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# THE Periscope

KINGS BAY, GEORGIA

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Thursday, October 3, 2013

## Contract awarded for Wharf One work

Precon Marine of Chesapeake, Va., to complete work in early 2015

From Naval Facilities Engineering Command, Southeast Public Affairs Office

Naval Facilities Engineering Command Southeast awarded a \$10.5 million contract Sept. 20 to Precon Marine Inc., a small business entity based in Chesapeake, Va., for refit and repairs of Wharf One at Naval Submarine Base Kings Bay.

"Wharf One was built in 1987 and now needs this recapitalization project," said James Moore, Public Works Department Kings Bay Waterfront Planner. "Things you don't see, but are necessary for the structural integrity

will be repaired. Our goal is to be good for another 30 years."

The work to be performed provides for reinforced concrete repairs on piles, pile caps, bull rails and edge beams.

An impressed current cathodic protection system also will be installed on reinforced concrete pile caps and will include the installation of anodes and a bonding harness system on steel fender piles and camel guide piles.

ICCPs are commonly used where there are increased current requirements for corrosion protection, where the driving voltage is greater than what can be obtained

with galvanic systems and where there may be a need for enhanced control of the system.

Wharf One also will undergo a thorough cleaning, coating and installation of fender wraps to steel fender piles, and cleaning and coating of steel camel guide piles.

"This is a great opportunity for our small business partners," said Nelson Smith, NAVFAC Southeast small business deputy.

**"This is a great opportunity for our small business partners."**

**Nelson Smith**  
NAVFAC SE small business deputy

See Contract, Page 7



Navy photo by MC3 Ashley Hedrick

Dr. Gary Chapman speaks to Sailors at the Kings Bay Chapel during his Fleet and Family Support Center-sponsored seminar.

## Translating the language of love

Dr. Gary Chapman's seminar helps couples communicate during deployments

By MC3 Ashley Hedrick  
Naval Submarine Base Kings Bay Public Affairs

Deployment can be hard military couples. Trying to stay emotionally connected to a deployed spouse can take its toll on an existing relationship.

Dr. Gary Chapman, a relationship counselor and author of *The Five Love Languages* series, talked to Sailors at Naval Submarine Base Kings Bay Sept. 24 about how to show and understand emotional love.

"The purpose of this seminar is to help those who are married learn how to com-

municate love effectively," Chapman said. "Most married couples love each other, but often they do not speak the right language. They do not emotionally connect with each other."

Chapman said there are five ways to effectively show love to a spouse: communication, acts of service, gifts, quality time and physical touch and that each person has a primary love language, but seldom do a husband and wife have the same one.

His seminar is to help married spouses and others understand the concept of the different love languages and how to discover their own language, Chapman said. It also helps them discover their spouse's language so that they can communicate effectively.

Audience member YN2 Brian Williams said Chapman's seminar emphasized the importance of ways to make

See Love, Page 3

**"Most married couples love each other, but often they do not speak the right language."**

**Dr. Gary Chapman**  
Author, *The Five Love Languages* series

## Federal workers go home

Government shutdown affects more than 100 here at NSB Kings Bay

From The White House, Department of Defense and The Periscope staff

The Federal Government shutdown Oct. 1 in the wake of the absence of funding beyond fiscal year 2013.

How long workers remain away is unknown. Federal employees in positions such as all military members, air traffic controllers and postal employees remain on the job.

Naval Submarine Base Kings Bay Public Affairs Officer Scott Bassett said more than 100 federal workers on the base are effected by the move.

President Barack Obama placed blame for the shutdown on Congress.

"Congress has failed to meet its responsibility to pass a budget before the fiscal year that begins today. And that means much of our Government must shut down effective today," he said in a statement published on navy.mil.

Secretary of Defense Chuck Hagel said Monday that while military personnel around the world would continue to serve in a normal duty status, a large number of civilian employees and contractors would likely be temporarily furloughed.

"To this end, DoD has been moving forward with necessary and prudent preparations," he said.

Two government shutdowns in 1995 and 1996 totalled 28 days.

## Clinic has Home Port

E-mail service one way to stay in touch

By Deputy Public Affairs Officer Jeanne Casey  
Naval Hospital Jacksonville

Naval Branch Health Clinic Kings Bay offers multiple ways for patients and their care teams to connect.

Patients with a primary care manager at NBHC Kings Bay can use a secure e-mail service called Medical Home Port Online, also known as RelayHealth.

Patients can use this system to e-mail their care team for non-urgent issues, request lab results and medication refills, and request appointments.

Because Medical Home Port



Photo by Jacob Sippel

A family medicine team nurse, Claudine Chandler, shows a patient, Aviation Electronics Technician 3rd Class Farrel Jennings, how to log onto Medical Home Port Online secure e-mail.

available by telephone during clinic hours, and nurse advice is available after-hours. NBHC Kings Bay patients call weekdays from 7 a.m. to 4 p.m. the appointment line at (904) 542-

person approach to health, to meet the patient's preventive, routine and urgent care needs.

"We're strengthening the

See Health, Page 3

## Fire Prevention Week set for Oct. 6 to 12

Kings Bay Fire Department schedules activities around base

From Naval Submarine Base Kings Bay Fire Department

Fire Department officials at Kings Bay will observe Fire Prevention Week Oct. 6 to 12.

This year's theme is *Prevent Kitchen Fire*. Each year the National Fire Protection Association has a new theme based on national trends, such as common causes of fires and common causes of injuries and deaths.

Kings Bay Commanding Officer Capt. Harvey Guffey signed a proclamation letter for this

year's theme. Throughout the week, the fire department prevention team will set up an information booth at the Navy Exchange and various

places on base with fire safety information, to introduce their latest fire extinguisher trainer and to demonstrate on how to properly extinguish actual kitchen fire.

Fire Prevention Week is the longest-running national safety education campaign.

Check us out Online!



kingsbayperiscope.com

## Local news and views

Naval Submarine Base, Kings Bay, Ga.



## Now hear this!

## ShipShape program starts Oct. 3

ShipShape weight loss begins Oct. 3. ShipShape is an 8-week nutrition and weight management course. If you are ready to adopt a weight-loss plan that you can comfortably follow and maintain for a lifetime, ShipShape is your answer. Make a plan that will work for you. Call Registered Dietician Mary Beth Pennington at 573-4731 for more information or to sign-up. Class starts at 11 a.m. Oct. 3 in the base Fitness Center classroom.

## NSB pet clinic vaccines Oct. 5

Is your pet due for vaccines or a heartworm test? Do you have trouble getting into see the veterinarian during the week? It's no problem anymore! The Kings Bay Veterinary Treatment facility is offering clinic hours 9 a.m. to 1 p.m., Saturday, Oct. 5. Call (912) 573-0755 to make your appointment. The pet must be registered with an active duty service member, retiree or dependent prior to the appointment. You can make an appointment for a healthy pet needing either vaccines (Rabies, \$10; Distemper, Leptospirosis, \$15; Kennel Cough, Feline Leukemia, \$18) or heartworm testing (\$25) by calling the clinic at (912) 573-0755. The pet needs to be registered with the clinic prior to the day of the appointment, and registration must be in person. Feel free to call with any questions.

## St. Marys Rock Shrimp Fest Oct. 5

The 41st annual Rock Shrimp Festival is Saturday, Oct. 5, in St. Marys. The festival is full day of events including a 5K and 10K races, 1-mile Kids Fun Run, a parade, entertainment, demonstrations, arts and crafts vendors and food concessionaires, plus dinners that include fresh rock shrimp. For information or questions contact the St. Marys Convention & Visitors Bureau at (912) 882-4000 visit www.smkiwanis.com.

## Shine speaker at MOAA Oct. 15

Army Lt. Col. Jonathon A Shine will be the guest speaker at the Oct. 15 meeting of the Kings Bay Chapter of the Military Officers of America Association monthly dinner, at starting at 5:30 p.m., Tuesday, Oct. 15, at Osprey Cove's Morgan's Grill. Dinner is \$20. RSVP with Capt. Oreen Crouch (Ret.) at (912) 729-2389 or at orren.crouch@tds.net by Oct. 11.

## Dolphin Store potluck Oct. 20

The Dolphin Store Kings Bay is hosting a potluck dinner at 3 p.m., Oct. 20 for all military active or retired spouses at Kings Bay Naval Submarine Base, to celebrate the new Chief Petty Officers at the Conference Center. Kings Bay Command Master Chief Randy Huckaba will be the guest speaker. RSVP by Oct. 5 at The Dolphin Store, inside the base library, 11 a.m. to 1 p.m., Monday through Friday with what dish you are making. For more details call (912) 573-6102 or e-mail at kbdolphinstore@hotmail.com.

## St. Mary's haunted tour Oct. 18

Some of St. Marys' most chilling and historical figures will be out on Oct. 18 as the St. Marys Downtown Merchants Association presents its 5th Annual Haunted History Tour. Tickets can be purchased in advance at Once Upon a Bookseller at 207 Osborne St. and at the St. Marys Welcome Center. Advance tickets are \$8 and \$10 on the day of the event. Groups of 20 or more can purchase tickets for \$5 each. For more information, call (912) 882-7350.

## Taste of Camden set for Oct. 17

Taste of Camden is 4 to 8 p.m., Thursday, Oct. 17 at the Kings Bay Village Shopping Center. In addition to our food exhibitors, the event will now include wine tasting with commemorative glasses. Tickets are available online or at Tribune & Georgian or the Kingsland Welcome Center; \$15 with wine tasting and \$10 without. Save \$2 per ticket on any purchased before Oct. 17 while supplies last.

## Student rewards back at NEX

In the Navy Exchange's A-OK Student Reward Program qualified students participate quarterly drawings for monetary awards for college. Any eligible full-time student that has a B-grade point average equivalent or better may enter. To enter, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

## Fire Prevention Week Oct. 6 to 12

From Naval Submarine Base Kings Bay Fire Department

## Kings Bay Fire Dept.

Most home fires are easily preventable when you narrow your focus and take personal steps to increase your safety.

One way to do this is by proactively combing through each room in your home, finding signs of danger and fixing them.

The following are the dos and don'ts on kitchen fires. To properly handle stove fires:

- Never try to pick up a pan that is on fire. It's all too easy to burn your hand and spill the contents of the pan, which will allow the fire to spread. Never pour water on a stove fire, especially if there is any grease, as this can cause the fire to explode into a fireball.
- A small pan fire on your stove

can usually be extinguished by turning off the heat and covering the pan with its lid to smother the flames. You also can smother a small pan fire using baking soda, so it's a good idea to keep baking soda handy near your stove. For larger fires, you will want to use a fire extinguisher. So be sure to keep a tested, UL-rated fire extinguisher easily accessible in your kitchen and to be familiar with its instructions and how to use it in an emergency.

The best strategy for stove fires is to prevent them from occurring in the first place. Here are some tips to keep in mind for preventing stove fires in your home:

- Never leave food unattended

while cooking. Even a few seconds is enough for a fire to break out, especially if you are cooking with fats such as oil, or sugar.

- When cooking with any oil at a high temperature, give your stove your full attention. Grease, oils and fats are the most common cause of stove top fires. The hotter they get, the more dangerous they become.

- Avoid loose-fitting clothing, and tie back long hair when cooking at your stove.

- Make sure the stove top is always clean and clear. Never leave wooden or plastic tools, dish towels, or other items on the stove top. Take care to only turn on the burner you intend to use, to prevent igniting a fire in the wrong place.

- Clean your stove after each use

See Fire, Page 3

## Online training accounts locked

By Susan D. Henson

Center for Personal and Professional Development Public Affairs

Sailors trying to access their Non-Resident Training Course online account may not be able to access them without assistance, said Center for Personal and Professional Development officials Sept. 16.

NRTC accounts not used in the last 30 days have been disabled, according to Tom Phillips, CPPD's NRTC program manager.

Accounts were locked as a result of computer security measures ordered by the Defense Department and U.S. Navy's cyber commands.

## CPPD

Since the order took effect Aug. 21, more than 187,500 accounts have been locked. Users who have a locked account should contact the CPPD Voluntary Education Support Site in Pensacola, Fla., for assistance in regaining access.

The VOLED team in Pensacola can be reached anytime via email at NRTC@navy.mil and Monday through Friday by commercial phone at 1-(877) 264-8583, or DSN at 753-6070.

"NRTC help desk staff members

are unlocking accounts upon user request," Phillips said. "As of Sept. 13, we've unlocked 2,865 accounts and are working to meet user requests as quickly as possible."

Capt. John Newcomer, CPPD's commanding officer, said security risks are part of our daily lives, and managing that risk is necessary.

"While this can be seen as an inconvenience, security and risk management are important to keeping our Navy team as safe as possible," Newcomer said. "We are working hard to ensure Sailors regain timely access to courses that will help them improve professionally and personally."

## Thanksgiving letters for troops sought

From The Bert Show

## Big Thank You

Every single service member deployed outside the United States deserves to receive a letter of gratitude on Thanksgiving Day.

The Bert Show, a nationally syndicated radio program, and its listening community want to give our troops a *Big Thank You* with a little taste of home this Thanksgiving.

In 2007, 375,000 letters to troops all over the world were successfully sent. In 2011, The Bert Show community helped to express a *Big Thank You* with more than 405,000 letters.

This year the goal is the same, to provide a letter of appreciation to each service member deployed outside the United States. It can only be done with your help. By pulling together, this project can be a success.

Each letter should be heartfelt, handwritten, original and free of

any political statements. The purpose of the letter is to express thanks to the military personnel currently deployed outside the United States.

The Bert Show reserves the right to eliminate those messages that are political in nature and do not reflect a positive message in the spirit of Thanksgiving.

Get a letter writing campaign started. Everyone in your school, church, civic group, sorority/ fraternity, office or neighborhood is welcome to write letters. Give that troops that much-deserved show of appreciation by writing a letter of thank you

Here are some guidelines:  
 ■ All letters must be on 8.5-inch by 11-inch paper or smaller.  
 ■ Do not use glue, tape, staples,

cardboard, glitter or otherwise attach anything to the paper.

- No construction paper.
- Decorate using crayons, markers, pens or pencils.
- Use both sides if you like, but use one page per letter only.
- Do not send greeting cards or photographs.
- Feel free to include your mailing and e-mail address.
- Individual letters should not be sealed in envelopes.
- Do not send anything except letters.

Donations of any kind should not be included or attached to letters and cannot be accepted.

Letters can be dropped off by Oct. 22 at Lori Lamoureux's office at Naval Submarine Base Kings Bay Security in Building 2026, 1115 Henry Clay Blvd.

For more information, call Lamoureux at 573-4235.

## MOAA has military spouse survey

From the Military Officers Association of America

On Sept. 16, the Military Officers Association of America and Syracuse University's Institute for Veterans and Military Families launched The Military Spouse Employment Survey.

This anonymous survey provides a platform for all military spouses to share their challenges of employment while on active duty.

Its results will enable MOAA and the IVMF to better understand military spouse unemployment and underemployment.

The survey, which is voluntary, will take approximately 30 minutes to complete and will be available through Oct. 16. To access the survey and for additional information go to [www.moaa.org/milspousesurvey](http://www.moaa.org/milspousesurvey).

This study will focus on the employment pattern of all military

spouses, especially related to their long-term career trajectories.

All active duty, National Guard and Reserve, veteran, and surviving spouses who are 18 years and older are encouraged to participate by sharing their stories, experiences and lessons learned.

According to the 2010 Department of Defense Manpower Data Center, there are 725,877 spouses of active duty servicemembers and 413,295 spouses of Reserve and Guard members.

In addition, an estimated 15 million veterans' spouses and more than 5.8 million surviving spouses live in the U.S.

"MOAA has been a leader in identifying and addressing issues related to spouse employment and this effort will allow us to further our work in this area," MOAA president Vice Adm. Norb Ryan said. "We believe the data from this survey will shed

light upon challenges spouses face with their employment goals so we can better address their issues."

"We believe this research will provide insight into both employment and career barriers and opportunities for military spouses, including career progression," said Mike Haynie, IMVF executive director. "Further understanding of these issues will also contribute to our ability to provide support as military families transition to being veteran families. We look forward to working with MOAA to identify important policy issues and practices related to military spouse employment that will impact both the military and veterans communities."

To encourage as much participation as possible, please share the *MilSpouseSurvey* with other military spouse communities.

Survey results will be released in the spring of 2014.

THE **Periscope**  
KINGS BAY, GEORGIA

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**NSB Kings Bay Executive Officer**  
Cmdr. Ed Callahan

**NSB Kings Bay Command Master Chief**  
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# Navy recommends security procedure changes

By Jim Garamone  
American Forces Press Service

The Navy has recommended three changes to security procedures following the Washington Navy Yard shooting Sept. 16 in which a Navy contractor killed 12 people at the facility.



**Mabus** M. Garcia, the assistant secretary of the Navy for manpower and reserve affairs, studied the service record of the shooter, Aaron Alexis, to see how his conduct "did or did not meet the threshold for the sustainment of his security clearance and fitness for Naval duty."

One recommendation, which must go to Defense Secretary Chuck Hagel for approval, is that all Office of Personnel Management investigative reports include any available po-



Navy photo by MC2 Pedro A. Rodriguez  
**An F.B.I. evidence response team collects evidence at Building 197 at the Washington Navy Yard. A gunman killed 12 people at the base Sept. 16.**

lice documents related to the subject being backgrounded. Navy Secretary Ray Mabus has already approved two other recommendations.

The first will require command security manager responsibilities be

assigned to executive officers or other senior members of commands.

Currently, junior officers hold those responsibilities.

The second is to "require senior-level accountability on all detachment of

individual evaluations/fitness reports."

A senior Navy official discussed the timeline of Alexis' service and what the Navy knew about security problems during a Pentagon background briefing. Alexis' service went from 2007 to 2011.

"Looking individually at the events, as we knew them at the time, it's very

## Shooting probe to begin

From Secretary of the Navy Public Affairs

Secretary of the Navy Ray Mabus announced Sept. 26 that the Navy will conduct an official investigation into the fatal shooting incident at the Washington Navy Yard Sept. 16.

Adm. John M. Richardson, Director Naval Nuclear Propulsion Program, is designated as the investigating officer.

"In the aftermath of the Sept. 16 tragedy at the Naval Sea Systems Command Headquarters at the Washington Navy Yard, it is critical for the Navy to undertake a comprehensive, critical assessment of all factors leading up to or influencing this devastating event," Mabus said. "This assessment must identify and address relevant deficiencies, if any, in Navy policies and procedures in order to ensure the continued safety and well-being of all Department of the Navy and contractor personnel."

The investigation into the incident will address associated security, personnel, and contracting policies and practices, in an effort to identify any deficiencies in or noncompliance with applicable laws or regulations.

The report of findings will be submitted in November.

difficult to see a glaring indicator that there is any kind of potential for the events that took place last week, the senior Navy official said.

Many questions were raised about how Alexis,

a former sailor and Navy contractor at the time of the shootings, received a secret security clearance.

Three years prior to his enlistment, Alexis shot out

See Security, Page 6

## Health

From Page 1

patient-provider relationship, in an environment where both staff and patients PCS and deploy, with team-based care," said Capt. Troy Borema, a family medicine physi-

cian. "Patients' secure e-mail access to their team is one aspect of that care."

NBHC Kings Bay Primary Care/Family Medicine has two teams — a black team and a maroon team.

To meet the PCMs on each team, click on "Medical Home Port" on the command website at [www.med.navy.mil/sites/ navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax).

NBHC Kings Bay is one of Naval Hospital Jacksonville's six health care facilities in Florida and Georgia.

Of NH Jacksonville's patient population, about 163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen and their families, more than 57,000 are enrolled with a PCM at one of its facilities.

## Fire

From Page 2

to prevent spills that could later fire on the burners.

■ Clean under the burners regularly to prevent fires from excess food. Cleaning the reflector pans under the burners

also helps to maintain the energy efficiency of your stove.

If you have a gas stove, regularly check for gas leaks, and if you notice any stove parts getting rusty or old, be sure to get them replaced. Any time you smell gas, turn off your gas at the source, open windows and quickly exit the house. Do not touch any

electrical switches, and do not use a phone to call the fire department until you are outside your house. Switches and phones can emit tiny sparks that can ignite a gas cloud.

The Kings Bay Fire Department staff is encouraging you and your family to put safety first during Fire Prevention Week and year round.

## Love

From Page 1

relationships work when both parties have different love languages.

"I really enjoyed it because it will help me prepare for a serious relationship in the future," he said.

It may seem impossible to emotionally connect to a spouse many miles away. Chapman said that as long as communication has begun before deployment, it is possible to stay connected to a spouse.

"Often when we are deployed, we disconnect

emotionally," he said. "That makes re-entry more difficult. If we can learn the love language concept, speak each other's love language when we are together, and when we deploy, continue to speak that language, you stay emotionally connected even though you are physically apart."

Chapman said he continues to help couples around the globe. He is the director of Marriage

and Family Life Consultants Inc. and has a radio program on marriage and relationships that airs on more than 100 stations via the Internet. His book *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* has sold more than 6 million copies in English and has been translated into 38 different languages.

In September 2013, *The 5 Love Languages - Military Edition* was released.

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# Big Truck Day

## at Naval Submarine Base Kings Bay's Youth Center



Clockwise from above, Ranger James Armstrong shows Youth Center students equipment used by the Georgia Forestry Commission during a Sept. 26 program.



Navy photos MC3 Ashley Hedrick



Youth Center pre-school teacher Michaela Creighton takes a picture of the students by a flat-bed truck used to move tractors and bulldozers.



# Around Kings Bay

## Cartoonists visit



Navy photos by MC3 Ashley Hedrick

Above, left, Eddie Pittman, the cartoonist for Disney's *Phineas and Ferb*, sketches Agent P for Lance Cpl. Adam Haseley during a USO meet-and-greet at the NSB Kings Bay Galley, Sept. 25. Cartoonists were invited to make sketches for personnel. Above, Rob Smith Jr. draws at caricature of CS2 Marcus Branch.



## Accident free

Balfour Beatty Communities staff at Naval Submarine Base Kings Bay celebrated 1,400 days of being accident-free, with Kings Bay executive officer Cmdr. Ed Callahan, left, and Command Master Chief Randy Huckaba, right.

Courtesy photo

## Adopt-A-School

Kings Bay School Liaison Officer Clainetta Jefferson spoke with command and school representatives about the Adopt-A-School program between the base and Camden County Schools.

Navy photo by MC2 Cory Rose



## Fire Prevention Week

Courtesy photos

With NSB Fire Department officials in attendance, Kings Bay Commanding Officer Capt. Harvey Guffey signed a proclamation proclaiming Oct. 6 to 12 Fire Prevention Week at Kings Bay.

# Today's Chiefs embrace past, look to future

By MCCS Michael Lewis and Terrina Weatherspoon  
Defense Media Activity

Mid-September is arguably the most important time of the year to a U.S. Navy chief petty officer. This is when newly accepted chiefs are frocked during a time-honored pinning ceremony, when their plain khaki uniforms are transformed by the coveted fouled anchors.

These ceremonies, which are held worldwide regardless of where the chiefs are stationed, are the culmination of the final piece of CPO 365.

Although this process has changed names many times since the Navy's inception of the chief petty officer rank in 1893 the purpose has remained unchanged: to prepare first class Sailors to be the chief.

The role of a Sailor has changed drastically over the past decades.

In order to respond to ever-changing duties, chiefs determined that Sailors needed to start training immediately upon selection to first class petty officer.

The training expanded from a six-week crash course to a year-long program geared toward constant and consistent preparation. CPO 365 was born, a program that then-Master Chief Petty Officer of the Navy Rick West implemented three years ago.

"CPO 365 was developed for a few reasons," West said. "First and foremost, it was brought forward to ensure our first class petty officers were more ready to enter the CPO Mess and to bring them alongside our CPOs early to gain the knowledge, skills and abilities to be successful. We continue to put a lot of responsibility on our first classes and CPOs and we need to ensure they are trained and updated on continuing bases."

The program was initially a three-phase training process that excluded FCPOs from participating in the second phase if they didn't pass their rating exam and then excluded them from participating in the third phase if they weren't selected for chief. It has now evolved into a two-phase process that allows all FCPOs to continue their training whether or not they were selected.

When the E-7 results are released, FCPOs who are selected are allowed to start a series of specialized training sessions, in addition to the regular CPO 365 events, to help prepare them for their transition to chief. Despite criticisms of the many changes, CPO 365 is a step in the right direction.

"At this particular point of time in our history, I believe CPO 365 provides us with the best training opportunity," said current MCPON Michael Stevens. "However, I am also confident that in time CPO 365 will also change because that's what we do, we constantly evolve. I'll be a retired MCPON years from now and there will be a new name, a new process and new way of doing business to train our chiefs. I'll trust that it was put in place because the times that our future Sailors will serve



Navy photo by MC2 Cory Rose

Kings Bay Chief Petty Officer Selects march into the Navy Exchange to begin CPO Night, Aug. 20.

necessitate that."

West, who retired as the 12th MCPON in 2012, said "I made CPO in 1988. From where we were then to where we are now, we are absolutely moving in the right direction. Could it be better? You bet. It will continue to evolve as our great Navy moves forward and the collective mess combines their inputs."

Despite the negatives, CPO 365 is designed to continue to deliver quality chiefs to the fleet. This process is built by chiefs, run by chiefs and truly focused on Sailor development.

One of its main purposes is to put newly selected E-7s in direct contact with seasoned chiefs. This allows an expedited development of the new CPOs as well as a chance for them to interact with their mess and grow comfortable with their selection.

"We are in a new era in which regard to training new chiefs," said retired MCPON Jim Herdt. "It's important for chiefs who were brought up in another process to not condemn or measure them. They are different, much like I was different from the chiefs who trained me."

"Most people think that we have this process so chiefs can prepare CPO selects to join the Chiefs Mess. I believe that it's more than that," said Herdt, who served as the Navy's 9th MCPON. "This timeframe is set aside so chiefs worldwide are able to rededicate themselves and remind themselves of what being a chief is really about. It's like having a booster shot of 'Chief' every year."

MCPON Herdt stated that without this process, we would be more like our sister services and have three separate senior enlisted ratings with no continuity between them.

Army Sgt. 1st Class Mary Ferguson was granted permission to go through CPO 365 while stationed at Fort Meade, Md., in 2011. After her first request was denied, MCPON West finally granted her the ability to participate, but only after she filed the correct forms and requests through her chain of command, wrote a point paper about how this process would benefit both her and the Army, and attended CPO 365 in its entirety. She was

able to convince her Army leadership that participating in CPO 365 would make her a better Soldier.

"Prior to [CPO 365] I had attended three different NCO education courses in the Army, each approximately three to six weeks in length. All of those were at academies with dedicated instructors. All of my normal missions completely halted while I attended those academies," said Ferguson. "I had one, maybe two NCOs training me in each course, and those instructors were also completely pulled from doing their usual missions in the Army. I walked away from [CPO 365] with a great deal more from a Mess that continued to handle its daily missions, as did I. There is nothing like the power of the Mess to train itself, take care of troops, and make things happen."

One thing leaders need to understand is this is not supposed to be taking folks out of their commands all the time, said West.

"This is about providing a venue and an opportunity to bring quality training sessions to the particular group — a building block," said West. "The sad thing

is you can make FCPO and not receive any other formal classroom training on leadership. This is another way to invest in the growth of our enlisted leaders."

Ferguson agreed. "I loved CPO 365. I loved what it put me through personally, and I loved what I saw it do to my brothers and sisters. I do agree that it should be a 365-day process. I think a mixture of the two is great. Having that lead off time to cover Navy programs and procedures really helped. The whole process was so foreign to me, because it is so unlike anything we go through in the Army. But it was one of the best experiences of my life. I love the Army, and I've made some amazing lifelong friendships in the Army, been through some incredibly things with some folks, but nothing, absolutely nothing compares to that moment when somebody hears those words, 'Welcome to the Mess!' ... it's monumental, it's motivating on a whole other level," said Ferguson.

MCPON Herdt noted that arguably we are making better chiefs today than we ever have in the past.

"Today's chief petty officers are no doubt taking the high road with their training. They have the ability to be innovative and aren't afraid of change," said Herdt. "I'm so proud of today's chiefs. They don't understand how truly good they are at what they do. Their pride in appearance and physique and their leadership skill has never been better than it is today."

Chief Hospital Corpsman Joe Santos, U.S. Pacific Fleet's Sailor of the Year and a newly promoted chief, noted that a lot of information gained during Phase II can't be learned in a classroom setting.

"An academy setting would truly take away from the importance of what it means to be called 'The Chief,'" Santos said. "Growing up in the Navy, I've always heard that chiefs are not born, chiefs are made by other chiefs, and I firmly believe the experience gained from Phase II prepares your mind to think, act and perform as a chief. You learn from each and every chief petty officer regardless of pay grade or whether they are active, retired or reserve."

"CPO 365 is about our moment in history more than it is about my belief that this is the absolute right way to do it," Stevens said. "I believe it's the right way to do it today, but I certainly can't speak for the future."

The Chiefs Mess has come a long way since its inception in 1893. No matter what the process is called today, U.S. Navy chiefs will continue to train their own and prepare them for the trials and tribulations of being and carrying the title "chief petty officer."

"I think CPO 365 has been hugely successful, mostly due to the many CPOs who have embraced the concept and moved it forward," said West. "Of those groups that have embraced the concept you can see those messes flourish. I say embrace the brilliance of the past to forge the future. We simply can't be looking backward when it comes to training our Sailors. We have to determine what we can do and move forward at All Ahead Flank."



Navy photo by MC1 James Kimber

Then-Command Master Chief Brett Prince of Submarine Squadron 20, and then-Chief (select) Electrician's Mate Mitch Steinhauer, Trident Refit Facility, prepare to perform morning colors Sept. 15, 2011 at Naval Submarine Base Kings Bay.

## Security

From Page 3

the tires of a construction worker's vehicle in Seattle. No charges were filed.

Upon entering the Navy Reserve in 2007, OPM initiated an investigation. The check turned up Alexis' fingerprints in the FBI system and investigators became aware of the incident in Seattle. OPM sent investigators to speak to Alexis at Great Lakes Naval Training Center, Ill. There was no mention of the incident involving firearms in the OPM report to the Navy.

The OPM report to the Department of the Navy Central Adjudication Facility determined Alexis was eligible for a secret clearance with one caveat — he had negative credit information.

During his Navy service, Alexis received a non-judicial punishment for an unauthorized absence during service with VF-46 in Atlanta, Ga. His unau-

thorized absence coincided with a brief stay in jail after being arrested for disorderly conduct outside a nightclub.

There were other incidents, but there were no further Article 15s. In one, Alexis discharged a firearm in his quarters.

He stated he accidentally discharged the weapon while cleaning it.

His commander initi-

ated actions to administratively separate Alexis from the service, but once the charges were dropped, that process stopped.

On December 2, 2010, Alexis requested separation from the service in accordance with a reduction-in-force program. On Jan. 31, 2011, he received an honorable discharge with a reenry code of RE-1 - the most favorable code.



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# Morale, Welfare and Recreation happenings



Periscope file photo

Trident Lakes Golf Club hosts the Parent & Child Tournament Oct. 12 and Night Glow Golf Oct. 25.

## Parent & Child golf Oct. 12

The Parent & Child Golf Tournament is swinging your way Saturday, Oct. 12. Trident Lakes is presenting another great adventure for you and your child to do together. Registration begins at 11 a.m., with lunch served at 11:30 a.m., then a shotgun start at 1 p.m. Format is 18 holes with a Best Ball of parent & child. Cost is \$30 per team including golf, lunch, door prizes and lots of fun. For the younger crowd a 9-hole course is set up with cost of only \$20. This is open to all patrons, but space is limited so sign-up early at the Pro Shop Customer Service Counter or call (912) 573-8475.

### Night Glow Golf Tournament

### Liberty call

— It's Friday, Oct. 25 at Trident Lakes Golf Course, with a 4 p.m. shotgun start. Cost is \$25 for members, \$30 for military and \$35 for civilians. Play nine holes in daylight, then dinner and drinks, and nine holes in the dark with glow-in-the-dark balls. Cost includes for each person golf, dinner, prizes and two glow balls. Call for reservations now at (912) 573-8475.

■ **Movie Under the Stars in October** — Fall is here and so are the Movies Under the Stars, at dusk, about 7 p.m., Saturday,

Oct. 21 at Youth Center Ballfields. There's free admission with the feature presentation *Epic* (PG). Bring your own lawn chairs, blankets and movie snacks. November's movie on Nov. 9 will be *Despicable Me 2*. For more information about the movie call, (912) 573-4564

■ **Canoeing on Crooked River** — Join Navy Adventures Unleashed when participants paddle down Crooked River to Harriett's Bluff and back on Saturday, Oct. 5. Leave Outdoor Adventure at 8 a.m. All interested patrons must pre-register. There is no cost to this event which is approximately 6.3 miles on Crooked River. Each canoe

## Gnomeo and Juliet plays

### Just for kids

Free Movies for the Kids Weekends for October are *Gnomeo and Juliet* Oct. 5 and 6, *Monsters University* Oct. 12 and 13, *Princess and the Frog* Oct. 19 and 20 at 1 p.m.. A special School Break Movies for October are *Monsters University* Oct. 10, *Tooth Fairy* Oct. 11, *Where the Wild Things Are* Oct. 14. The Movie Under the Stars scheduled for Oct. 20 is *Epic*. See Facebook under the events tab on mwrkingsbay page for the daily movie listing. All youths under 18 years of age must be accompanied by a parent or adult. Snacks foods and beverages are available for purchase. If 15 minutes after the scheduled start no one

comes in, the movie area will be available for open viewing. For the latest information, call (912) 573-4548.

■ **Officials needed** — The upcoming Youth Sports Soccer season runs September through October and if you are 14 years or older and interested in earning a little extra money, you are needed, certified or uncertified. A training date is to be announced. Basic knowledge of sports is required. For more information, contact Youth Sports at (912) 573-8202.

has space for a small cooler to hold snacks and drinks. The weekend of Oct. 18 NAU is offering a camping trip to Helen, Ga., with hiking and attending Oktoberfest on Oct. 19 and returning to Kings Bay on Oct. 20. The cost is \$50 for active duty and \$75 for guests.

■ **NFL Sunday Kick-Off is coming** — Morale, Welfare and Recreation is offering it in The Big EZ Sports Zone. Doors open at 12:30 p.m. with first game kickoff at 1 p.m. Snacks, door prizes and trivia games offered, with a \$5 buffet starting at 6 p.m., which will include variety of bratwurst, knockwurst, cheddarwurst with side options and fixings. Call The Big EZ for more details and game schedules at (912) 573-4564.

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■ **Tae Kwon Do** — It's at the Fitness Complex Tuesdays and Thursdays, 5:15 to 6:15 p.m. for 7 year olds and under, 6:15 to 7:15 p.m. for 8 to 12 and 7:15 to 8:30 p.m. 13 to adult. For more information, call (912) 573-3990.

■ **Domino's** — Like Kings Bay Domino's on Facebook to receive special "code phrases," daily specials, upcoming events and corporate promotions. (912) 510-5400. www.facebook.com/kingsbaydominos.

## Contract

From Page 1

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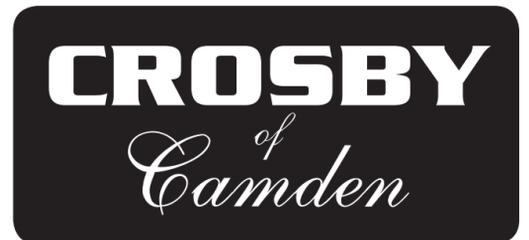
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# Up eriscope with Bill Wesselhoff

## What nicety is going on in your world?

My brother recently told me I am an ungrateful (expletive). So, for *Do Something Nice Day* Oct. 5 I plan to pop for his lunch, some prizes and just generally be as nice as pie. MCI James Kimber just did something nice for me. He's transferring to Japan and gave me an awesome TV set. What a nice guy he is! I went out to find out about niceties going on, whether people have done something nice, had something nice done for them or are going to do something nice Oct. 5.



**Sgt. Mark Pierson**  
Marine Corps  
Security Force Battalion  
Coldwater, Mich.  
"My mom watched the kids so my wife, Ashley, and I could go out for the first time in eight months. It was our anniversary."



**Elaine Deslauries**  
Family member  
Thompson, Conn.  
"I'm baby sitting my granddogs this weekend. My daughter has a Weimaraner and a German Shorthair."



**Clayton Wade**  
Retired Air Force  
Newark, N.J.  
"I pick up co-workers who are too far away from the building for lunch and then take them back."



**ET1 James Grimm**  
Trident Training Facility  
Coco, Fla.  
"My instructor at TTF let me off early to go to Orlando and pick up my car, which is being shipped from Hawaii."



**Leading Engineer Technician Chris Burke**  
HMS Vanguard  
Port Talbot, Wales  
"The Fraternal Order of the Eagles club here put on (chicken) wings and opened the bar and invited us to play pool and socialize."



**Erick Roberson**  
Navy Exchange employee  
New Cumberland, Pa.  
"I'll probably buy my mom a present for *Do Something Nice Day*, like flowers or something."

## Old salt takes tour of new submarine

By MCC William Clark  
Navy News Service

Navy veteran, Paul "Pappy" Lowe, visited the Los Angeles Class submarine USS Louisville (SSN 724), in Pearl Harbor, Hawaii, on Sept. 23.

The former submariner had not been onboard his former platform in decades and was amazed by the changes.

Lowe and his family, wife Herowina and son Marc, toured were given a guided tour of Louisville by Electronics Technician 2nd Class Paul Menchaca.

The tour marked the first time Lowe had been aboard a subma-

rine for Lowe since 1967, when he served as an Electronics Mate aboard a "Guppy" class submarine. Stepping on the warship, brought back the "familiar feeling of camaraderie," with fellow submariners, along with noticeable differences.

"There is so much more to learn, to qualify on," Lowe remarked. "We operated in the era of vacuum tubes and had two large, manually-operated wheels for the dive planes in the control room. We only had one deck level for all our work."

The tight spaces and passages also revisited memories, as did the galley and wardroom.



The Los Angeles class submarine USS Louisville (SSN 724) departs Joint Base Pearl Harbor-Hickam for a scheduled six-month deployment to the western Pacific Ocean.

Navy photo by MC2 Ronald Gutridge

He spoke of "SOS," his shipmate's code word for a diet staple, dried beef on toast.

As a crew member on USS Quillbeck (SSN 424) during the Cuban missile crisis, Lowe re-

called the intensity of the situation and how the crew was inspired by President Kennedy, as they deployed to Guantanamo Bay.

Lowe served on four different

submarines in his Naval career and thanked the current shipmates for "standing the watch" while he continued in other fields supporting our country.



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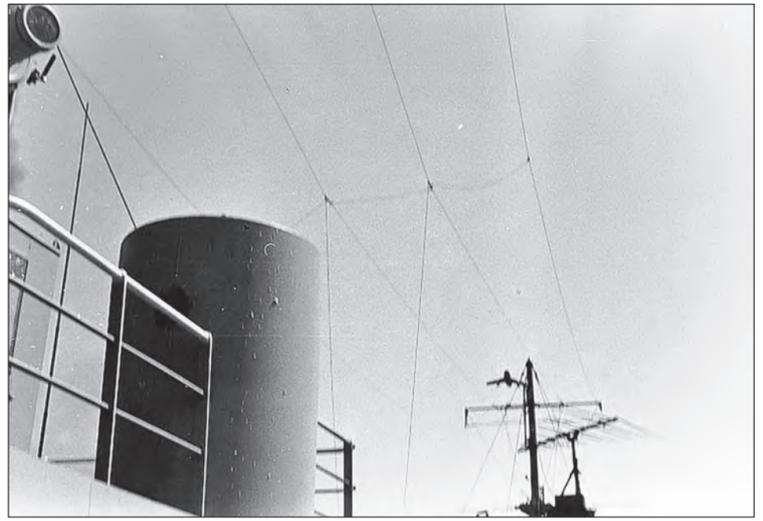


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Naval History and Heritage Center photo

An Israeli motor torpedo boat speeds past USS Liberty (AGTR-5), while it was under attack by Israeli forces off the Sinai Peninsula, June 8, 1967.



Naval History and Heritage Center photo

An Israeli Super Mystere French-built fighter-bomber passes over USS Liberty (AGTR-5), while she was under attack.

# 'Period of Peace' marred by incidents

By Edward J. Marolda  
Senior Historian, Naval  
Historical Center

Despite its heavy commitment to the war in Southeast Asia, the U.S. Navy was responsible for other security missions around the globe during the 1960s and 1970s. The Seventh Fleet kept watch over northeast Asia while the Sixth Fleet asserted a powerful presence in the Mediterranean. In both theaters, hostile forces attacked U.S. warships.

In June 1967, Israeli planes and motor torpedo boats unexpectedly attacked USS Liberty (AGTR02), an intelligence ship gathering information on the Arab-Israeli war that had just broken out.

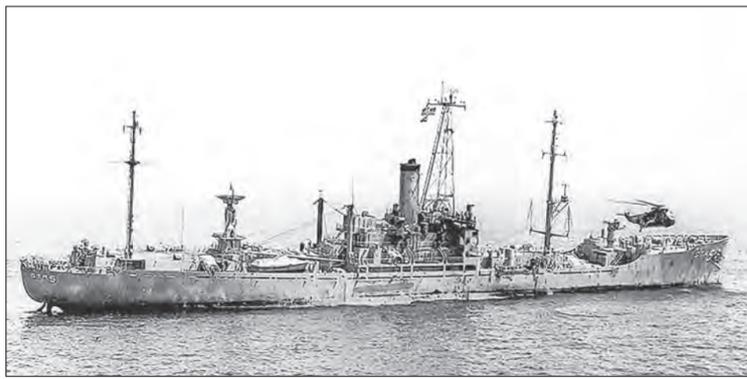
After the first attack, the Israelis struck again. In both instances hostile fire killed and wounded many

Liberty officers and blue-jackets.

In the emergency, the Commanding Officer, Cmdr. William L. McGonagle, displayed extraordinary courage and professionalism. Despite being seriously wounded and under fire, he stayed at his post on the shot-up bridge to coordinate defense of the ship, the work of damage control parties, and medical treatment for the many wounded Sailors.

As a result of his steady and skillful leadership, Liberty's crewmen efficiently extinguished fires that were ravaging the ship and prevented further flooding. He was instrumental in saving the ship.

Not until a U.S. destroyer had reached the scene, 17 hours after the start of the attack, did the bleeding and injured officer relinquish his post on the



Naval History and Heritage Center photo

USS Liberty (AGTR-5) receives assistance from the Sixth Fleet, after it was attacked and seriously damaged by Israeli forces. An SH-3 helicopter is near its bow.

bridge so that his wounds could be treated. Even then, he insisted that the more grievously wounded of his shipmates get medical care first.

Cmdr. McGonagle received the Medal of Honor for his worthy leadership and valor under fire.

As demonstrated in the Liberty incident, America's Cold War Sailors often risked life and limb to do their duty, even during periods of "peace."

This point was reemphasized the following February, when North

Korean naval forces fired on and seized USS Pueblo (AGER-2), another intelligence-collection vessel operating in international waters in the Sea of Japan.

For the next year, the North Korean Communists imprisoned and tortured her crewmen, coercing some to sign "confessions" of guilt and to make political radio broadcasts.

Other American Sailors died to help the Navy meet the serious threat posed by an increasingly capable and globe-ranging Soviet

navy.

As their fellow submariners in USS Thresher (SSN-593) which went down in 1,400 fathoms of water east of Boston in April 1963, the men of USS Scorpion (SSN-589) paid the ultimate price for their country when the ship imploded on the bottom of the Atlantic in the spring of 1968. The loss of these submarines and their crews reenergized the Navy's efforts to make America's submarine fleet the safest and most capable in the world.

Throughout the Cold War, the U.S. attack submarine fleets that operated in all the world's oceans, but especially in the Atlantic, became more and more effective at finding and trailing Soviet submarines, often without the knowledge of the latter. Both U.S. and Soviet submariners knew that if war broke out between their nations, the Americans had a decided advantage with their technologically superior warships and professional skills.

The 1970s marked a watershed in the social history of the U.S. Navy.

Under the spirited stewardship of Admiral Zumwalt, who served as Chief of Naval Operations from 1970 to 1974, the Navy Department worked to accomplish the full integration into the naval service of African-Americans and women.

In April 1971, Samuel L. Gravelly became the first black American to achieve promotion to flag rank and the following April, Alene B. Duerk became the first female to do so when she

See Cold War, Page 13



Naval History and Heritage Center photo

USS Pueblo (AGER-2) crewmembers at a press conference in North Korea, taken after they and their ship were captured off Wonsan on Jan. 23, 1968. Pueblo's Commanding Officer, Commander Lloyd M. Bucher, is standing in center.



Naval History and Heritage Center photo

Crewmen of USS Pueblo (AGER-2) eat at the United Nations Advance Camp, Korean Demilitarized Zone, following their release by the North Koreans Dec. 23, 1968. They are wearing clothing provided by the North Koreans.

## 2 killed in helo crash

From Department of Defense  
Public Affairs

The Department of Defense announced the death of two Sailors who were supporting Operation Enduring Freedom.

They died Sept. 22, as a result of an MH-60S Knighthawk helicopter crash while operating in the central Red Sea.

Both Sailors were assigned to Helicopter Sea Combat Squadron 6 at Naval Air Station North Island, San Diego, Calif.

Lt. Cmdr. Landon L. Jones, 35, of Lompoc, Calif., and Chief Warrant Officer Jonathan S. Gibson, 32, of Aurora, Ore., were killed. The location of the crash site is known, and an extensive area has been searched multiple times by various ships and aircraft.

The Knighthawk helicopter, attached to Helicopter Sea Combat Squadron (HSC) 6,



Navy photo by MCSN Chris Cavagnaro

Sailors embarked aboard the aircraft carrier USS George Washington (CVN 73) connect cargo legs and nets to an MH-60S Sea Hawk helicopter.

crashed in the central Red Sea Sept. 22, after conducting a landing on the deck of guided-missile destroyer USS William P. Lawrence (DDG 110) at approximately 12:40 p.m. Bahrain time.

The following assisted in the search and rescue: USS Nimitz (CVN 68), USS William P. Lawrence (DDG 110), USS Princeton (CG 59), USS Shoup (DDG 86), USS Stockdale (DDG

106) and USNS Rainier (T-AOE 7) as well as MH-60S Knighthawks from HSC-6, MH-60R Sea Hawks from Helicopter Maritime Strike Squadron (HSM) 75 and several P-3s from Patrol Squadron (VP) 47 and a U.S. Air Force HC-130.

The crash was not due to any sort of hostile activity.

The Navy is conducting an investigation to determine the cause of the incident.

## Airman at home on track

By Maj. Larry van der Oord  
14th Air Force Public Affairs

For most people, the thunderous setting of a NASCAR track on race day would not be considered a tranquil environment.

However, that's not the case with Tech. Sgt. Erin L. Tallman, non commissioned officer in charge of knowledge operations in the 14th Air Force Knowledge Management office at Vandenberg Air Force Base, Calif.

"It may seem weird, but being on the track with 35 cars going 200 miles per hour, while I can't hear anything, is actually calming and very relaxing to me," Tallman said.

In addition to her full time Air Force career, Tallman has been serving as a member of the Las Vegas Motor Speedway pit fire crew for more than seven years.

"Back in 2005 I went to a race as a volunteer to work security," said the Rhinelander, Wis., native. "I happened to meet the fire chief, and he said I had a good eye for safety. He invited me to come back in January



Air Force photo/Courtesy

Tech. Sgt. Erin L. Tallman, left, is geared up for her duties with the Las Vegas Motor Speedway Pit Fire Crew.

for training. So that's what I did, and I started working my first race in March 2006."

Tallman's training included hands-on lessons on how to maneuver fire extinguishers over the track's safety wall, as well as instructions on how to use the extinguisher if a driver is still in the car.

Crew members are also trained on other aspects of their counterparts' roles.

These duties include retrieving debris from the track, removing a driver

from a wrecked car and proper procedures for calling in tow trucks.

"It's very intense training," Tallman said. "But then again, racing is very intense and so are the crashes and fires. You have to be ready to react at a moment's notice."

Fast forward to 2013, and Tallman had 16 races under her belt with No. 17 coming up during the NASCAR Camping World Truck Series Race set for Sept. 28, in

See Track, Page 11

# A conversation with Vice Adm. Bill Moran

From Defense Media Activity

*Editor's note: Vice Adm. Bill Moran assumed the duties as the 57th Chief of Naval Personnel Aug. 2. He is responsible for the overwhelming majority of policies and programs that directly affect Sailors and their families. Moran takes helm of a command that has an operating budget of \$29 billion and a staff of more than 26,000 Sailors and civilians that perform a wide variety of missions, including managing Navy manpower, readiness, education and training, and professional development of Sailors. Moran sat down with All Hands Magazine Aug. 8 to talk about his priorities.*

find the right balance for the fleet so that they continue to operate forward, as Adm. Greenert [Chief of Naval Operations] talks about, we continue to put warfighters on the front lines, and that we are ready to go operate in any environment when called upon. And I think the Navy, in this environment, is going to be called upon more and more because coming out of Afghanistan and coming out of Iraq, there's a great sense that someone still has to be forward, keeping watch, being out there ready to protect the nation's interests, and I think the Navy's going to be a principal force in that.

You know, it's a long-winded answer to basically saying a lot of change is coming, potentially, a lot of change, a lot of pressure and a lot of uncertainty. So if I can help reduce that uncertainty, and give some stability and balance to the force, I think we'll have a successful time here.

**Q:** You mentioned a lot about uncertainty. What are some of the things that you can do in your position to quell some of that uncertainty in the fleet and give a little reassurance to the fleet?

**A:** It's going to take me a little bit of time and going out and talking to the fleet first. I really have to understand what's on their minds, what are they reading, what do they believe is the future from their perspective? I have my own perspective as a resource sponsor, but I've been locked up in the Pentagon for three years, and I haven't had the opportunity to get out and listen to the Sailors ... and folks that are operating forward. So I look forward to doing that. And once I get that sense from them, I think I'll be able to get back here and talk to the N1 and the personnel workforce that is trying to set the right policies, set the right tone, so that they have confidence in our decision making about the future. So it's too early for me to say, "I have the following things I'm going to do to create certainty." I need to get out to the fleet and really understand where they feel there's an uncertainty in the future.

**Q:** Can you tell me about your three "key words?"

**A:** I think they are words that resonate with everybody. Trust is one. I think if you're in the detailing business, or in the personnel business, often times, you don't feel like your constituents, the fleet, trusts you because there are many policies that come out and they seem counterintuitive, and sometimes they counter each other, and so people aren't real sure where



Navy photo by Matt Mogle  
Operations Specialist Seaman Monique Rodriguez demonstrates to Vice Adm. Bill Moran, Chief of Naval Personnel, Basic Ships Self Defense System console operations, during a simulation of Underway Strike Group Operations during his visit to OS "A" School at Center for Combat System unit, Great Lakes.

you're trying to go. I think that if we're going to be trusted by the fleet - and we have to be - we've got to get out and we've got to talk to them. We've got to understand what their concerns are, and we've got to show them through our actions and our policies, that we understand what is important to them, and what's important to the CNO, the Secretary, and the institution. And as long as we are doing that well, openly, and transparently, I think we'll earn their trust over time.

**Q:** And what about balance?

**A:** Balance is a lot of what you're seeing today when we're talking about fit fill. There is a lot of discussion in the fleet about, "Do we have the right fit for the type of Sailor with the right NEC, and the right experience levels at different places ... operating in the fleet?" And then there's the fill - I just need a body to be able to do certain types of work. Admiral Gortney [Commander, U.S. Fleet Forces Command] and his team are really driving us to try to satisfy the demand signal for the right Sailor at the right place at the right time, and there's a balance to that because

you can take all the Sailors you have at shore and put them to sea, and fill out the gaps that currently exist at sea, but then you leave big holes, potentially, in the shore establishments that train the Sailors that are going to sea. We've got to balance the sea and the shore piece correctly. We've got to balance the right training to effectively get the Sailor we want in a particular billet that is trained to the highest degree possible, given the time constraints, and making sure the ships and aircraft squadrons and submarines deploy with the right people.

**Q:** So, it takes a combination of trust and balance to reach the stability we're looking for?

**A:** Yes, stability takes a lot of meaning, but you're right. It is a combination. If we find the right balance and we achieve the trust, then there is a stabilizing influence in the lives of Sailors and their families because they are not guessing what's coming next. In this environment, where a lot of change could occur, that stability is going to come in the form of making sure that we don't change policies just for change's sake. That we find the right policies that are going to give that balance and trust back to the Sailors in a way that gives them ... a greater

**Question:** What are your expectations? What do you hope to be able to do during your tenure as Chief of Naval Personnel?

**Answer:** Well, I've thought about it a lot coming into the job. Principally, having come from the resource sponsorship over in director of air warfare and watching the challenges that we are going to be faced with in the Department of Defense and Department of the Navy going forward, the fiscal challenges ahead of us are going to be pretty difficult to deal with.

So, any time you've got that kind of fiscal pressure on an organization, there's likely to be a lot of change, and there's likely to be a lot of pressure to reduce force structure, potentially reduce the number of folks we have in the Navy, and that creates a sense of uncertainty throughout the fleet.

So my goal, hopefully at the end of my tenure here, is that we've been able to manage that in such a way that there is less uncertainty for Sailors and their families and the workforce. And we're able to

you can take all the Sailors you have at shore and put them to sea, and fill out the gaps that currently exist at sea, but then you leave big holes, potentially, in the shore establishments that train the Sailors that are going to sea. We've got to balance the sea and the shore piece correctly. We've got to balance the right training to effectively get the Sailor we want in a particular billet that is trained to the highest degree possible, given the time constraints, and making sure the ships and aircraft squadrons and submarines deploy with the right people.

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See Moran, Page 14

## Track

From Page 10

Las Vegas, Nev. As part of the track's pit fire crew, fire safety is the chief concern for Tallman and her teammates.

During races the crew is responsible for maintaining the fire extinguishers next to the wall on pit road. When the cars come in for pit stops, they stand ready to act if a fire breaks out from sparks that may ignite overflow gasoline during refueling.

There are also teams that work in the track's garage area to manage fuel stations that need assistance. In addition to fire safety, traffic control is also another area where crew members operate. After a promotion, Tallman now spends most her time on race day working in this capacity.

"I manage all the cars that come on and off the track," she said. "I stand at the entrance/exit of pit road, and if there is an accident the cars will come through me for direction on which way they need to go."

Tallman said one of her more memorable experiences working with the crew happened just after the LVMS track had been redone with new higher banks.

"It was the first truck race

and we were all excited about it," she said. "The trucks had gone out on the track, and I had just been moved up to traffic control. I was standing by the wall waiting for them to come down pit road when two trucks struck the inner wall and came sliding right at me. I had to jump back over the wall or I would have been hit. No one expected the trucks to actually come flying down pit road, but they did and they were sideways."

There are more than 100 members that come from

Utah, Texas, California and Oregon on Tallman's team.

"I would have never thought I would be working on a NASCAR track so close to the action," Tallman said. "It's an amazing feeling, and a once in a life time dream."

However, there may be one thing that could possibly make the experience even better.

"If they would just let me drive," she said.

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7:00 7:45 9:15 10:00

\*CLOUDY WITH A CHANCE OF MEATBALLS 2 3D (PG)  
(Fri-Sun 12:00 2:15) 6:45

\*CLOUDY WITH A CHANCE OF MEATBALLS 2 2D (PG)  
(Fri-Sun 1:00 3:00) 4:30 7:15 9:00 9:30

\*DON JON (R)  
(Fri-Sun 12:30 2:45) 5:00 7:30 9:45

\*PRISONERS (R)  
(Fri-Sun 1:30) 5:15 8:30

\*INSIDIOUS: CHAPTER 2 (PG13)  
(Fri-Sun 1:45) 4:15 7:10 9:35

THE FAMILY (R)  
(Fri-Sun 1:10) 4:10 7:25 9:50

RIDDICK (R)  
4:00 9:40

PLANES (PG)  
(Fri-Sun 12:45) 5:15

PERCY JACKSON: SEA OF MONSTERS (PG)  
(Fri-Sun 1:20) 4:25  
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Navy photo by MCSN Jennifer Lebron  
Vice Adm. Bill Moran, Chief of Naval Personnel, conducts an interview with Sailors from All Hands Magazine online to talk about his priorities and the outlook of Sailor programs and policies.

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# Fleet & Family Support Center workshops



## Veterans Affairs rep visits Kings Bay

A Department of Veterans Affairs representative for Kings Bay is in the office from 8:30 a.m. to 2:30 p.m. Mondays, Wednesdays and Thursdays. Appointments are required. Service members wishing to participate in the Benefits Delivery at Discharge program should be within 60 to 180 days of discharge or retirement and be available for an exam by the VA. To set up an appointment, call Katherine Fernandez at 573-4506.

## Parenting classes offered on Mondays

Are you frustrated with your children? Would you like suggestions on how to stop temper tantrums or how to get your teen to complete chores without asking them 14 times? We believe parents are the experts on their children. But, children don't come with a manual! So, sometimes you need help to figure out what to do with them. Meet with the parenting class from 9 to 11:30 a.m. on Mondays, Oct. 7, 21 and 28. Enrollment in this six-week class is ongoing. Attendees must complete all six weeks in order to receive a certificate. A minimum of six participants is needed in order for a new class to start. Registration required at 573-4512.

## Anger management seminar Oct. 30

Anger is not an effective method for getting what you want and is often a smoke screen for other emotions. This workshop is slated for 8:30 a.m. to noon, Oct. 30. It can help you focus on identifying the feelings anger hides and explore behaviors helpful in resolving primary issues. Pre-registration is required. Call 573-4512 for details.

## Stress management covered at workshop

Events, schedules, daily pressure and many other items can cause undo stress in your life. Stress may or may not be good for your health depending on how you manage that stress. This workshop is slated for 8 to 11 a.m., Oct. 23. Pre-registration is required. Call 573-4512 for details.

## Expectant Family Workshop coming

Expectant Families can receive training on second Wednesday of every other month to ease the adjustment to a newborn baby. Information will be provided about WIC, Navy Marine Corps Relief Society and various other benefits and services available to expectant parents, along with answers to your questions. Frequent breaks offered for the comfort of expectant moms. The next class is 9:30 a.m. to 3 p.m., Oct. 10. Registration is required. Call 573-4512.

## Military Resumes

**3-part series will help**  
This three-part series of one-hour sessions walks participants through the practical and creative aspects of applying military experience to build a successful document for a post-military job search. Participants should bring a copy of his or her Verification of Military Experience and Training, at least three evaluations and information on any licenses or certifications held. Optional documents are award letters and transcripts. This workshop is, 2

## Silence hides violence

From Fleet and Family Support Center Kings Bay

October is Domestic Violence Awareness Month. You may see purple ribbons around the base during this month. These ribbons are placed to recognize those who have been victims of domestic violence and to raise awareness about this issue. Domestic violence is a pattern of abusive behavior, used against a partner in an intimate relationship. And not just physical abuse; emotional and sexual abuse also are domestic violence. People who abuse their partners in these ways do so to try to gain, maintain or regain power and control in the relationship.



Domestic violence affects people of every race, age, sexual orientation, religion, educational and economic backgrounds. Unfortunately, it is not a rare issue; one-in-four women will be affected by domestic violence in their lifetime. Men are also victims of domestic violence, and they tend to underreport due to the social stigma around men being abused. Most of us know someone who has been the victim and/or perpetrator of domestic abuse.

Domestic violence affects not only the victim of the abuse, but also any children in the home. Witnessing violence between one's parents or caretakers is the strongest risk factor of engaging in violent behavior as an adult. Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults. Also, more than 50 percent of people who commit domestic violence also abuse children in the household.

If you or someone you know is experiencing domestic violence, there is help out there. The Fleet and Family Support Center has counselors and a Domestic Abuse Victim Advocate who can provide you with resources and support. The National Domestic Violence Hotline is a safe place to ask questions and get help. The hotline number is (800) 799-7233. If you need help, ask. If you know someone who needs help, call the FFSC at 573-4222 or the hotline for advice on how to help.

to 3 p.m., Oct. 22 and 29 and Nov. 5. Registration is required. For more information, call 573-4513.

## Job search workshop scheduled for Oct. 7

A job search workshop will be 10 a.m. to noon, Oct. 7. It provides an overview of local and national employment trends and recommends strategies to expand your job search network. Open to active duty, retired, reserve and separating military and family members of relocating civil service personnel. Registration is required, call 573-4513.

## Smooth Move Workshop scheduled for Oct. 15

Smooth Move Workshops are designed to help personnel with military relocations and transfers. Areas covered include transportation, travel pay, allowances, and important forms and documents, housing referral office and relocation services. All service members and their spouses are encouraged to attend six months before their transfer date. Due to limited seating, please do not bring children. The workshop will be 2 to 4 p.m., Oct. 15. For more information, call 573-4513.

## Resume writing skills class upcoming

This class explores resume writing for today's job market. Resume items including skills, experience, education and values as well as simple, effective and easy to use resume formats that get job interviews. Part-time, full-time or permanent positions matters not, this work-

shop is for you. This program will assist the job seeker in completing a product that will "get them in the door." The workshop is scheduled at the Fleet and Family Support Center from 1 to 3 p.m., Oct. 8. Registration is highly recommended, as class is limited to 20 seats. For more information, call 573-4513.

## New Moms and Dads Support Group to meet

A New Mom's and Dad's Support Group will meet every Tuesday at the Fleet and Family Support Center throughout the month. These workshops are scheduled for 10 a.m. to noon, Oct. 8, 15, 22 and 29. This workshop is an opportunity to share experiences, meet and gain support from others, and exchange new ideas. To register, call 573-4512.

## Fleet and Family offers classes on site

FFSC will take most of its regular workshops on the road if a unit can furnish a conference room or classroom and guarantee a minimum of five participants. Additionally, personnel will tailor presentations to cover a unit's General Military Training requirements when those requirements deal with human resources and social issues. Counselors also can create a presentation in response to a unit's area of special concerns. Personnel are available to participate within areas of expertise in the indoctrina-

tion of newly assigned personnel and family members of active duty personnel. All classes listed here are held at the Fleet and Family Support Center, unless otherwise noted. Hours are 8 a.m. to 4:30 p.m., Mondays, Tuesdays, Wednesdays and Fridays and 9 a.m. to 4:30 p.m., Thursdays.

## Family Readiness Group training scheduled

This course is designed in a systematic user-friendly format and is focused on ensuring that you have the knowledge and tools necessary to effectively provide a solid foundation to newly forming or re-energizing existing Family Readiness Groups. This training is 9 a.m. to 5 p.m., Oct. 3 and 4. For more information and to register call 573-4513.

## Transition GPS class upcoming

Transition GPS is a seminar for those separating, retiring or contemplating leaving the military. The five day seminar provides information on benefits, job search skills, employment resources, resume writing, interviewing and other skills. Spouses are encouraged to attend. Separation Transition GPS is 7:30 a.m. to 4 p.m., Oct. 21 to 25. Retirement Transition GPS is 7:30 a.m. to 4 p.m., Oct. 7 to 11. You must be registered by Command Career Counselor. For more information, call 573-4513.

## Ombudsman Assembly Meeting Oct. 28

The Ombudsman Assembly Meeting will be held for all OMB, COs, XOs, CMCs and COB's at the Kings Bay Community Center at 6 p.m., Oct. 28. For more information, contact at 573-4513.

## Deployment Return and Reunion class set

This workshop addresses the challenges of deployment and offers tools and techniques to managing the cycle of deployment those challenges. It also prepares family members for reunion so that problems will be minimized and the positive aspects of reunion can be maximized. Topics include expectations, communication and financial awareness, and hints for a happy homecoming. The class is 10 a.m. to noon, Oct. 9. For more information or to register, call 573-4513.

## Ten Steps to a Federal job examined

Gain information on the federal employment process, sala-

## Survivors support group starting

From the Audra Sexual Assault Support Group

Audra is a group for active duty females who have been sexually assaulted as adults.

This group will offer active duty female survivors of sexual assault as an adult a safe, open atmosphere for discussion and activities to facilitate the healing process.

Audra means "nobility and strength" in French.

For more information, contact Jennice Jent at (912) 573-4479 or leslie.jent.ctr@navy.mil

ries and benefits. Learn how to interpret job announcements and determine whether you are eligible to apply. Attendees will be provided guidelines, information, samples and tips on completing the electronic Federal resume. This class is from 5 to 8 p.m., Oct. 28. Registration required by calling 573-4513.

## Command Financial Specialist class offered

A five-day training course will be offered for prospective Command Financial Specialists. All CFS must be nominated by their Command. Registration is open to personnel E-6 and above who are financially stable, with at least one year left before PRD from their commands. This training is 8 a.m. to 4 p.m., Oct. 28 to Nov. 1. Registration is required. For more information, call 573-9783.

## Million Dollar Sailor program upcoming

The Million Dollar Sailor Program is personal wealth building for sailors and their families. This course assists those attending on how to navigate successfully through financial challenges that accompany them. This training was created to specifically combat the most common financial issues facing Sailors today. It will provide you with financial management skills that can be used over their lifetime. This training is scheduled for 8 a.m. to 4 p.m. Oct. 16 and 17. Registration is recommended. For more information call 573-9783.

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# Undersea War Center changes command

From Naval Undersea Warfare Center Newport Public Affairs

Naval Undersea Warfare Center held a change of command ceremony Sept. 26 at NUWC headquarters in Newport, R.I.

Rear Adm. David M. Duryea relieved Rear Adm. Thomas G. Wears as commander.

Duryea comes to Newport after serving as deputy commander for undersea warfare at Naval Sea Systems Command in Washington, D.C.

Duryea, a native of Orchard Park, N.Y., holds a bachelor of science degree from the University of Rochester and a master's degree from George Washington University.

He earned his commission from the Naval Reserve Officer Training Corps program at Rochester.

Duryea has served aboard a variety of submarines and commanded the gold crew of the nuclear powered ballistic missile submarine USS Florida (SSBN 728).

He also served as commanding officer of the combined crews of Florida when the ship went through a refueling overhaul and conversion to a guided missile platform (SSGN).



Wears



Duryea

His operational shore assignments have included duty on the staff of the U.S. Strategic Command and the staff of Commander, Submarine Force, U.S. Pacific Fleet.

Since entering the Navy's Acquisition Corps, Duryea has served in a range of program management assignments, including major program management responsibility for submarine imaging and electronic warfare systems and for the special operations forces undersea mobility program.

Following the change of command, Wears will retire from the Navy after 30 years of service.

NUWC is a shore command of the U.S. Navy within NAVSEA, which engineers, builds and supports America's fleet of ships and combat systems.

NUWC's two divisions in Newport and Keyport work together to fulfill NUWC's mission to operate the Navy's full-spectrum research, development, test and evaluation, engineering, and fleet support center for submarines, autonomous underwater systems, and offensive and defensive weapon systems associated with undersea warfare and related areas of homeland security and national defense.



Coast Guard photo by PO2 Annie R. B. Elis

Coast Guard Commandant Adm. Bob Papp meets with Korea Coast Guard Commissioner General Kim Suk Kyoon in Incheon, Sept. 13.

## CG's Papp visits Korea

By Coast Guard Commandant Adm. Bob Papp  
From Coast Guard Compass

I had the distinct honor this past week to represent the U.S. Coast Guard during an official visit to the Republic of Korea, hosted by Korea Coast Guard Commissioner General Kim Suk Kyoon.

This was my third stop in a series of official visits to strengthen ties with partner maritime governance organizations and learn more about the dynamic Asia-Pacific Region.

Like the U.S. Coast Guard, the Korea Coast Guard protects people on the sea, protects the nation against threats delivered by sea and protects the sea itself. We share common missions and challenges, so through sustained partnership we are able to exchange knowledge and coordinate planning and operations to ensure the safety, security and prosperity of our respective nations.

Protecting people on the sea has always been a primary focus for the KCG, which is celebrating their

60th anniversary this year.

Kim's ongoing campaign to reduce maritime accidents by 30 percent underscores the KCG's commitment to maritime safety, and Kim and I discussed the importance of active prevention efforts and capable search and rescue response.

National security relies upon secure borders and the South Korean peninsula, surrounded by the sea, demands a sustained and capable KCG offshore presence to protect their

See Papp, Page 14

## Marines look to future

By Gen. James F. Amos  
Marine Corps Installations Pacific

In discussions in Washington about the sequester and defense strategy and resources, a basic question is often asked: "With the war in Iraq over and the war in Afghanistan winding down, why doesn't the U.S. military simply reset to its pre-Sept. 11, 2001, capabilities?"

The underlying assumption behind this question is that we, as a nation, had funding mostly right then.

I'm not sure I agree.

In any event, what sense would it make to plan for future challenges and requirements by arbitrarily looking back to how things were done more than 12 years ago?

Consider what had happened to the Marine Corps by 2001. From 1990 to 2001, defense and security spending was cut by \$100 billion on average each year. The focus on technology, and calls for cuts in manpower and procurement, assumed the U.S. would not need to commit ground troops to a major conflict for the foreseeable future.

During that decade, the Defense Department reduced total active-duty strength by 32 percent. In 2001, the Corps totaled roughly 172,000 Marines, down from 197,000 in the 1990 Gulf War. Even at that time, manning levels consistently fell below target and equipment readiness suffered.

At one point in 2000, one-third of the Marine aviation fleet was grounded due to maintenance issues. While assigned missions were expanding and crises were multiplying — for instance, in relation to developments in Iraq and terrorist threats in the wider Middle East — Marine capabilities were stretched thin.

Then came 9/11.

Over the past 12 years, fighting in some of the toughest corners of Afghanistan



Amos

and Iraq, the Marine Corps has learned a lot about the force it went to war with, what worked and what did not. In many cases, our prewar focus on the "Three Block War," which assumed that a modern Marine in the field might be called

upon to fight, conduct peacekeeping operations and deliver humanitarian aid, was spot on (although we didn't have the money and facilities to train all Marines to that very high standard).

Over time, though, we found that as the conflicts evolved, we needed some adjustments, and needed them quickly.

For instance, Marines found themselves short of critical capabilities in intelligence collection and analysis, communication and mobility on land, sea and in the air. Marines didn't have enough light attack and utility aviation helicopters, for example.

They also didn't have all the training teams needed to advise and assist other countries in enhancing their own security.

Furthermore, Marine logistics structure was not well-designed for our new, more spread-out style of fighting, which required supplying many small, autonomous units distributed across a large area. Unforeseen long-term conflict ashore meant that the Corps had to add not only personnel, but more skills and equipment.

The new challenges of the 21st century also meant rooting out technologically savvy enemies who blended into the urban terrain and populace that sheltered them.

Marines played their part in this effort

See Marines, Page 14

## Cold War

From Page 10

took charge of the Navy Nurse Corps.

Zumwalt, however, was dissatisfied with the status of blacks and women in the Navy. He initiated measures to increase their recruitment and retention, better their chances for promotion, and eliminate everyday discriminations.

To shake up the personnel bureaucracy and eliminate needless regulations for all Sailors, Zumwalt issued a series of Navy-wide directives, labeled "Z Grams." He also took steps to improve communication between officers and enlisted personnel.

Not all of Zumwalt's actions succeeded, and his unconventional approach angered many traditionalists, but the Navy was long overdue for changes that the American people expected to see in the armed forces.

Zumwalt's successors continued his work, such that the first women entered the U.S. Naval Academy in July 1976. Two years later other Navy women began serving on board naval vessels other than the traditional hospital ships and transports.

One unique Navy woman was Rear Adm. Grace Murray Hopper, who dedicated her life to improving the Navy's information technologies and systems. Early in her career, she helped develop the Navy's first computers, including the Mark I, II, III, and UNIVAC systems. Perhaps her greatest achievement was to pioneer the development of COBOL, a computer language that non-mathematicians could understand and employ.



Left, USS Thresher (SSN-593) in a starboard bow view, taken at sea on July 24, 1961. Right, an overhead view of Thresher's upper rudder, photographed from a deep-sea vehicle deployed from USNS Mizar (T-AGOR-11), showing draft markings on the rudder side and a navigation light at its top.

When Hopper retired from the service in 1966, the Navy realized it could not lose her unique skills and brought her back on active duty for an indefinite time. During this period, she served as Director, Navy Programming Languages Group in the Office of the Chief of Naval Operations.

Grace Hopper served in the Navy for two more decades. When she finally retired, Rear Adm. Hopper was awarded the National Medal of Technology and many other distinctions. But, she considered her highest award to have been "the privilege and honor of serving very proudly in the United States Navy."

The Middle East remained a troubled region during the 1970s. In the Arab-Israeli Yom Kippur War of October 1973, the Sixth Fleet protected U.S. transport planes that flew emergency supplies of weapons and ammunition from the United States to the Israelis, who were fighting desperately to survive the Arab onslaught.

Soon, however, the Israelis launched devastating counterattacks that



Naval History and Heritage Center photo

Capt. Grace M. Hopper, USNR, head of the Navy Programming Language Section of the Office of the Chief of Naval Operations, working at her desk, in August of 1976.

threatened to overwhelm the Egyptian army. The Soviet Union moved strong naval forces into the Eastern Mediterranean and prepared to fly paratroopers into Egypt to

prevent the Israeli military from completely crushing the Egyptians.

The Nixon administration put U.S. forces on alert worldwide and ordered the reinforced Sixth



Naval History and Heritage Center photo

Fleet into waters off Egypt to signal the opposition of the United States to the proposed Soviet measures.

At the same time, Washington helped arrange a cease-fire between the belligerents and redoubled efforts to bring lasting peace to the region. In this vein, in 1974 the Navy deployed mine countermeasures forces, which had recently opened the mined waters off North Vietnam to merchant traffic, into the Eastern Mediterranean. Between April and December, Task Force 65 cleared mines from the Suez Canal and assisted in the removal of numerous ships sunk there during the war. Guided missile cruiser USS Little Rock (CLG-4) was among the first ships to transit the newly opened canal.

By the mid-1970s, a muscle-flexing Soviet Union began to cause serious concern in Washington. The USSR spent enormous resources on its war-making establishment, hoping to take advantage of America's post-Vietnam retrenchment.

The Soviets deployed thousands of mobile, intercontinental ballistic

missiles and other nuclear-armed weapons, built up large ground and air forces in Eastern Europe and the Far East, and aided Communist guerrilla movements in Africa, Asia, and Latin America.

Of greatest concern to the U.S. Navy, Soviet naval forces increased their presence around the world, challenging America's overseas interests and control of the sea.

A 1975 Soviet naval exercise, Okean 75, involved 220 ships and new, long-range bombers in mock strikes against the continental United States.

Soviet warships steamed brazenly in all the world's oceans, and even in the Gulf of Mexico. As a symbol of the changing naval balance of power, Soviet surface combatants and patrol planes began operating from the American-built base at Cam Ranh Bay in Vietnam. Just before he retired as Chief of Naval Operations in June 1978, Adm. James L. Holloway III concluded that the U.S. Navy then had only a "slim margin of superiority" over the Soviet navy.

Next: The 1980s and Ronald Reagan

# Navy rescues fishermen

By Ensign Kiley Provenzano  
USS Gettysburg Public Affairs

Guided-missile cruiser USS Gettysburg (CG 64) provided humanitarian assistance to an adrift fishing dhow while operating in the Arabian Gulf, Sept. 24.

Gettysburg stopped to render assistance after being signaled by the dhow's crew shortly before 11:30 a.m.

According to the crew, which consisted of one Omani and four Bangladeshi men, they had been at sea for five days and had suffered an engine failure on the third day, leaving the vessel powerless and drifting for two days.

The crew were found in good health and had food and water on hand.

Fire Controlman 2nd Class Yasser Rady, a close-in weapons systems (CIWS) technician assigned to Gettysburg, provided translation that facilitated mutual communication and allowed Gettysburg to provide the crew with additional food, water, and safety flares.

"We were able to quickly and effectively provide some assistance for the crew of the fishing vessel while they awaited help from local authorities," Lt. Cmdr. Nathan Scherry, Gettysburg's executive officer, said. "Our assistance allowed us to enhance cooperation, build trust, and mutual respect to our fellow mariners in the region."

Local authorities were contacted by U.S. 5th Fleet to provide further assistance. Guided-missile destroyer USS The Sullivans (DDG 68) was operating nearby and offered help to ensure the dhow's security and welfare until that aid arrived.

Rear Adm. Kevin Sweeney, commander, Harry S. Truman Carrier Strike Group, said the assistance provided by Gettysburg was a good example of how professional mariners help each other in time of need.

"This is what we do as professional mariners," Sweeney said. "When someone at sea needs help, we help them. The assistance provided by Gettysburg and



Navy photo by FC2 Robert Ortega

Sailors assigned to the guided-missile cruiser USS Gettysburg (CG 64) prepare to provide humanitarian assistance to a stranded fishing dhow.

her crew will help ensure those fishermen are safe until the local authorities arrive."

Gettysburg is deployed with the Harry

S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet Area of Responsibility.



Air Force photo by Airman 1st Class Neshia Humes

Washington Redskins quarterback Robert Griffin III speaks to the children about his personal connection with the military during the Salute to Play 60 Military Challenge Sept. 24, at Joint Base Andrews, Md.

## Redskins, DOD team up

By Tech Sgt. Brian Ferguson  
Joint Base Andrews Public Affairs

NFL Play 60 and the Washington Redskins visited Joint Base Andrews Sept. 24, with the "Salute to Play 60 Military Challenge," teaching more than 230 military kids from the National Capital Region the importance of a healthy lifestyle.

NFL Play 60 is the National Football League's campaign to encourage kids to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

Redskins' players Robert Griffin III, Alfred Morris, Joshua Morgan, Adam Gettis, Niles Paul, Josh Wilson, Darrel Young and many others attended the event and helped the kids get active.

During the opening ceremonies, Robert Griffin III, the Redskins' quarterback, spoke to the crowd about his life experiences.

"My mom and dad were both in the military, so I was a military brat growing up," Griffin said. "I was once sitting where you guys are, going to camps and events, even though Play 60 wasn't around. We are proud to be out here and we are going to get that win against Oakland."

Stations were set up for the event at the turf field on JBA, and children were assigned to "celebrity trainers." For 60 minutes, trainers put the kids through drills and exercises.

"I play football and baseball so that keeps me active, and I eat well," said Andrew Marcos, 13, from Farquhar Middle School. "My dad works on base and when he told me all the Redskins' players were going to be here I said 'I am going to that.'"

For motivation, kids can track their daily activity for four weeks. Children with the highest involvement will be honored for their participation during a 2013 Redskins home

game.

Griffin's mom, Jackie, also attended the event and said that it meant a lot for her to give back to military families.

"It means a lot because it lets the other military kids know that they have the same opportunities that my son was afforded," Mrs. Griffin said. "I would tell kids here to stay focused and utilize all the resources that are afforded to them as military kids, and to understand that the sky is the limit. It happened for my son and it could happen for them."

Wide receiver Josh Morgan was born and raised in Was said he wants to give back to the community all he can.

"What good would it do for me to get out of my situation and now not give anything back to the community?" he said. "That's why I make it my business to always be out here with the kids. They make you really appreciate the little things in life."

— has not removed the need for more traditional capabilities.

The suggestion that in an era of sequestration Marines simply "go back to sea" ignores the fact that Marines never left the sea. While most of our deployed force fought ashore, where the demand was, Marines continued to deploy Marine Expeditionary Units on amphibious ships.

Despite the withdrawal from Iraq and the continuing drawdown in Afghanistan, the relatively new threat of cyber terror,

and the traditional areas of embassy security and crisis response require uniquely skilled servicemen and women.

Marines now provide a contribution to U.S. Cyber Command. They also provide increased support for embassy security, and currently provide a Special Purpose Marine Air Ground Task Force in order to increase U.S. crisis response capabilities in North Africa.

While fighting in Iraq and Afghanistan, the Corps, along with the Navy, continued to answer

calls to respond to natural disasters and skirmishes in the rest of the world.

Marines also provided training and assistance that underpinned America's commitment to build partnerships and stability within the broader security environment.

In our post-9/11 world, more of our people must remain ready to deploy on short notice, which demands increased readiness levels compared with the force of 2001.

These and many other commitments mean that even if you eliminate the

requirements of Iraq and Afghanistan, commitments and requirements in other areas have vastly expanded since 2001. Today, the Marine Corps has planned for significant budget and personnel reductions, even before U.S. forces are withdrawn from Afghanistan. Yet this doesn't mean the Marines will ignore the lessons learned from the past decade of combat operations.

The world is a different place than it was on Sept. 10, 2001 — it's more dangerous. We continue

to witness violent extremism, regional competition and increased sophistication and lethality among nonstate actors at unprecedented levels.

As former Secretary of Defense Robert Gates pointed out, since we cannot predict where and when we will respond to crises, we have to plan for multiple scenarios.

The readiness and responsiveness of Marine Corps forces should not be anchored to a pre-2001 model of the Corps, because the world on which it was based no longer exists.

adventerly cut the manning to the point where the force of the fleet is not well-served, and we have an issue with the appropriate level of manning at sea. That is probably the biggest challenge — just trying to ensure that we get the right manning for whatever size force comes in the future.

**Q:** What can Sailors do at their level to help you support them?

**A:** My intent is to get out a lot and talk to the fleet and to have a conversation with Sailors. That is the most important thing. Their direct feedback to me is really important as

I bring that information back to my organization here in the N1 CNP. I obviously appreciate and observe the chain of command, but being out and about and listening and watching Sailors operating in the fleet and seeing what their concerns are will only work if they are willing to have a conversation and ask me questions and give me feedback on what they think is working, and what they think is not working.

**Q:** What is your message to the Sailors in the fleet?

**A:** You've got a great organization up here that understands the interest

of Sailors, families, civilians, and retirees — that we are trying very hard to stay on top of a changing environment and be responsive enough to make sure that we're anticipating the issues that are going to face us in a very tough, challenging fiscal environment in the future. We have your best interest at heart and we're going to work hard for Sailors and families to make sure that they understand whatever changes are being made, they understand the reasoning and the rationale behind them, but that also we're here fighting for them every single day.

## POW/MIAs remembered

By MCSN William Blees  
Navy Public Affairs Support Element West, Det. Northwest

Active duty, Reserve, and retired service members along with military family members and civilians attended a ceremony to pay tribute to POW/MIA Recognition Day at the Naval Undersea Warfare Museum, Sept. 20.

The 5th annual ceremony's emerging theme was *Keeping the Promise*.

The theme honors America's promise to continue the search for POW/MIA service members until they are found and brought home.

"POW/MIA recognition day is a day of remembrance," said Capt. Dave Kohnke, Naval Undersea Warfare Center Keyport commander. "This is a day we must not ignore, just as we must not ignore our uniformed personnel and those who never made it home."

Kohnke continued onward and illustrated how



Navy photo by MCSN Jackie Hart

A missing man table is set to honor service members missing in action at a bell tolling ceremony at Joint Expeditionary Base Little Creek-Fort Story.

many of our service members are still POW/MIA by stating that more than 80,000 men and women are still out there.

He also discussed the measures that Joint Prisoner of War/Missing In Action Accounting Command is taking to find and bring home our heroes.

JPAC's everyday operations involve researching case files, investigating leads, excavating sites and identifying Americans who were killed in action

and never made it home.

The United States' pays homage to National POW/MIA Recognition Day across the nation on the third Friday of September every year.

The observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The five others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

## Papp

From Page 13

waters.

Regionally, the KCG is focused on building networks with other coast guards to better share information on transiting vessels and protect maritime commerce. The KCG is a founding member of the North Pacific Coast Guard Forum, which includes the coast guards of Russia, Japan, Canada, China and the U.S., and fosters multi-lateral cooperation to improve mari-

time governance in the region.

The KCG is increasing its leadership in the Pacific, including enforcement of international conventions to regulate illegal, unregulated and unreported fishing.

This year, the highly-capable KCG Patrol Ship 3012 conducted a northern Pacific Ocean patrol to combat illegal high seas drift net fishing. The KCG was the only maritime governance presence in the northern Pacific during that period.

The KCG is striving to improve proficiency, establishing a new academy to provide core and ad-

## Marines

From Page 13

by adding a Marine component to the U.S. Special Operations Command. This and other expanded demands led Congress in 2007 to authorize a Corps expansion to 202,000 personnel.

Yet demands for these hybrid war capabilities — requiring highly adaptable Marines, able to shift rapidly between, say, a close-quarters firefight and a humanitarian mis-

## Moran

From Page 11

sense of certainty. And I think inherent in that is the stability that comes from smart policies and smart manning in the fleet.

**Q:** What are the sorts of things, at this stage, do you imagine are going to keep you up at night?

**A:** You know, nothing really stresses me out on the job. It is a big job, you're right. I am just beginning to understand the breadth and depth involved in the

N1 organization. We're obviously split between Washington, D.C., and another major hub, Millington, [Tennessee], where the primary workforce that interfaces with the fleet exists. So that's a big piece. The time-distance issue for the organization is important. And then, of course, the rest of our domain includes Great Lakes and all the recruiting districts around the country, and a variety of other smaller organizations. So there's a lot going on that, frankly, after one week, I'm just beginning to understand. So it's going to take a little time.

I think what keeps me

up at night is thinking about how we're going to manage the force if we are asked to get smaller, and making sure that manning does not become the first thing we give up in this give-and-take over the amount of money that we are going to have to account for in the budget. So, manning is a fundable asset, in the sense that it's a lot easier to carve out, or harvest cash to pay bills with manpower than it is [with] ships and airplanes and submarines, because of all the intricacies in building platforms. My job is to protect that manning, so we don't in-



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