



Sharpen Your Pencils

Today Wraps Up Spring Advancement Exam Cycle

E-4 Exams will be held at Mayport Fitness Center at 6:30 a.m. Bring ID card for admittance.

-Photo by MC3 Abe McNatt
 Sailors prepare to take the second class petty officer's advancement exam aboard the guided-missile cruiser USS Philippine Sea (CG 58) on March 13.

Team Effort To Conserve Energy At NS Mayport

By MC1 Michael Wiss
 Navy Public Affairs Support Element East, Detachment Southeast

As Naval Station Mayport pushes to execute its energy mission of promoting positive command, conservation and behavior change, Navy leaders are looking to installation energy managers (IEMs) to help shape energy culture across the region. Funded by Commander, Naval Installations Command (CNIC), IEMs track energy usage at bases, facilitate new projects, and meet with leadership to tackle a variety of energy challenges.

The man tasked with this daunting task is new Naval Station Mayport Installation Energy Manager Chris Vidal. He is the contact person at the base, but needs all personnel to support him to making energy conservation a part of their day to day operations.

"Everyone needs to be aware of their surrounding areas, and eliminate energy waste," Vidal said. "Everyone needs to buy in. There are many little things people can do to conserve energy. Making sure to turn off lights and computers at night and making sure electrical items are secured. If people waste energy by not doing these things, there can be a huge energy waste issue."

One of the major conservation projects the energy team has implemented is an Energy Management

See Energy, Page 11



-Photo by OS2 Michael Childs
 USS Samuel B. Roberts (FFG 58) an Oliver Hazard Perry- class frigate conducts an in-flight refueling of an MH60R helicopter from HSM-46 Detachment Five. Samuel B. Roberts and the detachment deployed March 14 to participate in Joint Warrior 14-2, a semi-annual, United Kingdom-led training exercise designed to provide NATO and allied forces a unique multi-warfare environment in which to prepare for global operations.

SBR, HSM-46 Leave For Joint Warrior Exercise

By Ensign Zachary Keating
 Navy Public Affairs Support Element East

Six ships, led by Commander, Destroyer Squadron (DESRON) 26, departed the U.S. for Scotland, March 14, to participate in Joint Warrior 14-2, a semiannual, United Kingdom-led training exercise designed to provide NATO and allied forces a unique multi-warfare environment in which to prepare for global operations.

Sailors aboard guided-missile frigate USS Samuel B Roberts (FFG 58), guided-missile cruisers USS Leyte Gulf (CG 55), USS Vella Gulf (CG 72) guided-missile destroyers USS James E. Williams (DDG 95), USS Cole (DDG 67), USS Ross (DDG



71), and fleet replenishment oiler USNS Kanawa (T-AO 196) will participate in the exercise, which is intended to improve interoperability between allied navies in an operationally challenging environment.

"Joint Warrior provides our Sailors with an opportunity to work with our coalition partners in a unique tactical environment," said Capt. Cary Krause, commander, DESRON 26. "This exercise will enhance our ability to operate with our allied navies, and will prepare our participating crews to conduct combined operations during deployment."

The U.S. Navy did not participate in Joint Warrior in 2013 due to budgetary constraints. However, with a new budget in place, the Department of Defense approved the Navy's participation in Joint Warrior 14-1 because this exercise also serves as a pre-deployment certification

event for the participating U.S. ships.

"The entire spectrum of planned activities is a chance for our ships to train and hone their skills before their upcoming deployments," said Krause. "We are thankful for this opportunity and excited to return to Scotland to participate in this exercise with our allies."

Joint Warrior will begin in late March and will last approximately two weeks. It will involve air, sea and ground assets from Belgium, Canada, Denmark, France, Germany, Greece, the Netherlands, Norway, Sweden, New Zealand, Turkey and the United Kingdom.

Exercise scenarios include small boat attacks, boarding operations, air defense, anti-submarine warfare, and ship maneuverability tasks. More than 30 individual units, including aviation, surface, and subsurface, are participating and playing a distinct role.

Want To See More Of Your Favorite Command?

Check Out The Mirror's Photo Gallery Online At
www.mayportmirror.com

CARNEYVAL Time
 Carney Celebrates Halfway Point

Pages 4-5

Check us out Online!



mayportmirror.com



**Capt. Wesley McCall
NS Mayport
Commanding Officer**

Shipmates,
This March has been a period of new beginnings and bittersweet endings.

I want to welcome CMDCM Ross Cramer to the Mayport team. CMC Cramer is returning to Naval Station Mayport after serving as CMC of the RIVRON's in Norfolk and most recently as CMC of NS Guantanamo Bay, Cuba. He is not a stranger to Mayport. He served here as the Security Department LCPO in 2007 before moving on to CMC duties onboard USS Halyburton and USS Carney. I look forward to working with CMC Cramer and building on the great works of his predecessor, CMDCM Bob White.

Thank you CMC White for all that you have accomplished during your tenure here at Naval Station Mayport. Your leadership and guidance has been immeasurable and it has been my pleasure to work with you. I wish you all the best in your future endeavors.

CAPTAIN'S CORNER

I also want to say fair winds and following seas to Cmdr. Jay Cayangyang. Chaplain Cayangyang is returning to civilian life after serving as Naval Station Mayport's Command Chaplain for the past two years. Chaplain Cayangyang and his family became an integral part of our installation's community through his inspirational Sunday morning services and his tremendous work throughout our local community. Naval Station Mayport will miss Jay, Linda and their entire family.

I want to welcome home Cmdr. Chris Follin and the crew of USS Simpson (FFG 56), with embarked HSM 46 Detachment Eight, after a six month NATO deployment during which they successfully conducted theater security operations in the U.S. 6th Fleet Area of Responsibility. USS Simpson and Detachment Eight deployed with four Fire Scout (MQ-8B) Vertical Takeoff and Landing Tactical (VTLT) Unmanned Aerial Vehicles (UAV). WELCOME HOME!

While we are welcoming home USS Simpson, we are also preparing to say goodbye to USS Robert G. Bradley



-Photo by Paige Gnann

Members of the Naval Station Mayport Chapel congregation pose for a photo with Base Chaplain, Cmdr. Jay Cayangyang and his family before he ends his tour at the installation.

(FFG 49) on March 28. Commissioned in 1984, the Oliver Hazard Perry-class frigate was named after Lieutenant Robert G. Bradley, who was awarded the Navy Cross posthumously for his heroism on USS Princeton (CVL-23) during the Battle of Leyte Gulf. Over the years, the crews of RGB have proven themselves as warriors of the sea time and time again. Mayport will miss the "Fightin' 49."

As many of you know, our CNO, Admiral Jonathan Greenert stopped by Naval Station Mayport on Tuesday to hold an All Hands Call to discuss budget and ethical issues, as well as to answer questions from Sailors in the

audience. It was a great opportunity for the fleet to engage with the CNO and for him to address their concerns.

Lastly, I just wanted to remind you to turn off the light when you leave a room, shut down your computer when you leave for the evening and don't leave windows open with the air conditioner running. Naval Station Mayport has joined other military installations in implementing energy conservation tactics to help make our military greener and more cost efficient. Help us all by doing your part.

Please continue sending your suggestions to the CO's suggestion box or email them to wesley.mccall@navy.mil.

Resources For Family Deployment Issues



**Judy Cromartie
School Liaison
Officer**

With so many commands deployed or about to be deployed at this time, the emotional effects may be impacting your child. While most military dependents are able to deal well with a deployment of a parent, other children may exhibit behavioral changes. While

KNOWING THE ROPES

a military parent may understand a child's reactions to deployment and have learned to spot these reactions, the parent may not know how to address them.

First and foremost you need to seek help for the child. While emotional responses vary from child to child, there are some similarities in how children feel when their lives are impacted by a deployment, especially to a war zone. Some common responses include the following:

- fear,
- loss of control,
- anger,

- loss of stability, and
- isolation.

Limiting exposure to media coverage of the war will help the child feel encouraged and safe at a time when the world seems a dangerous place. If the child is exhibiting these responses and seems to need help beyond what you can provide or the school, there are resources available to the military family to provide help for your child and you.

Take advantage of existing supports which are provided by a number of organizations. **The Fleet and Family**

Support Centers

(FFSC) offer various programs which range from crisis and information, to stress management and parenting workshops. Each center has professional counselors available for individual and family consultations. It is part of the Fleet and Family Support Center's mission to ensure that Navy families have the support they need to deal with a child's response to deployment. Contact the FFSC at NS Mayport by calling 904-270-6600.

Military OneSource provides access to face-to-face counseling; short-term solution-focused telephone consultation; and online consultation for Active Duty, Guard, Reserve (regardless of activation

status), and their families. Contact Military OneSource 24 hours a day, 7 days a week at 1-800-342-9647 or www.militaryonesource.com.

The Military and Family Life Counselor (MFLC) Program also provides short-term, situational, problem-solving counseling services to Active Duty, Guard, Reserve, and their families. The Department of Defense Educational Activity Fund has now provided MFLC's in several of Duval County Public schools. Currently, these MFLC's are in place to assist dependent children in the following schools:

- Ruthanne Wing at Finegan Elementary with school counselor Donna

Davis,

- Susan Schanen at Mayport Elementary and Jax Beach Elementary with school counselors Melissa Hammond and Carla Forest-Crumley,

- Robyn Ashburn at Mayport Middle with school counselor Adrienne Wakefield,

- Cheryl Alvarado at Venetia Elementary and John Stockton Elementary with school counselors Na'toria Campbell and Cheryle Roman,

- Willie Lott at Oceanway Middle and San Mateo Elementary with school counselors Amelia Williams and Duane Monte,

- Shelley Rosen at New Berlin Elementary

See Deployment, Page 3

Spring Cleaning Is A Time To Prepare For Future



**Chaplain
Justin Bernard
USS New York
Command
Chaplain**

Growing up I remember very clearly the change in seasons from winter to spring. One might think that the increase in temperature outside, the longer days or perhaps daylight savings might be key indicators of this. Not so much in our household. Instead, it was four dreaded words from Mom (usually early on a Saturday morning), "Time for spring cleaning!"

And so began the process of cleaning and purging the house of stuff from the winter we had just endured. We would search every nook and cranny it seemed, cleaning spaces that I did not even know existed. Looking back on it now with hindsight being 20/20, as much as I saw spring cleaning as a nuisance and a hindrance to my fort building or baseball playing efforts, it was kind of refreshing

CHAPLAIN'S CORNER

to have a new start and to prepare for the summer of fun that lie ahead. But it took a little bit of work and elbow grease to get there. Some things in the house had to be rearranged, taken to the trash or perhaps given to someone who needed them more than I, in order to make-way for the new season ahead.

This idea rings true not just in a custodial sense but in many areas of our lives whether they are physical, emotional or spiritual. This spring there may be routines in your life that need to be moved around a bit so that you can see and think more clearly.

Take a look at your schedule and simplify or de-clutter so that you can find more time for family, volunteering or hobbies.

Perhaps you have habits that need to be discarded because they no longer have use in your life and are simply weighing you down. And still there may be those things that you might not have use for any longer, but a friend or neighbor might just need that very thing. This may be something tangible or maybe just a lesson that you picked up along

the way, but remember to pass along to others, the things that perhaps made you better so they too can grow and change.

Regardless of the "spring cleaning" that may need to be done in your life, I encourage you to find some time to evaluate and start now! The stress and busyness of life may feel weighty

to you, but reflection and action can become a huge relief. Pray and ask God what He may have for you to do in this season of fresh starts, as you "Come before the throne of grace with boldness..." (Hebrews 4:16)

The importance of renewal and refreshing for the next season is something that has become abundantly clear to me in my adult life, and particularly in the Navy. We find ourselves in constant states

of change in this organization whether it be from one PCS to another, one underway to the next, or a change of command or retirement. Each season of change brings about new opportunities to reflect on what has brought us to that point, shake off some dust and prepare for the next adventure ahead.

Wherever you may find yourself this spring, remember that God desires to do new things in and through us every

single day.

The great and wise Solomon once wrote in Ecclesiastes 3:1, "For everything there is a season, and a time for every matter under heaven..."

Spring is just around the corner, so throw up the proverbial windows of life, let some fresh air and sunshine in, and see how God will refresh your spirit!

"Create in me a clean heart, O God, and renew a right spirit within me."
Psalm 51:10



Command Chaplain
Lt. Cmdr.
Jerome Cayangyang

Roman Catholic Mass
Sunday 9 a.m.
Monday-Thursday
11:30 a.m.
Holy Day of Obligation (call chapel for schedule)
Confessions: before & after mass or upon request
CCD, RCIA & Adult Ed:
Sunday 10:30 a.m.
Baptisms
3rd Sunday of month 10:30 a.m.
Catholic Youth Group
2nd & 4th Sunday 11:30 a.m.-1 p.m.

Protestant Worship
Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Choir: Wednesday 7 p.m.
Baptism: For information, contact your chaplain
Women's Bible Study
Wednesday 9:30 a.m.
Protestant Youth Group
1st Friday Youth Quak Trip
6:30 p.m.
2nd & 4th Friday at Chapel
5-8:30 p.m.
PWOC
2nd Saturday 9:30 a.m.
PMOC
3rd Saturday Prayer Breakfast
9 a.m.
MOPS
1st & 3rd Thursday, 9:30 a.m.

For more information, call 270-5212.



Naval Station Mayport

Capt. Wesley McCall..... Commanding Officer
Cmdr. Patrick Pickard..... Executive Officer
CMDCM Robert L. White..... Command Master Chief

Naval Station Mayport Editorial Staff

MCC William Townsend.....Public Affairs Officer
GSM3 Hillary Hicks.....Assistant Public Affairs Officer
Paige Gnann.....Editor

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Email: mayportmirror@comcast.net
CO Actionline: 270-5589 or 1-800-270-6307

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New CMC Outlines His Goals For Sailors

By CMDCM Ross Cramer

NS Mayport Command Master Chief



**CMDCM Ross Cramer
NS Mayport
Command Master Chief**

Hello Team Mayport! I cannot express enough how honored I am to have been chosen to be the Naval Station Command Master Chief. Command Master Chief White, shipmate, thank you for your service and thank you for the great turnover. You have left me some very big shoes to fill.

I was asked to share a little about my history with you and introduce myself to everyone in the area who reads The Mirror. so here you go. I joined OUR Navy almost 28 years ago, with several of those years right here at NS Mayport as a MACM at NavSta and as the CMC of USS Carney and USS Halyburton. I have served on three additional ships, been the CMC of a Riverine Squadron and was a part of Team GTMO before coming back to Florida. I can truthfully say I have had the honor of serving with America's

sionalism you deserve. WE will challenge ourselves to be better than we thought possible and WE will hold ourselves accountable to OUR Navy Core Values.

I am truly honored to call each and every one of you my SHIPMATE. When I call you SHIPMATE, know that it means I understand that I owe you the very best I have and I will always strive to live up to that. To my fellow Senior Enlisted, thank you for your service and I am honored to be a part of the team!

...

CMDCM (SW/EXW/AW) Ross A. Cramer left Kentucky and joined the U.S. Navy in July 1986. Following recruit training in San Diego, CA, he attended Fireman Apprenticeship School and reported to USS Stump (DD 978) where he laterally converted to Gunner's Mate (Guns) and was advanced to Petty Officer Second Class.

In October 1989,

he attended Gunner's Mate "C" School before reporting to USS Yorktown CG-48 where he assumed duties as Gunnery Division Leading Petty Officer.

In November 1992, he was accepted into the Military Working Dog program (MWD) and certified as a Patrol and Detector Dog Handler. His first MWD assignment was Naval Weapons Station Yorktown, VA, as a Patrolman and MWD Kennel Leading Petty Officer. He was converted to Master-at-Arms and advanced to Petty Officer First Class.

In July 1995, he reported to Naval Support Activity Souda Bay Crete, Greece as the Kennel Supervisor and was assigned duties to support the Greek Air Force and Explosive Disposal Team.

In August 1996, he reported to Naval Station Yorktown, VA, as the Security Department Leading Petty Officer and MWD Kennel Master. He was

Selected and Initiated as a Chief Petty Officer in September 1996.

In August 1999, he reported aboard USS Kearsarge (LHD 3) as the Chief Master-at-Arms, where he qualified Enlisted Surface Warfare and Aviation Warfare Specialist.

In July 2002, he was assigned to Mid-Atlantic Regional Public Safety in Norfolk, VA, and the Regional Kennel Master and selected for promotion to Senior Chief Petty Officer.

In July 2004, he reported overseas to Naval Support Activity Naples, Italy as the Security Department Leading Chief Petty Officer and Kennel Master. In January 2006, he attended the Senior Enlisted Academy and was advanced to Master Chief Petty Officer.

In July 2007, he reported to Naval Station Mayport as Security Department Leading Chief Petty Officer, and was selected for the Command Master Chief

Program. During this tour, he was given the privilege of acting as Command Master Chief for USS Halyburton (FFG 40).

In July 2008, he reported to USS Carney (DDG 64) as Command Master Chief and proud Carney Warrior, during this tour the Carney Nation won the prestigious Battenberg Cup and various other unit awards.

In October 2010, he reported to Riverine Squadron One and became a proud River Rat. He led Squadron One through the transition into the Coastal Riverine Squadron.

In August 2012, he reported to Naval Station Guantanamo Bay, Cuba as Command Master Chief and became a proud member of Team GTMO.

Cramer reported to Naval Station Mayport in March 2014.

Help Keep Mayport Clean

From NS Mayport Environmental

Volunteers are needed in support of The 19th Annual St. Johns River Celebration & Cleanup, to collect litter and debris on the beach and along the St John River waterfront at Naval Station Mayport.

Participants should plan to meet at 9 a.m. Saturday, March 22 at Jetties Pavilion #3

(the eastern-most covered pavilion) near Pelican Roost RV Park on Bon Homme Richard Street. This event will run until approximately 11 a.m. Volunteers are welcome to participate for part or all of that time frame. Gloves and garbage bags will be provided. Community Service hours may be earned from participation in this event.

To learn more, call Keep Jacksonville Beautiful at (904) 630-3420 or visit www.coj.net (key words: St Johns River Celebration) or contact Naval Station Mayport Water Quality Program Manager, Scott Dombrosky at 270-6781. Pre-registration is not required.

2013 Associate of the Year



-Photo courtesy of NEX Mayport

Navy Exchange Mayport General Manager Bill Hockenbury, along with NS Mayport CMDCM Bob White, left, and Commanding Officer, Capt. Wes McCall, right present the 2013 Associate of the Year award to Rochell "Theresa" Richardson on March 10. As Services Operations Clerk, Theresa is responsible for daily sales reconciliation, fuel dispensing audits, government charge sales, receiving, monthly inventory and close out, government credit card reconciliation, payroll, and many other duties. In that capacity, she deals with NEX patrons, NEX Mayport associates, Headquarters personnel, vendors and representatives from other government agencies.

Deployment

From Page 2

and Sheffield Elementary with school counselors Marisa Negron and Ginger Brown, and

•Kimberly Cruise at Enterprise Learning Academy and Chimney Lakes Elementary with school counselors Ellen Golden and Shelia Handress.

These counselors provide valuable services and support to military families at no additional cost to the families or the school district. These services are designed to offer extra support to assist with the unique challenges which military families experience. MFLC counselors are licensed clinicians who have demonstrated expertise in working with children. They can provide support in a variety of different ways: individual meetings with children, presentations about life skills issues, skill-building group discussions, and meetings with parents and families at the family's request for additional counseling/coaching support. While meeting with children, the MFLC counselors always remain in line of sight of a teacher, staff member, or a parent.

And while the MFLC's will not be available during the summer, you can contact the area MFLC Dr. Mia Wilson,

Child and Youth Specialist MFLC, at 904-741-7842. Or you can contact Fleet and Family Support Center or Military OneSource for deployment support.

But while you are providing extra help to your child, don't forget to take time for yourself. You, too, are dealing with your own reactions to the situation. The organizations indicated above will also provide assistance to you in dealing with not only your child's reactions but yours too. Self-care is one of the most important – and often the most forgotten – things you can do as a parent who is carrying the load while a spouse is deployed. When your needs are taken care of, your child will benefit as well.

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

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Lena Atkinson

Welcome To The CARNEYVAL!

By Ensign Marina Nantowich
USS Carney PAO

USS Carney (DDG 64) reached the half way mark in her Fifth Fleet deployment earlier this month. Carney warriors celebrated with a week-long "CARNEYVAL"—among other activities, the week was complete with talent shows, corn hole tournaments and a Mongolian-style barbecue. The various events provided a much appreciated break in Carney's rigorous daily routine, allowing the crew a few moments to unwind.

CARNEYVAL kicked off with Carney's original version of culinary "Fear Factor." Culinary Specialist 2nd Class Salomon Mejia and other Culinary Specialists cooked up some interesting concoctions that were far from their normal delicious meals.

Clams, peanut butter, syrup and Cheerios were among the secret ingredients in the championship round of the event. Electronic's Mate 2nd Class Vladymir Odysse won the event, proving that fear was not a factor for him... and that he had the strongest stomach onboard.

"Our Sailors work their tails off day in and day out," commented Command Master Chief Jon Lonsdale, "CARNEYVAL was about letting them blow off some steam and promote esprit de corps within the Carney Nation—mis-



Former Commanding Officer, Capt. Glenn Kuffel, stands proudly with the rest of CarneyNation on Carney's flight deck after addressing the crew and awarding Enlisted Surface Warfare Specialist pins to Carney Sailors. Current Commanding Officer, Cmdr. Edward Crossman, left, and CMC Jonathan Lonsdale, right.

sion accomplished!" Other events during the week included "Carney's Got Talent," a talent show hosted on the mess decks by Carney's very own resident DJ, Electrician's Technician 3rd Class Brian Woosley. Fire Controlman 3rd Class Higinio Jimenezsegura earned first place in the talent show with his acoustic rendition of "Falling to Pieces" by The

Script, complete with an original guitar solo to close the act. MWR ran an exciting game night and the Chief Petty Officer's hosted the Carney Nation favorite: MWR BINGO Night! Repair Division hosted "Damage Control Olympics," which proved to be fun and an excellent opportunity for quality training. Participants raced against the clock as they

went through a damage control obstacle course. The course started by dressing out in fire-fighting gear and grabbing "Oscar," the heavy dummy figure used for man overboard drills. After carrying Oscar down to medical, participants heaved a fire hose down to the flight deck and put out a simulated fire. Senior Chief Damage Controlman Richard Simpson

won the event, with Boatswain's Mate 2nd Class Matthew Klimek in a close second. Carney Nation kept the competitive spirit alive during the Carney 5K. More than half the crew, approximately 140 Sailors, participated in the event by either running, biking, walking or using the elliptical to complete the 5K race. Fire Controlman 2nd Class Kevin Neal won the

event overall with a run time of 17:13. Neal and Gas Turbine Specialist (Mechanical) 2nd Class Joan Fanel, who finished with a time of 18:16, were the only two to defeat Command Master Chief Lonsdale, finishing with a time of 18:29, in the "Beat the CMC" Challenge. Ensign Katherine Bollino, Ensign Fallon Puppolo and Turbine

See Carney, Page 5



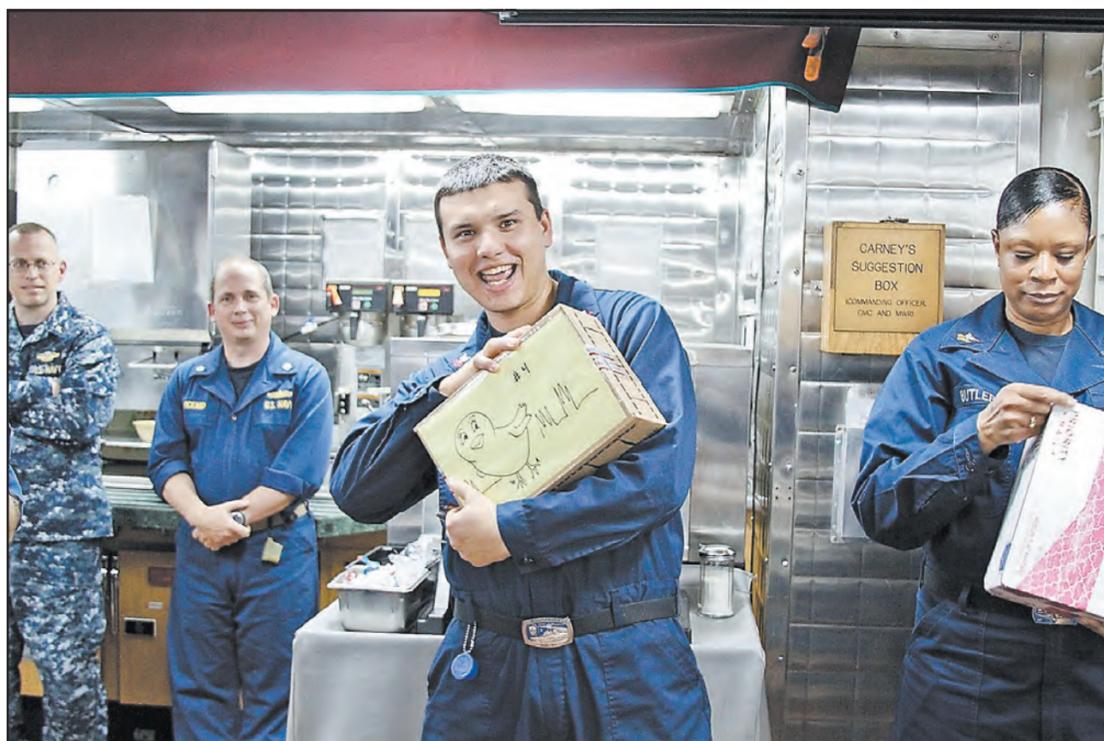
The sun set is framed on the shoulder of a Carney chief.



A Sailor gives thumbs up after completing a Carney 5K.



More than half the crew, approximately 140 Sailors, participated in the Carney 5K by either running, biking, walking or using the elliptical to complete the 5K race.



Sailors open up dozens of boxes filled with goodies supplied by the Carney family readiness group.



Left, Lonsdale stands with the participants in this year's CARNEVAL talent show.



A Visit, Board, Search and Seizure (VBSS) team member from USS Carney prepares to train during the ship's underway.



Sailors prepare for an underway replenishment (unrep).



The crew of USS Carney perform an unrep during the deployment.



Sailors play corn hole during the week-long CARNEYVAL events.



USS Carney (DDG 64) reached the half way mark in her Fifth Fleet deployment earlier this month. Carney continues to conduct Maritime Security Operations in the Arabian Gulf.



Sailors work on a small arms familiarization qualifications during the underway.



Sailors are recognized for their hard work during an awards ceremony on board the ship.



Sailors compete in a Damage Control Olympics competition held during CARNEYVAL week.



A Sailor races to "put out a fire" during the Damage Control Olympics competition



A CarneySailor goes for Bingo during a fun Bingo competition sponsored by the Carney CPO Mess.

Carney

From Page 4

Specialist (Mechanical) 3rd Class Mercedes Lopez were the top finishing females, Bollino winning the event with a 22:01 run time.

The Family Readiness Group (FRG) sent dozens of boxes filled with goodies for the "Shoebbox Auction." Carney Sailors enjoyed the surprises inside the boxes, relishing a piece of home with each other.

The week of festivities ended with an extravagant ice cream social and a gourmet Mongolian Barbeque. Carney's skilled Culinary Specialists worked their magic on the grill cooking up shrimp, chicken, scallops, beef, noodles and a variety of vegetables and sauces for the crew to enjoy.

"Every day the crew put together a different event," Carney's Commanding Officer, Cmdr. Eddie Crossman commented, "It really mixed things up and engaged their competitive spirit. Four months into a deployment it can be difficult to maintain motivation. The CARNEYVAL week put on by the crew, for the crew was a great way to get over that motivational wall. The crew is motivational, in shape and meeting all mission tasking!"

Carney continues to conduct Maritime Security Operations and stay trained and ready to answer the call to national tasking in the Arabian Gulf.



Intramural Sports
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)



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 cal-

endar with a complete listing of all upcoming Liberty events.
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.
April 4: Movie Trip. Van departs 6 p.m. Transportation only.



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
April 4: Teen Movie Trip: Captain America: The Winter Soldier. Ages 13+. Meet at the Teen Center. Bring your own money; permission slip required. 246-0347

April 11: Freedom Friday. 7-11 p.m. at the Youth Center. Cost is \$10 advanced sign-up and \$12 day of, space permitting. 270-5680
April 25: Operation Megaphone Worldwide Lock-In. 7 p.m.-7 a.m. at the Teen Center. \$18 advanced sign up, \$20 day of if space permits. Permission slip required.

Catch a Leprechaun Run



-Photo by Rita Hammerstad
 More than 142 runners came out last Tuesday for the MWR Catch A Leprechaun 5K Fun Run. Pictured from left, Angie Michalak, Roch Schwarz, Leprechaun Megan Moore of MWR Fitness, Cmdr. Jose Fuentes of C4F Mark Bergman, John Gosztyla and Art Porcelli. Winner of \$50 gift card was Petty Officer Michael McMurry of ATG. Tuesday's 5K Run was sponsored by University of Phoenix and First Command. The next run will be Spring Forward on April 8 at 8:10 a.m. start in front of the Fitness Center. For more information, call 904-270-7719.

MWR Softball Pre-Season



-Photo by Rita Hammerstad
 HSL-48 Vipers win the softball pre-season opener. For more info on getting your team involved contact Rita at 904-270-7719.

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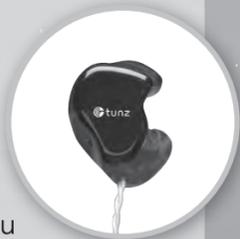
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Every Thursday: Trivia on Tap. 6 p.m. at Castaway's. Test your general trivia knowledge! the winning team of four takes home awesome prizes! 270-7205

March 28: Call of Duty: Ghost Tournament. 8 p.m. at Castaway's Lounge. FREE! Try your luck on the PS4 for a chance at great prizes. 270-7205

April 5: Take Me Out to the Ballgame. 4 p.m. at Castaway's Lounge. Celebrate the beginning of baseball season. Whiffleball challenge, drink specials, snacks and prizes. 270-7205

April 7: NCAA National Basketball

Championship. Watch the game and see if you won the bracket. 270-7205

April 25: Foosball Tournament. 7 p.m. at Castaway's Lounge. FREE! Give our new foosball table a try for a chance at great prizes.

April 26: UFC 172-Jones vs. Texiera. 10 p.m. at Castaway's.

Foc'sle Lounge CPO Club

Every Tuesday: All Khaki Wings and Trivia Night. 3-7 p.m. every Tuesday at Foc'sle CPO Club with 40-cent wings, drink specials and all-you-can-drink

soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431

Chicken Wednesdays. Every Wednesday, 11 a.m.-2 p.m., at Foc'sle Lounge. Enjoy a two-piece fried chicken plate with two sides for only \$7.00. 270-5431

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

MWR Expo A Hit



-Photo by Paige Gnann

Hundreds of Sailors, dependents, retirees and civilians got a chance to learn more about services and attractions available to them at the annual MWR Expo and Travel Show held Thursday at Ocean Breeze Conference Center. Above, attendees enjoy food prepared by several vendors. Below, an attendee talks to a representative from Medieval Times.



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USS Simpson Strengthens Ties In Morocco

By Lt.j.g. Julie Rosa
USS Simpson PAO

Guided missile frigate USS Simpson (FFG 56) recently conducted a 4-day port visit to Casablanca, Morocco during its deployment to the 6th Fleet area of operation.

Simpson's multi-purpose visit to Morocco provided great strides in strengthening the relationship between our two countries, re-enforced our foreign cooperation, and provided a liberty opportunity for the crew which continued to promote trust in America and its citizens.

Prior to mooring in Casablanca USS Simpson and the RMN Hassan II exchanged opportunities to hone their Maritime Interdiction Operation skills in the execution of an underway exercise flawlessly designed and coordinated by the Royal Moroccan Navy. Both countries Visit, Board,



USS Simpson Sailors and members of the Moroccan American Volunteer group pose for a picture in front of the Moroccan flag at the Bennani Center for Girls during a recent port visit to Casablanca, Morocco.

Search and Seizure (VBSS) teams deployed utilizing their own organic assets to practice compliant boardings and conduct personnel and

space searches. "Overall it was an enlightening experience to compare tactics and techniques with a proficient VBSS team from

a foreign country. Both teams gained a fresh look that yielded significant impressions responsible for delivering new ideas and experiences that will

improve our manner of approach; and we look forward to working with the Royal Moroccan Navy again" said Ensign Andrew Hahn,

Simpson's Boarding Officer.

Additionally, the Moroccans also designed a series of ship maneuvers responsible for close control of all assets and safely transitioning them through a series of synchronous tactical formations. These events were so well designed with the use of Allied Publications that neither ship required a face-to-face planning conference or brief prior to conducting the events. The communications, exercise organization documents, and professionalism of Hassan II ensured the exercise was conducted with superb ship handling skill and safety.

Upon completion of the at sea exercise, Simpson moored in the busiest commercial port in Morocco and immediately opened the brow to awaiting visitors. Several crew members participated
See Simpson, Page 9



Operations Specialist Seaman (SW) Brian Darby and Machinist's Mate 2nd Class (SW) Kevin Trinidad play a raucous game of musical chairs with their group of girls at the Bennani School for Girls.



Hull Technician 2nd Class (AW) Donald White from USS Simpson and Lt. Cmdr. James Meadows from HSM-46 Det. 8 do some needed gardening at the Bennani School for Girls.

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Simpson

in interviews and tours with many Moroccan press representatives. Simpson's 1st Lieutenant Ensign Arabia Littlejohn fielded questions on the pier while the Combat Systems Officer Lt. John Bear led the group on a tour.

After taking on supplies Simpson's off duty crew members were able to enjoy some liberty. Sailors practiced their bargaining skills visiting the Old Medina where hundreds of vendors sell their wares. Many returned from liberty with various Moroccan items such as, hand carved wooden pieces, rugs, and other decorative items. Other places of interest were the Moroccan Mall and Anfa Point where Sailors were able to do enjoy more shopping, try traditional Moroccan food, and soak up the local culture. Rick's Café was also a place that Sailors frequented. It is the restaurant made famous by the classic American love story Casablanca starring Humphrey Bogart and Ingrid Bergman.

The highlight of the visit came on day two. More than 30 Simpson



Logistics Specialist 2nd Class (SW) Jacob McLeod poses for a picture with his new friend Zineb El (a member of the Moroccan American Volunteer Group) at the Bennani Center for Girls while doing a community relations.

Sailors volunteered to visit the Bennani School for Girls to lend a hand gardening, baking, teaching, and playing several games and sports with the residents. The Bennani School houses orphaned or disadvantaged girls ranging from age 7 to 18. The community relations participants volunteered alongside local college students from the Moroccan American Volunteer group who were able to help translate and explain the various projects or games taking place during the day.

by saying, "I couldn't be more proud of this crew's unselfish dedication to our Navy's mission as demonstrated by their volunteer work conducted at the Benanni Center Girl's School," said Cmdr. Chris Follin, Simpson's commanding officer. "This event was a major highlight of their port visit that will never be forgotten by our Sailors or the bright faces of the school children."

Throughout the port visit, the Royal Moroccan Navy graciously offered to host Simpson Sailors on tours

to Hassan II Mosque. Hassan II Mosque is touted as the 3rd largest mosque in the world, has the highest religious minaret in the world at 200 meters and can house 25,000 worshippers at one time. Each Sailor participating in the tour was in awe of the sheer size, beauty, and amount of minute detail built into the mosque.

While some Sailors were on liberty others across all departments kept busy preparing the ship for the largest reception of this 2013-2014 AFRICOM

deployment. The flight deck tent was erected, lights rigged along all sides, flags were hung to adorn the hangar bay, and tables and bars were set up around the flight deck. The Culinary Specialists created a large and diverse spread of food to accommodate the different tastes of our multi-national guests. The meal was topped off with cakes depicting the US and Moroccan flags and a blue ice sculpture of Simpson's mascot, the Falcon.

More than 200 people attended the reception ranging from local business owners, Foreign Embassy delegates, military personnel from different nations, and of course Simpson Sailors. Due to most guests speaking French and only limited English there was some difficulty with translation, but everyone displayed good spirits and managed to communicate enough to enjoy each others company. The reception was a huge success on all accounts and attendees were very pleased with the décor, ambiance, food, refreshments, and the people present.

Many Sailors were able to make connections with local residents and get advice on places to go, best restaurants to visit, and local items that should be brought home. Some guests even offered to show Sailors around personally, showing kindness that exemplifies the Moroccan people.

As USS Simpson departed Casablanca Follin said, "I am very pleased Simpson was given another opportunity to visit Casablanca and to operate with the Royal Moroccan Navy. It's not very often that one of our ships has the opportunity to re-visit friends we made on a previous deployment. More than 50 percent of the crew remains on board since our last visit in January/February 2012 and we enjoyed building upon the cooperative efforts and interoperability in training that both of our Navies strengthened during our last visit. When we share ideas and learn to operate together, we become twice as strong a force capable of delivering a more secure world for our children to enjoy."



1st Lieutenant Ensign Arabia Littlejohn conducts an interview with Moroccan journalists during Simpson's port visit to Casablanca, Morocco.



Senior Chief Fire Controlman (SW) Allen Bylls conducts VBSS training with a Moroccan boarding team during a recent joint exercise between USS Simpson FFG-56 and Moroccan vessel Hassan II.



Commanding Officer Cmdr. Chris Follin talks with Rear Adm. Mnarek Dakhni of the Royal Moroccan Navy during Simpson's reception onboard in Casablanca.



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Haly Refurbishes Local Park In Colombia



-Photos courtesy of USS Halyburton

Chief Petty Officer Andres Vega of Colombian Navy, Electronics Technician Second Class Surface Warfare Samuel Whisman, Hospitalman Seaman Arick Price, Logistics Specialist Chief Petty Officer Leketa Gaines, Culinary Specialist Seaman Montrel Moore, Culinary Specialist Second Class Surface Warfare Kordrey Rucker, Culinary Specialist Second Class Surface Warfare Emmanuel Appiahkubi, Personnel Specialist Seaman Rueben Cruz, Information's Systems Technician Second Class Chester Sumbry, Operations Specialist Second Class Surface Warfare Quintrel Brown, Gunner's Mate Seaman Justin Gregory and local children in village of Tierra Bomba Island.

By OS2(SW)
Quintrel R. Brown
 USS Halyburton Public Affairs

Ten Sailors from the USS Halyburton (FFG 40) crew teamed up with Colombian Navy sailors to conduct a community relation project, refurbishing a local park in Cartagena, Colombia.

This was Halyburton's first community related project during their Caribbean Sea deployment conducting counter illicit trafficking operations in support of U.S. Southern Command. U.S. Naval Forces Southern Command and U.S. 4th Fleet support U.S. Southern Command's joint and combined military operations by employing maritime forces in cooperative maritime security operations to maintain access, enhance interoperability, and build enduring partnerships to promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

Prior to the community relation project, Chief Andres Vega of the Colombian Navy gave a few of the Halyburton



Local children in village of Tierra Bomba Island pose for a picture.

Sailors a brief tour of the Colombian Navy Frigate, ARC Antioquia FM-53.

"It looked like a cruise ship inside," said Gunner's Mate Seaman Justin Gregory.

Shortly after the tour, Halyburton Sailors enjoyed a short boat ride to the small island of Tierra Bomba, only 10 minutes from the mainland of Cartagena, to start the refurbishing of the village park.

With the Sailors working diligently side-by-side, the task of picking up debris and hanging tires for swings was complete in less than two hours.

"The children were so excited to get new swings, that they jumped on them before we had finished hanging them up," said Chief Logistics Specialist Leketa Gaines.

Finishing the park early left the Sailors an

opportunity to socialize with the children and

local villagers.

"It's a very rewarding experience to be able to bring smiles to faces to those less fortunate than myself," says Culinary Specialist 2nd Class (SW) Kordrey Rucker.

This event was coordinated by USS Halyburton's Coalition of Sailors Against Destructive Decisions (CSADD) team. CSADD is designed to create command activity alternatives using resources and tools that promote good decision-making and enabling leadership development at the most junior level.

"This is the seventh community relation project that I have organized since being onboard and I hope to plan many

more before Halyburton decommissions," said Operation Specialist 2nd Class Quintrel R. Brown.

This deployment is Halyburton's last deployment in her 30-year career, as she is scheduled to decommission later this year. Her keel was laid Sept. 26, 1980 and she was commissioned Jan. 7, 1984. She is named for Petty Officer 2nd Class William David Halyburton, a pharmacist's mate, who was posthumously awarded the Medal of Honor for extraordinary heroism, May 10, 1945, while serving with the Marine Rifle Company, Second Battalion, Fifth Marines, First Marine Division on Okinawa.



Local child lends a hand to Hospitalman Seaman Arick Price, while sweeping up the trash in the park.



Gunner's Mate Seaman Justin Gregory, Culinary Specialist Second Class Surface Warfare Emmanuel Appiahkubi, and Logistics Specialist Chief Petty Officer Leketa Gaines assist in holding the tire swing as Colombian Navy Chief Petty Officer Andres Vega tie and hang them.

C4F Admiral Speaks At WWII Photo Exhibition

By Lt. Megan Dooner
U.S. 4th Fleet Public Affairs

Rear Admiral Sinclair Harris, Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, spoke at a brunch for "The Last Good War: The Faces and Voices of World War II" photo exhibition, held at the Cultural Center in Ponte Vedra on Monday, March 3.

This National exhibit, photographed and curated by Thomas Sanders, tells the story of WWII through photos and the words of its veterans.

The brunch was attended by over 60 WWII veterans and family members. Petty Officer Second Class Robert Wise, USN retired, at age 95, is the oldest living WWII veteran in Northeast Florida. Wise spoke with Harris about the pride he has in African Americans being in the service.

"I was glad, as I was telling [Harris], that it was nice to see a high ranking African American officer. Because when I was in, there was segregation and the (Naval) Academy usually washed them out. I am glad he made it. He



-Photo taken by Florida Cultural Center U.S. Naval Forces Southern Command/U.S. 4th Fleet Rear Adm. Sinclair M. Harris poses for a group photo with Robert Wise (left) and Capt. (Ret.) Donald Miller, during a WWII photo exhibition in Ponte Vedra, March 3.

was proud to see that I had served on submarines. There were only 2400 African-Americans in the submarine force during WWII," said Wise.

Captain Donald Miller, USN retired, also served aboard submarines and

was involved in the battle of Leyte Gulf. Miller commented on how much he enjoyed the brunch and how meaningful it was to be part of such an event.

"Very rewarding really, and very enjoyable. I appreciate that they took



Commander U.S. Naval Forces Southern Command/U.S. 4th Fleet Rear Adm. Sinclair M. Harris speaks to people attending a WWII photo exhibition in Ponte Vedra, March 3.

an interest in what we did. People in our country taking an interest is very heartwarming," said Miller.

Harris spoke with both of these veterans at the brunch and commented on his time with them.

"I had the great honor of meeting two of our WWII Submarine Shipmates. Both are still in fighting shape and continue to be great advocates for our great

Navy. Both were very proud of their time in the Silent Service," said Harris.

Community relations opportunities such as this are of great importance to U.S. Naval Forces Southern Command/U.S. 4th Fleet.

The exhibit will be on display at the Cultural Center from March 3 to April 4.

In conjunction with

the National exhibit, 'The Last Good War: The Faces and Voices of World War II', the Cultural Center is also hosting the Local Heroes exhibition, with photographs of local veterans submitted by members of the community. For more information, visit <http://www.ccpvb.org/the-last-good-war-exhibition.html> or call the Cultural Center at (904) 280-0614.

Energy

From Page 1

Control System (EMCS), which controls temperatures in over 50 buildings at Naval Station Mayport. They make sure and set the building temperatures to a certain comfort level, not allowing personnel to adjust the thermostats, which in turn controls energy waste. Another important assistance is the building energy monitors. Every building

or command needs a monitor to report to the IEM any issues or repairs to be made to conserve energy. Personnel can report any issues to their monitor, who in turn sends it up through the chain of command directly to the energy manager. According to Vidal, the monitors are his biggest line of defense.

"The monitors play a key

role to help conserve energy," he said. "They are the ones who report energy problems to the energy team, so we can take care of the problem and help to conserve energy."

Base housing energy consumption is another problem area. With some many units and only a few monitors for the area it is tough at times to get everyone on board to help

conserve energy. Some bases in the last few years have started to present energy bills for residents if their consumption exceeds certain limits. This has not happened at naval Station Mayport, but brings to reality that everyone needs to do their part to conserve energy.

"Naval Station Mayport is improving, as a base on the

consumption of energy this year over years past," Vidal said. "With the improvements of the EMCS unit and other projects in the works we are becoming more energy efficient and are controlling energy waste. We are striving toward the future and it is up to everyone to do their part to help energy conservation."

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*Dream Kitchen & \$5000 in upgrades offers available for new buyers on new contracts written on 03/01/14 through 03/31/14 only and must close in D.R. Horton North Florida single family communities, prior sales excluded. Offers are not redeemable for cash or credit against purchase price and cannot be combined with any other D.R. Horton buyer incentive, no substitutions. Gourmet Kitchen package valued at approximately \$10,000 (per plan). Upgrades to be installed prior to closing. "Built For You" implies that home and plan are preselected by buyer prior to being built. Appliance make and model numbers - Cooktop: Whirlpool® #G7CE3034XB; Oven: Whirlpool® #W0D93E00AS or Whirlpool® #W0S92E00AS; Microwave: Whirlpool® #WMH76719CS; Dishwasher: Whirlpool® #WDT910SAYM; Refrigerator: Whirlpool® #WRF736SDAM; Faucet: Moen Integra #67315CSL; Granite: Value Series; Sink: 18 gauge stainless steel. Please see your new home consultant for details. Pictures, photographs, features, colors and sizes are approximate for illustration purposes only and will vary from the homes built. CBC058997 ©2014 D.R. Horton, Inc. All rights reserved.



-Photo by MC3 Abe McNatt

Sailors heave a line aboard the guided-missile cruiser USS Philippine Sea (CG 58) as it departs from Aksaz, Turkey. Philippine Sea is on a scheduled deployment supporting maritime security operations and theater security cooperation efforts in the U.S. 6th fleet area of responsibility.

Phil Sea Departs Turkey

From USS Philippine Sea
Public Affairs

The guided-missile cruiser USS Philippine Sea (CG 58), attached to the George H.W. Bush Carrier Strike Group (GHWBCSG), departed Aksaz, Turkey March 12, to continue its scheduled deployment in the 6th fleet area of operations.

The port visit provided an opportunity to work with our partners and strengthen bonds between the U.S. and Turkey, refuel and restock the ship, and allow the crew to have liberty. Philippine Sea's crew was able to enjoy the beautiful city of

Aksaz and its many different shops and restaurants.

"The people were very friendly, the food was delicious, and we had an amazing time experiencing the culture," said Operations Specialist 2nd Class Kristopher Welshman.

The Morale, Welfare, and Recreation (MWR) office offered multiple different prearranged tours giving Sailors opportunities to immerse themselves into the local culture. Some of the tours included trips to the historical city of Ephesus and the Virgin

Mary house while other tours offered the chance to experience Turkish mud baths and hot springs.

Philippine Sea also hosted 10 Turkish officers for a luncheon and tour of the ship including an SH-60R Seahawk helicopter demonstration.

"The luncheon served as a wonderful opportunity to thank the Turkish naval officers for hosting us in Aksaz," said Lt. j.g. Molly Hanas, the ship's navigator. "We enjoyed learning the similarities and differences between our naval cultures."

Resident of the Week



-Photo courtesy BBC

Balfour Beatty Communities would like to congratulate Mr. and Mrs. Pollock who is the Resident of the Week! We appreciate the Pollock Family and all of our residents who live with Balfour Beatty Communities! Cpl. Pollock is a field training officer in the patrol division and Mrs. Pollock is a full-time nursing student. Will you be the next Resident of the Week? For more details about the program, please call 904-270-8870.

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Naval Officers' Spouses' Association Mayport invites you to an

Evening Under the Palms

Saturday, May 3, 2014
7:00 - 10:00
At the home of CAPT & Mrs. Tillotson
Contact NOSA for directions

Tickets: \$20 a person in advance or \$30 at the door.
Price includes drinks (alcoholic & non-alcoholic) and appetizers.
Purchase your ticket at any NOSA event or send a check to:
NOSA MAYPORT, 3865 Oklawaha St., Jacksonville 32227

All proceeds from the event will be donated to the Navy-Marine Corps Relief Society
www.orgsites.com/4/nosamayport

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9:00 a.m. - 2:00 p.m.
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Increased Assignment Flexibility Allows Detailers To Fill Anticipated Vacancies

From Navy Personnel Command Public Affairs

A change to personnel policy now allows detailers to write orders directing the transfer of Sailors up to six months prior to or after their Projected Rotation Date (PRD), according to NAVADMIN 058/14 released Mar 13.

Additionally, shore duty Sailors in paygrades E-4 to E-9 may be pulled for Early Return to Sea Duty, after having completed at least 24-months ashore.

A change to MILPERSMAN 1306-104 gives Navy detailers increased flexibility in filling anticipated fleet vacancies on time with a fully trained and qualified relief. Although the use of the Voluntary Sea Duty Program, Sea Duty Incentive Pay, and the Chief Petty Officer Early Return to Sea programs have made progress in improving fleet manning, there are times when the number of fleet vacancies and/or the associated train-

ing requirements for those positions do not align with the number or availability dates of Sailors in their orders negotiation window.

PRDs will not be adjusted and the current Career Management System/Interactive Detailing (CMS/ID) application and detailing policies remain unchanged. Sailors will still enter their CMS/ID order negotiation window nine months prior to their PRD. However, when they are selected

for their next assignment, their orders may direct transfer earlier than the previous three months prior to four months after their PRD allowed. The actual transfer date will be determined by the commencement of training for the prospective job and the date of the anticipated fleet vacancy they are being ordered to fill.

Additionally, when the number of critical fleet vacancies exceeds the number of sea duty rollers, detailers may con-

tact shore duty Sailors that are approaching or beyond 24-months ashore, and consider them for an early return to sea move. When being considered for an early return to sea requirement, Sailors will be contacted by their detailer, and their current command will be contacted by their placement coordinator, and they will be afforded a 30-day window to submit an impact statement for consideration regarding their early transfer.

Also, nuclear enlisted sailors will have their initial sea tour PRDs set in accordance with their prescribed sea tour lengths. This change removes unnecessary administration from the ships, allows for more accurate personnel inventory reports and provides our Sailors with more accurate PRDs upon receipt of orders to their initial aircraft carrier sea tour.

HSM 74 Det. 2 Completes 2,000 Safe Landings

By MC3 Lorenzo J. Burluson

USS Gettysburg Public Affairs

Sailors assigned to Helicopter Maritime Strike (HSM) Squadron 74 Detachment 2, embarked aboard the guided-missile cruiser USS Gettysburg (CG 64), completed 2,000 safe deck hits on deployment March 4.

The mark signifies the number of deck landings that detachment 2, part of Carrier Air Wing (CVW) 3, has completed since being deployed in the 5th Fleet Area of Operation. The crew consists of six pilots, four enlisted air crewmen, and 18 maintenance personnel responsible for the employment and support of two MH-60 R Seahawk helicopters.

"The aircrew has done an outstanding job and has dedicated many



-Photo by MC3 Lorenzo J. Burluson

Aviation Electronics Technician 3rd Class Seth Courtney gives hand signals to the pilot of an MH-60R Sea Hawk helicopter assigned to the "Swamp Foxes" of Helicopter Maritime Strike (HSM) Squadron 74, on the flight deck of the guided-missile cruiser USS Gettysburg (CG 64). 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.

hours to reach this mark, said Lt. Cmdr. Jack Clark, detachment officer in charge. "To reach this

mark safely required the efforts of the entire aircrew and strict attention to detail."

Since the beginning of deployment, Detachment 2 has completed seven phase maintenance

inspections and resultant functional check flights (FCF). Twelve air crewmen have qualified enlisted surface warfare specialist and two have qualified enlisted aviation warfare specialist during deployment. In addition Detachment 2 has flown over 1,000 flight hours and have qualified three pilots as helicopter aircraft commanders (HAC), said Lt. Kyle Stewart, a pilot assigned to Detachment 2.

"It was our goal to reach new milestones during this deployment and the commitment of the aircrew have made reaching that goal possible," said Stewart. "We have to continue to push forward as a detachment and qualify our Sailors to help support the entire air wing."

Air crewmen said they are proud to have achieved 2,000 deck hits while deployed, and take pride in maintaining, repairing and inspecting their helicopters.

"It's a rewarding moment to know that I'm part of something as big as 2,000 deck landings," said Naval Aircrewman (Tactical Helicopter) 2nd Class (AW/NAWS) Britt Turner. "I look forward to increasing this milestone as we continue to provide support throughout deployment."

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.

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Learn How To 'Market Yourself'

From FFSC

The Mayport Fleet and Family Support Center is sponsoring a once-a-year presentation on transition here, on March 31, from 8:30-11 a.m. in Ocean Breeze Conference Center. The presentation entitled "Marketing Yourself for a Second Career" is offered by The Military Officers Association of America (MOAA), and is **FREE** to attendees.

All ranks may attend, though it is geared towards officers and senior NCOs. Spouses, civilians, and retirees are also welcome.

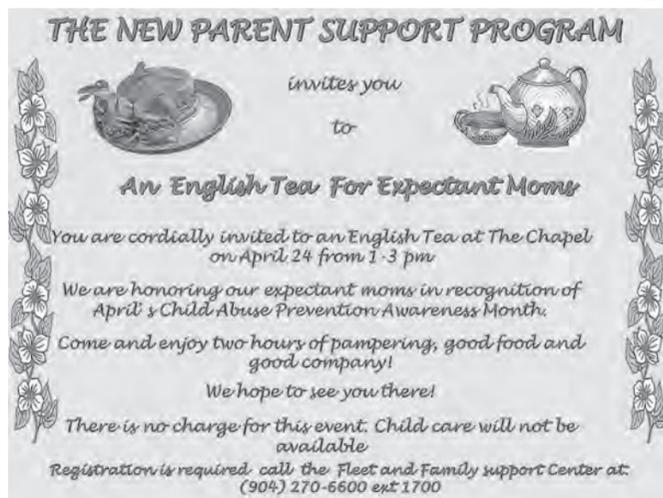
In the current environment The Transition Center at MOAA provides this presentation to teach the latest trends in transition to include resume writing, networking, use of LinkedIn, leveraging social media, and marketing yourself.

It also educates leaders in the transition process in order to coach and mentor their subordinate, especially during these times of force reductions, selective retirement boards, etc.

The presentation will be given by Colonel John D. Sims, USA (Ret), a deputy director at the Transition Center at MOAA's national headquarters in Alexandria, Virginia.

To RSVP for the seminar or for further information, contact the FFSC at 270-6600, x1701.

FFSC Classes Help Manage Navy Life



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.

March 20, 10 a.m.-11 a.m., **Healthy You, Healthy Family**, Bldg. 1 Room 702

March 24, 6 p.m.-7 p.m., **IA (Individual Augmentee) Family Connection Group**, USO

March 24, 1:30 p.m.-3 p.m., **Part 2: Targeting Your Resume**, Bldg. 1 Room 702

March 24, 10 a.m.-Noon, **Active Parenting**, Bldg. 1 Room 702

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as some of the challenges that are faced by all families include:

- understanding yourself and your child,
- the four goals of misbehavior,
- building courage and char-

acter in your child,
 •encouraging and
 •helping children listening to your child, cooperate,
 •discipline that makes sense
 Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation required for all 6 sessions.

March 24, 1 p.m.-2:30 p.m., **Conflict Resolution for Women**, FFSC Bldg. 1, Room 702

March 25, 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 26, 9 a.m.-1 p.m. **Part 1: Organizing Your Job Search & Networking**, Bldg. 1 Room 702

March 26, 9 a.m.-11:30 a.m., **Capstone Event (All Pay Grades)**, Bldg. 1 Room 1616

March 26, 3 p.m.-4:30 p.m.,

Fleet and Family Support Center

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When: April 10, 2014
When: 900-1030

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Managing Anger Group, Bldg. 1 Room 702

March 27, 9 a.m.-11 a.m., **Relationship Communication**, Bldg. 1 Room 702

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

March 27, 10 a.m.-11 a.m., **Healthy You, Healthy Family**, Bldg. Room 702

March 31, 1:30 p.m.-3 p.m., **Part 2: Targeting Your Resume**, Bldg. 1 Room 702

March 31, 3 p.m.-4:30 p.m., **Managing Anger Group**, Bldg. 1 Room 702

March 31, 10 a.m.-Noon,

Active Parenting, Bldg. 1 Room 702

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as are challenges that are faced by all families include:

- understanding yourself and your child,
- the four goals of misbehavior,
- building courage and character in your child,
- encouraging and
- helping children listening to your child, cooperate,
- discipline that makes sense

Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation required for all 6 sessions.

No Dough Dinner

Mayport USO will host a No Dough Dinner on March 24 from 5-7 p.m. Meatloaf is on the menu for that day.

USO Memorial Golf Tournament

The annual USO Golf Tournament will be held at NAS JAX Golf Club on Friday, March 21, 2014 with a 10 a.m. shotgun start. Funds raised go directly to support the troops and their families.

Lt. Dan Band

Gary Sinise and The Lt. Dan Band will be performing at Dewey's at NAS Jacksonville on Friday, March 28. Doors open at 6 p.m. and the show starts at 7 p.m. This is a free concert. Please bring chairs and blankets. No outside food or drink permitted however, there will be concessions available. The kids zone will open at 6 p.m. For more information, call (904) 542-3491.

A Salute To Women In The Military: Past & Present Festival-Friday, March 28

The Greater Jacksonville Area USO will be hosting a FREE festival honoring women in the military. The festival will be Friday, March 28 from 11 a.m.-3 p.m. at Navy Federal across from the Yorktown Gate. There will be live music, appearances by Morgan Frazier and A&E's Rodeo Girls, jump houses, and much more including a presentation by Capt. JoEllen Drag Oslund, (Ret.). This festival is free an open to the public.

Country Concert At "Mavericks"- Tribute To Women In The Military

Join us at Mavericks

USO NEWS

on Saturday, March 29 for a tribute to women in the military hosted by A&E's Rodeo Girls. See Morgan Frazier, Jamie Davis, Rionn Page and concert headliner DARRYL WORLEY at Mavericks. See the attached flyer for more info. Tickets are on sale now at www.mavericksatthelanding.com. Tickets are \$20 for general admission and \$25.00 for VIP. Active Duty, Retirees, and dependents receive \$5 off with presentation of valid military I.D. card. **Adventure Landing Fun-Raiser**

Mark your calendars for Thursday, April 10 from 5-9 p.m. The Greater Jacksonville Area USO is hosting a FUN-raiser night at Adventure Landing in Jacksonville Beach. Tickets are \$10 per person (\$25 off the ticket price at the gate) and include unlimited laser tag, miniature golf, go-karts, wacky worm, and frog hopper. Tickets can be purchased at the Mayport and NAS Jax USO offices. Tickets are open to active duty, retirees, national guard, reservists, dod, and dependents. Tickets are \$10 each cash only.

2014 Players Championships Birdies For Charity

Your Greater Jacksonville Area USO is pleased to be participating in the 2014 PLAYERS Championship Birdies for Charity program. This unique community-based fundraising initiative is held in

conjunction with THE PLAYERS Championship at TPC Sawgrass, May 5-11, 2014. We encourage you to visit www.birdiesforcharity.playerschampionship.com, where you will have the opportunity to make a donation to your Greater Jacksonville Area USO AND to become eligible to win a fabulous grand prize! Upon making your donation, you will be asked to guess the total number of birdies that will be made during the competition rounds of the tournament. The individual who guesses the exact number of birdies made (or closet thereto) at the 2014 PLAYERS will win \$5,000. In addition, the charity that the individual supports with their entry, will receive an additional \$5,000 bonus. In the event of a tie, a tie-breaker question will be used to determine the winner. Deadline for all entries is Wednesday, May 7.

Military Spouse COMPASS Program

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

The Greater Jacksonville Florida Area USO Presents

"A Salute To Women In The Military: Past & Present"

FREE Festival Honoring Military Women

Friday, March 28th

Navy Federal Credit Union

7280 Golden Wings Blvd (Across the street from the Main Gate to NAS-JAX)

11 a.m. - 3 p.m.

(Rain Date - March 29)

Live Music From Benton Blout & Jade Novah

Appearances By Morgan Frazier And A & E Network's Rodeo Girls

Jump House & Activities For The Kids!

WIN! Tickets To The "Tribute To Women In The Military"

Benefit Concert At Mavericks Featuring Darryl Worley

Special Presentation:

40th Anniversary Of The First Female Navy Aviator To Earn Golden Wings!

Captain JoEllen Drag Oslund (ret): The First Female Military Helicopter Pilot

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

Recycling

Recycling has come to the Greater Jacksonville Area USO. If you have any office paper, shredded paper, old magazines, and newspapers

that you would like to donate, please bring it to either the Mayport or NAS JAX USO Center. This will be a great fundraiser for the USO so please help us fill the bins. Help support the troops with your unwanted paper!

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

service is also available.

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

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

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D.M. Donnell & Assoc.
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Business / Office Equipment

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

Clothes

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

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Arlington - 3950 Colony Cove Trail. Furniture, antiques, collectibles, Fri. 3/21 through Sun 3/23, 9am-5pm

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