



## Dempsey Seeks Feedback On Budget

By Jim Garamone  
*American Forces Press Service*

Army Gen. Martin E. Dempsey wants feedback from service members on the fiscal year 2015 defense budget request that he and Defense Secretary Chuck Hagel outlined to reporters at the Pentagon on Feb. 24.

In an interview in his Pentagon office posted on Facebook, the chairman of the Joint Chiefs of Staff asked service members

to contact him about their feelings on the budget in general and the pay, compensation and health care portion of the proposal, in particular.

Dempsey said the budget proposal is one step in the ongoing effort "to bring some stability and certainty to our budget." The fiscal 2014 budget now in effect and the fiscal 2015 request do give the Defense Department some certainty,

as the Bipartisan Budget Act passed last year gave some relief from sequestration.

But beyond fiscal 2015, sequestration still looms. "Because of that -- it is the law -- we've had to do some planning on force structure, readiness [and] modernization, as well as changes to pay, compensation and health care," the general said.

The chairman set aside

any discussion on military retirement for the time being. "Any changes to retirement will be proposed by a commission that will render its review sometime in the next six to nine months," he said. "Even then, it's been the position of the Joint Chiefs of Staff that any changes to retirement will be 'grandfathered.'" That term means any changes would affect only those people who join

the military on or after the effective date.

Balance is the key word for the process that led to the budget request, Dempsey said. "What we are really trying to do here is find the right balance for our manpower costs in the context of the other things we've got to do," he explained. "We've got to buy new equipment, we've got to reset from 10 years of war, we've got to train,

we've got to send men and women to school, we've got to provide health care, we've got to pay for the infrastructure we have."

The budget request includes proposals to make adjustments. The request asks Congress to authorize a base realignment and closure process in fiscal 2017 so DOD can shed excess and costly infrastructure.

See Budget, Page 16

## Mayport Clinic Gets Gold Seal For Care

By Yan Kennon  
*Naval Hospital Jacksonville Senior Writer*

On the heels of its recent Joint Commission re-accreditation and Bureau of Medicine and Surgery Medical Inspector General (MEDIG) inspection, Naval Branch Health Clinic (NBHC) Mayport was awarded the National Committee for Quality Assurance (NCQA) Level III recognition for its Patient-Centered Medical Home (PCMH) Feb. 14.

NCQA Level III, the nation's highest level of recognition for patient-centric care, was awarded to all primary care clinics (Family Medicine, Internal Medicine and Pediatrics) of Naval Hospital (NH) Jacksonville—its hospital and all five of its branch health clinics across Florida and Georgia.

The Navy's approach to the Patient-Centered Medical Home is Medical

Home Port, which places patients in the center of a collaborative team of caregivers—from doctors to nurses and case managers—led by the primary care manager.

Founded in 1990, NCQA is a private not-for-profit organization that works to improve health care quality.

Earning The Joint Commission Gold Seal of Approval® during its re-accreditation process in January, NBHC Mayport was recognized for its continuing compliance with The Joint Commission's state-of-the-art, national standards of care.

See Clinic, Page 13



## 'Citizen Sailor' Takes Command Of HSL-60



-Photo by Paige Gnann  
**Cmdr. Oscar Toledo, left, salutes Cmdr. William Maske as he assumes command of Helicopter Anti-Submarine Squadron Light 60 as CHSMWL Commodore, Capt. Clayton Conley watches the exchange during a change of command ceremony on Feb. 21 at the squadron hangar.**

By Daniel Meshel  
*Navy Region Southeast Reserve Component Command (NRSE RCC)*

Cmdr. Oscar Toledo assumed command from Cmdr. William Maske of Helicopter Anti-Submarine Squadron Light 60 (HSL-60) during a change of command ceremony Feb. 21.

Family, friends and "Jaguars" of HSL-60 attended the ceremony aboard Naval Station Mayport, where Chief of Navy Reserve Vice Adm. Robin Braun served as guest speaker for the event.

"Since Cmdr. Maske took over HSL-60, his focus has been on the three 'P's,'" said Braun. "Those three 'P's' are people, purpose and professionalism. I love it, and this focus has proven essential to the Jaguar's success. By concentrating on people and fostering a positive command climate in which all can succeed, HSL-60 has truly soared."

Maske, a native of Washington, D.C., attended the United States Naval Academy and graduated in 1995 before reporting to Pensacola,

Fla., for flight training. He was designated a Naval Aviator in October 1997 and has served within numerous squadrons and shore installations during his more than 20-year Naval career. Maske reported to HSL-60 as commanding officer in January 2013, where he successfully led more than 200 Sailors through multiple high-visibility missions.

"You've done a tremendous job as a commanding officer," said Braun, highlighting his many achievements

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# St Valentine's Day Celebrates Love



**Chaplain Steven Souders**  
CNSL Ministry Center

Each February we have a day in our society when we celebrate LOVE. It is called Valentine's Day. Have you ever wondered how Valentine's Day got started? Who started this day of Love and why? Beginnings are always interesting because you usually discover something

## CHAPLAIN'S CORNER

you didn't expect to find. So I began surfing the internet to see what I could find about Valentine's Day. Huffington Post's and Wikipedia's articles on Valentine's Day probably capture the essence of the beginnings of this most romantic of days. As the legend is recounted, there was a priest named Valentine or Valentinus during the third century A.D. under Emperor Claudius II. The Emperor decided that unmarried soldiers fought better than married ones, so he made the unpopular decision to ban marriages among

young people. In response, Valentine began secretly officiating marriages. His newly expanded ministry to these young couples who desperately wanted to be married, however, was eventually discovered and he was imprisoned. One interesting aspect of this story says that supposedly Valentine wore a ring with the image of Cupid on it, a symbol legal in the Roman Empire at the time, so soldiers could recognize him and secretly ask to be married. The story continues that Valentine was persecuted as a Christian while in prison

and questioned personally by Roman Emperor Claudius. Claudius attempted to convert him to paganism, but failed. Not to be outdone, Valentine tried to convert Claudius to Christianity, but he also failed. Before his execution, the story says that he performed a miracle by healing the blind daughter of his jailer Asterius. As a result of this healing, the jailer's daughter Julia, and 44 members of his household converted to Christianity and were baptized. The Wikipedia article adds to the unfolding story, "...according to Henry Ansgar Kelly...that on the evening before Valentine was to be executed, he would have written the first

'valentine' card himself, addressed to the daughter of his jailer Asterius, who was no longer blind, signing as 'Your Valentine.' The expression 'From Your Valentine' was later adopted by modern Valentine letters. This legend has been published by both American Greetings and The History Channel." At the end of the fifth century, Pope Galasius I declared Feb. 14 to be Saint Valentine's Day. Valentine's Day has been celebrated for 1500 years! Both Chaucer and Shakespeare link Valentine's Day and romance in their works. In the United States, Esther Howland of Worcester, Massachusetts, designed the first mass-

produced valentines made from embossed paper in 1847. As we all know, it has grown from there to include not only Valentine cards, but roses, chocolates and now even jewelry. Since 2001, the Greeting Card Association has presented the "Esther Howland Award" for a Greeting Card Visionary. The Greeting Card Association estimates that 190 million Valentines are sent each year. If you include valentine-exchanged cards in school, the number jumps to over 1 billion with teachers receiving the most valentines. Only LOVE....

# Mayport Elementary Presents Bullying Prevention Resources to Parents



**Judy Cromartie**  
School Liaison Officer

Mayport Elementary hosted their Mid-Year Stakeholders' meeting on Tuesday, February 11<sup>th</sup> in the school's media center. Parents, community representatives, faculty, and administration were present. After a report by Principal Yvonne DiMattia on the school's academic progress, Melissa Hammond, school counselor, and Susan Schanen, Military Family Life Counselor presented the program "Bullies Are a

## KNOWING THE ROPES

Pain in the Brain." This PowerPoint was followed by a group discussion of ways to manage bullying and to resolve conflicts. Discussion points included the following:  
**What to do when older sibling bullies you.**  
•Use self-defense (student).  
•Confront the bully.  
•Learn conflict resolution strategies practice at home/at school.  
•Take steps to resolve conflict.  
•Use "I need" statements instead of "You..." statements.  
Summary: Learn the skill of positive, productive communication.  
**What to do if there is a threat of more hurt if the bullied person tells.**

•Tell an adult in front of the bully; make it transparent.  
This program was a response to concerns about bullying - at school and in the neighborhood. You also read about it in the national media and see it reported on television. You probably remember some bullying that took place at some time during your school days. You may even have experienced some level of bullying or maybe a friend did. As an adult you may have experienced or witnessed bullying in the workplace.  
Bullying is an all-too-common human activity that has existed since the beginning of recorded history and is present in most cultures. It is enacted by both males and females.

Research suggests that somewhere between 30 percent and 60 percent of American schoolchildren report being bullied. Bullying is about power. One psychologist is quoted as saying, "It's all about big on little, many on few, smart on less smart, older on younger." At some point you may have been the smaller one, the younger one, or the individual in the office with the least experience on the job. Whether it happened to you during school or on the job, you had your interests and feelings unfairly damaged by someone more powerful than you. And this power can take different forms. In terms of school, Florida law defines bullying as "systematically and chronically inflicting physical hurt or psychological distress on one or more students and may involve teasing, social exclusion, threat, intimidation, stalk-

ing, physical violence, theft, sexual, religious, or racial harassment, public humiliation, or destruction of property." To be officially identified as bullying, the mistreatment must  
•be intentional,  
•be hurtful (physical or psychological),  
•occur more than once, and  
•be a power imbalance. Indirect bullying behaviors include the following:  
•destroying and manipulating relationships,  
•destroying status within a peer group,  
•destroying reputations  
•humiliating and embarrassing,  
•intimidating,  
•gossiping, spreading nasty and malicious rumors and lies about someone, and/or  
•creating hurtful graffiti. Harassment is "any threatening, insulting, or dehumanizing gesture; use

of data or computer software; or written, verbal or physical conduct directed against a student that places the student in reasonable fear of harm to his person or damage to his property; has the effect of substantially interfering with a student's educational performance, opportunities, or benefits; or has the effect of substantially disrupting the orderly operation of a school." All parents of school-age children should know the law. Florida Statute 1006.147, "The Jeffrey Johnston Stand Up for All Students Act," prohibits bullying and harassment of any student or employee of a Florida public K - 12 educational institution. This law requires that each school district in Florida adopt a policy prohibiting bullying and harassment of any student or employee of a public K - 12 school.  
**See Bully, Page 3**

# Skiing on Hot Air Still Makes For Good Stories



**Lisa Smith Molinari**  
Military Spouse Columnist

"Do I ski? Well, of course," I've dismissed such questions with a pre-tentious chuckle. "I grew up skiing," I'd say, hoping my haughty response conjured up images of me slaloming between moguls, skidding to snow-spraying stops, and mingling in Nordic sweaters around cozy lodge fireplaces. They don't need to know that my first skiing

## The Meat&Potatoes OF LIFE

experiences were behind the YMCA in my rural Pennsylvania hometown. Two dollars provided my brother and I with mercilessly gouged rental equipment and unlimited rides on the slope's only lift -- a rudimentary rope tow with a sputtering motor that sounded as if it had been pirated from a lawn mower. My 100 percent acrylic mittens not only failed to keep out the cold, but they made it nearly impossible to grip the ice-glazed rope tow. When I managed to clamp down hard enough, my body lurched forward unexpectedly, sometimes loosening my precarious grip and causing annoyed

kids to stack up behind me like dominoes. Eventually, our parents took my brother and I to the various local ski resorts: Hidden Valley, Seven Springs, Blue Knob, Laurel Valley. Having never heard of brand names such as Rossignol and K2, our family of four rented

equipment and wore whatever we had in our closets, much of which was fluorescent orange or emblazoned with Pittsburgh Steelers insignia. If we made it out of the slushy, clattering equipment rental rigmarole intact, we still had to get our skis on without making complete fools out of ourselves. Despite witnessing the experienced skiers pop their boots into bindings with minimal effort, I always seemed to find

myself doing the splits right there in front of all the cool people. It wasn't pretty, but I persevered, getting up and falling down over and over again - putting on skis, getting on and off lifts, snow plowing, and sometimes, just standing there doing nothing. Besides knocking strangers over and forcing lift operators to stop the motors to clear my sprawled body off the exits and entrances, all that falling served to desensitize

me to embarrassment over time. One Christmas, my father outfitted our entire family in new ski paraphernalia. At first I couldn't wait to finally be "legit," but with the proper equipment and apparel came something I hadn't anticipated: expectations. In my brother's old parka, no one batted an eye when I plowed into someone in the T-bar line. However, in my white  
**See Skiing, Page 16**

# Ash Wednesday At Base Chapel

From Staff

Naval Station Mayport Chapel has announced its Protestant and Catholic Lenten Schedule. On Ash Wednesday, March 5, there will be a service at 11 a.m. in the small Chapel and a 6 p.m. service in the main Chapel for Protestant worshippers. Catholic Mass will be held at 11:30 a.m. and 7:30 p.m. in the main Chapel on March 5. Stations of the Cross will be held on Fridays of Lent at 6:30 p.m. in the small chapel. There will be a potluck supper following in the Fellowship Hall. For more information about the Chapel schedules and services, call 270-5212.



**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  
3<sup>rd</sup> Sunday of month 10:30 a.m.  
Catholic Youth Group  
2nd & 4th Sunday 11:30 a.m.-1 p.m.  
**Protestant Worship**  
Sunday 10:30 a.m.  
Sunday school 9:15 a.m.  
Choir: Wednesday 7 p.m.  
Baptism: For information,  
contact your chaplain  
Women's Bible Study  
Wednesday 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.



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CMDRCM Robert L. White..... Command Master Chief

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# DoD 'CAPS' Off Work Barriers With Program

From DoD

Recognizing the potential of its workforce, the Department of Defense (DoD) established the Computer/Electronic Accommodations Program (CAP) to eliminate employment barriers for people with disabilities.

CAP's mission, since its inception in 1990, is to provide assistive technology and accommodations to ensure people with disabilities and wounded Services members have equal access to the information environment and opportunities in the DoD and throughout the Federal Government.

Today, CAP has expanded beyond the DoD to partner with 68 federal agencies making it the largest provider of reasonable accommodations in the world.

The program's vision is to increase employment of people with disabilities and disabled veterans by ensuring they have access to accommodations throughout the DoD and Federal Government.

Through CAP's Wounded Service Member (WSM) Initiative, CAP provides needs assessments, assistive technology and training to support wounded, ill and injured Service members throughout all phases of recovery and transition to employment, directly impacting their rehabilitation process. By implementing DoD Instruction 6025.22,

AT for Wounded Service Members, CAP partners with Military Treatment Facilities (MTFs) to integrate AT into the recovery and seamless transition process.

CAP does this by paying for and providing a wide variety of assistive technology for people with hearing, visual, dexterity, cognitive, and communication disabilities.

While CAP mainly focuses on purchasing assistive technology for employees with disabilities, it also supports federal employees throughout the employment lifecycle, including; coming to work, staying at work, and returning to work to help ensure the Federal Government is the model employer of people with disabilities and wounded Service members.

Frequently requested accommodation solutions include videophones, personal amplification devices, screen magnification software, screen readers, cueing/memory aids, literacy software, alternative keyboards, pointing devices, and speech recognition software.

The process for WSM and federal employees' customers to identify and request accommodations through CAP is simple. Customers that already know what accommodations they need can request them through our online request form available at [www.cap.mil/](http://www.cap.mil/)

wsm (Wounded Service Members) [www.cap.mil](http://www.cap.mil/) (Federal Employees). For customers that need solutions identified there are a number of options. The WSM team also visits a number of military installations throughout the year and conducts on-site needs assessments.

CAPTEC, located at the Pentagon room 2D1049, will conduct in-person, phone, and video teleconference needs assessments. For customers not located in the Washington, DC metro area that need an on-site assessment, one can be requested through the online request form at [www.cap.mil/wsm](http://www.cap.mil/wsm) (Wounded Service Members) [www.cap.mil/](http://www.cap.mil/)

mil (Federal Employees). Once solutions have been identified, all requests can be made through the same online request form.

The CAP office is available to answer any disability or accommodation related questions.

The CAP staff works with individuals to ensure the federal community complies with federal laws and assists in creating a more accessible information environment. CAP is committed to giving Service members the tools to prepare them for employment opportunities in the public or private sectors by allowing them to maximize their abilities.

CAP offers a number of online tools to help our cus-

tomers, including:

- Online Training: A series of online training modules to help federal employers understand how simple and beneficial hiring employees with disabilities can be.

- Assistive Technology Videos: A series of short videos to demonstrate available assistive technology.

- CAP Mobile App: Stay up to date on new assistive technology, disability events and more on the go.

- Social Media: Stay connected with CAP on Facebook, Twitter and YouTube!

For further information and to use our online tools, please visit [www.cap.mil](http://www.cap.mil), contact CAP at 703-614-

8416 (Voice) or via email at [cap.wsm@mail.mil](mailto:cap.wsm@mail.mil) (wounded Service member) [cap@mail.mil](mailto:cap@mail.mil) (Federal Employees).



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## Bully

The Duval County School Board has adopted an anti-bullying policy to address bullying in the district. If your child tells you he has been bullied, the incident should be reported to the school principal or another trusted adult. This report can be done anonymously. Call the Bullying Hotline at (904) 390-HELP. An investigation will be conducted at the school level by the principal or his/her designee. Consequences will be in accordance with the Student Code of Conduct. If necessary, individuals involved will be referred for appropriate services.

Now that you know the law, consider the following tips to deter and diminish bullying at your child's school:

- Communicate to the school's designated administrator your concerns about bullying, such as issues with supervision and monitoring of students.

- Help your children build a social safety network, and encourage them to travel via the buddy system.

- Visit Florida's statewide anti-bullying campaign website at [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov) to find ideas to prevent bullying to share with your children.

What about your children? Are they being bullied? Possible warning signs include the following:

- has torn, damaged, or missing belongings,
- has unexplained cuts or bruises,
- frequently makes up excuses to avoid attending school,
- begins to do poorly in school,
- complains of headaches, stomachaches, loss of appetite, trouble sleeping, or bad dreams, and/or
- suffers from low self-esteem.

If you recognize these symptoms in your child, trying talking to him about what is happening at school. If your child will not share the problem with you, call your child's school counselor and ask if he/she will talk to your

child about your concerns. Sometimes children will open up to a trusted adult before they will share with a parent. It is vital that you work with the teacher or school officials to find a solution.

For more information:

The "Jeffrey Johnston Stand Up for All Students Act" is a memorial to Jeffrey Johnston, son of Debbie and Robert Johnston. Jeffrey's story can now be found, with other "bullycide" stories, in the book, "Bullycide in America: Moms speak out about the bullying/suicide connection". The book can be ordered at [www.bullycide.org](http://www.bullycide.org).

Stop Cyberbullying  
[www.stopcyberbullying.org](http://www.stopcyberbullying.org)

Available in schools:  
 Pay It Forward (HS Character Education Library)

2000 Pocket  
 Catherine Ryan Hyde  
 Sarah and the Naked Truth (MS Character Education Library)

2002 Yearling  
 Patricia MacLachlan  
 Stand Tall Molly Lou Mellon (ES Character Education Library)

2001 G.P. Putnam and Sons  
 Patty Lovell

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

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-Photo by MC3 Lorenzo Burleson

Sailors assigned to the guided-missile cruiser USS Gettysburg (CG 64) prepare to provide humanitarian assistance to a stranded fishing vessel. Gettysburg is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

# Gettysburg Assists Mariners in Distress

By Lt. Ryan de Vera

Harry S. Truman Carrier Strike Group  
Public Affairs

The guided-missile cruiser USS Gettysburg (CG 64) provided humanitarian assistance to three Iranian mariners on an adrift dhow in the Gulf of Oman, Feb. 16.

Gettysburg stopped to render assistance at approximately 7:30 a.m. after being signaled by the mariners aboard the vessel, approximately 45 miles north of Muscat, Oman. According to the mariners, they had run out of food and drinking water, and had an inoperable engine.

Gettysburg Sailors initially provided food and water for the mariners using a rigid-hull inflatable boat.

“Our ability to help our fellow mariners is absolutely vital,” said Ensign James Barksdale, boat officer. “In this case, we were able to provide food and water to allow these mariners to return home safely. For that crew to know that they can trust us and that we are here to help means that we did our job today.”

At approximately 5:30 p.m., the mariners were transferred to Gettysburg and seen by medical professionals to ensure their health and safety. The mariners were assessed as being dehydrated and given food and water. They were also provided facilities to shower and were given fresh clothing.

Capt. Brad Cooper, USS Gettysburg commanding officer, led the on-scene assistance efforts.

“Today is another great exam-



-Photo by MC3 Lorenzo Burleson

A Sailor assigned to the guided-missile cruiser USS Gettysburg (CG 64), foreground, provides humanitarian assistance to a stranded fishing vessel. Gettysburg is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

ple of what U.S. Navy forward presence does to add to the stability of the region,” said Cooper. “We are so pleased to have been in a position to help our fellow mariners who would otherwise have been in a potentially life-threatening situation.”

The mariners will remain on Gettysburg overnight while arrangements for their safe return ashore are being made.

Rear Adm. Kevin Sweeney, commander, Harry S. Truman Carrier Strike Group, commended Gettysburg for their efforts.

“This is another example of why U.S. naval presence in this region is so vitally important,” said Sweeney. “Through humanitarian acts like this one executed so professionally by the crew of the Gettysburg, we continue to build trust and confidence

throughout the Gulf region.”

Gettysburg is currently deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation in the U. S. 5th Fleet area of responsibility.



-Photo by CS3 Kyle Bartlett

Sailors assigned to the guided-missile cruiser USS Gettysburg (CG 64) provide humanitarian assistance to stranded mariners.



-Photo courtesy of USS Gettysburg

USS Gettysburg is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

## USS Halyburton Busy At Sea



Sailors study for their Enlisted Surface Warfare (ESWS) pins aboard USS Halyburton.



Lt j.g. Jeff Bland (right) creates a navy cash account for Seaman Apprentice Brandon Guitierrez (left) aboard USS Halyburton.



Machinist's Mate 2nd class Tim Golden repairs the trash pulper aboard the guided-missile frigate USS Halyburton. Halyburton is currently deployed to the 4th fleet area of responsibility.

-Photos by MCSN Kameran Guy Hodnett



Pilots prepare for flight operations in flight control aboard the guided-missile frigate USS Halyburton. Halyburton is currently deployed to the 4th fleet area of responsibility.

## MWD Handler Apprenticeship Now Available

By Darryl Orrell  
Center for Security Forces Public Affairs

The Center for Security Forces (CENSECFOR) announced the release of its 10th and newest apprenticeship trade that is specific to military working dog handlers.

Military working dogs and their handlers are a highly trained, highly skilled formidable duo. These teams are deployed throughout the world to perform duties of law enforcement and support a wide range of security operations.

The United States Military Apprenticeship Program (USMAP) works closely with the Department of Labor to provide nationally recognized apprenticeships that result in journeyman-level Certifications of Completion for service members.

Enrollment for the Working Dog Handler apprenticeship is open to both Sailors and Marines. Enrollees must be assigned to a formal unit/activity where they perform appropriate duties with a military working dog.

Sailors must serve in the

Master-at-Arms (MA) rate and have completed MA "A" School. They must also hold the Navy Enlisted Classification (NEC) for working dog handler (NEC 2005) or kennel master (NEC 2006). Marines must be in the military occupational specialty for working dog handlers (MOS 5812).

The apprenticeship requires a total of 2500-hours of documented experience. The needed skills range from the administration and training of working dogs to maintaining kennels, dogs and safety.

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# 4th Fleet Doctors Talk Global Health

By Lt. Sonny Lorrius  
COMUSNAVSO/4thFlt

Navy doctors of U.S. 4th Fleet and Naval Hospital Jacksonville participated in the 2014 Florida International Summit - Global Health and Medical Diplomacy: Haiti and Florida, Feb. 12.

Navy Capt. Christine E. Dorr, Fleet Surgeon of U.S. Naval Forces Southern Command/U.S. 4th Fleet and Navy Capt. William E. Todd Director of Surgical Services Naval Hospital Jacksonville, were invited by the Florida Network for Global Studies to speak at this year's event to bring not only their professional background, but their experience as well.

Haiti was ravaged by a 7.0 magnitude earthquake on January 10, 2010, leaving most of the country's infrastructure, hospitals and facilities diminished or inoperable which displaced over 1.3 million people. More than 147,000 Haitians still remain living in tents in scattered camps.

"As a surgeon, being called upon to assist those in need is a great and rewarding opportunity," said Todd who was an orthopedic surgeon on the USNS Comfort during the Haiti disaster response mission.

This year's Florida International Summit is an event produced by the Florida Network for Global Studies established in 2003, which is a combined effort of Florida Universities dedicated to fostering activities that strengthen expertise and interest in global issues.

The keynote speaker was the U.S. Ambassador to the Republic of Haiti



-Photo by Lt. Sonny Lorrius  
*US Ambassador to the Republic of Haiti, Pamela A. White (left), listens as guest speaker and panelist Capt. Christine E. Dorr Fleet Surgeon of COMUSNAVSO/CAF speaks at the 2014 Florida International Summit, held at the University of North Florida, located in Jacksonville Fla. Feb. 12. The overall event is focused on global health and medical diplomacy between Haiti and Florida. Some topics included roles of Non-Government Organizations, disaster relief, health challenges, and post-disaster women's health.*

Pamela A. White who was appointed July 2012 and had previously served in Haiti from 1985 to 1990.

"How can we begin to help the people of Haiti unless we know what they have been through, not just from the time they received their initial care, but from the time the walls came down," said Todd.

He opened the 'Health Challenges Facing Haiti and Florida' panel by sharing a touching story of one of his patients who had to have her hand amputated.

"I knew my patient would no longer have a

hand to clap with at her first birthday party but I also knew that due to our efforts she would still be able to have a smile from the joy of living. What we do as individuals, matter," said Todd.

In the afternoon Dorr spoke as an Obstetrician-Gynecologist on the 'Women's Health Post-disaster' panel capitalizing on her experiences while deployed on USNS Mercy for Operation Unified Assistance in 2005.

"Here in the United States, the average mother receives 14-16 prena-

tal visits during her pregnancy. However, in Haiti that number is only one to two for 75 percent of the women," said Dorr. "Four visits of care will help mitigate perinatal risks and reduce the maternal mortality rate."

As the Fleet Surgeon she discussed the current state of maternal health challenges in Haiti along with some possible interventions to be taken now in preparation for the future.

The Florida Network for Global Studies is a statewide consortium sponsored by Florida International

University, Florida State University, the University of Central Florida, the University of Florida, the University of North Florida and the University of South Florida.

The schools have continued for over ten years to advance the exchange of information exchange and analyses of economic, political, social, and technological exchanges.

The Florida International Summit rotates locations annually and the 2015 summit is currently scheduled to be held in Orlando Fla. at the University of Central

Florida. U.S. Naval Forces Southern Command and U.S. 4th Fleet employ maritime forces in cooperative maritime security operations in order to maintain access, enhance interoperability, and build enduring partnerships that foster regional security in the U.S. Southern Command area of responsibility.



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# De Wert Builds Homes With HabiJax



-Photos courtesy of USS De Wert  
*Cryptologic Technician Technical 3<sup>rd</sup> Class (SW) Franklin Jones III builds a "jack" to be used in assembling first floor walls during a Habitat for Humanity event in Atlantic Beach, Florida.*

By CTT1(SW/AW)  
**James A Riordan**  
*USS De Wert*

Crew members of USS De Wert (FFG 45) took some time from their decommissioning duties to assist Habitat for Humanity.

After an early morning safety meeting at the Habitat headquarters, the Sailors joined the other volunteers at the worksite.

"It's a lot of fun to be doing work that helps people. Plus we get to be outdoors and they even let us use power tools!" Chief Operations Specialist (SW) Steven Smothers said.

The Sailors were split into teams. The first team cut the wood down on a circular saw. Their work was nailed to uncut lumber boards by the second team

to create "jacks" that would be used in framing the first floor walls.

At the end of the day the De Wert crew had built five walls and enough extra jacks for several more walls to be completed at a later date, completing a very successful event for the Sailors and Habitat for Humanity.



*Operations Specialist 2<sup>nd</sup> Class (SW) Ernest Underwood cuts boards at the Habitat for Humanity building site to assemble first floor walls in Atlantic Beach, Florida.*

## HSL-60

during his tour.

"I am sure that everyone here will join me in saying that both you and your wife Danielle have done an extraordinary job," she added.

"It's bittersweet to leave the best squadron in the Navy Reserves," said Maske. "But I do so with confidence turning over to a great leader."

Braun presented Maske with the Meritorious Service Medal before

reflecting on his career and thanking the many people responsible for his successful tour. After his speech, Maske read his orders and Toledo assumed command of HSL-60.

"As Cmdr. Toledo takes the baton from Maske, we know the squadron is in great hands," said Braun. "Oscar has been a dedicated member of this team since 2005. Whether [serving] as the Quality Assurance Officer or

Executive Officer, his leadership, mentorship and dedication to mission has been essential to the team here."

"It's a humbling feeling taking command," said Toledo. "The biggest challenge is maintaining the bar set by Skipper Maske, and I hope to continue his successes... he's a tough act to follow."

Toledo, a native of San Antonio, Tex., graduated from the University of Houston in 1995 and

was selected for Officer Candidate School in Pensacola, Fla. He was designated a Naval Aviator in December 1997, and in January of 2005, Toledo left active service and joined HSL-60 as a Selected Reservist.

At HSL-60, Toledo has served as the Quality Assurance Officer,

Operations Officer and Executive Officer.

He has completed multiple deployments while flying more than 120 hours during Multinational Exercises to Counter Illicit Trafficking Operations and as part of the U.S. Navy's inaugural Airborne Use of Force detachment.

HSL-60, a Navy Reserve

From Page 1

squadron, is deployed in surface combatants and is also used in counter-drug operations in the Caribbean Sea and Pacific Ocean.

They have successfully captured more than \$1 billion dollars in illegal drugs and became the first Naval unit authorized for nighttime use of force against drug boats.

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-Photo by MCC Elizabeth Thompson

Chief of Navy Reserve Vice Adm. Robin R. Braun poses for a group photo after an all-hands call held at Naval Air Station Jacksonville. More than 150 Sailors, assigned to units at Navy Operational Support Command Jacksonville, attended the all-hands call to hear about the latest developments in the Navy Reserves, exchange information on challenges Sailors face in maintaining unit readiness, and discuss possible ways to improve training and procedures.

## Chief of Navy Reserve Meets With, Recognizes Sailors In Jacksonville-area Units

By MCC Elizabeth Thompson  
U.S. Naval Forces Southern Command/U.S. 4th Fleet Public Affairs

The Chief of Navy Reserve spoke with Sailors about issues facing the Reserves and recognized personnel for their accomplishments during a visit to Jacksonville from Feb. 20 to Feb. 22.

During her visit, Vice Adm. Robin R. Braun met with commanding officers from Navy Operational Support Center Jacksonville, held an all-hands call and visited different commands to learn about the needs of locally drilling Sailors.

While in the area, she met with Rear Adm. Sinclair Harris, the commander of U.S. Naval Forces Southern Command/U.S. 4th Fleet, and with Reserve Sailors supporting the command on Naval Station Mayport. She also spoke at the change of command ceremony for Helicopter Anti-Submarine Squadron Light 60 (HSL-60) on Naval Station Mayport.

Ways to improve training, unit and overall Reserve force manning, and mission capabilities were top areas of discussion throughout the visit.

More than 150 Sailors attended the all-hands call at Naval Air Station (NAS) Jacksonville to hear about the latest developments in the Navy Reserve, to exchange information on challenges Sailors face in maintaining unit readiness, and to discuss possible ways to improve training and procedures.

"I always value the information and recommendations I get from the deckplate Sailors as they are working with the fleet and have first-hand knowledge of today's issues and challenges," Braun told participants.

In a meeting with commanding officers, Braun received reports on how units support the active component in NOSC Jacksonville's area of responsibility and on how Reserve billets are manned.

Two commands highlighted at the meeting were Littoral Combat Ship Seaframe and Littoral Combat Ship Mine Countermeasure Mission Module Mayport, which provided pre-commissioning availability support aboard the USS Coronado (LCS 4) from Jan. 31 to Feb. 12. Over that time period, 37 Reserve Sailors assisted their active duty counterparts with Anti-Terrorism Force Protection watch standing, completion of 602 Planned



-Photo by MC2 Daniel Meshel

Braun serves as guest speaker during a change of command ceremony for Helicopter Anti-Submarine Squadron Light (HSL) 60. Cmdr. Oscar Toledo assumed command of HSL-60 from Cmdr. William Maske.

Maintenance System checks in five work centers, and 145 equipment validations.

Braun praised the work aboard the Coronado and stressed the importance of supporting the LCS community as the Navy continues to consider Naval Station Mayport as the future homeport for about 1,000 Sailors and 14 new LCS ships estimated to join the fleet by 2020.

"The work you are doing is proof of concept that this program is the right way to go," said Braun. "I commend you on the excellent work you are doing."

While on NAS Jacksonville, Braun toured spaces at Information Dominance Corps Region Southeast. During a pinning ceremony at the command, she recognized two Reserve Sailors for their completion of the Enlisted Information Warfare Specialist Program.

Braun also traveled to Blount Island in the St. Johns River, where she toured the spaces of the 4th Navy Expeditionary Logistics Regiment (NELR), recognized three Sailors for their completion of the Enlisted Expeditionary Warfare Specialist Program, participated in advanced cargo simulator training, and asked about issues facing personnel assigned to the command.

4th NELR serves as the headquarters' element for two Navy cargo handling battalions and one expeditionary communications detachment comprised of about 660 Full Time Support and Selected Reserve Sailors from 10 bases throughout Navy Region Southeast.

Yeoman 1st Class (EXW/AW) Keith Henley, one of the Sailors pinned Feb. 22, said he appreciated the time Braun took to interact with Reserve Sailors and

see some of the training 4th NELR does onsite.

"To have Vice Adm. Braun take time out of her schedule to visit a smaller command and have the cargo handlers get some one-on-one time with her is always nice," Henley said.

NOSC Jacksonville provides support to approximately 2,000 Sailors in 66 units at seven locations including NAS Jacksonville; Naval Station Mayport; Blount Island; Naval Submarine Base Kings Bay; Naval Support Activity Naples, Italy; Stuttgart Army Airfield, Germany; and Royal Air Force Molesworth, England.



-Photo by MCC Elizabeth Thompson

Braun answers questions during an informal all-hands call at Fourth Navy Expeditionary Logistics Regiment at Blount Island, located in the St. John's River. The all-hands call was part of a visit by Braun to local units assigned to Navy Operational Support Command Jacksonville, so Sailors could hear about the latest developments in the Navy Reserves, exchange information on challenges reservists face in maintaining unit readiness, and discuss possible ways to improve training and procedures. Below, Braun speaks to Sailors at COMUSNAVSO during her visit to NS Mayport.





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## Phil Sea Sets Sail With CSG

By SHSN  
Matthew Muhl  
USS Philippine Sea

USS Philippine Sea (CG 58) departed Feb. 15 attached to Carrier Strike Group TWO (CSG 2) for an extended deployment.

Following on the heels of a recent change of command in October 2013, the guided-missile cruiser is supporting USS George H.W. Bush (CVN 77) with Maritime Security Operations in the U.S. Navy's 5<sup>th</sup> and 6<sup>th</sup> Fleet areas of responsibility.

Philippine Sea, recipient of the 2012 Battle E Award, will join three ships and eight aircraft squadrons to defend the Nimitz-class nuclear powered carrier as these operations, as well as theater security cooperation efforts supporting regional stability, are carried out.

The deployment will be the 2<sup>nd</sup> for George H.W. Bush, the Navy's newest aircraft carrier and, along with Carrier Strike Group (CSG 2), the carrier's strike group staff also consists of Carrier Air Wing (CVW 8) and a Destroyer Squadron (CDS 22).

In addition, USS Philippine Sea boasts a newly remodeled ship store – a 40K+ renovation entirely funded by MWR profits – which is providing all hands aboard the vessel both extra variety and morale as they seek to complete the deployment's mission.

-Photo by MC2 Carlos M. Vazquez II

The guided-missile cruiser USS Philippine Sea (CG 58), right, fires a 5-inch gun during a live fire exercise with the guided-missile destroyers USS Truxton (DDG 103) and USS Arleigh Burke, not shown, as they transit in formation while underway in the Atlantic Ocean. Philippine Sea, Truxton and Arleigh Burke are part of Carrier Strike Group (CSG) 2 and are deploying in support of maritime security operations, theater security cooperation efforts and missions in support of Operation Enduring Freedom in the U.S. 5th and 6th Fleet areas of responsibility.

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Public Affairs

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to request to be released to special programs for recruiting. Some ratings are not eligible, but others have a great chance of selection. Finally, once a Sailor is nominated they have 30 days to complete screening requirements and submit. Special Programs detail-

ers advise that any Sailor applying for recruiting duty to apply for and obtain a secret clearance at least 18 months prior to their Projected Rotation Date. Security clearances are mandatory for any special

assignments.

For more information, visit the Recruiting Duty Page of the NPC website at [www.npc.navy.mil/enlisted/detailing/shorespecialprograms/recruiting/Pages/Recruiting%20Duty.aspx](http://www.npc.navy.mil/enlisted/detailing/shorespecialprograms/recruiting/Pages/Recruiting%20Duty.aspx).

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# DOD Stresses Cutting Debt, Saving More in Military Saves Week

By Terri Moon Cronk  
American Forces Press Service

Because Defense Department leaders believe personal financial readiness equals mission readiness, officials want service members to "set a goal, make a plan and save automatically" in the Military Saves Week campaign that started Feb. 24, a senior Pentagon official said.

Military Saves is a year-long campaign with DOD partner the Consumer Federation of America as part of the larger America Saves effort, said Barbara Thompson, director of the Defense Department's office of family policy and children and youth.

"DOD over last 10 years has had a very robust financial readiness campaign," Thompson said of the total-force program, which

began in 2003.

Military Saves encourages service members and their families to take a pledge to reduce debt and set up automatic savings programs for necessities such as retirement, emergency and contingency savings.

"The first step in attaining financial security is making a commitment to changing personal spending and savings habits," Thompson noted.

Financial readiness is equated with mission readiness within DOD, she added, because when a service member has financial difficulty, it can affect job performance.

"DOD feels so strongly about [financial readiness], every major installation and family support center will have personal finan-

cial managers to provide counseling and education to service members and their families," Thompson said, adding that installation banks and credit unions also are committed to increasing financial literacy.

Taking a pledge to reduce debt and save money has become a tradition for service members, families and DOD civilians to make a commitment to themselves, Thompson said. The pledge can be taken online or publicly during a major installation event during Military Saves Week.

"Last year, we had over 29,000 [people] take the pledge, and that's exciting," she noted.

Thompson said pledging to save and developing plans to do so are individu-

al. Some people might save a set amount of money each payday, while others devote a percentage, for example.

Thompson also emphasized that developing a financial readiness plan is a family affair, and said the sooner children are introduced to the habit of saving and spending wisely, the earlier they will learn sound financial skills.

"Everyone needs to have financial education," she said.

The traditional Thrift Savings Plan and its Roth IRA TSP counterpart offer painless avenues to automatically save, and the TSP plans are among DOD's pillars of its military family readiness campaign, Thompson said.

"The TSP gives you an opportunity to think about your long-term future

... [such as] retirement, because we think it's far away, but it's not," she said. "Every day, you need to start thinking about saving for retirement."

Offering resources such as TSP shows how serious DOD is about its troops saving and reducing debt for their successes in life, Thompson added.

In the past 10 years, the numbers of service members and their families enrolling in [traditional] TSP and the new Roth TSP have increased, Thompson said, calling that development "very exciting."

The Military OneSource website is another resource for help with financial planning, offering online financial tools and up to 12 sessions per monetary issue for face-to-face or telephone financial counseling,

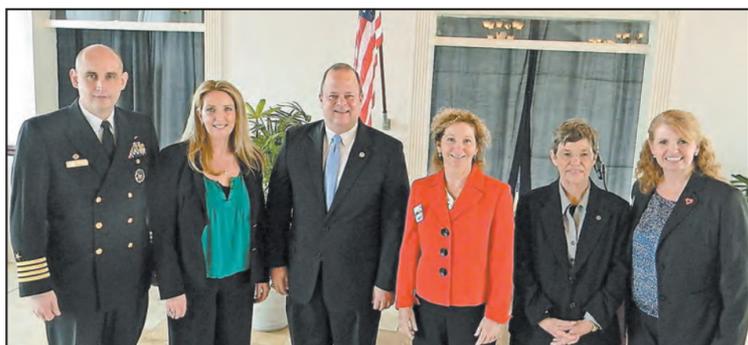
she said.

About 65 percent of troops and families have emergency savings plans, Thompson said. "That's important. Our message is getting across about how important savings is," she added.

Overall, having a family financial preparedness plan is something service members and their families should have first and foremost on their minds, Thompson emphasized.

"Your financial stability is going to make sure your family is secure, and that you don't have to worry unnecessarily about something you do have control over," she said.

## A Part Of The Community



-Photo courtesy of Beaches Division of the JAX Chamber  
Group photo of mayors from the Jacksonville Beaches cities after the Beaches Division of the JAX Chamber "Status of the Beaches Communities" held on Feb 13 at Casa Marina Hotel. NS Mayport Commanding Officer, Capt. Wesley McCall, left, was one of the speakers since NS Mayport is considered the 4th Beaches' city. The mayors spoke about recent successes and some of the challenges facing the Beaches communities and Naval Station Mayport.

## Local Community Center Seeks Photos Of WWII Vets

From The Cultural Center

The Last Good War: The Faces and Voices of World War II," written and photographed by Thomas Sanders, is a special exhibit that has traveled across America bringing to life stories of valor and horror from World War II veterans. The exhibit will be on display at the Cultural Center at Ponte Vedra Beach, Fla. Feb. 28 through April 4.

To add a local viewpoint and coincide with this powerful national exhibit, The Cultural Center will create a local heroes exhibition in their community gallery and exhibit photographs of the World War II veterans from families in the Jacksonville community.

Local residents are asked to drop off

a framed 8x10 military photograph of someone in their family who served during World War II.

Frames must have a notch or hanging wire attached on the back of the frame. Be sure to clearly identify who the subject is and what branch of the service they served and perhaps where they were stationed. Securely attach your name and phone number to the back of the frame.

Drop the framed photograph off at The Cultural Center at Ponte Vedra Beach, 50 Executive Way, Ponte Vedra Beach, Fla. by Feb. 17. Photographs can be picked up April 7. For more information, call Judy Hixenbaugh at 904-280-0614, Ext. 202 or email jhixenbaugh@ccpvb.org.

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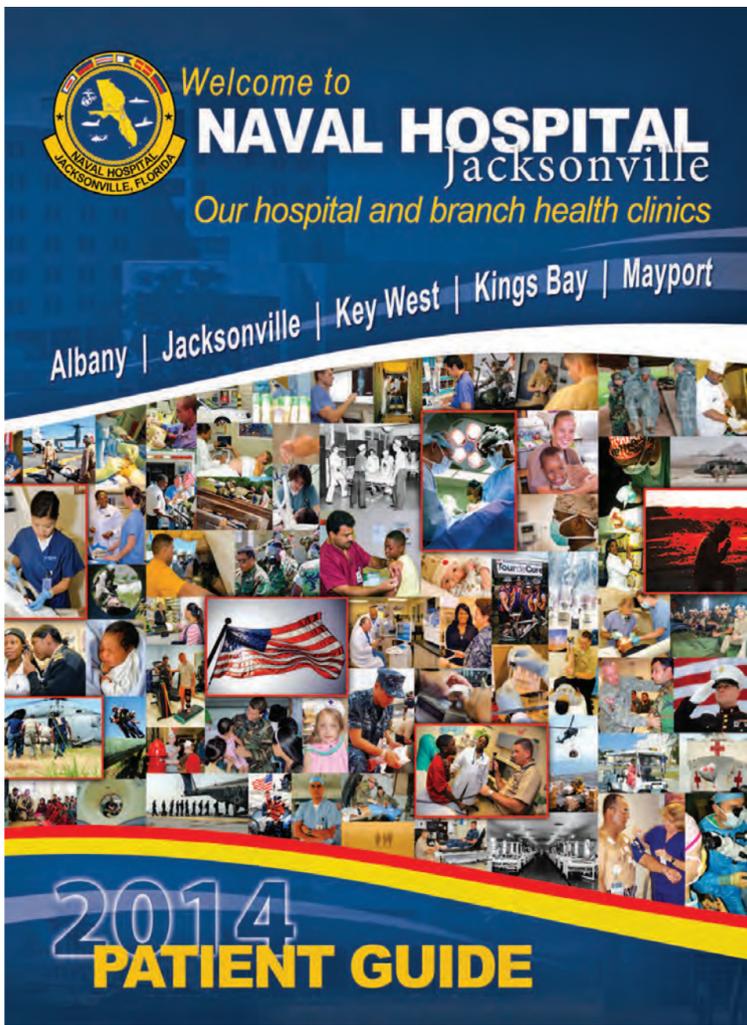


Image of 2014 Patient Guide cover

## 2014 Patient Guide Now Available

By Naval Hospital Jacksonville Public Affairs

Naval Hospital (NH) Jacksonville's new 2014 Patient Guide is now in-stock and available at all of its facilities—its hospital and branch health clinics—and at [www.med.navy.mil/sites/navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax). The Guide provides

patients with current information on Medical Home Port teams, urgent and emergency care, expecting and new parent services, pharmacy and the many other services, programs and classes available at each NH Jacksonville health care facility. Get connected, like

us [www.facebook.com/NavalHospitalJacksonville](http://www.facebook.com/NavalHospitalJacksonville), follow us [www.twitter.com/NHJax](http://www.twitter.com/NHJax), watch us [www.youtube.com/user/NavalHospitalJax](http://www.youtube.com/user/NavalHospitalJax) and send an email to [NHJaxConnect@med.navy.mil](mailto:NHJaxConnect@med.navy.mil) to sign up for email updates.

## TRICARE For Life Begins Notifications For Pharmacy Pilot

From a Tricare News Release

TRICARE For Life beneficiaries soon will receive letters guiding them to TRICARE Pharmacy Home Delivery or a military pharmacy for some prescriptions as part of a congressionally mandated pilot program, officials of the military health care plan said.

TRICARE For Life is secondary coverage for TRICARE beneficiaries who have both Medicare Parts A and B in the United States and U.S. territories.

Starting this week, officials will send letters to affected TRICARE For Life beneficiaries notifying them of the pilot program.

The pilot program starts March 15, and it requires beneficiaries who use TRICARE For Life to get certain medications through Home Delivery or at a military pharmacy. The program applies to refills of maintenance medications taken regularly for chronic conditions, officials said.

As part of the pilot program, officials added, TRICARE will stop paying for these medications from a retail pharmacy. But they noted that the program does

not apply to medications for acute conditions taken for a limited time, such as antibiotics or pain medications or any generic medications. At this time, they said, it also does not apply to generic drugs.

Congress mandated the pilot program in the 2013 National Defense Authorization Act. It will last for five years, but beneficiaries may choose to opt out after filling an affected prescription under the pilot program through Home Delivery for one year.

Beneficiaries will be notified if they are taking a medication covered under the program. They will have two "courtesy fills" available through a retail pharmacy before they are responsible for the entire cost of their medication.

Beneficiaries may call the TRICARE pharmacy contractor, Express Scripts, at 1-877-882-3335 or visit the Express Scripts website to switch to Home Delivery or with questions about their medications. To switch a prescription to a military pharmacy, beneficiaries may need to get a new prescription from their

doctor, officials said.

Some people are exempt, including people with another prescription drug plan or people living overseas. People living in a nursing home may contact Express Scripts to request a waiver from the pilot program.

TRICARE Pharmacy Home Delivery offers beneficiaries a 90-day supply of their medication with no copays for generic drugs and \$13 for brand-name drugs. Switching from a retail pharmacy to Home Delivery can save TRICARE beneficiaries up to \$152 every year for each prescription, officials said. Beneficiaries also can save by asking their doctor to write them a prescription for a generic version of their medication, they added.

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# NMC Health Center Releases Healthy Living PSA

From Navy and Marine Corps Public Health Center, Public Affairs

The U.S. Navy and Marine Corps Public Health Center (NMCPHC) announced the release of a Healthy Living Public Service Announcement (PSA), Feb. 19.

The Healthy Living PSA is part of NMCPHC's ongoing Health Promotion and Wellness (HPW) Campaign, and walks viewers through a day in the life of a male and female Sailor making healthy choices in

order to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors.

"Sailors and Marines face a variety of everyday lifestyle decisions, whether it's finding the right exercise routine, such as Navy Operational Fitness and Fueling Series (NOFFS), to better meet operational duties, making healthy food choices, or choosing not to use tobacco for optimal performance," said Cmdr.

Connie Scott, registered dietician and NMCPHC HPW department head. "It's those concerns that led us to develop the Healthy Living PSA."

It's important that Sailors and Marines maintain a healthy body weight and body fat percentage, get the recommended amount of physical activity and exercise, live tobacco free, and consume the recommended nutrients from food so they can stay fit for service.

The PSA features

Interior Communications Electrician 3rd Class Anna Rodriguez and Hospital Corpsman 3rd Class Neil Mendoza, both command fitness leaders (CFLs), who shared their perspective on the importance of active living and proper nutrition to encourage other Sailors to make healthy lifestyle decisions that help combat the heightened obesity rates among active duty service members, improve performance, and support resilience and readiness.

"I spend the day running up and down, anywhere from the eighth deck to 04 level, 05 level, up to the mast and Windbirds. If I'm not healthy, if I'm not in shape, I'm not going to make it through the day. So I definitely need to keep healthy to reach my full potential," said Rodriguez.

"When I eat breakfast, not only do I feel better, but my day goes better," added Mendoza.

There are two versions, a 60-second PSA and a

2-minute PSA. Check out and share these videos and others on NMCPHC's YouTube channel: <http://www.youtube.com/user/NMCPHC>.

To learn more about the HPW campaign and access and download materials, visit the NMCPHC Health Promotion and Wellness homepage, [www.med.navy.mil/sites/nmcpHC/health-promotion](http://www.med.navy.mil/sites/nmcpHC/health-promotion).

## DOD Focuses On Healthy, Active Kids

By Terri Moon Cronk  
American Forces Press Service

With the national rate of childhood obesity increasing, the Defense Department wants to ensure children in military families lead healthy and active lifestyles, the Defense Department's director of the office of family policy and children and youth said.

In a recent interview with American Forces Press Service and the Pentagon Channel, Barbara Thompson said that nationally, 12.5 million children and adolescents from age 2 to 19 are overweight - a figure that's tripled since 1980. Military children are a microcosm of that group, she noted.

Today's generation of children is the first one at risk of dying before their parents, she added. Facing such risks, families should set goals for healthy food choices and more physical activities for their children, Thompson said.

"It's important for children to see the most important models in their lives doing the same things they should

do," she said. "It's of critical importance that children start healthy habits at a very early age. The bottom line is [that] obesity is preventable."

DOD's message for young children and adolescents is called 5-2-1, Thompson said. It calls for five servings of fruits and vegetables a day, two hours or less of "screen time," one hour of moderate to vigorous exercise and zero sweetened drinks, which is a plan that can be used at home and in school. She defined screen time as any activity involving television, computers, video games, movies and other devices that lead to a sedentary lifestyle.

Obesity also can lead to serious diseases, such as cancer, diabetes and high blood pressure, Thompson said. Children without healthy diets and routine exercise start at early ages to build plaque in their arteries, and are at risk for future health issues, she added.

And national security can become an issue when people cannot enter military service because of their weight

and health-related diseases, Thompson said.

Resources for setting dietary and exercise goals are abundant for military families, Thompson said. One way to begin children on a path to healthy eating and routine exercise is to have meals as families, she said. Cutting sugar and salt, reducing overall fat and cooking in a healthy manner - such as steaming certain foods rather than fat-frying them - also are necessary to a better lifestyle, she noted.

After dinner, families can take walks together and make plans for weekend bike rides and other physical activities, Thompson suggested.

Health and nutrition help is available from numerous resources, she said, noting that First Lady Michelle Obama's "Let's Move!" initiative includes a website that provides a variety of healthy recipes and ways to add activity into children's everyday lives.

While school districts have begun to offer healthy food choices, parents should

become involved with the Parent-Teacher Association and similar groups if their children's schools do not deliver healthy food choices or provide inadequate exercise time and activities, she said.

The Military OneSource website offers a health and wellness coach program that's good for goal setting for cardiovascular health and nutrition habits, Thompson said.

Child and youth development centers and morale, welfare, and recreation programs on military installations offer emphasis on eating healthy foods and pursuing active lifestyles, she said. Help also is available to advise families on how to shop for groceries and prepare meals in a healthy manner, she said.

"The earlier children ingrain specific [habits], the more they will stay with them - whether it's brushing their teeth before bed, washing their hands, or [remembering] to drink water and eat fruits and vegetables," Thompson said.

### Clinic

From Page 1

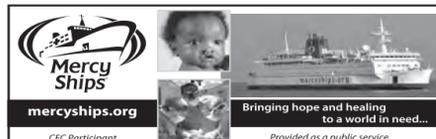
"In achieving Joint Commission accreditation, Naval Hospital Jacksonville has demonstrated its commitment to the highest level of care for its patients," says Mark G. Pelletier, The Joint Commission's Division of Accreditation and Certification Operations chief operating officer.

The Joint Commission is the nation's oldest and largest standards-setting and accrediting body in health care. Founded in 1951, it accredits more than 20,000 health systems in the U.S.

"Through sequestration, reduced budgets and civilian furloughs this past year, Naval Hospital Jacksonville continued to provide our nation's heroes and their families with world-class health care," said Capt. Gayle Shaffer, NH Jacksonville commanding officer. "This recognition and accreditation demonstrates that our Medical Home Port teams are making a positive difference in the lives of our patients."

The MEDIG team, after reviewing 60 programs (from research ethics to patient access) in January, offered a resounding endorsement of the command's safe, high-quality medical treatment.

To find out more about NBHC Mayport, visit the command website at [www.med.navy.mil/sites/NavalHospitalJax](http://www.med.navy.mil/sites/NavalHospitalJax).



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p.m. at Beachside Bingo. Costume contests, cupcakes contest, double payouts on hard cards, Lucky leprechaun's Pot of Gold Game and more. 270-7204

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**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

**March 15: UFC 171-Hendricks vs. Lawler.** 10 p.m. at Castaway's. 270-7205

**March 14: St. Patrick's**

**Day Party.** 8 p.m. at Castaway's Lounge. Wear your best green outfit and enjoy DJ entertainment, drink specials, and more. 270-7205

**Beginning March 16: March Madness.** Watch all your favorite teams at Castaway's Lounge! Fill out a bracket for a chance at great prizes! 270-7205

**March 28: Call of Duty: Ghost Tournament.** 8 p.m. at Castaway's Lounge. FREE! Try your luck on the PS4 for a chance at

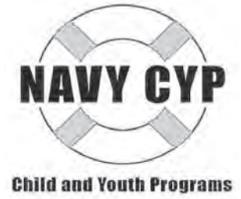
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**Chicken Wednesdays.** Every Wednesday, 11 a.m.-

2 p.m., at Foc'sle Lounge. Enjoy a two-piece fried chicken plate with two sides for only \$7.00. 270-5431

**ITT**  
**March 8: MWR Travel Expo.** 10 a.m.-1 p.m. at MWR Fitness Center Gymnasium. 60 vendors, food samples, giveaways and more. 270-5228



**Child and Youth Programs**

**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, space permitting. 270-5680

**March 12: Teen Employment Orientation.** 5-6 p.m. at the Youth Center. This orientation will provide you an overview of the employment program, hiring process,

resume help, and more. This orientation is highly recommended to any teen interested in our Teen Employment Program. Open to all active duty dependents ages 15-17 by Apr. 30, 2014. 270-5680

**March 14: Freedom Friday- Decades Dance.** 7-11 p.m. at the Youth Center. Cost is \$10 advanced sign-up and \$12 day of, space permitting. 270-5680

**March 18-19: Teen Career Launch.** 1-5 pm at the Youth Center. Teens will learn the ins and outs of the hiring process including how to write a resume, mock interviews, judging experience and

skills and much more. This program is highly recommended for anyone interested in the Teen Employment Program. Open to all active duty dependents ages 15-17 by Apr. 30, 2014. 270-5680

**March 20: Teen Art Walk Field Trip.** 4:30-9 p.m.; Meet at the Teen Center. Bring your own money; permission slip required. 246-0347

**March 28: Freedom Friday- Let's Go to the Drive In! Movie Night.** 7-11 p.m. at the Youth Center. Cost is \$10 advanced sign-up and \$12 day of, space permitting. 270-5680



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.

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

**March 1: Mall Trip: Town Center.** Van departs Liberty Center at 1 p.m. Transportation only.

**March 7: Movie**

**Trip.** Van departs 6 p.m. Transportation only.

**March 9: St. Augustine Day Trip.** Van departs 10 a.m. FREE. Sign up deadline March 6.

**March 10: Chess Tournament.** 6 p.m. at Liberty Center.

**March 16: Paintball.** Van Departs 9 a.m. at Liberty Center. Transportation only; you pay for the paint. Sign up by March 13.

**March 17: 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! Stop by and bring your ideas!

**March 18: Help Feed the Homeless.** Van departs 3:15 p.m. Sign up deadline March 17.

**March 21: Movie Trip.** Van departs 6 p.m. Transportation only.

**March 22-23: Megacon in Orlando.** Van departs 8 a.m. \$40 for hotel and transportation only; \$30 per day at the door. Sign up by March 19

**March 24: Billiards Tournament.** 6 p.m. at Liberty Center.

**March 29: Mall Trip: Town Center.** Van departs Liberty Center at 1 p.m. Transportation only.

**March 31: Billiards Tournament.** 6 p.m. at Liberty Center.



**Intramural Sports**  
**March 3-6: Pre-Season Softball Tournament.** Sign up by Feb. 25. 270-5451

**March 10: Men's Captain's Cup Softball Begins.** Season Ends May. 8. 270-5451

**March 11: Catch a Leprechaun 5K Run/3K Walk.** 8:10 a.m. in front of the Fitness Center.

**March 14-16: March Madness Basketball Tournament.** Sign up by Feb. 28. 270-5451

**March 25: Men's Captain's Cup Kickball**

**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 and dazzling laser light show. 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 and dazzling laser

light show. 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 1/4 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

**Windy Harbor Golf Club**  
**Wednesdays: Military Appreciation Day** every Wednesday at Windy Harbor Golf Club. 18 Holes and a Cart Only \$15. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID)

Naval Station Mayport Fitness Schedule

Monday through Thursday 0500-2000 • Friday 0500-1900 • Saturday 0800-1800 • Sunday/Holidays 0800-1400

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0700 Sunrise Yoga	0930 Yoga	0700 NOFFS	0600-0830 Command PT By Appointment	0730 Command Bootcamp	0930 Zumba
0930 Zumba	1130 Zumba	1130 Strength Training For Women	0930 Fitness Fundamentals	0930 CORE & Flexibility	1100 Yin Yoga
1130 Circuit Conditioning	1630 Step	1600 Zumba	1130 Step	1130 Yoga	
1500 Strength & Conditioning	1800 BOSU Bootcamp		1600 CORE & Flexibility		
1800 Kids Clinic			1800 Yoga		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0700 Command TRX	1130 TRX	1130 Yoga	1130 TRX		
1630 TRX	1300-1500 CFL NOFFS/TRX By Appointment	1830 TRX			
1800 Zumba	1830 Functional Flexibility				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0915 Aqua Fitness	0800 Deep Aqua	0915 Aqua Fitness	0800 Deep Aqua	0730 Command Aqua	
1130 Aqua Rehab	0915 Aqua Fitness	1630 Deep Aqua	1130 Aqua Fitness		
			1330 Aqua Rehab		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1600 Rowing	0630 Command Rowing	0700 Rowing	1130 Rowing	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130 Cycling	0630 Command Cycling	1130 Cycling	1130 Cycling		
			1800 Cycling		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130 HIT	0630 Intro to HIT	0930 Intro to HIT	0930 HIT for Women	0700 HIT	
1630 HIT	1130 HIT	1130 HIT	1130 HIT	1130 HIT Gymnastics	
		1600 Intro to HIT			

TELEPHONE: 904-270-5451 BUILDING 1391 SCHEDULE EFFECTIVE: 3 FEBRUARY 2014

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# DOD To Preserve Historic Images

By Claudette Roulo  
American Forces Press Service

The Defense Imagery Management Operations Center recently signed a \$5 million agreement to digitize, store and provide access to hundreds of thousands of historical images.

DIMOC is the Defense Department's central repository for visual imagery. It exists to preserve visual records first for the DOD, and then for other agencies and members of the public, said Mike Edrington, DIMOC director. Those images are then made available via defenseimagery.mil.

But, in addition to its digital archive, the agency has a massive backlog of images on physical, analog media that ranges from photographic negatives and

slides to films and VHS tapes.

"That material is deteriorating faster than we can offer it to the National Archives and we need to get it into a digital form" Edrington said. In addition, DIMOC's climate-controlled automated storage facility at March Air Base in Riverside, Calif., is running out of space, he said.

The Riverside facility is where analog visual imagery assets are shipped and processed. Those assets weren't always being stored in ideal conditions before they were sent to DIMOC, Edrington said.

The images are often found in obscure places on bases as they close down or as offices move, he said. "They've found it in corners of warehouses, and

sometimes we don't know exactly where the stuff's found, but it comes delivered to us, it shows up on a pallet ... and sometimes the stuff says 'box of stuff.'"

Regardless of condition, images sent to Riverside are never simply destroyed, Edrington noted, "because they're federal records." Everything is assessed, bar-coded and stored for later digitization.

"We want the material. If they find it, we want it," Edrington said, noting that DOD personnel can contact DIMOC customer service if they have images they want to accession. They can be reached by email at askdimoc@dma.mil or by phone at 1-888-PH-DIMOC (743-4662).

The images in DIMOC's digital holdings are also

shared with the National Archives, he said.

"There's a lot of history," Edrington said. "It's not just celebrities such as Elvis Presley ... we've got that kind of stuff, but more importantly, we've got soldiers, sailors, airmen and Marines doing what they do."

A digitization and storage study conducted in 2010 by the Defense Media Activity, DIMOC's parent organization, found it would take up to 50 years and at least \$25 million to digitize the current analog holdings with available government resources, Edrington said.

By taking a different approach, the new contract will shorten that period to five years at a fraction of the cost.

The contract is the first of its kind in the Defense Department, Edrington said. In exchange for digitizing the images, the contractor, T3Media, will be granted a limited period of exclusivity during which they will be able to charge non-DOD users a fair-market fee to use the images.

All DOD personnel will be able to access and download the images for free by accessing a secure website, Edrington said.

In this constrained budget environment, the department can no longer afford to subsidize the access of commercial media and non-government entities to DOD imagery. Changing to a fee-based system will offset the cost of digitizing, storing and providing public access to

the imagery.

"This is a true partnership," Edrington said. "It's really in our interest that T3 succeeds."

The fees are essentially a convenience fee for making accessibility to the images a matter of simply going online and searching by keywords, rather than waiting 30-60 days for a response to a Freedom of Information Act Request for images that may or may not exist, Edrington said.

The arrangement is similar to the one made by the National Archives with Ancestry.com, he said, which is permitted to charge a fee for access to certain federal records in exchange for digitizing, categorizing and storing those records.

## Balfour Beatty Accepting Applications For Scholarship

By Balfour Beatty Communities

Balfour Beatty Communities Foundations is once again offering post-secondary academic scholarships to both high school seniors and undergraduate students who reside in Balfour Beatty Communities military family housing. The application process is now open for scholarships that will be awarded for the 2014-2015 academic year.

"We are so thankful to be able to support the continuing education of our young residents through the Foundation scholarship program," said Chris Williams, president of the Balfour Beatty Communities Foundation. "I encourage all of our residents who are planning on or currently attending a post-secondary school to apply for a Foundation Scholarship in recognition of their hard work and achievements."

On average, Foundation scholarships are awarded in amounts up to \$2,500, however larger amounts may be awarded based on the number and caliber of submissions.

Applicants must be the child of an active-duty service member and reside in Balfour Beatty Communities military housing.

Additional eligibility requirements and application details and submittal requirements can be found on the Balfour Beatty Communities Foundation website ([www.bbcommunitiesfoundation.org](http://www.bbcommunitiesfoundation.org)). Please note, all applications must be postmarked by April 15, 2014.

Balfour Beatty Communities Foundation, a non-profit organization, which was founded in 2007, is committed to honoring military personnel - active, disabled and fallen - and their families.

One of the Foundation's primary goals is to support continuing education and the development of future community leaders through an annual academic scholarship program and other initiatives.

Balfour Beatty Communities manages the privatized family housing at Naval Station Mayport.

According to Williams, "Balfour Beatty Communities is committed to providing a quality living environment that supports the diverse interests and needs of the military families residing with us. Through the Balfour Beatty Communities Foundation, we extend our appreciation and gratitude for the important work performed by military members and the many sacrifices their families make."

SOUTHEAST REGION  
**2014 CPO BIRTHDAY DINING IN**  
Tuesday, 01 Apr 2014  
1230-1600  
Ocean Breeze Conference Center  
Bldg #243 Baltimore St  
Naval Station Mayport  
Uniform: Khaki's  
e-mail [sevorn.bascom@navy.mil](mailto:sevorn.bascom@navy.mil) or [stephen.eva@navy.mil](mailto:stephen.eva@navy.mil) for ticket information  
All Active Duty, Reserve, and Retired Chiefs are invited

**Trivia Night**  
Every Thursday night at Castaway's starting at 6:30 pm  
More info? please call 904-270-7205

**BRASS ANCHOR PUB**  
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Live Comedy 2/28 9PM Headlined by Andre Holloway  
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Tuesday Nights: Silverstrike Bowling, Touchtunes Karaoke, Free Pool  
Saturdays Nights: House Pool Tournament  
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# FFSC Workshops Available To Sailors, 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 Avenue.

Feb. 27, 9 a.m.-noon, **Tottle Tyme Playgroup, 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. Tottle Tyme Children's Playgroup meets every Thursday from 9:00am to 12:00pm at the USO. All children age four and below are invited to attend.

Feb. 27, 11:30 a.m.-12:30 p.m., **Banking and Financial Services, Bldg. 1, Room 104**

Feb. 27, 9-11 a.m., **Relationship Communication, FFSC Room 719**

Whether you've been dating for 6 months or married for 20 years, effective communication is critical to keeping your relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication. Class is held every month from 3-hour class.

March 3, 1 p.m.-4 p.m., **New Dad's Class, USO**

This program is designed for new Dads and Moms. The program will address, investigate, and discuss issues facing fathers in today's weird world. The

## Mayport Helps Release Retiring Sailors Back To The Civilian World

By MC1 Michael Wiss  
NPASE Det Southeast

The day-to-day life of the military is a regular routine.

Everything is laid out; when to go to work; what uniform to wear; when to eat and when to do physical training. So what happens when your duty to your country comes to an end after 20 years? For many who haven't known anything except being a Sailor, the transition can be a daunting task. Naval Station Mayport Fleet and Family Service Center has a program to make sure no one is left out in the cold.

The redesigned TAP or Transition GPS (Goals, Plans, Success) program is a five-day workshop that ensures Sailors are ready to make the transition to civilian life.

The program is mandatory, which was created in response to the Veterans Opportunity to Work Act. According to Mayport Fleet and Family Service Center Transition Program Manager Terri Johnson-Salter, the new program is a work in progress, but is helping to get retiring Sailors better equipped to continue their careers in the civilian world.

"The mandatory program forces the member to attend the classes instead of being able to skip the courses," she said. "With the redesigned plan we make sure the Sailor is career ready and able to adjust to being in the civilian world."

The program's main goal is to standardize the transition support that Sailors receive in order to make them as employment ready as possible. The program includes pre-separation counseling, a military to civilian skills review, a VA benefits briefing and application

sign-up, financial planning support, job search skills building, and individual transition plan preparation. According to Johnson-Salter, the program is much more than just finding a new job or career.

"Most Sailors think about this course as getting ready for civilian employment, we want to assist them in career and family preparation for the civilian community," she said. "Getting a job is a big part of the program, but there are many other aspects retiring military members need to plan for."

Before attending the program all military members must complete the Individual Transition Plan (TIP) checklist (DD form 2958). Points discussed include:

- Attend pre-separation counseling
- Complete Pre-separation counseling checklist DD Form 2648
- Register for VA benefits
- Prepare a post-separation 12-month budget reflecting personal and family goals and obligations.
- Complete assessment profiler

Crosswalk military skill set to civilian skills, to include an evaluation for the demand for those civilian skills within the potential relocation destinations.

Although there are many tools to help transition for retiring military members, according to Johnson-Salter, it is their responsibility to utilize them.

"The family service center is not just providing the program, we are passionate about it," she said. "Sailors have to take GPS in a timely manner, to plan well in advance of their separation date. We want to make sure military members have a smooth easy transition into civilian life."

March 3, 1 p.m.-4 p.m. **Anger Management, Bldg 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. Managing your anger group is recommended as well.

March 3, 1 p.m.-2:30 p.m., **Conflict Resolution for Women, FFSC Bldg. 1, Room 702**

Mar 3, 10 a.m.-Noon, **What About The Kids, Bldg. 1 Room 702**

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

March 3, 1:30 p.m.-3 p.m., **Part 2:Targeting Your Resume, Bldg. 1 Room 702**

March 3-7, 8 a.m.-4:30 p.m. **Victim Advocate Training Bldg. 1 Room 1616**

March 4-5, 7:30 a.m.-4 p.m. **Million Dollar Sailor Bldg 1 Room 702**

March 4, 8:30 a.m.-12:30 p.m., **Stress Management, Bldg. 1 Room 702 Wellness Center**

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is

and how it affects them. The class also helps participants begin to look at their own lives and development way to cope with stress and make life style changes.

March 5, 9:00 a.m.-1 p.m. **Part 1:Organizing Your Job Search & Networking, Bldg. 1 Room 702**

March 5, 3 p.m.-4:30 p.m., **Managing Anger Group, Bldg. 1 Room 702**

Mar 6, 9 a.m.-11 a.m., **Relationship Communication, Bldg. 1 Room 702**

March 6, 10 a.m.-11 a.m., **Healthy You, Healthy Family, Bldg. Room 702**

March 10, 1:30 p.m.-3 p.m., **Part 2:Targeting Your Resume, Bldg. 1 Room 702**

March 10, 1 p.m.-2:30 p.m., **Conflict Resolution for Women, FFSC Bldg. 1, Room 702**

Mar 10-14, 8 a.m.-4:30 p.m., **Transition GPS Separatee Workshop, Bldg. 1 Room 1616**

March 11, 8:30 a.m.-3:30 p.m., **Welcome to The Military, Bldg. 1 Room 702**

Are you a new military spouse or new to the area, this one day workshop provides valuable information on the military lifestyle, benefits, finances and resources. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

March 12, 11 a.m.-Noon, **Developing Your Spending Plan, Bldg. 1 Room 719**

March 12, 9:00 a.m.-1 p.m. **Part 1:Organizing Your Job Search & Networking, Bldg. 1 Room 702**

March 12, 3 p.m.-4:30 p.m., **Managing Anger Group, Bldg. 1 Room 702**

March 13, 10 a.m.-11 a.m., **Healthy You, Healthy Family, Bldg. Room 702**



**Club Beyond**

**Volunteer...**  
Make a difference in the life of a military teen  
through the Chapel Youth Program

**Club Beyond Leadership Interest Meeting**

Sunday, March 2 from 7 - 30pm  
NS Mayport Chapel by the Sea  
Building 350 (Massey Ave)

**Club Beyond Training Day**

Saturday, March 8 from 9am - 8pm  
Villa Flora-Brown Hall, St. Augustine FL

For more information contact Kevin Burgess at  
kevin.p.burgess.ctr@navy.mil or (904)270-5213

[www.clubbeyond.org](http://www.clubbeyond.org)



## Skiing

Obermeyer jacket with the powder blue chevron and new Atomic Skis, people would actually expect me to know what I was doing.

In high school, my best friend, Patti, and I joined the Ski Club, boarding a coach bus to the ski resorts every Friday night. Other than rumors of who was making out with whom on the bus, Patti and I concerned ourselves only with the fake personas we would use to meet cute boys on the slopes. Even then, we understood the snobbery to which skiing lent itself. I became Brooke Taylor from a snooty town in Connecticut, and she, Claire Townsend, my rich cousin visiting from some stuck up prep school.

We never got to use our alter egos, but in the process of trying to rein-

vent ourselves, we finally learned to ski.

Recently, a friend asked me to go skiing with her in the White Mountains of New Hampshire. A middle-aged Navy wife who has moved nine times in 20 years, I had gotten rid of my ski equipment many moves ago, and had not skied in years. "Do you ski?" she asked. Swallowing my panic, I chuckled my pat response, "But of course, I grew up skiing."

Adorned with hopelessly scratched equipment I rented from the base's Outdoor Recreation Center, I tried to quell my performance anxiety as the quad lift reached the summit. I felt out of place amongst the well-to-do resort families decked to the nines, even though I knew that, based on my

appearance, onlookers were surprised to see that I could ski at all.

Later at the lodge, while nonchalantly sipping a plastic cup of hefeweizen and trying to look like a regular, I had a minor epiphany. Down deep beneath my faux-Nordic sweater, I knew that none of it - YMCA rope tow humiliations, borrowed parkas, high school insecurities, rental equipment - really mattered.

Just like everyone else in the lodge telling tall tales and walking like idiots in ski boots, I could ski. Snobbery was optional.

Get more wit and observations from Lisa at her blog, The Meat and Potatoes of Life, [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)

## Midway Dinner Tix On Sale

From Navy League of Mayport

The Navy League of Mayport is celebrating the 72<sup>nd</sup> Anniversary of the Battle of Midway Commemoration Dinner and Program.

This is an All Service event featuring a joint Color Guard, All Service Missing Person Table, the Navy Band with all the Service Songs, and numerous historical displays.

Tickets are now on sale for this year's event which will be held on June 7 at the Renaissance World Golf Village Resort in St. Augustine. The invited keynote speaker is Admiral Jonathan Greenert, Chief of Naval Operations.

Numerous Veterans who served at the Battle of Midway and Veterans of all branches of the military who served in prior conflicts and those currently serving have been invited to attend this year's event.

Additionally, Medal of Honor recipients and former Prisoners of War from the local area who have heroically answered the call of duty will also be in attendance.

Come meet these "National Treasures" and hear their adventures first hand.

The evening promises to be emotional

and patriotic, and provides an excellent opportunity to connect with survivors of what historians call one of the U. S. Navy's greatest sea victories and the turning point of World War II in the Pacific.

Ticket prices for Active Duty and Spouses: E-6 and below - \$25; E-7 to O3 - \$40; O4 to O5 - \$50, O6 and above - \$65. Prices for Civilians and Retirees - \$65.

The evening includes fine dining and a memorable program. Uniform will be O4 and above - dinner dress white jacket; O3 and below - dinner dress white/dinner dress white jacket optional and civilian is black tie or business attire. Cocktails begin at 1700, dinner is served at 1800. Tickets are mandatory and seating is reserved. Ticket sales will end May 30, unless seating capacity is reached before this date.

Make checks payable to **NAVY LEAGUE MIDWAY DINNER**. Tickets may be purchased from Bob Price, at 904-246-9982 or 904-718-2118 or [bpricex4@comcast.net](mailto:bpricex4@comcast.net). You can also purchase tickets from Bill Dudley from the Navy League St Augustine by calling 904-806-4712 or 904-794-7814 or emailing [anuday00@aol.com](mailto:anuday00@aol.com)

## Budget

The budget looks to retire some weapon systems no longer needed and to slow growth in pay, compensation and health care costs.

"These changes have been examined and discussed over the past year at every level, to include the service chiefs and at monthly sessions," Dempsey said.

The chiefs looked for a balanced package addressing direct and indirect compensation, the general said, looking to minimize disruption for service members in personnel accounts while finding the money to bring

personnel accounts into balance with readiness and modernization accounts.

This was "to make absolutely sure that whenever we send you in harm's way, we can ensure that you are the best-trained, best-led, best-equipped force on the planet," Dempsey said.

The chairman said he thinks the chiefs did a good job under difficult fiscal circumstances. "But we're also going to want to hear from you," he said. "As this budget is dropped next week on Capitol Hill and the debate begins, I encourage you to let us know

what you think about the totality of the budget."

Arguing to maintain the status quo is not realistic, the chairman said.

"We've got to make changes, so you can't just dig in and say, 'No change,'" he said. "We want to make sure we're making the right changes, and we only want to do it once."

"This is just my initial engagement with you," the chairman continued. "This discussion is just beginning, and I'll need your help in order to figure out which are right."

From Page 1

From Page 2



## Merchandise

AC, Heating, Fuel  
Antiques  
Appliances  
Arts & Crafts  
Auctions  
Building Supplies  
Business/Office Equipment  
Clothes  
Collectibles  
Computer  
Craft/Thrift Stores  
Electronics  
Estate Sales  
Farm/Planting  
Fruits/Vegetables  
Furniture/Household  
Garage Sales  
Garden/Lawn  
Hot Tubs/Spas  
Jewelry/Watches  
Kid's Stuff  
Machinery & Tools  
Medical  
Miscellaneous Merchandise  
Musical Merchandise  
Photography  
Portable Buildings  
Public Sales  
Sporting Goods  
Tickets  
Trailers  
Wanted to Buy or Trade

### Appliances

Appliances, buy, sell, trade & repair  
W/Ds, Refrigs., stove, \$85-up w/wrty.  
Mon-Sun, 9-7, Delivery 904-695-1412

LC., front load dryer white  
large capacity Trum for  
\$100.00 call 904-742-8167

### Business / Office Equipment

Commercial Embroidery Machines  
for sale. Two Happy machines.  
Exc. cond. Orig. sold for \$40K.  
Asking \$14K. Will not sell individu-  
ally. Comes with frames for hats,  
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904-762-5995

### Clothes

Complete set of Navy officer  
uniforms, from white dress  
shirts, pants, dress, camo to  
jackets, shoes, hats, misc.  
Prices are negotiable. Call Terry  
904-614-7089

Levi's Suits grey, beige jacket  
38R pants 34x29 \$35ea. Rock-  
port Shoes sz 12 \$15ea. Ladies  
Suede jacket sz 13 \$50. 384-7809

### Furniture / Household

Armoire-Mexican Pine Armoire with  
2 doors, 1 shelf and drawer. H5ft x  
W43in. D23in. for \$100. 904-573-0984

Computer Desk, like new  
silver w/maple laminate top  
\$500. 904-505-4123

DESK 3pc corner, laptop  
holder, printer holder,  
mahogany/lthr, exc cond pd  
\$400. Asking \$100.00.  
904-206-0941

Dining Set - Formal, Rose-  
wood, 8chrs. hb & Altar tbl.  
See Craig's list. Jax. Like new  
\$1800 obo. 912-882-6014

### Garage Sale

ARLINGTON E. 1934 Tomas Dr.  
32225 in Spanish Point sub division,  
Fri 10-6p and Sat 8-3p. furniture,  
jewelry, household & more.

WESTSIDE WHISPERING PINES  
Moving Sale - 8638 Greatpine Ln W,  
Jax 32244 Fri - Tue 9-5. All goes -  
furniture, wid, household goods,  
golf/exercise equip, and more.

### Garden / Lawn

HONDA LAWN MOWER like  
new w/bagger, Smart Drive  
HR216VKA Pd \$460. Asking  
\$250. Call 786-5122

### Medical

DIABETIC TEST STRIPS NEEDED  
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Call Bob at (904) 712-9015

### Misc. Merchandise

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\$300. TSC P/U Tool Box, new  
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\$500. 904-278-5091

20" Girls Bike, pink, purple  
\$45. Michelin Radial LTX  
P255/70R16 \$75. Lincoln Town  
Car Serpentine Belt \$25. Acura  
name plate 384-7809

52" Sharp Aquos 1080 TV &  
Blu-Ray Player, exc. cond.  
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Commercial Embroidery Machines  
for sale. Two Happy machines.  
Exc. cond. Orig. sold for \$40K.  
Asking \$14K. Will not sell individu-  
ally. Comes with frames for hats,  
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memorial base w/bronze vase  
& 2 cremation urn vaults.  
904-228-3008

F-150, '04 FRONT BUMPER  
& 107 Drawite Hitch Wood  
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work stand with wide mouth clamp,  
polyethylene bike cargo case and a  
set of spinery wheels. P# 771-6699

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rite trailer. \$5,000. call 440-666-7065

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\$5500obo. 904-505-7455

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912-464-7571 leave msg.

Comfortable Spacious 2006 5th-Wheel  
'36' Bv Owner \$16,950. 904-400-3241  
http://tinyurl.com/wottadcal

### RVs and Supplies

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642-0881/716-1968

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Firm.

1983 BUICK RIVERA-1 owner 307 V8  
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cond. \$1900. 386-672-7366, 386-653-6677

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2001 HYUNDAI ELANTRA  
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water pump & new CV-Axle,  
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R.J. 912-467-5376

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cold A/C, AT, 71k miles, runs  
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904-284-5477/386-3031 or 386-3020

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27k hwy mi. \$25,750. 901-574-0380

RX7 Twin Turbo runs good  
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johnhachey@comcast.net

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