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KINGS BAY, GEORGIA

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Thursday, May 29, 2014

Coast Guard celebrates

Community designation brings county, Guard together for day of fun with tours, picnic

By PA1 Lauren Jorgensen

Coast Guard Public Affairs Detachment Jacksonville, Fla.

Members of the Coast Guard were the distinguished guests during a picnic and community celebration held in St. Marys Saturday, May 17, to recognize Camden County's designation as the nation's first Coast Guard community.

Coast Guard cities and communities are those that have gone above and beyond to ensure the Coast Guard members in their regions feel welcome and at home while assigned there.

Members of The Camden Partnership, a St. Marys-based civilian organization aiming to strengthen military and community partnerships, applied for the designation August 2012 and began planning the waterfront community celebration after learning Feb. 5, the designation was awarded.

Georgia Gov. Nathan Deal, officially designated May 17, 2014, as Coast Guard Community Celebration Day, and the proclamation announcing so was read during the festivities.

Sheila McNeill, president of The Camden Partnership, briefly described to those in attendance what the designation meant and how unique it was.

See Camden, Page 4

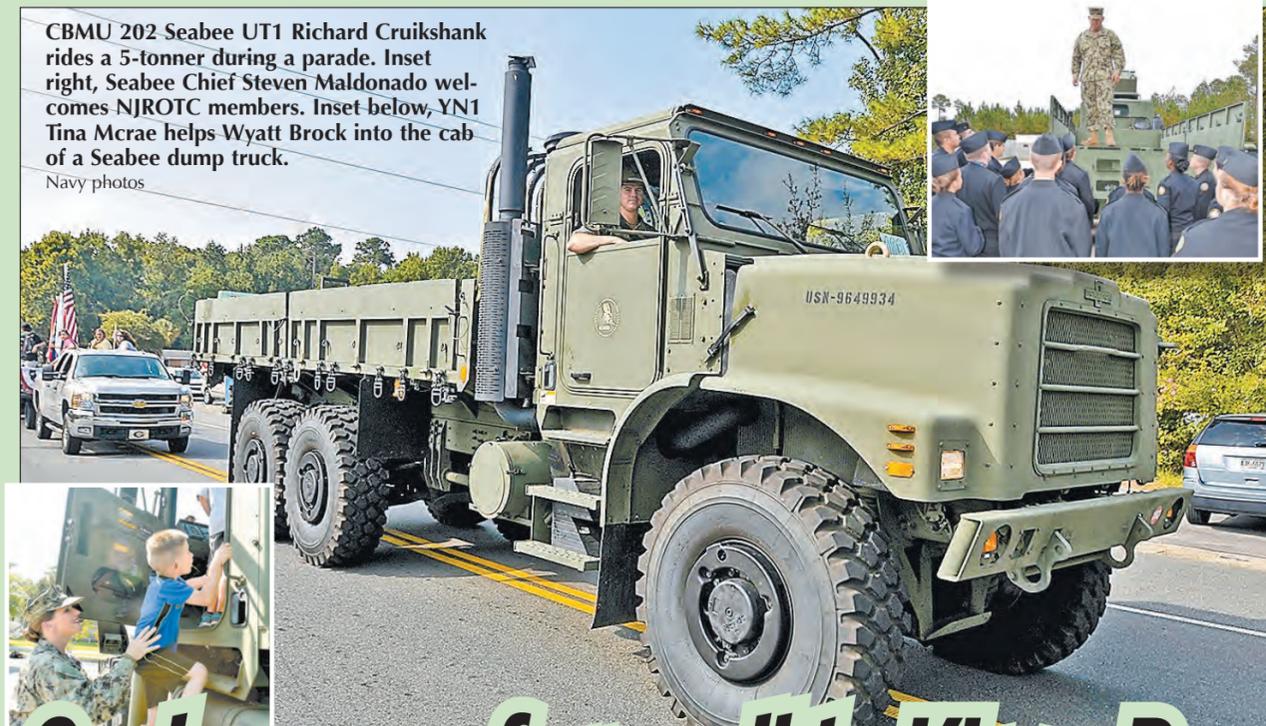


Navy photo by EM1 Mark Treen

David Hudson talks to DC3 Nathan Bridges, center, and MK3 Tyler Arledge inside the cabin of Maritime Force Protection 33-foot security boat.

CBMU 202 Seabee UT1 Richard Cruikshank rides a 5-tonner during a parade. Inset right, Seabee Chief Steven Maldonado welcomes NJROTC members. Inset below, YN1 Tina Mcrae helps Wyatt Brock into the cab of a Seabee dump truck.

Navy photos



Seabees say farewell to Kings Bay

Unit disbands in October, members to join other Seabee units around Navy

By CM2 Travis J. Wyatt

Construction Battalion Maintenance Unit 202

With the disestablishment of Construction Battalion Maintenance Unit 202 Detachment Kings Bay due to force realignment, Naval Submarine Base and the local community will be losing a valuable asset come October.

The Seabees came to Naval Submarine Base Kings Bay in March 1995 when Construction Battalion Unit 412 was established. In February 2005, CBU412 was re-designated as CBMU 202 Detachment

Kings Bay.

The Navy Seabees have a long lasting legacy in Naval history for their compassion and "Can Do" attitudes.

Local Seabees have proudly carried on that legacy over their past 19 years here.

The Seabees on board NSB have left a lasting impression on the base with their compassion and community involvement. Every year, the Seabees assigned to the detachment selflessly contribute

thousands of hours to local volunteer organizations supporting such worthwhile community events as The Southeast Regional Special Olympics, Relay for Life, Habitat for Humanity and The Humane Society.

They also have contributed time in local schools for career days, static equipment displays and the construction of playground equipment.

See Seabees, Page 3

During the 19 years of quality construction onboard NSB, the Seabees have saved the Navy more than \$100 million ...

Housing survey to begin

Balfour Beatty takes annual polling of residents

From Balfour Beatty Communities

At Balfour Beatty Communities, the goal is to provide quality housing and customer service so residents have a positive and enjoyable living experience.

Soon, residents will be invited to give feedback on Balfour Beatty operations through its CEL Resident Satisfaction Survey.

The annual survey is an important part of Balfour Beatty's continuous improvement program that helps staff analyze performance and make changes and enhancements to ensure consistent quality service delivered across all aspects of community operations.

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

"The Resident Satisfaction Survey allows us to see where we are excelling operationally and where there is room for improvement," said Tony Cartagena, community manager for BBC. "We encourage all residents to complete the survey so that we may better meet their needs as well as those of our future residents."

Surveys will be available at the Annual Beautification/Resident Appreciation Day, 2 to 7 p.m., June 6 at the Balfour Beatty Community Center. If you can't attend, stop by the Community Management Office, at 1083 USS Andrew Jackson, to pick up a survey or call (912) 882-1211 and one will be delivered to your residence.

Completed surveys should be sealed in the postage paid envelope provided and either mailed or returned to the authorized locked mailbox at the Balfour Beatty Communities Management Office. Residents who submit a completed survey by June 30 will be entered to win a prize.

Residents that hand in a survey before June 15 also will qualify for a special early bird prize drawing.

The final day for residents to submit their completed Resident Satisfaction Survey is June 30.



Cartagena

Sub Vets attend memorial in Norfolk

By Kevin Copeland

Commander, Submarine Force, Atlantic Public Affairs

The annual Submarine Veterans of World War II Memorial Service was conducted May 22 at the Submarine Learning Facility, Naval Station Norfolk.

Hosted by SUBLRNFAAC, the Norfolk-based event is held each year prior to Memorial Day.

In past years, the service honored the 52 submarines and the gallant Sailors lost during World War II, and the losses of the USS Thresher (SSN 593), Scorpion 10, 1963, and the USS Scorpion (SSN 589), May 22, 1968. But since the World War II submarine veterans were rolled

into the United States Submarine Veterans, Inc. during the 2012 national convention, the ceremony also honors all submarines and submariners lost since the submarine's force inception April 11, 1900.

Cmdr. Stan Stewart, Jr., SUBLRNFAAC commanding officer, welcomed the more than 100 veterans, active duty Sailors, spouses, and visitors.

"Good morning and once again welcome to Submarine Learning Facility Norfolk," Stewart said. "We are grateful to have such a magnificent group gathered with us to celebrate our submarine veterans. I cannot express how proud my crew and I are to host such a prestigious, important and time honored event.

"As always, my greatest gratitude goes to United States Submarine Veterans of World War II and United States Submarine Veterans, Incorporated. Thank

See Sub Vets, Page 7



Navy photo by MC1 Shannon Barnwell

Cmdr. Scott Luers, commanding officer, USS Boise (SSN 764); STSCM Chris Conry, chief of the boat, USS Boise; and Ed Kracker, the oldest submarine-qualified WWII Submarine Veteran in the Hampton Roads area, honors colors during the annual Submarine Veterans of World War II Memorial Service May 22 in Norfolk.



kingsbayperiscope.com

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.

Kids Fishing Clinic at Ft. Clinch

The Florida Department of Environmental Protection's Fort Clinch State Park has a Kids' Fishing Clinic Saturday, May 31, to teach lessons on knot tying, fishing ethics, tackle, habitat, casting and more. The clinic is open to ages five to 15 and will be held on the Atlantic Fishing Pier at Fort Clinch State Park. The first 500 kids will take home their own rod and reel combo. A free hot dog lunch will be provided. Bring your family to enjoy a fun day of saltwater fishing. For additional information, contact the park at (904) 277-7274.

St. Marys offers music series

The next Starry Nights, Music in the Park free series is 6 to 8 p.m. June 21 at the St. Marys Waterfront Park amphitheater featuring *The Just Jazz Quartet*. Future bands are *No Known Cure* July 19, *The Just Jazz Quartet* returns Aug. 16 and *Back From the Brink* Sept. 20. Additional Music in the Park dates will be June 28, July 12, Aug. 9 and Sept. *Fish Head* will begin these dates. For more information, call the St. Marys Welcome Center at (912) 882-4000.

Maritime jobs June 4 in Jax

A Military to Maritime career event is 1 to 5 p.m., June 4, for current and former military personnel interested in transitioning into a maritime-related field. The free event will be at the JAXPORT cruise terminal. For more information, contact the American Maritime Partnership, (202) 661-3740, or e-mail info at americanmaritimepartnership.com. Advance registration is recommended. To register online, visit <http://bit.ly/military2maritime>.

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.

RC model air show May 31

Kings Bay RC Modelers will have an air show from 9 a.m. to 3 p.m., Saturday, May 31 at Oakwell RC Airfield, at the intersection of Clark's Bluff and Oakwell roads. Demonstrations begin at 11 a.m. Visit www.kingsbayrc.com for more and updated information.

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.

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 judywvolf@yahoo.com.

College Tour deadline is May 30

By Clainetta Jefferson

Naval Submarine Base King's Bay Child and Youth Education Services School Liaison Office

Summer is just around the corner and it is a great time for high school students to begin gathering information about college.

The Kings Bay Youth Sponsorship Program is hosting its annual college tour the week of June 2 to 6. High school students of active duty and retired service members and Department of Defense contractors, who have completed their sophomore or junior years, are invited to join this exciting five-day, four-night tour of 10 colleges and universities around the state of Georgia.

This tour is *not* about attending a Georgia college, but rather it is about helping students know what to look for in a college, whether large or small, private or public, in a small city or larger metropolitan area. The truth is that most high school students do not visit college campuses or wait until too late in the high school years to make informed decisions.

Now is the time to get in on this great deal.

Funded by the Georgia Govern-

School Liaison Officer

nor's Office and Children and Families, this unbelievable opportunity is being offered to eligible teenagers for only \$175. There are only 24 seats available and they will go quickly.

Register deadline is Friday, May 30. Get started now. Any questions may be directed to the Child and Youth Education Services office at kingsbayslo@navy.mil or by calling (912) 573-8986.

Pre-Kindergarten registration begins

The Naval Submarine Base Kings Bay Child Development Center will have open registration for the 2014-15 *Georgia Bright From The Start* Pre-K Program from 7 a.m. to 5:30 p.m., Thursday, June 12 at the Child Development Center, Building 0152, 655 Wahoo Ave.

Georgia's Pre-K Program is a lottery-funded educational program for Georgia's four year olds to prepare children for kindergarten

Children four years of age on or before Sept. 1, 2014 of the upcoming school year who are Georgia resi-



Georgia Department of Early Care and Learning

dents are eligible to attend Georgia's Pre-K Program. Georgia's Pre-K is voluntary for families and for providers. This program will be a 6.5 hour instructional day with extended daycare services available for before and after care.

This program is offered on a first-come, first-served basis and a waiting list will be started once all spaces are filled. You will need to provide proof of age eligibility and a Georgia resident to register for Pre-K. Acceptable proof-of-age includes birth certificate, passport, hospital record of live birth, green card, pink card or Federal I-94 card.

Acceptable proof of residency includes a lease, utility bill or letter from a shelter or employer.

For additional information about enrolling a child in Georgia's Pre-K Program, contact the CDC at (912) 573-3888.

Gum disease easily preventable

Question: What is gum disease, and how do you get it?

Answer: Gum disease, one of the most common problems seen by dentists, is the swelling or soreness of the gums — the soft tissue — around your teeth. It is caused by the bacteria in plaque, a sticky, colorless film that forms on teeth. If not removed, the bacteria can build up and infect gums, teeth and the supporting bone.

Q: What are some of the signs and risk factors associated with gum disease?

A: Signs of gum disease are not always easily seen, and can sometimes be painless. Early signs of gum disease include red, bleeding gums. Other signs include gums that have pulled away from the teeth, changes in the way teeth fit together when biting, pus appearing between teeth and gum or constant bad breath or

Ask the Doc



By Lt. Cmdr. Wm. Boggess
NBHC Key West

medications and heredity.

Q: How is gum disease treated?

A: The first priority is to control infection. Gum disease treatment can range from nonsurgical therapies to surgery, to restore supportive tissues, and treatment decisions are based on the extent of the disease. However, any type of treatment will require good daily teeth and gum

bad taste in mouth. Common risk factors are smoking, the most significant, hormonal changes in girls and women, diabetes,

hygiene care at home.

Q: Is gum disease preventable?

A: While common, gum disease is preventable. To keep teeth and gums healthy, brush teeth twice a day with fluoride toothpaste, floss regularly to remove plaque from between teeth, get routine dental check-ups and don't smoke. By taking these precautions, you can greatly reduce your chances of developing gum disease in the future.

Ask the Doc is written by Naval Hospital Jacksonville providers from its hospital and five branch health clinics in Florida and Georgia. This column was written by Lt. Cmdr. William Boggess, Naval Branch Health Clinic Key West dentist.

If you have a question for a physician, dentist, pharmacist or optometrist that you'd like to see published, send it to jaxpublicaffairs@med.navy.mil.

Helping your pet avoid heat injury

From Naval Submarine Base Kings Bay Veterinary Treatment Facility

NSB Veterinarian

Each summer heat injuries claim many victims among our dog and cat population. Normal body temperature of dogs and cats typically range from 100 to 102 degrees Fahrenheit, slightly higher than humans.

Heat injuries range from heat stress — body temperature greater than 106 degrees F — to heat stroke — body temperature greater than 108 degrees F. This is almost always preventable. Most often, heat injuries occur when owners leave their pets in an enclosed, parked car or leave the pet outside without access to shade and water.

As we know, the South gets very hot in the summer, and the heat index can rise over 100 degrees any day. Pets are even more susceptible than humans to heat stroke in cars, as dogs, cats and other animals cannot produce whole body sweat and rely solely on panting and sweat from their feet to reduce body temperature.

Temperatures inside a hot, parked car can reach lethal levels within minutes. When the outside temperature is 70 degrees Fahrenheit, the temperature inside the car can exceed 120 degrees, even when the windows are partially open.

This also can happen when pets exercise too much in the heat and are denied shade and fresh water to help keep them cool. Additionally, if you and your pet recently moved to the South, ensure that pets slowly get acclimated to the summer heat.

Certain types of dogs are more sensitive to heat, especially obese dogs and brachycephalic, or short-nosed, breeds, like pugs and bulldogs. Use extreme caution when these dogs are exposed to heat. Keep in mind that just as with humans, if pets have even one episode of any heat injuries, they are even more at risk for future heat injuries.

Symptoms of heat injuries include heavy panting, weakness, excessive drooling, vomiting and/or diarrhea, and can rapidly progress to collapse, coma and death.

If your pet is experiencing these symptoms, you must quickly reduce the body temperature by moving to a cool area out of the sun and soaking the animal with cool water — tap water, not ice water — and immediately seek veterinary treatment.

Without treatment, body tem-

Pet safety

Tips for keeping your pet safe from this potentially lethal disease are as follows.

- Never leave your pet or child in a parked car!
- Only exercise your pet during the coolest times of the day.
- Provide plenty of clean, cool water and shade for outdoor pets.
- Provide adequate ventilation with screened, open windows, air conditioning, or fans for indoor pets.
- Gradually acclimate your pet to the outdoor heat. As with humans, this is especially important for very young, very old, obese and sick or debilitated animals.
- Again, never leave your pet or child in a parked car!

peratures can continue to rise to 109 degrees or greater, at which irreversible brain damage, organ failure and death can occur.



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NSB Kings Bay Command Master Chief
CMDCM Randy Huckaba

NSB Kings Bay Public Affairs Officer
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Seabees

From Page 1

The Seabees and their equipment are also staples at parades and auto shows throughout the area along with the annual Haunted House they host.

Serving the military community on NSB since March 1995, the Seabees have completed various projects to enhance the facilities, grounds and mission readiness of the base.

Some of these projects included the remodeling of the Navy Federal Credit Union, several upgrades to Trident Lakes Golf course, construction of rest room facilities near playgrounds, building a motorcycle training facility, grounds enhancements at Lake D, plus building watch towers, ammunition magazines, laydown yards and parking lots, along with several more projects that increased mission capabilities and quality of life on the installation.

During the 19 years of quality construction on-board NSB, the Seabees have saved the Navy more than \$100 million in labor costs for base projects and have proven themselves as highly reliable when called upon for critical

and time sensitive jobs. They have helped provide assistance during storm recovery efforts, disaster preparedness drills and have provided equipment to help secure the installation during the terrorist attacks on Sept. 11, 2001.

Post Sept. 11 operational security of the base has stayed a part of the Seabees mission, as they have provided support for countless security training drills and have provided grounds, facilities and equipment to aid with the training of military working dogs.

The Seabees also played a key role in the expansion of the security fence line, which included spreading concertina wire along two-and-one-quarter miles of patrol roads and the installing six maintenance gates around the installation.

The Seabees have been an integral part of the communities on and around NSB Kings Bay for the past 19 years and they will certainly be missed when they leave the base later this year. So as you enjoy many of the great facilities here, if you see a Seabee, take some time and say, "Thank you".

The Seabees have helped make the base and local community a better place to live, work and play.



Navy photo

Seabees assigned to Construction Battalion Maintenance Unit 202 build a playground during 2010.

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***GODZILLA IN 2D** (PG13)
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***MILLION DOLLAR ARM** (PG)
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THE AMAZING SPIDER-MAN 2 (PG13)
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DOD eyes closing more installations

By Jim Garamone
 American Forces Press Service

The Defense Department is calling on Congress to authorize another round of base realignments and closures because of excess capacity that is cutting into funding for troop readiness and other higher priority needs, a senior DOD official said.



Conger

"We cannot afford to waste money on infrastructure that essentially taxes the warfighters for the readiness funds they need," John Conger, the acting deputy undersecretary of defense for installations and environment, told American Forces Press Service.

The DOD is asking for another BRAC round in 2017. For the last three years, he said, DOD has requested BRAC authority and Congress has rejected it every time. "As time goes on, our budget problems get worse, our force structure reductions get more significant and more near term," Conger said.

The reception for BRAC on the Hill was chilly. "I understand why Congress isn't excited about this," Conger said. "Setting aside parochial concerns ... they have talked about the cost of the last BRAC round."

Announced in 2005, the last BRAC round cost \$35 billion to accomplish — a huge sum compared to previous rounds, Conger said. It will save on a recurring basis \$4 billion a year. Congress asserts it doesn't save enough.

Conger maintains it is unfair to focus on that round since roughly half of its recommendations dealt with changes for transformational purposes. This included consolidating similar functions and moving people, he said, where it made sense for them to be.

"Those recommendations cost \$29 billion to execute and only resulted in \$1 billion in savings," Conger said.

The rest of the recommendations in the 2005 round were intended to save money. They cost \$6 billion and resulted in \$3 billion per year in recurring savings.

Conger says studies show a BRAC round in 2017 would cost \$6 billion to implement. Then, recurring savings would be on the order of \$2 billion per year.



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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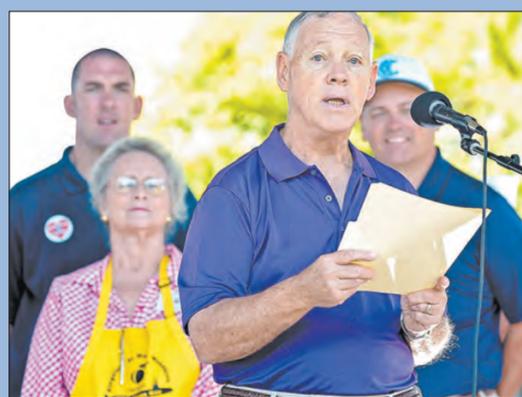
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Coast Guard Community proclamation & picnic



May 17 was a day to celebrate at the St. Marys Waterfront Park.



St. Marys Council Member Jim Gant reads the proclamation declaring Camden County as a Coast Guard Community.

Commanding Officer Maritime Force Protection Unit Kings Bay Cmdr. Steve Love expresses his appreciation to the community for their support.

Photos by EM1 Mark Treen and PA1 Lauren Jorgensen

Camden

From Page 1

"We will forever be the first Coast Guard community," McNeill said. "There may be more in the future, but

we'll always be the first."

While 15 other cities around the country have earned the congressional designation as Coast Guard cities, Camden County is the first region to earn the distinction and includes the cities of Kingsland, St. Marys and Woodbine.

Camden County is the nation's first Coast Guard community. The St. Marys waterfront was dressed for the occasion.

Navy Band Jacksonville played songs to celebrate.





The line for food was long but worth the wait.



Volunteers, like the Navy League's Liz Rieling, helped serve 1,000 community members.

A Coast Guard 33-foot patrol boat was docked at St. Marys for tours of the deck and cabin.



From left, Michaela Batten holds Charlotte as Staff Sgt. Trent Batten dishes up the barbecue sandwiches.



For service members Camden County is a great place to raise a family, because it is a military friendly place. ME2 Joshua Clabby can attest to this. So can his wife, Meghan, and daughters, clockwise from right, Shianne, Abagale and Savannah.



Kings Bay Division Navy League Cadets Caleb Picard and Gavin Jelinek were at the end of the line serving ice cold sweet tea.

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, June 2, 9, 16, 23 and 30. 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 June 3, 10, 17 and 24. No pre-registration required.

Pre-marital workshop offered June 4

The Fleet & Family Support Center is offering a workshop for pre-marital counseling for couples that are contemplating marriage. The workshop is designed to address couples interested in enriching their future through improved communication, problem-solving skills, financial planning and realistic expectations of marriage. The class is designed to meet all clinical counseling requirements. The workshop is scheduled for 1 to 4 p.m. June 4. Registration is required, and childcare is not available. For more information call 573-4512.

Transition GPS class upcoming

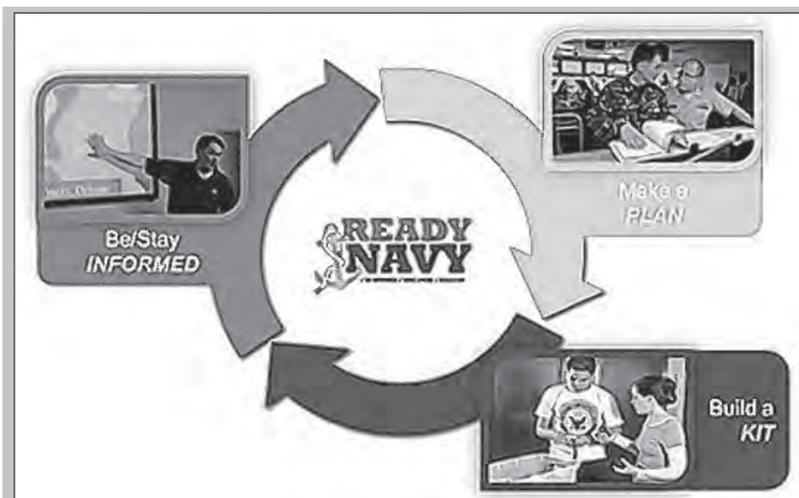
Transition GPS is a seminar for those separating, retiring or contemplating leaving the military. The five day seminar provides information on benefits, job search skills, employment resources, resume writing, interviewing and other skills. Spouses are encouraged to attend. Separation Transition GPS is 7:30 a.m. to 4 p.m., June 2 to 6. You must be registered by Command Career Counselor. For more information, call 573-4513.

Job search workshop scheduled for June 11

A job search workshop will be 9 to 11 a.m., June 11. It provides an overview of local and national employment trends and recommends strategies to expand your job search network. Open to active duty, retired, reserve and separating military and family members of relocating civil service personnel. Registration is required, call 573-4513.

Smooth Move Workshops coming 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 work-



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. shop will be 2 to 4 p.m., June 10. 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., June 13. Registration by Command Career Counselor required. For more information call 573-4513.

Transition GPS Capstone Event upcoming

NAVADMIN 187-13 mandates that all service members leaving military service attend a CAPSTONE event to demonstrate completion of all required Career Readiness Standards. Service members are introduced to Career Readiness Standards during their initial pre-separation counseling, and then again during attendance to the Transition Goal, Plan, Success five-day workshop. During the workshop attendees work on their Individual Transition Plan and begin to

gather the documents and evidence to bring to their CAPSTONE event. After completion of the Transition GPS workshop, service members continue to work on their individual Career Readiness Standards items, seeking assistance from their Command Career Counselor, Fleet and Family Support Center or other agencies identified during the Transition GPS workshop. Ninety days prior to their actual separation date, service members attend their CAPSTONE event, bringing with them all evidence necessary to show completion of each Career Readiness Standards. If a service member needs additional assistance they will receive a referral to the appropriate partner agency. Upon completion of the CAPSTONE event, the service member's Commanding Officer signs the member's ITP Checklist, DD Form 2958, signifying that the Service Member is "Career Ready" and has met all of their individual CRS or have received appropriate assistance in meeting those CRS. Fleet and Family Support Center, Kings Bay, holds a CAPSTONE event monthly. Interested Service members should call (912)573-4513 for more information, or have their Command Career Counselor's make a reservation for them to attend. This event will be 8 a.m. to 4 p.m. June 13.

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.

By exploring the links on the Ready Navy site (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

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

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

Want to be an Ombudsman?

Training session coming

This workshop educates persons with a desire to be a Command Ombudsman, but unsure of what the position will entail. Participants will be educated by defining what an Ombudsman is, learn positive and needed characteristics, and the roles and responsibilities expected of them. This workshop is offered 9 a.m. to noon June 4. Registration is required. Call 573-4513 to register.

Financial planning for deployment June 5

This workshop is to prepare you for deployment. It will provide you with a have a comprehensive to do list. This is suitable for active duty married and single service members, spouses. It provides information to help you prepare financially for deployment. This training is scheduled for 10 a.m. to noon, June 5. Registration is recommended. For more information, call 573-9783.

SAPR advocate initial training classes set

The command Sexual Assault Prevention and Response point of contact is responsible for coordinating mandated, annual awareness training, maintaining and providing current information on and referral to base and community programs for victims and ensuring the mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1B. Individuals attending the training are appointed by their command and will represent the command in all sexual assault cases. This training is 8 a.m. to 4 p.m. June 9 to 13. Registration is required by calling 573-4512.

Expectant Family Workshop coming

Expectant Families can receive training on second Wednesday of every other month to ease the adjustment to a newborn baby. Information will be provided about WIC, Navy Marine Corps Relief Society and various other benefits and services available to expectant parents, along with answers to your questions. Frequent breaks offered for the comfort of expectant moms. The next class is 9:30 a.m. to 3 p.m., June 12. Registration is required. Call 573-4512.

Ombudsman Basic Training coming

There will be an Ombudsman Basic Training course for prospective Ombudsman, new Ombudsman and Command Support Spouses at Fleet and Family Support Center Bldg. 1051. This class will be 9 a.m. to 5 p.m. June 16 to 20. For more information and to register, call 573-4513.

Ombudsman Assembly Meeting April 28

The Ombudsman Assembly Meeting will be held for all OMB, COs, XOs, CMCs and COB's at the Kings Bay Community Center at 6 p.m., June 23. For more information, contact at 573-4513.

Savings and Investing workshop upcoming

This two-hour workshop provides in-depth training on how to start an investment portfolio for as little as \$25 a month. Learn how to begin investing in stocks, bonds, mutual funds and more. This training is scheduled 2 to 4 p.m., June 17. Registration is recommended. For more information call 573-4513.



SUBASE Commanding Officer and Fleet and Family Support Center present:

Emergency Preparedness Town Hall Meeting

Presentations provided by:

- Captain Harvey L. Guffey Jr., Naval Submarine Base Commanding Officer, will be available to address resident PPV Balfour Beatty and Unaccompanied Housing issues and concerns at the June 3rd Emergency Town Hall Meeting.
- Balfour Beatty
- Fleet and Family Support Center
- 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)
- Base Security
- Base Safety
- Fire Department

FREE CHILD CARE WILL BE PROVIDED FOR ACTIVE DUTY MILITARY FOR THE June 3rd 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

For more information, contact The Fleet and Family Support Center

573-4513

Or Email
Felipe.gonzalez@navy.mil

AUDRA

SEXUAL ASSAULT SUPPORT GROUP

AUDRA means "nobility and strength" in French



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

Please contact: Ms. Jennice Jent/ leslie.jent.ctr@navy.mil or Ms. Erin Ottenwess/ erin.ottenwess.ctr@navy.mil at the NSB Kings Bay FFSC: 573-4512

Morale, Welfare and Recreation happenings



Navy photo by EM1 Mark Treen

Angry Birdz, left, topped the Wildcats for the 2014 Kings Bay Intramural Spring Coed Softball title. 2014 Spring Men's Intramural champs were JC's Crew, right, topping Shop 38 to finish the season undefeated.

Swim lessons to start

Sign up now for swim lessons for the kids at the Kings Bay Pool. Registration is at the customer service counter in the Fitness Complex. Descriptions of skills taught in each level are available at the counter to assist in selecting proper class level for the child. Payment is due at registration. No refunds. 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-weeks. Private lessons available for \$75 with five 1-on-1 lessons. Call (912) 573-3001 or 573-3990 for more details. Arrive on time, 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.

■ **Intramural Indoor Summer Volleyball** — Registration is ongoing. Play begins June 9 with a 5 p.m. captains meeting June 4 at the Fitness Center. Fee is \$100.

■ **Parent & Child Golf Tournament** — Saturday, June 14, Trident Lakes starts with 11 a.m. registration, 11:30 a.m. lunch and a 1 p.m. shotgun start. Cost is \$30 or \$20 for 9 holes. Sign up at the Pro Shop Customer Service counter. (912) 573-8475.

■ **Trident Lakes fishing** — Open 6 to 8 a.m., May 30 and 31. For details, call OAC at (912) 573-8103.

■ **Mother and Son Beach Party** — June 14 inside the Triplex Conference Center. Tickets at ITT are \$15 for adult and 12 and older, \$12 for children 3 to 11. Food 5 to 7 p.m., music and more until 8 p.m. For more information, call (912) 573-4564.

■ **Dive-In Movies** — Saturday, June 21 at the Kings Bay Pool, MWR will show *Cloudy with a Chance of Meatballs*

Liberty call

details, call (912) 573-9492. ■ **Triplex is coming** — The rebranding of Bldg. 1039 is almost complete and Triplex could be up and running as early as June 1.

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

■ **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.

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

■ **Free Movies for the Kids Weekend and School Break** — 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 page. Additional kids movies will be shown during summer break from school starting May 22. All youth

2, rated PG. Showtime is dusk, about 8:30 p.m. Bring your floaties and enjoy the free entry to the pool. Call (912) 573-3001 for more details.

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 began April 14 for SAC, Wounded/Fallen Warriors, Individual 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.

Just for kids

Intramural Sports

4v4 Flag Football

Team	W	L
1, Trident Refit Facility	4	0
2, N.W.A.	1	0
3, Eliminators	3	1
4, Team Chive	2	2
5, MCSFB Avengers	2	5

Upcoming

■ Indoor Volleyball registration is open. The captains meeting is June 4 and play begins June 9.

Sub Vets

From Page 1

you so much for being here today. We are humbled by your presence. But more importantly, thank you for the contributions you and your families made and continue to make to our country. You established the standards we strive to maintain today.

"Today as we take the time to remember submarine heroes of the past, I wanted to emphasize the word 'heroes.' Too often we forget what the word means, and I believe it means something different to all of us. So today, I ask that you all take a moment and consider what the word hero means to you. Again, thank you all for coming and I hope you enjoy the ceremony."

Stewart then announced the ceremonial wreath would be presented by WWII submarine veteran Ed Kracker to Cmdr. Scott Luers, commanding officer, of the Los Angeles-class attack submarine USS Boise (SSN 764).

While underway, Luers and his crew will inter the wreath at sea to honor the fallen submariners.

Kracker is the oldest submarine-qualified WWII submarine veteran in the Hampton Roads area. He got his submarine qualifications on the Balao-class submarine USS Bang (SS 385) in 1944. Retired U.S. Navy Capt. Kent Siegel, the last commanding officer of the Tench-class diesel-electric submarine USS Pickerel (SS 524), was scheduled to be the guest speaker at the ceremony because the submarine was being inducted into the Submarine Hall of Fame.

Dick Helm, a retired U.S. Navy Lt. Cmdr. who served briefly with Siegel as his engineer, read his speech. "I regret that I could not

be with you today," Helm read. "Cmdr. Stewart, I appreciate your invitation in offering remarks for the Hall of Fame induction for USS Pickerel. I extend my gratitude to the Submarine Veterans of the Hampton Roads Base who elected Pickerel to be inducted at the Submarine Learning Facility. As the last commanding officer before our boat's transfer to the Italian Navy in August of 1972, I am honored to represent the hundreds of fine submariners who served in Pickerel from 1949 to 1972. In her 33 years of operation Pickerel had an illustrious history. All of us from the commanding officers to the most junior hot-bunking Sailors who loved our boat thank you for this honor. I want to wish the subma-

rine veterans a successful and enjoyable future in Norfolk."

Following the ceremony, Pickerel became the 16th submarine inducted into the Submarine Hall of Fame.

Pickerel was commissioned April 4, 1949 and decommissioned Aug. 18, 1972.

Selection into the Hall of Fame is merited by the submarine's contribution to national security, and is conducted by the Hampton Roads Chapter of the United States Submarine Veterans, Inc. organization.



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- 2013 Chevrolet Impala LTSTK #8344
- 2012 Dodge Charger SE.....STK #8346
- 2013 Kia Optima LXSTK #8347
- 2013 Dodge Charger SE.....STK #8351
- 2014 Chevrolet Silverado 1500 LT LT1STK #8353
- 2012 Dodge Ram 1500 SLT Quad CabSTK #8354A
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- 2013 Nissan Altima 2.5 S.....STK #8361
- 2012 Toyota Camry SESTK #8362
- 2013 Nissan Altima 2.5 S.....STK #8364
- 2013 Nissan Versa 1.6 SV.....STK #8366
- 2012 Ford Explorer XLT.....STK #8367
- 2008 Hyundai Entourage GLS.....STK #8368
- 2011 Toyota RAV4 Sport.....STK #8369
- 2011 Toyota RAV4 Sport.....STK #8371
- 2011 Cadillac CTS LuxurySTK #8372
- 2013 Nissan Rogue S.....STK #8374
- 2013 Dodge Avenger R/TSTK #8375
- 2011 Toyota Camry SESTK #8377



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Up eriscope with Bill Wesselhoff



What are your summer vacation plans?

Sing along now, *School's out for summer!* Vacation is on people's minds. I'd like to go up to Illinois and see my daughter, granddaughter and son-in-law, but I

really can't swing it. My doctor has been trying to get me to have a colonoscopy, and my week off would be a good time. But what kind of a vacation would that be? Probably

not going to happen. Option 3: Maybe I'll go to Charleston and visit friends who broke a lamp at my house during a party last winter. And break one of their lamps.



Shirley Alexander
Family member
Quitman, Ga.
"I'm going to Disney-world with my kids and grandkids."



STSSA Jason Anderson
USS Alaska Blue
New Orleans
"I'm going home to New Orleans to see my mom, dad, family and friends."



Alice Simmons
Retired Navy
Tallahassee, Fla.
"I'm going on two. One is in Tampa and the other at Disney."



QM1 Darkemu Canmu
Port Ops
Staten Island, N.Y.
"I just plan on continuing my college education and really don't have any other plans."



Nicole Donaldson
Exchange employee
Yulee, Fla.
"I'm going to Atlanta to see my mother-in-law and my husband and I'm going to St. Augustine for a spa day."



BM2 Bryant Gooch
Maritime Force
Protection Unit
Durham, N.C.
"I'm being stationed in Puerto Rico. That's my summer vacation."



Safety Stand Down

Community Outreach Greg McCarty and Scheduling Coordinator Ralph Jimenez of Florida Safe Inc. demonstrate what happens to you after a traumatic accident to emphasize the need to wear seat belts and to not be distracted while you drive during a safety stand down at the Chapel at Naval Submarine Base Kings Bay. Every injury and it's treatment was described in detail while a volunteer played the role of a helpless victim.

Navy photo by EM1 Mark Treen



May honoree

Courtesy photo
MA3 William Roberts was recognized as the Military Service Member of the Month, May 15, by the Camden County Chambers of Commerce for his outstanding community volunteer work. He is a member of Bravo 1st Co. in Marine Corps Security Force Battalion.

Retired Marine to get MOH

American Forces Press Service

Retired Marine Corps Cpl. William "Kyle" Carpenter will receive the Medal of Honor for his conspicuous gallantry in Afghanistan from President Barack Obama at a June 19 White House ceremony, according to a White House news release issued May 19.

Carpenter will receive the Medal of Honor for his courageous actions on Nov.



Carpenter

21, 2010, while serving as an automatic rifleman with Company F, 2d Battalion, 9th Marines, Regimental Combat Team 1, 1st Marine Division (Forward), I Marine Expeditionary Force

See MOH, Page 12

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Grilled Bacon
Ham, Egg & Cheese Biscuit
Asst. Instant Oatmeal / Grits
Grits
Cottage Fried Potatoes
Sausage Egg & Cheese Muffin
Pastry Bar
Asst. Yogurt

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
Assorted Breads & Spreads
Assorted 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 Quesadillas
Beef Enchiladas
Spanish Rice
Refried Beans
Taco Bar

Dinner
Chili
Baked Ham

Chicken Egg 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 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.

Thursday

Breakfast
Breakfast Juice Bar
Ready-to-eat Cereal
Eggs & Omelets to Order
Grilled Bacon
Asst. Instant Oatmeal / Grits
Rolled Oats
Soft/Hard Cooked Eggs
Sausage Patties
Hash Brown Potatoes
French Toast w/ Asst. Syrup
Pastry Bar
Asst. Yogurt

Lunch
Black Bean Soup
Fried Pork Chops
Grilled Salmon
Noodles Jefferson
Mashed Sweet Potatoes
Steamed Green Beans
Steamed Zucchini
Healthy Choice Salad Bar
Assorted Salad Dressings
Cornbread
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
Baked Beans
Chili
Cheese Sauce
Sandwich Bar
Cold Cut Sandwich

Dinner
Minestrone Soup
Meat Lasagna
Grilled Italian Sausage
Marinara Sauce
Bow Tie Pasta
Mixed Vegetables
Herbed Cauliflower
Healthy Choice Salad Bar
Assorted Salad Dressings
Garlic Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Friday

Breakfast
Breakfast Juice Bar

Olympic trio visits ships

By MC2 Laurie Dexter
Navy Public Affairs Support Element West, Det. Hawaii

Three-time Olympic medalist Kelly Clark, three-time Olympic medalist Steven Holcomb and two-time Olympic medalist Andrew Weibrecht visited Joint Base Pearl Harbor-Hickam, May 9, during a United Service Organizations tour of Oahu.

During the tour, the Olympians went aboard the Ticonderoga-class guided-missile cruiser USS Chosin (CG 65) for a meet and greet with the Sailors.

One of the Sailors got to meet her childhood hero and inspiration.

"I've been snowboarding since I was 7 years old," said Operations Specialist 2nd Class Danielle Howard. "I've watched Kelly Clark for years and I can't believe I'm meeting her while being in the Navy. I've watched her since I was little and she's probably the reason why I snowboard today."

According to Clark, inspiration and morale is what it's all about.

"I've been inspired, to say the least, and that's really what I hope to achieve in snowboarding," Clark said. "I want to make sure I am inspiring people to be their best. It's amazing to hear that may-

be someone would dare to dream and be inspired by what I've done."

American 300 Tours Founder and Managing Director Robi Powers explained a comparable connection between the Olympians and service members.

"Olympians and armed forces members work under the same premises: duty, sacrifice, commitment, honor and integrity, in everything they do," said Powers. "What we have found is that by bringing Olympians out, we're really just bringing individuals from a parallel universe. The time away from home, the commitment to training, the ability to take directions from coaches, is so parallel to what our armed forces do."

After their visit aboard USS Chosin, the Olympians conducted a meet and greet with members of the Air Force and observed demonstrations at the joint-services military working dog kennels.

The Olympians also participated in a Fitness and Wellness Fair at the Joint Base Pearl Harbor-Hickam Fitness Center. The activities at the fair included a fire truck pull, bench press competition, aerobic workouts, health evaluations and informational booths from various organizations.

The USO plans and creates events around the world designed to lift the spir-



Navy photo by MC1 Daniel Barker
Olympic athletes Steven Holcomb, left, Kelly Clark and Andrew Weibrecht sign autographs at the Joint Base Pearl Harbor-Hickam Fitness Center.

its of America's troops and their families.

A non-profit, congressionally chartered, private organization, the USO relies on individuals, organizations and corporations to support its activities.

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For more information:
Clainetta Jefferson, School Liaison Officer
Office: (912) 573-8986
E-mail: Clainetta.Jefferson@navy.mil

Governor's Office for Children and Families
This project is supported by the Governor's Office for Children and Families through state funds from the Georgia General Assembly.

Kings Bay Youth Sponsorship 2014 College Tour

Child and Youth Programs

Personal Information			
Student's Last Name	Student's First Name	Gender	Birthdate (DD/MM/YY)
Student's High School: Camden County High School		Grade:	
Sponsor's Name	Rank	Branch	Status: <input type="checkbox"/> Active Duty <input type="checkbox"/> Retired
Home Address		Home Phone	
E-mail Address		Cell Phone	
Duty Station		Duty Phone	
Current Employer (if retired)		Work Phone	
Circle One:	Single Parent Student spouse	Dual Military Part-time working spouse	Full-time working spouse Unemployed spouse

Tour Details	
2014 Summer College Tour:	
Departure: Monday, June 2 nd - Arrival time 0530; departure time 0630	
Return: Friday, June 6 th - Estimated return time 1800	
Please notify Youth Center staff (912-573-2380) or School Liaison Officer (912-573-8986) if plans to attend this tour change. This notification will allow the staff to revise tour plans/details accordingly.	

Emergency Notification / Release Designee (minimum of TWO (2) local contacts are required)		
Name	Phone Number	Relationship
Allergies:	Special Needs: If yes, please explain	
Related Medications:		

This project was supported by the Governor's Office for Children and Families through state funds from the Georgia General Assembly.

KANDI DEBUS

Spouse of
ITCS (SW/DW) Christopher J. Debus,
USS The Sullivans (DDG 68),
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Marines prep to leave Sangin

By Staff Sgt. John Jackson

Marine Expeditionary Brigade - Afghanistan

Multiple mounted patrols totaling 174 tactical vehicles with approximately 700 service members entered Camp Leatherneck's North Gate during the early morning hours and throughout the day, May 5.

Tactical vehicles driving through a gate on the Marine Corps' central-Helmand base is a regular occurrence; however, this was a significant occasion for Marines, coalition forces and their Afghan counterparts.

The armored vehicles were returning from Sangin, Afghanistan, an infamous battleground in northern Helmand province, and a village that will be remembered in Marine Corps and British history.

The Battle for Sangin

During September 2010, there was a reorganization of ground forces throughout Helmand province. A more than 1,000-strong British Battle Group based in the northern portion of the province transferred security responsibility of Sangin District to U.S. service members. Marines with 3rd Battalion, 7th Marine Regiment, who had been fighting alongside British service members since May 2010, took command.

Sangin is a small city of approximately 14,000 that sits on the Helmand River roughly 60 miles northeast of Helmand province's

capital of Lashkar Gah.

It was infamous for Taliban influence and played a significant role in the poppy cultivation and opium trade in southern Afghanistan.

More than 100 British troops were killed in the region, which accounts for approximately 25 percent of their fatalities throughout Afghanistan.

A month after the Marines took charge in Sangin, 3rd Battalion, 5th Marine Regiment, arrived to begin their six-month deployment in an area at the time known as the most dangerous place in Afghanistan.

From October 2010 until the 3rd Battalion, 5th Marines' deployment concluded during April 2011, 25 of the battalion's Marines were killed in action, with more than 200 injured.

Despite their losses, the "Darkhorse" Marines were able to improve security in the area.

Marines operated out of more than 35 bases in the Sangin area since 2010.

Forward Operating Base Nolay housed the 2nd Brigade headquarters as well as a team of approximately 40 Marine Corps advisors, while FOB Sabit Qadam was home to ANA infantry soldiers and a company of infantry Marines with 1st Battalion, 7th Marines.

On May 5, Marines at both remaining FOBs said goodbye to their Afghan counterparts and left the two bases as well as the security of the region in the hands of the capable and



Marine Corps photo by Sgt. Francis Johnson

A Marine Corps ground convoy safely maneuvers a route in support of retrograde operations in Helmand province, Afghanistan, May 3.

credible Afghans.

The MAGTF retrograde

Beginning during the late hours of May 4, Marines at FOB Nolay and FOB Sabit Qadam began to load their vehicles and drive out the gates for the final time.

Prior to a long convoy down a highway once riddled with improvised explosive devices, Marines across Marine Expeditionary Brigade — Afghanistan as well as soldiers with the 215th Corps worked together to plan and prepare for a successful retrograde.

Aircrews with Marine Heavy Helicopter Squadron 466, a Marine Corps Air Station Miramar-based CH-53 Super Stallion

squadron, began flying equipment and personnel out of northern Helmand weeks prior to the final departure. Marines with 2nd Combat Engineer Battalion left two days prior to the retrograde to ensure the route Marines would use to return to Camp Leatherneck was cleared of any IEDs.

Infantry Marines with 1st Battalion, 7th Marines, posted security along the route to ward off any would-be attackers looking to strike one last time.

And Marines with Combat Logistics Battalion 7 arrived at both remaining FOBs a day before the retrograde to load up last-minute gear and equipment to be driven back to Camp Leatherneck in central Helmand.

In addition to Marine assets throughout the Marine Air Ground Task Force, ANA soldiers from the 215th Corps' 2nd and 3rd Brigades also provided layered security throughout the region and along the route. They also sent a team of soldiers to clear the route Marines took.

Success of Sangin

The success in Sangin has not only been seen in the city, but heard around Camp Leatherneck following the Marines' return from the region.

Marines like Sgt. Troy Garza, a squad leader with Charlie Company, 1st Battalion, 7th Marines, who was in Sangin during the

most intense fighting the Marines saw in northern Helmand.

Garza previously served with 3rd Battalion, 5th Marines, during 2010 and 2011. He remembers the long days of patrolling, the high kinetics in the region and the intense firefights. However, during this deployment, Garza and his Charley Company Marines only saw outside the confines of their small forward operating base while standing a security post.

Their ANA soldiers were patrolling the region and keeping Sangin secure.

Many Marines with 1st Battalion, 7th Marines and the 2-215 Security Force Assistance Advisor Team tell similar stories of the difference four years has made in Sangin.

Another sign of success in the city nestled on the Helmand River was the tremendous turnout of local citizens for the April 5 elections.

Afghanistan held its third democratic election and the first one where current President Hamid Karzai's name was not on the ballot. During the previous 2009 election, only 177 votes were cast.

This year an estimated 5,000 votes were cast in the Sangin District, according to the Independent Election Commission of Afghanistan.

Not only did the locals come out to vote, they came out knowing their

country's own security forces were keeping the polling sites secure and safe, a testament to the change in the local populace's confidence in the Afghan National Security Forces.

Always remembered

Despite the Marines' departure from FOB Nolay and FOB Sabit Qadam for the final time May 5, Sangin will forever be etched in Marine Corps history.

For four years Marines fought tirelessly to rid the city of enemy fighters and not allow insurgents a safe haven in Sangin.

More than 50 Marines paid the ultimate sacrifice fighting for Sangin and hundreds were seriously wounded.

Marines had bittersweet feelings when arriving back to Camp Leatherneck after the more than 60-kilometer journey. They were happy to be leaving the area that claimed the lives and limbs of so many of their brothers-in-arms, but sad to leave their newfound brothers of the ANA and Afghan National Police.

May 5 marked the end of an era for Marines in northern Helmand province, but started a new chapter for the Afghan National Security Forces and the local Sangin civilians, and the Marines are confident the soldiers and police will continue to succeed in Sangin just as they did.



Marine Corps photo by Sgt. Frances Johnson

Cpl. Andrew Harris, a UH-1Y Huey crew chief with Marine Light Attack Helicopter Squadron 369, performs a weapons check before an aerial assault support mission for ground convoys in Helmand province, Afghanistan, May 3.

MOH

From Page 9

(Forward), in Helmand Province, Afghanistan, according to the release.

In July 2013, Carpenter was medically retired from the Marine Corps as a corporal due to his wounds, the release said.

He is currently a full-time student at the University of South Carolina in Columbia.

Carpenter will be the eighth living recipient to be awarded the Medal of Honor for actions in Iraq or Afghanistan, according to the release.

On Nov. 21, 2010, Taliban insurgents initiated an attack on Carpenter's squad, part of Company F, 2nd Battalion, 9th Marine Regiment. Carpenter, the squad automatic rifleman for his fire team, and Lance Cpl. Nicholas Eufrazio were holding a rooftop security position when a hand grenade was thrown their way.

Without hesitation, Carpenter reacted, rushing toward the grenade in an attempt to shield his brother-in-arms from its blast. The grenade detonated with Carpenter's body taking the majority of the blast. Carpenter lay on the rooftop, barely clinging to life; his fellow Marine also severely wounded.

A selfless action and a hellish tragedy happened in the blink of an eye, leaving both Carpenter and Eufrazio with painstaking recoveries.

Carpenter suffered severe injuries from the blast. Much of his jaw was rebuilt and he lost his right eye; he sustained countless shattered bones throughout his body and a collapsed right lung.

He endured a strenuous recovery process at Walter Reed National Military Medical Center, Bethesda, Md.

After two and a half years, Carpenter was medically retired from the Marine Corps on July 30, 2013.

"I look back and I'm actually very appreciative I had those two and a half years because those years put things in perspective more than a whole lifetime of things could if I wasn't there," Carpenter said.

Carpenter's mind and emotions were not left unscarred either. The hardest part was dealing with letting others help, he said.

"Going from toting a machinegun in Afghanistan ... to using a bed pan, and I can't even put my own socks on — that was hard to kind of suck it up," Carpenter said.

Although the recovery process seemed endless and small tasks required assistance, Carpenter overcame the odds and has a new outlook on life from the entire tragedy, he said. He is grateful for all the help and support he received.

"I've just been very fortunate that I've had not only my family, but friends, Marines and the community of South Carolina," Carpenter said, "Early on in my recovery, the entire United States seemed to be supportive. Letters flooded in from all over the place, so from the second I woke up in the hospital, I've always had a great team and great people. I've been very fortunate."

Even with such a great honor bestowed on him, he remains humble.

"As many firefights and instances where there's been opportunity, Marines have stepped up to the plate — not only in Iraq and Afghanistan but since the beginning of our country," Carpenter said "So I truly feel like I'm on an even playing field."

Looking back at his time in the Corps, Carpenter's fondest memories are being deployed with his fellow Marines in Afghanistan. To him, nothing will compare to his

without a shower, sleeping in the dirt and being with 50 of his best friends.

"If I look at it that way, I'm very thankful for Afghanistan and it really means a lot to me," Carpenter said. "I wouldn't trade it for anything in the world."

Carpenter was born in Flowood, Miss., on Oct. 17, 1989, and graduated from W. Wyman King Academy, Batesburg, S.C., in 2008, the release said.

In February 2009, he enlisted in the U.S. Marine Corps at Recruiting Station Columbia, South Carolina, and completed his basic training at Marine Corps Recruit Depot, Parris Island, South Carolina, later that year.

According to the release, Carpenter's personal awards include a Purple Heart Medal, Navy and Marine Corps Achievement Medal, and Combat Action Ribbon.

The Medal of Honor is awarded to members of the armed forces who distinguish themselves conspicuously by gallantry above and beyond the call of duty while:

- engaged in an action against an enemy of the United States;
- engaged in military operations involving conflict with an opposing foreign force; or
- serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.

The meritorious conduct must involve great personal bravery or self-sacrifice so conspicuous as to clearly distinguish the individual above his or her comrades and must have involved risk of life. There must be incontestable proof of the performance of the meritorious conduct, and each recommendation for the award must be considered on the standard of extraordinary merit.

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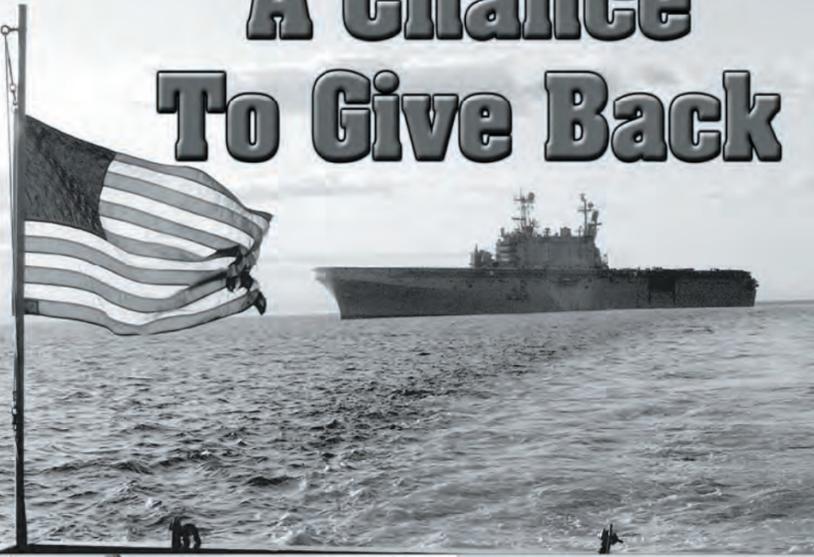
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