



# 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 June and we look forward to seeing you for the next issue!

### -A Word from our Director-

There is no way that we are in the month of JUNE!!!! A half of year already! June also marks the beginning of summer. Here in Florida, we are lucky that most days feel like summer. However, hurricane season starts on June 1<sup>st</sup> and runs through the end of November. Some of our military families have not been through a hurricane season, this is the first time that you lived here in Florida, and this can be a stress-provoking time. Please make sure that you are connected with your command ombudsman and local authorities. Save the Date - Father's Day is on June 15<sup>th</sup>. Celebrate our fathers! 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).

## CELEBRATING FREEDOM: UNDERSTANDING JUNETEENTH

More than just a day off, Juneteenth is a powerful celebration of freedom, resilience, and the enduring spirit of the African American community.

Often referred to as "Freedom Day" or "Jubilee Day," Juneteenth commemorates June 19, 1865. On this day, Major General Gordon Granger and Union troops arrived in Galveston, Texas, to announce that all enslaved people in the state were free by executive decree. This momentous declaration came two and a half years after President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863.

Juneteenth is a federal holiday, recognized with festivities that bring communities together. From lively parades and cultural festivals showcasing Black art, music, and dance, to educational workshops and delicious cookouts featuring traditional red foods (symbolizing strength and spirituality!), there are many ways to observe this important day.

This Juneteenth, we encourage everyone to learn more about its history, participate in local events, or simply take a moment for personal reflection on the meaning of freedom. Let's celebrate our shared history and commit to building a future for everyone.



# 101 CRITICAL DAYS OF SUMMER

Written by: Philline Windsor



Summer's here! That means sunshine, good vibes, and diving headfirst into everything from refreshing swims to open-road motorcycle adventures. But let's be real: summer also comes with its share of thrills and spills. We call the stretch from Memorial Day to Labor Day the "101 Critical Days of Summer" because, well, things can get a little wild out there.

Before you jump into all that fun, a little safety smarts goes a long way. We've packed this guide with quick, essential tips for all your favorite summer activities. Think of it as your secret weapon for a summer that's all about awesome memories, and zero regrets. Let's make these 101 days unforgettable, for all the right reasons!

## SWIMMING SAFETY

### THINGS TO REMEMBER BEFORE YOU "DIVE IN":

- Always test the water depth before diving.
- Know and observe your swimming limitators and capabilities.
- Avoid swift-moving water. If caught in a current, swim with it and angle toward shore or the edge.
- Stay out of the water during thunderstorms and severe weather.
- Don't swim under the influence of alcohol, drugs, or medication.



## MOTORCYCLE SAFETY

### THINGS TO REMEMBER BEFORE YOU "HIT THE ROAD":

- Complete a formal riding education program.
- Obey the speed limit and follow local traffic laws.
- Always wear an approved helmet with face shield.
- Always ride defensively.



## GRILL SAFETY

### THINGS TO REMEMBER BEFORE YOU "FIRE UP":

- Ensure the grill is outside, away from siding and overhanging branches.
- Clean grills regularly and remove grease build up.
- Keep a source of water nearby to quickly extinguish the fire if needed.



## BOATING SAFETY

### THINGS TO REMEMBER BEFORE YOU "SET SAIL":

- Always check local, route, and destination weather and water conditions.
- Operate at a safe speed.
- Know the nautical rules of the seas.
- Remain sober if you are the skipper.
- Develop a float plan.
- Have life jackets available.
- Have a way to call for help.

## BICYCLING SAFETY

### THINGS TO REMEMBER BEFORE YOU "WHEELIE AWAY":

- Wear equipment to protect yourself and to make yourself more visible to others.
- Plan your route, choose routes with less traffic and slower speeds.
- Avoid riding at night, if possible, but if you must ride at night, install front and rear lights on your bicycle and wear reflective clothing.



## ALCOHOL SAFETY

### THINGS TO REMEMBER BEFORE YOU "DRINK UP":

- Designate a sober driver, every time.
- Hydrate with water, not just alcohol.
- Know your limits and pace yourself.
- Never mix alcohol with water activities or operating vehicles/machinery.

## SPORTS SAFETY

### THINGS TO REMEMBER BEFORE YOU "HIT THE FIELD":

- Gear up right.
- Beat the heat, hydrate!
- Know your limits and the rules.
- Warm up and Cool down exercises.



## DRIVING SAFETY

### THINGS TO REMEMBER BEFORE YOU "DRIVE AWAY":

- Minimize distractions - Keep your attention on the road at all times.
- Safety Check - Ensure you and your vehicle are in proper working order before you get behind the wheel.
- Don't drink and drive.
- Slow Down - Speeding not only lessens your reaction time, but increases your risk for an accident.



## HEAT SAFETY

### THINGS TO REMEMBER BEFORE YOU "SOAK UP THE SUN":

- HYDRATE, HYDRATE, HYDRATE!
- Seek shade and take breaks - The sun's rays are strongest between 1000 and 1600.
- Dress smart and protect your skin - Wear SPF!
- Know the warning signs - Familiarize yourself with the symptoms of heat exhaustion.

# Hurricane Season Is Here!

## Make sure you are familiar with the different levels of Conditions of Readiness.

**Tropical Cyclone Condition of Readiness (TCCOR)** is the method used by the Navy to inform the base population and tenant commands of the location and projected landfall of an approaching hurricane. NEXCOM has set actions or checklists to complete at each TCCOR level prior to a storm's arrival. These checklists range from verifying recall procedures to closing facilities and sandbagging.

5

**TCCOR 5** indicates that any storm/hurricane is greater than **96 hours** away. Set at the beginning of hurricane season, NEXCOM will remain at TCCOR 5 until the Navy orders the setting of TCCOR 4 due to a specific storm threat.

4

**TCCOR 4** indicates possible threats of destructive winds are possible within **72 hours**. Actions in this TCCOR include verifying SDC recall rosters, Code N coordination with the field, Code I schedule backups, and prepare messages for securing equipment.

3

**TCCOR 3** indicates destructive winds of force are possible within **48 hours**. Actions in this TCCOR include modifying operating status, distribute evacuation procedures, sending a massmail on protecting/securing equipment, determine shift coverage for personnel sheltering-in-place, and determine timeline on securing any facilities.

2

**TCCOR 2** indicates destructive winds of force are anticipated within **24 hours**. Actions in this TCCOR include modifying operating status, further secure equipment and determine what to power down, ensure necessary supplies are in place for shelter-in-place personnel, and secure government vehicles.

1

**TCCOR 1** indicates destructive winds of force are occurring or anticipated within **12 hours**. Actions in this TCCOR include securing additional IT equipment and data center as directed.



\*See NEXCOMINST 3006.2H, HQ/Hampton Roads Area Heavy Weather Plan, for further details

[HTTPS://WWW.JAXREADY.COM/](https://www.jaxready.com/) AND [HTTPS://WWW.READY.NAVY.MIL/](https://www.ready.navy.mil/)  
ARE EXCELLENT SOURCES OF INFORMATION AND RESOURCES TO HELP  
YOU PREPARE AND STAY INFORMED.



FFSC MAYPORT

## DEPLOYMENT SUPPORT GROUP



GETTING EACH OTHER THROUGH IT

WHEN YOU HAVE SOMEONE THAT HAS GONE THROUGH WHAT YOU ARE DEALING WITH, YOU CREATE BONDS THAT WILL LAST A LIFETIME

WE MEET EVERY OTHER MONDAY, FROM 6PM TO 8PM. THESE MEETINGS ARE BOTH VIRTUAL AND IN PERSON. PLEASE CONTACT 904-270-6600 X1700/1701/1721 TO REGISTER FOR THE LINK OR LET US KNOW YOU WILL BE JOINING US HERE AT FFSC.

MAY 5 & 19   JUNE 2, 16 & 30   JUL 14 & 28   AUG 11 & 25

## EMPLOYEE SPOTLIGHT - Meet Antovise

**Hobbies:** "Traveling, horseback riding, spending time with friends and loved ones."

**Favorite Place You've Traveled:** "I don't think I have a favorite place, that I have traveled. All of my travel has been memorable and created different experiences that I thoroughly enjoyed. I try to enjoy life as much as I can while being grateful for the opportunity to experience different cultures and foods. Yes, I am a foodie for sure."

**Favorite Movie:** "Hoodlum, Good Fellas, or any Conjuring Trilogy (yes I know I went from Gangster to scary lol)."

**What's your favorite food and your favorite place to get it in Jacksonville?:** "I love a good Ribeye steak dinner. My favorite place in Jax is any beach. I love being a beach bum and being near the water."

**Is your go to coffee or tea?:** "Coffee definitely!"

### How do you practice self-care?

"Going to church, spending time with my grandson Xavion, riding horses, traveling, getting a massage, listening to 60s-90s R&B, resting, watching a funny movie (any Friday movie, baby mama, or anything with Tina Fey and Amy Poehler lol). I'm big on self-care."

