



NS MAYPORT, FLORIDA



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THURSDAY, June 7, 2018

# The Sullivans Conducts Missile Exercise

By Lt. Daphne White

USS The Sullivans (DDG 68)

Public Affairs

The Arleigh Burke-class guided missile destroyer USS The Sullivans (DDG 68) launched a standard missile (SM-2) in the Virginia Capes operating area, May 28, 2018.

The missile exercise demonstrated The Sullivans' ability to defend against a close-in aerial attack. A BQM-74E air-launched drone served as the target. The ship successfully demonstrated its ability to employ a layered defense construct to engage a target with both the Mk 45 MOD2 (5"/54) caliber gun weapons system and the Aegis Weapons System.

"Our crew has trained

See The Sullivans, Page 6



-U.S. Navy photo

*The Arleigh Burke-class guided missile destroyer USS The Sullivans (DDG 68) launches a Standard Missile 2 (SM-2) in the Virginia Capes operating area as part of an exercise to test the ship's ability to defend against a close-in aerial attack. The Sullivans deployed with the Harry S. Truman Carrier Strike Group in support of NATO Allies, European, and Africa partner nations, coalition partners, and U.S. national security interest in Europe and Africa.*

## NEX Awards Students Good Grades

From NEXCOM

The Navy Exchange Service Command's (NEXCOM) A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be at the end of June 2018.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Homeschooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment.

Eligible students include dependent children of active duty members, reservists and military retirees as well as U.S. civilian Department of Defense employees stationed outside the continental United States and U.S. civilian employees of firms under contract to the Department of Defense outside the continental United States. Students must be enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to discount coupons for NEX products and services.

## INSIDE

CITY OF JACKSONVILLE  
EMERGENCY  
PREPAREDNESS  
GUIDE  
2018-2019

JAX READY

BE PREPARED FOR STORMS, HURRICANES, FLOODING, WILDFIRES, AND OTHER NATURAL DISASTERS

## NBHC Mayport Earns Blue H For Health

By Yan Kennon

Naval Hospital Jacksonville Public Affairs  
Senior Writer

Naval Hospital Jacksonville (its hospital and five naval branch health clinics), Navy Operational Support Center Jacksonville, and 15 of Operational Health Support Unit Jacksonville's detachments have earned the Navy Surgeon General's Health Promotion and Wellness Blue H Award for 2017.

"Health promotion is vital to ensuring our Navy and Marine Corps team has the best readiness and health in the world," said Capt. Matthew Case, NH Jacksonville commanding officer. "The Blue H Award is a reflection of our active duty, reserve, civil-



ian, contract, and volunteer staff all working toward this goal."

Gold Star (highest level) was achieved by the hospital; NBHCs Jacksonville, Key West, and Kings Bay; NOSC Jacksonville; and OHSU Jacksonville Detachments A, B, C, G, H, I, K, N, P, and R. OHSU Detachments D and M earned Silver Eagle recognition, while NBHCs Albany and Mayport, and

OHSU Jacksonville Detachments E, J, and L received the Bronze Anchor.

The Blue H, which is in its 10th year of existence, recognizes Navy medical commands for excellence in clinical primary prevention, community health promotion, and medical staff health. The award assesses areas such as: responsible drinking, injury and violence-free living, healthy eating, active living, reproductive and sexual health, psychological health, tobacco-free living, and weight management.

"Our reservists' work to support healthy Navy and Marine Corps workplaces is a key part of

See Blue H, Page 6

## Sioux City Completes Acceptance Trials

From Lockheed Martin

Littoral Combat Ship (LCS) 11, the future USS Sioux City, completed Acceptance Trials in the waters of Lake Michigan. LCS 11 is the sixth Freedom-variant LCS designed and built by the Lockheed Martin (NYSE: LMT)-led industry team, and is slated for delivery to the U.S. Navy later this summer.

"LCS 11's completion of Acceptance Trials means this ship is one step closer to joining the fleet and conducting critical maritime operations for the Navy," said Joe DePietro, vice president, Small Combatants and Ship Systems at Lockheed Martin. "This ship is agile, powerful and lethal, and the industry team and I are looking forward to her delivery, commissioning and deployment."

The trials, conducted May 20-24, included surface and air detect-to-engage demonstrations of the ship's combat system.



-Photo submitted  
*Littoral Combat Ship (LCS) 11, the future USS Sioux City, performs Acceptance Trials in the waters of Lake Michigan. Once a part of the fleet, Sioux City will be homeported at Naval Station Mayport.*

Major systems and features were demonstrated, including aviation support, small boat launch handling and recovery and ride control.

"I am extremely proud of our

LCS team including our ship-builders at Fincantieri Marinette Marine," said Jan Allman, Fincantieri Marinette Marine President and CEO. "These are

See LCS, Page 6

Fleet Week NY  
Little Rock, Zephyr Visit Big Apple

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USS New York  
Delivers The Mail

Page 6

# Stop Summer Learning Loss



**Sharon Kasica**  
School Liaison Officer

Studies show that by the end of fifth grade children without summer learning opportunities are nearly three years behind their peers in reading. So what can you do to "Stop Summer Learning Loss?"

To avoid Summer Slide – that loss of learned skills and knowledge from the end of one school year to the beginning of the next year – you need to make sure that your child is actively reading and learning throughout the summer.

Experts agree that children who read during the summer gain reading skills, while those who do not often slide backward. According to the authors of a November 2002 report from Johns Hopkins Center for

## KNOWING

THE ROPES

Reading Is Fundamental (RIF), the nation's oldest and largest children's literacy organization, believes there is no better time than this summer to begin helping our children bridge the gap in learning between the end of one school year and the beginning of the next one. "Motivating children to read throughout the year is essential to building lifelong readers," says Carol H. Rasco, president and CEO of RIF. "And reading is the doorway to all other learning."

Most children will benefit from exposure to educational activities to help maintain their skills and get them started on the right foot come fall. Whether he is enrolled in a summer camp, participating in online/virtual learning, engaged in disguised learning, or enjoying a learning vaca-

tion Learning "A conservative estimate of lost instructional time is approximately two months or roughly 22 percent of the school year.... It's common for teachers to spend at least a month re-teaching material that students have forgotten over the summer. That month of re-teaching eliminates a month that could have been spent on teaching new information and skills."

Disguised learning has been the hallmark of great parenting forever. Whether you are shopping, cooking, working on the car, or attending a sports event, you can create learning experi-

ences for your child.

Websites which can provide free and fun summer online learning include the following:

- [www.thinkfinity.org/games-and-tools](http://www.thinkfinity.org/games-and-tools) [K-12 fun games and activities for long summer days]

- [www.khanacademy.org](http://www.khanacademy.org) [all ages - 2100 videos & self-paced exercises covering everything from arithmetic to physics, finance, and history]

- [www.coolmath.com](http://www.coolmath.com) [fun games, puzzles, and more – all related to math]

- <http://freerice.com> [great vocabulary game which donates 10 grains of free rice to United Nations World Food Program for each answer you get right. Adults can play too!!!]

Whatever you do to keep the learning active, have fun with it!

Program happening right here on base? It is for children and ADULTS! Yes, everyone can sign up! (I already did)

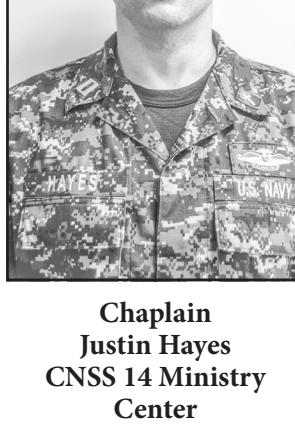
"Reading Takes You Everywhere" brought to us by MWR Community Recreation, is a free program open to all ages. Log your reading and qualify for prizes!

Register today!  
[www.mayportlibrary.beanstack.org/reader365](http://www.mayportlibrary.beanstack.org/reader365)

Let's see how much reading Naval Station Mayport will accomplish this summer! Get READING!

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.

## Listen To Your Mother! She May Be Right



**Chaplain  
Justin Hayes**  
CNSS 14 Ministry  
Center

Do you ever recall getting sage advice from your mother? I remem-

## CHAPLAIN'S CORNER

ber when my mother gave advice, my ears would perk up. "Eat your broccoli, it's good for you. Choose your friends wisely. Don't hit your brother. Don't touch that electric fence!"

Most times I listened and obeyed. Other times, I found the temptation of going against her advice too great, such was the allure of the electric fence. Lacking knowledge of how elec-

tricity works, I touched the fence and got the biggest shock of my life. Thankfully I lived to tell the tale and can truly say, listening to your mother is a good idea.

I recently came across some other sage advice from another mother to her son, who happened to be a king, King Lemuel. She told him, "O my son, O son of my womb, do not spend your strength on women, your vigor on those who

ruin kings. It is not for kings, O Lemuel—not for kings to drink wine, not for rulers to crave beer, lest they drink and forget what the law decrees, and deprive the oppressed of their rights."

Now this mother wasn't suggesting her son avoid getting married, nor ever having a drop of alcohol. She was telling her son to avoid the traps that sap a king's energy that prevent him from carrying out his responsibilities to those dependent on him. She was encouraging him to embrace his obligations and do what

was right for those reliant upon his care.

Now I don't expect there are any kings here at Mayport, but there are a lot of Sailors that have a duty for those entrusted to their care, be it other Sailors or family members. And while this advice is from a mother to a son, I believe it applies to us all. What traps are you allowing yourself to fall into that are sapping your strength and energy away from those you are supposed to take care of? King Lemuel's mother mentions chasing ladies and drinking, but there are more traps than the

standard drunkenness and licentiousness.

Why don't you listen to your mama, or King Lemuel's, and take a minute to think about that?

Quotes:

Drink moderately, for drunkenness neither keeps a secret, nor observes a promise.  
~Miguel de Cervantes Saavedra~

Leadership is not about being in charge. It is about taking care of those in your charge.  
~Simon Sinek~

## Survival Of Friendliest: Evolving As Women



**Lisa Smith Molinari**  
Military Spouse  
Columnist

February was not the best month to PCS to England. It was 1996, and due to a housing shortage, we spent four gray, drizzly months living in RAF Alconbury Air Force Inn. Every day, I paced that dreary base hotel and sat with our one-year-old baby at the nearby Anthony's Pizza, waiting for our new life to take shape.

I was lonely, vulnerable and desperate. So when the wife of Francis' boss invited me to be her guest at the Spouses' Club's annual "Crystal Bingo" dinner at the Stukeley Inn, I nearly leaped into her arms with pathetic enthusiasm.

On the night of the event, I wore a bulky sweater with shoulder pads and teased my bob just right — it was the 90s after all — in hopes of impressing the other spouses. My host found us a table, as wives kindly introduced themselves to me one after the other.

## MEAT & POTATOES OF LIFE

Impressed with my legal background, one spouse asked if I would serve as the club's new Parliamentarian. I was so honored, and thought I'd found friends that would see me through our first overseas tour.

One month later, one of those same friendly spouses pointed a finger at me, and before storming dramatically out of the room, bellowed to the other women, "Well, if you think SHE has a better idea, then let HER do it! I'm done!"

After agreeing to be Parliamentarian, my new fellow Spouses' Club members had informed me that they were reorganizing into a combined club and that I would have all the responsibility of working with base legal to affect the change and to rewrite the entire 17-page Constitution and Bylaws. This meant that I wouldn't just be swilling wine and winning free crystal at monthly socials, I would have to endure brutally long board meetings to hash out all the details of the club's reorganization.

I thought they had offered me the position because they liked me. But clearly, I'd been suckered. Although I had hoped to find fun women to vent to or

explore England with, I found myself embroiled in ridiculous drama and petty rivalries. The experience was so negative, it took me nearly 20 years before I'd agree to join a base spouses' club again.

Why do women tear each other down?

Humans are animals, and regardless of social

advancement, we cannot escape our basic instincts. According to evolutionary biology and Darwin's dominance theory, we engage in intra-sex competition for reproductive rights with the opposite sex, similar to other species.

However, research about human intra-sex rivalry was almost exclusively limited to men until the 1980s, when researchers finally realized that women were not the passive, uncompetitive beings that they

had assumed they were. Scientists discovered that women compete with other women just as aggressively as men do with other men, but they do it indirectly.

While men use physical dominance to increase their natural selection, women, as child-bearers and nurturers, avoid competition that might physically injure themselves or their kin. Evolutionary psychologist David Buss found that, instead, women use "competi-

tor derogation" against other women — i.e., gossip, bad mouthing, and exclusion — to level the playing field.

We've all seen it before, even among young girls. Girls resent the prom queens, women judge each other's physical appearance, and we've all whispered behind each other's backs. Quite honestly, it's downright embarrassing.

We're no longer living in caves and eating

See Friendly, Page 3

**Command Chaplain**  
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Baptism: For information,  
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PWOC

2nd Saturday 9:30 a.m.  
PMOC

3rd Saturday Prayer Breakfast  
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For more information,  
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# Iwo Jima Promotes 112

By MC3  
Dominick A. Cremeans  
USS Iwo Jima (LHD 7) Public Affairs

The Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) frocked 109 Sailors to the next paygrade during a ceremony in the ship's hangar bay, June 1, 2018. Iwo Jima promoted 50 Sailors to petty officer third class, 49 to petty officer second class and 10 to petty officer first class.

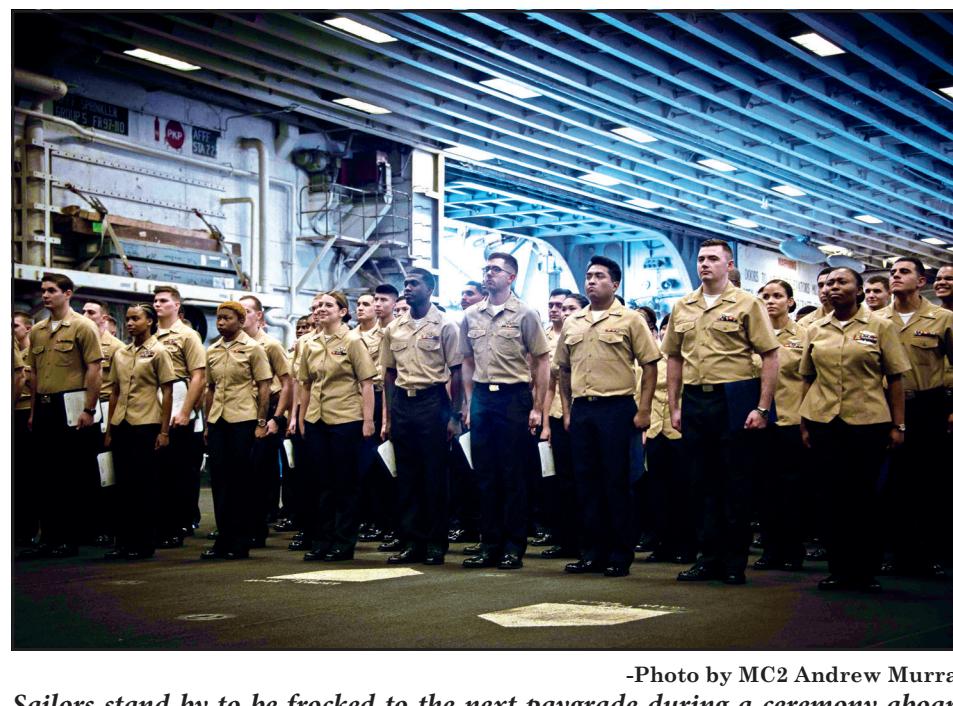
Frocking ceremonies allow Sailors to assume the title and wear the uniform of the next paygrade before increased pay or other allowances occur.

The new rank appointment carries with it the obligation that each frocked Sailor exercise increased authority and accept greater responsibility.

"There is a lot of responsibility to progress from a seaman to a second class in my shop," said newly-frocked Logistics Specialist 2nd Class Rheava Lumbang. "I am ready to meet these challenges and I am expected to by my leadership."

Iwo Jima is Lumbang's first command and she has been onboard for three years. Only twenty-five percent of eligible logistics specialists advanced to petty officer 2nd class Navy-wide.

"I printed my bibliographies, studied



-Photo by MC2 Andrew Murray

*Sailors stand by to be frocked to the next paygrade during a ceremony aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7). Iwo Jima, homeported in Mayport, Fla., is on a regularly scheduled deployment to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.*

the material and took practice tests until I made a decent percentage," said Lumbang. "I

need to meet the standards of my peers and those set for myself."

Some Sailors were undesignated and struck a rate. Aviation Electronic's Technician 3rd Class Tine Akakpo was undesignated for two and a half years before striking a rate. "I've come a long way and finally made it," said Akakpo. "I've been fighting for this and I want to get something done in the Navy."

Through his perseverance and dedication, Akakpo encourages his fellow shipmates.

"Don't give up, be hopeful, and you can make it," said Akakpo.

Capt. Joseph O'Brien, Iwo Jima's commanding officer, remarked on the advancement of the promoted Sailors.

"I'd like to congratulate all those who recently advanced throughout the petty officer ranks," said Capt. O'Brien. "This is an outstanding accomplishment and will be one of the things you look back on whether you stay in for four years or retire from the Navy. Wear the rank proudly and act in the manner of the rank you are about to receive."

Iwo Jima is deployed to the U.S. 5th Fleet area

of operations in support of maritime security operations to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.

The Iwo Jima ARG embarks the 26th MEU and is comprised of the amphibious assault ship USS Iwo Jima (LHD 7), New York (LPD-21), the dock landing ship USS Oak Hill (LSD 51), Fleet Surgical Team (FST) 8, Helicopter Sea Combat Squadron (HSC) 28, Tactical Air Control Squadron (TACRON) 22, components of Naval Beach Group (NBG) 2 and the embarked staff of PHIBRON 4.

## USS Detroit Receives



-Photos courtesy of USS Detroit Gold



On June 1, the Jacksonville Historic Naval Ship Association (JHNSA) presented the USS Detroit with four beautiful paintings illustrating previous ships also named Detroit. Three of the paintings originated on the Sacramento-class fast combat support ship USS Detroit (AOE4) and were salvaged from the decommissioned ship in 2005 by Detroit native Wayne Misner. The fourth painting that depicts USS Detroit (AOE4) was painted by ETC Justin Weakland of LCSRON TWO. JHNSA graciously preserved restored and framed all four for presentation and safe keeping aboard LCS 7. On board that day was John O'Neil, former executive officer of the previous USS Detroit (81-83) among others. After the ceremony guests were given a tour and enjoyed lunch with the crew.



## Friendly

mastodon steaks over an open fire, so why can't we control our primal urges to compete against our other women for ... for what? The right to be impregnated? Yikes! When you really consider it, it's ludicrous, isn't it?

As military wives, we move to unfamiliar places and spend months and even years without our spouses. We are each other's greatest resource for support, security and companionship, so we should never be each other's worst

enemies. When tendencies to judge or compete surface, we must make a conscious effort to be understanding, helpful and encouraging.

We're no longer cave-women. We've evolved into modern military spouses. We're smart, strong, and a whole lot of fun. And we're each other's best friends.

For more wit and witicism from Lisa, go to [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)

From Page 2

## Need ID Card? Know PSD Hours

### Hours of Operation:

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# Mayport Sailor Of The Week



BM2(SW) Mathew Prochorski

Name: BM2(SW) Mathew Prochorski

Job: LTF Deck Instructor at CSCS Det Mayport

Age: 24

Hometown: Salem, Massachusetts

Favorite Hobby: Hanging out with my dog, hiking and camping.

Hero: My father, who taught me how to have a good work ethic and how to be respectful to people.

Best piece of advice received: "Work hard, nobody owes you anything."

Goals for the Navy: Advance to BM1, complete college courses for Emergency Medical Services, and to get Master Training Specialist qualified here at CSCS Det Mayport.

How has the Navy improved your life: It gave me direction, life and leadership experiences, and an opportunity to travel.

Why was this Sailor Chosen to be Highlighted?

As a CSCS Instructor he immediately got qualified to teach, qualifying first for the 7 Meter Rigid Inflatable Boat (RIB) course and is now qualifying in Littoral Combat Ship (LCS) core topics. As well as being an Instructor BM2 has taken on the role as the Littoral Training Facility (LTF) Repair Parts Petty Officer (RPPO) and the Engraving Petty Officer. He has managed a very strict budget supporting LTF Missions and program requirements for the up and coming LTF school house. During this time, he was able to order and install equipment vital to Instructors to perform at their highest levels and allowed our new equipment simulators to run flawlessly, increasing operational readiness for LTF and the LCS Fleet here in Mayport. As a whole BM2 Prochorski has increased Instructor and Operational readiness throughout LTF, and will continue to play a major role in the success of LTF and LCS commands.

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# USS Little Rock, Zephyr Visit the Big Apple For New York Fleet Week

By Lt.j.g.  
Andrew Hensley

LCSRON 2 Deputy Public Affairs Officer

NS Mayport-based USS Little Rock (LCS 9) and USS Zephyr (PC 8) was among the four U.S. Navy ships, three U.S. Coast Guard (USCG) cutters, four U.S. Naval Academy (USNA) yard patrol boats (YPs), two Military Sealift Command ships, and one Royal Canadian Navy vessel that participated in the 2018 Fleet Week New York (FWNY).

More than 2,300 Sailors, Marines and Coast Guardsmen attended this year from San Antonio-class amphibious transport dock USS Arlington (LPD 24); Kingston-class coastal defence vessel HMCS Moncton (MM 708), from Canadian Forces Base Halifax; Sentinel-class cutter USCGC Richard Snyder (WPC 1127); Arleigh Burke-class guided missile destroyer USS Mitscher (DDG 57); USS Little Rock (LCS 9); Bay-class cutter USCGC Sturgeon Bay (WTGB 109); Reliance-class cutter USCGC Diligence (WMEC 616), USS Zephyr (PC 8); and Spearhead-class expeditionary fast transport USNS City of Bismarck (T-EPF-9).

Now in its 30th year, FWNY is the city's time-honored celebration of the sea services. It is an unparalleled oppor-



-U.S. Navy Photo

*Sea service members filled the seats at The Tonight Show Starring Jimmy Fallon May 25 during Fleet Week New York 2018. FWNY is the city's time-honored celebration of the sea services and is an unparalleled opportunity for the citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as witness the latest capabilities of today's maritime services.*

tunity for the citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as witness first-hand the latest capabilities of today's maritime services.

For USS Little Rock (LCS 9) starting her fresh life as a newly commissioned ship, Fleet

Week was a wonderful opportunity to show the Navy's commitment to building a bigger and better fleet. The Sailors of the Little Rock, who had an unexpected stop in Montreal this winter, got a chance to relax and show off their impressive warship to the people they work so hard to protect.

Little Rock Sailors at New York Fleet Week enjoyed being a part of a multitude of activities such as attending The Tonight Show with Jimmy Fallon, The Today Show, and Fox and Friends. Also they participated in parades, tours, dinners, community relations, and loved the all-around hospital-

ity they felt from the citizens of New York.

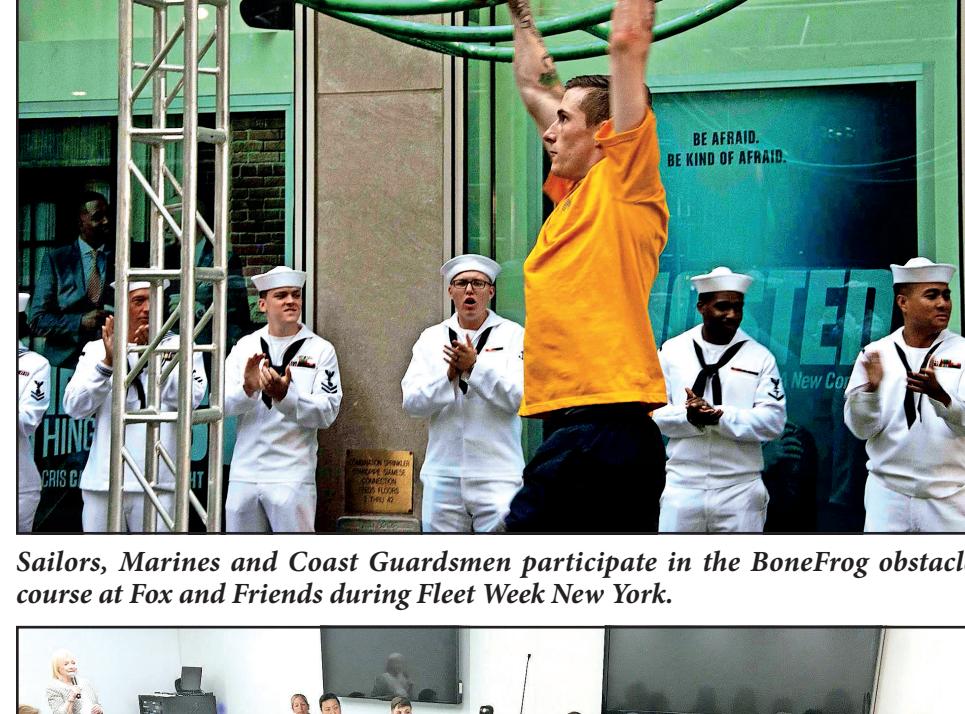
"The town was incredible. Everyone was so kind and welcoming and generous. We all took tons of pictures and selfies with grateful civilians and were able to show off the ship that we work so hard to maintain," said Ensign Samantha Robbins, First

Lieutenant on board USS Little Rock.

For a Sailor, there is nothing as rewarding as simply knowing what they do for the American people is appreciated. The Sailors of the USS Little Rock will not soon forget their time in New York and thank the people of NYC for being such amazing hosts.



*Sailors attend a viewing of The Today Show during Fleet Week New York. FWNY is the city's time-honored celebration of the sea services and is an unparalleled opportunity for the citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as witness the latest capabilities of today's maritime services.*



*Sailors, Marines and Coast Guardsmen participate in the BoneFrog obstacle course at Fox and Friends during Fleet Week New York.*



*Adm. Chris Grady, commander, U.S. Fleet Forces Command, administers the oath of reenlistment to Sailors during a joint ceremony at the 9/11 memorial in New York City during Fleet Week New York.*



*Female officers and senior enlisted members of the Coast Guard, Marine Corps and Navy speak to members and guests of New York University's Women's Initiative during their third annual "An Insider View of Women in the Military" held during Fleet Week New York.*



*Above and left, Sailors and Marines ate with members of the NYPD at the NYPD Memorial Day Barbecue during Fleet Week New York.*





-U.S. Navy Photo

Sailors from USS Little Rock (LCS 9) and USNS Maury (T-AGS 66) parade through the streets of Staten Island.



-Photos by MC3 Quinn Cox

Above and below, Aerographer's Mate 2nd Class Leo Kalaizidis waves at spectators at the Staten Island Memorial Day Parade as part of Fleet Week New York (FWNY) 2018. FWNY is the city's time-honored celebration of the sea services and is an unparalleled opportunity for the citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as witness the latest capabilities of today's maritime services.



MNC Ben Hall of USS Little Rock Blue high fives a little girl during the Staten Island Memorial Day Parade as part of Fleet Week New York (FWNY) 2018. .



Sailors from the littoral combat ship USS Little Rock (LCS 9) and Coast Guardsmen from the U.S. Coast Guard Sector New York pose with veterans and members of the Arrochar Friendship Center in Staten Island during Fleet Week New York.



Sailors from the littoral combat ship USS Little Rock (LCS 9) and Coast Guardsmen from the U.S. Coast Guard Sector New York dance with members of the Arrochar Friendship Center in Staten Island during Fleet Week New York.



Kathryn T. Cross, a Navy Gold Star Mother, speaks at a High Tea party held in honor of Fleet Week New York and Gold Star Families.



Sailors attend a High Tea party in honor of Fleet Week New York and Gold Star Families.

# SERMC Swaps The Sullivans Generator In-Place On Ship

By Scott Curtis

SERMC Public Affairs

When a ship's service gas turbine generator (SSGTG) onboard the guided-missile destroyer USS The Sullivans (DDG 68) had a catastrophic failure, Southeast Regional Maintenance Center (SERMC) was quick to respond.

The gas turbine generators onboard Arleigh Burke-class destroyers convert mechanical energy from the gas turbine engine shaft into electrical energy, providing power for onboard crew habitability, radars and combat equipment. A pre-deployment inspection revealed damage to one of the SSGTG windings.

The Sullivans' SSGTG

repair had to be completed as soon as possible. Full replacement of the generator would take approximately 4 months and require hull cuts, which would not support ship's schedule. By rewinding the SSGTG in place, SERMC was able to shave about 5 weeks off a complete replacement with no hull cuts.

Commanding Officer of The Sullivans, Cmdr. Russ Moore, commented, "This was a great example of outstanding teamwork between the operational and maintenance communities. Everyone came together, aligned, and flawlessly accomplished a rare and complex repair. We are fortunate to have such an outstanding

Maintenance Team, as well as SERMC's continued responsiveness, on the Mayport waterfront."

"There was a lot of coordination between The Sullivans and SERMC," said Pat O'Donnell, a ship builder specialist at SERMC. "Before we arrived, ship's force had the space prepped for us by removing the generator panels to access the rotor, and they removed all of the various connections, which saved the Navy even more time and money."

The greatest challenge of the process is lifting the rotor core from deep inside the engineering spaces through vertical escape trunks and narrow passages of the

destroyer, then bringing the new rotor onboard in reverse order while preventing even the slightest damage to the assembly.

"Fortunately there's a vertical escape trunk in the engineering space," said O'Donnell. "We had to go through that trunk and snake the rotor up until you're outside the skin of the ship. When maneuvering such a large piece of equipment, it's important to exercise extra care because the Navy will rebuild the old rotor; and any mistake bringing on the new rotor would erode the time and cost savings we planned for."

Once the old rotor was off the ship, the old copper windings and insulation

were removed from the stator and the stator slots thoroughly cleaned to remove any leftover residue. When completely clean, the slots were re-insulated to separate the individual windings to keep them free from grounds, short circuits and open circuits.

Next, new pre-formed windings were brought onboard and carefully placed into the stator slots. Then the unit is sealed and baked for several hours then allowed to cool. The new rotor was then maneuvered into the engineering space and carefully placed inside the stator. Finally, the generator was brought back online and operationally tested to complete the entire

evolution May 5th.

With all three generators back on line, The Sullivans is on schedule and will provide Commander, Naval Surface Force, U.S. Atlantic Fleet with a multi-mission capable warship.

For more information about USS THE SULLIVANS (DDG 68) visit <http://www.public.navy.mil/surflant/ddg68/Pages/default.aspx>.

For more information about Southeast Regional Maintenance Center (SERMC) visit <http://www.navsea.navy.mil/Home/RMC/SERMC/>

## Your Mail Is In Good Hands On New York

By 26th Marine Expeditionary Unit Public Affairs

Every day, approximately 1,200 Marines and Sailors wake up, go through their morning routines, and put on their uniforms to prepare for another day at sea aboard the San Antonio-class amphibious transport dock USS New York (LPD 21).

Each member has a specific job critical to the mission in its own unique way.

For Sgt. Carl Exantus and Lance Cpl. Axel Gonzalez, both postal clerks assigned to Combat Logistics Battalion 26, 26th Marine Expeditionary Unit (MEU), their mission is to deliver mail

to Marines and Sailors aboard the ship.

"I'm responsible for distributing mail throughout the ship," Exantus said. "I enjoy seeing the joy in peoples' faces when they receive a package, it makes the job worth it."

Exantus enlisted in the Marine Corps in August of 2010 and was given the title of postal clerk.

"I didn't even know that was a job in the military, I just played the cards I was dealt," Exantus said. "I knew it was the needs of the Marine Corps and it's an important job."

Exantus, at six-foot-six-inches tall and weighing approximately 270 pounds, is one of the largest Marines aboard

the ship.

"Other Marines confuse me as an infantryman or artilleryman because of my size," said Exantus. "When they find out I'm the postal clerk, they are satisfied their mail is in safe hands."

Along with sorting mail, Exantus takes on the responsibility to train and mentor Marines, which is why he volunteers to instruct the Lance Corporal Leadership and Ethics Seminar along with Corporals Course.

"He is a great mentor and teacher," Gonzalez said. "He is always there when I need his knowledge or when we get bombarded with pallets of mail. He delegates and

supervises along with helping us sort mail."

During replenishments-at-sea (RAS), the New York receives 10 pallets of mail on average, but sometimes, the amount of mail is overwhelming.

"During one of our RASs, we received fifty pallets of mail," Gonzales said. "Mail was stacked all around us from the deck to the ceiling, filling up the entire postal room along with the main hallway. Sgt. Exantus and myself looked at each other and realized we were going to be up all night sorting mail."

Both Marines, along with the mail orderlies (other Marines and Sailors that are trained in postal handling),

managed to deliver all the mail to the appropriate destinations that very night.

"I was relieved the mail was delivered, but at the same time I felt burdened by the service members who didn't receive mail," Exantus said. "Fortunately, thanks to the American people who send us care packages, I was able to give some to the Marines and Sailors who didn't receive mail to make them feel a part of the unit."

Within the enormous pile of mail was important life-altering news from back home for Lance Cpl. Bayron Moraserna, a machine gunner assigned to Battalion Landing Team,

2nd Battalion, 6th Marine Regiment, 26th MEU.

"I opened a letter that my wife, Daniela Mora, sent me," Bayron said. "I looked at a picture of an ultrasound, my first child. I was so excited to know that I would soon be a father to a girl. I called Daniela the next day and she told me everything that was going on."

Bayron keeps the picture close to him, posted next to him on his rack to let him know that he has family to come home to. If it wasn't for Exantus and Gonzalez, Marines throughout the ship wouldn't have the same strong connection to their support system back home: their family.

## Mayport Residents Invited To Take 2018 Housing Survey

From Balfour Beatty Communities

At NS Mayport Homes, our primary goal is to provide quality housing and outstanding customer service so that our residents have a positive and enjoyable experience living with us. Housing residents are currently being asked to give feedback on NS Mayport Homes operations through the Resident Satisfaction Survey. The annual survey is an important part of our continuous improvement program that helps us analyze performance and make any necessary changes and enhancements to ensure we consistently deliver quality service across all aspects

of our community operations.

Our commitment to provide consistent, exceptional customer service is an objective that our team strives for every day—it is our goal to provide top-notch, five-star service in every aspect of the resident housing experience.

Topics covered in the survey include resident experience with leasing, community management, maintenance and quality of the homes. All surveys are completely confidential and anonymous and residents are encouraged to provide open and honest insights.

The Resident

Satisfaction Survey allows us to see where we are excelling operationally and where there is room for improvement," said Dolly Ihli, Community Manager for NS Mayport Homes. "We encourage all residents to complete the survey so that we may better meet their needs as well as those of our future residents."

Residents are invited to join neighborhood survey events to collect and complete their survey. The first event will be May 19, 2018 (Saturday) at the Ribault Community Center, located at 1201 Assisi Lane, Atlantic Beach, FL 32233 (off base); 904.270.8870 (on base) or 904.372.4701 (off base)

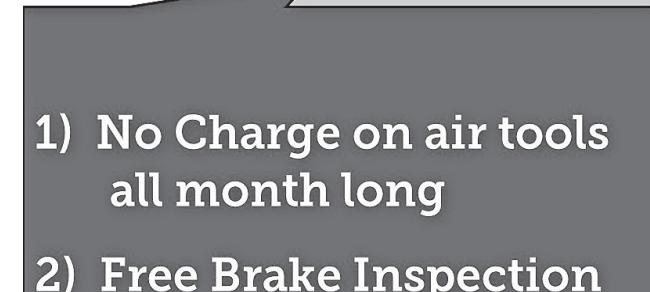
as the "Off Base" office. If residents have questions, they should contact the Community Management Office at 904.270.8870 or 904.372.4701.

Survey updates are posted on our Facebook page: [www.facebook.com/mayporthomes](http://www.facebook.com/mayporthomes). The final day for residents to complete their Resident Satisfaction Survey is June 15, 2018

NS Mayport Homes Management Office, Moale Avenue, Bldg 289, Mayport FL 32228 (on base); 1201 Assisi Lane, Atlantic Beach, FL 32233 (off base); 904.270.8870 (on base) or 904.372.4701 (off base)

and prepared for over a year to be ready to deploy with the Harry S. Truman Carrier Strike Group (HSTCSG). HSTCSG is forward-deployed in the U.S. 5th and 6th Fleet areas of operations in support of NATO allies, European, and African partner nations, coalition partners, and U.S. national security interests in Europe and Africa.

## Mayport Auto Skills Center



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## Blue H

maintaining both a medically-ready force and a ready medical force," said Capt. Karen Young, OHSU Jacksonville commanding officer.

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## LCS

complex vessels, and it takes a strong team effort to design, build and test these American warships."

The future USS Sioux City is one of eight ships in various stages of production and test at

Fincantieri Marinette Marine, with one more in long-lead production.

The next Freedom-

variant in the class is LCS 13, the future USS Wichita. LCS 13 is slated to complete Acceptance Trials in early summer

with delivery this year.

Lockheed Martin's

Freedom-variant LCS is a highly maneuverable, lethal and adaptable ship, designed to support focused-missions in the areas of mine countermeasures, anti-subma-

rine warfare and surface warfare. The Freedom-variant LCS integrates new technology and capability to affordably support current and future mission capability from deep water to the littorals.

# USS Hue City Renders Emergency Medical Aid

By Ensign  
Nicholas Vandiver  
USS Hue City (CG 66) Public Affairs

Ticonderoga-class guided-missile cruiser USS Hue City (CG 66) rendered emergency medical assistance to an injured fisherman off the coast of Jacksonville, Florida, May 24.

At approximately 7:20 a.m., Hue City was notified by the U.S. Coast Guard that a small fishing vessel, about 10 nautical miles north of the ship's position, reported that they had an injured mariner with a com-

pound fracture, possibly going into shock.

Hue City's commanding officer, Capt. Jake Douglas, and the ship's crew turned toward the fishing vessel and began making the best speed. Approximately 20 minutes later, the cruiser spotted the vessel.

Hue City launched their rigid hull inflatable boat (RHIB), accompanied by the ship's Hospital Corpsman Chief Cory Butler, and began to approach the vessel and render assistance.

Butler provided initial assessment and treat-

ment of the injured fisherman. The RHIB boat crew, made up of a team of four Sailors, assisted the corpsman with transferring the mariner into their boat and returned aboard the ship.

"I was proud to see how everyone responded to a real life emergency," said Butler. "From the boat crew to my corpsmen back here on Hue City, our daily training paid off with everyone executing their part with skill and speed."

Within an hour of receiving the notification from the Coast Guard,

the injured mariner was stabilized onboard Hue City.

Following the transfer, the ship transited to Mayport Naval Station where emergency medical services were standing by to transfer the fisherman to the hospital.

"Hue City executed the mission flawlessly this morning," said Douglas. "They showed they are always ready to respond to any situation and uphold the tradition of assisting fellow mariners at sea."



-U.S. Navy Photo  
USS Hue City (CG 66) renders emergency medical assistance to an injured fisherman off the coast of Jacksonville on May 24.

## Wear Test of 2-Piece Flame Resistant Variant Begins

From U.S. Fleet Forces Public Affairs

Based on a strong demand signal from the fleet, U.S. Fleet Forces (USFF) Command, on May 14, began fitting Sailors for a wear test to prototype a two-piece flame resistant organizational clothing variant.

More than 300 Sailors at 34 afloat and operational shore commands in the U.S. and overseas will participate in the wear test. The trial period will run until September 2018 to determine if the two-piece variant will support all of the requirements for operational units.

"Wear tests are of the utmost importance to introducing new clothing to the fleet. We need feedback from Sailors to ensure what we ultimately deliver is safe,

functional, high-quality, professional looking and comfortable," said Capt. Mark Runstrom, director of USFF Fleet Supply Operations and Services. "From the onset, we've wanted this effort to be Sailor-driven and will rely heavily on Sailor input to make final design recommendations to Navy leadership."

Participants were issued four shirts and four trousers to wear over the course of the test period and instructed to provide feedback to the focus group point of contact at their command.

Sailors' comments on look, comfort, durability and functionality are strongly desired during this phase of the development process. The information received from the participants will be com-

pled for review by USFF, Navy Exchange Service Command and Navy Clothing and Textile Research Facility to determine any design changes or implementation plan for the clothing.

The two-piece design is reminiscent of wash khakis and utilities, a reflection of the Navy's maritime warfighting heritage. Three different blouse colors will be tested, with minor variations to pocket placement, closure, and size on each.

Sailors E-6 and below will be given the option of a light blue blouse over dark blue trousers or a dark blue on dark blue design. Officers and chief petty officers are testing a khaki blouse over khaki trousers with the same design variations.

As a part of this prototyping effort, Sailors are also testing four different colors of flame resistant, moisture-wicking undershirts, along with a low-cut molder boot as a part of the wear test. A rigger's belt, ball cap and pin-on insignia will be worn with the prototype. Ultimately, USFF will make a recommendation, based again on Sailor feedback, on whether pin-on or embroidered name tags and warfare/collar devices will be prescribed for wear with the two-piece.

Aviation Maintenance Administrationman 1st Class Jamel Judgeowens, a wear test participant assigned to Commander, Naval Air Force Atlantic, expressed his excitement for trying out the new uniform.

"I'm on shore duty,

but I will be wearing this uniform to and from work for the next four months in place of the Navy Working Uniform," he said. "The two-piece feels pretty good and I like the new boots. I don't have to tie them, I don't have to blouse them and they are very comfortable on the inside. They fit well, so it's pretty cool. Stay tuned for the results of this uniform test."

USFF most recently approved and introduced the Improved Flame Resistant Variant (IFRV) coverall for shipboard wear and began the phase-out of the legacy FRV coverall. Focus groups and post-test surveys held during IFRV coverall testing revealed a strong desire among Sailors for a two-piece variant, which can pro-

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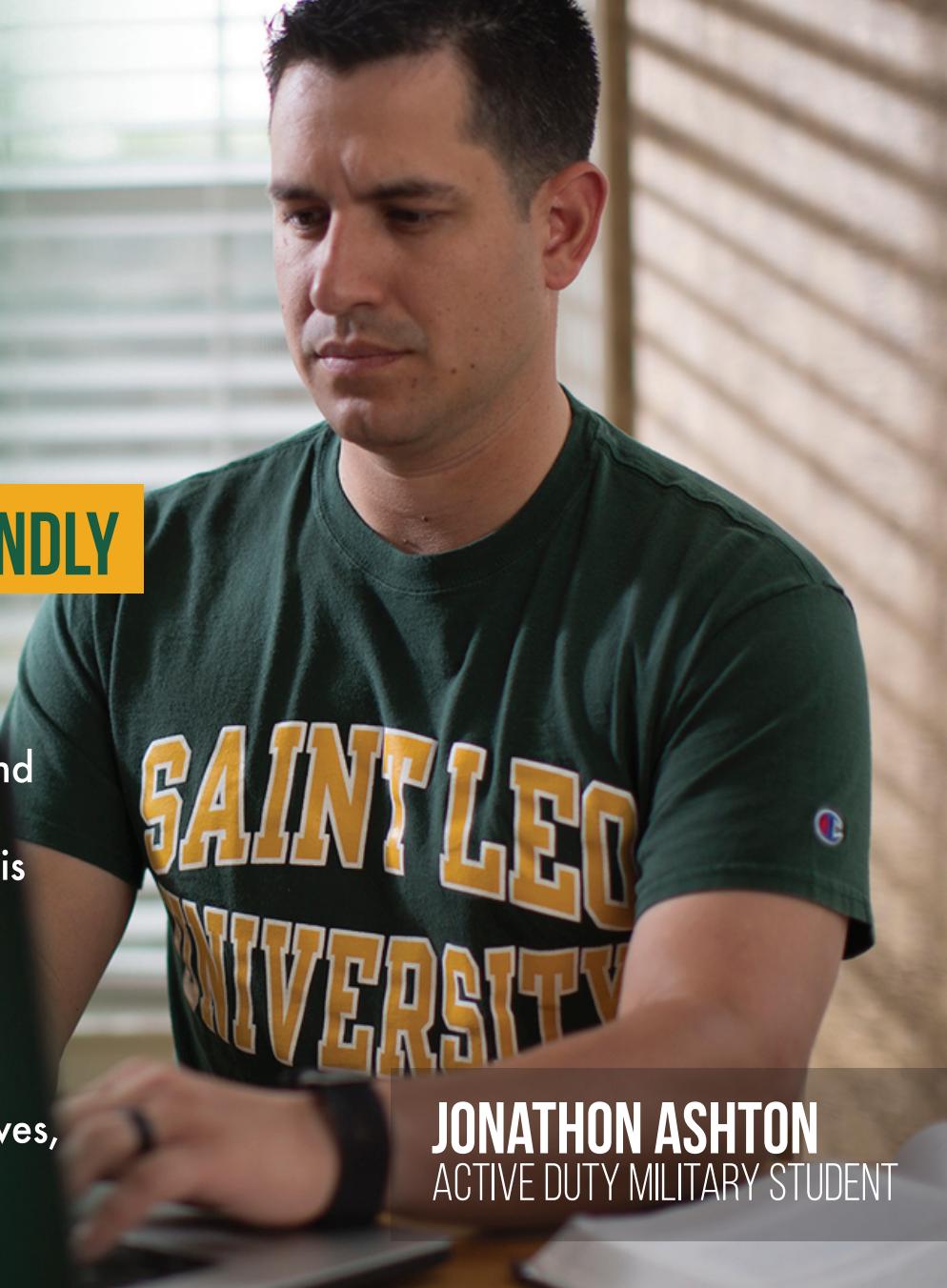
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# FFSC Classes For Sailors, Families

From Staff

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge.

**June 7, 11 a.m.-noon, Military Pay Issues, BLDG 1, FFSC**

This is a basic financial awareness brief dealing with all aspects of military pay concerns and issues that are common financial trends for the Service member and their dependents. Great financial 101 information provided for military compensations and entitlements.

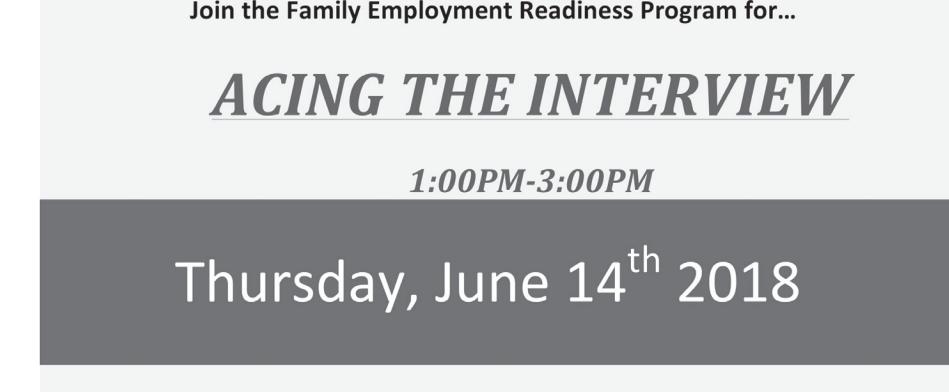
**June 7, 1 p.m.-2:30 p.m., Healthy Women Support Group, BLDG 1, RM 607**

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 Personality Inventory, and to identify family roles.

**June 11-15, 8 a.m.-4 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.

**June 12, 8:30 a.m.-12:30 p.m.,**



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1:00PM-3:00PM

Thursday, June 14<sup>th</sup> 2018

### FFSC Naval Station Mayport

Building 1, Classroom 702

This workshop discusses the interview process, including traditional and behavioral interviewing questions, methods for responding to these questions, and resources available to help you ACE the interview.



To register, contact FFSC Naval Station Mayport at (904) 270 - 6600 ext. 1700.

**Understanding Anger, BLDG 1, RM 702**

Participants learn the skills to take control of their anger and direct it in ways that will make them more effective and productive at work and at home.

**June 12, 3 p.m.-4 p.m., EFMP Support Group, BLDG 1, RM 607**

Would you like general information about the EFM program and its benefits? Are you interested in learning about local community

resources for special needs families? Would you like to connect with other special needs families?

Are you looking for a comfortable environment to share resources and experiences with other special needs families?

**June 14, 11 a.m.-noon, Financial Planning for Deployment, BLDG 1, FFSC**

Provides financial education, training, and guidelines associated with deployment preparation for service mem-

bers and their dependents.

**June 14, 1 p.m.-2:30 p.m., Healthy Women Support Group, BLDG 1, RM 607**

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 Personality Inventory, and to identify family roles.

**June 14, 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.

**June 14, 5 p.m.-7 p.m., Acing the Interview, BLDG 1, RM 702**

From dressing for success to answering those tough questions, let FERP help you develop expert interviewing techniques.

**June 18-19, 8 a.m.-4 p.m., Entrepreneurial Track, BLDG 1, RM 1616**

Understand the steps related to business ownership as a post-military career, learn how business ownership might align with personal strengths and life goals, and gain fundamental tools and strategies associated with executing plans for launching and growing a small business.

**June 19, 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.

**June 20, 8 a.m.-noon, SAPR VA Continuing Education, BLDG 1, RM 1616**

Credentialed Victim Advocates must complete 32 hours of refresher training every two years to maintain credentials and receive the latest SAPR Program updates.

**June 21, 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).

**June 21, 1 p.m.-2:30 p.m., Healthy Women Support Group, BLDG 1, RM 607**

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 Personality Inventory, and to identify family roles.

**June 22, 2017 9 a.m.-11 a.m., Move. mil Workshop, BLDG 1, RM 1616**

All military service members or military spouses in receipt of PCS, Separation, Retirement or Change of Homeport Certificate orders are encouraged to attend. Please bring a copy of your PCS orders, House Hold Goods power of attorney, and know the dates you want to request for your Pack-up/Pick-up.

## Men's Health Month: Never 'Too busy' To Focus On Wellness

By Chris Lopez

Chief of Strategic Outreach and Engagement, Military Health System

Summertime, and the livin' is easy – or so the song goes. But for many men, summer is a difficult time of year to focus on fitness. Vacations and outdoor gatherings after work and on weekends can disrupt established routines – not to mention one's best intentions to eat healthfully, exercise regularly, and get a good night's sleep.

For me, fitting in fitness is a year-round challenge. I travel a lot, not only for my job with the Defense Health Agency but also for my obligations as a lieutenant commander in the Navy Reserve. I'm also working on a master's degree in national security and strategic studies through a distance-learning program with the Naval War College; and my wife and I have three children ages 5, 3, and 1. I'm constantly on the go, and I never know what I may find on the other side, in terms of a decent workout facility, available time, and healthful food options.

My physical fitness routine is to work out five or six days a week: three or four days of mainly cardio work, such as running 6 miles, and two days of strength training. I honor this schedule even when I'm traveling. When I was

in Poland in March for three weeks of reserve duty, the base gym wasn't available, so I found a gym within walking distance of the base and used it religiously.

When I'm in town and parenting duties overrule a gym workout, I'll take the kids to a nearby park with a playground. I use the monkey bars to do pull-ups, and I run around the little path there about a hundred times to get 6 miles in. I just make sure I get my workout while spending time with the kids, and the bonus is that I'm modeling the culture of being physically active.

I'm a naturally big guy, and strength training is something I've enjoyed since my high school and college football days. When it comes to healthful eating, though, I'll admit to having some trouble. One thing that makes it easier is to think about my dad. Although he was physically active, he had a heart attack when he was only 40, an age I'm closing in on. That was 25 years ago, and Dad's well today because he changed his diet. His health scare serves as my reminder for moderation and making good choices.

Also, my wife has been a huge influence. She introduced me to fish, not to mention portion

control. I'm not a big fan of fruit, but I love vegetables. A typical weekday breakfast is a veggie egg-white omelet with a side of bacon. For lunch, I usually go to the DHA cafeteria and buy soup and one or two servings of whatever hot vegetable is being offered.

When I traveled to Kentucky in May, I arrived at the hotel late and hungry. As tempted as I was to order Chinese food or a pizza, I wound up getting Uber Eats to deliver a McDonald's grilled chicken salad to my room.

I'd still like to lose a few more pounds, but I'm down about 10 pounds from what I weighed last year. I feel confident I'll continue my streak of scoring "outstanding" on the Navy's physical readiness test. Most importantly, I feel good. When I'm eating well and exercising regularly, I'm more effective, more efficient, and just better all around. We reap what we sow.

With June marking Men's Health Month, I'd like to encourage all men to take their health and wellness seriously. Make it a priority, no matter how "too busy" you think you might be. Keep in mind that God blessed you with one body, and no one else is going to take care of it for you.

## Attention Military Spouses

Let your voices be heard!

If you missed the local live forum, you can also connect with us online!

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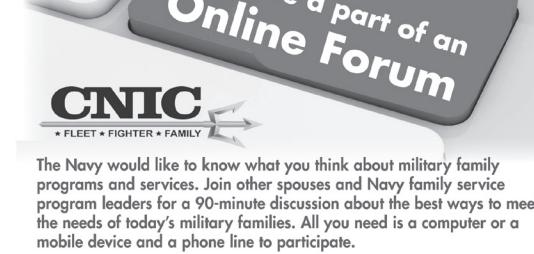
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#21stCenturySpouse #NavyInstallations #NavyFFSP #MilitarySpouses #SupportingtheFamily



The Navy would like to know what you think about military family programs and services. Join other spouses and Navy family service program leaders for a 90-minute discussion about the best ways to meet the needs of today's military families. All you need is a computer or a mobile device and a phone line to participate.

Thursday	June 7	8:00-9:30 pm EDT
Friday	June 8	7:00-8:30 pm EDT
Monday	June 11	7:00-8:30 pm EDT
Tuesday	June 13	7:30-9:00 am EDT
Thursday	June 14	6:00-7:30 am EDT
Thursday	June 14	6:00-7:30 pm EDT
Tuesday	June 19	9:00-10:30 pm EDT
Thursday	June 21	6:00-7:30 am EDT
Monday	July 16	1:00-2:30 pm EDT
Wednesday	July 18	7:00-8:30 am EDT

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# Jacksonville Honors Fallen Heroes

By MC3  
Kristopher S. Haley  
NPASE Detachment Southeast

Tri-base Sailors from Naval Air Station (NAS) Jacksonville, Naval Station (NAVSTA) Mayport, and Naval Submarine Base Kings Bay, Georgia, participated in the City of Jacksonville's Memorial Day ceremony at the Veterans Memorial Wall, May 28.

Florida state governor Rick Scott, Jacksonville city mayor Lenny Curry, and Rear Adm. Sean Buck, commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, served as the ceremony's keynote speakers, while, congressman John Rutherford, congressman Al Lawson, and Jacksonville Chief of Staff Brian Hughes, were also in attendance along with city leaders, veterans, members of the Royal Australian Navy and nearly 1,000 patriotic guests who gathered to pay their respect to the men and women who gave their lives for this country.

During the ceremony, Curry expressed his feelings of gratitude to the veterans that are a part of the city of Jacksonville, and those who have fought for freedom. "The price of freedom is sadly, incredibly expensive," said Curry. "There are men and women that



-Photo by MC3 Kristopher S. Haley

**Rear Adm. Sean Buck, commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet speaks to the audience during a Memorial Day remembrance event at the Veterans Memorial Wall in Jacksonville, Fla. The wall, which pays tribute to fallen service members who called Jacksonville home, hosted military and city leaders, veterans and nearly 3,000 patriotic guests who gathered to pay their respect to those who gave the ultimate sacrifice to their nation.**

are willing to lay down their lives for us. What I'm going to do when I leave here, and what I would ask those of you that are here, whatever it is you do today, whether its spending time with your family at the beach or at home, take a moment to pause and recognize that there is somebody that's not able to do what we do, because they gave it all

so that we could."

As a show of respect for those that gave their lives, Curry called for a moment of silence and returned to his seat. Following the silence, Scott was invited to speak. During his remarks Scott spoke of his military service and how it shaped his life

"I loved my military service," said Scott. "One of my goals when I

became governor was to make sure that this is the most military and veteran friendly state in the nation."

Following Scott's remarks, Rutherford and Lawson also spoke of how the military affected their lives, and Buck took the stage.

"Looking out into the audience speaks volumes of Jacksonville's genuine support to our fallen

heroes," said Buck. "It's an honor to be at this gathering to bear witness to one our national traditions."

Buck spoke of the history of Memorial Day and of what it means to honor the fallen.

"On this day our nation takes time to honor those who have paid the 'cost of admission' and comfort their families during their

times of grief," said Buck after reading a quote from the museum at the Statue of Liberty entitled "21 simple words". Col. Andrew Brigand commanding officer, Blount Island Command, and Rear Adm. Buck, along with other military representatives and civic leaders, placed wreaths in front of the wall to represent each branch of service, the City of Jacksonville.

In addition, wreaths were placed for each of the six new heroes, whose names etched into the black granite wall, while Jacksonville Pipes and Drums played "Amazing Grace." The names added were Gabriel A. Fuentes, Elgin E. Ross, Stephanie C. Johnson, Stephanie M. Hetland, Joseph J. Murray, and William R. Posch.

The 13th Army Band and Young Men's Chorus of Jacksonville provided patriotic music for the event, and two F-15 Eagle pilots, assigned to the 125th Fighter Wing from Florida Air National Guard, performed a flyover.

The ceremony ended with the playing of Taps and a 21-gun Salute, after which observers took a closer look at the wall and the wreaths that were presented.



-Photo by MC3 Kristopher S. Haley

**A Marine lays a wreath for a fallen veteran during a Memorial Day remembrance event at the Veterans Memorial Wall in Jacksonville, Fla. The wall, which pays tribute to fallen service members who called Jacksonville home, hosted military and city leaders, veterans and nearly 3,000 patriotic guests who gathered to pay their respect to those who gave the ultimate sacrifice to their nation.**



-Photo by Bill Austin

**Mayport Fleet Reserve Association Branch 290 honored our nation's military service and sacrifice during their annual Memorial Day ceremony. Naval Station Mayport's Southeast Regional Maintenance Center color guard paid tribute by presenting colors to the event attended by local veterans and service members.**



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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.navymwrmayport.com](http://www.navymwrmayport.com), on [www.facebook.com/mwrmayport](https://www.facebook.com/mwrmayport), on our app, or by calling 904-270-5228.

#### Events

**June 8: Mayport Movies: "Sherlock Gnomes" (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.

**June 9: Summer Family Bingo.** 1 – 3 p.m. at Beachside Bingo. Summer Family Bingo is the perfect activity to stay cool in the summer! Join us Saturday, June 9, July 14 and August 4 at 1pm for some great family fun and a chance to win cool prizes! The cost is \$5 per person and includes 10 games for children 5 and older.

**June 9: UFC 225: Whittaker vs. Romero 2.** 8 p.m. at Loggerheads Pub. Enjoy a beverage and watch this pay-per-view event for FREE at Loggerheads Pub. Undercard starts at 8 p.m. and the main event starts at 10 p.m. Open to all authorized MWR patrons.

**June 11: How to use the MWR Digital Library 24/7/365!** 4 p.m. at the Mayport

Beacon. FREE. All hands welcome. Sign up by June 10. We will assist you with logging on to the Digital Library for the first time and will help you navigate the program. Digital customers enjoy e-books and audiobooks, foreign language learning, test prep, and research resources that support lifelong learning, and professional and recreational reading. (All hands welcome, 18+)

**June 12: Kids Story Time.** Every second Tuesday of the month at 10 a.m. at the Ribault Bay Community Center (located in off-base housing on Assisi Ln off Mayport Rd.). FREE. Join MWR for a great kids' story and creative activity.

**June 14: Beginning Beading: Pearl Necklace.** 12 – 2 p.m. Learn to bead and create a beautiful necklace you can take home for yourself or someone else. The class costs \$22 and all supplies are provided. Sign up at Tickets and Travel by June 12.

**June 15: Mayport Movies: "A Wrinkle in Time" (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.

**June 15: Father's Day Bingo Special.** 6:30 p.m. at Beachside Bingo. Join us for our Father's Day Bingo Special. All dads receive

a free package when invited by a family member or friend. We will be giving out double payouts on all hard cards and there will be a delicious snack table. Plus, we will choose a Father of the Year!

**June 16: Movies at Mayport: "Tomb Raider" (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.

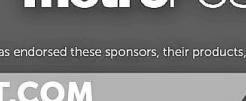
**June 17: Paintball.** Join the Liberty Center and GTF Paintball for a day of epic battles. Trip includes transportation. Van departs the Liberty Center at 9am. No gear, no problem! GTF offers all of your paintball equipment, safety gear, field fees and 500 markers for only \$15 (pay at GTF). Sign up dead line is June 14. (All hands welcome, 18+)

**June 18 - 23: Missoula Children's Theatre.** The Missoula Children's Theatre is a non-profit organization that develops lifeskills in children through participation in the performing arts. This year they will be performing Robin Hood and auditions start on June 18 with performances Friday, June 22 at 4pm and Saturday, June 23 at 2:30pm. Register by calling the Youth Activities Center at 904-270-5680 before June 14!

**June 21: Open Play.**



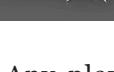
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MORALE, WELFARE & RECREATION



**Tooth Necklace.** 12 – 2 p.m. Lean the basics of wire wrapping and create your own shark tooth necklace! Personalize it and you can take home for yourself or someone else. The class costs \$22 and all supplies are provided. Sign up at Tickets and Travel by June 19.

**June 23: Movies at Mayport: "Pacific Rim: Uprising" (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.

**June 23 – 24: Base/ Open Championship.** Shotgun start at 8:30 a.m. The \$125 cost includes golf, range fees, breakfast for both days, awards banquet, prize fund, tee prize and daily prizes. 1<sup>st</sup> – 5<sup>th</sup> place prizes range from \$180 – \$60. Certificates for both divisions gross and net \$400 per day daily prizes (cost structure based on

**June 21: Open Play.** Shot gun start at 8:30 a.m. The \$125 cost includes golf, range fees, breakfast for both days, awards banquet, prize fund, tee prize and daily prizes. 1<sup>st</sup> – 5<sup>th</sup> place prizes range from \$180 – \$60. Certificates for both divisions gross and net \$400 per day daily prizes (cost structure based on

**June 22: Mayport Movies: "Storks" (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.

40 players). Any player with an established handicap at Mayport may participate. Sign up by June 18.

**June 29: Mayport Movies: "Ratatouille" (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.

**June 30: Ichetucknee River Tubing.** 7 a.m. crystal-line Ichetucknee River flows six miles through shaded hammocks and wetlands before it joins the Santa Fe River. The cost is \$10. Please register by June 28.



Come by Beachside for some great family fun and a chance to win cool prizes!

**\$5 per person**

No tickets necessary,  
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## Get Fit, Have Fun With MWR

### Aquatics

**Now – Aug. 12: Outdoor Pool Open Summer Hours.** 12 p.m. – 6 p.m. Tuesday – Friday and 11 a.m. – 6 p.m. Saturday – Sunday and closed on Monday.

**June 11 – Aug. 2: Summer Swim Lessons.** Summer Swim Lessons run eight lessons Monday – Thursday over a two-week period. They are held in the mornings and are 45 minutes long. Registration for each session is only \$45 and is held at the Natatorium the Friday and Saturday prior to the start of each session. Session 1 is June 11 – 21, Session 2 is June 25 – July 5, Session 3 is July 9 – 19, and Session 4 is July 23 – August 2.

### Fitness

**Every Friday: Open Court Pickleball.** 11 a.m. – 1 p.m. at the Fitness Center. Spend your lunchtime playing Pickleball; it's 50% racquetball, 50% ping pong; 100% fun!

**June 13: 1,000 Pound Club Kickoff Event.** 7:30 – 9:00 a.m. at the Fitness Center. Put your strength to the test and become a member of the Mayport Fitness 1,000 Pound Club! Lifter must meet or exceed 1,000 pounds with any combination of the three lifts: bench press, back squat, and deadlift. Simply set up an appointment with

a fitness specialist. Membership includes a certificate and lifter's name on the 1,000 Pound Club board in the Fitness Center.

### Intramural Sports

**June 11: Co-Ed Softball Season Starts.** Open to active duty, retirees, family members and DoD ages 18+.

Season begins June 11 and ends in August.

**June 13: Men's Soccer Organizational Meeting.** 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and DoD ages 18+.

Season begins June 25.

**July 14: Men's Gold Cup Soccer**

**Tournament.** 9 a.m. at the Mayport Turn Field. Teams will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place, plus all participants will receive a shirt. The cost to join the tournament is \$200 per team. Register at the Fitness Center by July 5.

**July 23: Men's Summer Basketball Starts.** Open to active duty, retirees, family members and DoD ages 18+.

Season begins July 23 and ends September 27.

**July 25: Men's Softball Organizational Meeting.** 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and DoD ages 18+.

Season begins June 25.

**July 14: Men's Gold Cup Soccer**

DoD ages 18+. Season begins Aug. 6 and ends Sept. 27.

**Aug. 8: Captain's Cup Tennis Organizational Meeting.** 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and

DoD ages 18+. Season begins Aug. 20.

**July 25: Men's Softball Organizational Meeting.** 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and

DoD ages 18+.

Season begins July 25.

**July 14: Men's Gold Cup Soccer**

Season begins July 25.

**July 25: Men's Softball Organizational Meeting.** 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and

DoD ages 18+.

Season begins July 25.

**July 14: Men's Gold Cup Soccer**

Season begins July 25.

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DoD ages 18+.

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**July 14: Men's Gold Cup Soccer**

Season begins July 25.

**July 25: Men's Softball Organizational Meeting.** 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and

# Spend Your 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.

**Tuesdays: Billiards Tournaments.** 6 p.m. at the Liberty Center. Prize for 1<sup>st</sup> place.

**June 8: Movie Trip.** 6 p.m. Van departs at 6 p.m. to head to your favorite movie or entertainment venue in town.

**June 15: Volunteer Opportunity: Feeding Northeast Florida.** Help Feeding Northeast Florida and do something good for the community. Van departs at 11:30 a.m. Sign up by June 13.

**June 15: Town Center or Walmart Trip.** 5 p.m. Need a ride? Join us for a trip to the Town Center or Walmart. Van departs

the Liberty Center at 5 p.m. Transportation only.

**June 17: 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). Sign up dead line is June 14. (All hands welcome, 18+)

**June 21: Surf Fishing.** Fishing will start at 2 p.m. behind the Liberty Center. 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 June 5. (Liberty Patrons only)

only)

**June 22: Movie Trip.** 6 p.m. Van departs at 6 p.m. to head to your favorite movie or entertainment venue in town.

**June 23: St. Augustine Day Trip.** Meet at the Liberty Center at 9 a.m. for a FREE ride to St. Augustine! Sign up at the Liberty Center by June 21.

**June 25: Liberty Committee Meeting.** 4 p.m. – 5 p.m. at the Liberty Center. Tell us what you want to see on the calendar.

**June 27: 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 June 5. (Liberty Patrons only)

**June 28: Quick Start Kayak**

**Workshop.** Join the Liberty Center from 9:30 a.m. – 1 p.m. on June 28 with Adventure Kayak Florida in this introductory workshop. You will learn the fundamentals

for sage and enjoyable entry level paddlers. The class costs \$55.25 and you must register by June 19. (Liberty Patrons only)

**June 29: Town**

**Center or Walmart Trip.** 5 p.m. Need a ride? Join us for a trip to the Town Center or Walmart. Van departs the Liberty Center at 5 p.m.

## Summer Game Night

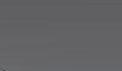
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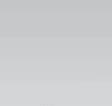


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June 23 & 24



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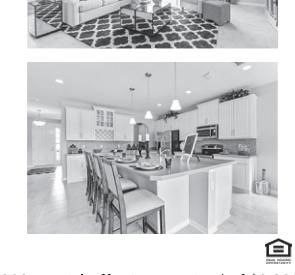


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## CLASSIFIED INDEX

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 Garage Sales  
 Garden/Lawn  
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 Jewelry/Watches  
 Kid's Stuff  
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 Musical Merchandise  
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 Public Sales  
 Sporting Goods  
 Tickets  
 Trailers  
 Wanted to Buy or Trade

### Garage Sales

Eastside Community Church annual rummage sale. 13301 Beach Blvd. between Madeline and Kerner next to the Sun-Palms Laundry. Saturday, June 9, 8:00a.m.- 3:00 p.m. - No Early Birds. Proceeds will support 2nd Mile Ministries, a Christian ministry assisting inner-city youth of Jacksonville. [www.2ndmilejax.com](http://www.2ndmilejax.com).

### AC/Heating/Fuel

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### Clothes

**LADIES LEATHER COAT** w/purse red suede size 12, \$75.00. Levi's Men's Suit grey/ beige jacket S7 38R pants 39W x 29 L \$35.00ea. 904-384-7809

### Electronics

**SONY 24" TRINITRON** \$40. SHARP TV 19" \$40. SONY 9" Trinitron \$30. ZENITH 17" \$30. All color TVs & 2 cable ready. 904-384-7809

### Furniture/Household

**CHANDELIER** - (a) Etched glass bells for 3 lights nickel \$100. (b) Gold 7 lights & 5 dz glass crystals. (c) Gold 12 lights. RUG 7' X 9' \$55. Like new. Call 904-384-7809

### Wicker Mirror

Beautifully carved, white wicker mirror, w/4" border & 2 clear flowers, hght. 19" x 29" \$50. Painted SAGOS. Call 904-384-7809

### Wanted to Buy or Trade

**CASH Paid for vintage TOY SOLDIERS** (Britains, King & Country, TIPPCO, Marx, AeroArt 904 315-5208

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Appliances Buy-Sell-Trade-Repair W/Ds, Refrigs., stove, \$85up, wrnty Mon-Sun 9-7. Delivery. 904-695-1412

### Miscellaneous

**BIKES** - 2 Excellent Bikes & Tires 1st still new \$50. Other \$65. \$15 covers 12"x18" alum. basket tied to front wheel & banana seat call 904-384-7809

### Pets and Supplies

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