

# SUW 21 Command Established

By Commander Littoral Combat Ship Squadron (COMLCSRON) Two Public Affairs

Littoral Combat Ship (LCS) leadership, Sailors, and regional supporting personnel gathered to formally recognize the establishment of Commander Surface Division (SUW) 21, July 18.

The new division will support four LCS ships in Mayport; USS Milwaukee (LCS 5), USS Detroit (LCS 7), USS Little Rock (LCS 9), and the future USS Sioux City (LCS 11).

Surface Division 21 is the second division in the LCS fleet designated to the surface warfare focus. The first, Surface Division 11, was established earlier this year in San Diego. Other divisions will eventually be established to focus on mine warfare and antisubmarine warfare.

“Today is a great day in the continuing evolution of the LCS program as we stand up the first Division under LCS Squadron Two,” said Capt. Cory R. Applebee, commanding officer of Surface Division 21. “I look forward to leading this division and its outstanding sailors.”

Commander, LCS Squadron Two will maintain its operational control of all LCS class ships homeported in Mayport. The new structure simply allows the individual divisions to focus on the overall readiness of the hulls, while the squadron focuses on program and policy requirements.



-Photo by MC2 Devin Bowser  
Rear Adm. Jesse A. Wilson Jr., left, Capt. Cory Applebee and Engineman Fireman Apprentice Teria Nicole cut a cake during the stand up ceremony of Surface Division 21. The stand up is a ceremony used to officially recognize the establishment of the new command.

# New Commodore For SURFRON 14



-Photo by Paige Gnann  
Capt. Matthew P. Roberts salutes Rear Adm. Jesse Wilson Jr., Commander, Naval Surface Force Atlantic, after relieving Capt. Dale Maxey as Commander, Naval Surface Squadron 14 during a change of command ceremony at Naval Station Mayport, Fl. on July 19.

By CNSL Public Affairs

Commander, Naval Surface Squadron (COMNAVSURFRON) 14 held a change of command ceremony at Naval Station Mayport July 19.

Capt. Matthew Roberts relieved Capt. Dale Maxey as the COMNAVSURFRON 14 commodore.

Rear Adm. Jesse A. Wilson, commander, Naval Surface Force Atlantic, was the guest speaker and highlighted the importance of readiness, warfighting, ownership and partnership.

“You must be ready for the fight, you must be ready when you are called upon, and you must prevail when tested,” said Wilson. “The surface force is a team of warfighters and we are stronger thanks to

COMNAVSURFRON 14’s vision and leadership.” He added, “strict adherence to watch standing principles increases warfighting readiness, safety and effectiveness.”

Maxey took charge of COMNAVSURFRON 14 in April 2017, and during his command he helped to ensure the readiness of Mayport-based Sailors, ships and civilians.

“On any given day, COMNAVSURFRON 14 has staff members operating on land and at sea in numerous corners of the globe,” said Maxey. “It’s the incredible dedication of our Sailors that allows us to provide exceptionally valuable services to the Surface Navy.”

Maxey said he feels confident the squad-

ron will have continued success in the hands of Roberts.

Roberts most recently served as the deputy commodore for the squadron.

“I am honored and humbled to take the helm at COMNAVSURFRON 14. It has been a great experience to learn from Capt. Maxey during my time as the Deputy,” said Roberts.

Maxey will next head to the Dwight D. Eisenhower School for National Security and Resource Strategy in Washington, D.C. as a student.

Maxey enlisted in the Navy in 1982 and was selected for the Enlisted Commissioning Program then graduated from the University

of Illinois in December 1991.

Roberts is a native of Sydney, Australia and grew up south of Issaquah, Washington. He is a 1993 graduate of The University of Arizona where he earned a BS in Mechanical Engineering and was commissioned via the Naval ROTC program.

COMNAVSURFRON 14 serves as the Type Commander Executive Agent and provides readiness support for fourteen Mayport based ships. The command ensures Mayport ships and Sailors are manned, trained, equipped and maintained in accordance with Commander, Naval Surface Force Atlantic policies and direction.

# PANAMAX 2018 Kicks off In Mayport

By U.S. 4th Fleet Public Affairs

U.S. Naval Forces Southern Command/U.S. 4th Fleet (USNAVSOP/FOURTHFLT) is hosting the Combined Force Maritime Component Command (CFMCC) portion of the annual exercise PANAMAX from July 30 through Aug. 10.

PANAMAX began in 2003 with three countries, Chile, Panama and the United States, and originally focused solely on the maritime security of the Panama Canal. Since that time, the exercise has grown to become the region’s largest coalition Command Post Exercise, ensuring the defense of the Panama Canal, which is one of the most strategically and economically crucial pieces of infrastructure in the world.

Since inception, partner nations have continued to take increased leadership roles in the exercise. This year, Colombia will lead the Combined Force Land Component Command (CFLCC), Brazil will lead the CFMCC, and Argentina will lead the Combined Force Special Operations Component Command (CFSOCC).

The main focus of PANAMAX 2018 is to exercise a variety of responses to fulfill requests from the government of Panama to protect and guarantee safe passage of traffic through the Panama Canal, ensure its neutrality, and respect national sovereignty. This exercise is designed to conduct stability operations under in support of a fictitious United Nations Security Council

Resolution, provide interoperability training for the participating multinational staffs, and build participating nation capability to plan and conduct complex multinational operations.

Joining the U.S., 98 participants from 17 partner nations will participate in exercise PANAMAX 2018 including: Argentina, Belize, Brazil, Chile, Colombia, Costa Rica, Dominican Republic, El Salvador, Ecuador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, and Trinidad and Tobago.

The exercise provides unique simulated training opportunities that incorporate scripted, event-driven scenarios to provide the maximum opportunity to improve interoperability. These simulated training scenarios address key aspects of multinational and combined operations such as technology standardization and common operating procedures.

U S N A V S O / FOURTHFLT supports U.S. Southern Command’s joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

Mayport Main Exchange will close on July 30 for its annual inventory. The Gas/Mini Mart will open from 9 a.m.-5 p.m. on Aug. 4 due to its annual inventory.

Clinic Appointment  
Reminder Makes It Easier To Cancel

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MWR Fall Kid Sports  
Registration Begins

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# Back to School, Save These Dates!



**Sharon Kasica**  
School Liaison Officer

Although it is hard to believe...Summer is winding down. Time to get your mind wrapped around "Back to School". Here are some events to put on your calendar.

A Military Family Back-to-School Splash and Resource Fair is scheduled for Saturday, Aug. 11 from 1800-2030 at the installation's outdoor pool and Sea Otter Pavilion. Back-to-School

## KNOWING THE ROPES

Splash will feature food, fun, and information from local resources. Join other families for burgers, hot dogs, music and a dip in the pool! This event will take place Rain or Shine!

Resources for parents will also be available. Some include Bowling Center, Youth Center, American Red Cross, Blue Star Families, Fleet and Family, Military OneSource and Florida Virtual School. A few local schools and Military Family Life Counselors will be available to answer questions and help ease children's back to school worries.

The organizations' representatives will answer

questions and share resources available to support the transitioning student and the student of a deployed parent. New families might not be aware of all the services NS Mayport and the surrounding community has to offer them. The goal of each program is to improve the quality of life of military families and the overall effectiveness of the military community. Resources for deployment and separation, building confidence and resiliency, and supporting children through trauma and loss will be featured by many of the organizations present.

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Fletcher High School <a href="https://dcps.duvalschools.org/fhs">https://dcps.duvalschools.org/fhs</a>	Monday, 30 July Tuesday, 31 July Wednesday, 01 Aug Thursday, 02 August Friday, 03 August	Seniors - 0800-1200 Juniors - 0800-1200 Sophomores - 0800-1200 Freshman - 0800-1200 Make-ups - 0800-1100
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Mayport Middle <a href="https://dcps.duvalschools.org/mayportmiddle">https://dcps.duvalschools.org/mayportmiddle</a>	Friday, 03 August (all grades) Report to Gymnasium	Last Name Starts With: A-B -1300 C-D -1330 E-G -1400 H-J - 1430 K-L - 1500 M-N - 1530 O-R -1600 S-T -1630 U-Z -1700
Oceanway Middle <a href="https://dcps.duvalschools.org/oceanway-school">https://dcps.duvalschools.org/oceanway-school</a>	Thursday, 09 August  Friday, 10 August	6 <sup>th</sup> - 0830-1000 7 <sup>th</sup> - 1330-1500  8 <sup>th</sup> - 0830-1000
Finegan Elementary <a href="https://dcps.duvalschools.org/finegan">https://dcps.duvalschools.org/finegan</a>	Thursday, 09 August	PK - 0900 K - 0930 1st - 1000 2nd - 1030 3rd - 1100 4th - 1130 5th - 1200
Mayport Elementary <a href="https://dcps.duvalschools.org/mayport">https://dcps.duvalschools.org/mayport</a>	Friday, 10 August	PK-K 0900-0930 1 <sup>st</sup> -2 <sup>nd</sup> 0930-1000 3 <sup>rd</sup> -5 <sup>th</sup> 1000-1030
Oceanway Elementary <a href="https://dcps.duvalschools.org/oceanway">https://dcps.duvalschools.org/oceanway</a>	Friday, 10 August	PK & K 0900-1000 1 <sup>st</sup> -6 <sup>th</sup> 1000-1100

# What Do You Hope For? Is It Worthy?



**Chaplain Jason Ulven HSMWL**

Years ago, I was at a ministry conference in Chicago, buried under what the locals considered to be one of the worst blizzards in

## CHAPLAIN'S CORNER

Chicago history.

The Windy City has seen its share of snow storms, so it was really something to be in the middle of a record-setting snowfall. On one hand, things were miserable. We were snowed in and unable to eat at some of Chicago's finest eating establishments (there are many). And it was bloody cold, the wind chill was -20 on one of the days.

On the other hand,

over a thousand pastors were gathered together, worshipping every morning and evening, attending workshops and making the most of the situation.

I overheard one pastor remark, "It's a little like a big slumber party with a thousand of your closest friends."

Some might say that this is simply the "glass half-full" versus the "glass half-empty" type of comparison. The pes-

simist compared to the optimist. But I think at the center of it is hope.

Our view of the world is shaped by hope or the lack of it. When things do not go according to plan, or when God seems to throw us a curveball, hope is what keeps us grounded on the things that actually matter. Where does your hope come from? What do you hope for? Hope is more than wishful thinking! You may have hoped for something special for Christmas or hoped that a loved one survived a disease or injury, or even hoped that we'd avoid any hurricanes this sum-

mer. Authentic hope has a more secure foundation than that.

True hope is centered on knowing that God is faithful. Hope is confident in God's will and secure in knowing that nothing is unknown to the Lord. When our hope is solid, our challenges become more bearable. You may suffer from physical or emotional pain and hope can renew strength. You may have dark days right where in your workspace or home, or have confusing weeks where everything seems out of control, but hope provides sure ground to walk upon and a vision

for the future. Isaiah 40:31 is a verse you might already be familiar with, and it deals precisely with the necessity of hope, "but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

My hope for you today is that you know the peace of the Lord. That you are fully mindful of the grace and love that he gives you. And that you are able to be a light for others whose hope has been lost.

# The Politics of Marriage: What Congress Might Learn From Husbands And Wives



**Lisa Smith Molinari**  
Military Spouse Columnist

In theory, marriage should be the perfect balance of power between two parties. A husband is the yin to his wife's yang. Spouses are each other's "better halves." Couples are like planets exerting complimentary gravitational pulls, caught in each other's orbits, circling together in one planetary system.

Romantic, right? But in reality, marriage is often an adversarial system, requiring the two parties to regularly negotiate resolutions to conflicts.

Sound familiar? All the talk of divisiveness in Washington these days has me wondering if the politicians might learn a few things from how typical husbands and wives manage to make decisions on everything from buying a new couch to whose mother is coming for Thanksgiving. When I met my Navy

## MEAT & POTATOES OF LIFE

husband, Francis, he was a bit of a dark horse candidate. He came from out of nowhere, in a time in my life when I wasn't looking for a running mate. But much to my surprise, we had one of those goofy "love at first sight" kind of meetings, and after a brief courtship, we tied the knot and I became a military spouse.

We've spent the last 24 years working together to make our union run smoothly.

Thankfully, we found out that we have very similar platforms on big ticket items such as politics, morality, military duty stations, NFL teams, and whether John Candy movies are the best (they are, in case you didn't know).

Certainly, there are some conflicts without an absolute majority opinion. Whether it's Thai food or pizza, comedy or suspense, lights on or lights off — sometimes a married couple has to hold a special session before they can come to an accord that each party can live with.

It certainly isn't easy. There's often lengthy debate, and sometimes filibuster — which, by the way, husbands complete-

ly tune out while their minds wander to things like cars, women's body parts, and peanuts.

When bargaining on whether to stay home and watch the baseball game on Sunday or go blueberry picking with the family, a wife

might try to negotiate a continuing resolution requiring her husband to give her a foot rub on the couch during the seventh inning stretch. While perusing the family's Netflix watch list on Friday night, a husband might try to log-roll the swing voters (a.k.a., the kids) to vote for "Leprechaun: Back 2 Tha Hood" instead of "The Notebook." During debate over whose in-laws should get first dibs

on Christmas, a husband might propagate "fake news" that his mother's recent attack of gout was arguably life-threatening and therefore entitles her to priority status.

Both husbands and wives will make shameless attempts to propagandize the family, promising pork barrel spending on sugared cereals, brand name clothing, expensive electronics, and puppies to garner support for

their personal agendas. There's muckraking and mudslinging, dissent and demagoguery, tyranny and totalitarianism.

But in the end, even if it takes cloture, husbands and wives do something that our government just can't seem to do these days: they compromise.

Wives give in on golf outings as long as husbands help with dishes. Husbands give in on

See Marriage, Page 3



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# Mayport Sailor Of The Week

# NEX Offers Mobile Coupons



YN2(SW) Vashon L. Warren

Name: YN2(SW) Vashon L. Warren  
 Job: Administrative Clerk  
 Age: 32  
 Hometown: Camden, NJ  
 Favorite Hobby: Traveling  
 Hero: Michael Jordan  
 Best Piece of Advice Received: Be yourself.  
 Goal for the Navy: Be the best Yeoman that I can be.  
 How has the Navy Improved Your Life? The navy has given so many opportunities. I never thought I would travel outside of the US.

I have traveled to eight different countries and embraced many cultures. The navy has given me a chance attend college and receive my first Degree. Additionally, the navy has taught me to be a professional, outstanding person and help me achieve my goals. Why this Sailor was selected: With only six months onboard as a newly cross-rated yeoman, YN2 Warren has become the departmental expert in the gaining process. She recently implemented a thorough tracking system

that enabled her to track and complete 6 inbound Sailors during the month of November and process all related gain and travel claim documentation accurately and within a timely manner. As the primary awards PO, YN2 reviewed, formatted, and finalized 2 Meritorious Service Medals, 1 NCMS, 3 NMs, and 5 FLOCs. YN2 Warren has become a huge asset to the Admin team and her infectious attitude greatly contributes to the daily departmental morale.

From NEXCOM

The NEX is now able to deliver coupons right to its customers' fingertips by sending text messages to their wireless device.

NEX customers in the continental United States can now sign up to connect with the NEX through their mobile device which will give them access to special offers and coupons through SMS messages as well as special online offers. Customers can sign up for the mobile information by texting JOIN to 57662.\*

"We are excited to be able to communicate with our valued NEX customers with this new service," said Rich Honiball, Navy Exchange Service Command's (NEXCOM) Executive Vice President, Global Merchandising and Marketing Officer. "Our goal is to be able to communicate with our customers 24/7. As we continue to enhance our digital capabilities, it was only natural that we engage our customers from a mobile perspective because as for many of them, this is their pre-

ferred way of connecting with us."

Upon signing up, customers will receive via text message a one-time-use mobile welcome coupon for \$10 off a purchase of \$50 or more. The welcome coupon is valid for 14 days from time of signup and is valid in store or online at myNavyExchange.com. Subscribers must be authorized NEX customers in order to redeem coupons.

To sign up, customers must have a text messaging-enabled mobile device provided by a supported carrier including AT&T, Verizon Wireless, Boost, Cellular South, Midwest Wireless, MetroPCS, nTelos, Suncom, Virgin Mobile, Sprint or T-Mobile.

\*Message and data rates may apply. Customers will receive one message each time JOIN is texted to 57662 and then monthly recurring messages after sign up is completed. Terms, conditions and privacy can be found at: <https://www.mynavyexchange.com/textingtermsconditions>

## Marriage

From Page 2

mani-pedis, as long as wives make meatballs. Whatever the terms of compromise, most married couples do what they need to do to keep their system of government running smoothly, just like Francis and I have done for the last 24 years.

That being said, I must confess, there is one thing in our marriage that Francis and I

have yet to agree upon. You see, Francis insists that the toilet paper roll must be placed such that the edge of the paper hangs on the side of the roll closest to the wall; whereas, I firmly believe that toilet paper rolls are meant to hang so that the edge of the paper hangs on the side of the roll away from the wall.

This is our Cold War, our Berlin Wall, our 38th

Parallel.

I fear we will never achieve detente, because getting Francis and I to compromise on toilet paper roll placement would take an Act of Congress, and that's something we know isn't going to happen any time soon.

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

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-Photo by MC3 Dominick A. Cremeans  
Boatswain's Mate 2nd Class Michael Cundiff throws a mooring line from the flight deck aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) as the ship arrives in Malaga, Spain, for a scheduled port visit, July 21, 2018.



-Photo by MCSA Travis Baley  
The Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) arrives in Malaga, Spain July 21, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

# USS Iwo Jima Arrives In Malaga

From Iwo Jima Amphibious Ready Group Public Affairs

The Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) and components of the 26th Marine Expeditionary Unit (MEU) arrived in Malaga, Spain, July 21.

Nearly 2,500 embarked Sailors and Marines are visiting the Mediterranean coastal city during a regularly scheduled deployment. The stop is an opportunity for U.S. service members to deepen the strategic relationship with their Spanish allies on a personal level by socializing and experiencing the hospitality, beaches and historic venues.

"This visit to Spain will be one that those aboard will never forget," said Capt. Joseph O'Brien, commanding officer of Iwo Jima. "Spain is a major ally to the U.S. and the Navy, with a base just a few hours away in Rota. Pulling into Malaga will be an outstanding opportunity for the crew to experi-

ence the Spanish culture and give us an opportunity to continue growing a relationship that has been building over the past 70 years through our shared values, experiences and vision." This is Iwo Jima's third visit to a U.S. 6th Fleet port since departing Naval Station Mayport, Florida, Feb. 7. The ship has also made stops in Haifa, Israel, and Limassol, Cyprus.

"Once I heard we were pulling into Spain, I have been extremely excited," said Air Traffic Controller 2nd Class Matthew Sherwood. "I have heard so much about Spain from my shipmates that have been there - the food, the lifestyle, the history - that being able to experience that myself will be something I will never forget and is well-deserved after being at sea for so long."

During their deployment, Iwo Jima and the 26th MEU have played a critical role in bringing a ready, versatile amphibious assault capability and vigilant maritime presence to the Mediterranean in addition to working with partner nations to achieve the mutual goal of a peaceful and prosperous region.

"The Marines and Sailors continue to work hard throughout our deployment and are eager to visit one of the premier coastal cities in the Mediterranean," said U.S. Marine Col. Farrell Sullivan, commanding officer of the

26th MEU. "Malaga is a picturesque, ancient city with a rich history and vibrant culture. The Marines and Sailors are excited to experience the many historical, cultural, and enriching opportunities that Malaga offers. They are ready to serve as ambassadors of the United States and are appreciative of the generous reception they have received from the people of Malaga."



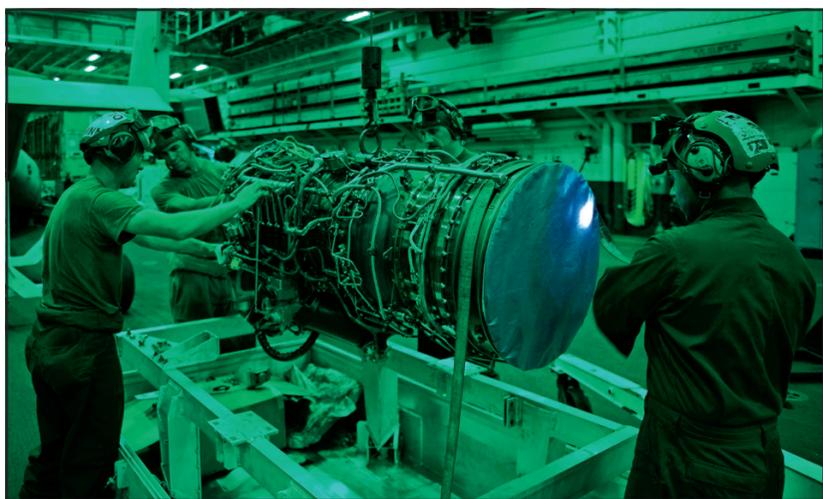
-Photo by MC3 Dominick A. Cremeans  
Engineman 3rd Class Adam Salcedo hangs a danger tag for maintenance in the laundry room aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), July 14, 2018. Iwo Jima is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the central region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



-Photo by MC3 Kevin Leitner  
Ship's Serviceman 1st Class Herbert Wills, from Nashville, Tenn., speaks with the training department to reserve the ship's classroom to hold an upcoming Enlisted Surface Warfare Specialist board in the S-3 office aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), July 14, 2018.



-Photo by MC3 Dominick A. Cremeans  
Machinist Mate Fireman Richard Hall corrects a leak on the stern gate machinery pump aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), July 14, 2018.



-Photo by MC3 Joe J. Cardona Gonzalez  
Marines assigned to the 26th Marine Expeditionary Unit hoist an MV-22 Osprey engine in the hangar bay aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), July 16, 2018.



-Photo by MC3 Kevin Leitner  
Support personnel assigned to the Italian Navy's Gruppo Aerei Imbarcati (GRUPAER) cross the flight deck of the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), July 17, 2018.



-Photo by MC3 Dominick A. Cremeans  
Sailors hoist lightning pods onto the aft mezzanine in the hangar bay aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7).



-Photo by MC3 Kevin Leitner  
Legalman 1st Class Kenneth Traylor, right, notarizes a document for Interior Communications Electrician 1st Class James Almon, in the Legal office aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), July 14, 2018.



-Photo by MC3 Dominick A. Cremeans  
The Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) Enlisted Aviation Warfare Specialist (EAWS) team celebrates receiving the EAWS pennant, July 17, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

## Iwo Jima, 26th MEU Complete MDVR

By MC3  
Kevin C. Leitner  
USS Iwo Jima

The amphibious assault ship USS Iwo Jima (LHD 7) and embarked Marines of the 26th Marine Expeditionary Unit (MEU) departed Aqaba, Jordan, after completing a mid-deployment voyage repair (MDVR) maintenance availability, July 13.

MDVRs are scheduled availabilities to complete repairs and maintenance, allowing a ship to continue to be fully mission capable throughout the remainder of its deployment.

"The MDVR gave us the opportunity to take seven days to focus on getting maintenance done and make sure that we remain ready to respond as required,"

said Capt. Joseph R. O'Brien, Iwo Jima's commanding officer. "It also gives us the opportunity to prepare the ship to come back home by doing an agricultural wash-down of all the vehicles and all the equipment that was brought on board."

Contractors came aboard the ship from locations such as Forward Deployed Regional Maintenance Center Bahrain and Southeast Regional Maintenance Center Mayport, Florida, to assist the crew with repairs.

Marines and Sailors spent the week washing down vehicles, equipment and containers in wash racks aboard the Royal Jordanian Naval Base for agricultural inspections. They

washed approximately 300 major end-items and cleaned, inventoried and inspected thousands of additional items.

Some of the other tasks conducted by Sailors and Marines during the MDVR included repairs to vital radars and the ship's mast, engineering plant upkeep and ship preservation.

Before pulling in to Aqaba, the crew knew the great amount of work that was in store for them and prepared to get it done safely and efficiently.

"Preparation for the MDVR was an all-hands effort," said Boatswain's Mate 3rd Class Andrew Frasca, a member of Iwo Jima's Deck Department. "From undesignated seaman all the way to the commanding officer,

we were well prepared to complete the tasks at hand with zero mishaps."

Marines assigned to the 26th MEU also took part in sustainment training during the port visit, with elements of Battalion Landing Team, 2nd Battalion, 6th Marine Regiment (BLT 2/6) and Combat Logistics Battalion (CLB) 26 conducting live-fire ranges at Camp Titin.

"The BLT completed a live fire portion of their team leader course, which trains the young Marines who will be team leaders for the next deployment. This range allowed them to sustain proficiency in all weapon systems in the rifle squad," said Maj. Brian Hinrichs, commander of Echo Company, BLT 2/6. "Also, the Combat Engineer Battalion

detachment and CLB maintained breaching skills with a demolition range. Overall, the training allowed the MEU to sustain critical skills and increased the morale of the Marines."

Additionally, the Maritime Raid Force conducted combat dive, military freefall, close quarters tactics, and team tactics training at Camp Titin and King Abdullah II Special Operations Training Center. While the port call was a working port focused on maintenance and training, Sailors and Marines had the opportunity to participate in tours to Petra and Wadi Rum, which included an off-road scenic tour and a hike up Burda Mountain.

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

of operations in support of naval operations to ensure maritime stability and security in the Central region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

The Iwo Jima Amphibious Ready Group embarks the 26th MEU and is comprised of Iwo Jima, the transport dock ship USS New York (LPD-21), the dock landing ship USS Oak Hill (LSD 51), Fleet Surgical Team (FST) 4 and 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 commander, Amphibious Squadron 4.



-Photo by Lt. John J. Mike  
Jordanian Brig. Gen. Ibrahim Alnaimat, deputy naval commander, Royal Jordanian Navy, discusses the importance of the U.S.-Jordanian military relationship with Capt. Joseph O'Brien, commanding officer, USS Iwo Jima (LHD 7) (right); Col. Farrell Sullivan, commanding officer, 26th Marine Expeditionary Unit (second from right); and Capt. Jack Killman, commander, Amphibious Squadron 4, July 8, 2018.

# An Appointment Missed By You Is An Appointment Missed By Two

By Rodney Foushee  
Naval Hospital Jacksonville  
Public Affairs

Naval Hospital Jacksonville has launched a new service to make it easier for patients to cancel appointments in time to allow another patient to take their slot.

"An appointment missed by you is really missed by two," said Cmdr. Gerard White, NH Jacksonville's director of health care business. "This new phone reminder system makes it easier for patients to cancel their appointment in a timely manner to allow other patients to take their time slot. We also plan to launch a text reminder system in the coming months to allow patients to cancel or reschedule their appointment via their smart phone."



-Photo by Jacob Sippel

**William Kay, a medical support assistant, checks in a sailor for an appointment. NBHC Mayport has launched a new service to make it easier for patients to cancel appointments in time to enable someone else to take their slot. Patients can also call the appointment line or use www.TRICAREonline.com to cancel appointments at least 24 hours in advance.**

Patients at the hospital and its five branch health clinics receive an automated appointment-reminder phone call two days before their scheduled appointment. This reminder call now

allows patients to cancel their appointment directly from the phone call's menu. Patients can also cancel or reschedule by calling the appointment line or using www.TRICAREonline.com.

Patients should cancel an appointment at least 24 hours in advance.

When you miss or are a "no-show" for a medical or dental appointment, it keeps another Sailor, Marine, family member, or retiree from using that appointment slot for the care they need, which also impacts the medical and dental readiness of the Navy fighting force.

When a patient does not cancel in time, or does not show up, the provider cannot shift the remaining appointments on that day to fill the void. The time slot goes unused and is wasted for the provider, staff, and another patient who could have used the appointment.

When a patient does not show up, it prevents another patient (who might have an urgent

need) from being seen at that time.

Although some cancellations are inevitable, in the private sector - providers can sometimes charge a no-show fee (up to \$50) for no-shows or cancellations made less than 24 hours in advance. While military treatment facilities does not function this way, no-shows do have a negative impact. Without advance notice, staff are unable to re-book no-shows, but operational expenses are still incurred.

Go to [www.TRICAREonline.com](http://www.TRICAREonline.com) (available 24/7), or respond to the reminder phone call, or call the appointment line (at the hospital: 904-542-4677, or at Branch Health Clinic Jacksonville: 904-546-7094), Monday - Friday, 7 a.m. - 4 p.m.

Naval Hospital Jacksonville's priority, since its founding in 1941, is to heal the nation's heroes and their families. The command is the Navy's third largest medical treatment facility - comprised of a hospital and five branch health clinics across Florida and Georgia. Of its patient population (163,000 active and retired Sailors, Soldiers, Marines, Airmen, Guardsmen, and their families), about 84,000 are enrolled with a primary care manager and Medical Home Port team at one of its facilities. To find out more or download the command's mobile app, visit [www.med.navy.mil/sites/navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax).

## DeCA Scholarships For Military Children

By Mike Perron  
DeCA public affairs specialist

Seven hundred students from military families each received a \$2,000 scholarship this year, thanks to the 2018 Scholarships for Military Children program.

The program, created in 2001, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

"This year, we ended with fewer applicants

than last year," said Marye Dobson, the Defense Commissary Agency's scholarships program liaison. "However the quality of the applications submitted really exceeded prior years' submissions."

Qualifying to be considered for selection for one of the scholarship grants is straightforward. Requirements include completing the application; submission of the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students

already enrolled in college; and an essay of 500 words or less, no longer than two pages.

While in years past application packages were delivered through the mail or by package delivery service, going forward the process will be entirely web-based, according to Jim Weiskopf, Fisher House vice president.

"The program has now completed its 18th year, and in those 18 years, we have been able to award scholarship grants of more than \$18 million to nearly 11,000 military children," he said. "For year 19 and beyond, we plan to have the entire program web-based, totally eliminating paper

applications and supporting documents. The system has been tested and refined and will be ready to roll-out in December."

Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card. The applicant must also be planning to attend or already be attending an accredited college or university, full time, in the fall of 2019 or be enrolled in a program of studies designed to transfer directly into a

four-year program.

Applicants who are awarded a full scholarship to attend a college or university or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

All rules and requirements for the program, as well as links to frequently asked questions are available at the Scholarships for Military children website, as is the full list of this year's winners.

Fisher House also

recently added an additional custom scholarship search engine to the site, tailored to military families, called "Scholarships for Service." It's free, easy to use, and available on mobile devices or computers at [militaryscholar.org](http://militaryscholar.org).

"The window to apply for the 2018-2019 Fisher House Scholarships for Military Children will open in December and close in February, but the exact dates have not yet been determined" said Dobson. "Be sure to check the scholarship page in mid-December for the opening of the 2018-2019 program."

## Registered Dietitians Now Available Throughout the Fleet

From Chief of Naval Personnel Public Affairs

The Navy announced an initiative to provide registered dietitians to units throughout the fleet in NAVADMIN 160/18, released July 10.

The joint initiative between the Office of the Chief of Naval Personnel and the Bureau of Medicine and Surgery, authorizes commanders to request dietitians to temporarily join their commands, in order to increase Sailors' knowledge about nutrition and health resources.

This initiative makes registered dietitians available to assume a

temporary additional duty (TAD) status to commands, providing education on performance nutrition, healthy eating habits, hydration, and safe dietary supplement use. Bringing registered dietitians directly to the fleet greatly enhances Sailor access to nutrition education, which in turn increases medical readiness.

"Before this initiative, Sailors had to take time away from work to travel to a medical treatment facility for preventative treatment," said Navy Nutrition Program Manager Lt. Pamela Gregory. "Now this can

be done at the command which will increase productivity and decrease time away from work."

In their TAD role, registered dietitians will advise command leadership and Sailors on the importance and benefits of diet modifications, food selection and food preparation in preventing disease, sustaining health and improving quality of life. They will also be an on-hand asset to the medical department.

"This initiative opens up access for more Sailors to registered dietitians who know the most about creating and

sustaining energy, rapid recovery for the physical demands and long hours of Navy life," said Navy Dietetic Specialty Leader Cmdr. Kelly Mokay. "Our goal is to educate Sailors on what makes for a healthier, better balanced diet."

Registered dietitians will also be available to counsel individuals and groups on the importance of timing meals and snacks, what foods provide the most energy, help with physical recovery,

and how nutrition monitoring can optimize Sailors' quality of life. Additionally, they can collaborate with command food service officers and culinary staff on increasing the quality and nutrients of food service, menu development, budgeting, evaluation of food service facilities and developing nutrition programs.

"Having registered dietitians in the fleet is going to create a paradigm shift in the cul-

ture of nutrition - shifting from a focus on disease treatment to one of disease prevention," said Bill Moore, director, Navy Physical Readiness Program. "And this initiative provides our Sailors access to a resource that allows them to take greater control over their personal health."

To learn more about nutrition education resources available to you, visit [www.nutrition.navy.mil](http://www.nutrition.navy.mil)

### Schools

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Mayport Coastal Sciences Middle School - Shark Bites Transition Camp

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is from 30 July- to 03 August. For more details, click here. Registration must be completed online. For further information or registration assistance, please contact Ms. Smith, Camp Director (904) 247-5977 ext. 1208 or [smithl7@duvalschools.org](mailto:smithl7@duvalschools.org)

School Orientations Here is a list of a few local school orientation dates. If your school is not listed you may visit <http://www.duvalschools.org/> and/or contact your school directly.

From Page 2

\*Please double check school's website for last minute changes.

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](mailto: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.

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# Navy Helicopter Weapons School Conducts Record Setting Training

By Lt. Colin Price

HSMWSL PAO

On June 23, HSM-46 and crews from HSM-79 completed Helicopter Advanced Readiness Training (HARP) class 18-02, facilitated by Helicopter Maritime Strike Weapons School Atlantic (HSMWSL).

This rigorous curriculum begins with classroom instruction and advanced flight simulation focused on tactical employment of the MH-60R in its diverse mission sets to include Surface Warfare (SUW), Anti-Submarine Warfare (ASW), and Electronic Warfare (EW). The course culminates at the Atlantic Undersea Test and Evaluation Center (AUTEC) on Andros Island, Bahamas, where aircrews apply their warfighting skills in the aircraft against targets simulating real world threats. HSMWSL

instructors teach and evaluate MH-60R tactics, techniques, and procedures (TTPs), focusing on AGM-114 HELLFIRE, lightweight torpedo (LWT), and crew served weapons employments.

Over the course of eight weeks, HSM-46 and HSM-79 expended a combined 16 missiles, 12 torpedoes, 10,900 rounds of ammunition, and 511 sonobuoys at various mobile training targets.

HARP 18-02 also provided the opportunity for HSM crews to integrate with crews from Helicopter Sea Combat Squadron 5 (HSC-5) during Helicopter Visit Board Search and Seizure (HVBSS) and Restricted Waters Transit (RWT) training events. HSC-5 completed concurrent HARP training, facilitated by Helicopter Sea Combat

(HSCWSL).

HARP 18-02 was highlighted by a record-setting 15 helicopters at the AUTEC heliport on Andros Island, Bahamas, from HSM-46, HSM-79, HSC-5, New Hampshire Army National Guard, and local range service helicopters.

The New Hampshire Army National Guard conducted operations with three UH-60L helicopters for Operation Trade Winds - 18, an international exercise with Bahamian forces.

The AUTEC heliport consists of four landing spots and eight ramp spots, along with two tenant H-3 range support helicopters.

Despite the volume of aircraft and different unit training objectives, operations were conducted safely and effectively due to proactive and flexible coordination of all units involved.

HSMWSL, in coordination with nine additional commands including the Naval Aviation Warfighting Development Center (NAWDC), HSM-40 and FRC Mayport, facilitated the execution of 235 hours and 106 sorties at AUTEC.

On the success of this HARP, Cmdr. Andrew "Mopey" Miroff,

HSMWSL commanding officer, commented, "I am very proud of the entire staff here at the Weapons School. Several hurdles were overcome to provide valuable training both here in the local area and down at AUTEC, namely the unprecedented number of aircraft and coordination with supporting units. It takes the entire

team working hard together to accomplish HARP. I want to thank everyone, because every staff member had a part to play."

HSM-46 and HSM-79 will now begin integrated training with their assigned Carrier Strike Group and associated Air Wing and ships.

HSMWSL is located at Naval Station Mayport.



-Photos courtesy of HSMWSL

MH-60R helicopters from HSM-46 and HSM-79 arrive at the Atlantic Undersea Test and Evaluation Center on Andros Island, Bahamas during an advanced training exercise hosted by Helicopter Maritime Strike Weapons School Atlantic



-Photos courtesy of HSMWSL

MH-60R helicopters from HSM-46 and HSM-79 try to hit mobile targets during training at AUTEC.



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# Milestone MQ-8C Fire Scout Initial Operational Test, Eval Complete

By Lt. j. g. Caroline Zotti

Commander, Littoral Combat Ship Squadron One Public Affairs

USS Coronado (LCS 4) and Air Test and Evaluation Squadron 1 (VX-1) completed the first comprehensive Initial Operational Test and Evaluation (IOT&E) for the MQ-8C Fire Scout, June 29.

Results from this IOT&E will inform decision-makers on how best to integrate the Navy's newest unmanned helicopter with littoral combat ships (LCS) and other platforms.

During the IOT&E,

the MQ-8C Fire Scout performed several mission scenarios aboard Coronado off the coast of southern California. These operations are an important milestone for the LCS and Fire Scout programs, and demonstrated cohesion between the surface and aviation platforms.

"The results, lessons learned, and recommendations reported on following this underway test period are absolutely invaluable to the future of the MQ-8C Fire Scout's mission effectiveness and suitability to perform that mission," said Lt. Cmdr. Seth

Ervin, the lead for the VX-1 detachment aboard Coronado.

Coronado and VX-1 conducted simulated engagements to evaluate Fire Scout's role in target identification, intelligence gathering and surface warfare operations.

The testing also focused on developing practices for simultaneously operating and maintaining both the MQ-8C Fire Scout and the MH-60S Seahawk. Results confirmed that while it requires extensive planning and coordination across the ship, simultaneous operations can be conducted.

"It has been challenging and rewarding to be one of the first maintainers afforded the opportunity to take both aircraft aboard the ship. Working together, we made the overall product more functional and efficient for the fleet," said Aviation Machinist's Mate Second Class Salvatore Greene, a member of VX-1.

The chance to contribute to technological and tactical improvements within the LCS community creates a notable opportunity for Coronado's experienced crew.

"My crew is excited

to build upon their past experiences operating with Fire Scout and continue to improve our proficiency as a war-fighting team," said Cmdr. Lawrence Repass, the commanding officer of Coronado.

The first ship-based flight of the MQ-8C Fire Scout occurred aboard USS Jason Dunham (DDG 109) in December 2014, and previous underway testing was also conducted with USS Montgomery (LCS 8) in April 2017.

Pierside testing of the MQ-8C Fire Scout will continue onboard Coronado throughout

mid-July with a focus on maintenance and cyber. Coronado is one of four designated LCS testing ships homeported in San Diego.

LCS is a high-speed, agile, shallow draft, mission-focused surface combatant designed for operations in the littoral environment, yet fully capable of open ocean operations. As part of the surface fleet, LCS has the ability to counter and outpace evolving threats independently or within a network of surface combatants.

## Fleet Forces Visits Mayport



-Photos by EN1 Nathaniel Broughton

Adm. Christopher Grady, commander U.S. Fleet Forces Command, tours the Freedom-variant littoral combat ship USS Milwaukee (LCS 5) during a visit to Naval Station (NS) Mayport.



Adm. Christopher Grady, commander U.S. Fleet Forces Command, tours the pier during a visit to Naval Station (NS) Mayport. Grady's visit to NS Mayport included hurricane readiness discussions and meetings with local leadership in preparation for the upcoming hurricane season.

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# HSM-48 Supports 5th Fleet Operations on USS Jason Dunham



-Photo by MC3 Jonathan Clay

Aviation Structural Mechanic 1st Class Thomas Hall, right, and Aviation Electronics Technician 2nd Class Michael Maye, assigned to the "Vipers" of Helicopter Maritime Strike Squadron (HSM) 48, prepare to load an AGM-114 Hellfire missile onto an MH-60R Sea Hawk helicopter on the flight deck of the guided-missile destroyer USS Jason Dunham (DDG 109). Jason Dunham is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



-Photo by MC3 Jonathan Clay

An MH-60R Sea Hawk helicopter assigned to HSM-48 lifts off from the flight deck of the guided-missile destroyer USS Jason Dunham (DDG 109).



-Photo by AWS2 Michael Allred

Naval Aircrewman (Helicopter) 3rd Class Parker Thompson fires a .50-caliber machine gun at a "killer tomato" inflatable target from an MH-60R Seahawk helicopter assigned to HSM-48, attached to USS Jason Dunham.

## LCS ASW Mission Package Completes Testing Milestones

From Program Executive Office Unmanned and Small Combatants Public Affairs

Program Executive Office Unmanned and Small Combatants (PEO USC) announced the successful completion of two Anti-Submarine Warfare (ASW) Mission Package testing milestones, July 16.

The first was a 10-day Dockside-1 test event on the Dual-mode ARray Transmitter (DART) Mission System Towed Body and associated launch-and-recovery assembly components in Fort Pierce, Florida.

The second was a full-power, in-water test of the active array at the Naval Undersea Warfare Center Seneca Lake Detachment's test facility in Dresden, New York.

"The Seneca Lake Test was a huge step forward for the DART System and the ASW Mission Package as a whole. This revolutionary technology is critical to countering the rising submarine threats worldwide," said LCS Mission Module Program Manager Capt. Ted Zobel.

The array previously

was tested at Raytheon's shallow-water facilities in Portsmouth, Rhode Island. This test on Seneca Lake was the first opportunity for the new technology to be demonstrated in an open-water test environment, which allows better understanding of how the system will perform when deployed on an LCS. The successful completion of this test event provided Navy officials and industry partners valuable information on performance specifications and options for future modi-

fications.

DART development includes incremental testing of the individual system components followed by progressively more inclusive integration and testing until the full ASW Mission Package has been tested.

The Dockside-1 test a week prior to the Seneca Lake event had LCS Sailors overseeing and actively engaging in the operation of the DART Mission System at the Florida Atlantic University Harbor Branch Oceanographic

Institute's waterside product integration, assembly and test complex.

Dockside-2 testing, planned for autumn 2018, will expand the scope of DART system integration to add three additional Raytheon mission modules to complete the system. The Navy will take delivery of the DART Mission System from Raytheon later this year and plans to take the system to the Atlantic Undersea Test and Evaluation Center early next year for addi-

tional testing.

PEO USC is affiliated with the Naval Sea Systems Command and provides a single program executive responsible for acquiring and sustaining mission capabilities of the LCS class, from procurement through fleet employment and sustainment. The combined capability of the LCSs and LCS mission systems is designed to dominate the littoral battle space and provide U.S. forces with assured access to coastal areas.

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**Events**  
**July 26: Summer Game Night.** Join us at 6 p.m. at the Beacon for games and FREE sandwiches! Grab a beverage at Loggerheads Pub next door and relax. Sandwich and Game Night is sponsored by First Command. No federal endorsement implied.

**July 27: Mayport Movies: "Finding Nemo" (G).** 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.

**July 28: Ginnie Springs Day Trip.** Spend the day swimming in clear water at Ginnie Springs. Enjoy the peaceful environment made up of natural Cypress and hardwood trees. Space is limited and the cost is only \$15. Open to all hands.

**July 28: Movies at Mayport: "Truth or Dare" (R).** 8 p.m. at the Mayport Beacon in the Tortuga Room. FREE for all hands ages 18+.

**Aug. 2: Aquatica Orlando Trip.** 7 a.m. depart from the Beacon. Take advantage of one of the best water parks in the country, with special military weekday pricing. Leave the driving to us. Just get your ticket at

Tickets and Travel. Join us for a fun day in the sun before school starts, or a relaxing day with friends after deployment. Tickets are only \$29.75, and all hands welcome. The trip departs at 7 am from the Mayport Beacon. Sign up at Liberty by July 31.

**Aug. 2: Back to School Embroidery.** 12 - 2 p.m. Get into the back-to-school spirit with our next Embroidery Class! Join us on Thursday, Aug. 2 from 12 - 2 p.m. and learn how to embroider. The class is only \$18 and includes professional instruction and supplies. All MWR patrons are welcome, 14+. Save you spot at Tickets and Travel before July 31.

**Aug. 2: Summer Game Night.** Every Thursday night starting at 6 p.m. at the Beacon! Grab a beverage at Loggerheads Pub and join us in the Tortuga Room for backyard games like cornhole, giant Jenga, Connect 4 and more!

**Aug. 3: Mayport Movies: "Avengers: Infinity War" (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.

**Aug. 4: 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 July 14 and Aug. 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.

**Aug. 4: UFC 227: Dillashaw vs Garbrandt 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.

**Aug. 5: Paintball.** Have fun playing paintball with GTF and the Liberty Center. No gear? No problem! Rent all your equipment for \$15 and make sure to bring extra cash for Paintballs. The van departs the Liberty Center at 9:00 a.m. Transportation is free. Stop by or call the Liberty Center to reserve your spot by the Wednesday before the trip. Open to all hands, 18 years and older.

**Aug. 8: Kids' Arts and Crafts.** 3 - 4 p.m. at Pelican Roost. Join MWR for Kids' Arts and Crafts this summer! Each class will focus on a

different art or craft and will be held every other Wednesday from 3-4pm at the Pelican Roost. Classes are open to children ages 5 and older and all children need to bring their parents. Sign up by the Tuesday before each class at the Pelican Roost (904) 270-7808.

**Aug. 9: Surf Fishing.** 3:30 - 5 p.m. Join MWR and learn basic skills of surf fishing. Cost is only \$5 and equipment is provided, or you can bring your own. Sign up at Outdoor Adventures by Aug. 7. All skill levels are welcome! \*A Shore Fishing License is required from the State of Florida. A 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

**Aug. 9: Summer Game Night.** Every Thursday night starting at 6 p.m. at the Beacon! Grab a beverage at Loggerheads Pub and join us in the Tortuga Room for backyard games like cornhole, giant Jenga, Connect 4 and more!

**Aug. 10: Mayport Movies: "Monsters University" (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.

**Aug. 11: Back to School Splash.** 6:00 - 8:30 p.m. at the Outdoor Pool. Celebrate the end of summer and get all the resources you need for the upcoming school year. Enjoy free use of the outdoor pool, music, food and fun while learning about educational resources on and off base.

**Aug. 12: 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. This is a great day trip to just sit back and relax while you tube the crystal clear river. The cost is \$10. Please register by Aug. 9 at the Liberty Center (all hands welcome 18+).

**PROGRAMS**  
**Auto Skills Center**  
 The Auto Skills Center can perform routine maintenance on your vehicle and we offer equipment and space for the do-it-yourself (DIY) customer. Our Safety Class is a one-time class required for our DIY customers, and are held on Tuesdays - Fridays at 3 p.m. and Saturdays at 10:30 a.m.

**Outdoor Adventures**

Whether you're an avid outdoors lover, complete novice, or somewhere in between, Outdoor Adventures has what you need to enjoy the great outdoors. We offer outdoor and party gear rental, clinics and classes to help you enjoy the area. Get outside with our rental camping gear, including Jon boats, boogie boards, canoes, kayaks, tents, fishing gear, campers, sleeping bags and more! We also supply party rentals including tables, chairs, BBQ grills, bouncy houses, coolers, canopies and more; available for your next party whether it be a retirement, reenlistment, hail and farewell or child's birthday.

**Beachside Bingo**

Test your luck at Beachside Bingo! We offer Bingo Nights, Lunchtime Bingo, monthly Bingo Specials and Summer Family Bingo. Lunchtime Bingo is on Wednesday at 11:30am and packs only cost \$15. Night Bingo

runs Monday, Tuesday, Thursday and Friday at 6:30pm. Our Bingo Specials feature double payouts. Summer Family Bingo is Saturday Aug. 4 at 1 p.m. and tickets cost \$5. No matter who you are, we have a program for you!

**Bowling Center**

There is always something fun going on at the Bowling Center. Wednesday is \$1 Military Appreciation where games, shoes are \$1 all day and hot dogs and sodas are \$1 until 5pm. Friday and Saturday night is Xtreme Red Pin Bowling from 8 - 11 p.m. where every game is just \$3.50 and if you strike when the head pin is red you win a free game of bowling for your next visit. Sunday Funday is every Sunday with \$2 games, \$2 shoes and \$1 soft drinks all day long.

**Windy Harbor Golf Club**

The Windy Harbor Golf Club is an 18-hole, par 72 golf course located on Naval Station Mayport, which includes a driving range and practice green. Our weekly specials include Avoid the Crawl on weekdays starting at 3pm which includes 9-holes of golf and a cart for only \$11. Monday and Tuesday enjoy All Play where 18-holes and a cart is only \$25. Wednesday is Military Appreciation Day where the military community can enjoy 18-holes and a cart for only \$20. Thursday between 10:28am and 11:53am you can Fill the Void and play 18-holes and get a cart for only \$22. Sunday is our Family Golf day where families can enjoy 9-holes of golf after 3pm with their children, over the age of 8, for only \$8 per adult and \$4 per child.

# Spend Your Liberty 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.

**July 26: Microwave**

**Magic.** 4:30 p.m. at the Liberty Center. Living in the barracks or heading to college, learn to cook more than Ramen noodles in your microwave! Space is limited and free for Liberty patrons, \$5 for all others. Deadline for registration is July 23.

**Aug. 8: 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 Aug. 6. (Liberty Patrons only)

**Aug. 9: Jaguars Preseason Game.** Join Liberty all football season with trips to see some of your favorite NFL football teams and players! It is only \$25 and includes a ride to

the game, ticket and a meal voucher. Sign up by Aug. 8. Space is limited to Liberty Center patrons only.

**Aug. 22: Camping 101.** 4:30 p.m. at the Liberty Center. Learn the basics of camping with the Liberty Center.

**Aug. 23: Surf Fishing.** 2 p.m. behind the Liberty Center. Learn how to surf fish! All equipment is provided but you must have valid FL Fishing License. The class is only \$5, and is

for Liberty Patrons only. Sign up by Aug. 21 at the Liberty Center inside the Mayport Beacon.

**Aug. 25: Jaguars Preseason Game.** Join Liberty all football season with trips to see some of your favorite NFL football teams and players! It is only \$25 and includes a ride to the game, ticket and a meal voucher. Sign up by Aug. 24. Space is limited to Liberty Center patrons only.

**Aug. 27: Liberty**

**Committee Meeting.** 4 - 5 p.m. Tell us what you would like to see on the Liberty calendar!

**Aug. 29: 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 Aug. 27. (Liberty Patrons only)

**Back 2 School Splash FA**

**Pool Party & Resource Fair**  
 Saturday, August 11 • 6-8:30 pm  
 The Outdoor Pool & Sea Otter Pavilion

Celebrate the end of the summer and get all of the resources you need for the upcoming school year with our Back 2 School Splash!

Enjoy free use of the outdoor pool, music, food, and fun while learning about educational resources both on & off base. Plus, meet faculty from several local schools!

Open to all school age children and families of military, National Guard and reserve.

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# Fall Youth Sports At MWR

By Terra Downey  
MWR Marketing Technician

MWR Youth Sports is gearing up for fall with two great programs that offer benefits on and off the field. Start Smart is available for children ages 3 - 5, while soccer is offered for youth ages 4 - 17. Parents can join the fun too, by volunteering to coach.

Children can get an early start learning the fundamentals and benefits of all sports with Start Smart. It is a free sports development program where parents work one-on-one with children over a six-week period to help them learn the basics of throwing, catching, kicking and batting. The goal is to get children prepared for organized sports and to get them active.

"It's an outstanding program," explained Victor Miller, Youth Sports Coordinator. "Parents learn the foundations with their children, which can help with almost any sport in the future."

Start Smart is open to children ages 3 - 5 as of July 1, 2018. Registration is available now until August 14. The program will be held at the Youth Activities Center (YAC) for six consecutive Tuesdays, August 21 - September 25, from 5 - 6 p.m. The Parent Organization Meeting is on Thursday, August 16 at 5 p.m.

Youth can also meet new friends and learn the benefits of an active lifestyle with Youth Fall Soccer. Registration is available now until



The National Alliance for Youth Sports and Naval Station Mayport Youth Activities Center present the Start Smart Sports Development Program

**What:**

Start Smart is a six-week instructional program that helps parents work one on one with their children while teaching them the basics of sports: throwing, catching, kicking and batting. The program helps prepare children for organized youth sports by using safe and fun equipment to teach them the basic motor skills needed to compete.

**Who:**

Start Smart is open to children (3-5 years old as of July 1, 2018) who can attend each session with their parent or another significant adult to prepare for organized sports. This program is limited to the first 10 children to register. Please do not register if a parent cannot attend each session. This will allow someone, who can, to attend. The parents are the ones instructing not the staff.

**Where:**

Start Smart will be held at the Youth Activities Center for six consecutive Tuesdays, Aug. 21-Sept. 25 from 5-6 pm. A Parent Organization Meeting will be held on Thursday, Aug. 16 at 5 pm

**Cost: Free**

Register from July 23-Aug. 14 at the Youth Activities Center Monday-Friday 11:30 am- 6:30 pm.



August 17 and is only \$50 per child. Children who are born between the years of 2001 and 2013 can participate. The season begins Sept. 22, and parents can attend the Parent Organization Meeting on Thursday, Aug. 23 at 6 p.m. or Saturday, Aug. 25 at 10 a.m. at YAC.

"Soccer has become our most popular sport," stated Miller. "It tends to hold the attention of the smaller kids better and is less technical than some

of our other sports." Volunteers are role models and help teach children leadership, compassion and teamwork. The Youth Sports Program depends on volunteers to be successful. The number of children the program can support is directly related to the number of coaches who volunteer.

"Not many people realize that the registration fee is waived for children whose parents decide to volunteer," explained

Miller. Youth Sports promotes a healthy lifestyle and provides children with the opportunity to play soccer, bowling, flag football, baseball, basketball and cheerleading throughout the year. Karate is offered year-round and dance is offered during the school year at YAC. For more information about Youth Sports visit our website at [www.navymwrmayport.com](http://www.navymwrmayport.com) or call YAC at 904-270-5421.

# MWR Sports, Fitness Program For Sailors And Their Families

**Aquatics**  
**Thursdays: Family Swim.** 4 p.m. - 7:30 p.m. Protect your skin and swim indoors! Enjoy Family Swim Thursdays from 4 p.m. - 7:30 p.m. This non-structured activity allows your family to practice their swimming skills.

**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

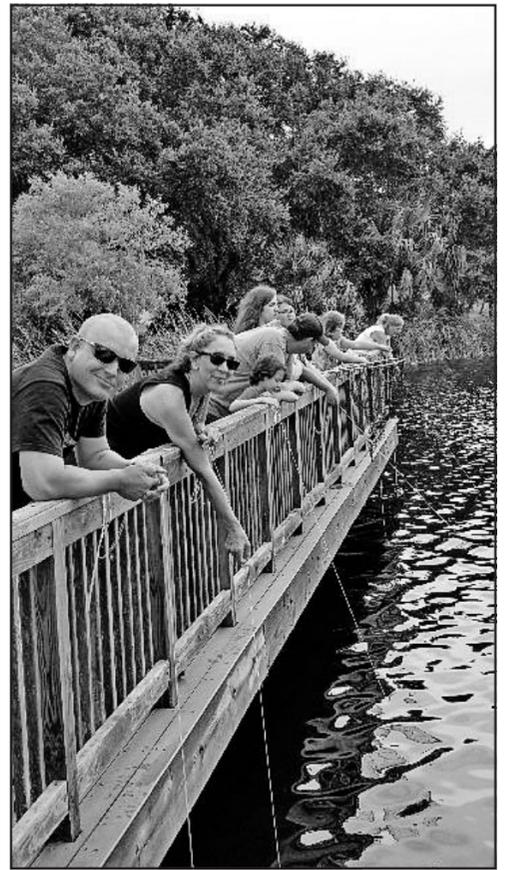
and closed on Monday.  
**Fitness**  
**1,000 Pound Club:** Put your strength to the test and become a member of the Mayport Fitness 1,000 Pound Club! Lifter must meet or exceed 1,000 pounds with any combination of the three lifts: bench press, back squat, and deadlift. Simply set up an appointment with a fitness specialist. Membership includes a certificate and lift-

er's name on the 1,000 Pound Club board in the Fitness Center.  
**Aug. 18: The Mayport Mud Run.** It's time to get dirty! This year's race will feature even more extreme challenges like the Hercules hoist, vertical walls and more! The Jr. Mud Run starts at 8 a.m. for ages 8 - 13 and the Mayport Mud Run starts at 9 a.m. for ages 14 or older. The fun continues with an after party featuring live

music, bounce houses, food and refreshments. Registration is only \$15 per adult, \$10 per youth, and \$25 per guest until Aug. 17. Late registration is \$20 per adult, \$15 per youth, and \$30 per guest on the day of the event \*if available.

**Intramural Sports**  
**Aug. 8: Captain's Cup Tennis Organizational Meeting.** 11 a.m. at the Fitness Center.

## Crabbing Class



-Photo by Wendy Sawyer

Participants in the Crabbing Class July 19 at Lake Wonderwood. MWR offers a variety of activities through Outdoor Adventures. Upcoming events include, Surf Fishing Aug. 9 and the Great Navy Campout Sept. 15-16.

# MWR Offers Food Options

**Foc'sle Lounge at the CPO Club**

Find great food and fun in the Foc'sle Lounge at the CPO Club which overlooks the Atlantic Ocean. The CPO Club is open Tuesday - Friday for active duty, reservists and retired chief petty officers and their families. We are open to all hands Tuesday - Friday for lunch from 11:00 a.m. - 1:30 p.m. Every Wednesday from 11 a.m. - 1:30 p.m. enjoy 3 pieces of fried chicken, mashed potatoes, green beans, a roll, and a water or iced tea for only \$8.50. Bring your trivia team and test your knowledge at our weekly All-Khaki Trivia Night, every Tuesday at 6 p.m.

**Bogey's Restaurant at Windy Harbor Golf Club**

Bogey's Restaurant is dually named for a bogey, the term for one over par, and for Humphry Bogart. Our menu offers American classics themed around Bogart's career. We are open for breakfast and lunch, seven days a week. We offer a full-service restaurant, a full-service bar, and can cater any function at the Grove Conference Center.

**Fast Lanes Grille at the Bowling Center**

Fast Lanes Grille serves all of your classic American favorites in a diner-style restaurant. Join us for breakfast, lunch or dinner! Our Military Appreciation \$1 hot dogs and sodas are served on Wednesday until 5 p.m. Grab a quick bite to eat or sit down with the whole family!

**Loggerheads Pub**

This Irish-style pub, located in the Mayport Beacon is open to all-hands and features a full-service bar, monthly Pay-Per-View UFC fights, ESPN College GameDay Football and the NFL Sunday Ticket. Open seven days a week at 5 p.m. for patrons 21 and up.

**Participants must be born between 2001-2013**



**Registration: June 23- August 17**

# Youth Fall SOCCER

Season begins Sept. 22, 2018

Soccer Parent Meeting  
Aug. 23 • 6 pm at the Youth Center  
Aug. 25 • 10 m at the Youth Center

Register at the Youth Activities Center Monday-Friday 11:30 am-6:30 pm.  
Cost is \$50 per Player Payment due in full at time of registration.  
Open to Active Duty, Retirees, & DoD

We're looking for head coaches & assistant coaches.  
Contact the Youth Sports Coordinator for information. (904) 246-0362






**August 18, 2018 at Sea Otter Pavilion**

**Dirtier, Wilder, and Muddier than ever! The Mayport Mud Run returns with new obstacles, tougher challenges and more fun than ever before!**

8 am- Jr. Mud Run  
9 am- Adult Mud Run waves begin  
9:45 am- After Race Party featuring refreshments, photo ops, Kid Zone live music and more!

Registration available for our 5K Mud Run or our Jr. Mud 1 Mile Run Register by July 15 for Early Bird Pricing Event will fill, so sign up today!

Fee includes Poly-dri t-shirt, custom medal, beverage ticket, refreshments and more (Jr. Run participants do not receive shirt)  
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