

CNSF Visits The Sullivans, LCSRON Two



-Photo by MC3 Kristopher S. Haley

Vice Adm. Rich Brown, commander, Naval Surface Forces (CNSF) and commander, Naval Surface Force, U.S. Pacific Fleet (CNSP), conducts a commanders call aboard guided missile destroyer USS The Sullivans (DDG 68). Brown initiated the face-to-face dialogue with the leaders to discuss the future of the surface warfare community, the importance of command, and his command philosophy on how the force remains “the best, the fastest, the toughest and the smartest Naval Surface Force” in the world.

By MC2 Michael Lopez
NPASE Detachment Southeast

Vice Adm. Rich Brown, commander, Naval Surface Forces (CNSF) and commander, Naval Surface Force, U.S. Pacific Fleet (CNSP), held a commander’s call, March 9, aboard guided-missile destroyer USS The Sullivans (DDG 68) at Naval Station Mayport to engage with the ship’s leadership.

Brown is using face-to-face dialogues with leaders in the fleet to discuss the future of the surface

warfare community, the importance of command, and his command philosophy on how the force remains “the best, the fastest, the toughest and the smartest naval surface force” in the world.

The commander’s call aboard The Sullivans also provided a special opportunity for Brown who had commanded the ship earlier in his career.

“In 2003, I was honored to be assigned as the commanding officer of USS The Sullivans, named after

the five Sullivan brothers George, Frank, Joe, Matt and Al, from Waterloo, Iowa,” said Brown. “I was the fifth commanding officer of a ship named for five brothers. My mother’s maiden name is Sullivan. Her mother’s maiden name is Sullivan. I was the first Irish commanding officer of the ship, and the first to take the ship to Ireland. It seems like I was destined to command that ship.”

Brown expressed to See Brown, Page 10

2018 MWR Expo & Travel Show

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What Can We Do For You?

From MWR

The annual MWR Expo and Travel Show will be held on March 16 from 10 a.m.-1 p.m. at Ocean Breeze Conference Center.

This free, yearly event features all the latest information from regional travel destinations including resorts, hotels and theme parks, along with MWR Mayport programs and services.

In addition to travel and recreation information booths, the Expo will also have popular base services on hand such as FFSC, Navy College, NEX, Commissary,

Navy Lodge, The Mirror and Navy Federal Credit Union.

Event participants will enjoy free food and beverage samples from vendors as they visit the various information booths.

Giveaway items, to include hotel stays, theme park tickets, recreation equipment, gift cards and baskets, will be available to those attending.

The MWR Expo and Travel Show is open to everyone with access to Naval Station Mayport. For more information, call MWR Customer Service at 270-5228.

CNO’s Naval History Essay Contest: The Influence of History Upon Seapower

From Naval History and Heritage Command

The Chief of Naval Operations (CNO) has announced the requirements for the 2018 Naval History Essay Contest with a submission deadline of June 30.

The essay requires entrants to elaborate on a naval history topic of their choice that relates a lesson from history that applies to establishing and maintaining maritime superiority in today’s environment. Specific requirements can be found in NAVADMIN 029/18. There are a number of prizes at stake, including \$5,000 for first place, \$2,500 for the second place entry, and \$1,500 for third place.

According to the message, the CNO directed the contest to further our understanding of how lessons from history inform our way ahead. The goal of the contest is to inspire insight and dialog from across the widest spectrum of academic, operational, military and civilian personnel

both from within the naval services and those with a sincere interest in the history of the Navy, Marine Corps and Coast Guard.

The essay contest is open to professional and amateur historians alike, whether they’re in the Navy or not; whether they’re U.S. citizens or not. The selections will be screened by the United States Naval Institute (USNI) and the finalists will be presented to a joint committee comprised of senior staff from USNI (1 person), the U.S. Naval Academy (1), the Naval War College (1), the Naval History and Heritage Command (1), the Office of the Chief of Naval Operations (2), and one distinguished naval historian from outside the Navy.

History’s impact on the modern age can be a pretty broad question, so essay entries should be able to cut across an enormous array of answers. Maybe Capt. John Paul Jones or Adm. Chester

Nimitz’s leadership inspires you as a model when discharging your duties. Or perhaps the successful effort, in the face of overwhelming odds, of the crew of USS Samuel B. Roberts (FFG 58) in saving their ship after it struck a mine emboldens you to hone your damage control abilities.

The contest is not limited to specific subjects like those. You can also think more strategically, such as how the Navy has projected power differently across time. Unintended consequences of actions - good or bad - are also fair game. If it has to do with history, today, and the sea services-write about it!

“We’re looking for subjects that study the history of the U.S. Navy, for sure, but any other historical, maritime history that relates to our maritime strategy,” said Cmdr. Ryan Ahler, Naval History and Heritage Command’s (NHHC) assistant director for the

See Essay, Page 10

Volunteers Needed Clean Up Mayport’s Waterway

From Mayport Environmental

Naval Station Mayport Environmental is looking for volunteers in support of The 23rd 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 8 a.m. on Saturday, March 17 at Jetties Pavilion #3 (the eastern-most covered pavilion) east of 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) 255-8276; visit www.coj.net/KJB or contact Naval Station Mayport Water Quality Program Manager, Barron Feit at 270-3191. Pre-registration is not required.

Easter Egg Hunt At Chapel

March 17 at 10 a.m. at Chapel Grounds. Call 270-5212 for more information.

Iwo Jima

ARG Trains

Pages 4-5

Spring Fun, Fitness

With MWR

Pages 6-7

Moving Resources For Military Children



Sharon Kasica
School Liaison Officer

Moving is a necessary and inevitable part of military life. It is also a very large emotional and physical challenge not only for the active duty member but for the entire family.

A few weeks ago I wrote about strategies to assist your children through the moving process. Here are some wonderful books to help!

KNOWING THE ROPES

We're Moving!, by Heather Maisner and Kristina Stephenson When Amy and her family move into a new house, it takes some effort to make it feel like home. Great book for infants and toddlers.

Alexander, Who's Not (Do You Hear Me? I Mean It!) Going to Move, by Judith Viorst Angry Alexander refuses to move away if it means having to leave his favorite friends and special places.

The Berenstain Bears' Moving Day, by Stan Berenstain and Jan Berenstain The Bear family tells their story of when they moved to

their tree house in Bear County.

The Moving Book: A Kids' Survival Guide, by Gabriel Davis This practical handbook is divided into three sections: before the move, during the move, and after the relocation. It contains useful tools for children to stay in touch with their friends, such as an address book and change-of-address postcards.

Moving with Kids: 25 Ways to Ease Your Family's Transition to a New Home

By Lori Burgan A no-nonsense, compassionate guide to helping chil-

dren deal with the stress, trauma, and potential excitement of relocating. Easy to read and eminently useful, this is the ideal parents' helper when faced with a move across town or across the world.

Big Ernie's New Home: A Story for Young Children Who Are Moving by Teresa Martin "Big Ernie's New Home" gently affirms the normal sadness, anger, and anxiety that young children feel after a move. And as Big Ernie gradually discovers familiar comforts and exciting adventures in his new home, young readers may be encouraged to do the same in theirs.

Piper Reed, Navy Brat by Kimberly Willis Holt

It's not easy being the middle child, especially when your dad is a Navy Chief. Meet Piper

Reed, a spunky nine-year-old who has moved more times than she can count on one hand. From Texas to Guam, wherever Piper goes, adventure follows, inspired by her active imagination, free-wheeling spirit, and a bit of sister magic. Unlike her older sister, Tori, Piper loves being part of a Navy family, and unlike her little sister, Sam, Piper is no prodigy genius. Piper is Piper—fearless and full of life

Web Resources
Military Youth on the Move

<http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move>

Department of Defense Helpful ideas and advice for students and parents on everything from deployment, to moving, to finding a job.

<http://www.militaryonesource.mil/>

<http://www.militaryonesource.mil/moving>

Being proactive can minimize your time spent struggling with incidents related to move anxiety. Starting the move with positive communication and continuing with efforts to establish reliability, routine, and relationships will ensure a smoother move.

Sharon Kasica is the School Liaison Officer for NS Mayport. If you have questions or feedback about this article, she can be reached via email at sharon.kasica@navy.mil or by phone at (904) 270-6289 X1305 [office] or (904) 219-3894 [cell]. Or you can use this contact information to schedule a meeting with her in Building One.

Who Do You Think You Are?



Chaplain Travis Jewell
CNSS 14 Chaplain Center

When you look in the mirror what do you see? How do others view you?

For many, we want to be loved and accepted. Some think, "if I could just be good enough, if I could work hard enough, if I could achieve a certain status, then others would accept and

CHAPLAIN'S CORNER

love me." And for some of us, it's really difficult to accept ourselves.

The things of this world can really be distracting-- you might be trying to get more stuff — like that brand new vehicle, a bigger and better home, that new position or bigger promotion in your career.

Maybe you're feeling a bit depressed about your appearance and you're comparing yourself with others, whatever it might be-- and you come to the conclusion that you're

just not measuring up.

You see, when you only pursue the things of this world, you will quickly discover that they will never satisfy that need in your heart.

What you need to remember is the voice of your creator who loves you and created you to be known and loved.

And then by faith, you just need to accept yourself. This life is knowing not only who we are but whose we are. My question for you is: Whose are you?



Upcoming MARCH workshops

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21-22 March Workshop
0830-1130 EACH DAY
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iRelate for Single Sailors
How to Succeed at
intimate Relationships
29 MARCH: 0830-0930

8th March MBTI Workshop
0830-1130
Learn your personality type
Increase Team Effectiveness



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ALL CLASSES ARE HELD AT NS- Mayport Base chapel.

To register contact Facilitator: John Hugus at john.hugus.ctr@navy.mil

Turns Out Civilians Are People Too



Lisa Smith Molinari
Military Spouse Columnist

I never imagined that our family's old minivan — the budget-friendly 2005 Toyota with embarrassing filth ground into her carpets, a spider infestation, and a pizza box once taped over a broken window — would one day teach me a profound lesson about the innate goodness of the human race.

But it happened last week.

Despite the fact that our minivan has safely transported our family during many tours of duty, I've been longing for an upgrade. She served us faithfully, never quitting when the kids upchucked onto her upholstery or dropped sticky fruit snacks between her seats. Her dashboard sometimes lit up like a Christmas tree,

MEAT & POTATOS OF LIFE

but her engine never quit. She never left us stranded, whether negotiating the pristine autobahns of Stuttgart or the dicey inner-city streets near our kids' school in Jacksonville.

But when we got orders to the Naval War College in fancy-schmancy Newport, Rhode Island, our minivan stuck out like a sore thumb. Our public school kids were offered scholarships to become day students at a prestigious local boarding school. As "the military kids" among mostly privileged students, they were a novelty at first, but they soon fit in just like everyone else.

Well, almost. I'd show up to school drop offs in our bedraggled minivan, making a scene among the shiny european imports driven by the other parents. To make matters worse, the doors froze shut on cold mornings, requiring our kids to climb in and out of the hatchback door.

So when news of Winter Storm Riley hit last week, I parked our minivan under a big

tree in our front yard, and prayed for Mother Nature to put her out of our misery. But, alas, not so much as a twig fell on her dull, pitted hood.



Command Chaplain
Chap.
Steven Souders

Roman Catholic Mass
Sunday 9 a.m.
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11:30 a.m.

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(call chapel for schedule)
Confessions: before & after
mass
or upon request

CCD, RCIA & Adult Ed:
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Baptisms
3rd Sunday of month 10:30 a.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.

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.

For more information,
call 270-5212.

The next day, my husband, Francis, and I drove to the school to watch the semi-final basketball game. Driving past Audis, Range Rovers, and BMWs, we found the only parking spot left in a grassy area behind the field house.

When the game was over, we snuck out a

back door to our waiting van.

"Oh crap," Francis barked from the driver's seat, "she's stuck in the mud!"

Sure enough, when Francis pressed the gas, the wheels oozed deeper into the storm-saturated earth. Francis got out to push, but this only

aggravated his sciatica. I pitched handfuls of gravel into the sloppy ruts, and shoved an abandoned two-by-four under the wheel. But nothing worked.

Francis and I were mortified. Not only did we own the most unsightly vehicle in the

See Civilians, Page 3

THE MIRROR
NS MAYPORT, FLORIDA

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Mayport Sailor Of The Week



EM1 Amber Hartman

Name (rate/rank, first and last name): Electrician's Mate 1st Class Amber Hartman

Command: LCS 11 USS Sioux City Blue.

Job: In charge of the maintenance and upkeep of all electrical systems onboard USS Sioux City.

Age: 24

Hometown: Born and raised in Danvers, Massachusetts

Favorite Hobby: Softball and taking my rescue dogs to the beach.

Hero: My great-grandfather, he was in the Navy during WW2.

Best Piece Of Advice Received: "Continuous effort, not strength or intelligence is the key to

unlocking our potential." Goal For Navy: Become top snipe or LDO.

How Has The Navy Improved Your Life?: The Navy has shown me that you are capable of more than you think and how important it is to take advantage of the opportunities that are all around you.

(Command Answer) Why was this Sailor/Officer Chosen To Be Highlighted? EM1 has been a consistent superior performer since joining the crew, she stepped up when the opportunity arose for her to support the crew of the USS Detroit. The crew is

currently enduring a 2 month availability while making preparations for Light of assessment and DCMA. She corrected 8 discrepancies for LOA and repaired the galley oven. She also spent two weeks correcting material checks and maintenance gaining quality hands on experience on the latest shipboard equipment. Additionally she led Sioux City crew in successful PMS and equipment validations in support of the upcoming crew move aboard. She is currently representing LCS community and her crew as the Griffin of the Month.

Fleet Forces Announces 2017 USFF Fleet Sea, Shore Sailors of the Year

From U.S. Fleet Forces Command Public Affairs

Adm. Phil Davidson, commander, U.S. Fleet Forces Command (USFF) announced the 2017 USFF Sea and Shore Sailors of the Year (SOY) during a ceremony hosted by the Hampton Roads Navy League at the Half Moone Cruise Center in Norfolk, March 8.

Naval Air Crewman (Operator) 1st Class John Herrman, of Patrol Squadron (VP) 16, was named the 2017 Sea Sailor of the Year and Aviation Electronics Technician 1st Class Sheldon Hunter, of Fleet Readiness Center Mid-Atlantic Det., Patuxent River, was selected as Shore Sailor of the Year.

"You all are the best of the best. When you return to your units, whether you are the Sea or Shore Sailor of the Year, I hope you take back what you learned this week and work diligently at trying to make a better team out of your unit, and all the teams that will make up that unit going forward. Units that are focused on the mission; communicate up, down and across the chain of command; and function and perform as a team are the most successful," said Davidson.

During the ceremony

all of the nominees were recognized for their success and awarded Navy and Marine Corps Commendation medal.

"First of all I would like to thank the other candidates, I didn't see this week as a competition, but as an opportunity," said Hunter. "Any one of us could have been standing here at this moment and I'm humbled to be selected to represent the Shore Sailor of the Year."

Over the course of the week the candidates participated in board interviews, nomination package reviews, and leadership courses taking place at military installations across the Hampton Roads area. The SOY finalists also participated in tours of local historical landmarks, training at area commands and team-building exercises.

"If I have learned anything through this journey it is that there is nothing exceptional about me. Every step along the way I've been surrounded by exceptional individuals like the people I have the privilege to share the stage with now," said Herrman. "I can tell each and every one of you that I look forward to this career of service because I know these are people that I get to serve with

daily."

Herrman will travel to Washington, D.C., and be meritoriously promoted to chief petty officer by the chief of naval operations. Hunter will advance to the final selection process for the Chief of Naval Operations Shore Sailor of the Year.

The Sailor of the Year program was established in 1972 by then-Chief of Naval Operations Adm. Elmo Zumwalt and then-Master Chief Petty Officer of the Navy John Whittet to recognize high-performing E-4 through E-6 Sailors across the fleet. The intent of the competition is to recognize individual Sailors who best represent the ideals of the professional Sailor and the Navy. Initially only Atlantic and Pacific Fleet Sailors on sea duty were recognized. Within 10 years, however, the SOY program was expanded to include shore duty and Navy Reserve Sailors.

Finalists for Fleet Sea Sailor of the Year included HM1 Luis Figueroa - USS Detroit (LCS 7) and finalists for Fleet Shore Sailor of the Year: IC1 Ronnie F. Byrd - Commander, Naval Surface Squadron 14

LCSRON Gets Running



-Photos from COMLCSRON 2
COMLCSRON2 Sailors recently volunteered with the local non-profit group Marathon High. Two were pace coaches for the 11 mile run, others cooked, served pancakes, and passed out medals to over 200 high school students.



From Page 2

Civilians

parking lot, but we were also making a scene, revving the old heap's engine, splattering mud, and gouging the pristine grounds of the historic campus.

Regardless of our shame, we needed help. The useless revving of the engine finally attracted other parents, and soon four couples were

pushing our front bumper with all their might.

"One, two, three!" I bellowed. They groaned and shoved against mushy turf while I hit the gas. Strangers brought bundles of sticks, sheets of plywood, and rubber floor mats for traction. But after many attempts to free our heap from the sludge,

our makeshift team had nothing to show for itself but destroyed shoes and soil-splattered clothing.

Defeated but touched by our fellow parents' kindness, we called for a tow-truck, and bid the good Samaritans adieu.

Driving home after the fiasco, I was ashamed that I'd thought the parents at our school

would avoid helping us. I knew about the "military-civilian divide" and I'd assumed it was all their fault. "Civilians don't understand us. Civilians won't give us a chance. Civilians don't respect our sacrifices," I'd thought.

Perhaps it's not fair to place all the blame on them. Military com-

munities can be insular, and we often behave as if we've cornered the market on service and honor. However, our civilian neighbors deserve the same understanding and compassion that we demand from them so vehemently.

It took our minivan 216,370 odometer miles to teach us that respect

is a two-way street, but I gratefully patted her dashboard, as we parked her back under the big tree to await the next storm.

For more wit and witicism from Lisa, go to www.themeatandpotatoesoflife.com



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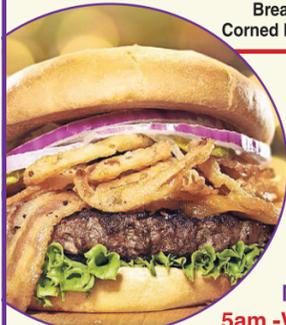
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Iwo Jima ARG Trains At Sea



-Photo by MC3 Daniel C. Coxwest

Seaman Benjamin Adams, from Bala Cynwyd, Pennsylvania, reports a surface contact to the combat information center while standing forward-lookout watch aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), March 3, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



-Photo by MCSN Dary M. Patten

Aviation Structural Mechanic 3rd Class Isaac Aparicio, from Taylor, Texas, removes a heater blanket from a pendulum damper aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7).



-Photo by MC1 Kristin M. Schuster

Culinary Specialist 2nd Class Shiek Gayares, from Burbank, California, portions rice for a meal in the wardroom galley aboard USS Iwo Jima (LHD 7).



-Photo by MC3 Joe J. Cardona Gonzalez

Sailors aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) hold a safety brief before a replenishment-at-sea.



-Photo by MC3 Daniel C. Coxwest

Marine Cpl. Zack Barkley, from Statesville, North Carolina, fires an M4 rifle during a 26th Marine Expeditionary Unit live-fire exercise on the flight deck of the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) March 4, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



-Photo by MC1 David Holmes

Aviation Aerographer's Mate 3rd Class Danielle Rizzo, assigned to Fleet Weather Center Norfolk, takes weather readings aboard USS Iwo Jima (LHD 7).



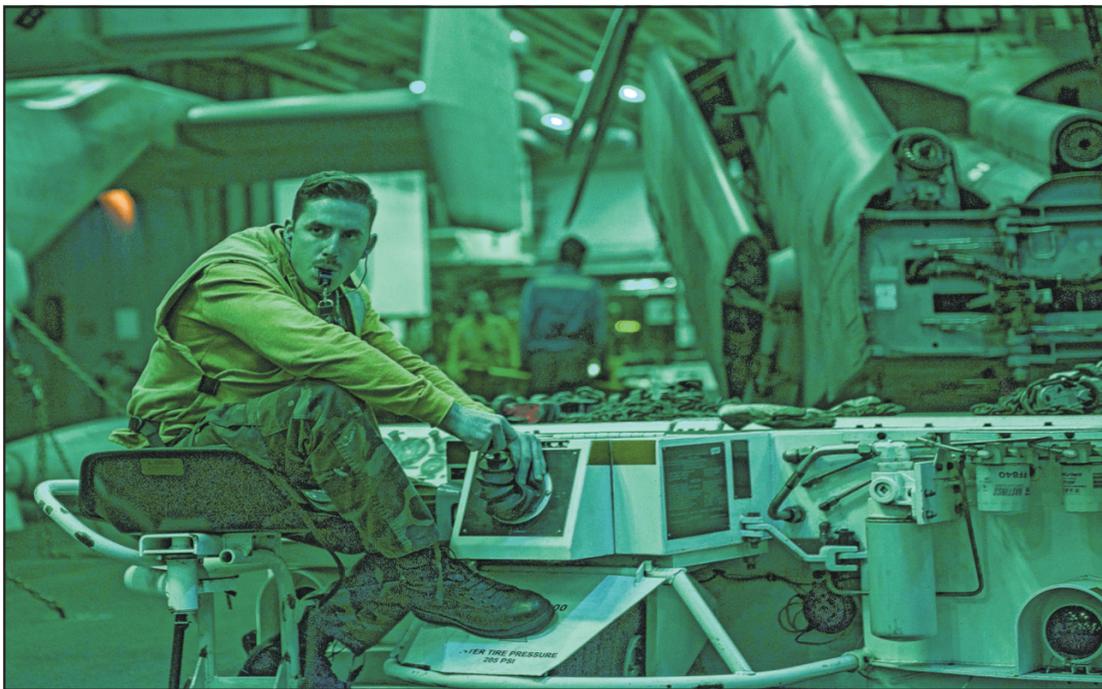
-Photo by MC1 David Holmes

The Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) steams behind the Henry J. Kaiser-class fleet replenishment oiler USNS Patuxent (T-AO 201), left, and the Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51).



-Photo by MC1 David Holmes

The Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) transits the Mediterranean Sea, March 2, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



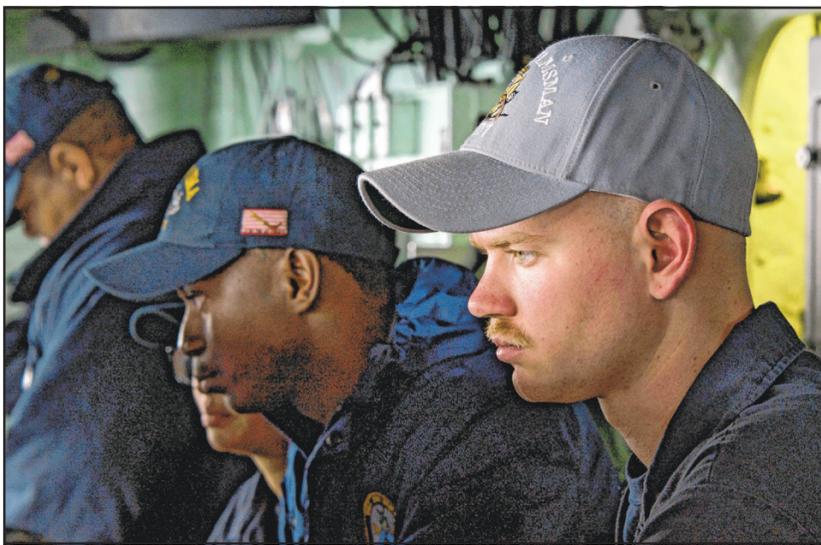
-Photo by MC3 Daniel C. Coxwest

Aviation Boatswain's Mate (Handling) 3rd Class Sean Donovan, from Stafford, Virginia, drives an AS32-32A spotting dolly in the hangar bay of the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), March 2, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



-Photo by MC1 David Holmes

The Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) transits the Mediterranean Sea, March 2, 2018.



-Photo by MC1 David Holmes

Seaman Jeff Bookaloo, master helmsman, steers the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) during a replenishment-at-sea with the Henry J. Kaiser-class fleet replenishment oiler USNS Patuxent (T-AO 201), March 3, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



-Photo by MCSN Dary M. Patten

Sailors assigned to Helicopter Sea Combat Squadron (HSC) 28 install bifilar assemblies in the main rotor of an MH-60S Sea Hawk in the hangar bay of the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), March 4, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



-Photo by MC1 Kristin M. Schuster

U.S. Marine Cpl. Alexander Flaa, from Denver, and assigned to the Marine Aviation Logistics Squadron 14, 26th Marine Expeditionary Unit, watches the readout as he runs a test on a demand oxygen regulator CPU-103 aboard USS Iwo Jima.



-Photo by MC1 Kristin M. Schuster

Hospital Corpsman 1st Class Jennifer Rand, right, from Cedar Rapids, Iowa, assigned to Fleet Surgical Team (FST) 8, checks for pelvic stability on a mannequin during trauma training in medical aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7).



About MWR

Morale, Welfare and Recreation (MWR) for Naval Station Mayport in Jacksonville, FL provides a variety of programs and activities for the local community. More information about our programs can be found at www.navywmrmayport.com, on www.facebook.com/mwrmayport, or by calling 904-270-5228.

Community Recreation

March 15: 2018 MWR Expo & Travel Show. 10 a.m. – 1 p.m. at Ocean Breeze Catering and Conference Center. FREE. Learn about all MWR has to offer from hotels, resorts and vacation destinations to local attractions and MWR programming. Plus get lots of giveaways!

March 16: Mayport

Movies: "Thor Ragnarok" (PG-13). 6 p.m. at the Mayport Beacon in the Tortuga Room. FREE. Bring the whole family to watch a great movie on our 20 ft. screen.

March 17: Movies at Mayport: "Jumanji" (PG-13). 8 p.m. at the Mayport Beacon in the Tortuga Room. FREE for all hands ages 18+. Enjoy a thrilling movie on our 20 ft. screen.

March 23: Mayport Movies: "Ferdinand" (PG). 6 p.m. at the Mayport Beacon in the Tortuga Room. FREE. Bring the whole family to watch a great movie on our 20 ft. screen.

March 24: Movies at Mayport: "Downsizing" (R). 8 p.m. at the Mayport Beacon in the Tortuga Room. FREE for all

hands ages 18+. Enjoy a thrilling movie on our 20 ft. screen.

March 25: Topgolf. 5 – 8 p.m. Cost is \$50. Enjoy 3 hours of Topgolf, a "Fajita Fiesta" buffet and transportation from the Beacon (if needed). Open to all authorized patrons 18+. Sign up at the Liberty Center by March 19.

March 29: Basic Jewelry Making. 9 – 11 a.m. Cost is \$18 and all supplies are provided. Sign up by March 27. Receive professional instruction to learn the basics of jewelry making and create your own beaded necklace.

Auto Skills Center March Special: 4 wheel brake job only \$140 (for most vehicles).

Auto Skills Center Safety Classes. Tuesdays – Fridays 3 p.m. and Saturdays at 10:30 a.m. The Auto Skills Center conducts safety classes for all DIY patrons. This one-time class is required for all DIY Auto Skills Patrons. **March 17: Auto Skills Brake Class.** 1:30 p.m. - 3 p.m. Join the Auto Skills Center for this informative brake class taught by an ASE certified mechanic. The class is open to 8 active duty and their spouses. Register by calling the Auto Skill Center at 270-5392.

Outdoor Adventures

Bouncy House Rental: \$80 per day.

Reactor Dive Watches: 50% off.

Equipment Rental: Enjoy the great outdoors with party and adventure

rentals from the Outdoor Adventures. You'll find everything you need to host the perfect party - canopies, tables, chairs, inflatables, grills, coolers and more. Rent all of your outdoor needs including campers, boats, bikes, paddleboards, tents and more! We even have rentals for a day at the beach. Call us today (904) 270-5221!

April 12: Crabbing. 3:30 p.m. – 5 p.m. Join MWR and learn crabbing techniques to catch blue crabs. Cost is \$5 and includes bait, line and nets. Bring your own bucket or cooler if you plan on keeping your catch. Sign up at Outdoor Adventures by April 10. All skill levels are welcome! *A Shore Fishing License is required from the state of Florida. The license can be obtained for free from the local tax collector's office or can be purchased for a small fee online at myFWC.com.

Tickets and Travel

Blue Man Group at Universal Florida. Blue Man Group will rock your world, blow your mind, and unleash your spirit. Leave your expectations at the door and let three bald and blue men take you on a spectacular journey filled with music, laughter and surprises. Get your tickets for more than 1/2 off the gate price at Tickets and Travel. 2 shows daily. Great discounts for kids.

Beachside Bingo Luncheon. Wednesdays at 11:30 a.m. at Beachside Bingo. \$13.00 per pack. Buy two, get one free. Two \$500 payouts every week!

Bingo Night. Mondays, Tuesdays, Thursdays and Fridays at 6:30 p.m. Doors open at 4 p.m. Test your luck at Beachside Bingo. We have 36 games with a \$10,000 progressive jackpot and two \$5,000 jackpots. Play by computer or paper. *Thursday is paper only night. Play one or all twelve games and win up to a \$1,000 progressive

jackpot.

March 16: Luck o' the Irish Bingo. Join Beachside Bingo for Luck o' the Irish Bingo! Doors open at 4 p.m. Specials include double payouts on all warm ups and hard cards, a Pot o' Gold coin game and prizes for wearing the best St. Patrick's gear!

Mayport Bowling Center

Children's Bowling Birthdays: Looking for a fun and unique birthday party experience? Host your child's next birthday at the Mayport Bowling Center! Available for kids ages 13 and under. Food and Bowling Package: Includes 2 hours of bowling with shoe rental and kid's meal for \$11.75 per child. Bowling Package: Includes 2 hours of bowling with shoe rental for \$9.75 per child.

Lunchtime Bowling Special: Mondays 10:30 a.m. – 1 p.m. Tuesdays, Thursdays and Fridays 10:30 a.m. – 5 p.m. \$6 for 2 games (includes shoes).

Military Appreciate Day: Wednesdays. Open to Close. \$1 Games, \$1 Shoes, and \$1 Hot Dogs and \$1 Soft Drinks (till 5pm).

Friday and Saturday Nights: Xtreme Red Pin Bowling. 8-11 p.m. Fridays and Saturdays at Mayport Bowling Center. \$3.50 per game. \$3 shoe rental. Strike when the head pin is red and win a free game of bowling for your next visit.

Sunday Nights: Xtreme Family Fun Night. 4 – 7 p.m. at Mayport Bowling Center. Cost is \$13 per person (includes shoes and kids hot dog or hamburger meal). Bring the kids out for 3 hours of X-treme bowling.

Recycling

Mondays – Fridays. Open Hours 8 a.m. – 4 p.m. Don't know where to throw away all those moving boxes? What about your old car battery? Bring your recyclable materials to The Recycling Center at building 412.

Windy Harbor Golf Club

Weekdays: "Avoid the Crawl" 9-Hole Escape. Starting at 3 p.m. at Windy Harbor Golf Club. Don't get stuck in traffic leaving the base, swing by Windy Harbor on the way out for a quick game! Save on gas, save the environment and make your afternoon more enjoyable. 9 holes and a cart for just \$11.

Mondays and Tuesdays: All play. 18 Holes and a Cart Only \$25.

Wednesdays: Military Appreciation Day. Wednesdays at Windy Harbor Golf Club. 18 Holes and a Cart

Only \$20. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID).

Thursdays: Fill the Void. 10:28 – 11:53 a.m. 18 Holes and a Cart Only \$22.

Sundays: Family Golf. Sundays after 3 p.m. Families play 9 holes of golf on a shortened course, no more than 125 yds per hole. \$8.00 for adults, \$4.00 per child (ages 8 and older). \$2.00 for pull cart rental, no charge for kid's golf club rental (if available). Electric cart rental is available at \$8.

March 16: Navy Marine Corps Open. 12:30 p.m. at Windy Harbor Golf Club. Join PGA Tour Player Jim Furyk in a golf tournament to benefit the Navy Marine Corps Relief Society. Teams will be organized as a 4-person killer scramble and muligans will be for sale for \$5 (up to 4 per person). Cost is \$75 per player and includes cart, greens fees, range balls, box lunch, prizes, gift certificate for return round of golf and a banquet. Sign up by March 12.

March 21: Intramural Golf. 11:00 a.m. informational meeting and 12:00 p.m. shot gun start. Join the Intramural Golf Captain's Cup League. Season runs weekdays through August. Open to all active duty, reservists and DoD employees attached to a command. Cost is \$22 per week and includes cart, green fees, intramural fee, range balls and premier hour after at Bogey's. Players and teams must register at the Pro Shop by March 19.

April 4 - 18: Drive, Chip and Putt. Three consecutive Wednesdays in April from 4 – 6 p.m. at Windy Harbor Golf Club. Cost is \$15 per person. Compete in this unique competition and demonstrate all three skills (drive, chip, and putt) for points! The participant with the most accumulated points in all three areas will be the champion of their division (Men's, Women's, and Youth divisions available; minimum 10 players per division).

Foc'sle Lounge CPO Club

Monday – Friday: All Hands Lunches. The CPO Club is open to all hands for lunch Monday – Friday.

Tuesdays: Wings and Trivia Night. Enjoy wings and trivia until 10 p.m.

Wednesdays: Fried Chicken Special. Enjoy three pieces of specialty fried chicken and two sides for \$8.50 at lunch.

Opening day: March 21
11 am Rules Overview Meeting
12 pm shotgun start
Premiere Hour afterward at Bogey's
Regular season will begin the following week. Season runs weekdays through August

Open to all active duty, reservists & DoD employees attached to a command. Players/teams must register to play by March 19th. Price is \$22.00 per person, per round; includes cart, green fees, intramural fee, range balls. 2 people per team; up to 2 teams per command. Register at the Pro Shop

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WINDY HARBOR GOLF CLUB

Naval Station Mayport Fitness Schedule

SCHEDULE EFFECTIVE: 8 JANUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMMAND CLASSES					
0600 – 0900 (NR, MK) NOFFS/Command PT*	0600 – 0900 (SK, NK) NOFFS/Command PT*	0600 – 0900 (SK, NK, MK) NOFFS/Command PT*	0600 – 0900 (SK, MK, SK) NOFFS/Command PT*	0600 – 0900 (SK, MK) NOFFS/Command PT*	★ By Appointment I Terry C. (TC) N Emily D. (ED) S Lydia H. (LH) T Enya M. (EM) R Jessica J. (JJ) U Sarah K. (SK) C Nicola K. (NK) T Mack K. (MK) O Scott M. (SM) R Peter N. (PN) S Mayumi P. (MP) M Maria R. (MR)
1400 – 1700 (SK) NOFFS/Command PT*	1400 – 1700 (SM) NOFFS/Command PT*		1400 – 1700 (NK) NOFFS/Command PT*	1400 – 1700 (SM) NOFFS/Command PT*	
FRONT LOBBY					
	1130 (SK) Fitness Brief		0930 (SK) Fitness Brief	1700 (SM) Kids Clinic	1130 (SM) Kids Clinic
SPIN ROOM					
0530 – 0730 Open Theater Cycling 1130 (J) Cycling	0530 – 0730 Open Theater Cycling 1900 (SM) Cycling	0530 – 0730 Open Theater Cycling 1130 (NK) Cycling	0530 – 0730 Open Theater Cycling 1130 (J) Cycling	0530 – 0730 Open Theater Cycling	1030 (SM) Cycling
STRUCTURED ACTIVITY / TRX					
	1130 (MK, LH) TRX 1730 (SM) Family Fitness				
UNIT PT A & B					
0930 (ED) Pilates 1115 (LH) Zumba Gold 1700 (MP) Zumba Step 1900 (SK) Xtreme Interval Training	0915 (LH) Zumba 1630 (MK) Yin Yoga	0930 (SK) Strength Training For Women 1130 (MK) Yoga 1100 (LH) Muscle Pump	1130 (SM) Xtreme Interval Training 1700 (MP) Strong By Zumba	0915 (MR) Zumba 1045 (SK) Express Core 1130 (MK) Yoga	1015 (TC) Zumba
HIGH INTENSITY TRAINING (HIT) AREA					
1130 (SK) HIT		1130 (SK) HIT		1130 (SM) HIT	
NATATORIUM					
0530 (PN) Masters Swim 1130 (MK) Paddle Board Yoga 1100 (PN) Masters Swim	0930 (NK) Aqua Fitness 1600 (PN) Masters Swim	0530 (PN) Masters Swim 1100 (PN) Masters Swim	0930 (SM, LH) Aqua Fitness 1600 (PN) Masters Swim	0530 (PN) Masters Swim 0930 (NK) Aqua Fitness 1100 (PN) Masters Swim	

/mwrmayport

www.NavyMWRMayport.com

Weekly Camp Sessions June 4-Aug. 10
5:30 am- 7 pm at the Youth Activities Center

- Parents can request care at militarychildcare.com beginning March 16
- Children already enrolled in the Before & After School Program can register March 1-15
- \$100 Non Refundable registration fee (per family) due at time of registration; fee will be applied to first session of camp
- Meals and snacks provided
- Schedule of activities and field trips will be available 2 weeks before the start of each weekly session
- No camp on July 4

Open to Children ages 6-12, 5 if attending Kindergarten in the 2017/2018 School Year

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Swim Time With MWR



-Photo courtesy of MWR

Winter programming at the Natatorium is in full swing. Children are getting ready for summer in our Learn-to-Swim program (pictured) and everyone is welcome to join us for Family Swim on Saturdays from 12 p.m. - 2 p.m.

Family Swim. Saturdays 12 - 2 p.m. FREE. Family Swim is a great way for children and their families to spend a morning in our indoor pool.

Mayport Swim Club. Open hours at the Natatorium. FREE. Build up your cardio strength and endurance while earning great incentives. Swimmers can track their mileage in our binder on the pool deck. Awards will be given at 50 miles, 100 miles, 200 miles, 300 miles, 400 miles and 500 miles intervals.

Masters Swim. Mondays, Wednesdays and Fridays 5:30 - 7 a.m. and 11:00 a.m. - 12:30 p.m. Tuesdays and Thursdays 4 p.m. - 5:30 p.m. FREE. **March 19 - 23:**

American Red Cross Lifeguard Course. 9 a.m. - 3 p.m. Cost is \$165 for military, dependents and DoD, and \$195 for civilians. Participates in the Lifeguard Course must attend ALL the dates (no Exceptions). Candidates must pre-qualify before making payment. Candidates must be at least 15 years old.

Fitness
March 20: The Meltdown. 11:00 a.m. - 1 p.m. at the Fitness Center. Get ready to strut your stuff this summer and get a jump start on that beach body! Join MWR Fitness for a 2 hour, calorie-destroying fitness session featuring a wide sampling of classes offered at the Fitness Center, from cardio

and strength to CORE and recovery.

Intramural Sports
April 4: Captain's Cup Flag Football Organizational Meeting. 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and DoD ages 18+.

April 10: Captain's Cup Celebrity Awards Luncheon. 11:30 a.m. - 1 p.m. at Ocean Breeze Catering and Conference Center.

April 18: Captain's Cup 2v2 Beach Volleyball Organizational Meeting. 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and DoD ages 18+.

Child & Youth Programs

Become a Child Development Home Provider. The Child Development Home (CDH) Program is an extension of the Child Development Center Program. CDHs are independent business enterprises operated by Navy certified military family members in

their own homes. The CDH program allows young children to receive the same early start in learning just as the CDC provides. For information on how to become a CDH Provider please call the Child Development Center at 904-270-7740.

June 4 - August 10: Summer Camp.

5:30 a.m. - 7 p.m. at the Youth Activities Center. Are you ready for Summer? Parents can request care at militarychildcare.com. Meals and snacks are provided. Open to children ages 6 (if attending kindergarten in the 2017/2018 school year) to 12 years old.

Spend Liberty Time With MWR

The following activities target single or unaccompanied Sailors. For more information, call 904-270-7788 or stop by the Mayport Liberty Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

Mondays: Billiards Tournaments. 6 p.m. at the Liberty Center. Prize for 1st place.

March 16: Town Center Trip. Need a ride? Join us for a trip to the Town Center. Van departs the Liberty Center at 5 p.m. Transportation only.

March 18: Paintball. Join the Liberty Center and GTF Paintball for a day of epic battles. Trip includes transportation. Van departs the Liberty Center at 9am. No gear, no problem! GTF offers all of your paintball equipment, safety gear, field fees and 500 markers for only \$15 (pay at GTF). (All hands welcome, 18+). Sign up by March 16.

March 21: Bowling Clinic. 5 p.m. at Mayport Bowling Center. Do you need a little help on your game? Are you a little rusty? Join the Liberty Center for 3 FREE games of bowling at Mayport Bowling Center. This trip includes games and shoe rental. Sign up dead line is March 20. (Liberty Patrons only)

March 22: Surf Fishing. Fishing will start at 2 p.m. behind the

Liberty Center. Liberty Patrons only. Have you ever wanted to learn to fish, or are you already a pro?

Join Liberty & Outdoor Adventures for a day of fishing behind the Liberty Center. All equipment will be provided but you must have a valid FL Shore Fishing license, available at <http://myfwc.com/license>. Please sign up by March 20.

March 23: Movie Trip. Van departs at 6 p.m. to head to your favorite movie or entertainment venue in town.

March 23: Volunteer Opportunity. Help Feeding Northeast Florida and do something good for the community. Van departs at 11:30 a.m. Sign up by

March 19.

March 24: Collective Con. Van departs at 9:30 a.m. \$30 at the door. Join the Liberty Center in this pop culture event featuring comics, music, entertainment, art, cosplay and more! Sign up by March 22.

March 26: Liberty Committee Meeting. 4 p.m. - 5 p.m. at the Liberty Center. Tell us what you want to see on the calendar.

March 29: Easter Egg Scramble. 8:30 p.m. Join the Liberty Center in their Easter celebration. The after dark Easter egg hunt, prizes, free food, fun starts at 8:30 p.m. (Liberty Patrons only)

Ask about our White Water Rafting Trip coming in May!

16
March **6:30 pm**

Luck o' the Irish
Bingo
at Beachside Bingo

- The leprechaun is loose again!
- Play the Pot o' Gold coin game
- Double payouts on all hard cards warm ups and specials.
- Get festive and dress in your best green and St. Patrick's gear!
- Prize for best costume & gift table.

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Does your spouse or partner suffer from PTSD?

If your spouse or partner lived through a traumatic event while serving, and is now experiencing stress, anxiety, or trouble sleeping - it may be post-traumatic stress disorder (PTSD), and you're not alone. It is estimated that in a given year, up to 20% of Veterans have PTSD.

Right now, Dr. Mark Joyce at CNS Healthcare in Jacksonville is accepting new participants for the **HONOR Clinical Study**. The study is for an investigational medication that may help improve trauma-related symptoms, including sleep disturbances.

No cost to participate • Compensation for time & travel

Dr. Mark Joyce | CNS Healthcare
5200 Belford Rd, Suite 420
Jacksonville, FL
904-281-5757 | cnshealthcare.com



Spring Camp

March 19-23
5:30 am - 7 pm at the Youth Activities Center

- Parents can request care at militarychildcare.com beginning Feb. 5
- Children already enrolled in the Before & After School Program don't need to register
- Meals and snacks provided
- A Non-School Day Care Option will be offered on March 16 and March 30 (Daily Rate). Hourly Care will be offered based on availability at \$4 per hour

Open to children Kindergarten through age 12

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CNRSE Bolivar Speaks to Girls, Inc.

By MC1 Brian G. Reynolds

Navy Region Southeast

Rear Adm. Bette Bolivar, commander, Navy Region Southeast, provided remarks as the keynote speaker during the second annual Women of Vision Celebration Luncheon, sponsored by Girl's Inc., at the WJCT television studio March 8.

The luncheon helped raise awareness regarding the challenges affecting at-risk girls throughout the Jacksonville and Duval County areas.

During her speech, Bolivar praised the work that the Girls Inc. nonprofit organization has done to empower young females to lead fulfilling and productive lives.

"You are part of a program that is focused



-Photo by MC1 Brian G. Reynolds
Rear Adm. Bette Bolivar, commander, Navy Region Southeast, receives an award from emcee Endia Lewis during the second annual Women of Vision Celebration Luncheon, sponsored by Girls Inc., at the WJCT television studio. The luncheon helped raise awareness regarding local, national and global challenges affecting at-risk girls throughout the Jacksonville and Duval County areas.

on helping girls," said Bolivar. "You are helping girls avoid risky behaviors, graduate from

high school and have the best success of stepping into their own power to achieve their goals and

dreams."

Robin Rose, the CEO of Girls Inc., emphasized the importance of her organization's mission, and the impact that the organization has on both the local and national level.

"Girls Inc. is the game changer for so many girls here in Jacksonville and at the 85

affiliates within the United States and in Canada. We give them the hope, confidence, and the knowledge and skills to beat the odds, and to overcome any obstacle in their lives that could derail them from achieving the life they want to claim for themselves," said Rose.

Bolivar used her experience as a female leader to advise the girls in

attendance.

"As young people, it is so important to become leaders in your own lives," Bolivar said. "What I'm saying is, if any of us cannot become powerful leaders in our own lives first, then how can we ever think we can lead other people and organizations successfully? Being involved with Girls Inc., you already have a good start."

Bolivar also emphasized the importance of mentorship in molding these at-risk girls to become strong, smart and bold.

"It is so important to invest in a girl's future," said Bolivar. "When one makes that investment, the rewards can go beyond your wildest dreams."

Emphasizing the importance of strong leadership, Bolivar said, "Each one of you here can be a leader. You can be that leader with self-awareness, passion and purpose. It is a choice that only you can make. As females, we have definitely contributed to making this country a better place to be."

The network of Girl's Inc. nonprofit organizations serves girls 6-10 years old in more than 1,400 cities across the United States and Canada. Its research-based programming is delivered by trained professionals who focus on the development of the whole girl, supporting, mentoring and guiding girls in an affirming professional environment.

Noms For Batchelder Awards Extended

From Navy Office of Information

The nominations deadline for the Vice Adm. Robert F. Batchelder Awards announced in ALNAV 073/17 has been extended until Friday, March 30.

The Navy League of the United States sponsors the annual Sea Service Awards in recognition of outstanding individual achievements in leadership, maritime affairs, scientific progress, engineering excel-

lence, logistics competence, excellence in intelligence, and service to community and country. The Navy League offers these awards to active and Reserve Sailors and Marines, and civilians.

Established in 1983, the Vice Adm. Robert F. Batchelder Awards, recognizes five officers in the Supply Corps who have made the most significant personal contributions to the supply readiness of the U.S.

Navy's operating forces.

Formal award presentations are tentatively scheduled to be presented at the annual Navy League Convention on June 8, 2018, in Portland, Oregon.

Additional information regarding the awards and nomination process may be found on the Navy League website, www.navyleague.org, under programs/awards/sea services awards.

Junior Officers Sought As White House Aides

From Navy Office of Information

Navy junior officers interested in serving as White House social aides are invited to apply for acceptance into the program through April 9.

White House social aides have supported presidents and first ladies since the administration of President Theodore Roosevelt and are represented by all branches of the military. They help manage guests who attend social functions at the White House, facilitate interactions with the president and first lady and escort dignitaries.

Unmarried naval officers in the paygrades of O-2 through O-4 who are

currently stationed in the National Capital Region are eligible to apply to the program, which is a collateral duty, not a permanent change of station. Due to a lengthy clearance process, applicants must have 18-24 months remaining on current orders within the National Capital Region. The program also requires the signed endorsement of an applicant's commanding officer articulating support for participation in the program to include a time commitment of one full morning, afternoon or evening per week.

Selected aides in good standing are eligible to remain in the program

until they are no longer assigned to a command in the National Capital Region, become married or promote to O-5.

Applicants interested in this program must be comfortable interacting with the public, possess the highest levels of tact and discretion, and have demonstrated sustained superior performance in their careers as naval officers. Those selected represent the Navy, and must possess impeccable appearance and military bearing.

Applications must be requested via email from the navy service program manager, Lt. John Harry, at john.harry@navy.mil.

CNRSE Goes Golden



-Photos by MC1 Brian G. Reynolds

Rear Adm. Bette Bolivar, commander, Navy Region Southeast (CNRSE), and the CNRSE retention team pose for a group photo before they raise the Golden Anchor Retention Excellence. Golden Anchor Retention Excellence Awards are given to select commands by the Department of the Navy for sustaining superior levels of military retention.



Chief Navy Career Counselor Brian Shelton and Senior Chief Navy Career Counselor Yenier Ramirez raise the Golden Anchor Retention Excellence pennant in front of Commander, Navy Region Southeast headquarters.

Stroller Strut 2018

Date: Thursday, April 19th, 2018

Time: 10am-11am

Location: Balfour Housing Office on Base

Join us for some fun and exercise!

We are looking for the best decorated stroller

Prizes will be awarded!

KNOW YOUR ZONE

ZONE

#knowYourDroneZone

KNOW YOUR LIMITS. FOLLOW THE RULES.
PLAY IT SAFE ON YOUR INSTALLATION.

Mayport Civilian Tells Story Of Barrier-Breaking EODC Father

From Staff

Friends, family and former co-workers gathered at the Mayport Chief Petty Officer's Mess to celebrate a book launch honoring the late Master Chief Boatswain's Mate Sherman Byrd, the first African American Explosive Ordnance Disposal (EOD) technician. Cynthia Byrd Conner, Byrd's youngest daughter and recently retired civil servant from Southeast Regional Maintenance Center (SERMC), worked on the project for many years.

Conner and her siblings weren't aware of their father's distinctions and accomplishments because he tended to keep his experiences to himself, and he passed away at the age of 40, when Conner was just 14-years old. More than three decades later, a representative from an EOD training facility tracked down the Byrd family so he could invite them to a dedication to their father.



Cynthia Byrd Conner signs a book for a patron at her book launch. Conner is Master Chief Sherman Byrd's youngest daughter, and recently retired civil servant from Southeast Regional Maintenance Center (SERMC).

Explosive Ordnance Disposal Training and Evaluation Unit 2 dedicated a plaque in honor of Byrd in 2009, for breaking the color barrier in 1958 to join an elite group of EOD technicians that can disarm an explosive anywhere and at any time.

"The dedication ceremony was so beautiful, and they all spoke so highly of dad," Conner said. "He meant a lot to a

lot of people."

While researching the book, Conner spoke with Carl Brashear, who became famous after the Cuba Gooding, Jr. role in the "Men of Honor" movie. "He called to offer support and encouragement, and told me he never told the writers or movie producers that he was the first African American EOD, only he was the first African American to achieve the



Cynthia Byrd Conner shares a story about her father, Master Chief Boatswain's Mate Sherman Byrd. Family, friends and former co-workers filled the Medal of Honor Room for the launch of the book "Quiet Strong," a biography of her father.

Master Diver recognition, as well as being the first amputee Master Diver. "Many people believe Carl Brashear was the first African American in the EOD community, but it was Dad, Sherman Byrd," said Conner.

With only an eighth grade education, (the

highest level of education available to African Americans at that time), Byrd served on 10 ships, served during Korea and Vietnam, and supported the Secret Service by protecting four Presidents of the United States.

The book also deals with some tough issues

like drug and alcohol abuse. "Quiet Strong is geared toward the teenage demographic or anyone who has taken a wrong turn in life," Conner said.

All proceeds from the sale of the book benefitted the Mayport Chief Petty Officer's Association.

Defense Advisory Committee On Women In The Services Releases 2017 Annual Report

By Department of Defense

March 1, the Defense Advisory Committee on Women in the Services (DACOWITS) released its 2017 annual report on matters relating to women serving in the Armed Forces of the United States.

DACOWITS provides the Department of Defense with advice and recommendations on matters and policies relating to women in the Armed Forces. The committee provides these recommendations to the Secretary of Defense

via a comprehensive annual report, based on information gathered throughout the year.

For 2017, DACOWITS studied 13 topics. The committee gathered information from multiple sources including briefings and written responses from DOD, service-level military representatives and subject matter experts; data collected from focus groups and interactions with service members during installation visits; and peer-reviewed

literature. DACOWITS collected qualitative data during their visits to multiple installations representing the Air Force, Army, Marine Corps, Navy and Coast Guard.

Based upon the data collected and analyzed, the committee submitted 17 recommendations to the Secretary of Defense on the following topics: accession and marketing, recruiting strategies, propensity to serve, mid-career retention, dual-military co-location

policies, gender integration, key opportunities and assignments, gender integrated boxing, physiological gender differences, parent leave policies, childcare resources, family care plan policies, and the impacts of social media and sexual harassment online. The report is available online and includes detailed reasoning supporting each recommendation addressed by the committee.

Established in 1951, DACOWITS is one of the oldest DOD federal

advisory committees. The committee was created following the signing of the 1948 Women's Armed Services Integration Act. The law enabled women to serve as permanent, regular members of the Armed Forces in the Army, Navy, Marine Corps and Air Force.

Over the years, DACOWITS has been instrumental to the DOD and has made significant contributions on topics including opening career fields, specialties,

schooling and training to women; developing gender neutral occupational standards; improving to the health of deployed servicewomen; and increasing marketing, accessions and recruiting.

Electronic copies of the committees annual reports and additional information about DACOWITS can be found at <http://dacowits.defense.gov/>.

Pay, Personnel Administrators Receive New Opportunities For Training, Counsel & Collaboration

From Chief of Naval Personnel Public Affairs

Improving the quality of pay and personnel services across the Navy is a cornerstone of Sailor 2025, the Navy's largest personnel modernization effort ever undertaken, and thus remains one of our top priorities for increasing Sailors' quality of life.

Timely and accurate pay and personnel transactions are a critical enabler of warfighting readiness. In order to fulfill those services, a strong partnership is required between commands and their personnel support detachments (PSD).

The Sailors and civilians at the front line of this effort are the Command Pay and Personnel Administrators (CPPA).

The role and importance of CPPAs cannot be overstated, because CPPAs serve as the link between individual Sailors, their commands, and the supporting PSDs.

With that thought in mind, we developed sev-

eral policy changes and resources to increase the knowledge base of CPPAs and provide them with essential tools for their pay and personnel toolkits.

In accordance with NAVADMIN 235/16, the CPPA Navy Enlisted Classification (NEC) code of 95AD was established to ensure that Navy personnel are properly trained and certified in the pay and personnel policies and procedures.

We have also updated the CPPA toolbox and other CPPA resources that reside on the Navy Personnel Command website.

This one stop resource repository provides a wealth of information to help new CPPAs learn their roles and responsibilities and for experienced CPPAs to hone their skills.

Newly designated CPPAs can learn pay and personnel management fundamentals and specifics of the Pay/Personnel Administrative Support System (PASS) in an

interactive web-based course available through My Navy Portal (MNP) via Navy e-Learning (course number PERS2-PAYPERS-CPPA-CPPATRaining-V1.0).

Our library of 41 CPPA standard operating procedures provides detailed step-by-step guidance on the proper execution of common Navy pay and personnel transactions.

In order to keep skills fresh and share local best practices across commands, CPPAs are strongly encouraged to take part in monthly training opportunities hosted by local PSDs.

The Navy added a new user role to the Navy Standard Integrated Personnel System (NSIPS) enabling CPPA personnel to initiate activity gains, reenlistments, extensions, and other non-pay impacting transactions at the local command and leading to improved timeliness and accuracy for these transactions.

CPPAs and other CAC holders can find a

helpful "Smart Sheet" explaining the user role change from Command PASS Coordinator (CPC) to CPPA on the NSIPS login page, by clicking "What's New for You" under the "User Information" section. The "Smart Sheet" and other useful documents highlight new features and reports for the CPPA user role.

Local command verification is required to ensure Sailors receive their due pay and entitlements. CPPAs must gain this NSIPS access to enable accurate pay and personnel processing.

Finally, in order to reinforce a sense of community among CPPA professionals and facilitate an environment of collaborative thought, shared insights and professional experiences, we have launched a CPPA forum on Facebook.

New CPPAs should take full advantage of

this forum to ask questions and build their corporate knowledge by directly corresponding with experienced CPPAs.

Pay and personnel matters affect each and every Sailor serving our country around the

world, and we owe it to our Sailors to get processes done promptly and correctly the first time. We are committed to ensuring they receive the benefits and entitlements they have earned.

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FFSC Classes For Sailors, Families

From Staff

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 15, 2018 10 a.m.-noon 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.

March 19-23, 2018 8 a.m.-4:30 p.m. SAPR Victim Advocate Training, BLDG 1, RM 1616

This mandatory train-



ing 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.

March 20, 2018 8:30 a.m.-12:30 p.m. Stress Management,

BLDG 1, RM 702

Participants learn how to identify stress and its causes, how to identify problems associated with prolonged stress, and participants also learn positive ways to deal with stress.

March 22, 2018 11 a.m.-noon Raising Financially Fit Kids, BLDG 1, FFSC

Studies show that the single most important place where children learn about money is in the home and the most important teachers are their parents. Join us and learn how to raise financially fit kids.

March 26-30, 2018 7:30 a.m.-4:30 p.m. Transition GPS Separatee Workshop,

BLDG 1, RM 1616

The class is designed for military personnel who are within 24 months of retiring or 90-180 days of separating from completion of military services. It helps Service members understand the overall Transition GPS program, the requirements to meet Career Readiness Standards, and to identify common issues Service members and their families experience during the transition process.

March 26, 2018 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. This group meets once a month and child care is provided for free!

March 29, 2018

4:30-5:30 p.m. Car Buying Strategies, BLDG 1, RM 702

Feel like a winner after the purchase of your next car by developing the knowledge and skills that will empower you to research the purchase, ask the right questions during the sale, and practice negotiation techniques to get a great deal. Make your dream car a reality!

March 29, 2018 8 a.m.-noon Capstone Event (All Pay Grades), BLDG 1, RM 1616

The final component of Transition Goals, Plans, Success (TGPS). During Capstone, Individual Transition Plans (ITP) are reviewed and the completion of CRS is verified and recorded on the ITP checklist (DD Form 2958).

Luke Combs Booked For THE PLAYERS Military Appreciation Day Concert In May

From THE PLAYERS Public Affairs

Continuing a PGA TOUR tradition of honoring men and women in uniform, THE PLAYERS Championship today unveiled a full slate of military appreciation activities and programs for the 2018 event, including a special performance by 2017 breakout artist Luke Combs on Tuesday, May 8, during Military Appreciation Day. New this year, the Military Appreciation Day Ceremony will begin at 5:30 p.m. and the Concert will kick-off at 6 p.m. on the 17th hole when the tournament returns to THE PLAYERS Stadium Course at TPC Sawgrass, May 8-13.

Combs joins an impressive list of country music stars who have performed on Military Appreciation Day including Tim McGraw (2010), Darius Rucker (2011), Luke Bryan (2012), Dierks Bentley (2013), Jake Owen (2014), Big & Rich (2015), Toby Keith (2016) and Sam Hunt (2017).

The Military Appreciation Day Ceremony and Concert is free to any Tuesday ticket holder; a Tuesday Stadium Pass starts at just \$25. Parking is also free on Tuesday and Wednesday of tournament week.

In addition to Military Appreciation Day, THE PLAYERS provides all career military (active duty, Reserve, military retirees and dependents) with complimentary admission to the tournament all week and discounted admission for veterans. To obtain vouchers, go to THEPLAYERS.com/tickets and click REDEEM in the Military Ticket section. Parking is not included with the free, or discounted, ticket Thursday through Sunday. All parking on Tuesday and Wednesday is free.

Throughout tournament week, all active duty and Reserve military members, military retirees, veterans and their dependents will have access to the Birdies for the Brave Patriots' Outpost, a hospitality tent reserved exclusively for the military which offers complimentary food, beverages and activities. Located near the tee at No. 16, the Patriots' Outpost is financially supported by THE PLAYERS and Jacksonville-area companies and individuals. United Rentals is the lead sponsor of the Birdies for the Brave Patriots' Outpost. In 2017, THE PLAYERS issued more than 35,000 complimentary military tickets and more than 19,000 military members and their families were hosted in the Patriots' Outpost.

Prior to tournament week, THE PLAYERS will welcome active duty, Reserve, retired military, veterans, and military spouses to TPC Sawgrass on Saturday, May 5, 10 a.m. to 1 p.m. in the Birdies for the Brave Patriots' Outpost, to participate in its seventh-annual Military Job Fair, in partnership with the Jacksonville Military

Veterans Coalition and sponsored by United Rentals. The Military Job Fair is free and open to military personnel, veterans and military spouses who are seeking employment. There will be approximately 50 companies on hand, all with open hiring opportunities.

On Sunday, May 6, THE PLAYERS and Birdies for the Brave will again partner with Operation Shower to host a group baby shower for 40 military moms-to-be. Scheduled to be held from 12-2 p.m. in the Birdies for the Brave Patriots' Outpost, the event will be hosted by Jim and Tabitha Furyk, and sponsored by United Rentals, and will feature Operation Shower's signature Shower-In-A-Box, gifts of high-quality products for the moms and babies that have been provided by sponsors and donors.

Volunteering at THE PLAYERS is a unique avenue for not only golf fans, but also those looking to support an event that gives millions of dollars back to the community. Those that wish to apply to be a volunteer or more information, can visit THEPLAYERS-volunteers.com

DRIVE
CHIP
& PUTT
Contest

Wednesdays, April 4-18 from 4-6 pm at Windy Harbor Golf Club • Cost \$15 per person

Compete in this unique competition and demonstrate all three skills (drive, chip, & putt) for points! The participant with the most accumulated points in all three areas will be the champion of their division (Men's, Women's and Youth divisions available; minimum 10 players for each division)

April 4- Driving
April 11- Chipping
April 18- Putting

Complete rules are available in the pro shop. Golf clubs are available for each event at no charge.

NAVYMWRMAYPORT.COM

Brown

From Page 1

leaders that his memories on The Sullivans are some of his most cherished.

"I have a deep affinity for this ship," said Brown. "I knew when I was coming to NAVSTA Mayport, I had to make a point to come to this ship too."

Brown focused his discussions on leadership responsibilities and encouraged the group to identify ways in which they can improve all around to build a tactically and technically proficient force.

Essay

Director's Action Group. "I think this is a really good opportunity for us to take a look at the long history of lessons learned and apply them to the present and how we maintain maritime superiority."

"The Navy is really looking for entries from a full spectrum of writers, not just professional historians and people who do this for a living, but also for entries from those on the deck plates," said Ahler. "The hardest part will be getting amateur historians and Sailors out in the fleet to submit, but honestly I think that's where a lot of the best stuff will come from."

Submissions may not exceed 3,500 words (excluding footnotes/endnotes/sources), nor may you include your

"To be the most effective leader, you not only have to know your job, but you need to know your boss's job and the jobs of those you lead so we are as efficient as possible," said Brown.

Brown also visited Littoral Combat Ship Squadron (LCSRON) 2 while at NAVSTA Mayport, and recently visited several other ships and facilities on board Naval Base Coronado and NAVSTA Norfolk, with plans to visit as many ships as he can throughout 2018.

From Page 1

name on the entry. All submissions will be judged blind, so in addition to the essay, please create a separate attachment including your biography, phone number and mailing address.

Your submission package should be emailed to cnessaycontest@usni.org with the subject heading the title of your essay. For more details, see the NAVADMIN, or go to <https://www.history.navy.mil/get-involved/essay-contest.html>. For more details about this contest, please visit the NHHHC CNO Naval History Essay Contest web page, or email jday@usni.org.

The Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analy-

sis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy's unique and enduring contributions through our nation's history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services. NHHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, nine museums, USS Constitution repair facility and the historic ship Nautilus.

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NSB Kings Bay, GA, Fleet and Family Support Center at (912) 573-4513
NAS Jacksonville, FL, Fleet and Family Support Center (904) 542-2766
NS Mayport, FL, Fleet and Family Support Center at (904) 270-6600

Please be prepared to show proof of military affiliation. This event is open to the following:

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48564A	2016 Mazda3 i Sport.....	\$13,500
61696A	2016 Mazda3 i Touring.....	\$16,300
S22249	2016 Mazda3 i Touring.....	\$17,500
64443A	2015 Mazda3 s Grand Touring.....	\$19,900
40870A	2016 Mazda6 i Sport.....	\$13,800
A99056	2015 Mazda6 i Touring.....	\$16,800
62401A	2014 Mazda6 i Touring.....	\$13,900
48982A	2014 Mazda6 i Touring.....	\$14,900
A56281	2014 Mazda6 i Touring.....	\$14,900



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2018 Mazda3 Sport Automatic Transmission** 36-Month Lease, 15% of MSRP due at Lease Signing. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title, \$689.50 dealer fee and other fees. Not all Lessees will qualify for lowest payment through participating lender. Some Payments higher, some lower based on residency and other factors. Lessee responsible for excess wear and mileage over 30,000 at \$0.15/mile. *2017.5 Mazda6 Sport Automatic Transmission** 36-Month Lease, 15% of MSRP due at Lease Signing. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title, \$689.50 dealer fee and other fees. Not all Lessees will qualify for lowest payment through participating lender. Some Payments higher, some lower based on residency and other factors. Lessee responsible for excess wear and mileage over 30,000 at \$0.15/mile. **^2018 Mazda CX-3 Sport Automatic Transmission** 36-Month Lease, 15% of MSRP due at Lease Signing. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title, \$689.50 dealer fee and other fees. Not all Lessees will qualify for lowest payment through participating lender. Some Payments higher, some lower based on residency and other factors. Lessee responsible for excess wear and mileage over 30,000 at \$0.15/mile. **^^2018 Mazda CX-5 Sport Automatic Transmission** 36-Month Lease, 10% of MSRP due at Lease Signing. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title, \$689.50 dealer fee and other fees. Not all Lessees will qualify for lowest payment through participating lender. Some Payments higher, some lower based on residency and other factors. Lessee responsible for excess wear and mileage over 30,000 at \$0.15/mile. Photos are for illustration purposes only. Offers expire 3/31/18.