



# MWR Communications Update

ISSUE 53  
Sept. 30, 2004

Commander, Navy Installations  
Millington Detachment  
5720 Integrity Drive  
Millington TN 38055-6580

[www.mwr.navy.mil](http://www.mwr.navy.mil)

Contact Robin at 901-874-6625 or DSN 882-6625  
or e-mail [p658cp@persnet.navy.mil](mailto:p658cp@persnet.navy.mil)

## COMMUNICATIONS WORKSHOP

The CNI Marketing Communications Group will conduct a communications workshop, Oct. 26-29. This workshop is designed for MWR field communicators who provide communications, marketing, public affairs or advertising support to MWR programs.

Visit <https://learnmwr.persnet.navy.mil> for more details.

Point of contact is Steve Buckley  
([steve.buckley@persnet.navy.mil](mailto:steve.buckley@persnet.navy.mil),  
901-874-6593, DSN 882).

- ◆ Group Interaction and Networking
- ◆ Useful Tools and Handouts
- ◆ Presentation by Rock 'N Soul Museum
- ◆ Sponsorship Training
- ◆ How to Write Articles

## NEW BEGINNING ... BRIGHT FUTURE

In October, this publication will be distributed once per month on the third Thursday. It will sport a new look and have monthly themes.

All ideas and suggestions are welcome. Keep sending in your articles and flyers for inclusion.

Thanks for reading. Look for the new publication on October 21 at [www.mwr.navy.mil](http://www.mwr.navy.mil). We'll also send out an e-mail reminder and link, as usual.

## ITT OFFICE LIST

This list was sent to *Shift Colors* for publication in an upcoming issue.



"ITT Office List.pdf"

## IDEA EXCHANGE BOARD

### NAS Lemoore



"NAS Lemoore  
Newspaper 9.24.pdf"



"NAS Lemoore  
October 2004.pdf"

### NB Ventura County



"NB Ventura County  
Kids Navy Ball.pdf"



"NB Ventura County  
Parents Night Out.pdf"

### ND Washington



"NRC Solomons  
Spooktacular 04.pdf"



"ND Washington 5  
Miler.pdf"



"ND Washington Fit  
Well Seminar.pdf"

### NCBC Gulfport



"NCBC Gulfport Sept.  
27 Buzz for eBuzz.pdf"



"NCBC Gulfport  
Spookfest Haunted T

### COMFLEACT Sasebo



"COMFLEACT Sasebo  
Theater Improvemen



"COMFLEACT Sasebo  
Cine Pass.pdf"



"COMFLEACT Sasebo  
lunch with the direct

### COMFLEACT Yokosuka



"COMFLEACT  
Yokosuka Halloween.



"COMFLEACT  
Yokosuka Wrestling.p

## TEEN SUMMER EMPLOYMENT

Here is an article on the Teen Summer Employment program. Localize it and send it to your base and local newspapers.



"Teen Employment  
Program.pdf"

Navy Morale, Welfare and Recreation (MWR)  
Information, Tickets and Travel (ITT) Offices  
CONUS Phone Reference List

Note: Services and products offered by Navy ITT Offices vary by location. Please contact the applicable ITT Office for more information.

California

Naval Air Weapons Station China Lake	760-939-8644
Naval Station San Diego	619-556-2173
Naval Air Facility El Centro	760-339-2559
Naval Weapons Station Seal Beach DET Fallbrook	562-626-7555
Naval Air Station Lemoore	559-997-7000
Naval Post Graduate School Monterey	831-656-3223
Naval Base Coronado	619-556-2173
Naval Air Station North Island	619-556-2173
Naval Base Ventura County [Point Mugu and Port Hueneme]	805-982-4284
Naval Medical Center San Diego	619-532-7255

Connecticut

Naval Submarine Base New London	860-694-3598
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District of Columbia

Naval Support Activity Washington	202-433-2068
Washington Navy Yard	202-433-6666

Florida

Orlando	407-855-0116
Naval Technical Training Center Pensacola	850-452-6354
Naval Air Station Jacksonville	904-542-3318
Naval Air Station Key West	305-293-4173
Naval Station Mayport	904-270-5145
Naval Support Activity Panama City	850-234-4374
Naval Air Station Pensacola	850-452-6354

Georgia

Naval Air Station Atlanta	678-655-6502
Naval Submarine Base Kings Bay	912-573-2289

Hawaii

Pacific Missile Range Facility Barking Sands	808-335-4195
Naval Station Pearl Harbor	808-473-0792

Illinois

Naval Station Great Lakes	847-688-4813
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Louisiana

Naval Air Station/Joint Reserve Base New Orleans/ 504-678-2208  
Naval Support Activity New Orleans 504-678-2208

Maine

Naval Shipyard Portsmouth 207-438-2713

Maryland

Naval Station Annapolis 410-293-9200  
National Naval Medical Center Bethesda 301-295-5432  
Naval Surface Warfare Center Indian Head 301-744-4850  
Naval Air Station Patuxent River 301-757-1394

Mississippi

Construction Battalion Center Gulfport 228-871-2231  
Naval Air Station Meridian 601-679-3773

Naval Station Pascagoula 228-761-2432

Nevada

Naval Air Station Fallon 775-426-2275

New Jersey

Naval Weapons Station Earle 732-866-2167

Naval Air Engineering Station Lakehurst 732-323-1362

Pennsylvania

Naval Support Activity Mechanicsburg 717-605-2297  
Naval Support Activity Philadelphia 215-697-9092

Rhode Island

Naval Station Newport 401-841-3116

South Carolina

Naval Weapons Station Charleston 843-764-2120

Tennessee

Naval Support Activity Mid-South Millington 901-874-5455

Texas

Naval Air Station Corpus Christi 361-961-3961  
Naval Air Station/Joint Reserve Base Fort Worth 817-782-5505  
Naval Station Ingleside 361-776-5840  
Naval Air Station Kingsville 361-516-6449

Virginia

Naval Surface Warfare Center Dahlgren 540-653-7620  
Naval Amphibious Base Little Creek 757-462-7793  
Naval Station Norfolk 757-445-6663

Norfolk Naval Shipyard	757-396-1776
Naval Air Station Oceana	757-433-2561

Naval Medical Center Portsmouth	757-953-5439
Naval Weapons Station Yorktown	757-847-7859

Washington

Naval Submarine Base Bangor	360-535-5918
Naval Station Bremerton	360-476-3178
Naval Station Everett	425-304-3167
Naval Air Station Whidbey Island	360-257-2432

West Virginia

Naval Security Group Activity Sugar Grove	304-249-6321
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**The Village Scoop**  
**Java Drink Specials for September**

**Chocolate Peanut Butter Milkshake**

Until September - 25  
 Tastes just like a candy bar!

**September Ice Cream of the Month: Bunny Tracks**

Vanilla ice cream with thick fudge and peanut butter caramel ribbons, chocolate-covered peanuts and peanut butter-filled milk chocolate bunnies.

Hours of Operation  
 Monday - Friday 6am - 8pm  
 Saturday 8am - 8pm  
 Sunday 9am - 6pm



**Nap's Southern Grill Mondays**

**Monday Night Football**  
 1600-2100  
 Enjoy pizza and appetizers while you watch the football game on our 42" plasma TV. Try our 10 cent wings, pitchers of beer and other drink specials while you root on your favorite team. You can also join us in a game of football bingo and win a dinner at Naps.

**Kids Eat Free on Tuesdays!\***  
**Kids Night**

at Naps Southern Grill. Buy one adult entrée and receive up to two Kid's meals for free.  
 \*(This offer is good only on dine in)  
 While you are here, let Ginny the Clown entertain you from 6pm-8pm.

**Wednesdays**

Back by popular demand, our **\$4 Burgers!!!** This time, with a little twist, it is only available after 4pm. So, come in and join us for dinner.

**Thursdays**

Try our **Bama Beef Sandwich** with one side for \$4. This special is good all day, so check it out.

**HOURS OF OPERATION**  
**Monday - Wednesday**  
 11am-9pm  
**Thursday - Friday**  
 11am-11pm  
**Sundays**  
 Closed



**NOW ACCEPTING CREDIT CARDS**

**Thursdays:**

Come and show your talent with our karaoke DJ. Sing your heart out while you try one of our drink specials. Ladies get one dollar well drinks from 8pm-9pm. Guys come on and buy your girl a drink. **THE FUN STARTS AT 8PM ON THURSDAYS!!!!!!!**

**Fridays:**

Listen to our top DJs spin your favorite music and try one of our drink specials. The party starts at 10pm and goes strong until 2am.

**Saturdays:**

The most fun that the Valley can offer is right here in your backyard. Come out to our "SMOKIN KARAOKE WITH KELLENE" She will challenge you to sing all your favorite songs, and she will throw in a little dance music also. Rockstar is the drink of choice on Saturdays, try one of our new specials.

Morale, Welfare & Recreation  
 Fleet & Family Support Center  
 Bachelor Quarters Management

**Quality of Life**

**Love-N-Laughter Comedy Show**

@ the Village September 25th

**Want a Show that is Clean, Funny & All About Relationships???**

**Then Love-N-Laughter is the comedy show for you!!!**

Love-N-Laughter is a show for anyone who has ever been in a relationship from people who are on a first date to those who have been married over 50 years...

Love-N-Laughter is a specialty show produced by

Comics Express, Los Angeles' top entertainment booking company. Comics Express has been operating in the Southern California area for over ten years and has a reputation as being a very fun source of entertainment.

Love-N-Laughter is a 90 minute show that gives a hilarious look at relationship from both the male and female perspective. This show provides viewers with memorable entertainment that is universally loved by audiences of all shapes and sizes.

**THE COUNSELOR OF LOVE**

The headliner, known as The Counselor of Love, is the key to the Love-N-Laughter Show. He is a nationally touring headliner for over 10

**Dinner Tickets are on sale at the Village Recreation Desk starting Friday, September 10 @ 11am.**

**Cocktails at 6pm.**

The price is \$20.00 (with dinner) per person (not including drinks) or \$10.00 per person (without

dinner).

Dinner (starting at 7pm) will be a buffet including: Chicken Alfredo Pasta, pulled pork, salad, vegetables and dinner rolls.

The show will begin at 8pm with karaoke following at 10pm and lasting until 2am.

**Come to the Village Cabana and enjoy a great evening of laughter and fun.**

**Call 997-2221 for more info.**

**Fleet & Family Support Center**  
**Winning Workshops**  
**Free Workshops**

**COMMAND FINANCIAL SPECIALIST TRAINING**  
 SEPTEMBER 27, 8AM-4PM

**RE-TAP WORKSHOP**  
 SEPTEMBER 27, 8AM-4PM

**BABY AND ME**  
 Oct 5, 12, 19th - 9:00am

**7 PRINCIPLES FOR MAKING MARRIAGE WORK**  
 Oct 8 - 9:00am

**ANGER MANAGEMENT**  
 Oct 12 - 9:00am

**TEN STEPS TO A FEDERAL RESUME**  
 Oct 13 - 2:00pm

**DYNAMIC RESUMES**  
 Oct 14- 4:00pm

**INTERVIEWING TECHNIQUES WORKSHOP**  
 Oct 15- 2:00pm

**RETIRED MILITARY SEMINAR**  
 Oct 16- 8:00pm

**TAP WORKSHOP**  
 Oct 18-21 - 8:00am



**Navy Flying Club News**

The Lemoore Navy Flying Club has a new web site:  
[www.navyflyingclubs.com/lemoore](http://www.navyflyingclubs.com/lemoore)

It includes photographs, links to aircraft scheduling, NAS Lemoore weather, NOAA, FAA and more. Join the Lemoore Navy Flying Club!

It's the best way to see the Valley!

**Pyjama**

**Hey Parents, need a night out!!!! Well, let us help you out!!!!**

The Kid Zone Program is opening its doors to every youth out there, from age 5 in Kindergarten to 6th grade.

Whether you are part of our School Age Care Program or not, join us for **ONE BIG NIGHT OUT on September 25th from 6:30pm- Midnight**

Bring your kids over for a night of fun & adventure at the Kid Zone with games, prizes movies and a whole lot more!!!



**ALL FOR FREE!!!**

Just bring the children down to Bldg 970 right between the housing office and the Jet Mart.

The doors open at 6:30pm.

All parents must sign their children in and out and fill out an emergency card!!  
**So Go ahead Parents!! Have some fun on us, you deserve it!**

**CHILD DEVELOPMENT CENTER** is also OPEN **SATURDAY, SEPTEMBER 25, 2004.**

From 6:30 pm - 12 midnight For **PARENTS NIGHT OUT** for ages 2 months to 5 years old.

**Cost: FREE** child care **Reservations must be made in advance by calling 998-4918. Spaces are limited, and will be on first come first served basis. Deadline for reservation is September 22, 2004.**

The Center will need parents to bring the child's shot

records, and to complete the Child Development Program Registration form prior to the night of care.

And, get this....

If you are going to the Village for the Love-N-Laughter Comedy Show, we will give you a **VOUCHER** that says your "My Child is Having Fun at CDC & Kid Zone" and the Village will have a little something, especially for you!

**Parent**

**Fleet & Family Support Center**



**CONSEP Workshop for First Termers**  
 (Career Options and Navy Skills Evaluation Program)  
**October 25-28 2004 Campus Mall - 8:00am**  
 (Register with your Career Counselor)

**CONSEP** for first termers, a four-day curriculum is the newest quality of life initiative launched by the Fleet and Family Support Division of the Navy Personnel Command.

The workshop has been designed to assist Sailors in making educated career and life decisions in order to remain competitive throughout the Navy, as well as upon completion of their Navy careers.

Navy is the first military service to launch such an initiative, which may become a training model for the entire Department of Defense. Participants were extremely enthusiastic and were quick to label this workshop as one of the most rewarding experiences they have ever participated in.

**Call the FFSC, 998-4042 for more information**

**BABY & ME CLASS**

Babies don't come with instructions. Fortunately, expecting and new parents at NAS Lemoore have a place they can go for support. Thanks to the Baby & Me workshop given by the Fleet and Family Support Center's Family Advocacy pro-

gram, service members and spouses can find answers to the many questions they might have about their new family member and how to adapt their lives to include a baby.

Baby & Me is a class specially designed for expecting par-

ents, as well as parents of infants up to 12 months of age. The classes are held once a week at The Center for two hours. Since the program's inception four years ago, Baby & Me has helped more than 200 parents.

**Call Fleet & Family Support Center @ 998-4042 for more information.**

This workshop is designed for couples that want to strengthen their relationship. If a couple has a good marriage, the workshop will provide insights and tools to make it a great one.

If a couple's marriage needs improvement, this workshop offers a road map for repair! Couples will receive powerful, practical information and tools for building and maintaining a loving, successful relationship.

Learn how to renew intimacy, enhance respect, and strengthen your love, commitment and friendship. Gain lasting skills to communicate and resolve conflicts with calm and care.

**To sign-up be Oct 5th call the "Center" at 998-4042.**

**Calling All Single Service Members & Geo Bachelors**



**The new Liberty Manager, Dina Baker, has got a big, big October planned just for you.**

**Here's a preview!! Check October's "View" for all the details!!!**

**October 10th Tokopah Falls**

Experience part of the Southern Sierra's with Liberty as we hike through the Sequoia National Forest.

See the world's most impressive giant sequoias along the first part of this hike and then we will work our way up to Tokopah Falls for some excellent views and wading pools.

Trip leaves Connections, Bldg. 821 at 8:00 am. Return to base



around 5 pm. Cost is only \$5 & includes lunch. Wear comfortable shoes, bring your camera and plenty of water.

**Sign up at Outdoor Adventure Center, Bldg 951 by October 8th & participate in this spectacular hike!**

**Contact Dina at 997-8902 or by email at dina.baker@navy.mil**

**October 9th Hobbs Fest**

Get an early start on Halloween at this year's Annual Hobbs Fest, where you will have a chance to hear some of the valley's best rock bands on the lawn of Hobbs Grove. Bring extra money for Haunted Tours,

food and beverages.

Trip leaves at 1 pm from Connections, Bldg. 821. Return around 9 pm, depending on how long the show lasts. The cost is only \$5.

**Sign up at the Outdoor Adventure Center, Bldg 951 by October 8th to ensure your spot.**

**NASL MOVIES**

**Showing Friday 'PRINCESS DIARIES 2: THE ROYAL ENGAGEMENT'**  
 G  
 September 24 7pm  
 Comedy and Romance  
 113 min

**Showing Saturday 'PRINCESS DIARIES 2: THE ROYAL ENGAGEMENT'**  
 G  
 September 25 7pm  
 Comedy and Romance  
 113 min

**Sunday 'Alien vs Predator'**  
 PG 13  
 September 26 7pm  
 Action/Advent.,Sci-Fi  
 101 min

**Next Thursday ADULTS NIGHT EXORCIST: THE BEGINNING**  
 R  
**Adults Only Showing**  
 September 30

**FREE Movies Every Thursday (Adults Only Showing), Friday, Saturday, & Sunday at the MWR Theater!**

**Movie Hotline 998-4641**

# Quality of Life

## "QOL Events"

Notice: All information in the Quality of Life pages is current at the time of publication. Events, Activities and Hours of Operation are subject to change. For confirmation, please contact the facility.

## Tickets & Tours is now your Military Ticket Office - M T O

It's the same great place to get all your favorite tickets at a discount.

From Disney to Sea World, discount hotel vouchers, concert events and much more, the MTO has a variety of fun tickets for local area attractions and beyond.

As always, the discount tickets are offered to all active duty, family members, and DOD civilians personnel.

Stop by Desk Services in Bldg 821 and see what we have to offer.

**Open 7 days a week and 24 hours a day.**

Take advantage of the many opportunities for fun and adventure.

### Sea to Shining Sea Music Festival at Sea World San Diego

Sept. 25-26 & Oct. 2-3

Celebrate the sounds of America at Sea World's Sea to Shining Sea Music Festival (included in general admission ticket). Enjoy live music from Rock n' Roll to Swing and Blues to Dixie! Colonial re-enactments, military bands, and a display of classic vintage cars are all part of the festivities!

Get your discounted tickets from the MTO (Military Ticket Office) and take part in the celebration!

For more information call Desk Services at 997-7000.

In addition, **Tours** will now be conducted through the Outdoor Adventure Center (OAC). Offerings to your most popular destinations are soon to return this fall.

Look for more information on **Tours** in the near future.



Ms. Tiffany Catlin  
MTO Manager

## Auto Hobby Shop News

The Auto Hobby Shop is available for you R.V. and boat storage needs. R.V.

Is your boat taking up space in your garage? Is your R.V. in need a space of its own?

The Auto Hobby Shop is available for you R.V. and Boat storage needs.

R.V. and boat storage spaces are \$20.00 a month, and spaces are still available. Call 997-8972 for more information.

### Prepare Your Vehicle for the Changing Season

The cooler weather is approaching. It is time to prepare your vehicle for the changing season. The shop has many tools, books, machines and resources to eliminate the need to pay a mechanic for the simple repairs needed to keep a vehicle running safe on the road.

The Auto Hobby also has welders and a plasma cutter available for your maintenance needs.

**The Auto Hobby Shop is located in building 954; Call 997-8972 for more information**

Hours of Operation

Tuesdays - Fridays 2 p.m. - 9 p.m.

Weekends - 9 a.m. - 4 p.m.

Closed - Mondays

If you're not using Y-Comm....You may be paying **TOO MUCH!!!**

## Dare to Compare!!!

TELEPHONE, CABLE & INTERNET DISCOUNTS PACKAGES

	Y-COMM	COMCAST	SBC/ YAHOO
Telephone, Expanded Basic Cable & High Speed Internet	NO TAX at ALL \$ 75.50 + \$0 Fees.	Not available.	NA
Expanded Basic Cable & High Speed Net	\$ 63.00 + \$0 Fees.	\$92.06 + Tax + Fees.	NA
Ltd. Basic Cable & High Speed Internet	\$ 48.00 + \$0 Fees.	\$55.09 + Tax + Fees.	NA

# MWR SPORTS

## CC Swim Meet Results

Coming into the 2004 Captain's Cup Swim Meet Naval Hospital brought nine swimmers to the meet which gave them an advantage over the other commands at the meet: VFA 125, CBU 406, and Air Ops.

They won the meet by having swimmers participate in every event and won seven out of the 13 races getting a total of 157 meet points.

VFA 125 took second in the swim meet winning six of the 13 races with only three members, grabbing 70 points. Air Ops finished in third place with 21 points from their five member team.

Last but not least the

CBU 406 unit received 9 points from a one man effort by A.J. Catalanotte

### The over all results for the CC Swim Meet are:

200 Medely	Team event
VFA 125	2:45
Hospital	3:16
200 Free	
Chinn/Hospital	2:34
Klein/Hospital	3:03
Pizzulli/VFA 125	3:04
200IM	
Tousant/VFA 125	3:06
Wyckoff/Hospital	4:09
Martinez/Hospital	5:10
50 Fly	
Chinn/Hospital	0:34
Martinez/Hospital	1:09
50 Back	
Klein/Hospital	0:49
Pizzulli/VFA 125	0:59
Wyckoff/Hospital	0:55
50 Free	
Brickey/Hospital	0:31
Thein/Hospital	0:32
Nelson/Hospital	0:33

### 50 Breast

Tousant/VFA 125	0:39
Massey/Hospital	0:51
Nelson/Hospital	0:52

### 400 Free

Chinn/Hospital	5:41
Pizzulli/VFA 125	6:59
Martinez/Hospital	9:02

### 100 Free

Chinn/Hospital	1:08
Thein/Hospital	1:20
Brickey/Hospital	1:21
100 Fly	
Tousant/VFA 125	1:21
Sumpter/Hospital	2:36
100 Back	
Nelson/Hospital	1:50
Wyckoff/Hospital	1:59
Cunningham/Air Ops	2:13
100 Breast	
Tousant/VFA 125	1:39
Massey/Hospital	1:50
Martinez/Hospital	2:14
200 Free	
VFA 125	2:07
Relay	
Hospital	2:08
Hospital	2:50



CC Swim Meet Champions, Naval Hospital. Team members are: back row: Ringo, Brickey, Abadia. Middle Row: Wyckoff, Martinez, Thein, Nelson, Chinn. Front row: Massey, Sumpter



CC Swim Meet Runner-Up VFA 125. Team members Pizzulli, Tousant & Denardo.



VFA 125's Tousant swims in the 50 meter breast stroke event in which he took 1st place

## Captain's Cup

### 2004 CC Point Total

Air Ops	280
VFA 125	240
Hospital	240
AIMD	180
CBU 406	180
VFA 14	140
VFA 2	100
VFA 151	100
Security	100
MATSG 23	70
Galley	70
VFA 154	60
VFA 94	60
CNATTU	50
F.I.T.	50
VFA 41	40
ASTC	40
PSD	40
VFA 122	30
VFA 137	30
VFA 22	30
VFA 122	30
CVW's	20
VFA 25	20
Weather	20
NRC	20
VFA 113	10
CSFWP	10
Weapons	10
VFA 127	10

### Sports Completed

Football  
Basketball  
Racquetball  
Pool  
Bowling  
Volleyball  
Cross Country  
Golf  
Softball  
Triathlon  
Swimming



Batter Samuel Spielman of Weapons softball team gets ready for the pitch from VFA 27's pitcher during an Open League softball game.

## Open League Standings

	Wins	Losses
Hospital	9	1
VFA 122	7	1
VFA 137	7	2
VFA 154	6	3
Security	4	4
Weapons	4	4
VFA 27	4	6
Misfits	2	5
AIMD 600	2	6
CNATTU	2	8
CBU 406	1	8



## Command and Squadron MWR Reps Needed!!

Are you among the many active duty members that participate in the MWR Captain's Cup sports throughout the year?

If so we need someone like you to be a representative to your command or squadron for MWR sports. Help keep others informed and assure you always know the latest that's going on in the NASL world of sports.

Contact the Sports Coordinator at [Elizabeth.a.jones@navy.mil](mailto:Elizabeth.a.jones@navy.mil) for details.

## FY-05 Captain's Cup Calendar

CC Football	League starts Oct. 4th
CC Bowling	Coaches Meeting Oct.7th
CC Basketball	Coaches Meeting Nov. 4th
CC Racquetball	Player Meeting Feb. 25th
CC Volleyball	Coaches Meeting March 3rd
CC Billiards	Event on March 9th Sign ups due by March 2nd
CC Cross Country	Team Meeting March 24th
CC Softball	Meeting April 21st
CC Triathlon	Meeting May 26th
CC Swimming	Meeting July 21st
CC Tennis	Meeting August 18th

\* All Meetings take place in the Conference room of the Health and Activity Center (gym) at 1130.If you would like to be a command or squadron point of contact for MWR CC events please contact the Sports Coordinator at [Elizabeth.a.jones@navy.mil](mailto:Elizabeth.a.jones@navy.mil).

## Health and Activity Center September Fitness Schedule Can You HAC It?

Monday, Wednesday, Friday	Tuesday and Thursday
Muscle Pump 0830 - 0900	Spin Off 1800 - 1900
Kwando Kickboxing 1130 - 1230	Hours of Operation Monday - Friday 0500 - 2100
Step and Sculpt 1800 - 1900	Saturday, Sunday, Holidays 1000 - 1800
Tuesday and Thursday Cardio Boot Camp 1130 - 1230	For more information, please call 998-4883
Yoga 1700	
Aqua Aerobics 1800 - 1900	

## NUCO DISCOUNT COUPON

Bring in a buddy coupon-two for the price of one! Learn how to work out and train as a team-four session packages only. Value \$156.00

Redeemable at main side Health and Activity Center. Call 816-9132 for details. Expires October 1, 2004

[www.nucousa.com](http://www.nucousa.com)

Jacob, Sonya, & John-some of the NUCO gang



Quality of Life

Volume 3

Issue 11

**VIEW**

Monthly Newsletter

**B Q M ~ F F S C ~ M W R**



# VIEW

The QOL View is a monthly newsletter produced for Military Members, their families and DoD Civilians to enhance their quality of life by providing information on all QOL Events and Activities at and around NAS Lemoore.

The information in this revue is current at the time of publication. Events, Activities and Hours of Operation are subject to change. For confirmation, please contact the activity.

The U.S. Navy does not officially endorse any company, product or service.

## NOW... TO THE FUN!

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## Calling All Single Service Members and Geo Bachelors.

The new Liberty Manager, Dina Baker, has got a big, big month planned just for you.

Find out what's happening in this issue of the View!!!



# Auto Hobby Shop

The Auto Hobby Shop is **EXPANDING** & is available for your **R.V. and Boat storage needs.**

Is your boat taking up space in your garage? Is your R.V. in need of a space of its own?

The Auto Hobby Shop is available for your R.V. and Boat storage needs.

R.V. and boat storage spaces are \$20.00 a month, and spaces are still available. Call 997-8972 for more information.

## Prepare Your Vehicle for the Changing Season

The cooler weather is approaching. It is time to prepare your vehicle for the changing season.

The shop has many tools, books, machines and resources to eliminate the need to pay a mechanic for the simple repairs needed to keep a vehicle running safe on the road.

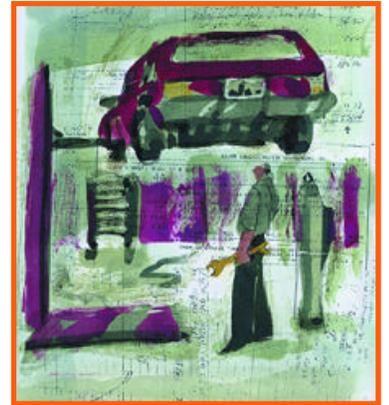
The Auto Hobby also has welders and a plasma cutter available for your maintenance needs.

**The Auto Hobby Shop is located in building 954; Call 997-8972 for more information**

**Hours of Operation**

**Tuesdays - Fridays 2 p.m. - 9 p.m.**

**Weekends - 9 a.m. - 4 p.m. - Closed - Mondays**



The Auto Hobby Shop can take used oil.  
We can not take used batteries or tires.



How much does it cost to become a member of Navy Flying Club you might ask?

**Membership Fee - \$50 (One time fee)**

**Monthly Dues - \$20 (Monthly fee)**

**Insurance - \$10 (Once a year)**

**Instruction - \$14 (Hourly)**

**Plane Rental Rates (Wet rates are by the hour.)**

**C-150 - \$46 C-172 - \$59 - For rated Pilots**

**C-172 - \$54 - For non-rated students.**

**PA-28 - \$66**

For more info call 998-3526. - Bldg. 184 (Ops Side)

Open Monday - Friday - 12:30pm - 4:30pm

**Lemoore Navy Flying Club has a new web site:**

[www.navyflyingclubs.com/lemoore/](http://www.navyflyingclubs.com/lemoore/)

Its not just pictures. Links to Aircraft Scheduling, NAS

Lemoore Weather, NOAA,FAA and more.

Lemoore Navy Flying Club the best way to see the Valley.

## Child Development Home Program (CDH)

The Child Development Home Program (CDH) is located in the Child Development Center, Bldg 965 Franklin Avenue. The hours of operation are from 8:00am - 4:30pm.

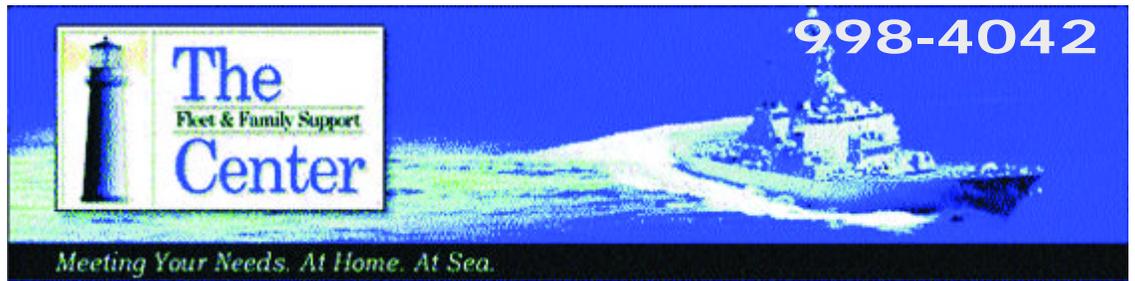
The CDH Program offers a variety of care that includes: full-time, part-time and drop-in spaces. The type of care you choose may be based on the hours of care you need. Provider's work directly with families in terms of contracts and fees designed according to the childcare needs you have.

The CDH Program also offers an Hourly Program in which you enroll through the CDH Office with a contract, child's immunization records and Power of Attorney (that can be obtained through Navy Legal Services office at Training Bldg A).

This program is designed to meet your childcare needs for care 25 hours or less per week. The standard fee for Hourly Care is \$3 per hour per child. The CDH Program Staff assist you directly with all reservations needed.

Referral lists are updated weekly and can be obtained through the CDH Office. CDH Staff maintain a parent referral list as well to ensure that all families in the need of care are provided childcare services.

**For more information  
contact 998-4099.**



## National Domestic Violence Awareness Month "DOMESTIC VIOLENCE HURTS US ALL"

### A SAILOR'S STORY *Finding Peace at Home*

(Note: October is National Domestic Violence Awareness Month, and the Family Advocacy Program (FAP) urges Navy service members to help stop the tragedy of family violence. Domestic violence hurts us all. It scars and traumatizes individuals. It disrupts families. It weakens communities. It affects unit readiness. And it costs human lives.)

Petty Officer 2nd Class Keith Hollowell spent most of his life depending on himself and asking no one for help along the way. Things went smoothly until he got married, and then his life turned upside down fast.

Like many recently married couples, he and his wife had to start making decisions together. It was an adjustment for Hollowell, who was comfortable doing things on his own terms - as he had been for years.

I got angry with my wife and everything just kept getting worse. We were fighting, mostly about money," Hollowell, 33, said. "I had just recently gone from sea duty to shore duty. This meant a cut in my pay, and we had to change a lot of things."

The situation escalated into physical and emotional abuse. His Command recognized the problem and asked him to go to the Family Advocacy Program (FAP) at the Fleet and Family Support Center (FFSC) at Naval Air Station Patuxent River.

I didn't want to cry for help," Hollowell said. "I wanted to do things on my own, and asking for help made me feel inadequate."

Hollowell went anyway because he knew things would have to change if his marriage was going to be saved. He visited The Center and met with Betsy Callahan, a family advocacy case manager.

After a case and committee review of his situation, Hollowell was asked to attend FAP's educational services, along with individual counseling. Hollowell agreed, and with the help of FAP, he turned around not only his marriage but also his way of thinking about seeking help.

4

I felt like I was sacrificing my pride

by going to The Center for help," Hollowell said. "Now I realize I have more pride for having gone and gotten their help."

Hollowell's wife, Jacqueline, also became involved in the process and attends individual counseling at The Center.

I am grateful for all their help," Jacqueline Hollowell said. "They have really helped us get things back on the right track."

The purpose of the Family Advocacy Program is the prevention, identification, education and treatment of child and spouse abuse. Anyone who witnesses abuse or suspects that a spouse or child is being abuse should report it.

Hollowell and his wife say they have now worked through their troubles toward a happier, healthier marriage. At times they felt the need for more help from The Center to keep from lapsing into their old ways. All they had to do was ask.

I want others who are having problems to go for the help they need and not be afraid to ask for it," said Keith Hollowell. "Don't refuse their help. I was too thickheaded to ask for it, but am now so grateful for everything they have done for me."

Callahan knows that not every situation turns out as great as the Hollowells', but the important thing is that the abuse ends and a better situation is created.

Positive change is our mission. We want the abuse to stop. Sometimes that means a family needs to split up, and sometimes they can work through it and stay together," Callahan said. "We want them to understand they can use us as an avenue to help them get through this and get to where they need to be as a family."

The FFSC provides operational, mobility and counseling support to service members and their families, helping them adapt to Navy life. FFSC services are a benefit free to all service members, single or married, including activated Reservists, retirees and Department of Defense civilians in overseas locations. If you need to contact FAP at FFSC please call (559) 998-4042.

If you are in an abusive relationship as a victim or offender and would like assistance, please contact the Fleet and Family Support Center and ask to speak with a FAP counselor or FAP Victim Advocate. You can also seek confiden-

## October Workshops

### Baby and Me

Oct 5, 12, 19th - 9:00am

### 7 Principles for Making Marriage Work

Oct 8 - 9:00am

### Anger Management

Oct 12 - 9:00am

### Ten Steps to a Federal Resume

Oct 13 - 2:00pm

### Dynamic Resumes

Oct 14- 4:00pm

### Interviewing Techniques Workshop

Oct 15- 2:00pm

### Retired Military Seminar

Oct 16- 8:00pm

### TAP Workshop

Oct 18-21 - 8:00am

### CONSEP for 1st Termers

Oct 25-28 - 8:00am

### Newcomer's Job Search Workshop for Military Spouses

Oct 27 - 2:00pm

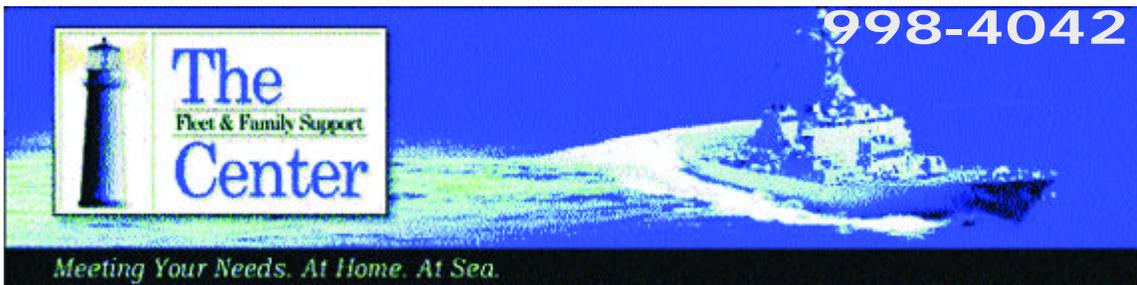
### Smooth Move in the Military

Oct 29 - 8:30am

tial information on domestic violence support services in your community by contacting the National Domestic Violence Hotline (1-800-799-7233). If you are an employee of the Department of the Navy and you witness child or spouse abuse, it is your duty to report to FAP. Your information can be given anonymously.

~ ~ ~

**Contact the Family  
Advocacy Representative,  
Sherry Johnson,  
@ Fleet & Family Support  
Center - 998-4042.**



## STOP DOMESTIC VIOLENCE NOW!

Domestic violence in America is intolerable and must be stopped. According to the 2000 National Crime Victimization Survey, almost 700,000 incidents of violence between partners were documented in our Nation, and thousands more go unreported. And in the past quarter century, almost 57,000 Americans were murdered by a partner.

Children who witness domestic violence often grow up believing that physical cruelty in relationships is acceptable behavior, and thus they may tend to perpetuate a cycle of violence in society.

Many Federal, State, and local programs addressing the domestic violence problem have achieved success, bringing greater safety to families. The success of coordinated community-based efforts is helping us win the battle against domestic violence. Community leaders, police, judges, advocates, healthcare workers, and concerned Americans are working together across America to develop solutions to this serious problem and to implement services that will improve our responses when it occurs.

For example, many police departments and district attorneys offices have created specialized domestic violence units that cooperate with community advocates to enhance services for victims; and representatives from the faith community frequently provide essential support in areas where there may be no other services available.

Programs designed to educate men and women about ways they can help prevent domestic violence are being developed across our Nation. Every citizen has the ability to aid and assist those suffering from domestic abuse and to let victims know that support is available through shelters, hotlines, and other services.

If you would like more information about ways you can educate and help prevent Domestic Violence, contact your Fleet and Family Support Center at 998-4042.

## BABY & ME

Babies don't come with instructions. Fortunately, expecting and new parents at NAS Lemoore have a place they can go for support. Thanks to the Baby & Me workshop given by the Fleet and Family Support Center's Family Advocacy program, service members and spouses can find answers to the many questions they might have about their new family member and how to adapt their lives to include a baby.

Baby & Me is a class specially designed for expecting parents, as well as parents of infants up to 12 months of age. The classes are held once a week at The Center for two hours. Since the program's inception four years ago, Baby & Me has helped more than 200 parents.

"We realized that a large segment of our military community was not being served," said Connie Williams, a social work associate at FFSC Lemoore who developed the workshop.

"We recognized that young parents needed referrals and support, particularly when the service member is out to sea."

The class spans five weeks and covers the following topics: Handling and Diapering Babies and Bath Time, What To Do When Your Baby Is Sick, Child Safety, Feeding Your Baby and Proper Use of Your Car Safety Seat.

Guest speakers are brought in to discuss different topics as well as give demonstrations. Class participants practice dressing, holding and bathing dolls. They also discuss common

childhood illnesses as well as the pros and cons of breastfeeding versus bottle feeding and homemade food versus store-bought baby food. Foods that should not be given to infants and the proper steps to childproof your home are also covered.

But don't think that just because you already have kids, there is nothing to learn from the Baby & Me classes. Parents with children already in the household have taken Baby & Me when they were expecting their next child to bone up on their skills.

Aviation Ordnanceman 1st Class John Lomba and his wife, Angela, are veteran parents who took Baby & Me at Lemoore for a refresher in newborn parenting.

"My husband and I took the class in March although I am not a first-time mother. It has been nine years since my youngest child was born," said Lomba. "Not only did we learn new techniques about child rearing, we were also informed about different community programs such as the WIC [Women, Infants and Children's Program] and Baby Seabags [kits that contain a knitted blanket, sweater, booties and hat; baby bibs; and a package of receiving blankets offered through the Navy Relief society]."

**Join us for the next Baby and Me Workshop in October. Call the Center, 998-4042 to register or call Connie Williams, 998-2911, for more information,**



### CONSEP Workshop for First Termers

(Career Options and Navy Skills Evaluation Program)

**October 25-28 2004    Campus Mall - 8:00am**

(Register with your Career Counselor)

**CONSEP** for first termers, a four-day curriculum is the newest quality of life initiative launched by the Fleet and Family Support Division of the Navy Personnel Command.

The workshop has been designed to assist Sailors in making educated career and life decisions in order to remain competitive throughout the Navy, as well as upon completion of their Navy careers.

Navy is the first military service to launch such an initiative, which may become a training model for the entire Department of Defense. Participants were extremely enthusiastic and were quick to label this workshop as one of the most rewarding experiences they have ever participated in.

**CALL THE FFSC, 998-4042 FOR MORE INFORMATION**

# Health & Activity Center

## Get movin' @ the HAC

### FY-05 Captain's Cup Calendar

<b>Football League starts</b>	Oct. 4th
<b>Bowling Coaches Meeting</b>	Oct. 7th
<b>Basketball Coaches Meeting</b>	Nov. 4th
<b>Racquetball Player Meeting</b>	Feb. 25th
<b>Volleyball Coaches Meeting</b>	Mar. 3rd
<b>Billiards Event</b>	Mar. 9th
SIGN UPS DUE BY MARCH 2ND	
<b>Cross Country Team Meeting</b>	Mar. 24th
<b>Softball Meeting</b>	Apr. 21st
<b>Triathlon Meeting</b>	May 26th
<b>Swimming Meeting</b>	July 21st
<b>Tennis Meeting</b>	Aug. 18th

\* All Meetings take place in the Conference room of the Health and Activity Center (gym) at 11:30am.



### Captain's Cup Bowling Meeting

This years Captain's Cup Bowling meeting will take place in the HAC gym at 1130 on October 7th. All commands are encouraged to participate. For more information please contact the Sports Coordinator @

Elizabeth.a.jones@navy.mil

### FY-04 Captain's Cup Year Down to Final Event

Throughout the 2004 Captain's Cup season there were 30 commands/squadrons that participated in the year's events. More than 700 active duty athletes participated in the 11 different sports.

Throughout the year there were many great games and races that were participated in while athletes demonstrated good sportsmanship.

The annual race for the Captain's Cup came down to final event as the FY-03 defending champions, Air Ops, defend their title against last year's runner up VFA 125. Air Ops placed in the top five in seven of the 11 sports.

For a small command they have consistently made an effort to have a team participate in nearly every competition which has given them the edge in the race for the Cup.

To seal their 2 year championship rein will need to rally enough participants to put their mark on the CC Swim Meet.

Current standings going into the CC Swim Meet are:

<b>2004 CC Point Total</b>	<b>VFA 41</b>	<b>40</b>
<b>Air Ops</b>	<b>280</b>	<b>ASTC</b>
<b>VFA 125</b>	<b>240</b>	<b>PSD</b>
<b>Hospital</b>	<b>240</b>	<b>VFA 122</b>
<b>AIMD</b>	<b>180</b>	<b>VFA 137</b>
<b>CBU 406</b>	<b>180</b>	<b>VFA 22</b>
<b>VFA 14</b>	<b>140</b>	<b>VFA 122</b>
<b>VFA 2</b>	<b>100</b>	<b>CVW's</b>
<b>VFA 151</b>	<b>100</b>	<b>VFA 25</b>
<b>Security</b>	<b>100</b>	<b>Weather</b>
<b>MATSG 23</b>	<b>70</b>	<b>NRC</b>
<b>Galley</b>	<b>70</b>	<b>VFA 113</b>
<b>VFA 154</b>	<b>60</b>	<b>CSFWP</b>
<b>VFA 94</b>	<b>60</b>	<b>Weapons</b>
<b>CNATTU</b>	<b>50</b>	<b>VFA 127</b>
<b>F.I.T.</b>	<b>50</b>	



### NUCO-THE PERSONAL TRAINING CONNECTION

Do you have the desire to go the gym but have no idea where to start? Does the mere thought of stumbling your way through a fitness routine completely intimidate you?



Nuco-the personal training connection located at main side gym will be able to help you with these

problems.

Every Tuesday for the month of October from 0900-1000, we are offering a free gym orientation.

This introduction will cover some of the basics of physical fitness training and orient you to the gym and the fitness equipment. Join us as we help you discover the fantastic world of fitness.

**Meet in the lobby of the main side gym at 0900.**

**For further questions call Sonya Onorati (559)816-9132.**

### FALL GROUP FITNESS CLASSES

**Muscle Pump- Wendy Calvert**  
Mon, Wed, Fri- 8:30am-9:30am

**Kwando Kickboxing-  
Tiah Silakone**  
Mon, Wed, Fri- 11:30am - 12:30pm  
Mon - Wed- 5pm-6pm

**Cardio Step Kick- Rose Guzman**  
Mon, Wed- 6pm-7pm

**Cardio Boot Camp- Tiah Silakone**  
Tue, Thu- 11:30am-12:30pm

**Spin- Rich Kreps**  
Tue, Thu - 4:30pm-5:15pm

**Yoga - Kathleen Daluz**  
Tue, Thu- 5:30pm-6:30pm

## Healthy Fitness Tips

The food that makes it from the store to your cart to your refrigerator or pantry forms the backbone of your weight-loss efforts. When healthful ingredients and snacks are readily available, you'll eat them instead of junk food. It's that simple.

It's easy to drop unwanted pounds when you're a savvy shopper. Here's your guide to the best and worst food choices in every aisle. To help you plot a thoughtful course, identify what's healthy and slimming and what's not, as you stroll down aisle by aisle.

### CEREAL & BREAD

Here's what to look for:

- Bread that has at least 2 grams of fiber per slice. These breads will usually list whole-wheat flour as the first ingredient.
- Cereals with at least 3 grams of fiber per serving. In addition to filling you up, high-fiber cereals can be good sources of antioxidants like vitamin E and selenium, as well as copper, zinc and vitamin B6.

### DAIRY SECTION

The dairy section is also known as your calcium corner. Some pointers:

- Choose products that provide at least 30 percent of your daily calcium needs per serving. Thirty percent is equivalent to 300 milligrams for women ages 19-50, who need 1,000 milligrams every day.
- Stick with low- or nonfat dairy products as well as those with the lowest sugar content. Flavored milks and sweetened milk-based drinks can be tasty calcium sources, but beware of their higher calorie, fat and sugar stats. Stay away from flavored milk!

### MEAT, FISH & POULTRY

Here are some guidelines to help keep your recommended daily intake of saturated fat below 20 grams (on an 1,800-calorie-a-day diet) -- and to help you stay healthy:

- Incorporate seafood into your diet a few times a week. Fish and shellfish are generally the leanest sources of protein -- and blood-building iron -- you can find.
- Choose white-meat chicken over dark. Chicken breast is lower in calories and fat (including saturated fat) than is the dark meat found in thighs and legs.
- Choose 95 percent lean ground beef. A 3-ounce serving contains 132 calories and 5 grams of fat (2 grams saturated), while the same amount of 80 percent lean beef will cost you 96 more calories and another 7 grams of fat (including 4 more grams of the saturated kind).

998-2077

# Aquatics

## GET WET with Aquatics Programs!

### Lifeguard Courses:

This course is approximately 40 hours in length and covers the skills and knowledge required for effective lifeguarding at a swimming pool. Students must be at least 15 years of age or older and successfully complete a swim skill-screening test.

Upon completion and passing exams students will be certified in American Red Cross Lifeguarding and CPR for the Professional Rescuer.

**Pricing: \$85.00 for Active Duty \$125.00 for Civilians and Dependents**

Nov. 11-14 (Register By Nov. 18-21)

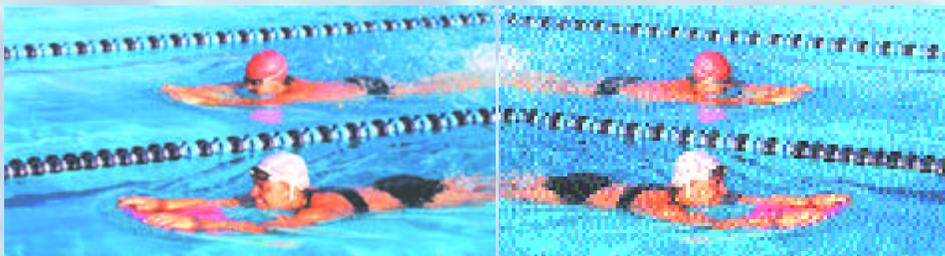
Jan. 13-16 (Register By Jan. 10)  
Jan. 20-23

### Private Lessons for Adults & Children

Private lessons are available to patrons wishing to learn at their own pace. These lessons are great for beginners or more advanced swimmers. Classes are available upon request and are scheduled on a one on one basis. Private lessons are ongoing throughout the year. There is no better time to start than now!

**Pricing: (1) 30 minute lesson \$10.00 (4) 35.00 (8) \$70.00**

**Private lessons are ongoing throughout the year. There's no better time to start than now!**



### CPR Saturdays:

This course is approximately 8 hour in length and will cover the necessary skills required for the American Red Cross Certification CPR for the Professional Rescuer. Upon successful completion of the practical and written exams student will receive a CPR-PR certification card. All classes are taught by Red Cross certified Instructors.

**Pricing: \$25.00 per class**

**Dates: Nov 13 Register By Nov 8 January 15 Register By January 8**

### LAP SWIMMING

Monday-Friday

10:30am-1:30pm, 4:00pm-7:00pm

Saturday 10:00am-12:00pm

Sundays and Holidays- Closed

**LOCATED IN BLDG 932  
For more info call 998-2077.**

### SWIM FIT PROGRAM

Swimming is recognized as one of the best activities for building strength and vigor. The Swim and Stay Fit Program is a FREE, goal oriented Program designed to keep track of your progress, and reward you after your accomplishment. Sign up and live healthier today!

# Outdoor Adventure Center 997-8983

**"ADVENTURE" IS OUR MIDDLE NAME!**

## Equipment Rental Price Guide

DESCRIPTION	1-4 Day	Add'l Day	DESCRIPTION	1-4 Day	Add'l Day
A Frame Trailer**	\$60.00	\$15.00	Reinell Boat****	\$250.00	90.00
Backpacks	3.00	1.00	Santa Suit	20.00	10.00
Bike Helmet	3.00	1.00	Sea Kayak	15.00	3.00
BBQ Grill Small	7.00	2.00	Shovel	2.00	1.00
BBQ Grill Large	20.00	6.00	Skis Alpine/Nordic	11.00	3.00
Boat Pkg. BMT	37.00	12.00	Ski Alpine (Pkg)	20.00	4.00
Bow Saw	2.00	1.00	Ski Bibs	12.00	5.00
Camping Chairs	2.00	1.00	Ski Boots	9.00	3.00
Camping Stools	1.00	1.00	Ski Poles	3.00	1.00
Canoe	15.00	3.00	Ski Rack	4.00	1.00
Canopy (10x10)	10.00	5.00	Sleeping Bag	5.00	2.00
Coffee Pot	2.00	1.00	Snowboard	20.00	6.00
Cook Kit (2mn)	3.00	1.00	Snowboard (Pkg)	35.00	8.00
Cook Kit (3mn)	4.00	2.00	Snowboard Boots	9.00	3.00
Cook Kit (4mn)	5.00	2.00	Snowboard Helmet	7.00	3.00
Cot	3.00	1.00	Snow Disc	3.00	1.00
Day pack	2.00	1.00	Stove (1br)	2.00	1.00
Dutch Oven	10.00	5.00	Stove (2br)	3.00	1.00
Dutch Oven	10.00	5.00	Table (lg)	4.00	2.00
Skillets	5.00	2.00	Tarp	2.00	1.00
Dutch Oven Tripod	1.00	1.00	Tele Poles	12.00	4.00
Folding Chairs	15.00	5.00	Tent (2mn)	6.00	2.00
Generator	2.00	1.00	Tent (3mn)	8.00	2.00
Griddle	3.00	1.00	Tent (4mn)	10.00	3.00
Hatchet	3.00	1.00	Tent (7-8mn)	15.00	5.00
Ice Chest	3.00	1.00	Therma Rest Pad	3.00	1.00
JET SKIS***	\$150.00	\$75.00	Tire Chains	9.00	3.00
Jug (5Gal)	5.00	2.00	Trailer Utility	18.00	6.00
Jug ( 10Gal)	6.00	2.00	Wakeboard	18.00	6.00
Knee Board	18.00	6.00	Water Ski	18.00	6.00
Lantern	3.00	1.00	Water Ski Rope	6.00	2.00
Log Splitter	30.00	10.00	Wood Toboggan	7.00	2.00
Mountain Board	15.00	7.00			
Nordic Ski	14.00	3.00			
Oars/Paddles	2.00	1.00			
Outboard Motor	16.00	5.00			
Outrigger	5.00	5.00			
Toboggan	3.00	1.00			
PFD	3.00	1.00			
Plastic Toboggan	3.00	5.00			

Bounce House - \$35.00 per hour  
(Minimum 2 hours)

Dunk Tank- \$35.00 per hour  
(Minimum 2 hours)  
If dunk tank or bounce house is  
rented from 9am - 4pm -\$100.00

### Looking for some outdoor fun?

Stop by the Outdoor Adventure Center and let the friendly staff help you find the local area's to take your family camping, fishing, water skiing, or boating.

OAC has maps of the local areas that are just a couple of hours away!

**Reservation Policy** - OAC takes reservations on tent trailers, boats (both flat-bottom & V-hulls), bayliner boats, box trailers, and BBQ grills on wheels. Active-Duty Military members and their dependents can reserve equipment up to two weeks in advance. All other authorized personnel can reserve up to one week in advance.

**Camping Gear** - All the camping gear you will need for your overnight camping trips is offered at OAC. We offer many items to chose from, everything from tents to sleeping bags. Stop by and let us help you plan your next camping trip.

**Charter Trips** - If you want to plan a get-away for your Command or put together a trip for yourself and/or your family, then stop by OAC and let us help you do some planning! All it takes is a little bit of your time and a memorable experience will be guaranteed!

**Boater's Safety** - A California state boater safety course is required to reserve and/or rent motorized watercraft from the OAC. This is a correspondence type course that is available at OAC. Come by to pick up a handbook today! Or, go online to [boatus.com](http://boatus.com)



Bldg. 951 Tel: (559) 997-8983  
Open:  
Mon. - 6am - 6pm  
Tues., Thurs. & Fri. - 10am - 6pm  
Closed - Wed. & Weekends

# Tailhooks Bowling Center

998-4647

## Columbus Day Holiday Bowling

Please join us on the 11th of October to enjoy our  
"Columbus Day" Holiday Bowling for **only 50¢!**  
This great special will start at 11am until 7pm

## RED PIN BOWLING

Red Pin Bowling \$1.00 per game per bowler  
Monday - Friday from 11am-4pm

Get a strike with a **RED HEAD PIN** and that game is **FREE!**

**TUESDAY WINTER LEAGUE STARTS**  
**THURSDAY WINTER LEAGUES IN**  
**PROGRESS.**

**FRIDAY NIGHT WINTER LEAGUES IN**  
**PROGRESS.**

**STARTS AT 6:30pm**

## EXTREME BOWLING

Saturdays from 6pm-9pm  
**LIGHTS OFF... ACTION** at the  
Bowling Center with music!

## FAMILY DAYS

Sundays from 2pm-8pm  
Spend some time with the family!  
Why not invite your grandma and  
great uncle Sal? Bowling is only  
\$0.75 per game, per person!

## Snack Bar Special

Receive a coupon discount  
card from snack Bar.  
For each paid lunch,  
receive validation from  
Snack Bar, for a total of 10  
purchased lunches,  
receive the 11th lunch  
FREE (\$4.00 limit, per per-  
son, per coupon) and  
2 FREE Bowling  
games per person.  
The above lunches valid  
until December 2004.

**Sunday, October 31st, wear a costume  
and receive a FREE goodie bag & game!  
1 Per Person.**

TAILHOOKS BOWLING CENTER BUILDING 823  
MONDAY-FRIDAY 11AM-11PM SATURDAY 12PM-  
11PM  
SUNDAY 2PM-9PM

997-7000

# Desk Services



## Dare to Compare!!!

If your not using Y-Comm....You may be paying **TOO MUCH!!!**

### TELEPHONE, CABLE & INTERNET DISCOUNTS PACKAGES

	<u>Y-COMM</u>	<u>COMCAST</u>	<u>SBC/YAHOO</u>
Telephone, Expanded Basic Cable & High Speed Internet	<b>NO TAX at ALL</b> \$ 75.50 + \$0 Fees.	Not available.	Not available.
Expanded Basic Cable & High Speed Net	\$ 63.00 + \$0 Fees.	\$92.06 + Tax + Fees.	Not available.
Ltd. Basic Cable & High Speed Internet	\$ 48.00 + \$0 Fees.	\$55.09 + Tax + Fees.	Not available.

### CABLE TELEVISION

	<u>Y-COMM</u>	<u>COMCAST</u>
Ltd. Basic Cable TV	<b>No Taxes At All!</b> \$12.00 - \$0 Tax/Fees.	\$12.14 w/Taxes & Fees.
Local Broadcast Channels, plus: Ltd. & Expanded Basic TV	(14 cable, including Headline News). \$33.00 + \$0 Tax/Fees.	(4 cable, no Headline News). \$46.11 w/ Taxes & Fees.
All Digital Packages	\$17.70 + \$0 Tax/Fees.	\$32.35 w/ Taxes & Fees.

### HIGH SPEED INTERNET

	<u>Y-COMM</u>	<u>COMCAST</u>	<u>SBC/YAHOO</u>
Mo-to-Mo High Speed:	\$36.00 or See Below Pkg .	\$42.95 w/ cable.	\$49.95 + Fees.
1 yr. Term High Speed:	No Contract Required.	\$56.95 non-cable.	\$31.79 w/ Taxes & modem rental.
Tech Installation	\$25.00 or Free if switch.	\$100.00.	\$150.00-\$200.00.
Modem Equip./ Rental	\$0-No Purchase Req'd, Return when services stop.	\$50.00-\$300.00 Purch.	\$99.00 + Tax + \$12.95 S&

### Y-COMM offers a variety of telephone services to residents of Lemoore's family housing units.

These services currently include: basic telephone service, voice mail service, call waiting, call forwarding, 3-way calling, 3rd party call blocking, collect call blocking and United Telephone Directory Listing, as well as "cardless" calling card services and a variety of long distance calling plans.

With the use of a unique Personal Identification Number (PIN) assigned to each subscriber, residents have the option of placing calls from anywhere in the United States and the call will be **billed to their Y-COMM account.**

The following sections give brief descriptions and charges for each telephone service available to residents of the Lemoore Family Housing



**Y-Comm Customer Service Office**  
**Located at:**  
**Hornet Desk Services**  
**BLDG 821**

**Office Hours:**  
**7 days a week - 24 hours a day**  
**(559) 997-7000, Option 1**

**Y-COMM IS LOCATED IN BUILDING 821**  
**OPEN 24 HOURS A DAY, 7 DAYS A WEEK - (559) 997-7000!**

997-7000

# Desk Services

## Tickets & Tours is now your Military Ticket Office - M T O

It's the same great place to get all your favorite  
TICKETS AT A DISCOUNT

From Disney to Sea World, discount hotel vouchers, concert events and much more, the **MTO** has a variety of fun tickets for local area attractions and beyond.

As always, the discount tickets are offered to all active duty, family members, and DOD civilian personnel.

Stop by Desk Services in Bldg 821 and see what we have to offer.

Open 7 days a week and 24 hours a day.

Take advantage of the many opportunities for fun and adventure.

~~~

In addition, **Tours** will soon be conducted through the Outdoor Adventure Center (OAC).

Offerings to your most popular destinations are soon to return this fall.

Look for more information on **Tours** in the near future.



**Ms Tiffany Catlin**  
MTO Manager



It's Frightfest time at Six Flags Magic Mountain.

Enjoy the shills and thrills of exhilarating fun in the haunted theme park.



**October 9-10, 15-17, 22-24 & 29-31**

Tickets are: Child \$15.75 (Under 48"),  
Adult \$23.25.

## Howling Fun in October!!!

**CHECK OUT ALL THE FRIGHTENING FUN ACTIVITIES  
FOR THE HALLOWEEN HOLIDAY!**

### Knott's Berry Farm

**Screaming back for another year is the ghoulish granddaddy of Halloween celebrations, Halloween Haunt.**

Mark your calendars for Knott's Halloween Haunt beginning September 30.

Be spooked by haunted mazes, re-themed rides and scary shows. Discount tickets will be available for weekends starting Friday, October 1.

A date sign-up sheet with varying ticket prices will be available at the Military Ticket Office- MTO. (Keep in mind that ticket prices increase the closer it gets to Halloween!)

Tickets prices start at \$24.50.



**Y-COMM & DESK SERVICES IS LOCATED IN BLDG 821  
Open 24/7 559-997-7000 or 559-997-7001.**

# Nap's Southern Grill Specials

## Mondays

Come and celebrate football with us. Have a pitcher and enjoy 25cent wings. We have a 42inch plasma TV that is all set up to show the hottest NFL games.

The fun starts at 4pm.

## Kids Eat Free on Tuesdays!\*

Kids eat free. Starting at 5pm, two kids can eat for free with the purchase of one adult entrée.

This special ends at 8pm and is good for dine in only.

Ginny the Clown will be here for your entertainment starting at 6pm

## Wednesdays

Buy an entrée and get your appetizer 1/2 off. This offer is good on dine in only.

You can get this special all day.

**LADIES NIGHT!!!!!!!!!!!!!!** Ladies get 2 dollar well drinks from 7pm-9pm.

## Saturdays

Buy one pizza and get the second pizza half off.

This special is good on either 6 inch or our large pizzas and you can take it with you or eat it here.

**Call for take out!**  
997-2222



*Come Getcha Some!*

# The Village Fun For All, All For Fun! Community Complex

## Village Recreation Center

### Saturdays: Pool Tournament

Sign ups at 6:30pm. \$5.00 to sign up and the winner takes the pot of money home with them when they win the tournament.

### Wednesdays: Ping Pong Table Tournament

Sign ups are at 6:30pm. \$5.00 to sign up and the winner takes home the pot of money home with them when they win the tournament.

## MONDAY - OCTOBER 25

Like scary movies?????? We will be showing one, starting at 7pm. Put your vote in for "WITCH" movie you would like to watch.

You can cast your vote, any time between October 1st & October 20th.

Just fill out your ballot at the Rec Desk inside the Village and on the 20th, we will tally up the votes and the most popular movie will be shown on the big screen inside the Cabana Bar. We will have free popcorn and the bar will be open for drinks.

## SATURDAY - OCTOBER 30 @ 1:30pm

Costume Contest: Kids 12 and under are invited to come and show us your costume. We will have judges here waiting to decide the best costume in your age group.

The groups will be 1-3 years old 4-7 years old and 8-12 years old. The winner for each group will be awarded a prize according to their age.

Enjoy some Halloween treats while you show us your tricks.



**NAPS: MONDAY - WEDNESDAY 11AM-9PM ~ THURSDAY - FRIDAY 11AM-11PM**  
**NAP'S IS CLOSED SUNDAYS**  
**VILLAGE: MONDAY - WEDNESDAY 7AM - 9PM**  
**THURSDAY & FRIDAY 7AM - 2AM ~ SATURDAY 11AM - 2AM ~ SUNDAY 12PM - 6PM**  
**VILLAGE POOL: WEEKENDS TO LABOR DAY ~ SKATE PARK & BATTING CAGES 6PM - 9PM**

# Double Stamp Tuesdays

Tuesday's are  
"Double Stamp Day"

Enjoy that extra stamp closer to earning a free beverage!

Don't have a Java Jitter card? Stop by our coffee shops located The Village Scoop or the Hospital and tell them you want the JITTERS!



For more info call Village Scoop @ 997-8961



**IS**

**NOW**

**ACCEPTING**

**CREDIT**

**CARDS!!!!!!**



## October 30 Halloween Party

The fun starts at 10pm. Come and check out our Karaoke Contest. The contest starts at 12:00am. Sign ups start at 10pm. Try our drink specials.

We are also going to be having a costume contest. Judging will be at 1:00am, so be sure and wear your best contest and win one of our prizes.

### Hours of Operation

Thursday - Friday -  
Saturday  
10PM - 2AM



## THURSDAYS

Come and show your talent with our karaoke DJ. Sing your heart out while you try one of our drink specials. Ladies get one dollar well drinks from 8pm- 9pm. Guys come on and buy your girl a drink. THE FUN STARTS AT 8PM ON THURSDAYS!!!!!!!!!!

## FRIDAYS

Listen to our top DJs spin your favorite music and try one of our drink specials. The party starts at 10pm and goes strong until 2am.

## SATURDAYS

The most fun that the Valley can offer is right here in your backyard. Come out to our "SMOKIN KARAOKE WITH KELLENE". She will challenge you to sing all your favorite songs, and she will throw in a little dance music also.

Rockstar is the drink of choice on Saturdays, try one of our new specials.

# YOUTH CENTER

Tiny Tots ~ Kid Zone ~ Teen Center

## Kid Zone

The new SAC Fees & Policies have arrived from Navy Personnel Command (NPC). This year there are a lot of changes for the fiscal year (FY05). One of the changes is a slight increase of fees as well as many new policies on fee charges, dropped youth, later arrivals and a lot more. For the list of new changes go to the front desk and ask for a copy of the new fees and policies guidance sheet. All new 2005 SAC contracts must be signed by October 31st 2004.

Look for the grand opening for the new Youth Services Building the first part of November 2004.

We are looking forward to getting into our new home at building 995 Franklin AVE. BY Akers School. The new Youth Services Building will house all our programs including Teen Center the large gymnasium, the Kid Zone SAC Program and the Kids Connection Computer Lab. Morning will still have The Tiny Tots at building 970 in the classroom area where the Kindergarten SAC program used to be

and the Tumbling Tykes will be held in the mornings at the little gym in building 970 for everyone's convenience. All other recreational programs such as dance and tumbling other fun fitness classes for youth to be held in the small gymnasium in building 970 to be held after-school, which will better, serve the youth and their parents.

### Things to remember for School Days @ KID ZONE:

All Kindergarteners should have their lunches as well as all youth in the rest of the grades should have their backpacks, Xtra clothing, clearly marked with the child's name for identification purposes.

Many children have the same backpacks and jackets as well as lunch boxes. This can make getting to school and going home a traumatic experience because of lost items.

### GET READY FOR SCHOOL DAZES!!!!

For more information on KIDZONE  
SCHOOL AGE CARE PROGRAMS  
Call 998-4935/37

## Youth Sports

### Kickball & NFL Flag Football

The Kickball and NFL Flag football seasons are under way. Games are played every Saturday starting at 8:00am. All kickball games are played on the Youth baseball fields. Football games are played on two different fields. The 6-8 year old group plays on the Youth Football field, right behind the Jet Mart. The 9-12 year old group plays on the football field behind the H. A. C. The season ends October 23rd.

### Cheerleading

NAS Kids has started up cheerleading once again. We have a brand new squad, cheering their little hearts out every Saturday at the youth football games starting at 8:00am. The cheers will end along with the football season on October 23rd, but will resume when the basketball season starts in early February.

### Soccer

Soccer season starts October 30th. All games are played on the Youth soccer and baseball fields. The 10-12 year olds play on Friday nights, starting at 6:00pm. Ages 3-9 play on Saturdays, starting at 8:00am. The season ends December 18th. Soccer is our biggest sport, we have over 300 youth every year. That means plenty of games to watch. So if you're a soccer fan, and are looking for some action, Youth Sports is the place to be.



### Nays Certification for Coaches

N.A.Y.S: This is a training course that all NAS Kids Youth Sports coaches and volunteers must attend before they are allowed to coach. This is a one-day course that will certify you as a coach through the National Youth Sports Coaches Association. Since this is a mandatory course in our program, we offer it to you at no cost. For more information about this training, please call the Youth Sports Coordinator at 998-3119.

## Gymnastics & Dance Classes

Dance and Tumbling classes are here at the Kid Zone and will start back after school hours at Bldg 970 (the old Youth Center Building) when we move into the new Youth Center site by Akers School.

Classes are for youth 2.5 to 16yrs and are designed for beginners as

well as advanced students.

Sign up for October classes now and be a part of the Fall Show line up. Class schedules are at the Kid Zone. So call the front desk at 559 998-4935

If you are interested in helping Youth Services with programs, volunteer hours or just because you like kids,

**NASL Youth Services**  
Kid Zone -BBLDG 970  
PHONE 998-4935  
MONDAY - FRIDAY  
6AM - 6PM

**TEEN CENTER**  
PHONE 998-4943  
MONDAY - FRIDAY  
2:30PM - 9PM

14



# TEEN CENTER

Jr. Teens and Teens, as we get a break from summer and head into fall, the Teen Center has scheduled many fun activities and educational programs. Come down to enjoy and explore the Teen Center and indulge in the following activities:

The spooky month of October begins with the sensational Pre-Teen Party dance (3rd-5th grades) on Friday, October 1st from 6:30-9:30pm. Cost \$4

On Wednesday, October 6th from 3:30-? the Teen Center is having a darts tournament. Prizes will be awarded.

Attention movie lovers, On Friday October 8th 4:30-6:30pm we will have Flick night. Punch and Popcorn will be served. Guess what. It's all free!! Like to Dance? Come join us as we present the Monsters Ball Jr. Teen Dance 7-10pm. Costumes are encouraged. The best costume will win a prize. cost is \$3 members \$5 nonmembers

All Billiards lovers the Teen Center Pool league restarts on Monday October 18th 3:30-?

For all video game and football lovers we will have the Madden 05 challenge Teens vs. staff on Friday October 22 from 4:30-?pm at the Teen Center

Show off some of your moves at the "Spooky" Teen dance Friday October 29th 7-10:30pm @ Kid Zone Gym Cost is \$3

members \$5 nonmembers.

The Teen center also offers a variety of Jr. Teen and Teen educational clubs. Character/Leadership clubs include the Torch Club (jr. Teens) and Keystone Club (Teens).

Also offered are educational/career development clubs such as Career Launch (Teens) and Power Hour (help with homework for Jr. Teens and Teens). S.M.A.R.T. Moves (Skills Mastery and Resistance Training) prevention/education program addresses the problems of drug and alcohol use. The ultimate goal: to promote abstinence from substance use. Club meets on Wednesdays call for date and time x4943.

We also offer a wide variety of community service and open recreational activities Come by and make a positive difference by joining any of several clubs or just to hang out. The T/C is also a great place to earn your volunteer hours. Call or come by and get the 411.

Look for the Grand Opening of the New Youth Center. The Teen center will conduct a 3 on 3 basketball tournament, slam dunk competition, potluck and other festivities. Prizes will be given away. So come on down and check out the New Teen Center.



## OCTOBER

**OCTOBER 1ST** - Preteen Party Dance (3rd-5th grade) 6:30-9:30pm  
Cost \$4 @ Teen Center

**OCTOBER 6TH** -Darts Tournament 3:30-?

**OCTOBER 8TH** - Movie Night

**OCTOBER 15TH** -Monsters Ball Jr. Teen dance (6th-8th grade) 7-10pm Cost \$3mem \$5nonmembers @ Kid Zone Gym

**OCTOBER 18TH** - Billiard league begins 3:30-?

**OCTOBER 22ND** - Madden 05 Tournament 3:30-?

**OCTOBER 29TH** - "Spooky" Teen dance (9th-12th grade) 7-10:30pm cost \$3mem / \$5non



### WHATS NEW AT THE TC!

Look for the Grand opening of the one and only "NEW TEEN CENTER" During the school year, we will open Monday thru Friday 1430-1900. Come down and see us.

The Teen Center Hours: Monday- Friday 1430-1900hrs; Open to 6th thru 12th graders.

If you have any Questions feel free to call the Teen Center Coordinator/Teen Center- 998-4943/4936

## Tiny Tots

### IT'S THAT TIME AGAIN!!!

The Tiny Tot program is back with their own classroom and activity area at Bldg. 970 (the old Youth Center).



This program is for 3-4yrs olds and 5 yr olds that have not starting Kindergarten. It is a recreation program with activities for youth that are fun and exciting. Youth will learn socialization skills as well as art, making fun snacks, dance, sing-along, stories and outdoor fun. Classes are held month to month on an ongoing basis so you can enjoy them or take a break and start all over again.

The Tiny Tots Program has resume its regular schedule Sept 7th. All classes will be at the old Youth Center next to the housing office. Prices are \$35.00 per month.

For more information on these great recreational classes for 3-4yr olds contact the Kid Zone at 998-4935

### Tiny Tykes Tumbling Classes

Is a fun recreational program for parents and their tots to spend time together getting fit. Ms. Jeanne Olsen has the tykes working out!!! The parents are having fun! So get down to the Youth Center and sign up for the parent and me classes being offered at the HAC center.

Classes will move to the old Youth Center in the little gym area when the New Youth Center opens in mid November. Classes are for youth 18mos to 36 months toddlers.



# October 9th

## HobbFest

Get an early start on Halloween at this year's Annual **Hobbs Fest**, where you will have a chance to hear some of the valley's best rock bands on the lawn of Hobbs Grove. Bring extra money for Haunted Tours, food and beverages.

Trip leaves at 1 pm from Connections, Bldg. 821. Return around 9 pm, depending on how long the show lasts. The cost is only \$5.

Sign up at the Outdoor Adventure Center, Bldg 951 by October 8th to ensure your spot.

Experience part of the Southern Sierra's with Liberty as we hike through the **Sequoia National Forest**.

# October 10th

See the world's most impressive giant sequoias along the first part of this hike and then we will work our way up to Tokopah Falls for some excellent views and wading pools.

Trip leaves Connections, Bldg. 821 at 8:00 am. Return to base around 5 pm. Cost is only \$5 & includes lunch. Wear comfortable shoes, bring your camera and plenty of water. Sign up at Outdoor Adventure Center, Bldg 951 by October 8th & participate in this spectacular hike!

# October 16th

See the season finale of the American



Le Mans Series as fire-breathing Le Mans Prototypes and GTs compete for the Championship at the **Mazda Raceway in Laguna Seca**.

The green flag is at 4 pm & checkered flag at 8 pm. The race also features the final round of the Star Mazda Series. Trip leaves at 9:00 am from Connections, Bldg 821 arrives at the Raceway for lunch at about 1 pm. Return to base by 12 am. The cost of the trip is only \$30. Includes ticket & transportation. Bring extra money for food, beverages & souvenirs. **Be part of the action, sign up @ Outdoor Adventure Center, Bldg. 951 no later than October 11th.**

Check out the **Fresno Fair** for a taste of hometown fun and entertainment with rides, food, music, and booths.

# October 17th

Enjoy an all day fiesta featuring Jose Hernandez, Marichi Sol De Mexico and Mariachi Reyna de Los Angeles in the Paul Paul Theater (free admission on a first come-first serve basis).

This trip only costs \$5, but you must bring your military ID. Bring extra money for food, carnival coupons, ride bracelet, etc. Trip leaves from Connections, Bldg. 821 at 11 am and returns at 9 pm.

Sign up at Outdoor Adventure Center, Bldg. 951 by October 15 for a full day of fun at the Big Fresno Fair.

# October 21st

Come watch some of the world's grittiest, all-encompassing fighting, featuring welterweight, lightweight & heavyweight competitions.

Watch the area's toughest athletes compete in this show of force, as fighters combine a variety of martial arts skills & wrestling techniques in a show of strength, discipline and stamina.

The cost is only \$15, including ticket & transportation. Bring extra money for food and beverages. Trip leaves base from Connections, Bldg 821 at 5 pm. Return is contingent on the length of the fights. **Sign up for this trip by Tuesday, October 19 at OAC, Bldg 951.**

Explore the Pinnacles National Monument, the spectacular remains of an

# October 23rd

ancient volcano that covers acres of barren volcanic spires and ravines, monoliths, and canyons.

Miles of trails access geological formations, vistas, and wild lands. On this trip we'll be hiking through Bear Gulch Cave, so be sure to bring a flashlight and extra batteries. The cost is only \$5, including lunch. Trip leaves from Connections, Bldg 821 at 8 am. Return to base by 8 pm. **Sign up for this trip at the Outdoor Adventure Center, Bldg 951 by Thursday, Oct. 21.**

# October 29th

Welcome in harvest time by navigating the Cornfield Maze at Cobb Ranch. The maze is a replica of the Fresno Falcons Hockey Team logo! Enjoy the autumn ambience of the Ranch.

After the maze, we'll stop at Riverpark in Fresno for dinner at Hooters. The cost of the trip is \$8. Bring extra money for dinner. Trip leaves from Connections, Bldg. 821 at 5 pm. Return by 11 pm.

**Sign up no later than October 28 at OAC, Bldg. 951**

# October 30th HobbFest

Delve into the Halloween atmosphere at Hobb's Grove as you explore the dreaded Zyllo's Woods, the twisted Hobb's Play House, and experience the Hayride into Shadow's Keep.

Enjoy concessions, fire pits, and entertainment. Cost is only \$23., including a combo ticket for all three attractions. Bring extra money for food, souvenirs, and items from the Halloween Prop Shoppe. Trip leaves from Connections, Bldg 821 at 4:45 pm. Return by 9 pm. **Sign up for this trip by Friday, October 29 at the OAC, Bldg 951.**

Spend Halloween the Shipwreck, Queen Mary's Halloween Terror Fest. There is

# October 31st

the Shipwreck Dance Party (with a live DJ), the Boiler Room Club (high energy rock/alternative bands), Fright Mistresses Private Liar. **No costumes allowed.** Cost is \$37, including admission to all 3 floors of the party. Bring extra money for beverages at the club & dance party and for a dinner stop. **Sign up for this trip by October 22, at the OAC, Bldg 951.**

**DANCING!**

**FUN!**

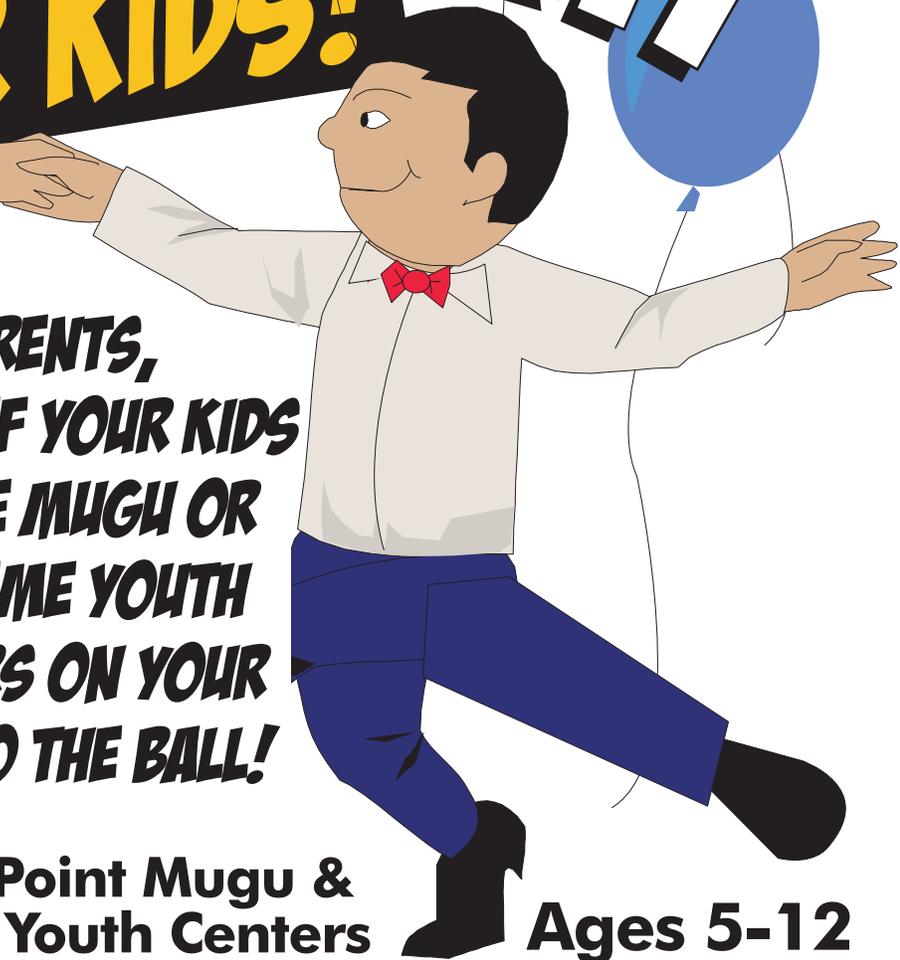
**GAMES!**

**CAKE!**



# **Navy Ball**

## **FOR KIDS!**



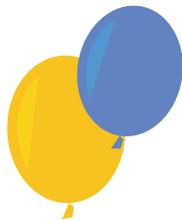
**PARENTS,  
DROP OFF YOUR KIDS  
AT THE MUGU OR  
HUENEME YOUTH  
CENTERS ON YOUR  
WAY TO THE BALL!**

**Point Mugu &  
Hueneme Youth Centers**

**Ages 5-12**

# **SATURDAY, OCTOBER 23**

**6-11pm**  
**\$3/child**



Put on your **Navy Ball Best** and join your friends at the Mugu or Hueneme Youth Centers for a special dance party to **celebrate the Navy Birthday!**



NBVC Child Development Centers &  
Child Development Homes Program  
Present a

*Military  
Appreciation*

**FREE!**

# Parent's Night Out!

## SATURDAY, OCT. 23

Free child care available from 6-11pm for ages  
6 weeks-4 years with ADVANCE SIGN UP.

MUGU CDC RESERVATIONS  
**989-3675**

HUENEME CDC RESERVATIONS  
**982-4663**

CDHP RESERVATIONS  
**982-2050**

Sign ups  
begin Oct. 1

**MUST PREREGISTER!**

**Spots are limited; first come, first serve.**

**NRC Solomons**



*Come out for a ghoulishly good time!*

**2004**

**HALLOWEEN**

**SPOOKtacular!**

**Saturday, October 30**

**1pm-3pm**

Enjoy an afternoon of  
Hayrides \* Carnival Games  
Pumpkin Decorating  
Face Painting \* Fortune Telling  
Costume Contest  
and more!



**Call the Adventure Zone at  
(410) 326-7165 for more  
information!**

*October 6, 2004*

*Navy*



*Miler*

*Check-in and Packet Pick-Up: 9a.m. - 10:30 a.m.  
Race Starts at 11a.m.*

*Cost: \$15 before September 24  
\$20 after September 24*

*All fees non-refundable*



*Certified 5 Mile Course in Anacostia Park, Washington, D.C.*

*Price includes entry to race, Navy Birthday 5 Miler T-shirt  
and post race refreshments.*

*Only the First 500 Entries will be accepted.*

*Runner substitutions will not be permitted.*

*No same day registrations will be accepted.*

*Call Navy 5 Miler Race Info Line at (202) 433-2066 for more information.*



*Navy Birthday 5 Miler*

# FIT WELL SEMINAR

## Women's Health & Fitness

11:30 am - 12:30 pm

# October 21

Washington Navy Yard, Bldg. 200  
Ground Floor CLC

&

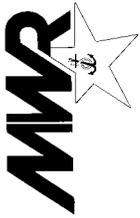
# October 26

Anacostia Annex,

call (202) 433-6123 for location



Register by phone (202) 433-6423 or by email at [carol.binzen@navy.mil](mailto:carol.binzen@navy.mil)



Morale, Welfare & Recreation

# What's the Buzz?

Fitness — Recreation — Food Services — Youth and Child Care — 27 September, 2004

## Wolves to hold event at theater

### Military game also on tap

To kick off the 2004 military care-package drive, the Mississippi Sea Wolves hockey team will hold a pre-season party in front of Smith Memorial Theater on 15 October from 1600 to 2000.

Each person bringing an item from the list below will receive a free ticket to a future Wolves' home game, while the top 25 contributors will receive two free tickets for a fully catered private cruise to Ship Island with members of the hockey team.

The Wolves also will be giving away jerseys, sticks and other items at the pre-season event, while Hook, the Sea Wolves mascot, will be making a special appearance.

Items collected on the Seabee base will be added to those collected from Wolves' fans during the 22 October opening-night game, the Wolves' joint military-appreciation night. In partnership with CBC personnel, all items collected will be transported by Christmas to troops serving in Iraq.

The following items are needed: baby wipes, blank Christmas cards, deodorant, disposable razors, envelopes, feminine hygiene products, hard candy, liquid soap, paper, pens and pencils, paying cards, Q-tips, shampoo, shaving cream, sunglasses, toilet paper, toothbrushes, toothpaste, and water bottles.

Items need to be unwrapped and in the original package. No duplicate items will be counted unless a minimum of five other items is donated.

For more details about the care-package drive, call Kevin Buckel at 343-1094.

For more details about the Wolves' joint-military appreciation night or for tickets to the game, call Albert Branca at 388-6151.

Tickets will be available on a pre-sale basis for two for \$15. This offer is good for active-duty personnel and their families, military retirees, reservists and DoD civilians.

Plus the Seabee command or organization that purchases the most tickets will be awarded the first 10-minute, on-ice intermission.

## Spookfest 2 to be held at CB Lake

On 29 October, the nature trail at Seabee Lake will be the site of a free Halloween event geared toward younger as well as older youth.

The section for younger children will open at 1730, while the scarier section will open at dark. The event will continue through 2130, and the rain date is 30 October.

Many activities are planned for youth of all ages including hayrides, a bonfire, a bounce house, a DJ, storytellers, Halloween games and a costume contest for youth and adults. Plus bags of goodies will be given to each child.

Family Support Groups will be selling candied apples, popcorn, hot dogs and drinks, while MWR will have a food trailer on site.

Space is still available for organizations wanting to have a thematic fund-raising booth or interested in decorating a section of the nature trail.

MWR will reimburse up to \$200 in materials to those decorating a section of the trail; plus each group

will compete for cash prizes of \$100 and \$75.

Volunteers can set up anytime the day of the event.

For more information, call 871-2251 or 871-2538.

This event is being sponsored by MWR in conjunction with the Ambuzzadors, a core of key, quality-of-life personnel from organizations across base.

## Auto Skills Center

871-2804

**Power Restored**—The transformer at the Auto Skills Center/Outdoor Experience building has been repaired, and the facilities will return to their normal operating hours effective immediately.

Hours of operation are:

- Monday.....0800-1230
- Tuesday.....1200-2000
- Wednesday.....1200-2000
- Thursday.....1000-1800
- Friday.....0800-1800
- Saturday.....0800-1600
- Sunday.....Closed

## CBC Fitness Center

871-2668

**Softball**—Register through 8 October for the annual, double-elimination yellow ball tournament. The tourney will start 15 October at 1700 and continue on the 16<sup>th</sup>.

## CBC Library

871-2409

**Rate Manuals**—Fleet and Seabee rate manuals are available on CD-ROM at the base library.

Other services include free Internet and e-mail access, Microsoft Word stations, color and black-and-white printers as well as photocopying and fax services.

Open Monday through Friday from 0900 to 1700, the library is located in Building 59 above Seabee Museum.

## Child Development Center

871-2323

**Fire Safety**—As part of Fire Prevention Week, CBC Fire Department will host the city of Gulfport's Child Safety House on 7 October from 0730 to 1200 in Child Development Center's parking lot.

For more information about this free event, call 871-2323.

## Liberty Program

871-3153

**Sicily's**—6 October, 1800, \$5  
**Dinner and a Movie**—8 October, 1800, \$12

**Swampfest**—9 October, 0900, Audubon Zoo, \$10

**Saints vs. Tampa Bay**—10 October, 0900, \$45

**Barnes & Noble Trip**—13 October, 1800, \$2

**George Carlin**—15 October, 1900, \$45, Beau Rivage

**Voodoo Music Fest**—16 October, 0900, \$TBA

**Trip to America's Thrift Store and Ryan's**—20 October, 1800, \$5

**Haunted House Trip**—22 October, 1900, \$TBA

**Vampire Tour in the French Quarter**—23 October, 1100, \$20

**Trip to Josette's Costume Shop and Dinner at Boomtown Buffet**—27 October, 1700, \$10

**Styx Concert**—29 October, 1900, \$30

**Horseback Riding Trip**—30 October, 0900, \$45

*Sign up for all trips at Stinger's Recreation Center, Building 342. Transportation leaves Stinger's in a 15-passenger van. A minimum of six participants is needed.*

## Outdoor Experience

871-2696

**Power Restored**—The transformer at the Outdoor Experience/Auto Skills Center building has been repaired, and the facilities

will return to their normal operating hours effective immediately.

Hours of operation are:

- Monday.....0800-1230
- Tuesday.....1200-2000
- Wednesday.....1200-2000
- Thursday.....1000-1800
- Friday.....0800-1800
- Saturday.....0800-1600
- Sunday.....Closed

## Smith Memorial Theater

871-2468—for the latest titles  
871-2538—for all other questions

### Friday, 1 October

Darkman—1800

Soul Plane—2030

### Saturday, 2 October

Lilo & Stitch—1400

Van Helsing—1630

Cape Fear—1900

### Sunday, 3 October

The Stepford Wives—1400

Dodgeball: A True Underdog Story—1630

Chronicles of Riddick—1900

### Friday, 8 October

Kill Bill Vol. 2—1800

Troy—2030

### Saturday, 9 October

Around the World in 80 Days—1400

The Notebook—1630

Anchorman—1900

### Sunday, 10 October

Two Brothers—1400

White Chicks—1630

Spiderman 2 Destiny—1900

### Friday, 15 October

I, Robot—1800

Taxidriver—2030

### Saturday, 16 October

Elf—1400

White Chicks—1630

The Manchurian Candidate—1900

### Sunday, 17 October

Sleepover—1400

The Notebook—1630

Anchorman—1900

### Friday, 22 October

Spiderman 2 Destiny—1800

Witches of Eastwick—2030

### Saturday, 23 October

Ghostbusters 2—1400

I, Robot—1630

The Passion of Christ—1900

### Sunday, 24 October

Two Brothers—1400

King Arthur—1630

The Manchurian Candidate—1900

### Friday, 29 October

The Notebook—1800

Anchorman—2030

### Saturday, 30 October

Around the World in 80 Days—1400

Spiderman 2 Destiny—1630

Sudden Impact—1900

### Sunday, 31 October

Elf—1400

King Arthur—1630

I, Robot—1900

**Anchorman** (PG-13, 91 min);

**Around the World in 80 Days** (PG, 120 min); **Chronicles of Riddick** (PG-13, 119 min); **Dodgeball: A True Underdog Story** (PG-13, 92 min); **I, Robot** (PG-13, 114 min); **Kill Bill Vol. 2** (R, 134 min); **King Arthur** (PG-13, 126 min); **Lilo & Stitch** (PG, 85 min); **The Manchurian Candidate** (R, 130 min); **The Notebook** (PG-13, 124 min); **The Passion of Christ** (R, 127 min);

**Sleepover** (PG, 90 min); **Soul Plane** (R, 87 min); **Spiderman 2 Destiny** (PG-13, 120 min); **Stepford Wives** (PG-13, 93 min); **Troy** (R, 165 min); **Two Brothers** (PG, 105 min); **Van Helsing** (PG-13, 120 min); **White Chicks** (PG-13, 108 min).

**All movies are free everyday.**

## News Around Base

**Museum now includes space for ceremonies**—The CEC and Seabee Museum of NCBC Gulfport has recently rearranged its facility, adding new and upgrading existing exhibits.

The museum now has a large area available in the main exhibit area for retirements, re-enlistments and receptions.

Open Monday through Saturday from 0900 to 1700, Seabee Museum features displays that range from World War II artifacts to memorabilia from recent DETs.

For more information or to reserve the ceremonial area, call Tina Rockwood at 871-3253.

**Fall Festival**—Seabee Memorial Chapel will hold its annual fall festival on 2 October from 1600 to 1900 at the chapel.

Last year, this event attracted more than 400 people from across the base—active duty, reservists, retirees, families and students.

There is no charge for this event, which will include free food and activities for all ages. Highlights will include a cake walk, face painting, a dunk tank, a jolly jumper and games for youth. Plus the Christian Rock band Malachi will be performing for the second year in a row.

For more information, contact RPCS Donna Norman or Chaplain B.A. Vaughan at 871-2454.

**T-shirt Contest**—NMCB 1's Family Support Group is holding a T-shirt-design contest; both an adult and a youth winner will be selected.

The winning adult will receive a one-night stay for two plus dinner for two at Grand Casino. The children's prize will be announced.

Designs should be brought to the next FSG meeting, which will be held at 7 October at 1800 at Seabee Memorial Chapel.

For more details, call Vickie Cariello at 575-9810.

**Fall Bonfire**—Purchase a ticket to the NMCB 1 Family Support Group bonfire and receive a free flag.

Plus each \$5 ticket to the 8 October bonfire on the beaches of Long Beach (Highway 90 and West Boulevard) is a chance to win a prize package valued at \$425 from Beau Rivage—a two-night stay for two at the casino resort, dinner for two at the Memphis Q Grill and two show tickets.

The bonfire will start at 1800 and last until 2100, and the drawing will be held at 1900. Food will include hot dogs and s'mores, and prizes will be given away. Participants are asked to bring their own chairs and beverages; please note that no glasses will be allowed.

The prize package will be good through June 2005. Show tickets will be based upon availability; certain restrictions apply, and guests must be 21 or older. One winning ticket will be drawn randomly from all entries; non-Navy ticket holders do not need to be present to win if all contact information is on the form. In case of

inclement weather, the drawing will be held at another location on the same day.

For more information or to purchase a ticket, call Debra Thomas at 365-1861 or send an e-mail message to [nmcb1-fsg@cablone.net](mailto:nmcb1-fsg@cablone.net).

**Movie Night**—On the second Wednesday of each month, NMCB 1's Family Support Group holds a free film night at Smith Memorial Theater. The next movie night will be 13 October at 1830, and the show will be *The Haunted Mansion* (PG, 99 min). The concession stand will be open to sell items.

**FSG Meeting**—NMCB 1's Family Support Group meets the first Thursday of each month. The next meeting is set for 7 October from 1830 to 1930 at Seabee Memorial Chapel. Free babysitting is provided; just RSVP to Christie Cameron at 539-2415.

**Clothing Swap**—Seabee Memorial Chapel will hold a free clothing swap 15 and 16 October.

"It is not necessary to bring something to take something," said RPCS Donna Norman.

Items may be exchanged 15 October from 1230 to 1700 and 16 October from 0900 to 1300.

Popular items include clothing and shoes of all sizes, toys, books, and small appliances. All items not exchanged will be donated to charity.

For more information, contact Norman at 871-2454.

**Let it Ride!**—The first annual Seabee Ride motorcycle event is set for 14 November.

The meeting points will be:

- The east Mississippi welcome center on the Alabama state line of I-10. Check in will be from 0700 to 0900, and departure will be at 0900.
- The west Mississippi welcome center on the Louisiana state line of I-10. Check in will be from 0700 to 0900, and departure will be at 0900.
- Harrison Central High School, six miles north of I-10 on Highway 49, Gulfport. Check in will be 1000 to 1100, and departure will be at 1100. The final destination is Seabee Lake.

The ticket price includes a barbecue lunch catered by Corky's; drinks will be for sale. A live band, Redoux, will be playing sets down by Seabee Lake. Plus a free shuttle will run from the lake to the Seabee Museum. Ticket proceeds will help tell our veterans' history at the Gulfport Seabee Museum, while proceeds from beverages will benefit the Seabee Ball Committee.

The fee is \$25 per person. Armbands will be waiting at each meeting point. Please note that there will be no refunds for no shows or inclement weather and no event-day registration.

For more details or to request a registration form, send an e-mail to [seabeeride@yahoo.com](mailto:seabeeride@yahoo.com) or call 871-2454. Registration forms and payment are due by 5 November.

## eBuzz perks are endless

Be the first to learn about events and specials by joining the eBuzz list today! Just send your e-mail address to [mlfayard@cbcgulfport.navy.mil](mailto:mlfayard@cbcgulfport.navy.mil).

If your e-mail address is on our list, you will be automatically entered into a monthly drawing for prizes. One name is drawn the last business day of the month, and the winner is announced in the following What's the Buzz? newsletter. Good luck!

## Tell Us What You Think

NCBC's MWR director is interested in hearing your comments. To reach the director, send an e-mail message to [tlyork@cbcgulfport.navy.mil](mailto:tlyork@cbcgulfport.navy.mil). As an added convenience, comment-card boxes are located in each MWR facility, and every comment goes directly to the MWR director.

## 'Bee' an Ambuzzador!

Ambuzzadors meetings are a time to provide input on quality-of-life programs as well as partner on basewide events. Everyone on base is welcome to share ideas, give feedback and learn about MWR news before everyone else.

The meetings are held at 1000 the second Tuesday of each month in

Building 352's conference room. For more information, call 871-3401.

# HALLOWEEN

HAUNTED TRAIL

# SPOOKFEST

24 OCTOBER

5:30-8:30 P.M.

SEABEE LAKE NATURE TRAIL

## THE DETAILS

Sections for younger  
and older children

Hayrides

Bonfire &  
Ghost Stories

Costume Contest  
<for youth and adults>  
with Prizes

Games & Contests

Food & beverages  
available

**FREE ADMISSION**  
QUESTIONS? CALL 871-2251.

Sponsored by MWR  
and NCBC Command and  
Family Support Groups

theater improvements . . .

By Frank A. DeSilva

Going to the movies at the Showboat and Hario Village Theaters just got better, thanks in large part to the Sasebo MWR “Center of Excellence” process that involves responding to customer feedback on ways to improve service at MWR facilities.

Showboat and Hario Village Theater patrons can now purchase new ‘Cine-Pass’ discount coupons in advance, saving them money while reducing the time they have to stand in line at the box office says theater manager John Stemen.

Furthermore, Showboat Theater moviegoers are now enjoying movies in the recently installed new, larger and more comfortable seats complete with cup holders, another result of customer feedback generated during the Theater Center of Excellence process last year.

“One of the major issues raised during the Theater Center of Excellence customer feedback process involved purchasing tickets in advance as a way to help reduce long lines at the ticket booth,” Stemen said.

“We thought that was a great idea and decided to take it one step further by including a significant discount in the advance sale ticket coupon. It took us a while to work out all the details, but we now have the tickets on sale at each theater and at the Travel & Tours Office. We anticipate a good response from our customers,” he continued.

The new 8-movie Cine-Pass discount coupons offer patrons a free movie when they purchase the coupons in advance. Each adult Cine-Pass coupon includes admission to 8

movies for only \$21, a \$3 savings over the price of individual tickets. Similar children Cine-Pass coupons are available for only \$14.

Patrons with a Cine-Pass won't have to stand in the theater box office line. Instead, they simply show their pass at the designated theater entrance, have their card stamped and enter the theater. After they collect 7 stamps, the 8<sup>th</sup> movie is free.

"Customers with a Cine-Pass can now get into the theater very quickly, which was the main reason for creating the new pass," Stemen said.

"They'll still need to show their I.D. card to verify they are an authorized patron, but they won't have to stand in the normal box office line where people are purchasing individual tickets. I'm sure our regular customers are going to appreciate this new program," he said.

The new Cine-Pass coupon has no expiration date and is valid for all Showboat and Village Theater movies, including premiere showings, on a first come-first serve basis.

The new Showboat Theater seats, installed last week at a cost of over \$70,000, are sure to please regular and new customers alike. The 325 new seats replace older versions that were smaller, less comfortable, well-worn and lacked cup holders, forcing moviegoers to place their drinks on the floor, a major complaint patrons made during the customer feedback portion of the Theater Center of Excellence process.

"We worked very hard to get the new seats installed several months ago, but unforeseen shipping delays forced us to move the date back. Even so, the wait was worth it because we were able to replace the floor tile at the same time and make some other needed improvements.

“We’ve spent over \$100,000 on improvements at the Showboat Theater so far to make the movie experience as enjoyable as possible. This is really a first-class facility,” Stemen said.

More improvements are planned for the Showboat Theater in the near future when work begins on a major extension of the lobby area, another area mentioned as needing improvement in the Theater Center of Excellence customer feedback data.

“Many customers complained that the lobby area was too small. They were right, and we’re taking steps to fix that at considerable expense,” Stemen said.

The ticket booth, snack bar, rest rooms and lockers are all located in a very small area at the front of the theater, making it difficult to move around, especially when attendance is high. The new \$350,000 construction project, scheduled to begin in January 2005, will extend the lobby area by another 750 square feet, nearly doubling the current space.

“Through the Center of Excellence process we were able to contact our customers, find out what they felt needed to be done to make their experience at our theaters even better, then we were able to make those changes happen,” said MWR Director Scott Poluhowich.

“These changes and improvements are in keeping with our philosophy of being a ‘customer-driven’ MWR organization. We’re here to serve our authorized patrons to the best of our ability. The theater improvements are another part of that on-going process,” he said.



Photo by Frank A. DeSilva

**CONVENIENCE AND COMFORT** - Dave Wagner, Sasebo MWR Community Activities Manager, sits comfortably in one of the 325 new seats recently installed at the Showboat Theater at a cost of some \$70,000. Patrons who responded to a Sasebo Theater Center of Excellence survey earlier this year said they wanted new, larger seats with a place to put their drinks, and management listened. The new larger seats, complete with cup holders and covered headrests, are part of a renovation project that included new theater curtains, new tile flooring and new paint. Further improvements are scheduled for early next year, including a lobby extension project to increase the snack bar, office and ticket office areas.

# ADULT

# CINE-PASS

Receive one stamp for each movie admission.  
Collect 7 stamps, your 8th movie is FREE!

**\$21**

**SHOWBOAT**  
THEATER  
SASEBO, JAPAN

**VILLAGE**  
THEATER  
SASEBO, JAPAN

**FREE**



1



2



3



4



5



6



7

lunch with the director . . .

By Frank A. DeSilva

Over 50 Sasebo Morale, Welfare & Recreation Department employees have already taken MWR Director Scott Poluhowich up on his offer to join him for lunch since a new “Lunch With The Director” program began here last May. Many more employees are expected to follow suit in the coming months.

The new program is designed to foster better communications between MWR employees at every level and the Director. The program began on a semi-monthly basis but has since turned into a weekly event thanks to the overwhelming positive response received from employees during the first two months of the program.

“The purpose of the program is to get better acquainted with our 300-plus full, part-time, flex and Japanese local hire employees and to give them an opportunity to engage in a free exchange of ideas,” said MWR Director Scott Poluhowich.

“We’re all part of the same team and we all have an important role to play. It’s important that we hear what our employees have to say. I really do value their suggestions and comments,” he said.

The program originally began in response to an extensive MWR employee satisfaction survey conducted earlier this year when many employees said lack of internal communication was a concern.

Poluhowich says because MWR facilities are spread far and wide over two separate areas, Main Base and the Hario Village community, it is often difficult to get the word out to every employee about new MWR and command policies and procedures as quickly and as often as he would like.

“We have several means of getting the word out to our people and the main line of communication is with managers and supervisors. I feel it’s important to talk to as many employees as I can in a small group setting. This gives employees an opportunity to let me know how they feel about their working environment and about our MWR Department in general.

“It’s an open forum. I encourage employees to talk about anything that interests them, and to take the opportunity to let them know about things that may impact them in as valuable assets to the department. I also can straighten out any rumors that may be floating around as well. I’ve found that employees appreciate hearing the straight facts from the top, so to speak,” Poluhowich said.

Library manager Wayne Newnam, a recent participant in the program, said he was surprised and pleased when he received a special personalized invitation from the Director to join him for lunch several weeks ago.

“The program gives the Director a chance to pass information on to employees face-to-face. It also gives employees an excellent opportunity to ask questions, get immediate clarification and provide direct feedback in a comfortable, informal setting. I enjoyed it very much and so did the other employees,” Newnam said.

“I think it’s an excellent program that improves organizational communication, but more importantly, it demonstrates that the MWR Director is genuinely concerned with issues that are important to all members of his staff,” he continued.

Izumi Rivera, a member of the Travel & Tours Office who also participated in the program, feels the same way.

“It was a good experience for me. I never had the opportunity to have lunch with somebody high up in management before.

“Mr. Poluhowich was enthusiastic and seemed willing to make changes. I used to think that input from regular employees like me did not really matter or that they would not have an impact to the organization. But he listened to what each one of us had to say and we all felt that our voice really does matter. I can say with all honesty that our luncheon with the Director was a success,” Rivera said.

Mia Heyer, another recent participant in the program, agrees.

“The lunch program is good. It gives us a chance to get to know the boss well and also to get to know other employees you don’t usually work with.

“At first I felt a bit intimidated because although we work in the same office, I had never really had a chance to talk to Mr. Poluhowich before,” she said.

Based on the initial positive response to the program, Poluhowich says he hopes to have lunch with every MWR employee in the coming months. According to the MWR Personnel Office, there are approximately 300 employees currently on the staff.

“I give them current information about ongoing MWR initiatives and update them on some of the major projects we have scheduled for the near future. I also take the opportunity to brief them on any new command initiatives as well so that they come away with a better understanding of their work and living environment here at Sasebo,” Poluhowich said.

“I enjoy just getting to meet with our employees in a casual setting and to hear what they have to say about anything that interests them.

“Some employees have many years of MWR experience under their belts at bases throughout the world and their input is always appreciated and highly valued. We also have many employees who are working for MWR for the first time. For some, this is their very first job. They all have some interesting perspectives about the way we do business. I get a lot of good feedback and some interesting comments during the lunches. I enjoy it very much.

“I’m looking forward to meeting each and every employee as we continue the program well into the future,” Poluhowich said.



Photo by Rhodora G. DeSilva

Sasebo Morale, Welfare & Recreation Department employees (from left to right) Maria Rambo, Mia Heyer, Masaki Kusumoto and Olga Covington join MWR Director Scott Poluhowich (far right), for lunch at the Harbor View Club recently as part of the new “Lunch With The Director Program.” The program, designed to foster better communication within the department, has proven to be a resounding success. Based on positive responses received from employees, Poluhowich says he intends to continue the program on a weekly basis, hoping to have lunch with all of the 300-plus MWR employees in the coming months, including Japanese local hires.



BRING A FRIEND AND  
JOIN MWR FOR A NIGHT  
OF FRIGHT AND SCREAMS AT  
NEGISHI HAUNTED HOUSE!  
DO YOU HAVE WHAT IT TAKES  
TO WALK THROUGH OUR  
HOUSE OF HORROR?

NEGISHI  
**HAUNTED  
HOUSE**

**SUNDAY, OCTOBER 31 from 1800 to 2100  
Negishi Community Center Gymnasium**

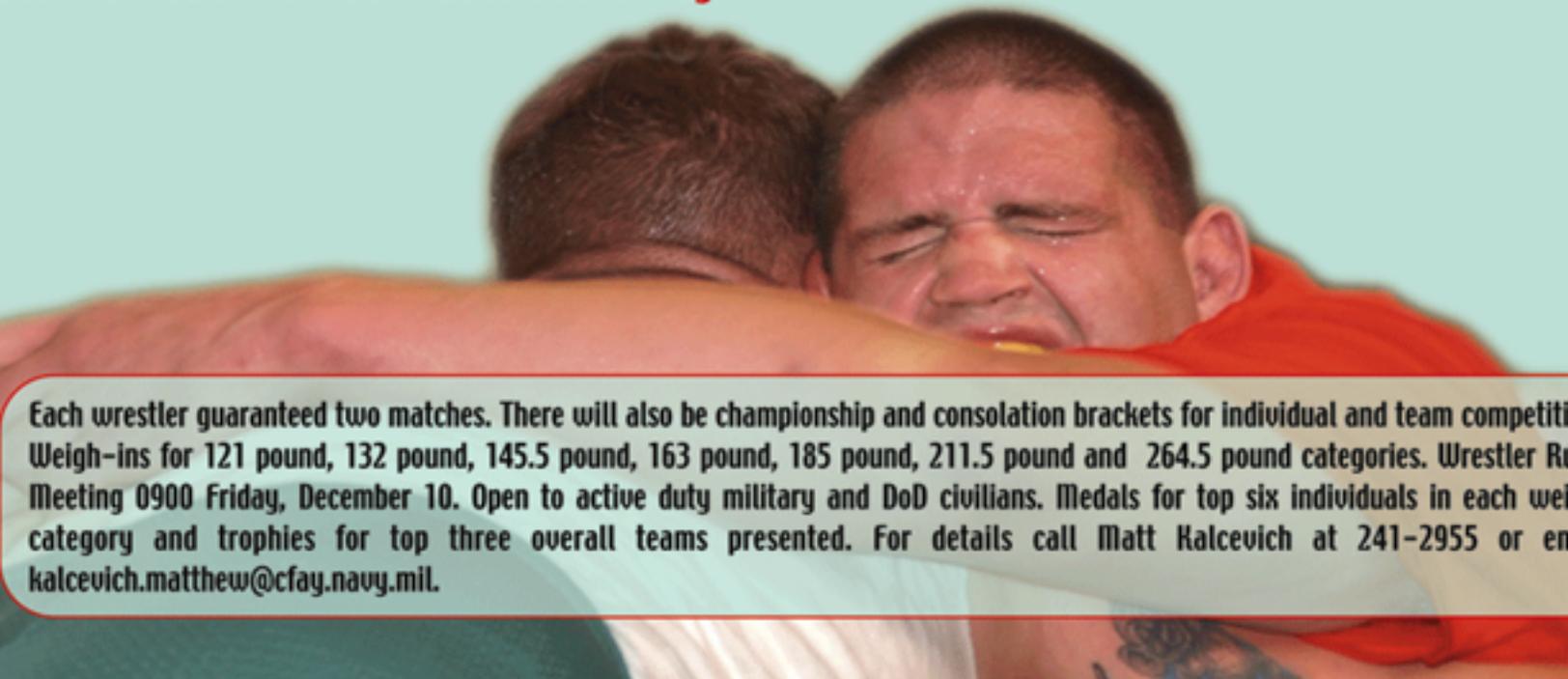
**Open to all ID card holders and guests  
for only \$2.00 per person.  
For details call Negishi MWR office at 242-4110**



# Yokosuka ALL PACIFIC WRESTLING CHAMPIONSHIP

Friday, December 10 from 1000 to 2100 and Saturday, December 11 from 1200 to 2100  
Thew Gym Courts A and B

Register by 1800 Wednesday, December 08. Entry fee \$25 per wrestler. Wrestlers weigh in Thursday, December 09 from 1700 to 2000 at Thew Gym.



Each wrestler guaranteed two matches. There will also be championship and consolation brackets for individual and team competition. Weigh-ins for 121 pound, 132 pound, 145.5 pound, 163 pound, 185 pound, 211.5 pound and 264.5 pound categories. Wrestler Registration Meeting 0900 Friday, December 10. Open to active duty military and DoD civilians. Medals for top six individuals in each weight category and trophies for top three overall teams presented. For details call Matt Kalcevich at 241-2955 or email [kalcevich.matthew@cfay.navy.mil](mailto:kalcevich.matthew@cfay.navy.mil).

## Navy MWR Summer Employment Program Helps Teens Learn Life Skills

Story Number: NNS040929-03

Release Date: 9/29/2004 12:23:00 PM

By Ingrid Mueller, Navy MWR Communications Group

MILLINGTON, Tenn. (NNS) -- Some 443 Navy teens at 62 military bases worldwide gained valuable work experience and training through the 2004 Navy Morale, Welfare and Recreation (MWR) Teen Summer Employment Program.

The Teen Summer Employment Program began in 2002, when 15 Navy youth programs received grants and 140 teens were hired. In 2003, the program grew to 35 programs, and 202 teens were hired.

"Holding a job is an important milestone for youth as they begin to take on adult roles and responsibilities," explained Larrie Jarvis, Navy MWR youth program manager. "This program is a direct result of feedback we received from teens that meaningful job opportunities are very hard for them to find."

"The Teen Summer Employment Program is designed to help teens learn job and life skills, and gain work experience that will enable them to transition into paid employment and become productive members of the community," Jarvis added. "It also creates opportunities for teens to discover careers with Navy MWR programs."

Depending on the base's needs, the teens work in MWR programs, such as community activities, youth activities, outdoor recreation, craft and hobby shops, and aquatics. Workweek schedules also vary, along with pay, while state law determines age limitations and restrictions on numbers of hours that can be worked.

All Navy Youth Programs are affiliated with Boys and Girls Clubs of America (B&GCA) and are required to incorporate B&GCA materials, such as Career Launch, Job Ready and Jr. Staff Career Development into their programs. Each teen summer employment position has a specific project requirement for successful completion of the program, which is discussed with the teen after they are hired.

"The teens must go through the job interview process at the local base and be selected for the program, which is open to those who are eligible to participate in Navy youth programs," said Jarvis. "They are then assigned a project to complete as part of their work experience. For example, if they're working in the youth center, they would plan and conduct activities for the children to do, whether it's a game or field trip, or arts and crafts projects."

The Teen Summer Employment program also helps reinforce the values and life skills that will produce confident, competent young men and women.

At Naval Air Station Joint Reserve Base (NASJRB) Willow Grove, Pa., two teens worked with seven MWR staff members 40 hours per week, for eight weeks, as part of Kamp Kaleidoscope 2004, a summer camp attended by 60 children of military personnel, ages six to 12.

The teens served as junior summer camp counselors, and their daily schedules included working with the children on sports, games, swimming, arts and crafts, as well as field trips and

other special events.

"This experience forced me to take on a lot of responsibility, not only for myself, but also toward the children," wrote Kathryn Gregory of her experience at Kamp Kaleidoscope. "It's not easy waking up at 6:30 in the morning, but it's worth it to come in and be greeted by such warmth (from the children)."

"Work doesn't come without its hardships, but it also doesn't come without its rewards," she added. "The past eight weeks have been truly a learning experience, not just in what to do when a child scrapes their knee or gets the toy they were playing with taken away, but more importantly, a learning experience of and for myself. I know who I am, and I know I can do this."

For more information on Navy youth programs, contact your local MWR office.

For related news, visit the Navy Morale, Welfare and Recreation Navy NewsStand page at [www.news.navy.mil/local/navymwr](http://www.news.navy.mil/local/navymwr).