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# THE PERISCOPE

2009 CHINFO Award Winner

KINGS BAY, GEORGIA

Vol. 49 • Issue 18

www.cnic.navy.mil/kingsbay

kingsbayperiscope.jacksonville.com

Thursday, May 8, 2014



Coast Guard photo by PA1 Lauren Jorgensen  
**Coast Guard Rear Adm. Steven Poulin, right, with St. Marys Mayor John F. Morrissey displays the official proclamation naming Camden County a Coast Guard Community Friday, April 25.**

## Coast Guard, county linked

**Service lauds community for supporting families, personnel of two units**

**By PA1 Lauren Jorgenson**  
Coast Guard Public Affairs Detachment  
Jacksonville

Members of the Camden County community and the Coast Guard came together Friday to recognize and celebrate Camden County's official designation as the nation's first Coast Guard Community.

The Coast Guard Cities program

allows the Coast Guard to formally recognize those cities which have made special efforts to acknowledge the professional work of the Coast Guard men and women assigned to their area and have made Coast Guardsmen and their families feel at home in their home away from home.

While 15 other cities have been designated by Congress as Coast Guard cities, Camden County is the first county to be named a Coast Guard Community.

Camden County comprises Kingsland, St. Marys, Kings Bay and

Woodbine, and is home to Coast Guard Maritime Force Protection Unit Kings Bay and Coast Guard Maritime Safety and Security Team Kings Bay.

The Camden Partnership hosted a luncheon at Naval Submarine Base Kings Bay, during which the Coast Guard proclamation was read and presented.

A Camden County Coast Guard Community Celebration Day proclamation was also read, designating May 17, 2014, as Coast Guard Community Celebration Day for all of Camden County.

## Camden Navy League honored

**Local council named 'Outstanding' by national organization**

From The Navy League

The Camden-Kings Bay Council has been recognized as an Outstanding Council by the national Navy League of the United States for 2013.

Of the more than 250 councils world-wide, only 14 received this designation.

"This achievement is a testament to the outstanding work of the officers and board of directors as we strive to fulfill the council's mission of serving the men and women of the sea services and their families," said council President David Burch. "It also recognizes the strong support of our members who attend our events and respond with open hearts, and wallets, when we ask for their support to meet our goals."

Each of the councils are judged on their performance in eight areas:

- Support of the sea services;
- Membership retention;
- Membership growth;
- Community education activities;
- Youth activities;
- Council activities;
- Public affairs activities;
- and, legislative activities.

Selection of Outstanding, Meritorious and Honorable Mention councils are made by a committee after review of each council's annual report.

"We plan on continuing our record of excellence in the years ahead and welcome any and all community members who wish to join our council and help us fulfill our mission," Burch said.

The council offers many different volunteer opportunities in areas such as membership recruitment and retention; liaison to the Navy, Marine Corps and Coast Guard commands stationed at Naval Submarine Base Kings Bay and in St. Marys; communications and public relations; and special projects such as *Operation Paperback*, *Toys for Tots*, VA Medical Center visits; and, the annual Sea Services Awards Banquet.

Individuals interested in joining the Navy League should contact council membership

See League, Page 3



kingsbayperiscope.com



From left Mary Gill with her daughter, Gwendolyn, Fleet and Family New Parent Support Specialist Julie Moonie, Commissary Director Andy Anderson, Kings Bay Executive Officer Cmdr. Ed Callahan Nicole McKnight with daughter, (in front of table) Payton and Camden Medical nurse Lisa Freeland.

Photo by EM1 Mark Treen

## Getting kids their proper nutrition

**Commissary, Fleet and Family get parents thinking fruit, veggies**

**By MC2 Ashley Hedrick**  
Naval Submarine Base Kings Bay Public Affairs

New parents and their children from Naval Submarine Base Kings Bay gathered at the Commissary April 22 to get a first-hand look at nutrition and healthy eating as part of the Fleet and Family Support Center's New Parenting Support Class.

At the Commissary, tables lined with fresh fruit and colorful vegetables were prepared for the guests to enjoy while promoting how important it is for children to eat a well-balanced diet.

"Our group went for a walk with the children and ended at the Commissary as a field trip with the children," said Julie Moonie, FFSC New Parent Support

Specialist. "The commissary provided healthy snacks to the group as part of commissary's Month of the Military Child's showcase of fruits and veggies for little heroes."

Mary Gill, a navy spouse and member of the parenting class, said it's important for parents to start children eating fruits and vegetables at a young age.

"It's the best way, and it keeps them healthier," she said.

The New Parent Support Home Visitation Program, provided by the Fleet and Family Support Center, offers expectant or new parents support and guidance in their homes or through office visits at the FFSC.

The focus of the program is on devel-

oping nurturing parenting skills, to teach child development and to connect families with needed resources.

"One of the services the NPSHVP offers is a New Moms' and Dads' Group every Tuesday from 1000 to noon at the FFCS,"

Mooney said. "This is an opportunity for parents of young children to share experiences and ideas."

**"This is an opportunity for parents of young children to share experiences and ideas."**

**Julie Moonie**  
FFSC New Parent Support

It is also an opportunity for children to meet new friends in a play group setting."

Mooney said the final service offered by the NPSHVP is an Expectant Families Workshop that is offered every other month at the FFSC.

See Nutrition, Page 3

## BHC observing Public Service Week

**NH Jax, Kings Bay clinic salute staff members**

**By Keats Reynolds**  
Naval Hospital Jacksonville Public Affairs Assistant

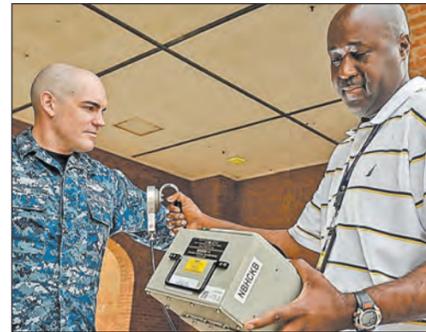
On May 1, Naval Hospital Jacksonville Commanding Officer Capt. Gayle Shaffer proclaimed May 4 to 10 as Public Service Recognition Week throughout its six facilities in Florida and Georgia. It is an opportunity to thank the almost 650 civilian men and women who serve as physicians, nurses and support staff.

"Now more than ever, our federal employees are being asked to do more with less," Shaffer said. "Yet, they continue to press forward and support readiness and quality, patient-centered care—from healing patients to ensuring we have the supplies needed to do so."

The theme for PSRW 2014 is *Proud to Serve*. The NH Jacksonville civil service team demonstrates this daily by the attentiveness



**BHC Nurse Della Poponea gives a shot to ET3 Andrew Perea, USS Georgia (SSGN 729) Gold. Radiation Health Technician Christopher Barberc scans HM2 Joshua Gannon.**



Navy photos by EM1 Mark Treen

they show to the approximately 67,000 enrolled patients across the command. Even through the furlough period of 2013, the federal workforce put service above self to ensure that medical care at the hospital and branch health clinics did not waiver.

When someone becomes part of the U.S.

Civil Service, they not only accept a job but an oath to support and defend the Constitution of the United States.

Federal workers, like our military members, come from many different walks of life

See BHC, Page 3

# Local news and views

Naval Submarine Base, Kings Bay, Ga.



## Now hear this!

### NSB pedestrian bridges to close

In the coming days the Seabees on board Naval Submarine Base Kings Bay will begin repairs to pedestrian bridges at Madison and Clay adjacent to branch health clinic, Madison and Meadowlark adjacent to Meadowlark Enlisted Commissioning Program and on the walkway paralleling Madison between Medical and the water tower. These bridges will be closed to both pedestrian and bicycle traffic until late May.

### 8th Air Force speaker at MOAA

John Telgener of the Mighty Eighth Air Force Museum in Savannah will be the guest speaker at the Kings Bay Chapter of the Military Officers Organization of America dinner-meeting beginning at 5:30 p.m., May 20 at Osprey Cove's Morgan's Grill, St. Marys Road. Cost for meal is \$20 per person, payable by cash or check to KBMOAA. RSVP with Major Jack Briggs, USAF (Ret.), at (912) 674-8821 or jbriggs@tds.net by May 16.

### NMCRS Uniform Locker open

You've heard the expression, "There's no free lunch." But how about free uniforms? The Navy-Marine Corps Relief Society has a Uniform Locker that offers a large selection of used uniforms, jackets, hats, shoe and more for active duty men and women at no cost. Visit the uniform locker at the NMCRS office in Building 1032 at 926 USS James Madison Road. It's open 9 a.m. to 3 p.m. Monday through Friday. The locker also appreciates uniform donations. For more information, call (912) 573-3928.

### Marine Corps League drive on

The Kings Bay Detachment No. 1229 of the Marine Corps League is looking for members. Meetings are the second Tuesday of each month. The league volunteers aid and assistance to Marine and Navy Corpsman widows and orphans and observes historical Marine anniversaries. For more information, e-mail MarineCorpsLeagueKingsBay@gmail.com.

### Eagles host Child Advocacy Day

St. Marys Fraternal Order of Eagles No. 4379 hosts Annual Child Advocacy Day 9 a.m. to 2 p.m., Saturday, May 10 behind the St. Marys Police Department, 101 Industrial Drive, St. Marys. The event educates people to agencies and services in the community. Parents have the option to have children fingerprinted and photos taken. Food will be provided. For more information, contact Juan Escudero at (912) 227-1137 or FOE at (912) 882-5335.

### Benefits for military children set

Children of Fallen Patriots Foundation provides college scholarships and educational counseling to military children who have lost a parent in the line of duty. CFPF has four upcoming events — May 13 is Children of Fallen Patriots Day. Jacksonville Suns will be honoring a CFPF family; May 17 is Jacksonville Sharks Military Appreciation Night. The Sharks will be honoring a CFPF family; May 18 is the X Beach Charity Challenge. CFPF will benefit from the proceeds; May 25 the Jacksonville Suns will be auctioning off their camouflage Navy jerseys after the game. For details, visit [www.fallenpatriots.org](http://www.fallenpatriots.org).

### Base lost & found has found items

There is lost and abandoned property, such as watches, rings and cell phones, at Naval Submarine Base Kings Bay Navy Security. If you have any information reference to any items, contact Detective Michael Palmer, Monday through Friday, at (912) 573-9343 or by e-mail, [Michael.j.Palmer@Navy.mil](mailto:Michael.j.Palmer@Navy.mil).

### Security issues sticker reminder

It is the policy of Naval Submarine Base Kings Bay that no motor vehicle with any sticker, decal, emblem or other device containing profane or lewd words or pictures, describing sexual acts or excretory functions on parts of the human body, be allowed on base.

### Sub Vet chapter selling cookbook

*Silent Service Food to Dive For* is a cookbook published by the United States Submarine Veterans Inc. Farragut Base. Proceeds from this fund-raiser help support a variety of community, military and veteran's activities. The cost is \$25, which includes postage. For more information or to order, contact Judy at (208) 762-5055 or at [judymwol@yahoo.com](mailto:judymwol@yahoo.com).

## Check fire extinguishers monthly

From Naval Submarine Base Kings Bay Fire Department

Department heads and building managers must assign an individual to inspect monthly the extinguishers in each of their facilities.



Home owners do this too. Check these details during a monthly fire extinguisher inspection

Confirm the extinguisher is visible, unobstructed, and in its designated location.

### Kings Bay FFSC

- Verify the locking pin is intact and the tamper seal is unbroken. Examine the extinguisher for obvious physical damage, corrosion, leakage or clogged nozzle.

- Confirm the pressure gauge or indicator is in the operable range or position, and lift the extinguisher to ensure it is still full.

- Make sure the operating instructions on the nameplate are legible and facing outward.

- Initial and date the back of the tag.

If you need an inspection tag, you can contact your local safety office or print it from the fire department's Subase internet page.

Report missing, damaged or used extinguishers immediately to the Naval Submarine Base Kings Bay Fire Prevention Office, Building 1041 or call (912) 573-9998.

### Stamp out smoking fires

Careless smoking is the leading cause of fire deaths in our country.

Do you know what causes these fire deaths? Carelessly discarded smoking materials from hot ashes dumped into the garbage to a cigarette falling on to a couch cushion.

Carelessly discarded smoking materials kills hundreds of people every year. These types of fires are too common.

With a little attention you can prevent these fires and save lives.

Remind friends and family members to follow these safety tips.

- Never smoke in bed.
- Always use large, oversized ashtrays.

- Make sure ashes are cold before dumping ashtrays into the garbage.

- Check for cigarettes or ashes that may have fallen between couch and chair cushions after a party.

For more information, contact the Kings Bay Fire Prevention Team at (912) 573-9998.

## Know your rights regarding debt

By Lt. Kym Murphy

Legal Assistance Attorney, Pensacola  
Legal Assistance Office, RLSO SE

If you have debt, you should be aware of your rights and the rules that debt collectors have to follow when trying to collect a debt from you under the Fair Debt Collection Practices Act.

The FDCPA was mainly designed to eliminate abusive, deceptive, and unfair collection practices by debt collectors. Under the FDCPA, a debt collector is someone who regularly collects debts owed to others. This includes collection agencies, lawyers who collect debts on a regular basis, and companies that buy delinquent debts and then try to collect them.

The FDCPA specifically covers debt you incurred for personal, family, or household purposes. This means things like a personal credit card account, an auto loan, a medical bill and your mortgage, but it doesn't cover debts you incurred to run a business.

Once you've figured out that your debt qualifies under the FDCPA, and that the person/company trying to collect from you is regulated by the FDCPA, then you know that that person/company has to play by the following rules:

### Navy Jag

1) Communications. A debt collector may not communicate with you or your spouse at any unusual time (before 0800 or after 2100 in your time zone) or at any place that is inconvenient to you. This includes your place of employment.

Furthermore, if the debt collector knows you have hired an attorney, then all contact has to be with your attorney and not you. If you refuse to pay a debt or request that the debt collector stop contacting you in writing, then the debt collector must cease all further communication.

2) Validation of debts. A debt collector must provide you with certain basic information within five days of first contacting you. This information specifically includes the amount of the debt, the name of the creditor you owe, that you have 30 days to dispute the debt before it is assumed valid, that if you dispute in writing they will send you a verification of the debt, and that if the original creditor is different from the current creditor (for example, your debt was sold), then you can request in writing to know the identity of the origi-

nal creditor.

3) Prohibited practices. A debt collector may not harass, oppress, or abuse any person. This specifically includes using obscene or profane language, threatening violence, repeatedly calling your phone or not identifying themselves. Also, a debt collector may not use any false, deceptive, or misleading representations. This includes claiming to work for the government, claiming to be an attorney, using a fake name or an inaccurate representation of what you owe. Last, a debt collector may not use unfair means to collect a debt from you. This means that a debt collector cannot collect any additional interest not permitted by law, ask for a postdated check, call you collect or use a postcard to contact you.

You can submit a complaint with the Consumer Financial Protection Bureau at [www.consumerfinance.gov/complaint/](http://www.consumerfinance.gov/complaint/) or with the Better Business Bureau at [www.bbb.org/](http://www.bbb.org/). You also can report any problems to your state Attorney General's Office or you can sue them in court.

If you would like more information or would like to find the legal assistance office closest to you, please contact us at any of our offices listed at [www.jag.navy.mil/legal\\_services/rlso/rlso\\_southeast.htm](http://www.jag.navy.mil/legal_services/rlso/rlso_southeast.htm).

## Scholarship's deadline is May 12

From the Kings Bay Employer Committee

The Kings Bay Employer Committee is taking applications for a \$500 college scholarship from high school seniors in Camden County. The deadline to apply for the Tracy L. Foreman Scholarship is Monday, May 12.

The scholarship is funded by an employer committee endowment established in 2005 in memory of the late Tracy L. Foreman, who died in 2003. Foreman was an employment marketing representative at the Georgia Department of Labor's Kings Bay Career Center.

Kings Bay Employer Committee President Al Daniels of Dominos donated \$500 for this year's scholarship award.

The scholarship will be awarded to a graduating senior, including

### KB Employer Committee

homeschoolers, who live in Camden County and are entering their freshman year at an accredited institution of higher education. In addition to attending school, applicants also must be working part-time or serve a documented internship for a minimum of 10 hours per week. The scholarships are non-renewable and not based on financial need.

To qualify for the scholarship, applicants must submit an application, school records, test scores and a 2-to-3 page essay. The essay theme is how to use education and training to develop or support a new business or industry in the Kings Bay area.

Questions should be directed to

Rachel Baldwin, a member of the employer committee's scholarship subcommittee, at [rbaldwin@camden.k12.ga.us](mailto:rbaldwin@camden.k12.ga.us) or (912) 729-4790.

Applications for the scholarships are available at the GDOL's Kings Bay Career Center, 406 Osborne St. in St. Marys, and the Camden County High School Guidance Office. For additional information, contact the career center at (912) 673-6942.

Employer committees are groups of local business representatives who establish and maintain working relationships between employers and GDOL career centers. The Kings Bay Employer Committee works with the Kings Bay Career Center.

To learn more about career opportunities, connect with us on Facebook, YouTube and Twitter, which can be conveniently accessed at [www.employgeorgia.com](http://www.employgeorgia.com).

THE **Periscope**  
KINGS BAY, GEORGIA

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

**NSB Kings Bay Command Master Chief**  
CMDCM Randy Huckaba

**NSB Kings Bay Public Affairs Officer**  
Scott Bassett

**NSB Kings Bay Public Affairs Office staff**  
Erika Figueroa, EM1 Mark Treen, MC2 Ashley Hedrick

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The Kings Bay Periscope is an authorized newspaper published weekly on Thursday for forces afloat, tenant commands, base military personnel and civilian employees of the Naval Submarine Base Kings Bay, Ga.

The editorial content of this newspaper is prepared, edited and provided by the public affairs office. News items and photos must be submitted by noon Thursday, seven days prior to publication. Event "briefs" must be submitted by noon Friday, six days prior to publication. The public affairs office, code CM4, is in building 1063. News ideas and questions can be directed to the editor by calling 573-4714 or 573-4719, or fax materials to 573-4717. All materials are subject to editing.

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The Kings Bay Periscope is published by The Florida Times-Union, a private firm, in no way connected with the Department of Defense, or the U.S. Navy, under exclusive contract with the U.S. Navy. The circulation is 10,000.

POSTMASTER: Send address changes to The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL, 32202.

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# DOD: Bergdahl is not forgotten

By Claudette Roulo  
American Forces Press Service

Claims of a lack of coordination inside the Defense Department made by anonymous officials in media reports regarding the handling of a recent proof-of-life video of Army Sgt. Bowe Bergdahl are "completely false," Pentagon spokesman Army Col. Steve Warren said April 24.

"They mischaracterize the ongoing close coordination and teamwork within this department and with other U.S. government agencies," Warren said.

Bergdahl has been missing for too long, the colonel added.

There should be "no doubt" that the department is using all the military, intelligence and diplomatic tools at its disposal to bring him home safely.

Bergdahl, now 28, was found missing from his duty station in eastern Afghanistan June 30, 2009, and was declared missing/captured three days later. He is believed to be held by members of the Haqqani network.

"I can tell you, across the spectrum, diplomatically, militarily, even from an intelligence perspective, we've never lost focus on Bowe Bergdahl ... and on trying to get him home," Pentagon Press Secretary Navy Rear Adm. John Kirby said during a January 16 news conference, held the day after the proof-of-life video was released.

"It is important to underscore that the reason Sgt. Bergdahl remains a captive is because he's being held by terrorists, not because of a lack of effort or coordination by the United States government," Warren said.

"Anyone who does leak this level of detail, in my opinion, does not have the interests or safety of Bowe Bergdahl in mind," he added.



Bergdahl



Camden-Kings Bay Navy League Council, from left, Dave Reilly, Hunt Thornhill, Barrett King, Dave Burch, Sam Colville, Tim Bryant, Georgia Stilson, Greg Glaz, Barbara Johns and Cheryl Aston. Not shown Gull Weaver, Mike Huber and Debra Morin.

Courtesy photo

## League

From Page 1

Vice President Greg Glaz at (912) 673-7977.

The Camden-Kings Bay Council of the Navy League of the United States supports the commands and the men and

women of the sea services and their families stationed at Naval Submarine Base Kings Bay and in St. Marys.

The council's officers are President Dave Burch, Immediate Past President Hunt Thornhill, VP Legislative Affairs Dave Reilly; VP Public Relations Barrett King, VP Programs Tim Bryant, VP Opera-

tions Georgia Stilson, VP Membership Greg Glaz, VP Youth Programs Barbara Johns, Judge Advocate Sam Colville, Secretary Cheryl Aston, Treasurer Gull Weaver, Chaplain Mike Huber and Council Historian Debra Morin.

Additional information can be found on the council website at kingsbaynavyleague.org/.

## Nutrition

From Page 1

Some of the topics covered during that workshop included basic baby care, safe sleeping practices,

care and home safety, crying and colic, bonding with baby, early child development, and community and military resources.

For more information about NPSHVP contact Julie Mooney at (912) 573-4893.

## BHC

From Page 1

and fulfill many different missions. Together, they unite to uphold the pledge to serve and protect the U.S. government.

In her proclamation to the command, Capt. Shaffer recalled of her time as NH Jacksonville commanding officer and expressed her gratitude for the public service workers who continue to put service above self.

"It has been an honor and a privilege to be your commanding officer these past two years and as I will soon pass on the command to another, I'll take comfort in knowing that you—our civil service employees — play critical roles in the continuity of great care across Naval Hospital Jacksonville and our nation," Shaffer said. "Your hard work does not go unnoticed, and I want you to know that I am proud to serve with you."

Today, almost 3 million

strong, federal employees are researching cures for cancer, developing solutions to address energy and climate crises, serving alongside warfighters and caring for the nation's heroes.

Each and every day, public service workers protect and defend the Constitution of the United States, ensuring that the U.S. government is the best in the world.

For more information on ways to celebrate PSRW, visit [www.psrw.org](http://www.psrw.org).

NBHC Kings Bay is one of NH Jacksonville's six health care facilities located across 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 67,000 are enrolled with a primary care manager at one of its facilities.

To find out more about NBHC Kings Bay, visit the command website at [www.med.navy.mil/sites/NavalHospitalJax](http://www.med.navy.mil/sites/NavalHospitalJax).



## NSB Kings Bay Chapel

### Sundays

8:30 a.m. - Confessions  
9 a.m. - Catholic Mass  
10:10 a.m. - Religious Faith Formation (Catholic)  
10:10 a.m. - Adult Bible Study  
10:30 a.m. - Protestant Divine Service  
**Mondays-Wednesdays and Fridays**  
11:15 a.m. - Catholic Mass

### Wednesdays

6:30 p.m. - Rite of Christian Initiation Adults

### Saturdays

4:30 p.m. - Confessions  
5 p.m. - Catholic Mass

### Vacation Bible School

Monday through Friday, June 16 to 20, 8 a.m. to noon. Registration will begin May 1.



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Check out our facebook page from our website!

**Times Good Fri 5/2 thru Thur 5/8**

**\*THE AMAZING SPIDER-MAN 2 IN 3D** (PG13)  
(Fri-Sun 1:00) 4:00 7:00 10:00

**\*THE AMAZING SPIDER-MAN 2 IN 2D** (PG13)  
(Fri-Sun 12:30 1:00 3:30) 4:00 7:00 9:15 10:00

**\*BRICK MANSIONS** (PG13)  
(Fri-Sun 12:40 2:45) 5:00 7:10 9:20

**\*THE OTHER WOMAN** (PG13)  
(Fri-Sun 1:30) 4:45 7:25 9:50

**\*THE QUIET ONES** (PG13)  
(Fri-Sun 12:50 3:15) 5:30 7:45 10:15

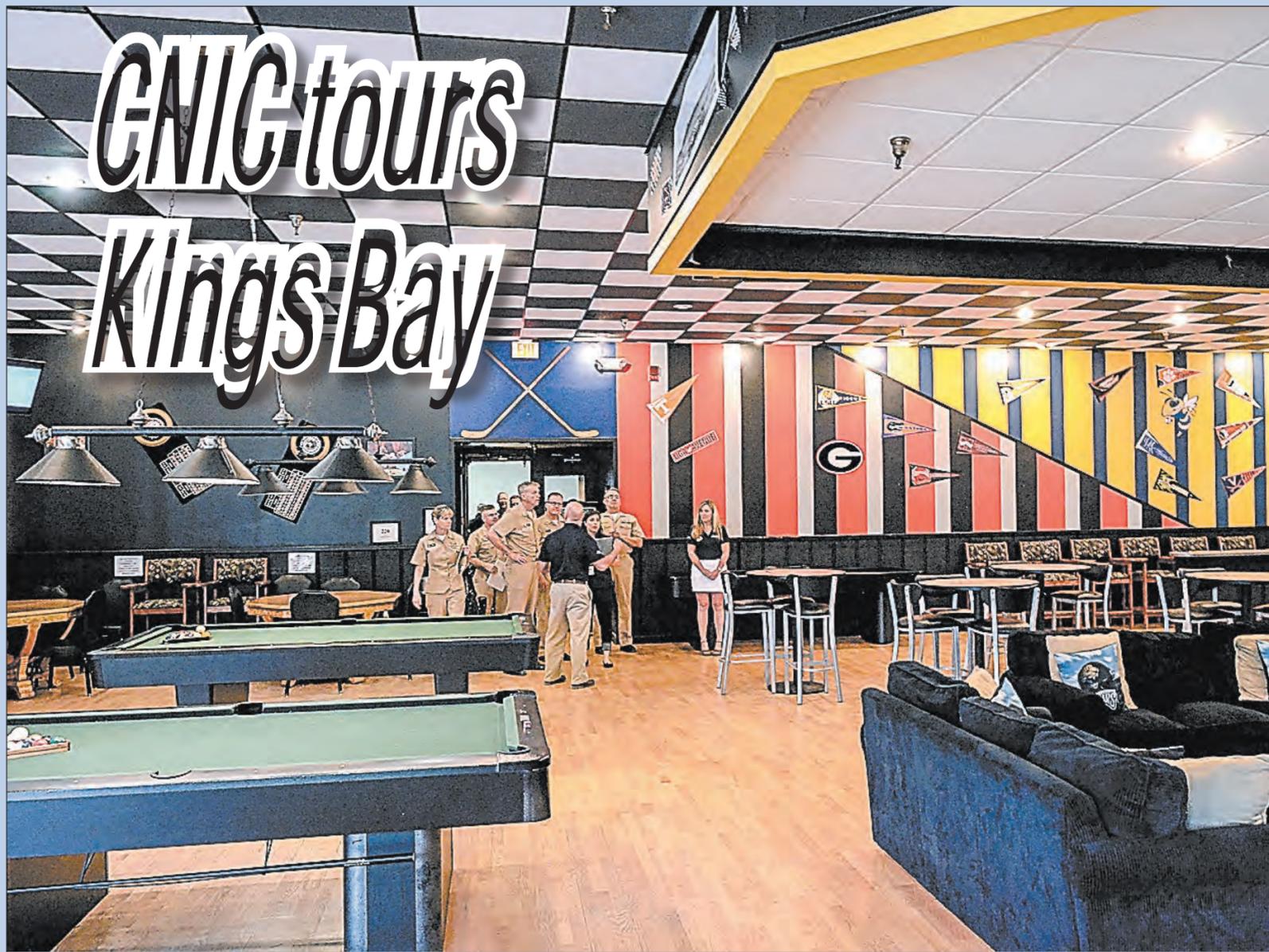
**HEAVEN IS FOR REAL** (PG)  
(Fri-Sun 12:45 3:00) 5:15 7:30 9:45

**RIO 2** (G)  
(Fri-Sun 1:20) 4:30 7:15 9:35

**CAPTAIN AMERICA: THE WINTER SOLDIER** (PG13)  
(Fri-Sun 1:10) 4:10 7:05 10:05

**GODS NOT DEAD** (PG)  
6:30

\*Pass Restricted  
[www.GeorgiaTheatreCompany.com](http://www.GeorgiaTheatreCompany.com)



# CNIC tours Kings Bay

Vice Adm. William D. French, Commander, Navy Installations Command visits Morale, Welfare and Recreation's *The Sports Zone* on board Naval Submarine base Kings Bay April 25.



Clark points out corrosion repairs being done.



Public Works Construction Manager Lt. Robert Clark briefs French.



Trident Refit Facility Commanding Officer Capt. Larry Hill answers questions.



CNIC tours current construction projects and additionally visited various facilities aboard Naval Submarine Base Kings Bay.



One stop on the tour was the waterfront, where French and Vice Adm. Terry Benedict, director of Strategic Systems Programs, center and Cmd. Shawn Follum of Public Works, right, discuss improvements.

French discusses the benefits of the bases automated infrastructure using Supervisory Control and Data Acquisition. Lt. Matthew King NAVFAC Production Officer, Wayne Blackburn, Utilities System Operator Base Operations Services Contractor, and Commanding Officer Naval Submarine Base Capt. Harvey Guffey listen to a question.



The CNIC claps thank you after The Youth Center's pre-school class students sing *My Country 'Tis of Thee*.



French speaks with Charlie Smith Jr. after lunch with the Camden Partnership.



Clockwise from above, Tony Cartagena, Balfour Beatty Kings Bay Community Manager, and Paula Cook, Area Community Manager discusses renovations; Cmdr. Stephen Love, Maritime Force Protection Unit Commanding Officer, talk at the Coast Guard Community recognition lunch; MWR Director Bob Spinnenweber shows the CNIC and CNIC Force Master Chief Nancy Hollingsworth the Fitness Center.



# Morale, Welfare and Recreation happenings



Periscope file photo

Sign up for children's swim lessons now at the Kings Bay Fitness Center pool.

## Swim lessons to start

Sign-up now for swim lessons for the kids at the Kings Bay Pool. Registration will be taken at the customer service counter inside the Fitness Complex. Descriptions of skills taught in each level are available at the customer service counter to assist in selecting proper class level for the child. Payment is due at time of registration. No refunds. Pre-season is May 5 to 8 and May 12 to 15; Session 1 is June 2 to 5 and June 9 to 12; Session 2 is June 16 to 19 and June 23 to 26; Session 3 is July 7 to 10 and July 14 to 18 and Session 4 is July 21 to 24 and July 28 to 31. Cost is \$40 for eight group lessons over the two-week sessions. Private lessons are available for \$75 with five one-on-one lessons. Call (912) 573-3001 or x3990 for more details. Arrive on time for class, bring sunscreen and towels, have your child use the bathroom before class and, if applicable, make sure your child is wearing swim diapers or tight-fitting pants if not potty trained.

■ **Summer Splash 2014** — From noon to 4 p.m., Saturday, May 24 free entry at the Fitness Center pool with fun games, music, prizes and the Build-A-Boat competition. Food will be available for purchase. Special thanks to the sponsors of this event: Navy Federal Credit Union & USAA. (No endorsement implied) (912) 573-3001.

■ **America's Armed Forces Kids Run** — Check-in is 8:30 to 8:45 a.m. Saturday, May 17 at the Fitness Complex. Entry is free. It's open to all military youth ages 5 to 13. Register on-line at [www.americaskidsrun.org](http://www.americaskidsrun.org). Call Youth Sports at (912) 573-8202 for details.

■ **Movie Under The Stars** — Saturday, May 17 at the Youth Center Ballfields, MWR will be showing *The Lego Movie*, rated PG. Showtime is at dusk, approximately 8:30 p.m. Bring your blankets, chairs and bug spray and grab your neighbors. Enjoy an evening movie outdoors on the giant outdoor theater. Call (912) 573-4564 for more

details.

■ **Navy Adventures Unleashed Walking Dead Escape Run in Jacksonville** — Saturday, May 17 at Everbank Field Stadium is the Zombie Obstacle Event. Register on website for 8:15 p.m. wave to participate with "the survivors" of Team Kings Bay at [www.thewalking-deadescape.com/faq](http://www.thewalking-deadescape.com/faq). Pre-register for transportation at Big EZ by May 16 for \$5. Call NAU for details at (912) 573-8972.

### Navy Team Bowling

**Navy Team Bowling Championships Southeast Zone Through 8 of 10 weeks**

Team	Pins
1, Kings Bay	9,172
2, NAS Jax	8,739.5
3, NASP	7,084
4, Mayport	6,871.5
5, Key West	6,128.5
6, NAVSTA Gitmo	4,591
7, New Orleans	4,214.5
7, NASP Corry	4,029
9, JTF Gitmo	2,240

Individuals	Average
1, Leon Platt KB	205.23
2, Dan Blakeslee KB	200.60
3, T. Lowrance NAS J	196.98
4, Rob Daugherty KB	195.00
5, C. Washington NAS J	194.71
6, Shaun Spittler NAS J	193.75
7, Chris Oglisby NO	191.00
8, Kyler Ascue KW	188.56
9, Keith Williams KB	187.46
10, Todd Whitehead NG	186.83

### Intramural Sports

**Ave. Joes Bowling Final**

Team	W	L	Pins
1, Ray & Ryan	9	3	4,906
2, My Spare Lady	8	4	2,653
3, The Kings	8	4	2,319
4, B&J Express	7	5	4,432
5, Two Cliffs	7	5	4,016
6, Roll Tide or Nah	7	5	3,561
7, Fire Fighters	7	5	3,225
8, B's Knees	7	5	2,417
9, Spare Us	6	6	3,775
10, Balls of Steel	5	7	4,180
11, RockyBowlwinkle	4	8	3,478
12, Nutty Buddies	3	9	2,796
13, Wonder Twins	3	9	3,148

### Men's Softball

Team	W	L	T
1, Jc's Crew	8	0	0
2, West Virginia	5	0	0
3, Shop 38	7	2	0

### Coed Softball

Team	W	L	T
1, Angry Birds	6	1	0
1, Shop 38	6	1	0
3, Softball Busters	4	3	0

### Liberty call

■ **Fitness Attire** — To provide an atmosphere that is healthy, clean and family friendly, NSB Kings Bay has elected to adopt a dress code for patrons using the Fitness Center. This dress code has been approved and is supported by the NSB Kings Bay Command. It is the same dress code being used at some of the other bases across the Navy and at CNIC. We would ask that all patrons abide by the new regulations beginning March 10.

■ **Happy Mother's Day from Rack-N-Roll Lanes** — All moms bowl free 1 to 8 p.m., Sunday, May 11. Shoe rental is not included. Regular game prices for everyone else. For more details, call (912) 573-9492.

■ **Free Movies for the Kids Weekend and School Break** — Movies for May are *Happy Feet 2* May 10 and 11, *Couddy with a Chance of Meatballs 2* May 17 and 18, and *Walking with Dinosaurs* May 24 and 25. Movies are at 1 p.m., Saturday and Sunday and school breaks or holidays. The schedule is listed in Facebook under the events tab on [mwrkingsbay.com](http://mwrkingsbay.com). Additional kids movies will be shown during summer break from school starting May 22. All youth under 18 years old must be accompanied by a parent or adult. Snacks foods and beverages are available for purchase. If 15 minutes after the scheduled start time no one else comes in, the movie area will be available for open viewing. For more of the latest information, call (912) 573-4548.

■ **Summer Camp** — It's at the Youth Center for kindergarten through age 12, May 21 through Aug. 8. Sign-up begins April 14 for SAC, Wounded/Fallen Warriors, Individ-

ual Augmentees and single/dual military. Registration for active duty w/working or student spouse and DoD employees begins April 21, for DoD contractors and all others April 28. Most recent LES/pay stub for sponsor and spouse or student letter of enrollment must be provided. Birth certificate must be available. Single/Dual military must provide dependent care form at time of registration, and IAs must provide orders. Breakfast, morning snack, lunch and afternoon snack provided. No outside food. Cost based on total family income. For more information call (912) 573-2380.

■ 4-versus-4 Flag Football started May 5, but teams can still register.



MWR Intramural Sports photo

Average Joe's Bowling Champion Ray & Ryan.

## Detailers detail detailing

From Navy Personnel Command Public Affairs

Sailors need to take charge of their own careers, educate themselves, and understand that detailers are their advocates, Navy officials said recently.

"No one cares any more about your career than you do. Make yourself smart and knowledgeable on the latest NAVADMINs and any changes or updates to the MILPERSMAN," said Senior Chief Mass Communication Specialist Tom Jones, lead Mass Communication Specialist detailer. "You can find those on NPC's website. Be an informed consumer."

Sailors communicate their desires to detailers through the Career Management System - Interactive Detailing. CMS-ID is a web-based tool that enables enlisted Sailors to research and apply for jobs and communicate their career goals to career counselors and detailers. Sailors can log into CMS-ID at [www.cmsid.navy.mil/](http://www.cmsid.navy.mil/).

"Remember to communicate with your detailer and keep your information in CMS-ID up-to-date and current, includ-

ing communicating your preferences - what are you looking to do and where are you looking to serve in your next assignment," Jones said.

Detailers will always attempt to fill billets using a Sailor's desired selections first; however, Fleet readiness requirements are the guiding factor in filling billets. The detailing process is constantly under review and enhancements are made when necessary. NAVADMIN 058/14 was recently released that affects the detailing process.

Detailers won't assign Sailors to advertised jobs until after the close of the CMS-ID application phase, during the detailer selection phase. Sailors may log into CMS-ID any time after the detailer selection phase to see if they have been selected.

"When a detailer has selected a Sailor for a billet, a notification is sent to that Sailor, through CMS-ID, to the email addresses provided in a Sailor's personal contact information profile. That's why it's so important that Sailors to keep their CMS-ID profile updated," Jones said.

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lot 5-95	4 bd/2 ba/3 car	\$279,900
lot 5-96	4 bd/3 ba/3 car	\$282,900
lot 5-111	5 bd/4 ba/3 car	\$342,900
lot 5-119	4 bd/2 ba/3 car	\$286,900

### The Hideaway • (904) 225-2734

SOLD lot 2-32	4 bd/2 ba/2 car	\$193,900
lot 2-41	3 bd/2 ba/2 car	\$176,900
lot 2-48	4 bd/2 ba/2 car	\$177,900
SOLD lot 2-147	3 bd/2 ba/2 car	\$178,900
lot 2-183	3 bd/2 ba/2 car	\$175,900

### Isle de Mai • (904) 491-4270

lot 2-128	4 bd/3 ba/2 car	\$403,900
lot 2-129	4 bd/3 ba/3 car	\$403,900
lot 2-130	4 bd/3 ba/2 car	\$399,900
lot 2-132	4 bd/3 ba/3 car	\$399,900



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# Fleet & Family Support Center workshops

facebook



## 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, May 12 and 19. 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.

## New Moms and Dads Support Group to meet

New Moms' and Dads' group meets 10 a.m. to noon every Tuesday at the Fleet and Family Support Center throughout the month. This is an opportunity for parents of young children to meet and share experiences and for children to make friends in a play-group setting. The group will meet May 13, 20 and 27. No pre-registration required.

## Spouse 101 helps new Navy wives adjust

Spouse 101 provides information to new Navy spouses to support, enhance and ease their transition into the military lifestyle. This interactive workshop addresses the military culture and terminology, and gives tools to access installation and local community resources. The workshop is 5 to 9 p.m., May 21. Registration is required. Call 573-4513.

## Job search workshop scheduled for May 14

A job search workshop will be 9 a.m. to 11 a.m., May 14. The Family Employment Readiness Program gives assistance, information and referrals on employment and education resource opportunities. Services are available to family members of military personnel, retiring and separating military, and family members of relocating civil service personnel. Appointments are required. Call 573-4513 to register.

## SAPR Advanced Training, Refresher offered

The Advanced/Refresher training is for all individuals that are current Sexual Assault Prevention and Response Victim Advocates. This training is applicable to the 32 hour bi-annual training requirement. The individuals attending are appointed by their Command and will represent the Command in all assigned sexual assault cases. This training is 8 a.m. to 4 p.m., May 14 and 8 a.m. to noon May 28. Registration is required by calling (912) 573-4512.

## Smooth Move Workshops CONUS/OCONUS soon

Smooth Move Workshops are designed to help personnel with military relocations and transfers. Areas covered include the new DPS website, 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 for CONUS moves 10 a.m. to noon, May 22 and for OCONUS moves 2 to 4 p.m., May 27. 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 workshop 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



Navy graphic

Be informed before, during, and after an incident; make a written family emergency plan; and build an emergency supply kit good for at least three days.

## Ready Navy meetings June 3, 4

From Fleet and Family Support Center Kings Bay

Ready Navy is the Navy's Emergency Preparedness Program and is sponsored by Commander, Navy Installations Command.

Ready Navy is designed for you, the Navy community, to provide information, tools, and resources that empower the Navy family to more aptly prepare for, react and recover when faced with any emergency, with or without advanced warning.

Ready Navy covers an array of hazards individuals may encounter, ranging from hurricanes and earthquakes to terrorist attacks. The material, tips and recommendations provided by Ready Navy are closely aligned with those offered to the public by Ready.gov and other authoritative government resources to include the Federal Emergency Management Agency the National Oceanic and Atmospheric Administration and the Centers for Disease Control and Prevention.

You are an essential partner in emer-

gency preparedness.

By exploring the links on the Ready Navy site ([www.ready.navy.mil](http://www.ready.navy.mil)), you will:

- be informed of potential hazards and what to do before, during, and after an emergency
- understand the steps to make an emergency plan that includes what to do, where to go, and what to take with you
- learn to build a kit to support basic needs for a minimum of three days
- access tools and resources to help you and your family prepare for emergency situations that could arise at any time with no warning

Fleet and Family Support Center Kings Bay will be hosting an Emergency Preparedness Town Hall meeting from 6 to 8 p.m., June 3 and from 10 a.m. to noon June 4 at the NSB Kings Bay auditorium.

Installation and local community emergency preparedness agencies will provide preparedness brief.

For more information and to sign-up contact FFSC at 573-4513.

Center from 10 a.m. to noon, May 21. Registration is highly recommended, as class is limited to 20 seats. For more information, call 573-4513.

## Capstone transition training scheduled

The purpose of the Capstone event is to evaluate your preparedness to successfully transition from a military to a civilian career and to validate that you have met the Career Readiness Standards. If you need additional assistance you will receive a referral to the appropriate partner agency. The next Capstone event is 8 a.m. to 4 p.m., May 16. Registration by Command Career Counselor required. For more information call 573-4513.

## Ten Steps to a Federal job examined

Gain information on the federal employment process, salaries 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 9:30 a.m. to 12:30 p.m., May 22. Registration required by calling 573-4513.

## Sponsorship training for command reps

The Fleet and Family Support Center is offering Sponsorship training to all command representatives. The goal of the workshop is to ensure that designated command personnel have the necessary education and training to successfully fulfill the role of command sponsor. It presents an overview of the benefits of sponsorship, a list of sponsor duties and responsibilities, and a timeline to assist in streamlining the sponsorship process. The workshop is scheduled on 1 to 2:30 p.m., May 15. Registration is required

as class is limited to 20 seats. For more information call 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., May 10 to 16. Registration is required. For more information, call 573-9783.

## Anger management seminar May 28

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, May 28. 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.

## 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 1 to 4 p.m., May 15. Pre-registration is required. Call 573-4512 for details.

## Survivors Benefit Plan program May 28

The survivor Benefit Plan is a program that provides basic information on the key provisions of the Survivor Benefit Plan. This information will assist service members and their spouses in making informed decisions about SBP's role in their retirement plan. This workshop is scheduled for 2 to 4 p.m., May 28. Registration is required. For more information call 573-4513.

## Credit reports and scores workshop upcoming

Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool, but used the wrong way, it can bring the financial wheels of your life to a grinding halt for a long time. This two-hour workshop provides the importance of managing your credit. It will be at the Fleet and Family Support Center 6 to 8 p.m., May 20. Registration is required. For more information call 573-4513.

## Develop a spending plan training scheduled

Do you have trouble making it from one paycheck to the next? This single-session workshop can help you develop a realistic spending plan with your spouse. This workshop will be 9 to 11 a.m., May 21. Registration is required. Call 573-4513 for more information or to register.

## 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

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# Month of the Military Child



Marine Corps Security Force Battalion Kings Bay had an ice cream social and took a command-style photo April 23 for family members.

Photos by India Winslow



## UF Health Primary Care Now in Your Neighborhood

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# Up eriscope with Bill Wesselhoff

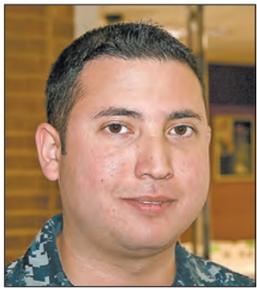


## Hooray for May, it's National Barbecue Month

I'm a little confused. It's National Barbecue Month but when I look at the National Barbecue Association website it shows people doing what I call grilling. All

the pictures have meat with barbecue sauce on it. So for simplicity's sake, I simply asked what do you like to put on the grill? Personally, I have these great brats from a

meat market in Jacksonville. They're fat and about 8- or 9-inches long. I'm going to boil them in beer and then double wrap them in thick cut bacon.



**MT2 Osvaldo Serna**  
Trident Training Facility  
Laredo, Texas  
"Fajitas. I just put skirt steak with lemon on the grill."



**ET3 Stephen Franz**  
Trident Refit Facility  
Sumiton, Ala.  
"Hamburgers and hot dogs, the classics."



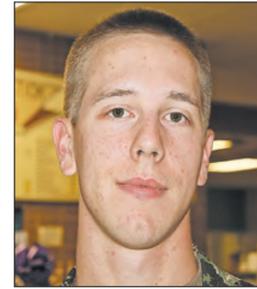
**MA2 Sarah Bausch**  
Subase  
Shawnee, Kan.  
"There's so many delicious things. I'll go with pork butt for pulled pork."



**Trevis Bromer**  
Retired Army  
Ft. Lauderdale, Fla.  
"Ribs. I marinate them overnight and smoke them on the grill."



**Tiffany Bromer**  
Family member  
Ft. Lauderdale, Fla.  
"I usually like jerked pork shoulder."



**MASN Matthew Wilson**  
Security Force Battalion  
Buffalo, N.Y.  
"I personally like steaks, a New York strip I think."



Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, gets food at a base dining hall during his visit to Bagram Air Base, Afghanistan, May 1.

DoD photo by MC1 Daniel Hinton

## Election 'turning point'

By Jim Garamone  
American Forces Press Service

The Afghan election last month marked a turning point for Afghanistan's national security forces, the chairman of the Joint Chiefs of Staff said at Bagram Airfield, Afghanistan, May 2.

The success of the April 5 presidential election boosted the confidence of members of the Afghan force, Army Gen. Martin E. Dempsey said following a meeting with senior U.S. leaders.

It was Dempsey's second visit here in as many months. "I wanted to come over this time because I had read about the elections and I'd heard about how well the [Afghan forces] had performed," he said during an interview. "I wanted to ... learn more about what that really means."

The chairman said one of the generals he spoke with used a sports analogy to describe what U.S. forces in Afghanistan did the day of the election. American forces, the general told him, got up, got ready, warmed up and then sat on the

bench. They didn't have to get into the game.

"Stated another way, the Afghan security forces managed the entire thing," the chairman said. "They transported the ballots, they protected the polling places, they fought off the attempts of the Taliban to disrupt it. So for me ... that election seems to be a turning point in the confidence of the [Afghan security forces]."

The Afghan forces proved they could "peak" for a momentous occasion, the chairman said. "They were able to plan, they were able to prepare, they were able to execute a big momentous event," he added.

Afghan forces should be proud of the achievement, Dempsey said. "I think where they still require work is in the mundane — the day-to-day things of paying and feeding and resupplying and maintaining," he said.

Afghan forces have proved they can fight. No one questions that. But the en-

See Dempsey, Page 14



# MILITARY APPRECIATION NIGHT

**Saturday May 17th at 7pm**  
**Sharks vs. Orlando Predators**

All Active Duty Military, Retired Military, and their Families can get a Special Buy One Get One Free Ticket offer

Sharks players will wear special jerseys which will be auctioned off after the game. Proceeds benefit the Veteran's Ticket Foundation (VETTIX.org)

Sharks are also selling special military appreciation t-shirts and Attack Dance Team calendars in exchange for a small donation to VETTIX

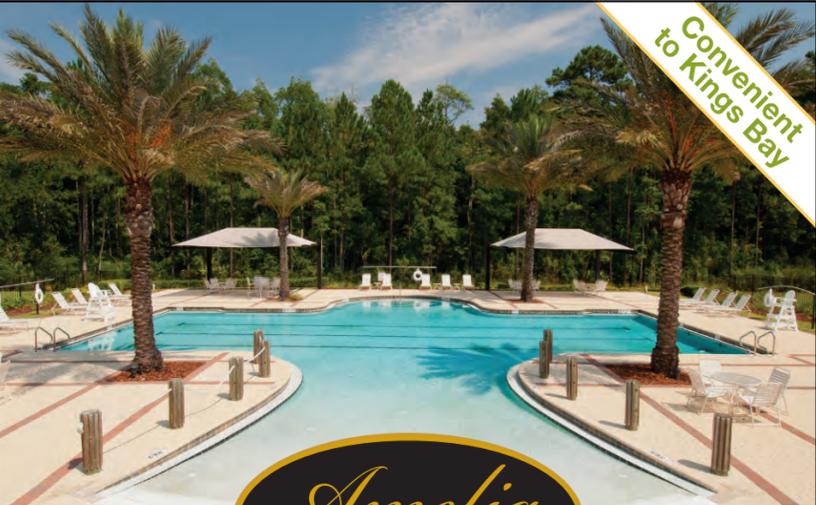


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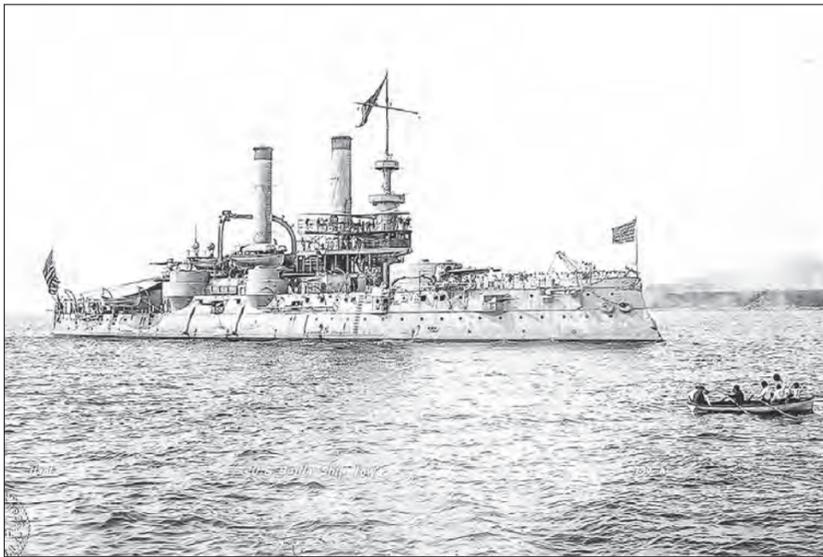
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Navy photo courtesy of Naval History and Heritage Command  
**An undated file photo of the battleship Iowa (BB 1) shows sailors waving to people on a boat.**



Navy photo courtesy of Naval History and Heritage Command  
**An undated colored photo shows the protected cruiser USS Boston during the Spanish-American War.**

# History and Heritage photo archive growing

**By MC1 Tim Comerford**  
 Naval History and Heritage Command's  
 Communication Outreach Division

It is widely accepted that modern photography was born when it was first introduced commercially in 1839.

Since then countless images have snapped of Navy actions and Sailors around the world in times of crisis, conflict, strife and need.

Archiving a small portion of that American body of work is the job of the Naval History and Heritage Command's Photo Archive, which includes in its inventory imagery dating as far back as the Civil War-era and extending through to the mid-1990s.

"We are estimating somewhere in the neighborhood of one million individual photographs," said Lisa Crunk, lead archivist for NHHC's three photo archivists. "We have never done a count because we don't have an actual database that can do that yet. We're anticipating our new digital asset management system in June. That system will allow us to catalog all of the photographs."

The Navy's Photographic collection captures some amazing scenes from maritime history, from age-old example of Navy life before the turn of the 20th century in "Old Salts" of USS Hartford in 1877 to a picture of SBD "Dauntless" dive bombers from USS Hornet (CV-8) approaching the burning Japanese heavy cruiser Mikuma to photographs of former presidents John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald R. Ford, James E. Carter or George H.W. Bush, at sea, in the air or at play in their uniforms.

"There really there are no photographs that are more popular than any other," Crunk said. "Though there are subjects that have more interest — the subject that has the most interest is World War II."

Beyond simply cataloging the collection another major challenge for the photo archive team is that many of the images don't have accompanying caption information

"Approximately a quarter of a million have descriptions," Crunk said. "The rest have very limited or no descriptions."

Located on the second floor of NHHC's Building 57 on the Washington Navy Yard, the photo archive is more reminiscent of a government filing room than a library.

The front of the archive, recently updated, holds 800 to 900 one-half cubic foot archival quality metal edge boxes stacked on shelves reaching about 8-feet

high. That "L" collection — boxes, labeled with the letter "L," varying subjects, filing numbers and including more than 100,000 photographs — line the room, leaving a little space for the two desks where you'll find the command's three photo archivists hard at work.

The archive hosts five more distinct collections.

The NH collection, the NARA (National Archives and Records Administration), the NRNL Collection, the 'U' collection and the 'S' collection," Crunk said. "The NH collection goes to the early 1970s. The NRNL collection is mostly pre-World War I and about 120,000 photographs. The NARA collection is copies of 40,000 photos also held at NARA. What's left are the 'S' collection and the 'U' collection. The U and S collections are donated materials from private individuals — Sailors, former Sailors and their families — that have found their way to us. That is what we are doing right now, getting a better sense of those large donated collections."

And that's where NHHC's photo archive holds an advantage over the National Archives.

"We differ from the National Archives in that we do take private donations rather than official records," Crunk said.

The majority of NHHC's collection of photos comes from private donations.

"We get a lot of great photographs from retirees," Crunk said. "They have sent their image collections, their photo albums and scrap books, to us."

Those donations are something that the archivists are just now getting a grasp on. Connected to the box-filled front of the archive, two additional rooms are filled with five-drawer filing cabinets as well as more shelving for oversized boxes and anything that cannot fit comfortably into the cabinets.



Navy photo courtesy of Naval History and Heritage Command  
**An undated photo shows Sailors of USS Charleston (C-2) manning one of the ship's guns during the Spanish-American War.**

This is where the majority of NHHC's collection of photos is housed.

"We don't really have a sense of how large they are," Crunk said. "That is what we are doing right now, getting a better sense of that large donated collection."

But the 'U' and 'S' collections will most likely never get the attention that the NH and NARA collections have, with individual captions for each photo.

"We go through them every day and we are finding these great collections that have never been seen before beyond the staff that originally collected them 10, 20 or 30 years ago. But, I doubt that we will ever go to item level and catalog every single photograph of those collections," Crunk said. "We will probably do it at the collection level. That means the private individual donor. So if Joe Smith donates a collection and his collection includes 100 photographs, we will describe the collection, but we won't describe every single photo. It takes a tremendous amount of time, effort and the ability to enter it into the collection management system."

The reason it takes so long is that the photos in the collection often have no information associated with them.

While they do try to track down information on some of the images, each one represents a fairly challenging research project.

"If it is a recent donation, we will speak with the donor," Crunk said. "We try and get as much information as possible before we even receive it. If it is a part of the current collection and there is no paperwork that has descriptive information, it gets tricky. If it's a ship we can generally figure out what ship it is, that leads us to the timeframe. We have historians on staff and we sometimes ask them to help us date the photos and help with description. It can take as little as a day, or up to a few weeks."

Though computers have made it easier to get NHHC's historic photos online, very little of the archive is available through that medium.

"Our website has about 26,000 item level images," Crunk said. "Those are mainly from the NARA collection and the NH collection, we haven't gotten the chance to get to those other collections before."

With the advent of the NHHC's new website, rolling out this summer, the archivists are preparing the donated collections for the public.

"We are getting them ready to be potentially digitized and at least writing some sort of description so that the public knows that we have them," Crunk said.

Also the archivists will be receiving a Digital Asset Management system to help with cataloging.

"When we receive the new DAM system we will be entering all the metadata — the donor information, a scope and content note about the collection, a description, date ranges and keywords. Then you can do searches on it. It will revolutionize how we organize, find materials and how the public sees it, because it is all linked to the website. Right now, we type up index cards and file them by subject," Crunk said.

For those wishing to submit photos to the photo archive, the archivists recommend getting in touch with them by phone or email.

"Let us know that you have a donation, and tell us what it is about," Crunk said. "We will get back with you and let you know if that fits our collecting policy."

Their policy is relatively simple. Photos must be Navy specific and in decent condition.

"You may have tears or wrinkles. That we can repair. If it is torn in two or so badly damaged that we cannot unroll it or it has severe water damage we may not accept it. For the most part though, if it has to do with Navy life we will accept it. If it is a Sailor in uniform or on leave with his buddies, there is a cultural interest there," Crunk said.

To contact NHHC's photo archive call (202) 433-2765 or email [nhhcphotoarchive@navy.mil](mailto:nhhcphotoarchive@navy.mil).

The Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy's unique and enduring contributions through our nation's history, and supports the Fleet by assisting with and delivering professional research, analysis, and interpretive services.

NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, nine museums, USS Constitution repair facility and the historic ship Nautilus.

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# Navy secretary conducts global all hands call

From Defense Media Activity  
- Navy

The Secretary of the Navy Ray Mabus addressed Sailors and Marines during a live, global all hands call April 29.

Mabus answered questions about the budget, deployment schedules and pay and allowances among other things during the broadcast held at the Defense Media Activity.

Mabus emphasized the Navy's unique presence, citing that the Navy is where it needs to be, when it needs to be there, not just at the right time, but all the time.

"We do this by focusing on four things," Mabus said. "People, Platforms, Power and Partnerships."

During the broadcast, Mabus took questions from those gathered at DMA, from around the fleet via e-mail, from those tuned in to a live chat on

the Internet, and pre-recorded video.

Popular topics ranged from deployment lengths and budget requirements to female hair regulations and equipment.

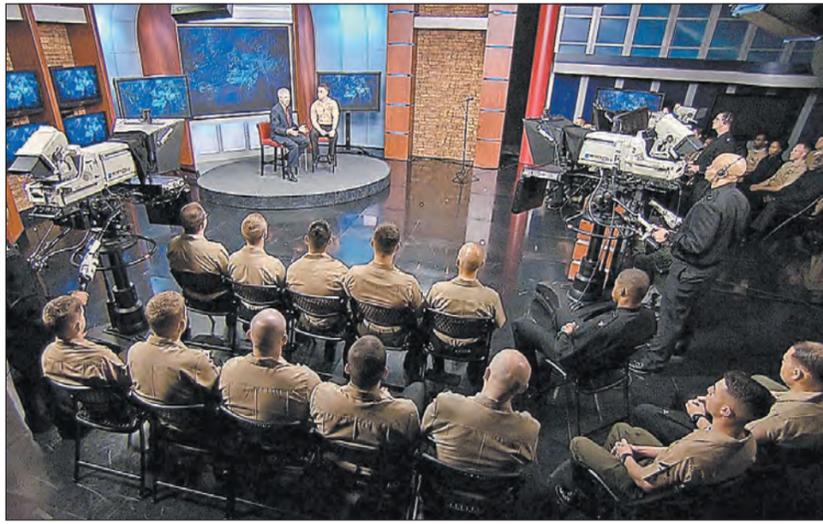


Mabus

One Sailor asked about weapon systems currently being tested, and when the Navy and Marine Corps may see those systems.

Mabus said the Navy and Marine Corps are already seeing these weapon systems out in the fleet. The Navy is putting a laser weapon on board USS Ponce (LPD 15) to see how it does in a maritime environment.

They are also testing rail guns on high speed vessels and USS Zumwalt has



Secretary of the Navy Ray Mabus conducts a live worldwide all hands call at Defense Media Activity Fort Meade, Md.

Navy photo by MC1 Mark Logico

a brand new gun system that is very long range and amazingly accurate.

"We're going to get out the most advanced things we've got as quickly as we can," added Mabus.

Mabus also fielded questions regarding retirement policy in regards to pay. Mabus said that the notion is that whatever policy was in place when a service member enlisted

will be the policy they retire under, regardless of changes that occur while they are serving.

When asked about incentives to keep those with special certifications

and clearances from exiting the Navy, Mabus talked about Selective Reenlistment Bonuses, but also focused on the service aspect and the good Sailors and Marines do for their country by choosing to stay in the military.

He added that although some do move on to pursue a career outside of the military, there are currently record recruiting and retention rates in the Navy.

Unanswered questions in regard to providing the same housing and allowances for single Sailors and Marines as is provided to married Sailors and Marines, and the warrant officer program being opened to additional ratings will be researched and answered later in an article for All Hands Magazine online (www.ah.mil.)

The call will be available for viewing at the *Every Day in the Navy* gallery on www.navy.mil.

## Marines keeping eye on Crimea

By Blago Tashev  
Training and Education  
Company, Marine Corps Base  
Quantico

Crimea, an autonomous republic in Ukraine, became the focus of attention in early 2014 when mass protests in central and western Ukraine forced the pro-Moscow president of the country to flee to Russia.

Russia-backed forces in Crimea then took control of the republic and in a hastily organized referendum, the Russian ethnic majority in the region voted to join Russia.

The Russian government quickly annexed the republic.

Crimea is home to 2 million people.

Ethnic Russians make up the majority of the population, but there are also significant Ukrainian and Tatar minorities. The

Tatars used to dominate the region before Russians and Ukrainians began to settle there in the late 18th century.

Crimea was part of the Ottoman Empire until the late 18th century, when Russia conquered the region.

In 1954 under Soviet rule, Crimea was transferred from Russia to Ukraine.

After the disintegration of the Soviet Union, Crimea became part of independent Ukraine, although the region enjoyed a degree of autonomy in the new state.

While Ukraine has been an independent country since 1991, many in Russia regret the disintegration of the Soviet Union in general, and the loss of Crimea in particular. Russia sees the annexation of Crimea in early 2014 as justice restored; the move was



Photo by CIA World Fact Book

Crimea, an autonomous republic in Ukraine, became the focus of attention in early 2014 when mass protests in central and western Ukraine forced the pro-Moscow president of the country to flee to Russia. Russia-backed forces in Crimea then took control of the republic and in a hastily organized referendum, the Russian ethnic majority in the region voted to join Russia. The Russian government quickly annexed the republic.

hugely popular in Russia.

Crimea is a strategically located peninsula in the Black Sea. The area is home to both Ukraine's and Russia's Black Sea fleets (Russia and Ukraine had a leasing agreement allowing Russia to keep military installations in

Crimea).

After the annexation in early 2014, Ukraine lost access to all its military installations in the region and Ukrainian military personnel left the peninsula.

As a result of Moscow's ambition to increase its

political and military influence in the world, Russia is in the process of expanding and modernizing its Black Sea Fleet.

The fleet allows Russia to project power in the Mediterranean Sea, the Middle East and as far as the Indian Ocean.

The annexation of Crimea has consequences for the wider region and relations between Russia and the West.

Ukraine has a large Russian minority (more than 17 percent of the popula-

See Crimea, Page 13

## Smoke Alarms

### for People who are Deaf or Hard of Hearing

**Smoke alarms save lives. However, people who are deaf or hard of hearing may not be able to depend on the traditional smoke alarm to alert them to a fire.**

**SAFETY TIPS**

- Smoke alarms and alert devices, called accessories, are available for people who are deaf. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. When people who are deaf are asleep, a high intensity strobe light is required along with a pillow or bed shaker to wake them up and alert them to fire conditions so they can escape. Currently this equipment is activated by the sound of a standard smoke alarm.
- Smoke alarm alert devices, called accessories, are available for people who are hard of hearing. These accessories produce a loud, mixed low-pitched sound. This equipment is activated by the sound of the smoke alarm and is usually installed next to the bed. People who are deaf may find that a pillow or bed shaker is also helpful to wake them up.
- Recent research has shown that a loud, mixed low-pitched sound is more effective for waking people of all ages than the loud high-pitched sound of a traditional smoke alarm. As people age, their ability to hear high-pitched sounds decreases.
- Research the available products and select one that best meets your individual needs.

**WHERE TO FIND EQUIPMENT**  
Smoke alarms with built in or separate strobe lights can be purchased through home improvement store websites or by searching the internet for "strobe light smoke alarms." BRK/First Alert, Gentex and Kidde brands offer this type of smoke alarm. Smoke alarm accessories such as bed/pillow shakers, transmitters and receivers are available through [lifetonesafety.com](http://lifetonesafety.com), [safeawake.com](http://safeawake.com) and [silentcall.com](http://silentcall.com). Make sure any smoke alarm or accessory device you use has the label of a recognized testing laboratory.

**FACTS**

- People with a hearing disability may not even hear a smoke alarm.
- Home fire sprinklers increase the chances of surviving a fire.

**AND DON'T FORGET...**  
All smoke alarms should be tested at least once a month using the test button.

[www.nfpa.org/disabilities](http://www.nfpa.org/disabilities)  
[www.nfpa.org/education](http://www.nfpa.org/education)

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- Naval Submarine Base Emergency Management
- Navy Marine Corps Relief Society
- American Red Cross
- Camden County Emergency Management Agency
- Training and a demonstration will be provided on the Navy Family Accountability Assessment System (NFAAS)
- Balfour Beatty
- Base Security
- Base Safety
- Fire Department

FREE CHILD CARE WILL BE PROVIDED FOR ACTIVE DUTY MILITARY FOR THE June 3<sup>rd</sup> SESSION ONLY FROM 5:30PM-8:30PM. Please register with the Child Development Center by 28 May 2014 573-9918

**Naval Submarine Base Kings Bay Auditorium, Building 1031**  
3 June 2014 from 6PM - 8PM  
4 June 2014 from 10AM - 12PM

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**573-4513**  
Or Email [Felipe.gonzalez@navy.mil](mailto:Felipe.gonzalez@navy.mil)

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# Pirates Cove Galley menus



**Lunch**  
 French Onion Soup  
 Southern Fried Chicken  
 Stuffed Fish  
 Mashed Potatoes  
 Wild Rice  
 Chicken Gravy  
 Black-eyed Peas  
 Southern Style Green Beans  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Biscuits  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar

**Lunch speed line**  
 Grilled Cheese Burgers  
 Grilled Hamburgers  
 BBQ Chicken  
 BBQ Ribs  
 Pulled Pork  
 Bratwurst  
 Cole Slaw  
 Macaroni Salad  
 Potato Salad  
 Baked Beans  
 Burger Bar

**Dinner**  
 Beef Vegetable Soup  
 Grilled Steak  
 Grilled Crab Cakes  
 Baked Potatoes  
 Honey Glazed Carrots  
 Steamed Asparagus  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Hot Rolls  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar



## Saturday

**Brunch**  
 Chicken Noodle Soup  
 Philly Cheese Steak Sandwich  
 Chicken Philly Sandwiches  
 French Fries  
 Grilled Hoagies  
 Breakfast Juice Bar  
 Ready-to-eat Cereal  
 Oven Fried Bacon  
 Steamed Broccoli  
 Eggs & Omelets to Order  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads and Spreads  
 Pastry Bar  
 Assorted Beverage Bar

**Dinner**  
 Cream of Broccoli  
 Asst. Pizza  
 Buffalo Chicken Strips  
 French Fries  
 Green Beans

Mashed Potatoes  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar



## Sunday

**Brunch**  
 Knickerbockers Soup  
 Fried Chicken Sandwich  
 Fishwich Sandwich  
 Tater Tots  
 Mixed Vegetables  
 Tartar Sauce  
 Cole Slaw  
 Breakfast Juice Bar  
 Ready-to-eat Cereal  
 Oven Fried Bacon  
 Grilled Sausage Patties  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads and Spreads  
 Assorted Beverage Bar

**Dinner**  
 New England Clam Chowder  
 Prime Rib au Jus  
 Garlic Butter Shrimp  
 Twice-Baked Potatoes  
 Rice Pilaf  
 Sautéed Mushrooms & Onions  
 Broccoli Parmesan  
 Corn on the Cob  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 French Bread  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar

## Monday

**Breakfast**  
 Breakfast Juice Bar  
 Ready-to-eat Cereals  
 Grilled Bacon  
 Breakfast Burritos  
 Asst. Oatmeal  
 Grits  
 Eggs & Omelets to Order  
 Soft/Hard Cooked Eggs  
 French Toast w/Asst. Syrups  
 Hash Brown Potatoes  
 Pastry Bar  
 Asst. Breads & Spreads  
 Fresh Fruit Salad  
 Asst. Fruit Bar  
 Asst. Beverage Bar  
 Asst. Yogurt

**Lunch**  
 Chicken Gumbo  
 Blackened Chicken  
 Kalua Pulled Pork  
 Garlic Roasted Red Potatoes

Red Beans & Rice  
 Steamed Corn  
 Collard Greens  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Hot Rolls  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar  
 Lunch speed line  
 Asst. Chicken Wings  
 Asst. Pizza  
 Potato Bar

**Dinner**  
 Cream of Broccoli Soup  
 Fried Catfish  
 BBQ Ribs  
 Rice Pilaf  
 Hush Puppies  
 Club Spinach  
 Simmered Pinto Beans  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Corn Bread Muffins  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar



## Tuesday

**Breakfast**  
 Breakfast Juice Bar  
 Ready-to-eat Cereal  
 Eggs & Omelets to Order  
 Waffles w/ Asst. Syrups  
 Grilled Bacon  
 Grilled Sausage Links  
 Asst. Instant Oatmeal / Grits  
 Rolled Oats  
 Soft/Hard Cooked Eggs  
 Cottage Fried Potatoes  
 Pastry Bar  
 Asst. Yogurt

**Lunch**  
 Spanish Soup  
 Salisbury Steak  
 Roasted Chicken  
 Brown Gravy  
 Mashed Potatoes & Gravy  
 Mac & Cheese  
 Simmered Carrots  
 Fried Cabbage w/ Bacon  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Hot Rolls  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar  
**Lunch speed line**  
 Chicken Quesadias  
 Beef Enchiladas  
 Spanish Rice  
 Refried Beans  
 Taco Bar

**Dinner**  
 Chili

Baked Ham  
 Chicken Pot Pie  
 Egg Noodles  
 Steamed Rice  
 Simmered Green Beans  
 Steamed Cauliflower  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Corn Bread Muffins  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar



## Wednesday

**Breakfast**  
 Breakfast Juice Bar  
 Ready-to-eat Cereal  
 Eggs & Omelets to Order  
 Blueberry Pancakes w/Asst. Syrup  
 Asst. Instant Oatmeal / Grits  
 Grits  
 Soft/Hard Cooked Eggs  
 Grilled Bacon  
 Corned Beef Hash  
 Hash Browned Potatoes  
 Pastry Bar  
 Asst. Yogurt

**Lunch**  
 California Chicken Soup  
 Roast Beef  
 Stuffed Flounder  
 Brown Gravy  
 Buttered Egg Noodles  
 Rice Pilaf  
 Mixed Vegetables  
 Simmered Lima Beans  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Hot Rolls  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar  
**Lunch speed line**  
 Corn Dogs  
 Grilled Hamburgers  
 Grilled Cheeseburgers  
 French Fries  
 Baked Beans  
 Burger Bar

**Dinner**  
 Chicken Egg Drop Soup  
 Sweet & Sour Pork  
 Teriyaki Chicken  
 Filipino Rice  
 Fried Lumpia  
 Stir Fried Vegetables  
 Steamed Asparagus  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Sesame Rolls  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads

Assorted Beverage Bar



## Thursday

**Breakfast**  
 Breakfast Juice Bar  
 Ready-to-eat Cereals  
 Eggs & Omelets To Order  
 Grilled Bacon  
 Asst. Instant Oatmeal / Grits  
 Rolled Oats  
 Sausage Patties  
 Cottage Fried Potatoes  
 French Toast / Asst. Syrups  
 Pastry Bar  
 Asst. Yogurt

**Lunch**  
 Italian Wedding Soup  
 Chicken Parmesan  
 Meat Sauce  
 Boiled Spaghetti  
 Roasted Potatoes  
 Steamed Broccoli  
 Italian Kidney Beans  
 Healthy Choice Salad  
 Assorted Salad Dressings  
 Garlic Bread  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar

**Lunch speed line**  
 Chicken Pattie Sandwich  
 Philly Cheese Steak Sandwich  
 Grilled Pepper and Onions  
 Chili  
 Cheese Sauce  
 Baked Beans  
 Sandwich Bar  
 Cold Cut Sandwiches

**Dinner**  
 Cream of Broccoli Soup  
 Fried Catfish w. Tartar Sauce  
 Braised Pork Chops  
 Mashed Potatoes & Gravy  
 Tossed Green Rice  
 Fried Okra  
 Simmered Carrots  
 Healthy Choice Salad Bar  
 Assorted Salad Dressings  
 Cheesy Bread  
 Assorted Desserts  
 Asst. Fruit Bar  
 Assorted Breads & Spreads  
 Assorted Beverage Bar

## Galley hours

Monday through Friday  
 Breakfast 6 to 7:30 a.m.  
 Lunch 11:15 a.m. to 12:45 p.m.  
 Dinner 4:30 to 5:30 p.m.  
**Weekends and holidays**  
 No breakfast served  
 Brunch - 10:45 a.m. to 12:15 p.m.  
 Dinner - 4:30 to 5:30 p.m.  
 Menu items subject to change.

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Marine Corps photo by Lance Cpl. Sullivan Laramie  
**Marines with 2nd Supply Battalion, Combat Logistics Regiment 25, 2nd Marine Logistics Group take Meals, Cold Weather during the drawdown of Cold Response 14 at Evenes, Norway, March 19.**

# MREs adapted for winter

By Lance Cpl. Sullivan Laramie  
 Marine Forces Europe and Africa

ELVEGAARDSMOEN, Norway -- When Marines in the field are hungry, they turn to brown packages with snacks and dehydrated entrees inside.

Meals, Ready to Eat have been staples of field life in the military since they replaced Meals, Combat Issue in 1981.

For service members in cold environments, however, regular MREs aren't enough. MREs can only withstand low temperatures to a certain point.

After that, service members require something most have never seen: Meals, Cold Weather.

Clad in white instead of the usual brown packaging, MCWs contain meals with more calories and additional drink mixes to encourage hydration in climates that require more energy per day, but where many people prefer not to drink.

For men and women who fight in every clime and place, the frigid environment of the arctic weather during Cold Response 14, a Norwegian-led multinational exercise, is one such location.

"[MCWs] are better than regular MREs, they just aren't as expedient," said Sgt. Sean N. Davis, a Bowling Green, Ohio, native and food service specialist with

the battalion. "They last longer and they won't freeze in the cold, but you need to boil water."

The MCWs are similar in some respects to the field rations, or FRs, used by the Norwegian armed forces such as the high calorie count and the water requirement for rehydrating the entree in each meal.

"FRs are pretty much the same as the [MCWs]," said Sgt. Ole G. Tinghaug, an Arendal, Norway native and ambulance team leader with Host Nation Support Battalion. "They come linked together with breakfast, lunch and dinner, though. It's the same concept, but with different food. MCWs are bigger, with more food in them, and I like those."

Cold Response 14 brought together nearly 16,000 servicemembers from 16 different nations in northern Norway, above the Arctic Circle, from March 10 to 21 to build allied military capacity and interoperability in a high-intensity, cold-weather training environment.

The meals have different menu choices, which allow service members to have a variety of options throughout their exercises and deployments.

While MREs, MCWs and FRs may not be a Marine, soldier or sailor's first choice, they will sustain him or her enough to stay in the fight.

# Crimea

From Page 11

tion) and many fear Russia may attempt to annex other Ukrainian territories inhabited by ethnic Russians.

This fear is reinforced by the willingness of many ethnic Russians in Ukraine to consider joining Russia.

Other countries in the region, including in Eastern Europe and Central Asia, fear the presence of Russian minorities in their states also exposes them to Russian aggression.

As an attempt to deter Moscow, the United States and its European allies imposed limited economic and political sanctions against Russia.

In addition, NATO has developed plans

to increase military presence in members of the Alliance along the border with Russia.

Many leaders have also urged European governments to end their dependence on Russia for energy needs and to reverse the long trend of declining European defense budgets.

There also are calls to treat Russia as a potential opponent that is willing to break international law and norms, and is actively working against Western interests.

*Editor's note: This piece was created at the Center for Advanced Operational Culture Learning. The center is located on Marine Corps Base Quantico and provides regional, culture and language training programs for Marines of all ranks. For more information about CAOCL visit <https://www.tecom.usmc.mil/caocl/SitePages/Home.aspx>*

# White remembers squad

By J.D. Leibold  
 Army News Service

Former Army Sgt. Kyle J. White said that when he accepts the Medal of Honor from President Barack Obama at the White House on May 13, he will do so in honor of the five soldiers and one Marine "who gave their lives in the defense of freedom and the American way of life."

White spoke at a press conference April 24 at the National Guard Center in Charlotte, N.C., near where he now lives.

White was just 20 when he was deployed to Afghanistan.

On Nov. 9, 2007, his 14-man unit and squad of Afghan soldiers were brutally ambushed on three sides by Taliban fighters on a path descending from the village of Aranas into a valley.

"On May 13th when I'm awarded the Medal of Honor, I will tell their stories and preserve their memories... they will not be forgotten," the now-27-year-old Seattle native told the press and

bloggers. "Their sacrifice and the sacrifices of so many others are what motivate me to wake up each and every day to be the best I can. Everything I do in my life is done to make them proud."



White

White was asked how strong the memory of the battle is now, after almost seven years, during which time he attained a bachelor's degree and became an investment analyst for a major bank.

"I would say for the first couple of years, memories were more vivid than today," he said. "As time goes on certain things you think about less and less, but at any given moment I can close my eyes and hear the sounds and smell the gunpowder in the air; but six-and-a-half years later, I don't think about it as much as I used to."

He did share that there

were two things he can always visualize as if it were yesterday — when he looked up from applying a tourniquet to wounded Marine Sgt. Phillip Bocks to see then-Spc. Kain Schilling take an enemy round to his left leg. White rushed to his buddy and for the second time that day applied a second tourniquet to Schilling, the only one he had left, his own belt.

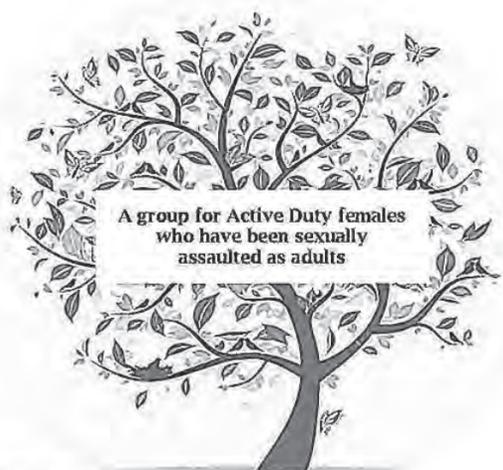
White will receive the Medal of Honor for his disregard of his own life while trying to save the lives of a Marine and two fellow soldiers after his team of 14 U.S. soldiers and squad of Afghan National Army soldiers were set up and ambushed by a much larger and more heavily armed Taliban force, who engaged in a three-prong attack from elevated ground.

He will become the seventh living recipient of the nation's highest military decoration for conspicuous gallantry and valor during actions in Iraq or Afghanistan.

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- Limited use of perfume/cologne

NOTE: Approved, Command-issued (military) PF gear is allowed by those authorized to wear it.

**NAVY Fitness**

**Oh, no!**



**NO!**

**FOOTWEAR**

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- Sandals
- Open-toe shoes
- Crocs/clags

**BOTTOMS**

- Saggy pants
- Jeans
- Khaki or canvas pants
- Bikinis
- Exposed gluteus muscles
- Shorts shorter than finger-tip length when arms are straight along side of body

**TOPS**

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- Sports bras w/o shirts
- Bikinis
- Exposed cleavage or chest/nipple area
- Sauna Suit
- Heavy perfume or cologne
- Body odor

Fitness Center staff has final discretion on appropriate attire. Thank you for your cooperation.

## PROPER FITNESS CENTER ATTIRE

**Excellent!**



**YES!**

**FOOTWEAR**

- Socks
- Appropriate athletic shoes (tennis, running, court, cross-training)

**BOTTOMS**

- Shorts longer than finger-tip length when arms are straight along side of body

**TOPS**

- Un-modified T-shirts, sweatshirts or tank tops
- Underclothing (workout gear with built-in under clothes are ok)
- Proper hygiene
- Limited use of perfume/cologne

NOTE: Approved, Command-issued (military) PF gear is allowed by those authorized to wear it.

**NAVY Fitness**

**Awe, man!**



**NO!**

**FOOTWEAR**

- Bare feet
- Flip flops
- Sandals
- Open-toe shoes
- Crocs/clags

**BOTTOMS**

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- Khaki or canvas pants
- Exposed gluteus muscles
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# When the Nazis landed in Ponte Vedra Beach

From the Federal Bureau of Investigation

*Editor's note: This is the first in a two-part series about Nazi saboteurs in America during World War II.*

Shortly after midnight on the morning of June 13, 1942, four men landed on a beach near Amagansett, Long Island, New York from a German submarine, clad in German uniforms and bringing ashore enough explosives, primers, and incendiaries to support an expected two-year career in the sabotage of American defense-related production.

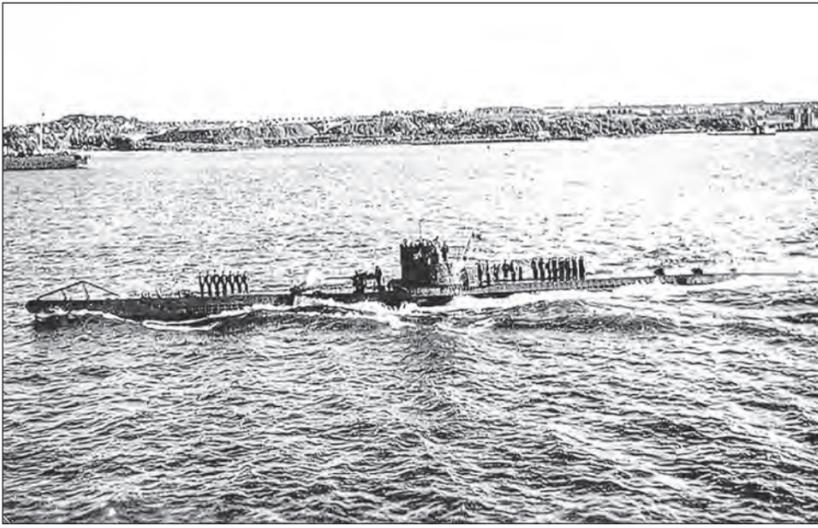
On June 17, 1942, a similar group landed on Ponte Vedra Beach, near Jacksonville, Florida, equipped for a similar career in industrial disruption.

The purpose of the invasions was to strike a major blow for Germany by bringing the violence of war to our home ground through destruction of America's ability to manufacture vital equipment and supplies and transport them to the battle-grounds of Europe; to strike fear into the American civilian population; and to diminish the resolve of the United States to overcome our enemies.

By June 27, 1942, all eight saboteurs had been arrested without having accomplished one act of destruction.

Tried before a military commission, they were found guilty. One was sentenced to life imprisonment, another to 30 years, and six received the death penalty, which was carried out within a few days.

The magnitude of the



Navy History & Heritage Command photo

**Nazi saboteurs were delivered to American shores in New York and Ponte Vedra Beach, Florida by a U Boat like this one.**

euphoric expectation of the Nazi war machine may be judged by the fact that, in addition to the large amount of material brought ashore by the saboteurs, they were given \$175,200 in United States currency to finance their activities.

On apprehension, a total of \$174,588 was recovered by the FBI — the only positive accomplishment of eight trained saboteurs in those two weeks was the expenditure of \$612 for clothing, meals, lodging, and travel, as well as a bribe of \$260.

So shaken was the German intelligence service that no similar sabotage attempt was ever again made. The German naval high command did not again allow a valuable submarine to be risked for a sabotage mission.

On September 1, 1939, World War II opened in Europe with the invasion of Poland by Nazi Germany. The United States

remained neutral until drawn into the world conflict by the Japanese attack on Pearl Harbor on December 7, 1941.

War was declared against Japan by the United States on December 8, 1941; and, on the 11th, Germany and Italy declared war against the United States.

During the early months of the war, the major contributions of the United States to oppose the Nazi war machine involved industrial production, equipment, and supplies furnished to those forces actively defending themselves against the German armed forces.

That industrial effort was strong enough to generate frustration, perhaps indignation, among the Nazi high command; and the order was given, allegedly by Hitler himself, to mount a serious effort to reduce American production.

German intelligence

settled on sabotage as the most effective means of diminishing our input.

In active charge of the project was Lieutenant Walter Kappe, attached to Abwehr-2 (Intelligence 2) who had spent some years in the United States prior to the war and had been active in the German-American Bund and other efforts in the United States to propagandize and win adherents for Nazism among German Americans and German immigrants in America.

Kappe was also an official of the Ausland Institute, which, prior to the war, organized Germans abroad into the Nationalsozialistische Deutsche Arbeiterpartei, the NSDAP or Nazi Party, and during the conflict, Ausland kept track of and in touch with persons in Germany who had returned from abroad.

Kappe's responsibility concerned those who had returned from the United States.

Early in 1942, he contacted, among others, those who ultimately undertook the mission to the United States. Each consented to the task, apparently willingly, although unaware of the specific assignment.

Most of the potential saboteurs were taken from civilian jobs, but two were in the German army.

The trainees, about 12 in all, were told of their specific mission only when they entered a sabotage school established near Berlin which instructed them in chemistry, incendiaries, explosives, timing devices, secret writing and concealment of identity by blending into an American background. The intensive training included the practical use of the techniques under realistic conditions.

Subsequently, the saboteurs were taken to aluminum and magnesium plants, railroad shops, canals, locks, and other facilities to familiarize them with the vital points and vulnerabilities of the types of targets they were to attack. Maps were used to locate those American targets, spots where railroads could be most effectively disabled, the principal aluminum and magnesium



Kerling



Thiel



Haupt



Neubauer

plants, and important canals, waterways and locks.

All instructions had to be memorized.

On May 26, 1942, the first group of four

saboteurs left by submarine from the German base at Lorient, France, and on May 28, the next group of four departed the same base.

Each was destined to land at points on the Atlantic Coast of the United States familiar to the leader of that group.

Four men, led by George John Dasch, age 39, landed on a beach near Amagansett, Long Island, New York, about 12:10 a.m., June 13, 1942.

Accompanying Dasch were Ernest Peter Burger, 36; Heinrich Harm Heinck, 35; and Richard Quirin, 34.

On June 17, 1942, the other group landed at Ponte Vedra Beach, Florida, south of Jacksonville.

The leader was Edward John Kerling, age 33; with Werner Thiel, 35; Herman Otto Neubauer, 32; and Herbert Hans Haupt, 22.

Both groups landed wearing complete or partial German uniforms to ensure treatment as prisoners of war rather than as spies if they were caught in the act of landing.

## Dempsey

From Page 9

blers — maintenance, logistics and intelligence — are lacking. "I think where they need our assistance for some period of time is at the institutional level, so all of this that they've accomplished becomes sustainable over time," the chairman said, acknowledging that this will take time.

Producing an intelligence analyst who has the intuitive knowledge of what's important and, just as important, who needs it, is a tasking years in the making. Having personnel who can maintain trucks or helicopters in a country with literacy problems is a long pole in the tent of Afghan forces.

While it will take time, "that doesn't mean we have to be out there walking the

paths in their foothills or through their villages," Dempsey said. "This is about helping them develop systems. That's really what our recommendation has been for the post-2014 presence."

The chairman said he cannot shed any light on when President Barack Obama will announce his decision on the U.S. post-2014 footprint — a question seemingly on the lips of every service member at this sprawling base. "We've made our recommendations," he said. "We've refined them based on changes on the ground, such as the successful elections. The decision will involve not only what's in U.S. interests, but the interests of NATO, because this is a NATO mission.

"Would I like a decision sooner rather than later? Of course," he continued. "There is some uncertainty in the ranks. Young men and women who serve, and their families, would like to know whether they are going to deploy or not deploy,

or for how long they are going to deploy."

For now, the mission goes on, and what's more important than what happens in 2015 is making sure efforts in 2014 count, the chairman said. "The real strong theme today in Afghanistan is we need to make 2014 matter," he said. "We need to use it."

The bilateral security agreement remains crucial to the post-2014 U.S. presence. "We could make a conditional decision — meaning if we get a BSA, here is what we will do," Dempsey said. "But clearly, we need a willing partner to have a sustained and somewhat enduring

presence here. The BSA is critical."

While the Afghan security forces did well in the election, it was "the culmination of 12 years of effort," by young American men and women who came to Afghanistan because the United States had been attacked by al-Qaida operating out of Afghanistan, the chairman noted.

"From that moment forward, we've had a very clear eye on what we had to accomplish and that is the defeat of al-Qaida, the disruption of that network and the establishment of a stable nation that would no longer be a safe haven for al-Qaida," he said.

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#### HOW TO RESPOND

WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

##### 1. EVACUATE

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible

##### 2. HIDE OUT

- Hide in an area out of the shooter's view
- Block entry to your hiding place and lock the doors
- Silence your cell phone and/or pager

##### 3. TAKE ACTION

- As a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the active shooter

#### CALL 911 WHEN IT IS SAFE TO DO SO

#### COPING

WITH AN ACTIVE SHOOTER SITUATION

- Be aware of your environment and any possible dangers
- Take note of the two nearest exits in any facility you visit
- If you are in an office, stay there and secure the door
- Attempt to take the active shooter down as a last resort

#### HOW TO RESPOND

WHEN LAW ENFORCEMENT ARRIVES

- Remain calm and follow instructions
- Put down any items in your hands (i.e., bags, jackets)
- Raise hands and spread fingers
- Keep hands visible at all times
- Avoid quick movements toward officers such as holding on to them for safety
- Avoid pointing, screaming or yelling
- Do not stop to ask officers for help or direction when evacuating

#### INFORMATION

YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR

- Location of the active shooter
- Number of shooters
- Physical description of shooters
- Number and type of weapons held by shooters
- Number of potential victims at the location

#### PROFILE

OF AN ACTIVE SHOOTER

An active shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area, typically through the use of firearms.

#### CHARACTERISTICS

OF AN ACTIVE SHOOTER SITUATION

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