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THE Periscope

KINGS BAY, GEORGIA

2009 CHINFO Award Winner

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Thursday, August 21, 2014



Navy photo by EM1 Mark Treen

Kim Eliot, center, led the CAPRA team inspecting MWR Kings Bay this week with Sandra Nordenhold, left, and Kathy Loomis, right.

Striving for accreditation

MWR Kings Bay aims for top rating in parks and rec

By MC2 Ashley Hedrick
Naval Submarine Base Kings Bay
Public Affairs

It's called The Commission for Accreditation of Park and Recreation.

It's all about being among the very best.

CAPRA acknowledges recreation entities for the utmost service and merit in parks and recreation operations.

Programs across the nation turn to CAPRA accreditation as

means of recognition for achieving high-quality service, while assuring the public they meet parks and recreation national standards of the best practices.

Moral, Welfare, and Recreation Kings Bay is currently a CAPRA accreditation applicant and has been preparing the assessment for about a year.

Preparing for the accreditation has involved every MWR employee.

"There's a lot of pride and teamwork," MWR Kings Bay Director Bob Spinnenweber said. "To say we might be one of the only two

"There's a lot of pride and teamwork."

Bob Spinnenweber
Director, MWR Kings Bay

Navy installations to be CAPRA accredited, with only four accredited in the entire Department of Defense, feels amazing."

In order to receive the accreditation, Kings Bay's MWR pro-

See Parks, Page 6

Hunting season coming

Deer season Sept. 13 to Jan. 15 on board NSB Kings Bay

From Naval Submarine Base Kings Bay Game Warden and The Periscope

The hunting season is upon us, and there will soon be hunters in the woods.

Hunting aboard Naval Submarine Base Kings Bay is necessary to control the deer population, thus reducing the number of deer involved in vehicle accidents.

NSB Kings Bay is an enclosed habitat. Hunting controls the deer population.

Kings Bay Game Warden Jack O'Brien has been at Kings Bay since 1997. He said the deer hunting program has been helpful in reducing the number of deer vs. vehicle accidents.

"When we first started the program, there were a couple a week that hit deer, but now we're down to a couple a year," he said. "The hunting program is working out well in that respect."

Hunting also prevents exceeding available food sources and promotes a healthy and productive deer herd.

NSB hunting season is Sept. 13 through Jan. 15, 2015. Authorized hunting days are Wednesdays, Thursdays, Saturdays and Sunday afternoons and evenings.

See Hunt, Page 7



Kings Bay Fire Fighter/EMT Jermaine Alvarado uses the PyroLance. The fire department's fire fighters trained on the new system now being used at Kings Bay. It can cut through wood and steel and then deliver a water stream effectively.

Navy photo by EM1 Mark Treen

The new face of fire fighting

By EM1 Mark Treen
Naval Submarine Base Kings Bay Public Affairs

Fire fighting is as old as mankind, and over the years innovations have made the task easier and safer.

One such innovation using extreme high pressure to access and fight fire is making its way to the Navy.

Naval Submarine Base Kings Bay fire fighters have become the first Navywide to take part in the Commander, Navy Installations Command initiative to begin training to use an innovative firefighting tool called PyroLance.

This unique tool utilizes an ultra-high pressure stream of water to penetrate concrete, steel barriers and other shipboard obstacles to gain direct access to fire.

The Navy's standard firefighting teach-

es Sailors that reaching a fire is only part of the mission. Being able to put out the flames completely means anticipating all the factors, including that of flashover.

"Flashover is when the temperature in the room goes to the flash point and everything in the room catches fire at once," Kings Bay Assistant Fire Chief Anthony Tripolone said. For firefighters, controlling the room's temperature is key.

So how do firefighters control the temperature in the room? Submariners are trained to fight fires and know that turning a fire hose nozzle

to spray out in a wide pattern can shield them from the heat of fire. It's more than that now that the Kings Bay Fire Department has a hose that can get the pressure past 1,500 psi.

"Affecting the fire happens in two ways; controlling the size of the droplet and controlling its speed. Increasing the pressure

(of the fire hose) does both those things," Casparus Seyffert, vice president of operations at PyroLance, said during a training session with the Kings Bay Fire Department.

See Fire, Page 4

"After the (USS) Miami fire, we're all looking for a game changer."

Lt. Bobby Forest
TRF Kings Bay fire safety officer

Commands, school connect

NSSC, USS Georgia, Sugarmill reaffirm Adopt-A-School

By MM1 Eric Delgado
USS Georgia (SSGN 729) (Gold)

The commanding officers of Naval Submarine Support Center Kings Bay and USS Georgia (SSGN 729) (Gold) joined the principal of Sugarmill Elementary School in re-affirming their Adopt-a-School Partnership, Aug. 5.

The Adopt-a-School part-

nership is part of the Partnership in Excellence Program, a flagship of the Navy's Volunteer Program.

Both Capt. Mike Badorf, commanding officer of USS Georgia (Gold), and Cmdr. Charles Cohn, commanding officer of NSSC, took part in the ceremony, continuing to willingly pledge volunteer support begun in August 2008, when USS Georgia made Kings Bay its home port.

Nancy Boone, principal of



Chambers

Sugarmill Elementary, expressed on behalf of the staff and student body their joy to have committed Navy volunteers in their school.

Also included in the day's ceremony, Capt. Badorf awarded Heidi Chambers as Sugarmill Elementary School's 2013-2014 Teacher of the Year.

The Adopt-a-School Partnership program is designed to support education, health, safety, fitness, citizenship and well-being of all students and to promote school and community relations.

Since August 2008, NSSC,

See School, Page 6



Photo courtesy of Lauren Smith/Sugarmill Elementary

From left, Cmdr. Charles Cohn, commanding officer of NSSC, Sugarmill Elementary School Principal Nancy Boone and Capt. Mike Badorf, commanding officer of USS Georgia (SSGN 729) (Gold) took part in the Adopt-A-School reaffirmation ceremony.

Check us out Online!



kingsbayperiscope.com

Local news and views

Naval Submarine Base, Kings Bay, Ga.



Now hear this!

Kingsland Catfish Fest Aug. 30

The 32nd Annual Labor Day Weekend Kingsland Catfish Festival will be 7 a.m. to 6 p.m., Saturday, Aug. 30 in downtown Kingsland's Historic Royal District along U.S. 17 and Georgia 40. Grand Marshals *d'Mo Brass — Distinguished Men of Brass!* perform at noon and 2 PM at the Kingsland Depot, 200 East King Ave. The fest includes a *1980s Back to Our Past*-themed Parade, arts and craft booths, Southern-fried catfish with grits, hushpuppies, coleslaw and sweet ice tea, other food booths, antiques and collectibles, a children's amusement area, a 5K run and a classic car and tractor exhibition. For more information, visit www.visitkingsland.com and click on the Catfish Festival link or go to www.kingslandcatfishfestival.com.

Vehicle licensing, registration

While it is no longer a requirement to receive the DD Form 2220 decal for vehicles entering Department of the Navy installations, all privately owned vehicles must continue to be licensed, registered, inspected and insured in accordance with federal, state and local laws. Additionally, all POVs of personnel permanently assigned (active duty, civilian, contractor) to Kings Bay will be registered in CLEOC at Pass and ID during in-processing, (valid until the individuals identification (CAC) card expires) and will be de-registered during out-processing due to PCS, or otherwise leaving the command. No person may operate a personally owned vehicle (POV) on board Kings Bay who does not have, in their possession, a valid state operator's license, vehicle registration, proof of insurance and any other criteria for driving a vehicle on state highways. Enforcement of state licensing, registration, insurance and safety requirements will be enforced through the Selective Traffic Enforcement Program and Random Antiterrorism Measures.

Civilian guests at Kings Bay

A civilian guest onboard Naval Submarine Base Kings Bay is a special category of visitor who is visiting one of the following:

- A member of the armed forces residing on board Kings Bay, stationed aboard a ship or submarine.
 - A family member residing on board the base.
 - An individual who holds a valid uniformed services identification and privilege card (DD Form 1173), Common Access Card or Kings Bay identification card for the purpose of visiting authorized messes and clubs
- Authorized sponsors may escort up to 10 guests. All sponsors bringing guests on board NSB Kings Bay are responsible for the conduct of their guests at all times while on the base. The guest must remain with the sponsor at all times.

Fund-raiser Sept. 27 at Jax Zoo

The Children's Tumor Foundation will have a fund-raising NF (Neurofibromatosis) Walk at the Jacksonville Zoo Sept. 27. Visit www.nfwalk.org/jacksonville for more information.

Cell Phones for Soldiers starts

Habitat for Humanity of Camden County and nonprofit Cell Phones For Soldiers Inc. are asking Camden County residents to help troops call home by donating gently-used cellular phones. Beginning July 15, residents can donate their phones at Habitat in Kingsland at 302 South Lee St. Cell phones can be dropped off 9 a.m. to 5 p.m., Tuesday through Saturday at Habitat's ReStore. For more information, e-mail linda@hfhamcamden.org or call (912) 729-3633. Also, visit www.hfhamcamden.org for additional Habitat opportunities.

St. Marys offers music series

The next Music in the Park free series is 6 to 8 p.m. at the St. Marys Waterfront Park amphitheater. *Back From the Brink* is Sept. 20. An additional Music in the Park date will be Sept. 16. For more information, call the St. Marys Welcome Center at (912) 882-4000.

Fernandina market Saturdays

The Fernandina Beach Market Place farmers market, on N. 7th Street in downtown Fernandina is 9 a.m. to 1 p.m. every Saturday. For more information, visit the website at Fernandina-BeachMarketPlace.com or call (904) 557-8229.

Tips for students entering college

From the Naval Submarine Base Kings Bay Child and Youth Education Services School Liaison Office

Kings Bay School Liaison

As a college freshmen, it's now your turn to head off to school. You have graduated and you think you are ready for college. Are you sure? Before you to, you might want to use these final days to prepare yourself for the college experience, especially if you are making plans to attend college far away from home.

Here are just a few tips which might help you and your family:

- Take care of business — For years your parents have managed some of these important affairs in your life. Now, it's time for you to learn about things like financial aid, health care, car and renter's insurance and so much more. Spend some time talking with your parents about how to your insurance coverage works. Become familiar with what paperwork is needed by the college or other service provides. It may seem overwhelming at first but learning about this now could save you some heartache later.
- Set up a filing system — A good filing system will help keep you on track. Before you leave home, decide with your parents what records need to be kept and for how long. It will be important to decide which documents should be stored as hard copies and which can be stored electronically. Today, some documentation can be maintained on your phone, in your car's glove box, or on your computer. No matter where you keep your records be sure that they are current and easily accessible.
- Keep an eye on your finances —

College expenses can spiral out of control is you are keeping track of your spending. There are a host of on-line resources available to help you track and manage spending. If you do not have a bank account, be sure to open one which serves the campus and surrounding areas. Military dependents may consider taking budgeting courses from the local Fleet and Family Support Center and consider opening an account with the Navy Federal Credit Union.

- Look for the savings — As tempting as it may be to spend money on the \$5 latte every day or \$9 on a pizza every other night, you may find that making coffee in the dorm or buying a frozen pizza could save a little money. When it comes to daily living and recreation, carpooling with other students from your hometown, renting a movie from Redbox or buying used textbooks could help stretch your meager college funds further than you expected.
- Find your way home — If you're attending college near home — within a 3 to 4 hour drive — it may be a good idea to map out the most efficient and secure driving route between the campus and home. Not only will this help you become familiar with the route, but you can also identify important features along the way such as rest areas, restaurants, and well-lighted gas station. Your parents will feel more secure knowing that you are traveling along familiar roads, too.
- Check-out the campus — You

may have taken a campus tour before finalizing your college choice but it is possible that you still do not know where to find some important offices on campus. Get out there and explore. Once you get on campus, go find the infirmary, the gym, the police station, the bookstore, cafeteria and oh, yes, the library. If you are a student with special needs be sure to find the Disabilities Services Office on your campus and introduce yourself. The personnel there can help you coordinate any accommodations you may require while attending college.

- Vehicle maintenance — Get your car into the shop for a full diagnostic check before putting it on the road. Taking care of minor of repairs now could save costly repairs later. Take a look at your owner's manual to be sure you know what preventative maintenance repairs are recommended by the manufacturer regarding oil changes, tire pressure and more.
- Health Maintenance — Yes, you're young, healthy, strong and you feel great. Still, you need to make arrangements to get a physical, an updated eye exam and dental cleaning before you leave home. Plan to visit with any specialists your health requires. Get a full understanding of any medications you may be taking and know where to purchase them in the area around campus. While you're at it, you might want to talk to a nutritionist about how to avoid the infamous "Freshman 15" pounds.
- Keep in touch — Be sure to provide contact information like e-

See Tips, Page 3

NEX student rewards on again

From the Navy Exchange Service Command

Navy Exchange

The Navy Exchange Service Command has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997.

The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter.

The next drawing will be held at the end of August.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the draw-

ing.

Home-schooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment.

Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grades. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once

each grading period and must enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services.

Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded over \$640,000 to students with the help of its generous vendor partners.

Chapel schedules different retreats

From Naval Submarine Base Kings Bay Chapel

CREDO

The Chaplain's Religious Enrichment Development Operation, or CREDO, for some unknown reason, continues to be the best kept secret in the Navy, and as result only a small portion of military personnel and their family members have taken advantage of its beneficial programs.

CREDO Detachment Kings Bay is working hard to get more military personnel involved in the CREDO experience.

It began as a program to help veterans returning from the Vietnam War in 1971. As then and now, military service presents unique challenges and opportunities. CREDO offers transformational retreat-based programs designed to assist authorized users in developing the spiritual resources and resiliency necessary to excel in the military environment.

Over the years, CREDO has offered spiritual, personal, and relational growth opportunities to tens of thousands of sea service personnel and their family members,

profoundly enhancing their lives. CREDO provides commanders with a key resource by which to care for and strengthen the abilities of those they lead.

The following retreats at St. Simons Island are available:

- Family Enrichment Retreat — An all-inclusive weekend family retreat designed to promote healthy relationships, using practical skills based on proven principles that strengthen and empower every member of the family. Registration is open for the next retreat, Sept. 19 to 21.
- Couples Connection — Fleet and Family Support Center Kings Bay, in coordination with CREDO, is hosting a Couples' connection One-Day Marriage Enrichment Workshop. This workshop will enhance communication skills and strengthen emotional, physical, and spiritual aspects of your marriage. Couples are encouraged to register one month prior to the event. The dates are Sept. 12 and Dec. 12.

For more information, visit the website [## Springs of life](http://www.cnic.navy.mil/re-</p>
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By Cmdr. Aaron Jefferson (Ret.)
Kings Bay CREDO Facilitator

My lovely spouse recently schooled me on the correct way to refer to persons who have physical challenges. We now know it is improper to say "disabled veteran" or she is a "Down syndrome child." Caring communities tell us we should say "a veteran who is disabled" or "a child with down syndrome." The person should be named first followed by the disability. The emphasis then is placed on the person and not the dis-

See Springs, Page 3

gions/cnrse.html or call the chapel office at 573-4501.

Chaplain Catherine Pace and the CREDO facilitator Aaron Jefferson are looking forward to seeing you on the next retreat.



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Capt. Harvey L. Guffey, Jr.

NSB Kings Bay Executive Officer
Cmdr. Ed Callahan

NSB Kings Bay Command Master Chief
CMDCM Randy Huckaba

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U.S. 17 bridge re-opens

From the Florida Department of Transportation

The St. Marys River Bridge on U.S. 17 at the Florida/Georgia state line re-opened to vehicular traffic Aug. 15.

The refurbished bridge accommodates the same legal weight loads as it did when it closed May 6, 2013, for the \$3.5 million rehabilitation project.

Florida Department of Transportation oversaw the project, in coordination with the Georgia Department of Transportation.

Kiewit Infrastructure South Co. of Tampa began work March 15, 2013 and the project was scheduled to be completed in the summer of 2014.

Maintenance and repairs were performed on the bridge along with complete repainting.

The uniqueness of the bridge required tedious work of hand-sanding and painting of small components, applying primer, applying the blue coat and then the clear coat to help the finish endure longer.

The 1927 St. Mary's Riv-



FDOT photo

Workers put finishing touches on the St. Mary's River Bridge on U.S. 17.

er Bridge carries U.S. 17, also known as the Atlantic Coastal Highway, across the border of Florida and Georgia. When constructed, U.S. 17 was the principal federal highway providing northern access into Florida.

A 563-foot-long swing-span structure consists of six concrete girder approach spans and three steel trusses.

The bridge helped open Florida to travelers from the northeastern part of the nation.

Although partially owned by Georgia, the State of Florida, with fed-

eral aid, constructed the St. Mary's River Bridge and continues to maintain the bridge.

For additional information regarding this project or other FDOT projects around Northeast Florida, visit www.nflroads.com.

Lil' Angels

By MA1 Christopher Plummer



The Periscope welcomes Lil' Angels

By Periscope staff

This week The Periscope welcomes *Lil' Angels*, a comic panel by our own NSB Kings Bay Sailor, Christopher Plummer.

Inspired by his loving family, Plummer said he has been drawing "ever since I can remember" and is a parent. We hope you enjoy his outlook on life from a child's perspective.

Tips

From Page 2

mail, phone and mailing addresses — as when you get a some home-baked goodies in the mail — with friends and family before you leave town. Post updated photos of college experiences and new friends using the social media available to you. of mom and dad back home before you or your friends post anything to Facebook. Don't embarrass them. Remember, what happens on campus does not always just stay on campus.

■ Make time for family— Finally, it may be old-fash-

ioned, but staying in touch with family can make the difference between a successful transition to college and a disastrous one. Make the time to visit extended family, watch movies with younger siblings and go to the family reunion before you leave. For many of you, this may be the last time you'll live at home. Enjoy this time while you can, it's time you can't get back once it's gone.

Well, there you have it. Being mindful of these few simple tips could help get your life at college off to a great start. If you have any questions or concerns about the transition to college, write www.kingsbay-slo@navy.mil or call (912) 573-8986.

Springs

From Page 2

ability.

We thought, "what does it take for us to see the person first and not their physical problem, their ethnic background or gender?" We usually fail to see the person first because we have decided for some reason to stay on the outside looking in. On the outside we don't become a part of their worlds.

Outside looks are static, still and lifeless. They are not interesting and so we take a glance or two and then move on. The trouble with these looks is that we have deceived ourselves in thinking we are not in some way a part of those worlds.

In the book *The Wounded Healer* by Henri Nouwen, the reader learns in having the desire to help

others, it is important that the helper realizes that he or she is wounded as well. We have our imperfections and short comings; even Superman had kryptonite. We are wounded people helping other wounded people or we are people who are disabled in some way trying as best we can to support others who also have some disability.

Seeing ourselves in this way gives us the power to be a compassionate community teaming with each other to foster healing in our fractured world. Co-operative caring generates springs of life, refreshing all regardless of our physical or personal challenges.

CREDO: Enriching lives and enhancing the spiritual well-being of our military members and their dependents for over 40 years. Find CREDO on FACEBOOK at www.facebook.com/CREDO.Southwest.



NSB Kings Bay Chapel

Sundays
8:30 a.m. - Catholic Confessions
9 a.m. - Catholic Mass
10:30 a.m. - Protestant Worship
Mondays, Wednesdays to Fridays
11:15 a.m. - Catholic Mass, Adoration following Wednesday mass until 8 p.m.
Saturdays
4:30 p.m. - Catholic Confessions
5 p.m. - Catholic Mass
Chapel office hours
8 a.m. to 4 p.m. Mondays through Fridays

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Pallets were fire fuel for the test.

New face of firefighting



Fire

From Page 1

The pressure from this new system basically converts water into a fine mist that moves at a high rate of speed, which makes it much more effective at controlling temperature and, therefore, the fire.

In a test performed on base Aug. 12, Fire Department members faced an enclosed area fire burning in excess of 1,150 degrees Fahrenheit. The flames stretched 8 feet high and rolled across the ceiling filling the space.

After 17 seconds of high-pressure water application, the temperature dropped to 249 Fahrenheit, easing access for first responders.

"This system is ready right now to respond to fire on base," Tripolone said.

Its ability to apply extreme high-pressure water from outside a dangerous space is ideal for all types of fires that could potentially occur on base.

An advantage for shipboard usage, the PyroLance nozzle has the ability to cut through an inch of steel in less than one minute by spraying out a sand-based aggregate and water mixture. This provides a small hole though which water then can be delivered to the burning space, leaving firefighters in relative safety.

While Pryolance can be used today to fight fires anywhere on base, the tool may one day be used against a submarine fire.

"After the (USS) Miami fire, we're all looking for a game changer," said Lt. Bobby Forest, Trident Refit Facility fire safety officer. "We're looking to think outside the box, changing the paradigm."



Pallets burn heating the trailer to 1,150 degrees Fahrenheit before the door is closed. Above left, once the system is used, flames subside and the room's temperature drops to 249 degrees.



PyroLance's Casparus Seyffert gives instructions to Fire Fighter/EMT Julio Ortiz and others.

Left, Fire Fighter/EMT Thomas Gamble gets suited up for the test.

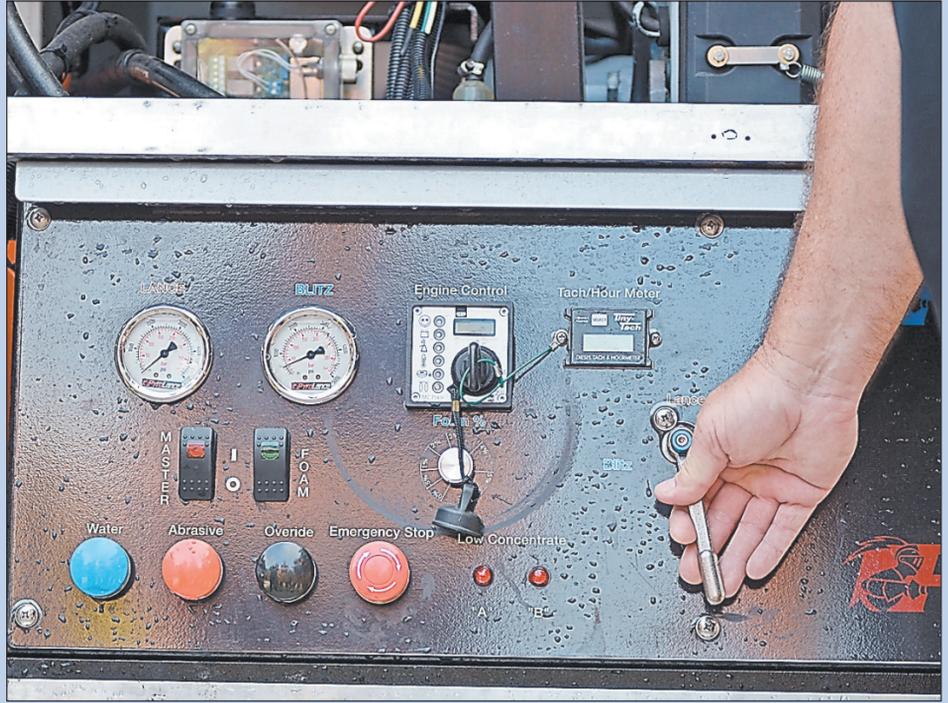
PyroLance's Keith Durden shows the PyroLance to Kings Bay Fire Fighter and EMTs Joshua Ashe, Ryan Vogel and Johnathan Sirmon.



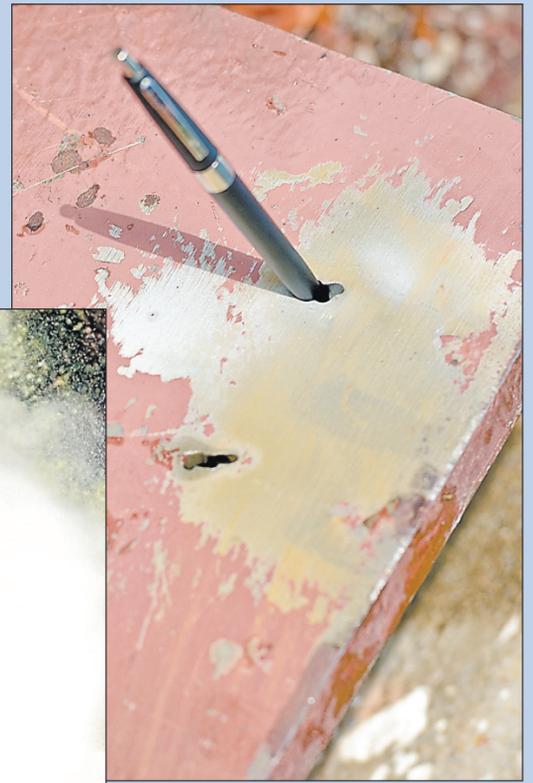
*Navy photos
by EM1 Mark Treen*



Fire fighters secure following the test.



Above, the PyroLance pump control panel is on the back of a fire truck and controls hose pressure.



The results of Testerman's trial with one inch of submarine steel resulted in a hole that is big enough for a government-issue pen, and a stream of high-pressure water.



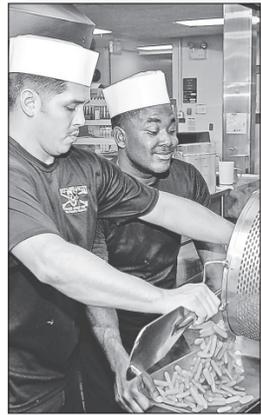
Kings Bay Fire Fighter/EMT Steven Testerman performs the test on submarine steel.



PyroLance's Casparus Seyffert explains the equipment to the Kings Bay Fire Department members.



Pirates Cove Galley menus



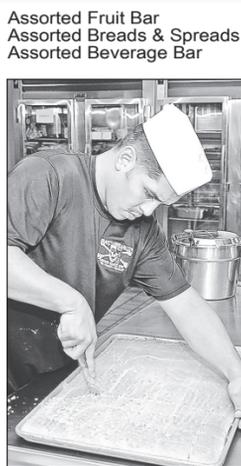
Tempura Battered Shrimp
Sweet Potato Fries
Baked Mac & Cheese
Green Bean Almandine
Simmered Succotash
Healthy Choice Salad Bar
Assorted Salad Dressings
Corn Bread Muffins
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Grilled Cheese Burger
Grilled Hamburgers
BBQ Chicken
Pulled Pork
BBQ Ribs
Bratwurst
Cole Slaw
Baked Beans
Macaroni Salad
Potato Salad
Burger Bar

Dinner

Asian Stir Fry
Sweet and Sour Pork
Oriental Pepper Steak
Fried Rice
Steamed Rice
Chinese Mixed Vegetables
Egg Rolls
Healthy Choice Salad Bar
Assorted Salad Dressings
Hot Rolls
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Assorted Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Sunday

Brunch

Chicken Noodle Soup
Cannonball Sandwich
Grilled Polish Sausage
French Fries
Grilled Peppers and Onions
Oven Fried Bacon
Eggs to Order
Breakfast Juice Bar
Ready-to-eat Cereal
Grilled Sausage Patties
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar
Pastry Bar

Dinner

Asparagus Caliente
Roast Prime Rib
Fried Shrimp
Cocktail sauce
Rosemary Potatoes
Rice Pilaf
Corn on the Cob
Simmered Carrots
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Monday

Breakfast

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

Lunch

Corn Chowder
Country Fried Steak
Cream Gravy
Baked Fish
Tartar Sauce
Mashed Potatoes & Gravy
Rice Pilaf
Steamed Peas and Carrots
Louisiana Squash
Healthy Choice Salad Bar
Asst. Salad Dressings
Assorted Fruit Bar
Assorted Condiments

Hot Rolls
Assorted Desserts
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Chicken Wings
Pizza
Potato Bar

Dinner

Vegetable Soup
Baked Ham w/Honey Glaze
Roast Turkey
Mashed Potatoes & Gravy
Candied Sweet Potatoes
Cajun Style Black-Eye Peas
Southern Style Greens
Healthy Choice Salad Bar
Assorted Salad Dressings
Corn Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Tuesday

Breakfast

Breakfast Juice Bar
Ready-to-eat Cereals
Asst. Instant Oatmeal / Grits
Waffles w/asst. syrups
Cream of Wheat
Eggs/Omelets to Order
Grilled Bacon
Soft/Hard Cooked Eggs
Buttermilk Biscuits
Cottage Fried Potatoes
Sausage Gravy
Asst. Yogurt
Pastry Bar

Lunch

Cheese Potato Soup
Pot Roast
Chicken Cordon Blue
Brown Gravy
Wild Rice
Au Gratin Potatoes
Mixed Vegetables
Simmered Cauliflower
Healthy Choice Salad Bar
Assorted Salad Dressings
Biscuits
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Beef Enchiladas
Chicken Quesadillas
Spanish Rice
Refried Beans
Taco Bar

Dinner

Minestrone Soup
Baked Italian Sausage
Meat, Marinara & Clam
Sauces
Boiled Pasta
Calico Corn
Steamed Broccoli
Healthy Choice Salad Bar
Assorted Salad Dressings

Toasted Garlic Bread
Assorted Dessert
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Wednesday

Breakfast

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

Lunch

Chicken Gumbo
Fried Fish
Grilled Chicken Breast
Mashed Potatoes & Gravy
Wild Rice
Chicken Gravy
Pinto Beans
Mixed Vegetables
Healthy Choice Salad Bar
Assorted Salad Dressings
Corn Bread
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

Beef Rice Soup
Steamed Rice
Hot & Spicy Chicken
Roast Pork
Simmered Egg Noodles
Yellow Squash
Steamed Green Beans
Healthy Choice Salad Bar
Assorted Salad Dressings
Biscuits
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Thursday

Breakfast

Breakfast Juice Bar
Ready-to-eat Cereal
Eggs and Omelets to Order
Grilled Bacon
Asst. Instant Oatmeal & Grits
Rolled Oats
French Toast w/Asst. Syrups
Sausage Patties

Cottage Fried Potatoes
Asst. Yogurt
Pastry Bar

Lunch

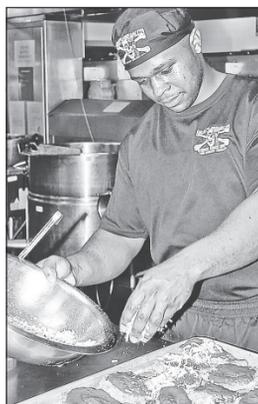
Chicken Noodle Soup
Fried Shrimp
Hot Rolls
Creole Macaroni
Franconia Potatoes
Rice Pilaf
Simmered Carrots
Steamed Peas
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Condiments
Cocktail Sauce
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Chicken Pattie Sandwich
Philly Cheese Steak Sandwich
Grilled Peppers & Onions
Baked Beans
Chili
Cheese Sauce
Sandwich Bar
Cold Cut Sandwich

Dinner

Cheddar Cheese Soup
Beef Stroganoff
Fried Catfish w/Tartar Sauce
Mashed Potatoes & Gravy
Buttered Egg Noodles
Seasoned Corn
Herbed Broccoli
Toasted Parmesan Bread
Healthy Choice Salad Bar
Assorted Salad Dressings
Cocktail Sauce
Hot Rolls
Buttermilk Biscuits
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.
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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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***THE EXPENDABLES 3** (PG13)
(Fri-Sun: 1:00) 4:00 7:00 9:50

***THE GIVER** (PG13)
(Fri-Sun: 12:45 3:00) 5:15 7:40 10:00

***LET'S BE COPS** (R)
(Fri-Sun: 1:30) 4:30 7:15 9:40

***TEENAGE MUTANT NINJA TURTLES IN 3D** (PG13)
(Fri-Sun: 9:45)

***TEENAGE MUTANT NINJA TURTLES IN 2D** (PG13)
(Fri-Sun: 12:30) 5:00 7:25

***INTO THE STORM** (PG13)
(Fri-Sun: 12:40 2:50) 4:55 7:30 9:35

GUARDIANS OF THE GALAXY (PG13)
(Fri-Sun: 1:15) 4:15 7:10 9:45

GET ON UP (PG13)
(Fri-Sun: 1:00) 4:00 7:00 9:55

LUCY (R)
(Fri-Sun: 12:35 3:10) 5:20 7:35 9:55

HERCULES (PG13)
7:05 9:30

PLANES: FIRE AND RESCUE (PG)
(Fri-Sun: 12:35 2:35) 4:35

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Parks

From Page 1

vided a self-assessment report reviewing certain standards, including human resources, risk management, planning, and public safety, along with six other areas of requirements.

"We went through each standard and wrote a commentary of how we met it," said Bo Hutchens, Kings Bay Recreation, Travel, and Parks Director. "With that, we attached any supporting documents. Afterwards, we submitted it to the accreditation commission."

Spinnenweber said going through each area of self assessment revealed some weakness.

"We said, 'OK, we need to develop some policy for this,'" he said. "A good running organization is going to look at financial management, how we are serving our customers, the work force environment, and our process."

After reviewing the self-assessment and providing feedback, CAPRA sent a team Aug. 11 through 15 for an on-site visitation to review documentation, interview MWR staff and to see if they complied with the 139 military standards for national accreditation.

Hutchens said to achieve accreditation, MWR must comply with 35 fundamental standards and at least 85 percent of the remaining 104 standards.

"CAPRA validates whether your parks and recreation agency is doing what a good agency would do," he said.

NSB Kings Bay and Portsmouth Naval Shipyard both are up for the CAPRA accreditation, a first for the Navy.

"There are only four DOD agencies that are CAPRA accredited," Hutchens said. "Currently there is no Navy. There is one Navy installation that just had their site validation visit last week. Kings Bay and Portsmouth will have our hearing this year to find out if we are CAPRA or not."

The CAPRA commission's final review and a decision announcement will be in October.

Air strikes continue

From a U.S. Central Command News Release

U.S. military forces continued to attack ISIL terrorists in Iraq Aug. 18, using a mix of fighter, bomber, and remotely piloted aircraft to successfully conduct 15 airstrikes near the Mosul Dam.

The strikes damaged or destroyed nine ISIL fighting positions; an ISIL checkpoint; six ISIL armed vehicles; an ISIL light armored vehicle; an ISIL vehicle-mounted anti-aircraft artillery gun, and an IED emplacement belt.

All aircraft exited the strike areas safely.

Since Aug. 8, U.S. Central Command has conducted a total of 68 airstrikes in Iraq. Of those 68 strikes, 35 have been in support of Iraqi forces near the Mosul Dam.

School

From Page 1

Blue and Gold crews of USS Georgia have continued unbroken volunteer

service, participating in events like Field Day, Fall Festival, dances, classroom tutoring and after-school clubs, and honoring the students and teachers with Sailor of the Month/Year and Teacher of the Year awards.

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lot 2-129	4 bd/3 ba/3 car	\$374,900
lot 2-130	4 bd/3 ba/2 car	\$369,900
lot 1-37	4 bd/3 ba/3 car	\$379,900

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Fleet & Family Support Center workshops



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 Monday, Aug. 25. 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 Aug. 26. No pre-registration required.

Anger management seminar Aug. 27

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, Aug. 27. It can help you focus on identifying the feelings anger hides and explore behaviors helpful in resolving primary issues. Pre-registration is required. Call 573-4512 for details.

Ten Steps to a Federal job examined

Gain information on the federal

Spouse Indoctrination
Learn your local resources!

Fleet and Family Support Center
Commissary
Housing
Morale Welfare and Recreation
Navy Exchange
Navy Marine Corps Relief Society
Personnel Support Detachment

Chapel
COMPASS
Legal
Navy College
Security
Tricare
School Liaison Officer

August 27 9:00a.m. - 2:00p.m.

Please call FFSC at 573-4513 to register.

Location:
Balfour Beatty Community Center
Dining is included

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., Aug. 28. Registration required by calling 573-4513.

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. Aug. 25 to 29. For more information and to register, call

573-4513.

Ombudsman Assembly Meeting Aug. 25

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., Aug. 25. For more information, contact at 573-4513.

Navy Ready 101 session coming soon

Learn how to familiarize yourself with the Navy Family Accountability Assessment System. This training covers all needed to be prepared before and during a disaster. Information for all branches of service will be provided. This class will be 10 to 11 a.m., Aug. 29. For more information call 573-4513.

Spouse Indoctrination class meets Aug. 27

The goal of Spouse Indoctrination is to educate the participant on the numerous resources that are available to them while stationed at Naval Submarine Base Kings Bay. This class hosts 20-plus speakers who provide information and answer any questions. This class is at the Balfour Beatty Community Center, 9 a.m. to 2 p.m., Aug. 27. To register, call 573-4513.

Fleet and Family offers classes on site

Fleet and Family Support Center will take most of its regular workshops on the road if a unit or command can furnish a conference room or classroom and guarantee a minimum of five participants. All classes listed are at the Fleet and Family Support Center unless otherwise noted. Fleet and Family hours of operation are 8 a.m. to 4:30 p.m., Monday, Tuesday, Wednesday and Friday and 9 a.m. to 4:30 p.m. Thursday.

Hunt

From Page 1

Each hunting area is marked with a yellow sign containing a letter and number ie; (B-1, G-2).

The hunting areas and rules are outlined in detail in the SUBASE Hunting

Instruction (SUBASEINST 11015.T). O'Brien said normally between 120 and 150 hunters register at Kings Bay. The average deer taken per season is 60 to 80, he added.

Hunting season in no way restricts non-hunters from enjoying the same areas that hunters do. The key is to be aware that you may encounter hunters in

the woods. For your own safety, wear bright colored clothing and stay on bike-paths and perimeter roads.

If you choose to hike in the woods, contact O'Brien at (912) 674-6817. He can advise you on areas not being hunted to ensure a safe outing without encroaching on the hunters.

Hunters must have a Georgia state hunting

license and big game license. Hunters must purchase a Kings Bay hunting permit from Outdoor Recreation on base.

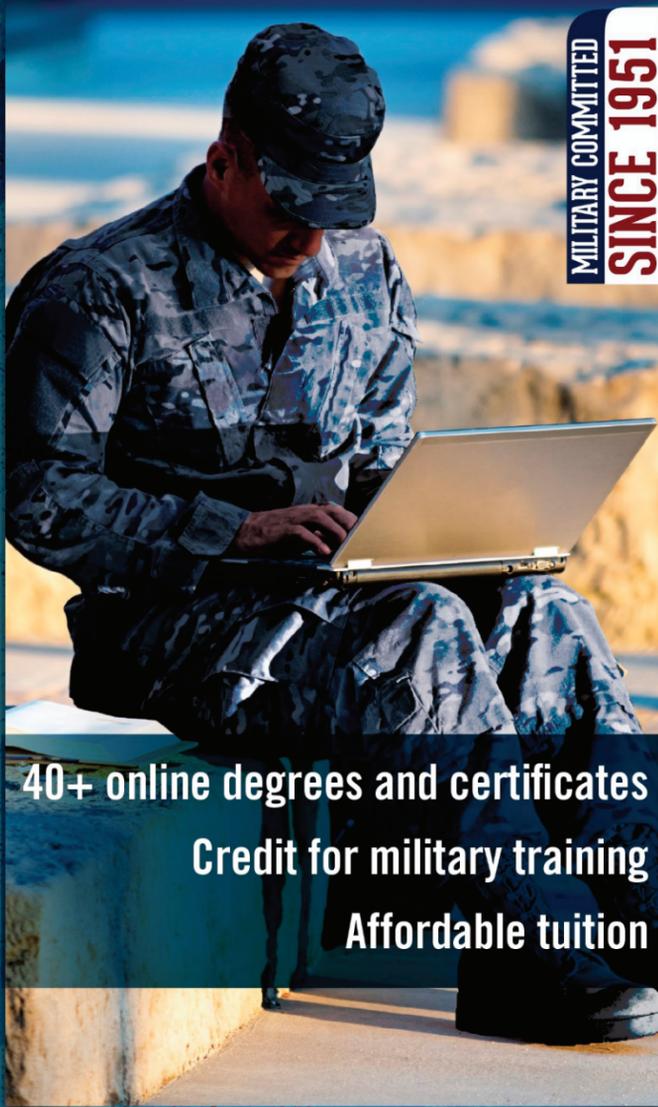
Hunters must attend an annual rules, regulations and safety brief prior to hunting or scouting the base. They also must have

a state approved Hunter Safety Course Certificate from any state, if born after January 1961.

Hunters also must have a SUBASE weapons registration for their hunting weapon from Stimson pass and an I.D. less than three years old.

Hunting rules, regulations and safety briefs will be at 4:30 p.m., Aug. 27, Sept. 3 and 10 at the indoor rifle range. Additional hunting briefs will be at 1 p.m. every Wednesday at Bldg. 3007 following hunter check-in through the end of October.

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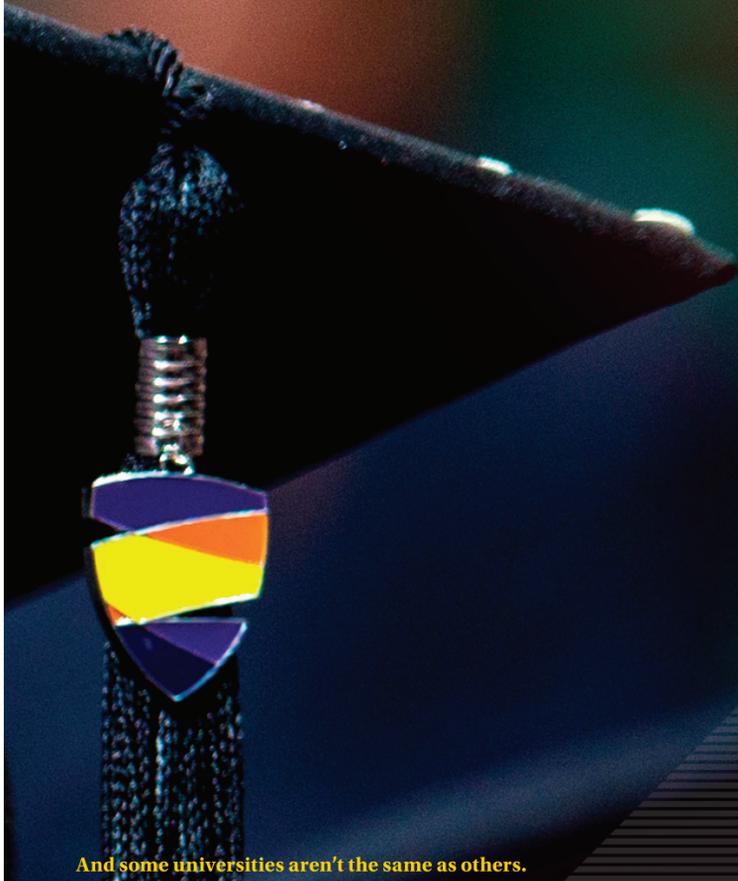
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- NMAC Cash \$500
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- Model #25514
- VIN #683099

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- Model #36414
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Up eriscope with Bill Wesselhoff

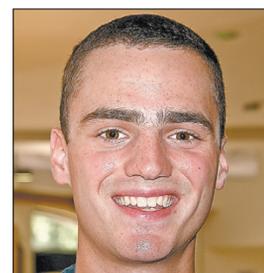
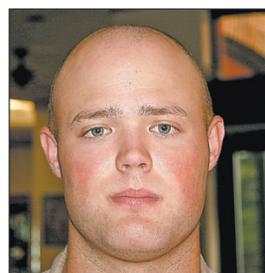


'Bama our consensus for national champ

College football kicks off Saturday with Sam Houston State at Eastern Washington. Interesting. This year there's a four-team tournament to determine the national champion. My question when I went to Pirates

Cove Galley was, *Who is going to win it all?* Defending champ Florida State is No. 1 in the AP and Coaches polls. AP has Alabama, Oklahoma, Oregon and Ohio State ranked 2 to 5, while the Coaches say Alabama, Oklahoma,

Oregon and Auburn. Slight difference. Clemson, incidentally, is AP and Coaches No. 16; Michigan State eighth in both. My pick? Roll Tide! Only Nick Sabin can beat Nick Sabin, and it won't happen two years in a row.



ET3 John Greene
USS West Virginia Blue
Greenville, S.C.
"Clemson. They're my favorite team."

Pfc. Zackary Bailey
Marine Corps
Security Force Battalion
Gadsden, Ala.
"Alabama. We have a good recruiting class and top prospects."

MMFN Reyer Jones
USS Tennessee Blue
Grand Haven, Mich.
"Michigan State. I've been a fan all my life, and they deserve it."

MT3 Brandon McQueen
USS Florida Blue
Clayton, N.C.
"I have to go with Alabama. They're always good with Nick Sabin coaching."

MM3 Anthony LeBlanc
USS Rhode Island Gold
Jennings, La.
"Alabama. They have a good team every year."

FTSN Jake Frank
USS Georgia Gold
Jonesboro, Ark.
"I wouldn't be surprised if Alabama or Auburn took it. But I'm a Gator fan."

Students should think big

By Terri Moon Cronk
DoD News, Defense Media Activity



Deputy Defense Secretary Robert O. Work urged National Defense University students to become strategic-level leaders, telling them that "this exceedingly complex and potentially more dangerous world" demands critical and creative thought.

In remarks prepared for delivery to the class of 2015, Work called on students to "develop critical ways of thinking, to question assumptions, to come up with new ideas, fresh insights, and answers to the world's most vexing security challenges."

Work noted that Defense Secretary Chuck Hagel has emphasized that while U.S. military involvement in conflicts overseas during the past decade has wound down, service members instead face "... a fractured global security environment, characterized by great uncertainty, rapid change, new and sophisticated threats and continued political turbulence."

He also addressed the challenges DoD

faces in budgetary turbulence in the coming years.

"This is an unprecedented time of maximum challenge for [DoD]," he added, noting that DoD's future decisions will determine the size, shape and composition of the U.S. military "for decades to come."

"We need creative ideas on how to posture our forces globally to accomplish the greatest strategic effect, how to fight more effectively in new domains with possibly game-changing technologies, how to protect U.S. interests and enhance our security in new areas. And we must do all this with fewer resources and what will no doubt be a smaller military," he said.

U.S. forces face the possibility of arriving in a future combat theater to confront an arsenal of advanced, disruptive technologies "that could turn U.S. previous technological advantage on its head,"

See Students, Page 10



Kings Bay Naval Submarine Base
Presents the "2014" and
4th Annual
Cultural & Diversity Fair

When: September 4, 2014
Time: 11:00 – 15:00
Where: Pavilion @ The Fitness complex

Cultural Stage Performances College & Educational Institutions
Food Sampling Open @ 12:00 free while supplies last
Special Community Awareness Booths
Grill & Que Sponsored by: Various Kings Bay Associations
Military Keepsake & Memorabilia

Everyone is here because we each have a connection to someone, there are no extra pieces in a puzzle and to see the full picture every piece must be present.
We are the puzzle pieces that paint the image of Diversity n' America
-BJR-



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¹92% based on 2014 member communications trend survey. ²Savings based on countrywide survey of new customers from 11/1/2012 to 10/31/2013, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products or legal or ownership rights in USAA. Ownership rights are limited to eligible policyholders of United Services Automobile Association. Membership and product eligibility and underwriting restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, and USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2014 USAA. 207910-0814



Morale, Welfare and Recreation happenings



Photo by EM1 Mark Treen

A group of Seabees enjoys lunch at O'Brien's Bunker at Trident Lakes Golf Club. Stop by Mondays through Fridays for a delicious lunch on the spot or order carry-out by calling (912) 573-0008.

Rack-N-Roll movie Aug. 23

Bowl-In Movie Night at Rack-N-Roll Lanes is 5 p.m. to 9 p.m., Saturday, Aug. 23. The movie *Rio 2*, rated PG, starts at 7 p.m. Bowling will be \$1.50 games plus shoe rental from 5 to 9 p.m., plus chances to win free game passes throughout evening. Domino's will be offering a great Movie Night Special, a \$10 any way, any size pizza. Dine in only 6:30 to 8:30 p.m. For more information, call (912) 573-9492.

▪ **Lunch at O'Brien's Bunker at Trident Lakes Golf Club.** Stop by. The friendly staff and delicious variety menu will make you glad you did. They offer a large selection of salads, sandwiches and seafood platters. Each one is made right there inside the restaurant. For the fans of O'Brien's from outside the base, yes they offer lumpia as an appetizer. The restaurant hours are 10:30 a.m. to 1:30 p.m.

Liberty call
Mondays through Fridays. For a quick lunch carry-out, call (912) 573-0008.

▪ **Decades of Disney** — At Rack-N-Roll Lanes 5 to 11 p.m., Friday Sept. 5. If you and/or your family dresses up as your favorite Disney Characters then all your games will be 50 cents and rental shoes will be \$1. Disney movies will be shown all night with a candy "bar", photo opportunities, party favors, snacks, adult beverage specials and prizes for best individual and best family costume. Domino's will have a \$10 special any way, any size, 5 to 8:30 p.m. For more information, call RNR Lanes at 912-573-9492.

▪ **Intramural Fall Indoor Volleyball League** — Registration begins Sept. 1 for Fall Indoor Volleyball at the Fitness

Center. Captain's meeting is Sept. 24 with play beginning Oct. 1 on the basketball practice court. Active-duty team and DoD team fee is \$100. For more information, call IM Sports at (912) 409-1611

▪ **Intramural 7v7 Flag Football League** — Registration begins Sept. 8 for 7v7 Flag Football at the Fitness Complex. Captain's meeting is Oct. 1 with play beginning Oct. 6 at the new synthetic football field. Active-duty team fee is \$100. DoD team fee is \$200. For more information, call IM Sports at (912) 409-1611

▪ **NFL Sunday Ticket** — Starts Sunday, Sept. 7 at KB Finnegan's Irish Pub. Nine TVs, snacks, hot dogs and pulled pork sandwiches will be available for purchase. Domestic pitchers will be offered for \$5. Finnegan's opens at noon every Sunday through Feb. 1. For more details, call KB Finnegan's Irish Pub at (912) 573-9492

▪ **Intramural Average Joe's Bowling League** — Registration begins on Sept. 16 for Average Joe's Bowling League at Rack-N-Roll Lanes. Captain's meeting is Oct. 8 with play beginning on Oct. 14. Active duty team fee is \$100. DoD team fee is \$200. For more information, call IM Sports at (912) 409-1611

▪ **Give Parents a Break Kids Night Out** — It's 6:30 to 10:30 p.m. at the Child Development Center Thursday, Sept. 4, for only \$4 per hour per child with a snack provided. Open to children 6 weeks to 12 years of age. All youth must be pre-registered by Tuesday, Sept. 2. A registration packet must be filled out prior to event, if child is not already enrolled in the Child Youth Program. Call CYP at (912) 573-3888 for more details.

▪ **Tae Kwon Do** — Now at the Fitness Center 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. for 13 to adult. A free, two-week introductory class plus the next two weeks is \$22.50. Fees are active duty, retiree and reservists \$25 per month, family members of active duty, retired and

reservists \$30 for one family member per month, \$40 for two family members per month, \$60 for three family members per month, \$80 for four family members per month; DoD civilians, their family members and contractors \$35 for one member per month, \$50 for two family members per month, \$70 for three family members per month, \$90 for four family members per month. For more information call the Fitness Center at (912) 573-3990.

▪ **Fitness attire** — In order to provide an atmosphere that is healthy, clean and family friendly, Naval Submarine Base 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 Kings Bay command. It is the same dress code being used at some of the other bases across the Navy and at CNIC. All patrons abide by the regulations.

▪ **Youth Bowling League** — Begin at 9 a.m., Sept. 6. Registration is 9 a.m. to noon Aug. 30. Sanction fee is \$6 and includes sanction card, awards and prizes. Weekly fee is \$8 includes lineage, shoes and bowling. League runs from September to March, about 26 weeks. For more information, call Rack-N-Roll Lanes at (912) 573-9492.

▪ **Free Movies for the Kids** — They're Saturdays and Sundays at 1 p.m. and also during school breaks/holidays at The Triplex. *Maleficent* is Aug. 23 and 24; *Rio 2* is Aug. 30 and 31. Additional kids movies will be shown during school breaks. All youth under 18 years of age must be accompanied by a parent or adult. Snacks foods and beverages are available for purchase. If 15 minutes after the scheduled start time no one else comes in, the movie area will be available for open viewing. For the latest information, call (912) 573-4548. The movie schedule is listed in Facebook under the events tab on mwrkingsbay page.



Students

From Page 9

Work said, where the nation's military no longer has uncontested theater access or unfettered operational freedom of maneuver.

And that is a future in which he, Hagel and Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey

are determined to avoid, Work said.

"To maintain our technological superiority as we transition from one warfighting regime to another, we must begin to prepare now," the deputy emphasized. "In addition to new technologies, a new offset strategy will require innovative thinking, the development of new operational concepts, new ways of organizing, and long-term strategies.

"As future strategic leaders, you need to ask how we should prepare for a future where new and disruptive technological developments are continuously occur-

ring," Work continued. "What policies are needed? What investments are warranted?"

Such creative ideas, he said, often come from students and their networks outside the military, and from allies and partners in the interagency community.

And with a "sense of urgency," the deputy said, the nation's entire national security community needs to stimulate new critical thinking and research on how the nation maintains its technological dominance, and to enable a smaller force to maintain overmatch against any potential adversary.

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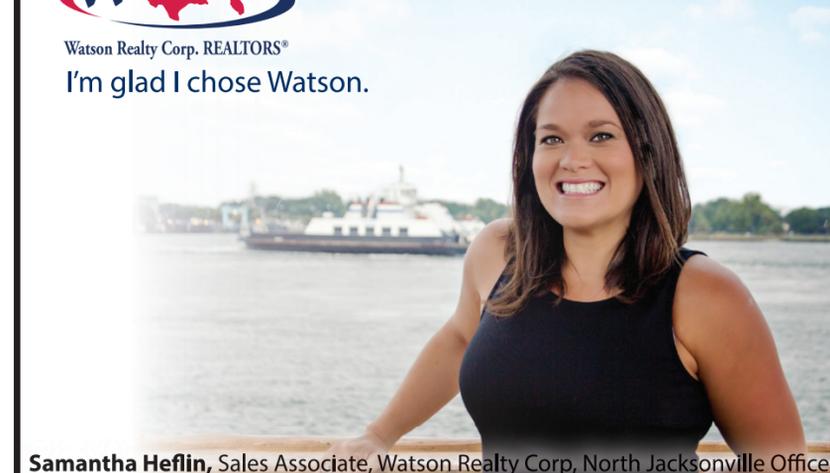
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Navy photo by MC2 Joshua J. Wahl

Sailors assigned to Navy Cyber Defense Operations Command monitor, analyze, detect and respond to unauthorized activity within U.S. Navy information systems and computer networks.

Navy cyber operational

By Cheryl Pellerin
American Forces Press Service

For the Navy, cyber has an inherently military operational aspect, and the service is shaping its dedicated workforce to be 80 percent uniformed and only 20 percent civilian employees and contractors, the Navy's top cyber officer said in a recent interview.

Navy Vice Adm. Michael S. Rogers, commander of Fleet Cyber Command and 10th Fleet, spoke with American Forces Press Service about the foundational importance of the cyber domain to the Navy, the joint force and Cyber Command.

"There's a reason why, for example, if you go on that air wing on that carrier, you don't see civilians flying those aircraft," Rogers said. "If you go on board that ship or submarine, go down to where those weapons systems are and where those radars and tools [are] that give you situational awareness of what's going on. You don't see civilians manning those."

Rogers said the joint model most services are working toward is 80/20, and the Navy probably is at 77 percent today with its dedicated cyber workforce of about 5,000, plus contractors.

"Like the other services, we've had our workforce engaged in cyber for a long time," the admiral noted.

Navy officials concluded seven or eight years ago that cyber was of such foundational importance to the service's future that they created a dedicated workforce to do cyber, particularly on the high-end side, Rogers said. He defined the high end as "implying in-depth understanding of network structures and the ability to operate in relatively complex networks."

At the same time, he added, it was becoming clear that the Navy's traditional electronic warfare mission and cyber were increasingly converging.

Chief of Naval Operations Adm. Jonathan W. Greenert made that point in an April 3 op-ed article in the Breaking Defense online magazine. "With wireless routers or satellites part of almost every computer network," he wrote, "cyber-space and the [electromagnetic] spectrum now form one continuous environment."

"We've been thinking about this for a long time," Rogers told American Forces Press Service, "and it's nice to see that it's playing out in some ways as we thought it would."

Fiscal year 2013 is the first year the services are contributing to Cybercom's national and cyber combat mission forces and its Cyber Protection Force, Rogers said, and the Navy is bringing on more capability than any other service.

"In 2010 and 2011, we bought as a service almost 800 billets that we dedicated to cyber," the admiral said. "We said, 'We realize the workforce hasn't been fully defined, but we think this is enough. We see the trends. We think we need to make the investments now.'"

This year, Navy cyber will bring 800 cyber service members online to form a series of dedicated teams for Cybercom, Rogers added, and in the subsequent three years, the Navy cyber organization will bring on nearly 1,000 more.

The cyber workforce represents a range of capabilities and specialties, Rogers said.

"Our view is that you need to bring together three or four core ratings to work the cyber piece," he explained, "some of them in areas you don't necessarily directly associate with cyber — things like language. As we got into this, we came to the conclusion that we needed the ability to work in multiple languages if we're going to work cyber from a global perspective."

Intelligence, information technology and cryptologic technician-networks ratings also are considered core cyber capabilities, he added.

Most of the service cyber commanders have said there are similarities and differences in the way each service approaches its cyber mission, and Rogers said each service adopted its own structures and organizational construct.

"So we're all organized a little differently," he said.

"In the case of the Navy, we replicated the joint model in many ways," Rogers said. "Just as Army Gen. Keith Alexander is both the commander of the U.S. Cyber Command with Title 10 [armed forces] authorities, as well as director of the National Security Agency with Title 50 [national security and intelligence] authorities, I am commander of Fleet Cybercom and have operational control over the majority of forces and capabilities within my service that operate and defend the networks, as well as the service's offensive capabilities."

Rogers said he also wears a Title 50 hat as the Navy's cryptologic commander, so the Navy's signals intelligence, or SIGINT, resources also are under his operational control.

SIGINT is intelligence gathered from electronic signals and systems, such as communications systems, radars and weapons systems, used by foreign targets.

"The reason we went this way was we believed the SIGINT capability — the ability to see the cyber battle space as well as to gain insights into opponents' use of cyber — was a real plus in the cyber world," the admiral said.

"It's the same thing that led the joint world to ... align the traditional service operational command, U.S. Cyber Command,

with the SIGINT situational awareness and knowledge of the battle space of NSA," he added. "We liked that model. We came to the same conclusions."

Another difference in the Navy's approach, the admiral said, "is we believe that if you're going to successfully defend your networks then you can't separate operation of the networks from the defensive side. You can't treat them as totally separate, unrelated activities."

The Navy is the only service, he added, that has decided one entity should operate the networks and defend them, as well as control the offensive cyber capabilities.

"I think that gives us great agility. ... It enables us to make very smart, very fast tradeoffs," the admiral said. "It's a real source of strength. ... We operate them, we maintain them, we structure them, we control them."

One of the things that makes cyber different from the land, sea, air and space domains, Rogers said, is that it's the one in which every member of the organization is an operator.

"If we've given you access to a keyboard, you're operating in our domain," he added. "You can't really say that about the air or the maritime or the subsurface. Elements of our force are operating in those domains, don't get me wrong, but not everybody is an operator all the time."

This reality, the admiral said, "represents to us [not only] an opportunity to gain advantage, but also a potential opportunity for vulnerability for others to exploit, whether it's intentional or unintentional."

Adapting to this challenge and succeeding in the cyber domain means changing the mindset of everyone in the Navy who uses a keyboard, Rogers said.

"We have to think much more broadly about this," he added. "If you think Vice Admiral Rogers and 5,000 highly motivated individuals are all it's going to take to achieve success and operate in an agile and effective manner in this domain, you don't get it. It's bigger than that."

It doesn't matter, he said, "whether you're sitting on shore duty in the middle of the United States or you are out on the USS Eisenhower in the Strait of Hormuz. You're an operator in this domain."

Marine cyber tactical

By Cheryl Pellerin
American Forces Press Service

What differentiates his command from Army, Navy and Air Force cyber operations is a focus on the forward-deployed nature of America's expeditionary force in readiness, the commander of Marine Corps Forces Cyberspace Command said during a recent interview at Marine Corps Base Quantico.

As commander of MARFORCYBER, Lt. Gen. Richard P. Mills heads one of four service components of U.S. Cyber Command.

The Marine command stood up in January 2010.

Today, 300 Marines, federal civilians and contractors are performing cyber operations, Mills said. That number, he added, will grow to just under 1,000, at least until fiscal year 2016.

Each of the services' cyber commands protects its own networks, Mills noted.

"Where we differ is that we look more at tactical-level cyber operations and how we will be able to provide our forward-deployed ... Marine Air-Ground Task Force commanders with the capability to reach back into the cyber world [at home] to have their deployed units supported," the general said.

The basic structure for deployed Marine units, he said, is an air-ground task force that integrates ground, aviation and logistics combat elements under a common command element.

"We're more focused at the tactical level, the tactical edge of cyber operations, in supporting our forward-deployed commanders, and that's what we should do," Mills said.

It's an important capability, the general said, and one that will become more important and effective for deployed commanders in the years ahead.

"Cyber to me is kind of like artillery or air support," Mills explained. "The actual weapon systems are well to your rear, back here in the continental United States, and what you need to be able to do is request that support be given to you and have it take effect wherever you're operating."

The Marine Corps cyber mission is to advise the commander of U.S. Cyber Command, Army Gen. Keith B. Alexander, on the capabilities of the Marines within the cyber world and how to best use those forces in accomplishing the Cybercom mission, Mills said.

"That's our first job," he added. "Our second job is to be able to conduct cyber operations across all three lines of cyber operations — defensive and offensive cyber ops — so we have to man, train and equip Marine forces to accomplish those missions."

In testimony to Congress in March, Alexander described the three Cybercom lines, or missions.

- A Cyber National Mission Force and its teams will help to defend the country against national-level threats;

- A Cyber Combat Mission Force and its teams will be assigned to the operational control of individual combatant commanders to support their objectives; and

- A Cyber Protection Force and its teams will help to operate and defend the Defense Department's information environment.

Of the nearly 1,000 MARFORCYBER forces that will come online between now and fiscal 2016, Mills estimated that a third will be in uniform, a third will be federal civilian employees, and a third will be contractors.

MARFORCYBER has Marines in the joint community who work throughout Cybercom at Fort Meade in Maryland. The Marine Corps cyber organization also is developing teams to be tasked by Cybercom to conduct operations across the spectrum of cyber operations.

"It's very similar to what we do today," Mills said. "The units train and go forward from the United States and work for other commanders well forward, and cyber will be the same way. We'll ship forces to Cybercom when requested, fully trained, fully manned, fully equipped, ready to operate."

MARFORCYBER is a full-up component command under Cybercom along

with the Air Force, Navy and Army, the general said.

"All four of the component commanders talk regularly to each other and meet regularly at Cybercom to coordinate our growth, coordinate our requirements, [provide] input to Cybercom and take its guidance and direction, and operate together in big exercises like Cyber Flag," he said.



Mills

Cyber Flag is an annual exercise at Nellis Air Force Base, Nev., which Cybercom conducts with U.S. inter-agency and international partners.

For the Marines, the smallest U.S. military service branch, contractors play an important part in cyber, the general said.

"One of the challenges of cyber is that it's such a dynamic environment," he explained. "You need people who are educated and current in their specialties and who are available to stay on the job for long periods of time, whereas Marines come and go in the normal assignment process."

Contractors have skill sets that aren't always available in the active-duty Marine Corps, and can fit neatly into short-term projects, he added.

"They all operate under the same clearance requirements, the same authorities, the same rules," the general said. "That's one of the things that make them so expensive. They come at a cost, but you have to bear it to make sure that your cyber capabilities are current and that you stay on the cutting edge."

In the newest domain of warfare, the battlefield is evolving, Mills said, and Marine commanders have come to understand the impact cyber can have on defensive and offensive operations.

"I think cyber commanders now understand when you go forward you have to be able to defend your systems against intrusion by other states, by rogue elements, and even

by hobbyists who are just trying to break in and infiltrate your nets," the general said. "But they're also beginning to understand the positive effects cyber can have in your operations against potential enemies. ... It's a very valuable tool in that quiver of arrows that a commander takes forward, and they want to understand how it operates."

In the new domain, even a discussion of weapons veers off the traditional path. A cyber weapon, Mills said, "can be something as simple as a desktop computer. It's also a vulnerability to you, because it's a way in which the enemy can enter your Web system if you put the wrong hardware on there or open the wrong attachment or e-mail."

Cyber weapons are much more nuanced than big cannons and large bombs and weapons systems.

"The armories of the cyber world are very sophisticated computers and very sophisticated smart people who sit behind those computers and work those issues for you," the general said.

Mills said he's an infantry officer by trade, so he tends to view everything he does through a combat-arms prism.

"I think the definition of combat arms is expanding a little bit these days," he said. "I don't think cyber is any longer a communicator's environment. It's an operator's environment. So we want that cyber expert to sit in the operations shop right next to the air expert, right next to the artillery expert, because we think that's where it belongs."

Mills pointed out the contrast between a Marine "kitted out" for battle with a Marine dressed for a cyber operation who may be sitting behind a desk in the United States.

"He's got access to a huge computer system that allows him to operate within that domain," the general said. "He may go home at night and never have to deploy forward. But he's providing support to deployed forces, he's conducting actions against designated targets, he's doing a lot of things, but from the foxhole or the fighting hole at his desk, rather than some foxhole or fighting hole forward."



Marine Corps photo by Cpl. Kyle N. Runnels

Lance Cpl. David Anzualda, a cyber network operator with the 26th Marine Expeditionary Unit command element, peers out the back of an MV-22B Osprey.



DOD photo by D. Myles Cullen

General Martin E. Dempsey, US chairman of the Joint Chiefs of Staff, and Lt. Gen. Do Bá Ti, Vietnam Chief of Defense, at the Ministry of Defense in Hanoi, Socialist Republic of Vietnam, Aug. 14.

Dempsey endorses help

By Jim Garamone
DoD News, Defense Media Activity

If the United States lifts the embargo against the sale of lethal weapons to Vietnam, Army Gen. Martin E. Dempsey would recommend providing materials for the Peoples' Navy, he said during a news conference in Ho Chi Minh City Aug. 16.

In the first trip by a chairman of the Joint Chiefs of Staff to Vietnam since 1971, Dempsey visited Hanoi, Da Nang and Ho Chi Minh City.

Forty-five years ago, the United States was in a conflict with North Vietnam, and Dempsey was a cadet at West Point preparing to join that war.

"The challenge now is to think 45 years ahead," the highest-ranking U.S. military official said.

By 2050, there will be 9 billion people on Earth — 7 billion of whom will live in the Indo-Pacific. "Where the people are is where the issues are," the chairman said.

Vietnamese reporters questioned Dempsey on China's territorial claims in the East China Sea.

"We've been very clear that we don't take sides in the territorial disputes, but we do care very much how they are resolved," he said. "They should not be resolved through use of

force." The United States has long-standing defense agreements with nations in the region — Thailand and the Philippines are treaty allies.

"We are interested in becoming a partner with a strong and independent and prosperous Vietnam," the chairman said.

Still, at its core the solution to the East China Sea issue hinges more on stronger multinational response brokered through the Association of Southeast Asian Nations rather than a question of "What does the United States intend to do about it?," he said.

The United States and Vietnam have common interests.

"We're encouraging many of our ASEAN partners and friends to take a multinational approach to maritime security and maritime domain awareness," he said.

Building capabilities for maritime domain awareness is important to any effort in the region, Dempsey said, including patrol boats, intelligence, surveillance and reconnaissance assets and search and rescue equipment.

"Our advice is that we look at this regionally, not country-by-country," the chairman said. "We're working our way forward in that spirit."

There is a growing sense among U.S. elected officials and non-governmental organizations that Vietnam has made progress on the human rights issues that initially led to the embargo being put in place more than three decades ago.

"I think in the near term there will be a discussion on how to lift it," Dempsey said. "My military advice ... will be if it is lifted that we begin with assets that would make the Peoples' Navy more capable in the maritime domain. That would generate a conversation on what that means, but I think the maritime domain is the place of our greatest common security interest right now."

This could include intelligence, surveillance, reconnaissance assets and even some weapons they don't yet have for their fleet, the chairman said.

Vietnam is uniquely and importantly positioned as the 13th largest economy in the world, he said. While it is located in Southeast Asia, the nation is the springboard into the Indo-Pacific region.

"I do see Vietnam occupying a key geostrategic region," Dempsey said. "In terms of managing its maritime resources and managing the territorial disputes, I'd suggest as goes Vietnam, I think as goes the South China Sea."

Pacific training center has CoC

By MC1 Jason Swink
Navy News Service

Capt. Michael Martin relieved Capt. Howard Goldman as commanding officer of Naval Submarine Training Center Pacific and Training Support Department Hawaii in a time-honored change of command ceremony atop the historic Battleship Missouri Memorial, the "Mighty Mo."

NSTCP is comprised of 90 permanently-assigned officers and enlisted instructors and 30 civilians and government contractors who oversee more than 800,000-square-feet of training spaces and simulators where they train more than 25,000 Sailors each year.

Guest speaker Capt. David Roberts, the commanding officer of Submarine Learning Center, said he is one of Goldman's biggest fans as he spoke of NSTCP's accomplishments during the last three years.

"I want to thank you for your passion in training, your passion for submariners, your incredible talent and strong leadership during your tenure here," Roberts said.

Under Goldman, NSTCP received numerous awards and accolades including retention excellence awards in 2011 and 2012.

"On his watch, Howard brought new capability to his school to support newly reporting Virginia-class submarines including trainers and curricula," Roberts said. "With the assistance of the Naval Undersea Warfare Center, he built a new state-of-the-art submarine bridge

trainer with its IMAX theater-like immersive training capability to better simulate surfaced submarine operations."

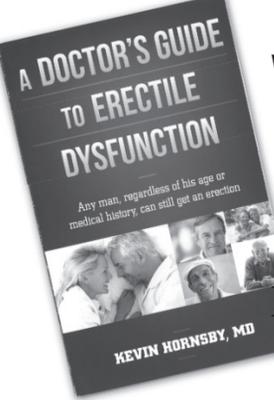
Goldman during his parting remarks thanked several dozen individuals and organizations by name for their support.

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Space Reservation Deadline: Monday, September 22, 5 p.m.

Please call Military Sales and Marketing: 904.359.4168.





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Misc. Merchandise

52" Sharp Aquos 1080P TV & Blu-Ray Player, exc. cond. \$450. 904-616-6008

CEMETERY LOTS (5) Jax Mem. Gardens Hillside Location single/multi qty \$1600ea. 904-771-7295

GIRLS 20" BIKE, pink purple white exc \$45. Michelin Radial LTX P255/70R16 exc \$75. healthy potted sago's \$7. Plus different sizes. 904-384-7809

Like new Jazzy motorized wheel chair with access. & motorized lift to place chair in rear of mini-van. \$2000. 904-786-0037

PLAYER PIANO ROLLS - ORS Rolls. Hundreds to pick from. Exc. cond. \$7.50ea. 904-772-0301

Sporting Goods

ATV-Argo Vanguard '93 - 6 wheels winch, low hours, good condition, well maintained. \$2500. 904-645-0630

Complete set of scuba equipment with dive bag. Underwater camera with extras. Contact fntsbuddy@aol.com (reference Dive Gear) for complete details



GUN SHOW
Aug. 23rd 9-5 & Aug. 24th 9-4
Prime Osborne. 1000 Water St. Jax.
Admission \$8. Free Parking
Info. Cliffhangers 384-325-6114

S-C. HUNTING LEASE 2014/2015 season. Hampton area 545 ac great hunting, 3br house river frontage, 20 min from I-95. Jason 803-671-0153

Pets & Animals

Adopt a Pet
Pets & Supplies
Livestock & Supplies
Animals Wanted

RVs and Supplies

VR1 TT - All towing 2TV, queen bed, 1rg slide-out, new tires, great shape, slips 6. In bad health, need to sell \$10K. Call 904-642-0881/904-716-1968

Motorcycles/Mini Bikes

2010 Harley Davidson Dyna Superlide Motorcycle (FXD). Less than 6K miles. Gar. kept, like new. Vance and Hines pipes and fuel Pak, Roland Sands air cleaner, Memphis Shades detachable windshield, Harley detachable sissy bar and extra HD chrome pipes, extra HD Sreamin' Eagle Pipes and Service Manual. \$9,950.00. George, 912-729-4793

2012 HD Superlide Custom, gar kept, tons of extras, only 1200mi's, \$12,900. Allan 904-214-9766

Harley Davidson VROD 2003 Anniversary Edition
Excellent condition, climate-controlled garage kept, new tires, mapping system installed, removable windshield and more. \$7,200. No trades, serious inquires only. (904) 377-6755

HD97 Heritage Springer (W/B trim) 20K mi's, original owner, gar. kept, supreme fuel only. Exc. cond. runs like new, maintain w/love. All orig. hardware & parts, over 3K+ original HD chrome extras. Saddle bags are new, never on bike. Quick disconnect back rest & seat. Only 1500 produced. True collectable can be yours for \$10K. Contact retired MCPO Wayne at 904-491-5233 after 5:30.

Auto Parts

1996 Corvette C4, yellow w/blk inter. 126k mile's, removable top. 904-683-5045

Chrome Step Bars, new, fit 2006-2012 Tacoma ext1. cab. will install \$150. 912-673-7995

Automobiles

HONDA ACCORD 1993, clean lided, 142k mi's, white, good for starter car. \$1500. 904-629-5267

LEXUS GS350 2013 clean, lided \$12K, org. owner, garaged, beige 48k mi's. 904-629-5267

Trucks / Trailers / SUVs

2004 GMC YUKON XL Fully loaded, leather, sunroof, new tires, brakes, \$6200. 195k miles, tow 5.3L, mechanically sound 904-225-0880

2009 JEEP PATRIOT, Silver, very good condition, \$14,000. Call 904-221-7323

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