

Mayport Bids Farewell To FFG 40

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-Photo by MC2 Salt Cebe
The official party stands and salutes during the decommissioning ceremony of the Oliver Hazard Perry-class frigate USS Halyburton (FFG 40). The ship is being decommissioned after 30 years of naval service.

Mayport Awarded Grant To Create 2 School Transition Centers

From SLO

Judy Cromartie, School Liaison Officer for NS Mayport, wrote and was awarded a \$20,000 grant to create two elementary school transition centers for military families. Finegan Elementary and Mayport Elementary will be the sites for the two centers.

These school-based transition centers will serve the schools with the greatest number of military dependents. Changing school may be the most stressful part of a family's relocation process, especially if it happens during the school year. These centers will be designed to assist students and their military families with the relocation process as it relates to school.

Relocation can cause mixed emotions for children, including stress, excitement and anxiety. There is the dread of leaving old friends behind, military parents being deployed, and the uncertainty of trying to establish new relationships in an unfamiliar place.

The schools' Military Family Life Counselors (MFLC's) have been trained to recognize and address the problems of military-connected students. The centers will be set up to ease the students' shift to a new school and environment, helping to make the relocation process a more positive experience.

The vision behind these transition centers is to cultivate an environment supportive of transitioning families. The mission of the centers is to provide a physical space specifically designed to ease the transition into the school and community for new military families and students. Each center will be equipped with computers for researching the area and schools. Resources will also be available to provide information on supporting agencies on- and off-base.

The center will allow the MFLC's to have office hours in the centers, hold military

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-Photo by Paige Gnann

Engineman 2nd Class John Diaz and Quartermaster 3rd Class Sharlaysha Powers go through a check list during Naval Station Mayport's Combined Federal Campaign (CFC) kick off event Monday in Building One. Command CFC coordinators picked up materials to distribute during this year's campaign season.

CFC Season Begins

By Paige Gnann

Editor

Got 5 bucks in your pocket? What are you planning on spending it on? A soda and chips or maybe a coffee? It doesn't take long for you to spend \$5 nowadays and it definitely doesn't go far when you do. But in the hands of a non-profit organization, it could mean feeding a family, clothing children or buying medicine supplies for the sick, said Combined Federal Campaign (CFC) Regional Director John Smith during a CFC training session held at Naval Station Mayport on Sept. 8.

"A dollar in the hands of non profits goes a lot farther than in your pocket," he told command CFC coordinators and key workers in attendance at the training. "And donors can give as little as \$5 a month. Imagine what



-Photo by Paige Gnann

Command CFC coordinators look through new campaign material during the kick off on Monday.

kind of good that could do."

CFC gives service members and federal civilians the opportunity to donate to any of more than 2,000

pre-screened charities, including several local charities that directly benefit Naval Station Mayport. MWR Youth Activities and Child Development

Centers, Greater Jacksonville USO and the Northeast Florida Chapter of the American Red Cross are just a few of the local

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NS Mayport Joins Fight Against Suicide

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mayportmirror.com



Capt. Wesley McCall
NS Mayport
Commanding Officer

CAPTAIN'S CORNER

tenants that call Mayport home shouldered the heaviest burden. Please accept my most sincere thanks for making this transition appear seamless. In the end, it's the Sailors and their families that will benefit most from your efforts. There's really no secret to why Mayport is the homeport of choice for today's Navy. It's the service you provide daily to our nation's warfighters and the incredible community that supports us outside the fence line. Welcome Home USS Iwo Jima and USS Fort McHenry!

With the arrival of the Iwo Jima ARG, the city of Jacksonville contributed their support by opening Hanna Park an hour earlier at 0600. This will allow DoD drivers with a Hanna Park sticker to access this gate an hour earlier, easing traffic congestion at the main gate. If you qualify for the sticker, please stop by the Pass and Decal Office for issue.

As we begin a new chapter in the history of Naval Station Mayport and transition to support the arrival of the Littoral Combat Ship (LCS) Freedom Class to Mayport in early 2016, criti-

cal infrastructure upgrades will be taking place around the installation for the next few years. Beginning on Sept. 1, Public Works will begin the demolition of the old Bank of America Building across the street from our fitness facility to make room for the new LCS Support Facility. This future 60,000-square-foot multi-story building will house LCS Squadron Staff and off hull crews and includes construction of classrooms, an operations watch work space, a reference library room, storage, administrative office space, video teleconference rooms, and a crew lounge. In the November timeframe, temporary office trailers will be located just south of the construction site to house LCS staff and crews until the project completes in the fall of 2015. Tied to this project is the demolition of our old Unaccompanied Housing structures (B-1394, B-1368 and B-261) just north of the Galley. These two BEQs, Building 261 and the tennis courts will be the future site of the LCS Training Facility, a 70,000 square foot multi-story building that will house LCS mission bay trainers, associated operational trainers and additional classrooms. Construction should complete in 2017. This is truly an exciting time to be at Mayport. The growth is promising and certainly highlights Mayport's strategic

importance to our Navy and Nation, however, I ask for your patience as we go through this transition. There will undoubtedly be hazards associated with construction, noise, dust and parking and traffic concerns surrounding these construction sites.

I also want to remind you to be cautious when driving around Naval Station Mayport, especially during the hours of 7:30 a.m.-8:45 a.m. and 2:30 p.m.-4:30 p.m. Now that school has started, we have children walking to Finegan Elementary School or waiting for buses to pick them up to take them to middle and high school. Please continue to be mindful that these children are out and about when we are either tired from the night before or tired after a hard day at work. Drive safe.

Lastly, I want to congratulate all the Chief Petty Officer Selectees throughout Naval Station Mayport and its tenant commands. This is a great time in your naval career. No other branch of service has an upper enlisted community quite like the Navy Chief. It is a great responsibility and I look forward to seeing you join the ranks and call you Chief in September.

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

SecDef Hagel: Suicide Prevention Means Watching Out For Each Other

From DoD News, Defense Media Activity

Watching out for each other every day is a collective responsibility for the Defense Department's military and civilian workforce, Defense Secretary Chuck Hagel said Sept. 2 in a message marking DoD's observance of Suicide Prevention Month.

Here is the text of the secretary's message:

To the men and women of the Department of Defense:

Preventing military suicide is one of DoD's highest priorities, and something I'm personally committed to as Secretary of Defense. As we observe Suicide Prevention Month, we must rededicate ourselves to actively working not only every month, but every day to fulfill our collective responsibility to watch out for each other and take care of each other.

Human beings are fragile, and suicide is a complex and devastating event that affects us

all. The painful loss of life and its heartbreaking aftermath spread beyond the individual and immediate family, taking a toll on fellow service members, friends, neighbors, coworkers, and society itself. While preventing suicide takes all of us working together, it begins with a personal commitment.

When someone is going through challenges and comes to you for help, it doesn't make them weak. It means they're strong, because

asking for help when you need it takes courage and strength. What we need to remember what our entire country needs to remember is that these brave individuals shouldn't be avoided or stigmatized. They need to be embraced. Whether you're a service member, a veteran, a DoD civilian, or a friend or family member of someone who is, you have the power to make a difference. It only takes one person to ask one question or make one call and that single

act can save a life.

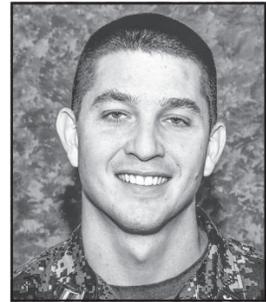
If you need help, if you know someone who is, or even if you just need someone to talk to, contact the Military Crisis Line via phone, online chat, or text message. Just call 1-800-273-8255 and press 1; visit <http://www.militarycrisisline.net>; or text 838255. It's free, easy, confidential, and trained professionals are always there for you 24 hours a day, 365 days a year.

The battle to prevent suicide cannot be waged

on a single front. It will only be won if we stand together and take every opportunity in our homes, at our duty stations, and in conversations with friends and mentors to support each other and be there for those in our communities who need our help. By fighting as one team, we will help prevent suicide.

Thank you, and your families, for all that you do for our country.

The Courage of Heroes Continues On



Chaplain Justin Top
CNSL Ministry Center

I, like most people old enough at the time, still remember exactly where I was and what I was doing when I heard of the terrorist attacks on September 11, 2001. It is amazing how something so horrible can burn the details of a moment into your memory forever. At the time I was teaching religious classes to High School students. Class had not yet started, but another teacher came

CHAPLAIN'S CORNER

into the classroom and told me to turn on the television. I remember the flurry of emotions I felt and those the students expressed as we watched the news throughout the day. Abandoning the lesson I had prepared, we just talked about the event and what it meant to our country and to us as individuals. There was a lot of fear and uncertainty about what it all meant. But more than anything else there was a lot of anger and determination. I don't know how many of those students went on to join the military, but that day many resolved that they would. Over the next

weeks and months I saw that same determination and resolve unite the whole nation. As stories came out of bravery and heroism exhibited by the first responders, those on flight 93, and many others, we, as a nation vowed that we would honor their memory and right the wrongs committed against us.

The world has changed a lot because of those events. The war on terror has been ongoing since that day and many have sacrificed their lives to keep such attacks away from our soil. In 2001,

watching the television with my students, I could have never imagined that I would serve in the military and contribute to the same fight that began on that day. Thirteen years later, I still get emotional when the images are replayed on TV. I still feel that same anger at evil. I still swell with pride when I hear the stories of courage.

Courage seems to be a core desire of each person. We love stories of bravery in the face of overwhelming opposition. They seem to connect with something inside us that longs to be great—to do the right thing no matter the cost. We all wonder if we would react with the

same courage as the heroes of 9-11.

The truth is that great courage comes as a result of small, daily choices. Every day we face attacks on our own character, our relationships, and our families. We choose between doing what is right and what is easy. Moral courage is developed one day at a time, one choice at a time. When you face adversity in your life, will you retreat in fear to what is most comfortable and convenient for you, or will you choose what is right, putting the greater good ahead of your own desire?

While it is good that we honor those who have

courageously made the ultimate sacrifice in the service of our country, it is important to remember that we all have the opportunity to show courage, service and sacrifice in our daily decisions. Though our small acts of daily moral courage may never be made into movies, and they probably won't get you a lot of praise, they are just as important (probably more important) to the success of the nation and our future than a duel to the death with an enemy. It is a great honor to die for your country and those you love, but it is even more important (and in some ways more difficult) to live for them.

Mayport Chapel Offers Classes

From Mayport Chapel

Naval Station Mayport Chapel is registering now for its 2014/2015 Religious Education programs.

Protestant Sunday School has classes for Elementary age through adult. Classes are held each Sunday at 9:15 am. Protestant worship follows at 10:30 a.m. with Children's Church the 2nd, 3rd, and 4th Sundays. Nursery is available for ages 6 months thru 4yrs old during Sunday School and Chapel Services.

Catholic Religious Education has

classes for K through Confirmation. There is also a RCIA class for inquirers as well as an adult bible study group. All classes are held each Sunday at 10:30 a.m. Nursery is available for ages 6 months thru 4yrs old during Mass, CCD, & RCIA.

You may register for either the Director of Religious Education, Alline Zwarycz, either before or after Sunday worship services or by contacting the Chapel during regular working hours Monday thru Friday at 270-5212.



Command Chaplain
Chap. Steven Souders
Roman Catholic Mass
Sunday 9 a.m.
Monday-Thursday
11:30 a.m.
Holy Day of Obligation
(call chapel for schedule)
Confessions: before & after mass
or upon request
CCD, RCIA & Adult Ed:
Sunday 10:30 a.m.
Baptisms
3rd Sunday of month 10:30 a.m.
Catholic Youth Group
2nd & 4th Sunday 11:30 a.m.-1 p.m.
Protestant Worship
Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Choir: Wednesday 7 p.m.
Baptism: For information,
contact your chaplain
Women's Bible Study
Wednesday 9:30 a.m.
Protestant Youth Group
1st Friday Youth Quak Trip
6:30 p.m.
2nd & 4th Friday at Chapel
5-8:30 p.m.
PWOC
2nd Saturday 9:30 a.m.
PMOC
3rd Saturday Prayer Breakfast
9 a.m.
MOPS
1st & 3rd Thursday, 9:30 a.m.
For more information,
call 270-5212.

THE MIRROR
Naval Station Mayport

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DoN Releases Energy Survey

From The Office of the Chief of Information

The Navy opened an online energy survey to service members throughout the Navy, Aug. 25, to gain a better understanding on how the Fleet views the role of energy in the Navy's mission.

Participants in the survey are chosen via random selection among service members. The

survey results will be used to help guide ongoing planning efforts with the Department of the Navy's (DON) energy program. The survey will be available for 30 days and the results are expected back in October.

In October 2009 the Secretary of the Navy Ray Mabus laid out five aggressive energy goals to improve the Navy's

energy security and efficiency, increase the Navy's energy independence, and help lead the nation toward a clean energy economy.

The Department is achieving several initiatives through the energy goals and views the survey as a critical step to continue in the process.

"It is critical that we understand how Sailors perceive energy,

both from an awareness standpoint and in how energy relates to the performance of their daily duties," said Rear Adm. Kevin Slates, director of the Chief of Naval Operations Energy and Environmental Readiness Division (OPNAV N45). "Our goal is to leverage energy technologies and behavioral change to achieve the Navy's goals and

enhance combat capability. Changing our culture today will better prepare Sailors to operate weapons of the future, such as directed energy weapons, that depend on energy instead of explosives to achieve their kinetic effect. Energy enables warfare, but we need Sailors to see value for these types of changes to become the new normal."

If you are a service member who has received the survey and have questions, contact Dr. Kimberly Whittam Kimberly.whittam@navy.mil or Geoffrey Patrissi Geoffrey.a.patrissi@navy.mil.

For more information on the Department of the Navy's energy program visit, <http://greenfleet.dodlive.mil/energy>.

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Mayport Sailor of the Week

Name (rate/rank, first and last names): AO1 Matthew Bader
Job: HSM Weapons School Instructor
Age: 30
Hometown: Ste. Genevieve, MO
Favorite Hobby: Coaching and watching my kids play sports.
Best Piece Of Advice Received: When upset or down about something - "Every cloud has a silver lining."

Goal for Navy: My goal is to make Chief and get picked up for Warrant.
How has the Navy improved your life?: The Navy has helped me earn a college education and see the world. Two things I would of never done without the Navy.
Why was this Sailor/Officer chosen to be highlighted?: AO1 provides seven Expeditionary/CVW squadrons with out-

standing classroom and lab instruction during Conventional Weapons Load Courses and Conventional Weapons Technical Proficiency Inspections. As White Hat Association President, he's highly engaged with JSOQ boards, FCPOA, fund raising and mentoring junior Sailors. AO1 is an outstanding leader, gifted instructor and true professional on and off duty.



AO1 Matthew Bader

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Mayport Kids Partying On The Block

From Staff

Approximately 130 youth from Naval Station Mayport headed down the block to the base Youth Activities Center to enjoy an evening of fun with Club Beyond and MWR.

Middle and high school students from 9 different area schools attended the event, according to Kevin Burgess, Command Religious Program Youth/Community Director. "We estimate that half of them are new to our community."

The Block Party was a joint effort by several agencies that serve youth and families here at Mayport including; the Teen/Youth Center (Navy Child and Youth Programs), Balfour Beatty Communities, the USO, the Chapel,

MWR, the Military Family Life Counselors from local high schools and middle schools, the School Liaison and Club Beyond.

Adrienne Wakefield, a school counselor at Mayport Middle School braved the dunk tank and had a great time encouraging and cheering on dozens of her students who attended the event.

"The hope was that kids who were new to the base community would have an opportunity to meet and spend time with current kids already plugged into our programs so they would in turn feel comfortable and start participating in programs being offered on Mayport," he said.



-Photos by Lt.j.g. Melanie Arden

Kids throw bags filled with flour at each other during one of several games held at a teen Block Party event on Sept. 6 at the base Youth Activities Center.



Morgan Hillis takes his shot while Laine Lardin looks on during one of several games held at the Block Party.



Jessica Garza, 16, tries to get her bean bag in the hole during a game of Cornhole.



Chaplain Karen Rector braves the dunk tank during the Block Party at YAC on Saturday.



Teens race around throwing bags of flour at each other during one of the games held at the teen Block Party Saturday.



If a teen was dry, it's because they weren't playing. Middle and High Schoolers from around Naval Station Mayport get soaked during a game of water balloons.



Flour flies through the air as the teens heave the bags at each other after being soaked during an earlier water balloon fight.



A teenage girl tops off a human pyramid during one of the Block Party games on Saturday.



Boys test out their strength and balancing skills as they build a large human pyramid.



It's boys versus girls during the human pyramid, one of several games planned for the Saturday teen Block Party.



Teens attending the first Block Party gather together for a photo after the a flour fight held at Youth Activities Center.



Teens try to stay out of the line of fire of water balloons being lobbed at them during a water balloon fight at the Youth Activities Center.



A middle schooler looks for his next victim during the flour fight.



A teenager picks the next victim during one of the several games planned at the Block Party.



It was every teen for themselves during the flour fight at the Block Party.

USS Gettysburg Celebrates Life

By Ensign Tommy Changaris

USS Gettysburg (CG 64) Public Affairs

The guided-missile cruiser USS Gettysburg (CG 64) hosted a baptism utilizing the ship's bell on Aug. 28. Approximately 80 guests, civilians and military alike, came to witness the ceremony.

Six-month-old Anastasia "Annie" Grace Williams was baptized by Pastor Eric Watkins with water from the Gettysburg's bell.

The nearly 500-pound bell was flipped upside down, placed in a wooden stand, and filled with water. After the ceremony, Annie's name was etched into the inside of the bell, an integral part of the tradition that



-Photo courtesy of USS Gettysburg
Lt. Buster Williams (far left), his wife Christa Williams (center left), Pastor John Olson (center right), and Pastor Eric Watkins (far right) participate in a baptism using the bell of the guided-missile cruiser USS Gettysburg (CG 64). Anastasia Grace Williams, daughter of Lt. Williams and his wife, Christa, was baptized on board Gettysburg on Aug. 29.

solidifies her place in the ship's history.

"We are just so thankful that our Church and Navy families can come together for this occasion. Baptisms are a significant part of a person's life and Gettysburg has always had a special place in my heart" said Lt. Buster Williams, Annie's father and himself a Navy Chaplain who previously deployed with the Gettysburg.

The tradition of baptizing children using the ship's bell, mounted on the forecandle's forward superstructure of the ship, as a baptismal font comes from British naval tradition of the 18th century. Children born while a ship was underway would be baptized using the bell upon

the ship's return to port. The inscription of the child's name into the bell signifies the connection between the Navy and the citizens they are charged to protect. Despite the tradition's long history, it is a relatively uncommon sight in today's Navy.

Lt. Williams and his wife, Christa, attend Covenant Orthodox Presbyterian Church in St. Augustine, Florida, and young Annie was baptized in the Presbyterian tradition. After the ceremony, a reception to celebrate the occasion was held at the Naval Station's base chapel.

Homeported in Mayport, Florida, Gettysburg recently returned from a nine

month deployment with the Harry S. Truman Carrier Strike Group to the 6th and 5th Fleet areas of responsibility. During the deployment, the award-winning crew actively participated in sustained operations with foreign navies, provided humanitarian aid for multiple stranded mariners and wrote several standard operating procedures currently in use by Navy forces deployed overseas. Gettysburg is currently in the beginning phases of an 11-month maintenance period which will include significant upgrades to its hull and engineering plant.

ABHs Can Handle It On USS Iwo Jima

By MCSN Shelby M. Tucker

USS Iwo Jima

White clouds waft in the summer winds. The sun burns through them, beaming down to the roaring waves against the ship's sides. The crashing ocean sprays a mist of salted water into the air over the flight deck. The mist rests itself on the deck only to be dumbfounded by the torrent of wind from the MV-22 Osprey overhead. The winds punch through the air, pushing back the man in yellow standing firm against them. This man is an Aviation Boatswain's Mate (Handling) (ABH) in the United States

Navy.

Naval aviation is a fast paced and diverse community. ABHs play an important role in the success of flight deck safety aboard many types of ships. With this weight on their shoulders, ABHs need to make sure they are team players and work hard to ensure that the entire flight deck is running smoothly and safely.

"I wouldn't say it's a simple job," said ABH Airman Apprentice (AA) Shane Mintcher. "Anything you do on the flight deck you need to get qualified to do. It's a lot of hard work."

ABHs play an impor-

tant role on the flight deck in keeping everybody out of harm's way.

"We have to make sure the flight deck is safe," said ABH AA Ryan Parr. "There is ABH Crash and Salvage, ABH LSE's [Landing Signal Enlisted] and ABH Chain and Chockers."

ABHs on the Crash and Salvage team wear red shirt and respond in the event of a fire on the flight deck. LSEs wear yellow shirts and are responsible for guiding aircraft onto the flight deck and directing other Sailors. Chain and Chockers wear blue shirts and ensure the landed aircraft are prop-

erly secured.

"As a blue shirt, we have to chain and chock the [aircraft] to make sure none of them fall over the edge," said Parr. "Crash and Salvage are the first ones on-scene [when a casualty happens on the flight deck]. They are basically topside Damage Controlmen. With the safety of bringing in the aircraft are the yellow shirts. They are the people with the authority of bringing in people and keeping everything safe on the flight deck."

Through all of the safety precautions taken on the flight deck one of the most important is the

people themselves, said Aviation Boatswain's Mate (Handling) Petty Officer 1st Class Lajuane Lindo. Working on the flight deck requires close attention and keeping your head on a swivel.

"When you're out on the flight deck, you want to take notes and make sure that your doing your job correctly," said Parr.

Though the flight deck can be intense and intimidating it can be exciting and enjoyable.

"Being on the side of it as it's landing, you get an adrenaline rush," said Aviation Boatswain's Mate (Handling) Airman Samantha Vasquez. "I absolutely love it [being

on the flight deck]."

Through thick and thin on the flight deck the ABHs take great pride in their work and love every moment of it.

"I wouldn't give up my rate for anything," said Lindo. "I've been doing this for 14 years and I love what I do."

USS Iwo Jima is underway executing Amphibious Readiness Group / Marine Expeditionary Unit Exercise with the 24th Marine Expeditionary Unit. For further information about the USS Iwo Jima, visit our Facebook page at www.facebook.com/USSIwoJimaLHD7.

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USS Farragut Earns Sweet Success



-Photo by Paige Gnann

Above, Judges check out the cupcake display created by SERMC Mayport's First Class Petty Officers' Association during the Navy Exchange's 4th annual Cupcake Wars held Friday. Right, USS Farragut took home this year's first place prize for their over-the-top display and carnival inspired pumpkin cupcake fried in funnel cake batter with powder sugar and caramel drizzle. SERMC placed second, followed closely by Branch Health Medical Clinic Mayport.



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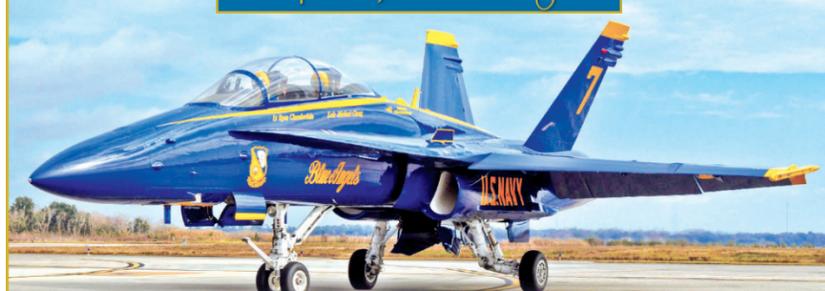


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32,000 air show programs will be inserted into the three military
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Space Reservation Deadline: Monday, September 22, 5 p.m.

Please call Military Sales and Marketing: 904.359.4168.

NS Mayport Joins Fight Against Suicide



-Photo by Lt.j.g. Melanie Arden

Commanding Officer, Capt. Wes McCall, signs a proclamation declaring September as Suicide Prevention Month on Naval Station Mayport.



-Photo by Kris Edmondson

Volunteers tie 50 yellow ribbons on trees along Maine Street on Naval Station Mayport as a visual reminder of the 50 service members who have committed suicide this year.

Centers

From Page 1

parent coffees, and run children's deployment groups there. With the available computer access, the centers will allow deployed parents to Skype with their children during the school day. In the past students may have had to get to school late, leave during

the day, or leave early in order to participate in a Skype session with a deployed parent. With the centers, this will no longer be necessary.

The center will also be able to facilitate school meetings such as IEP, 504, and parent-teacher conferences. The Skype

resource will allow the deployed parent to "be" in the parent-teacher conference or the IEP meeting.

Outside agencies which partner with the school could also provide parents with briefs and available resources. This will give the centers even

more exposure!

A library of resources will be available. Parents can use the library to research the area for resources in the community. Parenting and military children's books will also be housed in the center.

Transition centers

typically focus on the student's academic success and the ability to adapt to their new environment. Information of events and activities within the military communities are available and military students are encouraged to mingle with others to explore

what their new community has to offer.

If you have questions or concerns about an educational issue, email Judy at judith.cromartie@navy.mil or by phone at 270-6289 X1305 or 993-5860. Or you can schedule a meeting in Building One.

From Page 1

CFC

charities vetted to participate in this year's campaign.

"Every one of us has either utilized a non profit charity, has had a family member, or knows someone who has used a non profit charity," said Mayport CFC coordinator MCC William Townsend. "We can all reach out and touch somebody who has utilized this. Most people don't realize the things these charities do. The local American Red Cross, that's how we get messages out to the ships in emergencies. The USO helps out, especially our young Sailors who move here from far away. DoD and civilians don't often recognize what all these charities do. Important as CFC coordinators to educate them on that."

Last year, commands throughout the base raised more than \$200,000 with the donations coming from just 16 percent of the eligible contributors. This year's campaign is really focusing on upping the amount of donors and getting people to understand that even little is a lot.

This year's campaign theme is "Make It Possible." Smith told the coordinators and key workers that the best way to make this year's campaign possible is by reaching out to each and every person in their command.

"I believe every American loves to help that is what our nation does, help," Townsend said. "I believe

that through education of CFC and reaching out to everyone at Naval Station Mayport that in our own individual ways, we'll be able to help out in ways that benefit local, national and even internationally. Last year, Mayport raised more than \$200,000 and that's with a base population at one of the lowest points in its history. This fiscal year, we have added five new ships and thousands of new Sailors to Mayport. And we want each and everyone of them to have the opportunity to contribute to this year's campaign."

To find out more or to look at the approved charities list, go to www.nefl-sega-cfc.org or contact your CFC coordinator.



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-Photo by Paige Gnann

CMDCM Lee Friedlander presents the ship's flag to USS Halyburton Commanding Officer, Cmdr. David E. Fowler. Also pictured is Squadron 14 Commodore Capt. Ryan Tillotson, guest speaker Porter Halyburton and Chaplain Tom Bingol. Crew members, approximately 100 plankowners, family members, and friends gathered at Naval Station Mayport to bid farewell to the Oliver Hazard Perry-class frigate USS Halyburton (FFG 40) during a decommissioning ceremony. The ship is being decommissioned after 30 years of naval service.



Fowler, receives the command pennant from Friedlander during the ship's decommissioning ceremony.



-Photo by MC2 Salt Cebe

The crew of the Oliver Hazard Perry-class frigate USS Halyburton (FFG 40) debarks the ship during the ship's decommissioning ceremony.

USS Halyburton (FFG 40) Decommissions

By Lt.j.g. Stephanie Santarelli
USS Halyburton Public Affairs Officer

Crew members, more than 100 plankowners, family members, and friends gathered at Naval Station Mayport to bid farewell to the Oliver Hazard Perry-class frigate USS Halyburton (FFG 40) during a decommissioning ceremony September 6.

The ship completed its final deployment to the 4th Fleet area of responsibility in support of



-Photo by MC2 Salt Cebe

Fowler addresses the crew members, plank owners, family members, and friends during a decommissioning ceremony.

Operation Martillo on June 4 after more than 30 years of naval service.

Halyburton's keel was laid 26 September 1980 by the Todd Pacific Shipyards Co., Seattle Division, Seattle, Wash. She was launched on 13 October 1981, and commissioned on 7 January 1984.

Among the guests were retired Cmdr. Porter Halyburton, a Silver Star recipient who spent seven and a half years as a prisoner of war in Vietnam and is the nephew of the ship's namesake.

"You have risen to every challenge as only frigate Sailors

can do," said Cmdr. David Fowler, commanding officer of USS Halyburton. "When I look at the ship right now, I see each of you carrying on the ship's legacy. I see future leaders, in the military and civilian sector. Embrace the motto 'not for self, but for country.' Make the decision to do what is best for our country. Let's carry forth the legacy of Halyburton as our own."

The ship was named for William David Halyburton, Jr. (2 October 1924 - 10 May 1945). He was a native of Canton, N.C. and a graduate of New

Hanover High School in Wilmington. His enrollment at Davidson College, Davidson, N.C., where he planned to prepare himself for the ministry, was put aside to enter the United States Navy during World War II.

Petty Officer 2nd Class Halyburton was posthumously awarded the Medal of Honor for his heroism while serving with the Marine Rifle Company, 2nd Battalion, 5th Marines, 1st Marine Division, during the Battle of Okinawa. He is buried at the National Memorial Cemetery of the Pacific in Honolulu, Hawaii.



-Photo by MAC Dennis Mattingly

Ex-USS Halyburton is towed out of the Mayport basin Monday morning after being decommissioned on Saturday.

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-Photos by Paige Gnann

Above, SURFLANT FORCM Susan A. Whitman, U.S. Fleet Forces Command FLTCM(AW/SW/IDW) Charles Clarke, along with Naval Air Force, U.S. Atlantic Fleet FORCM (AW) Kenneth J. Daniels and Commander, Submarine Force Atlantic, FORCM (SS) Wes Koshoffer, visit with CPO Selectees and the Chiefs of USS Carney during a visit to Naval Station Mayport on Sept. 3. Below, Clarke participates in an All Hands Call at the Base Chapel with local chief petty officers during his visit with the FORCMs.



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What To Do In An Emergency



-Photos by Paige Gnann
Paramedics treat a patient during an aviation mishap exercise at Naval Station Mayport on Sept. 4 at the C12 hangar area.



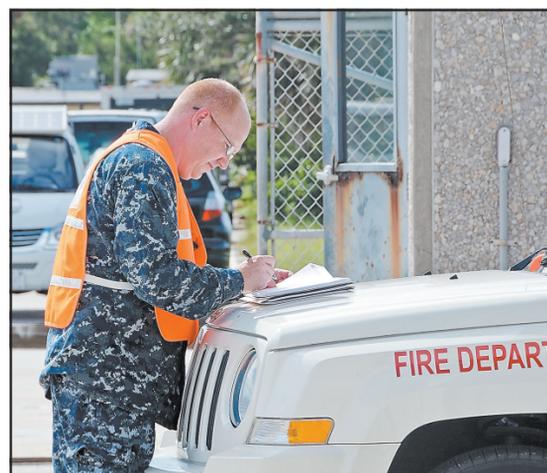
A firefighter from Naval Station Mayport Fire and Rescue Services assesses the scene during an aviation mishap exercise last week. Fire and Emergency crews, Environmental, Security along with family and chaplain services participated in the exercise, which included a simulated downed helicopter at the C12 hangar.



Members of Mayport's Fire & Emergency crews set up an on site emergency command center to help coordinate services during the exercise. Their response was evaluated by a team from CNRSE.



Command Chaplain Steven Souders speaks with a "victim" at the aviation mishap exercise held on Sept. 4. During an emergency, representatives from the chapel and Family Service Center would respond to help with victim and family crisis services.



NS Mayport Executive Officer, Cmdr. Bo Palmer, checks the time line of events as the aviation mishap exercise gets underway.



Firefighters check on the status of victims while they wait for paramedics to arrive at the scene during the exercise.

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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

Sept. 26: Bingo Extravaganza. 6:30 pm at Beachside Bingo. Over \$43,000 in payouts. Only 225 packages available; multiple packages may be purchased. Advanced purchase required. 270-7204.

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 50-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

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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 \$18. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID)



Child and Youth Programs

Child and Youth Programs

Sept. 12: Freedom

Friday "Out of This World". 7-11 p.m. at the Youth Center. Cost is \$10 advanced sign-up and \$12 day of, space permitting. 270-5680

Sept. 20: BGCA Day for Kids. 10 am-2 p.m. at Sea Otter Pavilion. Great activities, games and more in conjunction with Nickelodeon's "Worldwide Day of Play".

CPO Selects Go Golfing



-Photo by Paige Gnann

CPO Selectees from Naval Station Mayport join chief petty officers, past and present, for 18 holes of golf at the annual CPO Golf Tournament held at Windy Harbor Golf Course on Sept. 10.

Drill Team Trainer Wanted!

Former RDCs, DIs, and ROTC instructors needed ASAP to train a Drill Team after school at Mayport Middle School. The lead trainer will receive a small salary. If interested contact Roy Fallon at rfallon@cisjax.org 904-233-5008

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Liberty Call
 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.

Sept. 12: Starlight Movie. At Liberty Center. Enjoy a movie under the stars! Starts at 8 p.m.

Sept. 13: Jacksonville Tattoo Convention. Van departs Liberty Center at 10 a.m. \$20 at the door; sign up by Sept. 11.

Sept. 14: Paintball. Van departs 9 a.m. Cost \$15; includes transportation, 500 paintballs, field fees and gear. Sign up by Sept. 12.

Sept. 19: Halloween Horror Nights at Universal Trip. Cost \$47; Van departs 4:30 p.m.

Sept. 20: Latitude 30 Trip. Van departs 4 p.m. Transportation only.

Sept. 21: Jacksonville Jaguars vs. Indianapolis Colts. Van Departs 11 a.m. at Liberty Center. Cost \$15. Sign up by Sept. 18.



Sept. 22: Billiards Tournament. 4 p.m. at Liberty Center.
Sept. 25: Help Feed

the Homeless. Van departs 3:15 p.m. Sign up deadline Sept. 24.

Sept. 26: Mall Trip: Town Center. Van departs Liberty Center at 5 p.m. Transportation only. FREE.

Sept. 28: A Day at the Beach-Daytona Beach. Van departs 9 a.m. FREE.

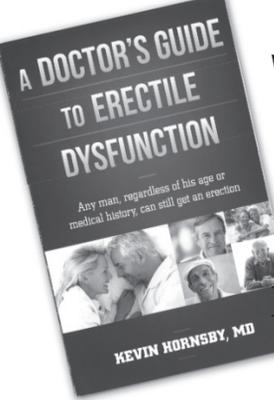
Sept. 29: Chess Tournament. 6 p.m. at Liberty Center.

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Ombudsman Recognized In September

By Twilla Smith

Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, signed a proclamation in support of the Navy Family Ombudsman Program (NFOP) on board Naval Air Station Jacksonville Sept. 2.

The proclamation signing commemorated the 44th anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

The NFOP was launched Sept. 14, 1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist commands in maintaining the morale, health and



Rear Adm. Mary M. Jackson, surrounded by personnel from Navy Region Southeast Fleet and Family Support program, signs Suicide Prevention Month Proclamation on Sept. 2, 2014, on board NAS Jacksonville.

-Photo by Twilla Smith

welfare of Navy families. Ombudsmen are military spouses who understand the challenges that often come with the military lifestyle. Although they do not wear military uniforms, they stand firmly beside Sailors and their families to help any way they can.

According to Dianne Parker, Navy Region Southeast deployment support program manager and ombudsman program coordinator, the importance behind the proclamation is that it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

"When Navy families are dealing with everyday life issues,

it is always great to know you have someone in your corner," Parker said. "That is what an ombudsman does and why she or he is an important part of the command support team. The daily efforts in ensuring families know where to find the resources available to them is invaluable".

For more information about the Navy Ombudsman Program, including how to contact your command ombudsman, visit http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/ombudsman_program/ombudsman_program_overview.html

CNRSE Signs Suicide Prevention Month Proclamation

By Twilla Smith

Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, signed a suicide prevention awareness proclamation on board Naval Air Station Jacksonville Sept. 2.

The proclamation recognizes September as National Suicide Prevention Awareness Month and is intended to raise suicide awareness prevention throughout the Southeast Region.

According to the American Foundation for Suicide Prevention, in the United States, one person dies by suicide every 13.3 minutes. Annually, more than 30,000 lives are lost in our country, making death by suicide one of the most disruptive and tragic events a family and a community can experience. It is estimated that for every suicide,

there are from eight to 25 attempted suicides.

"The Navy's choice of 'Every Sailor, Every Day' as the theme for Suicide Prevention Month emphasizes that the loss of one Sailor to suicide is one loss too many," Jackson said. "The Navy has a great tradition of looking out for shipmates, but we can always do more. We should always be looking for ways to help Sailors help themselves and come to their aide any time when they show signs of distress, not just during Suicide Prevention Month."

The proclamation's theme highlights the importance of taking action as individuals and to recognize the impact of stressors in our day-to-day lives, as well how to develop protective measures against stress and suicide.

According to Dianne Parker, Navy Region

Southeast assistant suicide prevention outreach coordinator, continuously providing program information to all personnel that explain prevention tips and how to recognize indicators is a sure way to have a successful program.

"Unfortunately, suicide is one of the top issues military members and their families deal with," she said. "Our goal is to be proactive in reducing the number of suicides within the Navy through education and awareness initiatives, and this proclamation serves as the kickoff of suicide prevention month."

The Navy's 21st Century Sailor and Marine Program initiative encourages Sailors, commands, families, and civilian employees to empower themselves by taking personal responsibility for their health, wellness and growth — the important step in

building resilience. "I Pledge to Act," a Web-based effort encouraging all Sailors, families and members of the Navy community to take steps to build personal resilience, support their shipmates and intervene if they notice signs of distress, is one way to help with suicide prevention and awareness.

"The program recognizes that in the military community, suicide has been the second or third leading cause of death for the last decade," Parker said. "The goal is to try to recognize warning signs and help our fellow Sailors, their family member and civilians."

Despite great strides in our country to understand mental illness and encourage improvements in conversation surrounding it, too many people still suffer in silence. Cmdr. William Stallard, director of Navy Region

Southeast's Chaplains Religious Enrichment Development Operations explains, "Suicide has been one of the most challenging problems throughout the ages. Professionally, I have studied this phenomenon for 25 years; also I have had countless interactions with persons who were suicidal. Last year as duty chaplain, I responded to 5 suicides and 1 homicide, so I know firsthand how difficult it is on the families of those who kill themselves, the impact on the command's morale and the unplanned loss; plus the toll it takes on the first responders and caregivers."

The Navy's 2014 suicide prevention message "Every Sailor, Every Day" stresses the necessity of the Navy community to strengthen their connections with those around them and to make sure open com-

munication, individual responsibility, peer support and bystander intervention are a part of everyday activities. "Completed suicide has second and third order effects such as moral and psychological injury to family and friends; thus it is imperative we do the best job possible as suicide prevention coordinators, ASIST and SAFE TALK facilitators and leaders in order to strive to ameliorate this traumatic social problem within the military and beyond," Stallard said.

For more information about the Navy's 21st Century Sailor and Marine Program and Suicide Prevention Month, go to http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/spmonth/Pages/default.aspx

FFSC Workshops For 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.

Sept. 11, 2014 9-11 a.m. Active Parenting, BLDG 1, RM 702

Over the course of six sessions, parents learn discipline techniques and effective communication and encouragement skills to build a solid foundation for the upcoming teen years.

Sept. 12, 2014 1 p.m.-3 p.m. What

About the Kids, BLDG 1, RM 702

The purpose of this program is to educate parents on the effects of domestic violence on children as encompassing behavior, emotion, development and socialization.

Sept. 15-19, 2014 8:30 a.m.-2:30 p.m. SAPR Victim Advocate Training, BLDG 1, RM 1616

This mandatory training provides command-appointed VAs with the necessary information to support, inform, and empower victims. Prior to attending this training, all SAPR VA candidates must successfully complete a screening interview.

Sept. 15, 2014 1:30

p.m.-3 p.m. Targeting Your Resume, BLDG 1, RM 702

Participants will learn how to highlight their skills and experiences as they directly relate to the each job they are applying for.

Sept. 16, 2014 10 a.m.-11 a.m. Healthy YOU, Health Family!, BLDG 1, RM 702

This program focuses on the woman herself and her power to change the course of her life. Participants are encouraged to set individual goals, complete a Myers Briggs Inventory, and to identify family roles.

Sept. 16-17, 2014 7:30 a.m.-4:30 p.m. Million Dollar Sailor, BLDG 1, RM 104

A two day course

designed to teach sound financial practices and basic concepts. Topics include money management, banking and financial services, car buying, home buying, and saving & investing.

Sept. 17, 2014 9-11 p.m. Organizing Your Job Search and Networking, BLDG 1, RM 702

Participants will gain the tools and strategies necessary to map their career paths, organize and perform an effective independent job search, and how to build their own network of peers for continued support.

Sept. 18, 2014 9-11 a.m. Active Parenting, BLDG 1, RM 702

Over the course of six

sessions, parents learn discipline techniques and effective communication and encouragement skills to build a solid foundation for the upcoming teen years.

Sept. 19, 2014 1:30 p.m.-3 p.m. Targeting Your Resume, BLDG 1, RM 702

Participants will learn how to highlight their skills and experiences as they directly relate to the each job.

Sept. 22, 2014 6-7 p.m. IA Family Connection Group, USO, Mayport RD

Open discussions where spouses and family members can ask questions and connect with other family members of deployed IA service members.

Resident of the Week



-Photo courtesy of Balfour Beatty
Balfour Beatty Communities would like to congratulate Mrs. Morton who is the Resident of the Week! We appreciate the Morton Family and all of our residents who live with Balfour Beatty Communities! Will you be the next Resident of the Week? For more details about the program, please call 904-270-8870.

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904-270-6600
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