



MWR Communications Update

ISSUE 52
Sept. 16, 2004

Communicating with the MWR Communicator
5720 Integrity Drive Millington TN 38055-6580
www.mwr.navy.mil
Contact Robin at 901-874-6625 or DSN 882-6625
or e-mail p658cp@persnet.navy.mil

COMMUNICATIONS WORKSHOP

The MWR 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,
901-874-6593, DSN 882).

**SPACES AVAILABLE
APPLY TODAY**

**Class will cover:
Sponsorship
Press Releases
CNI**

WWW.MWR.NAVY.MIL

Many of you have problems accessing the Navy MWR Web site.

The problem started with a firewall issue in Pensacola, Fla., in which we were no longer permitted to host a ".mil" site on a ".com" server. We have moved everything to our server in Millington and have applied for a new IP address to our old URL (www.mwr.navy.mil). However, the approving authority (SPAWAR) is also located in Pensacola and they have been evacuated due to Hurricane Ivan.

We expect the site to be back up soon. In the meantime, use <http://138.164.10.95/> to access the site.

IDEA EXCHANGE BOARD

Commander, Navy Region Southeast



"CNRSE
newsletter7.pdf"

NB Ventura County



"NB Ventura Cty
Youth OPEN REC.pdf"



"NB Ventura Cty if
you can get on base"

NSA Gaeta



"NSA Gaeta JR.
NAVY BALL - OCT 15"

NAS Patuxent River



"NAS PAX River
August news.pdf"



"NAS PAX River
In-Line Hockey.pdf"



"NAS PAX River
theater schedule (8-1"

PROGRAMMING CALENDARS

Link to the full calendar on the MWR Web site:
<http://mwr.navy.mil/subpages/mwr04calendar.rtf>



"October is.pdf"



"November is.pdf"



"December is.pdf"



★ Navy Region Southeast ★
 Center of Excellence Newsletter
 ★ ★ “Catch the Stars” ★ ★

Send ideas/comments to: Amy.Cimino@navy.mil

Volume 7: 2004

Regional News

HR and Kronos are Coming!!

All bases in CNRSE will be up and running on HR SAP and Kronos by February 18, 2005!

SQ Data Collector Facilitators at the Base Level

Need more SQ Data Collectors? Need a refresher for trained SQ Data Collectors? One of our regional goals is to certify a facilitator to conduct this training at each base. The person will have to be a certified Star Service Facilitator and then during your next SQ Data Collector Training they can be skilled up and certified to facilitate the training! If you have not had a SQ Data Collector Training in over a year the training has really been refined and enhanced! Please let Amy know when you would like to begin this process.

If you have not checked out the COE folder on the portal you are missing out. Updates are occurring daily and this is a great place to steal ideas!



Craig Basel, MWR Director serves up the “wow factor” to Captain McCoy, CO Gutantamo Bay. The MWR Staff in GTMO continuously improve their products and services by keeping focused on the COE components!

Expand Phase Meeting at Key West-Another Success

Key West hosted an expand phase meeting with their managers and key leadership staff members in early August. During the day employees had the opportunity to share ideas, get clarification of the 5 COE components and walked away with a COE POA&M they created. The sharing of ideas and brainstorming the group did was extremely energizing! During the trip their (2) Star Service Facilitators Mike Hartley and Lori Boscoe were skilled up to facilitate KSA’s at Key West and are excited about Keeping the Skills Alive at Key West! This was the 2nd Expand Phase meeting in CNRSE. Get your expand phase meeting date scheduled today! Amy will be contacting the bases to set dates!

“The achievements of an organization are the results of the combined effort of each individual.” -Vince Lombardi

Interesting Fact-Work and business-based training commonly concentrates on process, rules, theory, structure and logic, all of which tend to develop and use the left-side of the brain. However, modern successful organizations rely just as heavily on their people having well-developed ‘soft’ skills and attributes, such as self-motivation, confidence, initiative, empathy and creativity, which all tend to use the right side of the brain.



Customer Service Industry Facts

Excerpt taken from F. John Reh of the website www.management.about.com

"Customer service is dependent on three things: customer-friendly policies set by the organization's executives, training offered to the staff, and the attitude of the staff about their own organization as generated by the way their company treats them. Let me elaborate on what happens if any of these are out of whack. If executives don't actually know/see how their policies get executed on the frontline, they're often shocked to discover the actual results of how the policies get carried out/enforced. If people aren't trained on specifics (not just smile and use people's names), they don't know how to build customer loyalty even when they want to. For example, you may tell a frontline staffer to acknowledge customers when they walk in the door. But they have to know HOW to acknowledge them. Is it appropriate to say, "Next" to the next person, thereby making them feel like a number rather than person that's being "processed." And finally, let me elaborate on how customer service becomes the result of poor employee treatment. In a nutshell: employees can be spiteful. If they get pushed around and treated unfairly, they "get even" by doing things to drive your customers away (act sullen, air your dirty linen, forget to call back or follow up)."

Improving Customer Satisfaction Once a Customer Satisfaction Measurement Program Is in Place

Customer satisfaction research is not an end unto itself. The purpose, of course, in measuring customer satisfaction is to see where a company stands in this regard in the eyes of its customers, thereby enabling service and product improvements which will lead to higher satisfaction levels. The research is just one component in the quest to improve customer satisfaction. There are many others, including:

- *Top management commitment
- *Linking of Customer Satisfaction scores with employee and management incentives
- *Recognition of employees who contribute to customers' satisfaction
- *Identification, measurement, and tracking of operational variables, which drive satisfaction scores
- *Customer-based improvement goals
- *Plans for improving operational variables
- *Incorporation of customer satisfaction skills into employee training programs
- *Plans for improvement of employee satisfaction
- *Changes in corporate hiring practices

-Taken from Business Research Labs

In the Trenches with Training

From the Facilitators...

One of our employees, interviewed for another job outside MWR. This position would be a step up and build on her MWR experience. She answered a customer service interview question that she would use The Human Business Model Approach for providing exceptional customer service. The interviewer stated that she gave the best answer he has ever heard. This shows me that we have established a "Star Service" culture and that our staff is using the skills on and off the job. There is no better compliment in the world than using the concepts that we facilitate and being able to shine-*Monique Williams, NSA Panama City*

From Colleen McDonald, NSB Kings Bay, "During my last Star Service class, I noticed how the group enthusiastically agreed how customer service skills can be learned and even improved upon."

Star Service Testimonial from Cape Canaveral...

"Before Star Service Training I was more timid at helping another department. I was concerned that by helping some employees would feel I was interfering or meddling. I have established better techniques to assist each department now. For example during hectic lunch crowds, if the coffee pot looks low when I go in the lunchroom I start a new pot of coffee. Then I will let them know by gesture: or if they are not with a customer, tell them that I started the coffee. They also know that the coffee area will be cleaned. This way they know they can dedicate their time to the customer. By taking just a few seconds more and letting them know, I have saved time, not created more confusion."



Jennifer Montag (left) role-plays a customer interaction with an employee during Star Service Training at Gulfport.

**Congratulations to CNRSE's Newest
AECR (Star Service) Facilitator:**
Charlie Carter, NSA Athens

COSIT CORNER

Panama City Celebrates Success!
Panama City completed its first COSIT, Gym/Fitness. This team stayed focused on the end result-improving the customer experience. Here are some of their accomplishments:

What they did to fix Detractors

- ❑ Replaced entire locker system Phenolic Lockers with Combinations
- Increased available lockers by 25%
- Increased availability to military by 35%
- ❑ Purchased fourteen new fans 60" versus 36"
- ❑ Changed hours of operation on weekends

Enhancers Being Implemented

- ❑ Additional Scoreboard in Gym purchased, awaiting install
- ❑ Improvements to walking trails
- ❑ Install Para-Course
- ❑ Will increase number of golf passes sold at contract renewal
- ❑ TV monitors installed on each treadmill
- ❑ TV's on order for some bikes and cross-trainers
- ❑ Headphones for TV's
- ❑ Food Dispensers, Sandwich Shop

They will collect Post-COSIT data in November
"Our first COSIT cycle has changed the dynamics of the team members interactions with each other. There is more of ability to teamwork with each other because of the connection and trust built during the COSIT cycle. A job well done to all team members."

Cape Canaveral's Greenhouse COSIT

What they did to fix menu detractors

- ❑ Significant changes to the menu:
New Coleslaw, French Fries and Breads

NWS Charleston's Youth Sports COSIT

What they did to fix Detractor about Photographer

- ❑ Adding contact info for the photographer on the flier announcing the picture-taking schedule. E-mail parents on the distribution list with info on how and when to get pictures from the coaches.

Enhancers Being Implemented

- ❑ Created a link on the Youth Sports page called "Current MWR Youth Sports Game Schedule". It will show teams, times, dates and locations for games
- ❑ Discussing a sports field meet for each sport toward the end of the season. This will provide the unexpected wow factor.

NAS Jacksonville's Golf COSIT is underway and is making great headway and have addressed 29 Enhancers and 32 detractors to date!

Guantanamo Bay's Bowling COSIT

What they did to fix Detractors

- ❑ Not Enough Staff In A&W/Took 30 Minutes To Get A Root Beer Float

Employee scheduling has been adjusted so that the facility is well staffed during peak hours. The handling of the tickets as they print out of the machine was adjusted as well. If there are 2 or 3 orders and there is a short order item on one of the tickets, such as a root beer float or chili cheese fries, then that order will be handled. This will ensure that a customer requesting only one item is not waiting for a long period of time. This will also move the line along much faster and everyone is happy.

- ❑ Better Variety Music

Various music CDs were purchased. The customer is allowed to choose what music they would like to hear.

- ❑ Better Balls/Variety Of Balls/Better Sizes Of Finger Holes In Balls

New bowling balls were ordered. These balls are available for the customer to use. There are balls also available for purchase at the Pro Shop. The customer may have holes drilled into the ball to custom fit their fingers

Enhancers Being Implemented

- ❑ More Prizes/Leagues/Programs/Events
Various lapel pins, patches, trophies are being given out as prizes. The league members decide on what trophies are received for participation. This helps to make them a part of the process.

Various leagues and events offered thus far and the future range from the following: Ladies Night and Men's Night. The ladies and the men bowl one game and get one free. Mother's Day and Father's Day Special. Moms and Dads bowl for free on these special days. Theme Bowling. This event was held July 17th. It was a Seventies Night Event with prizes awarded for Best Costume, Worst Costume, and Coolest Costume.





EMPLOYEE SPOTLIGHTS

EN2 Pruitt NAS Key West, Florida

An active duty E-4 took his car to Auto Hobby due to grinding brake rotors. Not being mechanically inclined he took his car to the dealer for an estimate, they gave him a price of over \$950.00. EN 2 Pruitt inspected the vehicle and reviewed the Automotive Service Center computer program and showed the young Petty Officer how he could save money by ordering the parts and doing the work himself. EN2 Pruitt showed the Petty Officer step by step how to do it himself. Within four hours he had fixed his brakes and saved over \$600.00 in parts and labor.

Kristin Onyika NAS Jacksonville, Florida

Liberty Rec Aide Kristin received a phone call from an individual who was trying to reach the Marina. The Customer explained that she had tried calling the Marina's number from Middleburg but she couldn't get through. The phone number was not busy...the number just wasn't working. So Kristin looked up the Marina's number to verify she was calling the correct number and she had the correct number. The Customer then proceeded to tell Kristin it was her 40th birthday and she asked her husband to take her camping so she was really in need of some camping equipment from the Marina. At that time, Kristin took down her number, told the woman she would call her back and proceeded to call the Marina to see if she could get through. She was able to get through, she then called the woman back, gave her the specific information she was looking for about the equipment the Marina offers, and told her to call us back at Liberty if she needed any more information or couldn't get through to the Marina in the future.

Tonya Sellers and Tiffany Jones, Liberty NS Pascagoula, Mississippi

"I want to extend my sincere appreciation to you and the staff of the Liberty Center for making our movie night a success. Tonya and Tiffany worked tirelessly to ensure we were comfortable by bringing us popcorn, picking up pizza at the front gate and being an all around great hostess. The Liberty Center is a wonderful benefit to our sailors. Thank you for making it available to us and for staffing it with such great people." *LTJG Scott Cauble*

Bobby Harrell, Fitness Staff NSB Kings Bay, Georgia

Bobby has been a part of the MWR Fitness Staff since 1998. Although his position description states that he is a maintenance technician for the fitness equipment, Bobby is truly a man of many, many talents and abilities as well as being a team player. In addition to maintaining fitness equipment, Bobby has become certified as a personal trainer. He is very knowledgeable and can assist patrons with fitness programs, when necessary. Bobby is our one man "Facility Handy Man". From painting walls and hanging pictures to assisting with programs, such as 5K runs, Bobby takes pride in his job with the Fitness Department of MWR. On numerous occasions, Bobby has been called upon to support the Fleet by going aboard the submarines to repair fitness equipment so our sailors do not have to do without while they are at sea. Bobby was instrumental in the design and installation of a small satellite fitness center in the BQ for the single sailors, as well as the fitness trailer located at the waterfront. Bobby is a highly valued employee. Bobby explained that the Fitness Center works "as a team, (MWR) must keep moving forward never accepting the status quo".

Richard Thompson, Food and Beverage Supervisor NAS Jacksonville, Florida

"Your willingness and dedication to go the extra mile for your internal and external customers. On numerous occasions, you have given up your time to ensure things get done. You take on extra duties by working around your employees' schedules and ensure the facility is covered with personnel staff. You take great pride in the work that you do with the Zone. Your positive attitude comes through in your interaction with customers and staff. Richard, you continually strive to make the Zone a better place." *-Ronnie Wilder, MWR Clubs*

Sue Naber, Green House NOTU Cape Canaveral

Sue has definitely earned the August Star Employee award. Sue's dedication and commitment to work is commendable. This FY alone she has worked 40% of her days off. Every morning at the crack of dawn will find this hard working employee cooking, and or serving customers breakfast. She has been known to take the order, fix the breakfast and deliver it all with a smile. Way to go SUE!

Golf Course, CBC Gulfport

A customer from out of state was visiting the area and came to our golf course to play a round. He then came into the Club House to buy a shirt to remember his visit to Gulfport, MS. At the time there was not one available in his size. The staff member took the order and had it shipped directly to the customer's house. The staff member then took it upon himself to call the customer 10 days later to confirm the receipt of the shirt and to make sure the interaction went smoothly. The customer was so impressed with the service that he made a special effort to contact the department, get a comment card, and give the golf course a raving review. He stated that he will make sure to come back every year to visit and play at our course.



Is your child

BORED

with nothing to do on

SATURDAY afternoon?

Parents, bring your child to Open Rec at the Youth Activities Center where they can enjoy air hockey, pool tables, ping pong, computer games, video games, arts-n-crafts, outside playground and a snack bar!



Every Saturday 12-4pm
For children ages 5-11
\$3 per day

NOTE: No open rec on the Saturday when a Parent's Night Out is scheduled!

(A Registration form is required to be filled out by the parent to keep on file for emergency purposes before child can attend program.)



Hueneme Teen Center

Come on down to the Youth Center for



Mugu Youth Center

OPEN REC!

The Golf Division of
NAVAL BASE VENTURA COUNTY Presents the

**IF YOU
CAN GET
ON
BASE...**



You Can Play
GOLF
Tournament
OCT. 16 & 17

\$65.00 entry fee covers 36 holes
of golf with cart, awards & BBQ lunch.

SIGN-UP at either Golf Shop.

**Entries must be submitted by
5pm, Oct. 13, 2004.**

Late entries may be accepted.

Tournament prizes for "Calloway" and A & B
Handicap Flights.

16

*18 holes at Pt. Mugu
Golf Course*

**SATURDAY,
OCT. 16**

17

*18 holes
& BBQ at CBC
Seabee Golf Course*

**SUNDAY,
OCT. 17**

Jr. Navy Ball

Theme: Pirates of the Caribbean

**You are invited to celebrate the Navy's
Birthday with Games, D.J. Music, Dinner,
Beverages, Bowling, Photos & Movies:
Muppet Treasure Island (G) & Pirates of the Caribbean (PG13)!**

**Friday, October 15
At the Gaeta CC
6 p.m. - midnight**

*Come dressed
in your pirate
costume and
enter a contest!*

**Activities will be split
into two groups:
Grades K-5 & 6-12.**

ONLY 60 SPACES AVAILABLE.

Sign up by Oct. 8 at the MWR Kiosk (0771-709-048).



Patuxent Trail

Morale, Welfare and Recreation (MWR)

NAS Patuxent River, Maryland

August Events

- Scuba Lessons (pg. 2)
- Teen Hawaiian Pool Party (pg. 5)
- Joint Services Orioles Game (pg. 2)
- Wood Hobby Shop Special (pg. 2)
- Golf (pg. 5)
- Jobs (pg. 7)
- Hours (pg. 3)
- Energy Zone Events (pg. 6)

August Ticket Specials

- Sesame Place (pg. 2)
- Naval Academy Football Tickets (pg. 2)

Coming in Sept.

- New Hours for the Bowling Center (pg. 2)
- Team Triathlon (pg. 1)



Catch the Olympic Spirit at Pax River

Every four years the Olympic Games bring excitement and surprises to the world of sports. Greece isn't the only place you can challenge yourself and compete against other athletes.



At Pax River, MWR's athletic staff works year round to provide all levels of athletes with quality programs and equipment. There are

intramural sports during every season of the year, including basketball, volleyball, racquetball, wallyball, table tennis, bowling, softball, golf, flag football, roller hockey, softball, tennis, swimming and more.

Pictured in the Olympic rings above are just a few of Pax River's champions. Shown (back row, left to right) are the April 2004 Intramural Graybeard Basketball Champions (MAG-49), February 2004 Intramural Table Tennis Finalists, May 2004 Intramural Wallyball Champions (Marine Aviation Detachment), (front row) April 2004 Intramural Bowling Champions (USN Retired) and

June 2004 Triathlon Finalists. Intramural sports and station-wide competitions are not just for active-duty military. Federal employees are invited to join the Civilian Recreation Association so they can compete. Contact the Recreation Office to find out the season for your favorite sport and sign up!

Whether you just want to walk on a treadmill while watching TV or push yourself to your own personal best, MWR is here to help. New athletes are encouraged to get a check up with their health care provider before they embark on their own Olympic journey.

Dive in to the Adult Swim Program



Join the Pax River Stingrays for fitness, social and competitive swimming. All fitness levels are welcome. The program is affiliated with U.S. Masters Swimming and is coached by Chuck Jacobs, a certified Masters coach. Practices are held Mondays from 12:30-1:30 p.m., Wednesdays from 5-6 p.m., and Tuesdays

and Thursdays from 5-6:30 p.m. Practices are held at the Outdoor Pool from Memorial Day to Labor Day and at the Indoor Pool from Labor Day to Memorial Day. The initial practice session is free but then a 12-class pass must be purchased at the Recreation Office. The current price is \$25, as of October 2004 the price will be \$42 and no longer free for active-duty. The program is open to all active-duty and retired military, reservists, members of the Civilian Recreation Association and family members. Call 301-757-1293 for more information.

Bowling Center News

Pax River Bowling Center has once again been awarded for excellence. The Department of the Navy, Navy Personnel Command, Morale Welfare and Recreation Division recognized the Pax River Center with a Top Performance Small Bowling Center Runner-Up Award. Fall leagues are forming soon. See page 2 for dates and new hours.



16th Annual Pax River TEAM TRIATHLON SEPTEMBER 11, 2004



Competition Starts at 9 a.m.
Entry Fee: \$30

Register at the Recreation Office located in the Drill Hall
For more information call 301-342-3648

Awards to top overall team finish and first through third place in each category of the following divisions:
• MALE • FEMALE • CO-ED (at least one leg by female competitor)
3.1 mile run ~ 0.5 mile swim ~ 13.1 mile bike

Competition is open to active-duty and retired military, members of the Civilian Recreation Association, their family members and accompanied guests

Movies Coming in August to the Base Theater



Spiderman 2
Anchorman
I, Robot
King Arthur
Anchorman
Sleepover

MWR AUGUST ANNOUNCEMENTS

PAX MWR Website

Visit your local MWR on Naval District Washington's website: <http://www.ndw.navy.mil/MWR/Military/MWR.html> or on station at <https://icbm.navair.navy.mil/mwr>

Get MWR E-News as email

MWR E-News is a free, weekly electronic newsletter. To subscribe and receive information about upcoming athletic, youth and dining events, as well as movie schedules, send an e-mail to the our new email address: paxmwrnewsletter@navy.mil Please provide the e-mail address you would like the weekly newsletter sent to.

Military Command Unit Funds

Military commands are eligible for MWR funds of \$10 per assigned military member per year. Most commands use their unit fund for picnics or holiday parties. Commands with auxiliary resale outlets (AROs) are not eligible for unit funds. Call Karen Maxcy in MWR Accounting at 301-342-3522 for more information or see BUPERSINST 1710.11C CH-1 03 Mar 03.

Wood Hobby Shop August Couples Discount

During the month of August, married couples may purchase two-for-one yearly membership to the Wood Hobby Shop. The yearly membership fee for enlisted service members E-7 and above and officers is \$50. DoD civilians, contractors and St. Mary's college full-time employees pay \$100. Service members E1-E6 use the wood hobby shop for free. For more information contact the shop at 301-342-6297.

Baltimore Orioles Baseball Aug. 22 (342-3648)

Join the fun at the Joint Services Military Family Picnic Day at Camden Yards. Lunch begins at noon in Bull Pen Picnic Area. Game time 1:35 p.m. Cost is \$25 per person for upper reserve seat and picnic (seating can be upgraded). Lunch includes chili-glazed BBQ chicken, Italian sausage sandwich, red potato salad, watermelon, popcorn, and a soft drink or beer. Tickets must be purchased before Aug. 13.

Scuba Classes (342-3648)

Try a free session of Discovery Scuba on Sunday, Aug. 8 from 3-5 p.m., or sign up for Open Water Scuba Aug. 7-8 from: 8 a.m.-4 p.m. (\$150), or Advanced Open Water Scuba Aug. 11 from: 6-8 p.m. (\$80). For more information stop by the Drill Hall or call Jason Fean, Aquatics Director, at 301-757-1293.

Yoga at the Energy Zone (995-3869/342-3648)

Level 1 yoga classes are on Mondays (Aug. 23, 30, Sept. 13, 20, 27) from 5:45-7:15 p.m. taught by Gina Guffey. Level 2 classes meet on Wednesdays (Aug 25, Sept. 1, 8, 15, 22) from 5:45-7:15 p.m. taught by Lauri Bruce. The fee is \$35 for the 5-class sessions. Registration for all EZ programs is held in the Drill Hall's Recreation Office weekdays from 9 a.m.-6 p.m. **The drop-in yoga sessions are on Tuesdays and Thursdays from 11:45 a.m.-12:45 p.m. at the Energy Zone.** The Thursday class has a mixed yoga emphasis and is a gentle class - great for beginners. Tuesday's class is flow yoga and previous yoga experience is needed. If you are new to yoga, you can try it out, one pass at a time, for \$7 each class. To receive a discount, pay \$44 for an 8-class pass that expires within four months of time of purchase. Passes can be purchased at the Recreation Office and are not transferable.

Art Classes (342-3569)

Learn drawing and painting techniques at Customized Creations. Drawing Dragons will be Aug. 23 and 30 from 5:30-7:30 p.m. The class fee is \$40 and includes all materials. Painting class is on Aug. 24 and 31 from 5:30-7:30 p.m. The class fee is \$40 but students must bring their own materials. For more information, stop by or call Customized Creations, in the Art Craft Bldg. 415.

West Basin Marina (342-3573)

The Marina offers dry storage and a launching ramp and rents Boston Whalers, V-bottoms, pontoon boats, and various sized sailboats. Active-duty and retired military, reserves, DoD employees and family members are eligible to use the Marina. To find the Marina, enter through gate 1, turn left at the first traffic signal on Cuddihy Rd. Turn left on Tate Rd., bear right at the fork onto Bauhof Rd. The Marina will be on your left, in Bldg. 1599. Patuxent River Naval Sailing Club offers lessons. For membership information call 342-3296 or go to www.navypaxsail.com.

Fishing and Crabbing (342-3508)

The Recreation Office sells station licenses for fishing and crabbing. There are many great spots including Fishing Point, located off Cedar Point Rd. From Gate 2, drive past the airstrip, and then turn left at the sign before the Beach House.

Camping (342-3508)

Campsites are available at Hog Point and Goose Creek. Some sites have water and electricity. Sites may be booked up to 90 days in advance and are limited to 30 days duration. Active-duty, retired military, DoD civil-

ians, contractors and their family may make reservations. Gear issue rents camping gear: tents, sleeping bags, coolers, and lanterns.

TRIPS AND TICKETS (301-342-3648)

Please remember that due to consignment agreements with our vendors, we cannot give refunds on any ticket purchases. Please check your tickets and dates carefully before you leave the Recreation Office.

Military Discount Tickets

Planning a trip? Stop by the Recreation Office to pre-purchase tickets to the National Aquarium in Baltimore, Baltimore Zoo, Maryland International Raceway, Medieval Times, Spy Museum, Tour Mobile Sightseeing in Washington, D.C., Hershey Park, Kings' Dominion, Luray Caverns, Colonial Williamsburg, Busch Gardens-Williamsburg, Six Flags, California and Florida attractions.

Sesame Place

Save by purchasing the Military Special discount tickets at the Recreation Office before you go to the theme park in Langhorne, PA. All station members are eligible for the discount tickets at \$21.50 that are good until Nov. 1. The regular gate price is \$42.07.

Ride the Ducks in Baltimore

See the best of Baltimore on an 80-minute tour of Charm City. See the Washington Monument, Edgar Allen Poe's Grave, Camden Yards and the Carroll Mansion. Then splash into the inner harbor for a relaxing cruise, all on board one amazing vehicle. Tickets for adults, seniors and military are \$19.75. Tickets for children ages 4-12 are \$12.75. Infants ride for free but must be noted on ticket voucher.

Navy Football Games

Your MWR Recreation Office has tickets for all the games, including the Army/Navy game in Philadelphia. Stop by for prices.

Wolftrap

The Recreation Office has a limited number of tickets for these performances: *Judy Collins* on Aug. 21 at 8 p.m./\$33 (purchase by Aug. 7), *Pittsburgh Ballet* on Aug. 24 at 8:30 p.m./\$34.75 (purchase by Aug. 10) and *King and I* on Sept. 3 at 8 p.m./\$64.25 (purchase by Aug. 20) or Sept. 4 at 2 p.m./\$46.25 (purchase by Aug. 21).

DC United Soccer

See the pros at RFK Stadium. The next games are Aug. 11, 14, Sept. 11 and 18. Purchase your tickets at the Recreation Office at least two weeks in advance for the discount price of \$18.25 for all ages.

PRIVATE ORGANIZATIONS (POC)

- **American Society of Military Comptrollers**
Theresa Thomason
301-757-7797 or Fran Redfield 301-757-6763
- **Cedar Point Ladies' Golf Association**
Kay Flynn Cedar Point Clubhouse 301-481-5050
- **Cedar Point Men's Golf Association**
William Jenner 301-757-1062
- **Godakai Aikido Club**
Tony Fontaine 301-995-6363
- **Pax River Skeet Club**
Mel Swartz
Clubhouse 301-342-4513
- **Patuxent Velo Club**
Jeffrey Manor 301-757-3287
- **Sailing Club**
Lee Allen
Clubhouse 301-342-3296,
301-342-2109 or
www.navypaxsail.com
- **Mattapan Rod & Gun Club**
John Hurt 301-342-4938
Patuxent River Karate Club
Dan Buckner 301-757-3257
- **Drum Point Light Barbershop Quartet**
Ron Abler 301-757-3873

PAX RIVER BOWLING CENTER LEAGUES FOR 2004-2005 SEASON

Sunday Night Mixed (4-person team w/2 males, 2 females), meeting Aug. 29 6 p.m., league begins Sept. 12.

Monday Night Men's (5 men team), meeting, Aug. 16 6:30 p.m., league begins Aug. 30 at 7 p.m.

NAVAIR - Tuesday Night Mixed (4-person team with at least one male or female), meeting Aug. 24 5 p.m., league begins, Sept. 7.

Tuesday Night Men's (5 men team), Meeting Aug. 10 6:30 p.m., league begins Aug. 24.

Thursday Night Mixed (4 person team with at least one male or female), meeting Aug.26 6:30 p.m., league begins Sept. 9.

Friday Night Mixed (4 person team - 2 males and 2 females), meeting Aug. 27 6:30 p.m., league begins Sept. 10.

Saturday Morning YABA (Children ages 5 to 21 years) Sept. 11 9 a.m. No pre-registration required.

Contact the Bowling Center at 301-342-3994 for more information regarding all leagues. Please note the Bowling Center will have new hours and prices effective Sept. 1. Hours: M-Th. 11 a.m.-9 p.m., Fri. 11 a.m.-midnight, Sat. 1 p.m.-midnight, Sun./Hol. 1 p.m.-9 p.m. New prices posted at facility.

SERVICES

Rent Cedar Point Beach House (342-3648)

The Cedar Point Beach House, Bldg. 486, can accommodate more than 200 guests and offers a kitchen, indoor and outdoor party area, working fireplace, *CONTINUED PG 3.*

MORALE, WELFARE AND RECREATION

Naval Air Station
Patuxent River, Maryland 20670-1537
Area Code (301)

Commanding Officer, NAS
Captain Zachary A. Henry

Executive Officer, NAS
Captain Glen Ives

NDW

Program Director
Captain Carol Schmidt

XO/ Community Support
LCDR Cynthia Churbuck

NAS PATUXENT RIVER MWR Director

Kathryn Glockner - 342-3521
kathryn.glockner@navy.mil

Program Manager
Lillie Lane - 342-0945

Management Support Office

Jim Feldman - 342-3685
Accounting: Audrey Govoruhk
Marketing: Janiah E. Miles
Personnel: Constance Allen
Resources: Yumi Landram
Procurement: Ron Wines
Maintenance: Jim Parker

Hospitality Division

Kevin Donovan - 342-3241
Officers' Club: Ann Kiker & Chef Doug Mackey
Pax Landing & Lil Eva's: Harry Nothstein & Sandra Dunn
Flight Deck Lounge: Kevin Donovan

Cedar Point Golf Course

Butch Butler - 342-3597

Recreation Division

Hal Willard - 757-1194
Fitness/ Pools: Jason Fean
ITT/LIBERTY: Michele Kessler
Auto Skills Center: Allen Shubrooks
Bowling Center: Rodney Loftus
Customized Creations:
Dhyana MacKenzie
Energy Zone: Meredith Fielder
Marina: Frank Pace
Theater: Suzsann Gatewood
Vet Clinic: Jennifer Ruiz
Wood Hobby Shop: Pinky Nagel

Child Development Division

Phyllis Leighton - 342-7636
Child Development Annex: Terry Davis
Child Development Homes: Bettejane Heibel
Youth Center: Keetje Johnson

Flying Club

Joe Dziewit - 862-1110

Patuxent Trail is created by:

Marketing Supervisor
Janiah E. Miles

Layout and Design
Valerie A. Doster

Writer/Editor
Robin Kendall

PAX MWR Marketing A Tupperware Corporation Silver Award Winner

In Marketing & Communications Of Pax River Boys & Girls Club of America.

MWR August Hours

FACILITY	PHONE	
Administrative Offices	342-3510	M-Th 7a-4:30p; F 7a-4p
Auto Skills Center	342-3507	M 9a-6p; T-F 9a-8p; Sa/Su 9a-5p
Bowling Center	342-3994	Open Play: M-Th 11a-9p; F 11a-12p; Sa 1-12p; Su 1-9p
Cedar Point Beach	342-4225	Daily 10a-5p
Child Development Bldg. 2030/Bldg. 434	342-7636 / 342-3636	M-F 6a-5:30p
Child Development Homes Office	342-3960	M-F 7:30a-5p
Customized Creations	342-3569	M-F 9a-4:30p
Cyber Zone	342-3293	M/T 6a-9p or until Lil Eva's closes; Sa/Su 10a-7p
Drill Hall, Fitness Cntrs., Weight Rm., Gear Issue	342-3508/342-3519	M-F 5a-9p; Sa 9a-9p; Su 11a-7p
Drill Hall Indoor Pool	342-5960	
Fitness swim		M-F 6-8a, 11a-2p
Rec swim		None/Visit the Outdoor Pool
Outdoor Pool	342-4225	M Closed for cleaning
Fitness swim		T-F 11a-noon
Rec swim		T-F noon-8 p, Sa/Su 10a-6p
Eddie's Eateries	Bldg. 2185 & 2187	M-F 10:30a-2p
Energy Zone	995-3869/342-3648	See page 6 for complete details.
Flight Deck Lounge	342-3200	Closed for renovation.
Flying Club	862-1110	Office: M-F 11a-1p; Club: Open daily 7a-11p
Goat Locker	342-5272	M-F 3-7p; Closed Sa/Su
Golf Course	342-3597	M noon-8:30p; T-F 8a-8:30p; Sa/Su 7a-8:30p
Lil Eva's	757-1008	M/T 3:30-9p; W-F 3:30-10p; Closed Sa/Su except for private parties & MWR functions
Mattapan Day Camp	342-4800	M-F 6a-5:30p
Marina	342-3573	T-F 8:30a-5p; Sa/Su 5 7:30a-7p
Officers' Club	342-3656	Office: M 7:30a-4p, Tu-F 8a-4:30p; Closed Sa/Su
Lunch		M-F 11a-1:30p
Brunch		Su 10a-1:30p
Dinner		W 5:30-7:30p
Patuxent Landing	342-3293	Automated Menu Line: 342-3940
• Breakfast		M-F 6-8a; Sa/Su Hot Bar Only 10a-2p
• Lunch		M-F 11a-1:30p; Sa/Su Grill and Deli only 5-7p
• Dinner		M-F 5-7:30p Hot Bar & Grill; Sa/Su Grill and Deli only 5-7p
Recreation Office	342-3648	M-F 9a-6p
Theater	342-5033/342-3572	W & Th 6:30p; F 6:30p & 9p; Sa 4p, 6:30p & 9p; Su 3p Closed M/T
TicketMaster	Walk-in service only	M-F 9a-6p
Vet Treatment Facility	342-4213	Sales: M-F 8a-4p; Clinic appt: W 8:30a-2:30p
Wood Hobby Shop	342-6297	W-F 2-10p; Sa 9a-5p; Su 1-9p; Closed M/T
Youth Center	342-1694	Office: M-F noon-6:30p; Open Rec. M-F noon-8p

Hours subject to change.



WEDNESDAY NIGHTS

Buy any size soda, get FREE small popcorn

THURSDAY NIGHTS

Buy one ticket, get second ticket for half price

FREQUENT MOVIEGOER

After 10 visits, get 11th movie FREE

THURSDAY NIGHTS

FREE admission to Liberty personnel (E1-E5 active duty)

For a detailed movie schedule visit our website at
<http://www.ndw.navy.mil/MWR/Military/MWR.html>
 or <https://icbm.navair.navy.mil/mwr/>,
 call 301-342-5033 or check the Tester.

\$3.00 ADULT \$2.00 CHILD (6 - 11 yrs.)

Children 5 and under are admitted free to all movies.

Proof of age required for R and PG-13 rated movies.

Tickets can be purchased 45 minutes prior to start of movie.

For more information, call (301) 342-3572.

AUGUST ANNOUNCEMENTS CONT.

heat and a playground across the street. From April through October the fee is \$100.

Rent Party Equipment (342-3648)

Rent banquet tables and folding chairs at the Recreation Office for your next party. Daily rates are \$5 each for banquet tables and 25 cents each for folding chairs. Barbecue grills rent for \$40. Payment is required in advance to confirm reservation. Tables and chairs are picked up at Bldg. 415. Rentals are open to active duty, retired and reserve military personnel, DoD personnel, their family members and eligible patrons.

Rent Moon Bounces (342-3507)

Rent Crazy Dog, an 11'x11' moon bounce, for \$100 per day. Crazy Dog will keep the young ones entertained throughout the entire party or function. Need something larger? Spice up your parties with the 14'x14' castle moon bounce for \$150 per day. Reservations can be made at the Auto Skills Center.

MWR rental items and facilities may not be rented by private organizations for fund raising purposes.

Flying Club (862-1110)

Stop dreaming and start flying with the Patuxent River Navy Flying Club (PRNFC) located in Bldg. 336 on Leader Rd. The club offers aircraft rentals, ground school and flight instruction for private pilot, commercial, instrument and flight instructor ratings. The club operates C-177K, T-41C and C-152s. To find out when the next class starts log on to www.nawcad.navy.mil/flyingclub/inst.htm.

Civilian Recreation Association (342-3648)

Pax River DoD civilians and civilian retirees are eligible to join the Civilian Recreation Association. Membership entitles employees and their family members to use the Outdoor Pool and Drill Hall including basketball, volleyball and racquetball courts; free weight room; cardio and fitness rooms; Bowling Center; Indoor Pool and saunas. Membership also allows participation in numerous intramural sports teams. Membership is \$25 per month or \$200 per year. Other fees apply to swim and bowl. This membership plan also extends eligibility to retirees for use of many other MWR facilities.

Children's Birthday Parties (342-3648)

Movie Parties: Trying to figure out where to have the next birthday party? The base theater is ready for you. The theater is available Monday and Tuesday evenings, Saturdays from 9-noon or noon-3:30 p.m., and Sundays from 10 a.m.-1 p.m. The theater staff will provide the movie of your choice from their library collection as well as manage the concession stand. Reservations can be made through the Recreation Office. Open to active duty and retired military, DoD personnel and their family members. A \$25 refundable deposit is required at time of reservation.

COMING IN SEPTEMBER

Music Together (342-1694)

Music and movement classes for infants and children through age 4 with Theresa Messner will continue at the Energy Zone this fall. The 45-minute classes will meet on Tuesdays from 9:15 -10 a.m. or 10:15-11 a.m. starting Sept. 14.



CEDAR POINT OFFICERS' CLUB

"Membership has its own privileges."



Patuxent Landing Restaurant

Breakfast • Lunch • Dinner

Automated Menu Line 301-342-3940

"Carry Out" orders 301-342-3293

Hours

BREAKFAST

M-F 6-8 a.m.; Sa/Su/Hol Hot Bar only 10 a.m.-2 p.m.

LUNCH

M-F 11a.m.-1:30 p.m.

Sa/Su/Hol Hot Bar Only 10 a.m.-2 p.m.

DINNER

M-F 5-7:30 p.m.; Sa/Su/Hol Grill and Deli Only 5-7 p.m.

Located in Bldg. 467, off Base Rd.

Lil Eva's

RECREATION CENTER
LOCATED IN PAX LANDING RESTAURANT



FREE

- Pool Tables
- Darts
- Movies
- Playstation®
- Nintendo®
- Computers

Lil Eva's serves beer, wine & non-alcoholic beverages

~Hours~

Monday and Tuesday 3:30 - 9 p.m.

Wednesday thru Friday 3:30 - 10 p.m.

Saturday and Sunday Closed

(except for private parties and MWR Special Events)

Who is eligible?

- * Active Duty Officers
- * Reserve Officers
- * Chief Warrant Officers
- * Retired Officers
- * Pax River or Webster Field DoD civilian personnel and retirees
- * Pax River or Webster Field contractors
- * St. Mary's College full-time staff
- * Navy League members
- * DoD retirees who reside in St. Mary's County but retired from another installation

Membership Fees:

- * 01 to 03, CWO
GS-1 to GS-9 (active or retired) \$ 75.00
- * 04 to 05
GS-10 to GS-14 (active or retired) \$ 80.00
- * 06 and Up
GS-15 and Up (active or retired) \$ 90.00
- * Contractors/
St. Mary's College Staff \$100.00
- * Senior Citizens (62 and over) \$ 75.00
- * Navy League and other
DoD Pax River retirees \$200.00

Benefits of Membership:

- * Discounts on most meals
- * Free birthday meals for you and your spouse
- * Free anniversary meals for you and your spouse
- * Reciprocal use of the Armed Forces Clubs worldwide
- * Quarterly newsletter
- * Eligibility to reserve banquet rooms for private functions
- * Coupon book (valued at over \$100)
- * Free member events

**FOR MORE INFORMATION,
CALL 301-342-3656.**

This Month's Specials

ALL HANDS SUNDAY BRUNCH

10 a.m. - 1:30 p.m.

Enjoy the most popular brunch in Southern Maryland! Treat yourself to hot entrees, sausage, bacon, eggs, fresh pastries, salad bar, Belgian waffles, fresh fruit, omelets, champagne, Bloody Marys and more.

Adults \$10.95, children (6-11) \$5.95 and free for children five and under.

Dinner Specials: 5:30 - 7:30 p.m.

August 4

POLYNESIAN NIGHT

Island Fare! Dine on Teriyaki Roast Pork, Jamaican Mahi Mahi, Sweet and Sour Chicken, Steamed Rice, Stir-Fried Seasoned Vegetables, Fresh Island Salads and Salad Bar, Coconut Cake, Rolls, Iced Tea and Coffee.

Members \$9.95, non-members \$12.95, children (6-11) \$5.95, five and under free

August 11

FAMILY NIGHT

Bring everyone out for Carved Beef, Corn Chowder, Seafood Cakes, Chicken Drummies, Sweet Potatoes, Whipped Potatoes and Gravy, Fresh Vegetable Medley, Rolls, Salad and Dessert Bars, Iced Tea and Coffee.

Members \$9.95, non-members \$12.95, children (6-11) \$5.95, five and under free

August 18

SEAFOOD BUFFET

We will be serving Seafood Chowder, Fried Codfish, Baked Salmon, Oven Fries, Shrimp Creole, Rice, Steamed Vegetable du Jour, Cornbread, Salad and Dessert Bars, Iced Tea and Coffee.

Members \$9.95, non-members \$12.95, children (6-11) \$5.95, five and under free

August 25

COUNTRY BUFFET

Enjoy favorites such as Country Smothered Chicken, Roast Pork with Sauerkraut, Whipped Potatoes, Rice, Seasoned Green Beans, Carved Roast Beef, Salad and Dessert Bars, Iced Tea and Coffee.

Members \$9.95, non-members \$12.95, Children 6-11 \$5.95, five and under free

Gratuity not included in advertised price

MWR

Caters!

Are you in need of catering?

MWR Caters!

- breakfast
- lunch
- fruit trays
- hors d'oeuvres
- beverages

MWR Caters is your on-station party helper, with food and beverage service at Lil Eva's or delivered to on-station sites. Signed contract required to guarantee order. Cancellations given with less than 72 hours notice requires payment in full. Payment required on day of function.

American Express, Visa, MasterCard, personal checks and cash accepted.

Telephone: 301-757-2824

Fax: 301-757-2825

Email: Sandra.Dunn@navy.mil

Youth Center Events

Special Events

Open to all base personnel and their family members. No registration required.

Family Night Open Recreation

Monday, Aug. 2:
5:30-7:30 p.m.
Fee: Free
Come out and play pool, ping-pong, air hockey, N64, Play station 2, Xbox, computer lab and more. Invite your family to join the fun. Children under 12 must be accompanied by a sponsor 16 years of age or older.

Family Events

(Parents must accompany children)

Family Bingo

Wednesday, Aug. 11:
5:30-7:30 p.m.
Fee: \$3 per family
Come and spend an evening playing bingo with your family and friends. Snacks provided.

Playground Play

Every Monday and Wednesday: 1-3 p.m.
Ends Aug. 27
Fee: Free
Ages 5 & up
Come and enjoy our new playground! Meet new families in the area and make new friends.

Family Game Night

Wednesday, Aug. 18:
5:30-7:30 p.m.
Fee: \$3 per family
Come and spend an evening playing board games with your family and friends. Snacks provided.

Youth Events (ages 6-12)

(Space is limited, so reserve and pay for your space the Wednesday before the event.)

Art Smart!

Aug. 10 and 24
10:30-11:30 a.m.
Fee: \$5 per child
Learn a new art technique every other Tuesday!
Aug. 10: Papermaking
Aug. 24: Printmaking

Cooking Class

Thursdays:
10:30-11:30 a.m.
Fee: \$5 per child
Aug. 5: Creamy Fruit Salad
Aug. 12: Cheesy Cheeseburger Pizzas
Aug. 19: Hailey's Smoothie
Aug. 26: Apple Pies

Teen Events (ages 13-17)

Art Project

Candle Making
Tuesday, Aug. 10:
1:30-3 p.m.
Fee: \$3 per child
Come to the Youth Center and show off your creativity. Make your own candle to take home.

Movie Nights

Wednesday,
Aug. 11 and 25:
5:30-7:30 p.m.
Fee: Free
Come to the Youth Center to see our latest movie. For the movie schedule, call 301-995-4177. Movies are always PG or PG-13.

Teen Hawaiian Pool Party

Friday, Aug. 13:
8 p.m.-midnight (Raindate: Aug. 18)
Fee: \$7
Join us for a fun night of live music, water games, food and refreshments with a Hawaiian twist. Door prizes and DJ entertainment are also planned.

Teens Making S'mores

Thursday, Aug. 19:
1-2:30 p.m.
Fee: \$3 per child
Come to the Youth Center and make S'mores, meet new friends and have fun.

Swimming Pool Day (at the Outdoor Pool)

Friday, Aug. 20:
noon-8 p.m.
Three teens will get a free pass to the Outdoor Pool for this day. Daily attendance at open recreation will be used as basis for selection.



Rassieur Youth Center



YOUTH EVENTS — AGES 6-12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Family Night Open Recreation 5:30-7:30 p.m.	3	4	5 Cooking Class 10:30-11:30 a.m.	6	7
8	9 Playground Play 1-3 p.m.	10 Art Smart 10:30-11:30 a.m.	11 Family Bingo 5:30-7:30 p.m.	12 Cooking Class 10:30-11:30 a.m.	13	14
15	16 Playground Play 1-3 p.m.	17	18 Family Game Night 5:30-7:30 p.m.	19 Cooking Class 10:30-11:30 a.m.	20	21
22	23 Playground Play 1-3 p.m.	24 Art Smart 10:30-11:30 a.m.	25 Playground Play 1-3 p.m.	26 Cooking Class 10:30-11:30 a.m.	<p>Scholastic Book Club Order affordable books through Scholastic and earn new books for our center. With each order receive a free bookmark! Call the Youth Center for details.</p>	
29	30	31				

Traveling Playground
9-11 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday
Lovell Court	Carpenter Park	Conrad Heights	Shepard Terrace	Glenn Forest

Brought to you by the Rassieur Youth Center and MWR
Last day August 27

TEEN EVENTS — AGES 13-17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Keystone Club 6-7 p.m.	6	7
8	9 TOURNAMENT DAY 3-5 p.m.	10 Art Project Candle Making 1:30-3 p.m.	11 Family Bingo 5:30-7:30 p.m.	12 MOVIE NIGHT 5:30-7:30 p.m.	13 TOURNAMENT DAY 3-5 p.m.	14 Hawaiian Pool Party 8-midnight
15	16 TOURNAMENT DAY 3-5 p.m.	17 TOURNAMENT DAY 3-5 p.m.	18 Family Game Night 5:30-7:30 p.m.	19 Teens Making S'mores 1-2:30 p.m.	20 TOURNAMENT DAY 3-5 p.m.	21 Swimming Pool Day noon-8 p.m.
22	23 TOURNAMENT DAY 3-5 p.m.	24 TOURNAMENT DAY 3-5 p.m.	25 MOVIE NIGHT 5:30-7:30 p.m.	26 TOURNAMENT DAY 3-5 p.m.	27 TOURNAMENT DAY 3-5 p.m.	28
29	30 TOURNAMENT DAY 3-5 p.m.	31 TOURNAMENT DAY 3-5 p.m.			<p>Keystone Club Ages 13-17 Aug. 5 Join a real club and plan events! Sponsored by Boys and Girls Club of America.</p>	

Cedar Point Golf Course

Aug. 7
Two-Person Better Ball Tournament
Please register by August 1 for assigned tee times. Entry fee is \$15 per team. Gross and net prizes awarded using 90% of handicap. Partners combined handicap must equal 15 or more.

Aug. 21-22
Station Championship
Please register by August 15 for assigned tee times. Entry fee is \$25 for annuals and \$40 for non-annuals and includes greens fee and prizes. Format is 36-holes stroke play with flights by handicap. This championship is only open to active-duty military permanently assigned at Pax River or Webster Field.

Aug. 28-29
Junior Club Championship
Please register by August 22 for assigned tee times. Entry fee is \$15 and includes greens fee and prizes. Format is 36 holes stroke play 6, 9, and 18 hole flights. Open to all authorized male and female family members ages 7-17.

*Cedar Point Golf Course
2004 Tournament Schedule*

Sept. 4, 5 - *Men's and Ladies Club Championships*
Sept. 18, 19 - *Admiral's Open*
Oct. 9 - *No Alibis*

Call 301-342-3597 for more information
Open to authorized patrons and their guests with a valid U.S.G.A. handicap.



The Navy-wide Liberty program sponsors free or reduced-price events for active-duty E1-E5 personnel. Liberty is a component of the Single Sailor Program.

Every Thursday is Liberty movie night
Fee: Free
Show your ID card on Thursday nights and get into the movie for free. Call 342-5033 or check our website at <http://www.ndw.navy.mil/MWR/Military/MWR.html> to find out what is showing.

The wood hobby shop was built for you!
Fee: Free
Liberty personnel pay no usage fee at the Wood Hobby Shop. Military ID required. Check for open shop times.

Weekday Liberty Discount Bowling
Fee: \$ 0.50 per game
Monday-Friday from 11 a.m. - 4 p.m.
Military ID required.

Whittle your middle
Aug. 3, 5, 10, 12, 17, 19, 24, 26, 31
Sept. 2, 7, 9, 14, 16, 21, 23, 28, 30
5-6 p.m.
Fee: Free
Meet at the Freedom Lounge on Tuesdays and Thursdays for a 2-4-mile walk guaranteed to relieve stress and get you in shape. Mark your calendar to take a walk with your friends.

Aug. 3
National Watermelon Day
Freedom Lounge
6:30-8:30 p.m.
Fee: Free
Enjoy a nice cold slice of watermelon on a hot summer day.

Aug. 9
Liberty Bowling Party
5-9 p.m.
Fee: Free
Free bowling, shoe rentals, food and sodas. One guest (over 18) allowed.

Aug. 11
Marine Latte Morning
6-8 a.m.
Fee: Free
Get a jump start on the day at the Marine Security Force barracks.

Aug. 18
Game Night
5-7 p.m.
Fee: Free
Come to the Freedom Lounge to play board games, dominos, electronic games, giant chess, giant checkers.

Aug. 24
Liberty Pool Party
8 p.m.- midnight
Fee: Free
Come to the Outdoor Pool for free swimming, music and fun.

Aug. 25
National Banana Split Day
7-8:30 p.m.
Fee: Free
Come to the Freedom Lounge and make your own sundae or banana split with all the toppings.

Liberty prices are for active-duty E1 - E5 only

For more information on any of the above events, call the Recreation Office at 301-342-3648 or Michele Kessler, Liberty Coordinator, at 301-757-1394.

Energy Zone

Call 301-342-3648 or 301-995-3869 for information
Register at the Recreation Office



Ballroom Dancing

with Cori & Dean Meloney

Tuesdays; Sept. 7, 14, 21, 28, Oct. 5, 12

Ballroom 1
(Jitterbug, Foxtrot & Beginner Waltz)
5:45-6:45 p.m.

Ballroom 2
(East Coast Swing, Cha Cha & Advanced Waltz)
7-8 p.m.

\$40/person \$25/E1-E5



August EZ Group Exercise Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.		PT STEP Linette		PT STEP Linette		
5:45 a.m.	CYCLING James		CYCLING James			
6:00 a.m.	STEP CIRCUIT Linda		CARDIO SCULPT Linette		DOUBLE STEP Linda	
8:00 a.m.						CYCLING Lynne
9:00 a.m.	AQUA AEROBICS DEPTH COMBO Gwyn		AQUA AEROBICS SHALLOW INTERVAL Ana		AQUA AEROBICS DEEP Gwyn	STEP Barbara
9:30 a.m.						AQUA AEROBICS INSTRUCTOR'S CHOICE Ana
11:30 a.m.	INTERVAL Cindy	SCULPT & STRETCH Missy	CYCLING Barbara DOUBLE STEP Maria	SCULPT & STRETCH Maria	STEP & SCULPT	
4:30 p.m.	CARDIO SCULPT Barbara	CARDIO COMBO Linda	STEP & BOX Cindy	STEP & SCULPT Stacey		
4:45 p.m.	CYCLING Leigh					
5:30 p.m.		AQUA AEROBICS INTERVAL Gwyn		AQUA AEROBICS DEPTH COMBO Gwyn		
5:45 p.m.	CARDIO COMBO Stacey Studio B	CYCLING Missy	STEP CIRCUIT Leigh	CYCLING James		



Pilates Demo Classes
Tuesday, Aug. 10: 5 p.m.

Free for active-duty and retired military \$3.50 per class \$22 for 8 classes \$25 unlimited monthly classes \$100 six-month pass

Group Exercise Giveaway

June's winner of four tickets to DC United was Donna Henley. The next time you are at the Energy Zone, enter August's drawing for a six month aerobics pass.

All active-duty and retired military, DoD civilian employees, their family members, contractors, accompanied guests and other eligible patrons may participate in the group exercise program.

MUSIC TOGETHER

with Theresa Messner



Music and movement activities for infants and children thru age 4

Tuesdays: September 14, 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9, 16

9:15-10:15 a.m.
at the Energy Zone
Studio B

Fee: \$150 for 10 weeks for 1 child and 1 adult
(additional siblings over 8 months are \$60 each)
For more information call 301-342-1694

Build on your child's natural enthusiasm for music and movement in weekly fun-filled classes. Research based and developmentally appropriate for children. Tuition includes song book & CD

* Songs * Chants * Fingerplays * Movement Dance * Instrument Play
Every Child is Musical

Adult Hip Hop

with Donna Jordan

Thursdays, 7-8 p.m.
Sept 16, 23, 30, Oct. 7, 14, 21

Ages 16 and up
Energy Zone, Studio B

Cost: \$35/6 class session

Ballet

with Leigh

Intro to Ballet
(ages 5-7)
Thursdays
Sept. 2-Oct. 7
4:30-5:15 p.m.

Beginning Ballet 2
(ages 8+)
Thursdays
Sept. 2-Oct. 7
5:30-6:30 p.m.

Adult Ballet
(ages 16+)
Wednesdays
Sept. 1-Oct. 6
6:15-7:15 p.m.

\$30/6 week session
\$15/6 E1-E5

Studio B

LEARN THE ART OF BELLY DANCING

Wednesdays
Sept. 15, 22, 29, Oct. 6, 13, 20, 27, Nov. 3



Level 1 7-8 p.m.

Level 2 8:15-9:15 p.m.

Classes held at
Studio A
\$56 per person
\$36 E1-E5

INSTRUCTOR: Veda Sereem

Dance Classes

8 week sessions (\$40/session)

Pompoms/Jazz (ages 5-8)

Mon. 4:45 - 5:30 p.m. Studio B

Sept. 13, 20, 27, Oct. 4, 18, 25, Nov. 1, 8

Preschool Movement (ages 3-5)

Mon. 10 - 10:45 a.m. Studio B

Sept. 13, 20, 27, Oct. 4, 18, 25, Nov. 1, 8

Preschool Movement (ages 3-5)

Wed. 10 - 10:45 a.m. Studio B

Sept. 15, 22, 29, Oct. 6, 13, 20, 27, Nov. 3

Preschool Movement II (ages 4-5)

(Taken class already)

Tues. 10 - 10:45 a.m. Studio A

Sept. 14, 21, 28, Oct. 5, 12, 19, 26, Nov. 2

Hatha Yoga



Register at the
Recreation Office
prior to the first class.

Level 1 ~ Studio A ~ Gina
Mondays, 5:45-7:15 p.m.
Aug. 23, 30, Sept. 13, 20, 27

Level 1* & 2 ~ Studio B ~ Laurie
Wednesdays, 5:45-7:15 p.m.
Aug. 25, Sept. 1, 8, 15, 22

*Not beginners
Cost: \$35/5-class session
\$20/E1-E5

Can't attend an entire session?
Classes may be purchased for \$9 each
to use on a drop-in basis.

DROP-IN CLASSES

Tuesdays

(yoga experience preferred)

11:45 a.m.-12:45 p.m. Flow Drop-In

Instructor: Ann or Lauri Studio B

Thursdays

(Gentle yoga - Beginners welcome!)

11:45 a.m.-12:45 p.m. Mixed Drop-In

Instructor: Gina Studio B

\$44 for 8 drop-in classes (1 hour classes)

Pass good for 4 months from date of purchase.
\$7 for Single Pass

MWR Job Opportunities

Title	Salary	Category	Announcement #	Closing
Cashier/Checker-Pax Landing Restaurant	\$6.15/Hour	FLEX	M-00204	OPEN CONTINUOUS
Cashier/Checker-Officers' Club	\$6.15/Hour	FLEX	M-00604	OPEN CONTINUOUS
Cook	\$9.05/Hour	FLEX	M-00304A	OPEN CONTINUOUS
Custodial Worker - CBQ	\$7.15/Hour	FLEX	M-01004A	OPEN CONTINUOUS
Custodial Worker - Officers' Club	\$7.15/Hour	FLEX	M-01204A	OPEN CONTINUOUS
Food Service Worker	\$7.15/Hour	FLEX	M-01104A	OPEN CONTINUOUS
Lifeguard	\$6-\$7.65/Hour	FLEX	M-00804	OPEN CONTINUOUS
Program Assistant - CDC	\$9.65-\$11.82/Hr	FLEX	M-01504A	OPEN CONTINUOUS
Program Assistant - Youth Center	\$9.65-\$11.82/Hr	FLEX	M-01404A	OPEN CONTINUOUS
Recreation Aid - Bowling Ctr	\$6.50/Hour	FLEX	M-05404	OPEN CONTINUOUS
Recreation Aid - Gear Issue	\$5.75/Hour	FLEX	M-01604	OPEN CONTINUOUS
Recreation Aid - Theater	\$5.15-\$5.75/Hour	FLEX	M-05304	OPEN CONTINUOUS
Snack Bar Operator	\$6.50/Hour	FLEX	M-00404	OPEN CONTINUOUS
Wait Staff	\$7.23/Hour+Tips	FLEX	M-00504A	OPEN CONTINUOUS

Become a Child Development Home provider

Listings are for non-appropriated fund positions only. To receive employment information or a copy of a vacancy announcement, contact the Morale, Welfare and Recreation (MWR) Personnel Office at (301) 342-3653/0943. Vacancy announcements may also be picked up at the Job Information Office located in Building 2189. All applicants need to fill out current forms SF-171 or OF-612 and any supplemental forms and submit to MWR Personnel Office, Attn: Announcement # _____, Building 467, Suite A, Naval Air Station, 47402 Buse Road, Unit NASMR, Patuxent River, MD 20670-1537.

- *Providers set their own hours and fees.*

- *Providers receive free training, a resource library and other benefits.*



For more information, call the CDH office at (301) 342-3960.

Thank You!

MWR would like to thank these sponsors

2004 Earth Day Run



2004 Pax River Triathlon

**GUY DISTRIBUTING
LEONARDTOWN, MARYLAND**



BAY BUCKS CONTEST

Name four intramural sports you can play at Pax River

Read this month's Patuxent Trail to find the answers. The first fifteen people to bring their answers to the Recreation Office, located in the Drill Hall will win \$10 in Bay Bucks and a "Buy One, Get One Free" movie coupon to the Base Theater.

Bay Bucks can be used at any Pax River MWR facility including Pax Landing Restaurant, the Drill Hall, Cedar Point Golf Course, Energy Zone, the swim-

ming pools, Gear Issue, Officers' Club, Base Theater, the Wood Hobby Shop and the Child Development Centers. Some restrictions apply.

The correct answer must be delivered in person. Only one winner per family. Families may win a maximum of four times per calendar year. No phone calls, e-mails, or faxes, please. Only answers found in this edition will be accepted. MWR employees are not eligi-

ble to win the contest. This a regular feature so keep reading and playing. Good Luck!

Congratulations to last months' winners!

Mitzi Phalen, Ming Kiang, Marjorie Wilkins, Kari Geist, Darren Kolek, Mike Berkin, Ron Wimmer, Emilio Balmaceda, Jeff Sapp, Stephanie Shinley, Patricia Cocimano, Mary Borja, Dean Fuller, Gloria Ritumalta, Lamer Broadhead

INTRAMURAL IN-LINE HOCKEY LEAGUE

LEAGUE PLAY TO BEGIN OCTOBER 2004

**ORGANIZATIONAL MEETING
SEPT. 14, 2004
1 P.M.
BOWLING CENTER
IN DRILL HALL**



Intramural programs are open to active-duty, reserve and retired military, Civilian Recreation Association members and their family members

**For more information call the Recreation Office
at 301-342-3648**

August 5 - August 11, 2004

NOW SHOWING at the **BASE THEATER**

The Notebook - As a man reads from a faded notebook to the woman he regularly visits, his words bring to life the story of a couple who are separated by World War II, then passionately reunited 7 years later, after they have taken different paths. Though her memory has faded, his words give her the chance to relive her turbulent youth and the unforgettable love they shared.

Starring: James Garner, Joan Allen, Ryan Gosling, Rachel McAdams, Gena Rowlands. (Rated PG-13 for some sexuality - 2 hrs. 4 min.)

Spider Man 2- The entertaining adventure escalates and Spider-Man's life becomes even more complicated when he confronts a new nemesis, the brilliant Otto Octavius, who has been reincarnated as the maniacal and multi-tentacled "Doc Ock." *Starring: Tobey Maguire, Kirsten Dunst, James Franco, Alfred Molina, Rosemary Harris (Rated PG-13 for stylized action violence - 2 hrs.)*

Sleepover- In the summer before their freshman year in high school, Julie has a slumber party with her best friends, Hannah, Yancy and Farrah. They end up having the adventure of their lives. In an attempt to cast off their less than cool reputations once and for all, Julie and her friends enter into an all night scavenger hunt against their popular girl rivals. Hijacking dad's car, sneaking into clubs, evading Julie's mother and even a first kiss. Anything is possible at Julie's sleepover. *Starring: Alexa Vega, Mika Boorem, Jeff Garlin, Jane Lynch, Sara Paxton (Rated PG - 1 hr. 30 min.)*

Thursday, August 5

6:30 p.m. **The Notebook**

Friday, August 6

4:00 p.m. **Spiderman 2**

7:00 p.m. **Sleepover**

9:30 p.m. **Spiderman 2**

Saturday, August 7

4:00 p.m. **Spiderman 2**

7:00 p.m. **The Notebook**

9:30 p.m. **Spiderman 2**

Sunday, August 8

2:00 p.m. **Spiderman 2**

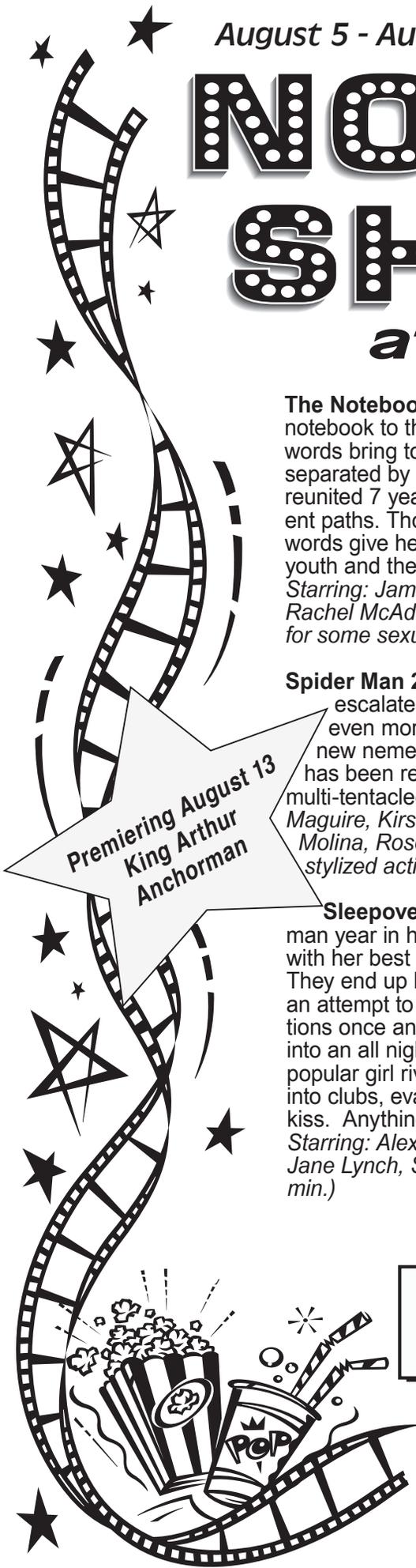
Wednesday, August 11

6:30 p.m. **Sleepover**



Pre-recorded schedule
301-342-5033

For more information
call 301-342-3572 or visit:
www.ndw.navy.mil/MWR/Military/MWR.html
or [https://icbm.navair.navy.mil/mwr/](http://icbm.navair.navy.mil/mwr/)



Open to active-duty, reserve and retired military, federal employees, other eligible personnel and accompanied guests.

Call for pricing

Wednesday Night Special: Buy any size soda, get a small popcorn free.

Thursday Night Special: Buy one ticket, get the second at half-price.

Frequent Moviegoer Ticket: After 10 visits, 11th admission is FREE!

Base theater does not schedule movies on Mondays and Tuesdays

October is

Billiard Awareness Month
Halloween Safety Month
National Cookie Month
National Crime Prevention Month
National Dental Hygiene Month
National Physical Therapy Month
National Popcorn Poppin' Month
National Pork Month
National Reading Group Month
National Seafood Month
Vegetarian Month

Observances

2004

- 1-8 Succoth (Jewish Holy Days – began Sept. 30)
- 1 Disney World Opened Anniversary - 1971
- 1 Birth Anniversary of the Naval Captain who said, “Don’t give up the ship.” These famous last words were spoken by James Lawrence on June 1, 1813. Captain Lawrence was mortally wounded during an engagement between his ship, the Chesapeake, and HMS Shannon.
- 2 Ruth Cheney Streeter Birth Anniversary – First director of the US Marine Corps Women’s Reserve
- 3-9 Fire Prevention Week
- 4 Child Health Day
- 6 National German-American Day
- 10-16 National School Lunch Week
- 10 US Naval Academy Founded – 1845
- 11 Columbus Day (observed)
- 13 Navy Birthday
- 16 National Boss Day
- 24 United Nations Day
- 31 Daylight Savings Time Ends (Standard time through April 3, 2005)
- 31 Halloween

November is

American Diabetes Month

Aviation History Month

National Adoption Month

National American Indian Heritage Month

National Family Caregivers Month

Military Family Month sponsored by Armed Services YMCA of the USA

2004 Daily Observances

- 1 All Saints Day
- 1 National Authors' Day
- 1 Washington, DC becomes nation's capital when President John Adams and his family moved into the newly completed White House
- 2 All Souls Day
- 2 General Election Day
- 6 Sadie Hawkins' Day (first Saturday in November)
- 6 New York City Marathon
- 9 Berlin Wall Opened: 15th Anniversary
- 9 "Sesame Street" TV premiere: 35th Anniversary
- 10 U. S. Marine Corps (est. 1775)
- 11 Veteran's Day
- 13 Eid-Al-Fitr (Islamic Holy Day)
- 14-20 American Education Week
- 18 National Great American Smokeout Day
- 18 Mickey Mouse's Birthday (1928)
- 21-27 National Adoption Week
- 21-27 National Family Week
- 25 Thanksgiving Day
- 26 Full Moon
- 28 First Sunday in Advent

All Saints Day – All Saints Day is a universal Christian Feast that honors and remembers all Christian saints, known and unknown.

All Souls Day - November 2 (November 3rd if the 2nd falls on a Sunday)

The Christian holiday of All Soul's Day pays respect and remembers the souls of all friends and loved ones who have died and gone to heaven. All Souls Day was started in 998.

Sadie Hawkins' Day - Sadie Hawkins Day, an American folk event, made its debut in Al Capp's *Li'l Abner* strip November 15, 1937. Sadie Hawkins was "the homeliest gal in the hills" who grew tired of waiting for the fellows to come a courtin'. Her father, Hekzebiah Hawkins, a prominent resident of Dogpatch, was even more worried about Sadie living at home for the rest of his life, so he decreed the first annual Sadie Hawkins Day, a foot race in

which the unmarried gals pursued the town's bachelors, with matrimony the consequence.

Link to MWR Calendar <http://mwr.navy.mil/subpages/mwr04calendar.rtf>

December is

Birthday month of Bingo (1929)

National Drunk and Drugged Driving Prevention Month

2003 Daily Observances

- 1 Basketball Created Today (1891)
- 1 World AIDS Day
- 5 Walt Disney's Birthday (1901)
- 6 Saint Nicholas Day
- 7 Pearl Harbor Day
- 8-15 Hanukkah or Chanukah (begins at sundown)
- 10 Human Rights Day and Week (10-16)
- 13 Meeting of the Electors
- 15 Bill of Rights Day (1791)
- 16 Boston Tea Party Anniversary
- 17 First Flight Anniversary/Wright Brothers Day
- 21 First Day of Winter (through March 20, 2005)
- 21 World Peace Day
- 24 Christmas Eve
- 25 Christmas Day
- 26 First Day of Kwanzaa (through Jan. 1, 2005)
- 26 Boxing Day
- 31 New Year's Eve

Link to MWR Calendar <http://mwr.navy.mil/subpages/mwr04calendar.rtf>