices you make," said Master Chief Religious Program Specialist Dino Medler, senior enlisted leader for the rating, in the video.

"Together, as 987 RPs, both active and reserve, we are making significant contributions to our Navy and Marine Corps and building the legacy of our rating," he added.

In the video, Rear Adm. Margaret G. Kibben, deputy chief of Navy chaplains and chaplain of the Marine Corps, discussed the important role RPs play in helping the commandant of the Marine Corps deliver on his promise to keep faith with Marines, Sailors, and their families.

"You deepen the understanding of the word faith. Faith not just in God, but also in the bond of trust that you have with your

Marines, Sailors, and families," said Kibben.

"We, as chaplains, would be remiss if we did not acknowledge with a great deal of gratitude that when you say, 'I've got your back, chaplain,' you epitomize the essence of keeping faith," she added.

Senior Chief Religious Program Specialist Scott Quinn, senior RP for the Marine Corps and one of the evening's hosts, reflected on the anniversary theme: "Honoring your past while forging your future."

"Since 1979, religious program specialists have responded and fought alongside Marines in Beirut, Grenada, Panama, Somalia, Kuwait, Iraq, and Afghanistan. As you contemplate the theme for this year's anniversary, may the rich heritage of the rating embolden you to strengthen the future force," he said.

Navy Renders Honors For Rear Adm. Coleman

By **MC1(SW) Greg Johnson**
Navy Region Southeast Public Affairs

Sailors, family and friends gathered for a memorial service at Hardage-Giddens Funeral Home Jan. 19 to honor retired Rear Adm. Joseph "Joe" Lustrat Coleman, 91, who passed away at St. Vincent's Medical Center Jan. 14.

About 150 people attended the ceremony, including family members, former shipmates and Jacksonville community leaders.

"Admiral Coleman really set the standard when it comes to dedication to serving both your country and your community," said Rear Adm. Rick Williamson, Commander, Navy Region Southeast. "His commitment to our Navy was nothing short of heroic, having spent a combat tour in World War II and

three more in Vietnam. After his military career, he went on to have a tremendous impact here in the Jacksonville community. He will be missed not only by his family, but by everyone who knew him."

Coleman was born Sept. 10, 1922 in Atlanta. He entered the Naval Aviation Cadet program in 1942 and earned his wings of gold and commission as an Ensign in 1943. Throughout his naval career, Coleman logged 3,200 flight hours and performed 550 fixed-wing landings at sea. In combat, he served aboard USS Swanee (CVE 27) during World War II and served as commanding officer of USS Mispillion (AO 105) and USS Ranger (CVA 61) during the Vietnam War. Coleman retired in 1995

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-Photo by MC1 Greg Johnson
Honor Guard members assigned to Naval Air Station Jacksonville render honors at the funeral of retired Rear Adm. Joseph Coleman, 91, who passed away Jan. 14 at St. Vincent's Medical Center. Coleman is survived by Margaret, his children Carol Lee Jackson, Sherrie Lynn Millichap and Joseph Lustrat Coleman Jr., as well as seven grandchildren and 12 great grandchildren.

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Haly Heads Out On 4th Fleet Mission

By USS Halyburton Public Affairs

The guided-missile frigate USS Halyburton (FFG 40), departed Naval Station Mayport Jan. 15 on a five-month deployment to the U.S. 4th Fleet area of responsibility.

The ship will support United States Southern Command's Countering Transnational Organized Crime (CTOC) efforts by conducting drug trafficking interdiction. CTOC is primarily focused on the illegal drug trade in the Caribbean, Central America and South America.

Halyburton last deployed in August 2012 in support of NATO's Operation Ocean Shield, conducting counter-piracy operations off the coast of Somalia.

The ship was commissioned on Jan. 7, 1984, Halyburton is named after

Pharmacist's Mate 2nd Class William Halyburton Jr. He was posthumously awarded the Medal of Honor for extraordinary heroism while serving on Okinawa with the Marine Rifle Company, 2nd Battalion, 5th Marines, 1st Marine Division. While his division was under mortar, machine gun and sniper fire he fought his way through to tend to a wounded Marine. Using his body as a shield to protect the marine, Halyburton was fatally wounded.

Cmdr. David E. Fowler, commanding officer, will lead the crew on her final deployment as the ship is scheduled to be decommissioned later this year.

For more information about William Halyburton and the ship visit our webpage at www.halyburton.navy.mil



-Photo by Paige Gnann

Family members wave as the guided-missile frigate USS Halyburton (FFG 40) departs Naval Station Mayport for a five-month deployment to the U.S. 4th Fleet area of responsibility. This is Halyburton's final deployment as the ship is scheduled to be decommissioned later this year.



-Photo by Paige Gnann

The guided-missile frigate USS Halyburton (FFG 40) pulls away from the pier at Naval Station Mayport for a five-month deployment to the U.S. 4th Fleet area of responsibility.



-Photo by MCSN Kameran Guy Hodnett

Sailors aboard guided-missile frigate USS Halyburton (FFG 40) tie down line to the ship's flight deck.



-Photo by MCSN Kameran Guy Hodnett

Sailors man the rails USS Halyburton as it departs Naval Station Mayport for sea trials.



-Photo by MCSN Kameran Guy Hodnett

Seaman Apprentice Brandon Guttierrez performs a saltwater wash down to the anchor-chain aboard USS Halyburton.



-Photo by MCSN Kameran Guy Hodnett

Lt. j.g. Jeremiah Derrick bids farewell to his wife and son aboard the guided-missile frigate USS Halyburton (FFG 40) before the ship departs Naval Station Mayport for deployment.



-Photo by MCSN Kameran Guy Hodnett

Command Master Chief Lee Friedlander mans the rails with crew aboard USS Halyburton as the ship departs Naval Station Mayport for deployment.



Cmdr. Erica L. Hoffmann, commanding officer of the guided-missile frigates USS Samuel B. Roberts (FFG 58), presents the U.S. flag to Ann Warjonen following the burial at sea service for her husband, retired Master Chief Equipmentman Harry Warjonen, aboard the guided-missile frigates USS Samuel B. Roberts (FFG 58), off the coast of Jacksonville Beach, Fla.

SBR Performs Burials At Sea

From Staff

Sailors aboard USS Samuel B. Roberts performed a burial at sea for eight veterans and two spouses on Jan. 17.

Following tradition, the ship slowed, lowered the colors to half-mast, and a delegation of officers, chief petty officers, and Sailors lined-up in formation in dress uniform to pay their respects. A firing detail was also assembled for a 21-gun salute.

The burial at sea ceremony was officiated by Chaplain Calvin Gardner with SBR's Commanding Officer, Cmdr. Erica Hoffman, speaking to the families of the deceased. "We are gathered here

to fulfill the final wishes of 10 individuals who faithfully served and supported their country to be buried at sea," Hoffman said. "Our nation has always regarded the burying of our military dead as a solemn and sacred obligation. Thus, it is with honor and humility that USS Samuel B. Roberts has the privilege to commit to the sea their remains. We honor the legacy of service, commitment and honor that these Sailors and those who supported them provided for their country and we thank God for the courage and integrity they demonstrated."



Photos by MC2 Damian Berg

Family and friends of the eight service members and their spouses hold their U.S. Flag in remembrance during a burial at sea ceremony aboard the guided-missile frigates USS Samuel B. Roberts (FFG 58), off the coast of Jacksonville Beach, Fla.



Above, Sailors aboard USS Samuel B. Roberts serve as pall bearers during the burial at sea service of eight service members and their spouses, off the coast of Jacksonville Beach, Fla. Right, Sailors aboard USS Samuel B. Roberts stand with the cremated remains of eight service members and their spouses.



Sailors assigned to the guided-missile frigates USS Samuel B. Roberts (FFG 58) render a 21-gun salute on the flight deck during a burial at sea, off the coast of Jacksonville Beach, Fla.



Sailors commit to the sea the ashes of Aviation Machinist's Mate 1st Class Edward Kmiec, aboard the guided-missile frigates USS Samuel B. Roberts (FFG 58), off the coast of Jacksonville Beach, Fla.

Learning To Save A Pet's Life

From First Coast Navy Fire & Emergency Services

On Jan. 8, members of the Mayport Fire Prevention Division with the help of Staff Sergeant Bethzabe Lamarche provided K-9 CPR training for the Mayport Youth Center.

Lamarche is part of the Army's Public Health Command, which serves out of the Mayport Veterinary Clinic. Mary Maguire, a member of the MWR youth and child development programs at Naval Station Mayport, approached Fire Prevention with the request for pet CPR training. The youth in attendance participated in a "hands on" portion of the training, where they demonstrated lessons learned during the lecture.

The Mayport Fire Prevention Division with the help of the fire operations division paramedic staff have been providing adult, child, and infant CPR classes to the Naval Station Mayport citizens for the past three years.



-Photo submitted
Children from the Youth Activities Center perform compressions on a K-9 CPR mannequin during a special training held in conjunction with Mayport Fire Prevention and the Mayport Veterinary Clinic on Jan. 8.

Last year, more than 300 certifications were issued. K-9 CPR is an additional step in the process of further educating our Sailors and their family members.



Feb. 7: Women's Volleyball Begins. Season Ends Apr. 4. 270-5451

Feb. 10-13: Pre-Season Soccer Tournament. Sign up by Feb. 4. 270-5451

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

Feb. 18: Men's Captain's Cup Soccer Begins. Season Ends Apr. 17. 270-5451

Feb. 18: Men's

Captain's Cup Softball Meeting. 11 a.m. at the Fitness Center. 270-5451

Mayport Bowling Center

Friday Nights: Xtreme Bowling. 8-11 p.m. every Friday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes. 270-5377

Saturday Nights: Xtreme Bowling. 8-11 p.m. every Saturday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes. 270-5377

Saturday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes. 270-5377

Sunday Nights: 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, and colored head-pin bowling for prizes.

Windy Harbor Golf Club

Wednesdays: Military Appreciation Day every Wednesday at Windy Harbor Golf Club. 18 Holes and a Cart Only \$15.



Child and Youth Programs

Jan. 31: Freedom Friday. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of, space permitting.

Feb. 14: Youth Spring Baseball & Soccer Registration Opens. Open to military, DOD and civilians children ages 7-14 (soccer) and 4-12 (baseball). Registration can be done at the Youth Center Mon.-Fri. 11:30 a.m.-6:30 p.m. Registration deadline is March 17. For more information, call 270-5018 or email the Youth Sports Coordinator at victor.e.miller@navy.mil.

Feb. 21: Turn It Up @ the Teen Center. 7-10 p.m. at the Teen Center. Music, movies, food, drinks, a fire pit and more as we welcome new teens to the center. 246-0347

Feb. 28: Freedom Friday- Pajama Jam and Movie Night. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of. 270-5680

Naval Station Mayport Fitness Schedule

Monday through Thursday 0500-2000 • Friday 0500-1900 • Saturday 0800-1800 • Sunday/Holidays 0800-1400					
GROUP EXERCISE ROOMS 2 & 3					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0730 Running Clinic	0730 Command Bootcamp	0630 NOFFS	0600-0830 Command PT By Appointment	0730 Zumba	
0930 Yoga	0930 CORE & Flexibility	1130 Strength Training For Women	0930 Fitness Fundamentals	1130 Yoga	
1130 Circuit Conditioning	1130 Zumba	1230 Flex 'N' Stretch	1130 Step		
1700 Cut 'N' Core	1630 Step	1730 Zumba	1730 Circuit Conditioning		
1800 Flex 'N' Stretch	1800 Yoga				
GROUP EXERCISE ROOM 1					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0700 TRX	1130 TRX	1130 Yoga	0700 Sunrise Yoga		
1800 Zumba	1300-1500 CFL, NOFFS/TRX By Appointment	1800 Kids Clinic	1800 TRX		
NATATORIUM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0930 Aqua Toning	1630 Deep Aqua	0930 Aqua Fitness	0930 Aqua Rehab	0730 Command Aqua	
1430 Aqua Rehab		1630 Deep Aqua		0930 Aqua Toning	
STRENGTH/CARDIO B					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1130 Steel Anchor	0700 Rowing	1130 Steel Anchor	1130 Rowing	1500 Steel Anchor
INDOOR CYCLING ROOM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130 Cycling		1130 Cycling	1130 Cycling	1530 Cycling	
HIGH INTENSITY TRAINING (HIT) AREA					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130 Intro to HIT	0700 HIT	1600 HIT Mobility	1130 HIT		1130 Intro to HIT
1500 Olympic Lifting	0930 Intro to HIT	1630 HIT	1630 HIT Gymnastics		
1800 Intro to HIT	1130 Intro to HIT				

SCHEDULE EFFECTIVE 17 OCTOBER 2013

Golfers Wanted For Base League

The Mayport Golf Association (MGA) is looking to expand its membership through active duty military personnel and other golfers with military ID or MWR Guest Card permit.

The association meets regularly for golf at Windy Harbor.

For more information, contact Bernard Ciamarichello at 270-5126 x3517

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Auto Skills Center
January Special: \$2 off of brake rotor turning and Extreme Oil Change \$75.00 (most vehicles). 270-5392

January Tire Special: Buy four tires and receive free rotation on those tires for life (must show receipt to receive rotation). 270-5392

February Special: 10% off alignment and deluxe oil change for the price of a regular oil changes (most vehicles). 270-5392

Beachside Bingo Wednesdays:
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. 14: Bingo Valentine's Special. 6:30 p.m. at Beachside Bingo. There will be double payouts on all hard cards, free desserts, extra \$1000 Sweetheart Game, plus, when you bring your sig-

nificant other, they will receive a free paper pack. 270-7204

Castaway's Lounge
Every Weekday: Castaway's After Work, At Ease: Stop into Castaway's every Monday-Friday from 4-6 p.m. for our great nightly specials! Enjoy Margarita Monday, Tuesday's Pint Glass Night, Around-the-World Wednesday, BOGO Thursday and Five Dollar Friday! Plus, Last Buck Bottles on the 14th and last day of every month! 270-7205

Every Thursday: Trivia on Tap. 6 p.m. at Castaway's. Test your general trivia knowledge! the winning team of four takes home awesome prizes! 270-7205

Jan. 24: Madden 25 Pro Bowl Tournament. 7 p.m. Prizes for top players. 270-7205

Feb. 1: UFC 169- Cruz vs. Borao. 10 p.m. at Castaway's. 270-7205

Feb. 2: Superbowl

XLVIII at Castaway's Lounge. Pre-game at 5:30 p.m. Kick off at 6:20 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. 7: Castaways Olympics Opening Ceremony. 7:30 p.m. at Castaway's Lounge. Come show your support to your favorite athletes and country. While you're there, watch the Opening Ceremony of the 2014 Winter Games and sign up for the events YOU want to play during our very own Castaway's Olympics. 270-7205

Foc'sle Lounge CPO Club

Every Tuesday: 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

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. 2: CPO Club All-Khaki Chili Cook-Off. 2

p.m. at Foc'sle Lounge. Bring you lawn chairs, enjoy live music from One-Eyed Jakes, and watch the Big Game on out jumbo screen. Bring your best Chili Recipe for the chance to win great prizes; individual and command teams are welcome. All entrants must register at the CPO club by Feb. 1; limit 20

entrants. For more information, please call 270-5431.

ITT
Disney Jr Live: Pirates and Princesses. Tickets are now on sale for Disney Jr's "Pirates and Princesses" on March 8, 2014 at the Times Union Moran Center. Tickets \$15 each; available only at ITT on base. 270-5145

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. 26: Hoggetowne Medieval Faire. Van departs 9 a.m. Transportation only; sign up by Jan. 23.

Jan. 29: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline Jan. 27.

Jan. 31: Mall Trip: Town Center. Van departs Liberty Center at 5 p.m. Sign up by Jan. 30; transportation only.

Feb. 4: Chess Tournament. 6 p.m. at Liberty Center.

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

Feb. 8: Cosmic Ice Skating. Van departs 1 p.m. Cost \$5. Sign up deadline Feb. 6

Feb. 10: Liberty Programmer Meeting. 4 p.m. at the Liberty Center. This is a chance to tell the programmer what you want on YOUR Liberty Calendar. Free Food!

Feb. 11: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline Feb. 10.

Feb. 15: Mall Trip: Town Center. Van departs Liberty Center at 1 p.m.



Sign up by Feb. 14, transportation only.

Feb. 16: Paintball. Van Departs 9 a.m. at Liberty Center. Transportation only; you pay for the paint. Sign up by Feb. 14.

Feb. 17: Snag Golf. 4 p.m. at Liberty Center. Learn the basics, hone your skills, or just have some fun.

Feb. 19: Billiards Tournament. 6 p.m. at Liberty Center.

Feb. 21: Movie Trip. Van departs 5 p.m. Cost \$5.

Feb. 22: Monster Jam. Van departs 5 p.m. Cost

\$35 active duty, \$42 all others; Sign up deadline Feb. 20. Space is limited.

Feb. 23: Disc Golf. Van Departs 11 a.m. at Liberty Center. Equipment provided.

Feb. 24: Let's Go Fishing! 3 p.m. Free for active duty, \$10 for guests; sign up by Feb. 21. Space is limited.

Feb. 25: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline Feb. 24.

Feb. 28: Dinner & a Movie in San Marco. Van departs 5:30 p.m. Transportation Only.

Trivia Night
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All-Khaki The Big Game Chili Cook-Off
Sunday, Feb. 2
Live DJ 4-6 pm • Chili Cook-Off Judging 6:15 pm
Kick-Off 6:20 pm
 Bring your folding chairs, enjoy live music and watch the big game on our jumbo screen!
 Enter your best chili recipe for a chance at great prizes. Individuals or command teams are welcome. Prizes will be awarded to 1st, 2nd, and 3rd place winners!
Chili Cook-Off Rules: All individuals/teams wishing to enter must register at the CPO Club before close of business on Jan. 31. All entrants must prepare a minimum of 2 quarts of chili. Chili must be brought to the CPO Club in crock-pot to keep it warm no later than 6:15 pm on day of the event. Limit 20 entrants; names of individuals or teams will not be revealed until after final judging.
For more information, please call (904) 270-5431

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Learning To Drive The Destroyer

Reflections Of An Ensign

From USS Carney Public Affairs

As brand-new, "been-in-the-Navy-since-breakfast" Ensigns, underway replenishments (UNREPs) are both exciting and nerve racking as we are given the opportunity to conn the ship in its approach to, and alongside, the massive refueling ship.

Potential risks and dangers are inherent in the dynamic events conducted throughout the ship during an UNREP. With only 180 feet of lateral separation between USS Carney (DDG 64) and the UNREP ship, USNS Pecos (T-AO-197), careful maneuvering is of the utmost importance.

With Cmdr. Eddie Crossman, Carney's commanding officer by my side, I had the unique opportunity to learn from my Captain and improve my seamanship skills conning alongside Pecos.

So as not to miss a beat, I became fixated on all the details around me: the helicopter flying over head; the fuel line stretched between Carney and Pecos pumping 3,000 gallons a minute; the moderate seas creating waves crashing between the two vessels; the slight movement of Carney forward or aft in relation to Pecos; the response of the ship as she eases back into place after a slight speed or course change; the taut pull of the line handlers on the phone and distance line measuring our lateral separation from Pecos.

As I conned alongside, I started to understand Carney. I began to anticipate how she would move in the strong winds and

seas. Once I settled into a good course and speed that held Carney steady alongside Pecos, I took a moment to step back and appreciate this opportunity I had before me. It was a surreal moment when I realized: here I am, a 21-year-old Ensign, thousands of miles from home, out here on my first ship on my first deployment in the middle of the Arabian Gulf, driving a 9,000-ton, 505-foot-long U.S. warship alongside a 677-foot, 31,000-ton underway replenishment ship while helicopters fly overhead and fuel transfers from one ship to the other, all in service to my country.

Well into its third month of deployment, Carney remains steadfast in its mission-readiness, continuing to train junior Sailors and Officers to further enhance the ship's preparedness. Special evolutions, such as flight operations and UNREPs offer unique and dynamic training opportunities that are essential for optimal ship readiness. On Dec. 21, Carney conducted its second underway replenishment with Pecos. UNREPs require total-ship involvement: from the storekeepers, to the line-handlers, to the safety observers, to the engineers, Oil King and the people driving the ship from the bridge. Each evolution is dynamic and no two UNREPs are the same. The UNREP with Pecos on Dec. 21 consisted of one refueling station to bring on fuel from Pecos and a vertical replenishment station, utilizing an MH-60S to carry on stores, mail and other deliveries. Thanks to the expertise of the Pecos and Carney crews, 155 thousand gallons of



-Photo by Lt.j.g. Milo Gordic
Ensign Marina Nanartowich takes a bearing through the alidade on board USS Carney.

fuel and 36 pallets of stores were delivered to Carney with ease.

Throughout the UNREP, all personnel at the refueling station, on the flight deck, on the forecastle and on the bridge operate with an enhanced sense of alertness and attention to detail. At the refueling station, safety officers, Lt.j.g. Fred Saporita and Boatswain's Mate 2nd Class Matthew Klimek kept a close watch over the safety of the personnel on their station and observed as the refueling probe was inserted correctly, ensuring no leaked.

On the flight deck, Chief Boatswain's Mate Franklin Williams directed the flight operations and UNREP team, ensuring everyone exercised proper caution and abided by flight deck safety guidelines. As the Leading Signalman Enlisted under the guidance of Boatswain's Mate 2nd Class Juan Felix, Yeoman 2nd Class Amy Erikson guided and directed the helicopter throughout the UNREP with precision. When the MH-60S required refueling, the flight deck team was ready to execute a "hot pump," refueling the aircraft while the blades continued to rotate. Throughout all aspects of flight operations and the underway replenishment, safety, efficiency and pro-



-Photo by Ensign Marina Nanartowich
The refueling team on board USS Carney (DDG 64) maintains a safe watch as Carney received fuel from USNS Pecos (T-AO-197).



-Photo by Ensign Marina Nanartowich
USS Carney (DDG 64) flight crew Sailors follow safety precautions and procedures as they refuel MH-60S Desert Hawk.

cedural compliance are re-iterated and kept at the forefront of everyone's minds.

In this instance one of the pallets was too light, and the rotor wash of the aircraft, coupled with more than 40 knots of wind was enough to blow the pallet overboard as it

was delivered to Carney. Unfortunately, the pallet was filled with mail for Carney's Sailors. Luckily, because of the safety precautions in place, no one was hurt, but letters and packages for the holidays were lost. As soon as it was safe and all pallets and the helicopter were secured, Carney executed a Williamson turn and went back to find the mail. Retracing their steps, and accounting for seas and winds, Carney executed a Search and Rescue patterned search in hopes of recovering the mail. Unfortunately after

three hours of searching it was determined the mail had sunk to the bottom of the Gulf. In an operational, forward deployed environment, that is a risk we sometimes take. Carney crew banded together, lifted their chins up and pointed the bow toward the next mission.

Maintaining a mission-driven ready perspective, ever-ready attitude and focusing efforts on professional training and development are driving factors behind Carney's success on deployment as it continues to support in the Arabian Gulf.



-Photo by AWSCS Lindaleah Johnson
Ensign Marina Nanartowich stands on the port bridge wing as she conns USS Carney (DDG 64) during an UNREP with USNS Pecos (T-AO-197).



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ATG Promotes Healthy Living For Sailors

By Lt. Samuel Lopez, Jr.
ATG Mayport PAO

ATG Mayport supported their Sailors' pursuit in health and physical fitness goals was by conducting a health fair recently.

The purpose of the health fair was to increase awareness and promote healthy living through exercise and healthy eating habits. One key theme was recognizing negative trends that could lead to poor health, such as hypertension, in later life.

One Sailor who took this message to heart was Lt. Cmdr. Juan B. Figueroa, ATG's Weapons Tactical Instructor/TAO mentor. Figueroa topped out at 245 pounds shortly after reporting in January 2012. As a trainer representing the Navy's best aboard ships, he realized he needed to give a better example to the Sailors he was charged to mentor.

With support from the Command Fitness Leaders, Figueroa made a significant course correction and decided to make a change and regain track. He lost more than 70 pounds while at ATG and continues to be an inspiration at the command and all those who have worked with him. His simple advice, "Don't starve, just eat healthy."

The health fair started with teambuilding sports, including softball, soccer and basketball. ATG Mayport Sailors also had their most recent blood test results provided and blood pressure read by BHC Mayport Staff, Hospital Corpsman Jordan Whiddon and Hospital Corpsman Lualalajoeri Naufahu.

"It's great to see such a good turnout and help increase awareness," Naufahu said.

This was followed with education on the vari-

ous cholesterol levels and their associated impacts on individual health to include high density lipids (HDL), triglycerides, total cholesterol and low density lipids (LDL).

In order to increase awareness, ATG Mayport recruited the base's many excellent resources. The event would not have been possible without the support and help of Sandra Schultz from MWR, Laura Goldstein from Health Promotion, Jennifer Leblanc from TRICARE, Olivia Duffy from Fleet and Family Support Center and Marry Beth Pennington from the Health and Wellness Center. Their lectures and displays on proper diet, exercise and general healthy living were invaluable to ATGM Sailors.

One theme that echoed was to enjoy your holiday meal, just don't make the meal a holiday. DCC

Sharika Tucker took the advice to heart. Instead of eating a big holiday meal for the whole week, she said she enjoyed her holiday meal and stayed on track afterwards. The effects she felt were significant.

"In the past I would feel sluggish after the holidays due to the extra weight I was carrying, but this year I didn't have that problem and it sets me up to reach my fitness goals this year thanks to the information received at the Health Fair," Tucker said.

Several of the lectures also provided great information about our health services. For example, with the most recent changes in regard to the Affordable Care Act and budget cuts, TRICARE benefits will be seeing some major changes in 2014. Jennifer Leblanc's lecture on updates to coverage and the impacts of the new Affordable Care

Act kept ATG Mayport Sailors abreast of all upcoming changes to their particular coverage.

ATG's Command Fitness Leader, Chief Operations Specialist Fulton, noted some interesting lessons that ATG Sailors learned during the week.

"There are an exceptional number of base services available to help Sailors live healthy active lifestyles on NS Mayport," he said. "One of the things that we as individuals have the most control over in regards to our health is the food that we choose to eat."

Chief Hospital Corpsman DiPietro, ATG's Corpsman, also noted a few of the key takeaways.

"Personnel being able to view their Cholesterol levels while getting their blood pressure taken by the Corpsman and then seeing where they stand based on the Health

Risk Assessment in the Command and then providing the training immediately, I think all these tied together to provide an accurate health picture of where you sit," he said. "Exercising and eating right while maintaining a healthy lifestyle requires continual feedback and you have to take the time to take care of yourself -- it always pays off in the end."

When asked the biggest take away from the week, Fulton added, "We as Sailors tend to take better care of the things that we own and the equipment we work on than we do ourselves. Events such as this Health Fair fill a major gap in training in how we do just that - take better care of our Sailors, Families and ourselves in order to ensure we at ATG are ALWAYS ready."

From Page 1

SAR



-Photo courtesy of ATG Mayport

Mayport commands worked together to get a new Search-and-Rescue tower installed at the new Fitness Center pool. Pictured from left, AWS1 Chauncy Hamilton, AWS2 Nicholas Reynolds, Lt. Cmdr. Ryan Beshany, MWR's Richard Joe, ATG Mayport Commanding Officer, Cmdr. Adam Aycock, Kathleen Ngo, Milton Harris of Public Works, Jason Backlund, MWR's John Aimone.

Department of Defense Sequestration budget cuts, this MILCON was not funded. This left the brand new Mayport MWR pool, which opened to the public in September 2013, without a SAR training platform.

Afloat Training Group Mayport (ATGM) held an annual contract with the University of North Florida (UNF) Aquatic Center for more than 15 years for approximately \$5,000 per year. This contract allowed ATGM and other Navy Region Southeast (NRSE) commands to use two lap lanes, portions of the deep end, the 3-meter high dive platform, and storage space to conduct both aviation and surface SAR train-

ing and swim qualifications. Additionally, ATGM used the high dive to conduct 2nd Class Swim Qualifications for NS Mayport shipboard Sailors.

ATGM planned on continuing the UNF contract until the 9H1 SAR tower was installed; however, UNF announced that their pool was scheduled to undergo indefinite renovations during the spring of 2014 due to leakage. These renovations forced UNF to cancel their contract with ATGM effective December 2013. In an initial response to this, ATGM negotiated with NAS Jacksonville MWR and Rescue Swimmer School (RSS) to schedule pool usage on a not-to-interfere basis with their

existing programs.

Effective January 2014, ATGM was authorized to use the RSS pool at NAS Jacksonville bi-monthly to conduct all NRSE 2nd Swim Qualifications. While this pool time allocation was sufficient to satisfy the Fleet demand signals, it would have levied a significant tax in both time and resources to transport Sailors 45 minutes each way from NS Mayport to NAS Jacksonville. From 15 passenger van rentals and gas money, to lost man hours on the ship, this alternative would quickly accumulate high costs.

Meanwhile, while solidifying a sustainable training alternative to the UNF pool, ATGM raised awareness and

received funding approval from their Immediate Superior In Command (ISIC); Commander, Afloat Training Group Atlantic (ATGLANT), and their Type Commander (TYCOM); Commander, Naval Surface Forces Atlantic (CNSL). ATGM worked closely with ATGLANT and CNSL staff, Mayport MWR, and Naval Facilities Southeast (NAVFAC SE) to procure bids for a fiscally conservative alternative to the 9H1, which can both meet the training needs of ATGM and serve as an MWR facility asset. The winning contract was awarded to BCN

Contractors, Inc. together with Slide Innovations, Inc. and totaled \$65,268 for the 10-foot-tall, 8-foot-wide dive platform.

ATGM thanks all stakeholders who assisted in the acquisition and construction process and specifically wants to thank Donette Beckford from ATGLANT, Brian Price and Milton Harris from NAVFAC, Richard Joe the Aquatics Coordinator and John Aimone the Athletics & Fitness Director at Mayport MWR, Tony Rains owner of Slide Innovations, and BCN Contractors Kathleen Ngo and Jason Backlund.

"Building this plat-

form was truly a team effort," Ngo said. "MWR & NAVFAC were exemplary to work for."

The installation of the dive platform at the new Mayport MWR pool will allow ATGM to organically train surface SAR swimmers and conduct 2nd Class Swimmer qualifications right at the waterfront in the new, top-of-the-line natatorium. Mayport ships will see enhanced readiness in their SAR programs and a recoupment of manpower with the elimination of travel time to and from the training facilities. It is a classic "win-win" all around!



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Sailors to Receive Faster Payments For Moves

From NAVSUP Corporate Communications

Payments to service members for Personally Procured Moves (PPMs), formerly known as "Do-it-Yourself" or DITY moves, will be received sooner via Electronic Funds Transfer (EFT) to service members' checking or

savings accounts, officials announced Jan. 17.

"Right now, it takes about 7-10 days for a Sailor to receive a compensatory check for a PPM. EFTs process quickly, and can get money to a Sailor in less than half the time," said Naval Supply

Systems Command (NAVSUP) Commander Rear Adm. Jonathan Yuen.

"The current business process is costly and time consuming. It makes financial sense for the Navy and benefits our Sailors' wallets to move to EFTs," Yuen said.

"The Navy PPM checklist is being updated to include instructions along with a form that allows service members to safely and securely provide their electronic funds payment information as part of the PPM process," said NAVSUP Household

Goods Director Francis Piacine.

Payment by EFT is currently voluntary and will remain so until April 1 when it becomes mandatory for all Navy members performing a full or partial PPM.

The new capability was

developed by NAVSUP in partnership with the Defense Finance and Accounting Service.

For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

Upcoming Changes to Imminent Danger Pay

By Army Sgt. 1st Class Tyrone C. Marshall Jr.
American Forces Press Service

The Defense Department announced Jan. 3 changes in imminent danger pay that will go into effect June 1, DOD spokesman Army Col. Steven Warren told reporters here.

"This is a process that began [in 2011]," he said, and "included in-depth threat assessment from the combatant commands. It was made in coordination with the Joint Staff, combatant commands and military services."

Warren noted this policy change was not a budget-driven decision, but part of a routine recertification that "happens every couple of years - it's an ongoing process."

According to a DOD news release announcing the recertification, the combatant commands conducted in-depth threat assessments for countries within their areas of responsibility.

Following the review, the release stated, it was determined that the imminent threat of physi-

cal harm to U.S. military personnel due to civil insurrection, civil war, terrorism or wartime conditions is significantly reduced in many countries, resulting in the discontinuation of imminent danger pay in those areas.

Periodic recertification of IDP, according to the news release, ensures that imminent danger designations match the actual conditions of designated countries so that the department can provide fair entitlements and benefits. The last recertification was completed in 2007.

The DOD news release noted the following areas would no longer be designated as imminent danger areas for IDP purposes:

- The nine land areas of East Timor, Haiti, Liberia, Oman, Rwanda, Tajikistan, United Arab Emirates, Kyrgyzstan and Uzbekistan.

- The six land areas and airspace above Bahrain, Kuwait, Qatar, Saudi Arabia, Serbia and Montenegro.

- The four water areas of the Arabian Sea, Gulf of

Aden, Gulf of Oman, and the Red Sea.

- The water area and air space above the Persian Gulf.

"Of specific note," Warren said, "imminent danger pay will remain in effect for the following: Iraq, Afghanistan, Lebanon, Jordan, Pakistan, Syria, Yemen and Egypt."

Although 2013 statistics are not currently available, Warren noted the year prior, 194,189 personnel received imminent danger pay.

"Approximately 50,000 less will be receiving imminent danger pay," he said. "In [2012], we spent approximately \$500 million on imminent danger pay. This will result in a reduction of approximately \$100 million."

The benefit provides troops in imminent danger areas about \$7.50 per day up to the maximum monthly rate of \$225, Warren said.

Navy Seeks Nominations For 2013 Spirit of Hope

By MC1 Elliott Fabrizio
Chief of Naval Personnel Public Affairs

The deadline to submit nominations for the 2013 Spirit of Hope Award is March 14.

The Spirit of Hope Award is presented to individuals or organizations that embody the core values of Bob Hope: Duty, honor, courage, loyalty, commitment, integrity and selfless dedication.

This award is open to active duty and Reserve Sailors, veterans and civilian Navy employees or an organization.

Members of the civilian community or non-governmental organizations voluntarily supporting Sailors and embodying the Navy's core values are

also eligible.

Nominations should describe extraordinary achievements and contributions above and beyond normal duties during 2013.

Commands can send nomination packages to the Deputy Chief of Naval Operations (Manpower, Personnel, Training and Education, N1).

Since 2005, the Navy has nominated one outstanding individual or support organization to receive the distinguished Spirit of Hope Award, inspired by Hope who gave generously to military men and women for five decades.

The recipient for 2012 was Laura Baxter, the publisher and general

manager of Flagship Inc. and Military Newspapers of Virginia.

For six years, Baxter was instrumental in the production of five military community events and volunteered her time to support the quality of life of military members and their families.

For full nomination criteria, submission instructions and points of contact read NAVADMIN 010/14.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/ and follow @USNPeople on Twitter.

CPPD Shares Best Practices For Sailors Seeking Tuition Assistance Approval

By Susan D. Henson
Center for Personal and Professional Development Public Affairs

Best practices for approval of Tuition Assistance (TA) requests were posted on the Navy College Program website Jan. 16 to help Sailors maximize their use of the program, said the director of Navy Voluntary Education (VOLED).

Ernest D'Antonio, the Center for Personal and Professional Development's Navy VOLEP program director, said one big reason for TA disapproval is lack of timeliness. The Navy follows Department of Defense (DoD) Instruction 1322.25, which states service members must obtain approval for TA funding before the official start of a course. "Commands should ensure Sailors are aware of this policy and ensure TA applications are command approved and forwarded to the Virtual Education Center in a timely manner," he said. "We tell Sailors that 30 days prior to the course start date is not too soon to submit their TA request. That gives us the time we need to process and approve the application."

According to D'Antonio, certain requirements must be met before TA requests can be approved. These requirements include Sailors being counseled by the Navy College Office or the Virtual Education Center (VEC), completing their WebTA training, and having an education/degree plan on file with the requested courses on the plan. Sailors also must have no missing grades, an end of obligated service date after the course ends, and completed at least 12 months onboard their first permanent duty station.

"Sailors must submit their TA requests early enough to allow for processing time," D'Antonio said. "Otherwise, when the VEC receives a TA request and one of the requirements isn't met, we have no time to contact the Sailor to resolve the issue. The result is that the TA request is denied."

He advised Sailors to check their "My Education" account to ensure all grades are posted and their degree plan is current. A Sailor may submit the TA request and it's command approved prior to the course start date, but if the account doesn't reflect all the requirements being met, the TA application cannot be funded.

"We want Sailors to work closely with a Navy College or VEC counselor

to ensure their accounts are accurate and that their education/degree plans meet TA eligibility. Our counselors are here to help Sailors navigate through the process and attain their education goals," he said.

VEC acting supervisor Susan Sutter also stressed the importance of Sailors submitting their WebTA application well in advance. "The VEC processes command-approved WebTA applications on a first come, first served basis. While we spend a great deal of time on TA, the VEC also handles Joint Services Transcript updates, provides academic and TA counseling, and completes other tasks," she said. "We want to help all Sailors succeed, and just a little bit of advance planning on their part can make a big difference in whether their TA request is approved."

If Sailors experience any problems with WebTA processing, they should contact their servicing Navy College Office or the VEC as soon as possible, said D'Antonio. "Sailors who start a class without an approved TA voucher are at risk of footing the entire bill for that class. By being proactive, they set themselves up for success to finish their degree while minimizing their out-of-pocket expenses."

According to CPPD Commanding Officer Capt. John Newcomer, Navy leaders recognize the popularity of the TA program as well as the importance of voluntary education opportunities. "We are committed to finding ways to ensure as many Sailors as possible have the opportunity to earn their degree while on active duty," he said. "I've seen first-hand how much of a positive impact voluntary education can have on Sailors and their ability to perform with sharpened analytical skills and the ability to make informed decisions. An educated Sailor is a win-win for everyone."

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

Find CPPD on Facebook at <https://www.facebook.com/pages/Center-for-Personal-and-Professional-Development/100056459206> and on Twitter @CENPERSPROFDEV.

Accomplish

service members and their families.

Navy leadership has been working to address these issues. U.S. Fleet forces and Pacific Fleet have worked together to develop the Optimized Fleet Response Plan, or O-FRP. O-FRP is a full realignment of the Fleet's maintenance, training and deployment cycles to fit in a standard 36-month rotation.

O-FRP has been developed to enhance the stability and predictability for our Sailors and families by aligning carrier strike group assets to a new 36 month training and deployment cycle. Beginning in fiscal year '15, all required maintenance, training, evaluations and a single eight-month deployment will be efficiently scheduled

throughout the cycle to drive down costs and increase overall fleet readiness. Under this plan, we will streamline the inspection and evaluation process and ensure that we are able to maintain a surge capacity. O-FRP reduces time at sea and increases home port tempo from 49 percent to 68 percent for our Sailors over the 36 month period.

The plan includes aligning the chains of command for Naval Component Commanders (NCC), Carrier Strike Groups (CSG) and Warfare

Commanders, as well as combining work-ups and training inspections. CSGs and associated surface combatants will be aligned with a single Destroyer Squadron (DESRON) and will aggregate for training and certification. Major workups and evaluations, such as Joint Task Force Training (JTTF) and Composite Training Unit Exercise (COMPTUEX), will be combined to standardize train the entire CSG as a whole. Manning will also be aligned with the 36-month cycle to increase the number of Sailors who participate

in the workup cycle and complete deployment. The aim is to produce a more comprehensively manned and completely trained Naval force that is ready to deploy on a more predictable schedule.

Initially focused on Carrier Strike Groups, O-FRP will ultimately be designed for all U.S. Navy assets from the ARG/MEU to submarines and expeditionary forces. O-FRP will be integrated into the fleet beginning with the TRUMAN Carrier Strike Group in November 2014.

From Page 1

Fleet Plan

From Page 1

fiscal year 15, all required maintenance, training, evaluations and single eight-month deployment will be efficiently scheduled throughout the cycle in such a manner to drive down costs and increase overall fleet readiness.

"The band is put together at the beginning of the maintenance period," said Gortney. "It's underneath a single chain of command for that entire 3-year period. It's got a stable maintenance plan."

The plan puts a strong emphasis on training crews correctly.

"We're going to be training a lot of ships at the same time through that cycle," said Gortney. "A resource they need is trainers. We have to synchronize it so the trainers are there and everyone

gets their reps and sets with the proper oversight that happens to be there and they're assessed at the right time."

The O-FRP is set to roll out implementation in 2014 with the Harry S. Truman Carrier Strike Group after its current deployment. It will initially be focused on Carrier Strike Groups and eventually will roll out to all U.S. Navy assets from the ARG/MEU to submarines and expeditionary forces.

The Surface Navy Association was incorporated in 1985 to promote greater coordination and communication among those in the military, business and academic communities who share a common interest in Naval Surface Warfare and to support the activities of Surface Naval Forces.



Winners Announced In Ship's Lighting Contest



-Photos submitted
Lights shine bright on USS Vickburg, one of the ships that participated in the 2013 Mayport Holiday Ship Lighting Contest. This year's winners were USS New York, USS Hué City and USS Vicksburg. Plaques will be presented to the ships.



CNP

From Page 1



-Photo by Paige Gnann

Vice Adm. Bill Moran talks with USS Tornado Executive Officer, Lt.j.g. Will Hendricks about life on a patrol coastal ship.



-Photo by MC3 Angus Beckles

Vice Adm. Bill Moran is asked a question by Hospital Corpsman 1st Class Jessie Newton aboard amphibious transport dock ship USS New York (LPD 21).

to open and a surge in manning should happen around the summer time.

"It's going to take time," he said. "Manpower, just because we put in [the job], doesn't mean it's going to happen overnight. We'll start manning those adjustments with this [budget bill]."

During the All Hands, Moran talked with the crew about upcoming changes to sea pay and uniforms.

Moran said his goal is to entice Sailors into staying on sea duty and rewarding those who do.

"My goal is to get sea duty back as a prominent duty," he told the crew. "We're incentivizing and paying you to go back to sea. We're ratcheting up sea duty pay for every enlisted Sailor. We haven't adjusted sea pay in 10 years."

Moran also reassured the Sailors that rumors about BAH and pay cuts aren't true.

As for uniforms, Moran said recent changes to female covers and other parts of the male and female uniforms are designed to make them more "user friendly."

He said the E-6 and below service dress uniform is undergoing a redesign as well.

The new uniforms will be significantly less expensive and bring the female and male versions more in line.

During the All Hands, Moran also talked briefly about the Navy's new Optimized Fleet Response Plan (O-FRP) unveiled by Commander, U.S. Fleet Forces Command Adm. Bill Gortney at the 26th Annual Surface Navy Association National Symposium on Jan. 15. The new initiative aims to provide stability and predictability to deployment schedules over a 36-month cycle and to lock in eight-month deployment schedules for

Sailors.

Other topics of conversation during the All Hands included computer-based training (CBT) versus on-the-job training (OJT) for the fleet.

"We have actually started to pull way back from CBT and trying to couple it with OJT and put instructors in the class room."

He said they are also starting to add more bodies to shore commands like Afloat Training Group and Intermediate Maintenance Activity.

Other questions from the All Hands included selective reenlistment bonuses and tuition assistance programs.

While at NS Mayport, Moran also had the opportunity to visit with the three newest ships in the basin, Patrol Coastal ships, USS Tornado and USS Zephyr, and amphibious transport dock ship USS New York (LPD 21).

HMS Gladan Visits Mayport



-Photo by Paige Gnann

The Swedish tall ship HMS Gladan pulls into NS Mayport's basin on Jan. 17 for a short port visit. The ship is a training vessel for the Swedish Navy.



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NH Jacksonville To Undergo Inspections

By Yan Kennon
Naval Hospital Jacksonville
Senior Writer

Naval Hospital (NH) Jacksonville—its hospital and five branch health clinics—will undergo a Bureau of Medicine and Surgery Medical Inspector General (MEDIG) inspection Jan. 24-30 and The Joint Commission (TJC) inspection Jan. 27-30 to assess its quality of health care and efficiency of administrative procedures.

The scheduled inspections, which are consistently passed every three

years by the hospital and branch health clinics, were last completed in 2011.

TJC conducts periodic surveys of hospitals nationwide to evaluate the organization's compliance with nationally established Joint Commission standards. The standards deal with organization quality, safety of care issues and the safety of the environment in which care is provided.

The MEDIG inspection is designed to assess the efficiency, effectiveness, readiness and capabilities of the hospital and

branch health clinics in accordance with Bureau of Medicine and Surgery guidelines.

Surveys will be used to evaluate NH Jacksonville during these inspections. Valuable feedback, through a brief web-based beneficiary survey, will allow NH Jacksonville to better serve customer and patient needs, and identify potential concerns.

Available through Friday, Jan. 24, the survey can be accessed at <https://apps.max.gov/survey/index.php?sid=69926&lang=en>, and only takes a few min-

utes. No personal identifiers are included in this survey and all responses will remain anonymous. Patient input is valuable.

This survey is open to any NH Jacksonville patients whether care is received at the hospital or a branch health clinic.

If individuals have concerns about patient care and/or safety at NH Jacksonville, contact Patient Relations (nhjcustomerservice@med.navy.mil).

Hospital: (904) 542-9175/9413

BHC Albany: (229) 639-7886/7834/7874

BHC Jacksonville: (904) 546-7096

BHC Key West: (305) 293-3924

BHC Kings Bay: (912) 573-4458

BHC Mayport: (904) 270-4446/4303

For more information on TJC, call (630) 792-5000. To speak with a member of the MEDIG team, call (301) 319-3803, or e-mail at InspectionTeam.MEDIG@med.navy.mil.

Concerns may be submitted anonymously, however providing names and contact information makes it possible for TJC

staff to follow-up if more information is needed, and to inform individuals of actions being taken in response to any concerns.

NH Jacksonville's priority since its founding in 1941 is to heal the nation's heroes and their families. The command is comprised of the Navy's third largest hospital and five branch health clinics across Florida and Georgia. To find out more, visit the command website at www.med.navy.mil/sites/NavalHospitalJax.

FFSC Schedule Set

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 Avenue.

Jan. 23, 10-11 a.m., **Healthy You, Healthy Family**, FFSC Bldg. 1, Room 607

Jan. 27, 6-7 p.m., **IA Family Connection Group**, USO

Jan. 27, 1-2:30 p.m., **Conflict Resolution for Women**, FFSC Bldg. 1, Room 702

Jan. 27-31, 7:30 a.m.-4 p.m., **Command Financial Specialist Training**, TBD

Jan. 28, 10 a.m.-noon, **Active Parenting**, FFSC Bldg. 1, Room 702

Jan. 29, 9 a.m.-noon, **Part 1: Organizing Your Job Search & Networking**, FFSC Bldg. 1, Room 607

Jan. 29, 1:30-3 p.m., **Part 2: Targeting Your Resume**, FFSC Bldg. 1, Room 607

Jan. 29, 3-4:30 p.m., **Managing Anger Group**, FFSC Bldg. 1, 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 many uses, but all too often, it is at a high cost, anger can effect ones relationship, career and friendship. If you would like 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. 29, 9-11:30 a.m., **Transition Assistance Capstone Event (All Pay Grades)**, FFSC Bldg. 1, Room 1616

Jan. 30, 10-11 a.m., **Healthy You, Healthy Family**, FFSC Bldg. 1, Room 607

No Dough Dinner

Mayport USO will host a No Dough Dinner from 5-7 p.m. on Jan. 27. On the menu is tacos.

FRA #91 Daddy Daughter Dance

Join FRA #91 at the Daddy Daughter dance on Feb. 15 from 6-8 p.m. Enjoy dinner, dancing, and daddy/daughter time. Tickets are \$10 for each daddy/daughter pair and \$5 for each additional daughter. Proceeds benefit the Greater Jacksonville USO. Please contact FRA #91 for more information or to purchase tickets at 904-264-2833.

Harlem Globetrotters

Enjoy a military discount on tickets to see the Harlem Globetrotters on Friday, Feb. 28 at 7:00PM at the Jacksonville Veterans Memorial Arena.

Calling All Chili Cooks

Join us for the 3rd annual Jax USO Chili



Cook Off on March 15 from noon-5 p.m. at the Fleet Reserve Association on Collins Road. Visit jaxusochilicookoff.com for more information on rules and sign ups.

Military Spouse COMPASS Program

COMPASS is a spouse-to-spouse mentoring program that introduces participants to all aspects of the military lifestyle. COMPASS offers military spouses the opportunity to establish a peer network, acquire knowledge and develop skills necessary to successfully meet future challenges of military life. Please come join us! We'll be sure to make you smile, help you meet other spouses, provide you with YUMMY

Dinners, and even reimburse you for babysitting fees** (please inquire with a Compass Mentor for more info). Registration IS REQUIRED! Please visit www.gocompass.org to find a Session near you.

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.

For more information call 246-3481 or stop by at 2560 Mayport Road.

From Page 2

Football

in for three jars of salsa. Anna, you're in charge of peanuts. Hayden, you're almost a man now, so I'm trusting you to find those little smoked sausages for pigs in a blanket. Can you do it?!" "Yes, ma'am!" "Now, GO, GO, GO!"

With your cart filled to the brim with every snack food known to modern man, head to the check out lanes, but do not waste precious time standing in line. Simply feign some kind of car-

diac episode - a la Fred Sanford's "It's the big one, Elizabeth!" - and fellow shoppers will surely let you cut in line so you can get to the glycerin pills you "left in the car." It might sound far fetched, but when they see all the pork products and processed cheeses in your cart, they'll be convinced that your arteries are harder than a coffin nail and guide you straight to the head of the line.

Finally at home with

your snack foods stockpiled and beverages chilling, you can finally breathe easy, knowing that you can eat your face off come Sunday, Feb. 4.

Disaster averted.

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

Coleman

after 32 years of service.

In civilian life, Coleman was an active member of the Jacksonville community. He served as chairman of the Jacksonville Electric Authority and board member of the Jacksonville Chamber of Commerce, the Navy League of Jacksonville and Commodore's League of Jacksonville. Additionally, he was a founder and former president of the Fleet Landing Retirement Community

and a national trustee of the Association of Naval Aviation.

"Admiral Coleman was an exemplary Sailor and someone you always wanted to spend time with," said Bill Dudley, national vice president of the Navy League of the United States. "He inspired all Sailors and carried on the tradition of the Navy and brought it to the Navy League, as well. He really epitomized what anyone wearing

the uniform would want to emulate and he was a friend to everybody. All of his shipmates will greatly miss him."

Coleman maintained a close relationship with the Navy during retirement. In addition to his association with the Navy League, he also routinely attended change of command ceremonies, retirement ceremonies, air shows and other official events throughout the tri-base region.



-U.S. Coast Guard photo

During a Caribbean patrol, crew members aboard the Coast Guard Cutter Valiant came to the aid of the crew aboard a 60-foot ferry Dec. 23, 2013. The Valiant towed the ferry about 150 miles to Montego Bay, Jamaica, where a Jamaican Defense Force patrol vessel took over.

Cutter Valiant Crew Returns From Patrol

From Coast Guard 7th District
Public Affairs Detachment
Jacksonville

The crew of the Coast Guard Cutter Valiant returned home to Naval Station Mayport, Fla., Jan. 16 after completing a four-week deployment to the Caribbean in support of Joint Interagency Task Force South.

The crew of the 210-foot cutter conducted counter-narcotics patrols in support of Operation Martillo, a counter-narcotic trafficking effort focused on preventing the movement of narcotics from South and Central

America to the United States.

Crewmembers worked with crews aboard surface and air assets from the Department of Homeland Security, the Department of Defense, and partner nations throughout the patrol. Law enforcement teams from the Valiant boarded four vessels, disrupting the transport of approximately 160 kilograms of cocaine, with a wholesale value of more than \$5.3 million.

During the patrol, crewmembers aboard the Valiant also came to the aid of a crew aboard a

60-foot recreational passenger ferry. The Valiant towed the ferry about 150 miles to Montego Bay, Jamaica. There, the Valiant crewmembers transferred the tow to a Jamaican Defense Force patrol vessel, which successfully completed the tow. Seaman Nathan Dodd, one of the Coast Guardsmen involved in the tow operation, was named sailor of the quarter aboard the Valiant for his exceptional initiative and drive in multiple leadership positions, including tow captain.

Out in Town

Saturday, Jan. 25

Join a Park Ranger at 2 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.

Saturday, Feb. 1

The Florida Department of Environmental Protection's Fort Clinch State Park, 2601 Atlantic Ave., Fernandina Beach, will host a Union Garrison event on Saturday, February 1 from 9 a.m.-5 p.m. and Sunday, Feb. 2 from 9 a.m.-noon. This

COMMUNITY CALENDAR

program will allow visitors to interact with living historians to experience life in the fort as it was in 1864. The grounds will be bustling with soldiers in period costumes involved in firing demonstrations, marching drills, cooking and daily activities. Ladies in their dresses, suiters displaying their wares, fife players and drummer boys bring every part of the civil war era to life. Fees include the \$6 per vehicle Park entrance fee plus \$2 per person Fort admission. For additional information, contact the park at (904)

277-7274 or visit www.FloridaStateParks.org.

Tuesday, Feb. 4

Beaches Photography Club will meet at the Beaches Library, 600 3rd St., Neptune Beach, 6-8 p.m. The program will be presented by Linda Olsen, professional photographer and fine artist on "The Art and Business of Photography". Linda will discuss some tips to take a hobby of photography into a business and showing the evolution of her fine art photography. For more information go to www.beachesphotographyclub.org

From Page 3

formation aerial salute. Williamson then presented the ensign from the casket to Coleman's wife, Margaret.

"All of our warmest condolences go out to Margaret and the rest of the Coleman family," Williamson said. "Joseph touched so many people and there are many of us here today with heavy hearts, but I'm sure none so much as his family. I personally appreciate the sacrifices they have made

through the years and want them to know that there are a lot of people, not just here in the region, but throughout the Navy, that feel the same."

Coleman was laid to rest at Jacksonville National Cemetery Jan. 20. He is survived by Margaret, his children Carol Lee Jackson, Sherrie Lynn Millichap and Joseph Lustrat Coleman Jr., as well as seven grandchildren and 12 great grandchildren.

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 Hot Tubs/Spas
 Jewelry/Watches
 Kid's Stuff
 Machinery & Tools
 Medical
 Miscellaneous Merchandise
 Musical Merchandise
 Photography
 Portable Buildings
 Public Sales
 Sporting Goods
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 Trailers
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 Commercial Embroidery Machines for sale. Two Happy machines. Exc. cond. Orig. sold for \$40K. Asking \$14K. Will not sell individually. Comes with frames for hats, shirts, etc. and supplies. 904-762-5995
 CEMETERY double granite memorial base w/urn vase & 2 cremation urn vaults. 904-238-3006

Sporting Goods
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 1301 Moseley Ave. Palatka
 Info: Cliffhangers
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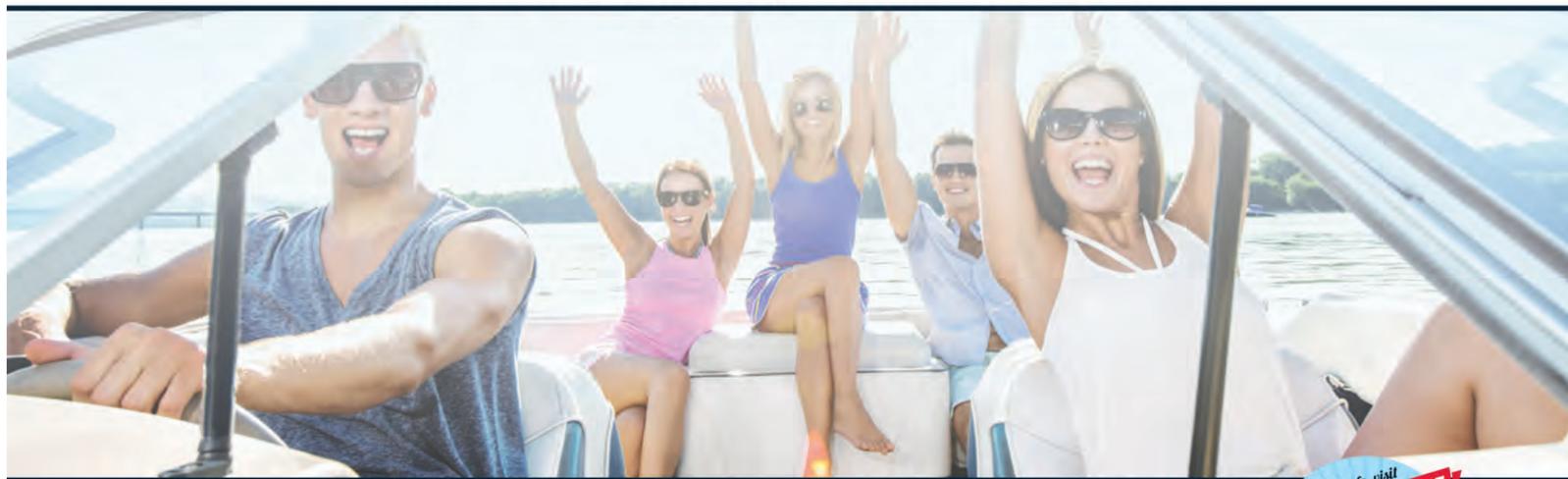
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