



#25 FEBRUARY 2026  
 FFSC MAYPORT - MASSEY AVE, BLDG 1  
 JACKSONVILLE, FL 32228  
 M - THU: 0730 - 1600  
 F: 0730 - 1500



# THE ANCHOR



BY: FLEET AND FAMILY SUPPORT CENTER MAYPORT

## WELCOME TO OUR NEWSLETTER!

Welcome to our newsletter where we share insights into our programs and exciting projects. Keep an eye out for upcoming workshops and events. We hope you have a fantastic February and we look forward to seeing you for the next issue!

### -A Word from our Director-

Can we say it's cold????? Yes, it's COLD. Who is looking forward to higher temps? ME! Back to business, the month of February highlights three important topics: Personal Financial Management; Deployment Support; and Teen Dating Violence Awareness. The Fleet and Family Support Center has two fantastic Personal Financial Managers - Doug McBride ([larry.d.mcbride.naf@us.navy.mil](mailto:larry.d.mcbride.naf@us.navy.mil)) and Laura Reynolds ([laura.a.reynolds.naf@us.navy.mil](mailto:laura.a.reynolds.naf@us.navy.mil)). Doug and Laura can work with you individually to put you on the right path. Naval Station Mayport is an operational installation. We have ships that are deployed currently and our goal is to support in the best way we can. Have you attended one of our Deployment Support Group yet? If not, talk with Kelly Stull ([kelly.i.stull.naf@us.navy.mil](mailto:kelly.i.stull.naf@us.navy.mil)) to connect you. The group meets two times each month. And finally, I am a mother of a teenage daughter. It's important that we set healthy boundaries early and understand that violence is never an answer. You will see tips and awareness around Teen Dating Violence during this month. As always, our sailors and our families deserve the best. You can call me at 904-270-6600 ext. 1602 or e-mail me at [amie.m.mckague.civ@us.navy.mil](mailto:amie.m.mckague.civ@us.navy.mil).

**“Each February, young people nationwide raise awareness about teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This annual month-long push focuses on advocacy and education to stop dating abuse before it starts.”**

**For more information, resources, and help you can go to <https://www.loveisrespect.org>.**



loveisrespect.org

#tdvam2026

## EMPLOYEE SPOTLIGHT - Meet Waynettia J.

**Hobbies:** "Traveling and inspiring others."

**Do you have a favorite quote or motto to live by?:** "As iron sharpens iron, so one person sharpens another." - Proverbs 27:17"

**What's your favorite food - where do you recommend eating it at in Jacksonville?** "We love Mexican (specifically shrimp tacos) - La Nopalera Mexican Restaurant. Seafood- Shrimp and crabcakes is also my favorite food- Blue Fish has the best real crabcakes."

**Best place you have ever visited and why?** "There is a running race for the best place between Hawaii and Jamaica. Both were beautiful. I think Hawaii wins: we were able to see a beautiful Luau, the people were welcoming, the culture was interesting to learn about, the mountains and volcanic views were stunning, and of course the beaches were beautiful. The experience was nice."

**How do you practice self-care on the weekends?** "My weekend self-care involves intentional relaxing and recharging. I enjoy "not having anything to do" because then real relaxation can occur. After I get my fill of relaxing, I am happily off to browsing in my favorite stores, searching for great buys, or treating myself to a great meal. I treasure my alone time with no interruptions and solo brunches for at least 1 day of the weekend. I also enjoy at home spa rituals-such as taking long baths and face mask."

**What valuable life lessons have you gained from your experience at FFSC Mayport?** "Valuable life lessons that I have learned from my FFSC experience is everyone has a story that you can't see. Our roles here reinforce the importance of empathy. Working with the service members and their families showed me that I should approach each interaction with patience, compassion, and respect. Many people carry immense burdens with humility, discipline, and dignity but find courage to carry out everyday actions and task. As a result, it is easy not to notice their burdens. I also learned that trust in FFSC is important. In high stake environments like ours, trust is built through showing up consistently, listening without judgment, being present, and respecting confidentiality. Small acts of reliability can make a real-life changing difference in our service members and their families. I never want to forget just how powerful and important our work here is."

## February Spotlight - Personal Financial Management (PFM)

February isn't just about flowers and chocolates— Fleet and Family Support Center highlights Personal Financial Management! While a fancy Valentine's dinner is nice, let's put money into that savings!

This month, we challenge you to a "No-Spend Weekend." The goal? Skip the expensive cost of a traditional date night or family outing and deposit that cash into your emergency fund instead.

How to "Date" for Free or Low Cost on Base and in Jacksonville:

MWR Mayport Movies: Catch a flick at the base theater for FREE!

Get Outdoors: Go to the best private beach in Jacksonville on NS Mayport and take a romantic walk at sunset. Check out any of the beautiful and historic trails in Jacksonville for FREE!

Pinz Bowling Center Events: Every Saturday night from 7 PM to 10 PM, dive into X-TREME Bowling! For just \$20 per person, enjoy THREE hours of gameplay, which includes shoe rental.

The Riverside Arts Market: Spend a Saturday morning under the Fuller Warren Bridge and window shop at some local small businesses.

MOCA Jacksonville: If you need a mid-week break, the Museum of Contemporary Art offers free admission every first and third Wednesday from 5-9 PM.



*brunch*



# SPARKLE DAY.2026 RECAP: SHINING A LIGHT ON SAFETY

CHECK OUT HOW FLEET AND FAMILY SUPPORT CENTER MAYPORT SPARKLED ON JANUARY 21ST TO SUPPORT NATIONAL STALKING AWARENESS MONTH.

