



MWR Communications Update

ISSUE 51
Sept. 2, 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

DOD AND NEA PROVIDE PROGRAMS

DOD and National Endowment for the Arts (NEA) are working with the services to provide literary programming for military personnel and their families. For the Navy, "Operation Homecoming" will bring well-known authors to visit Norfolk, Va., and San Diego. Current visits scheduled include a two-day series of workshops in Norfolk by authors Tom Clancy and Marilyn Nelson. Mark Bowden ("Black Hawk Down") and Judith Ortiz Cofer are scheduled to make a similar appearance in San Diego. The seminars will take place in September.

The second initiative involves bringing a professional production company to perform Shakespeare plays at military installations. WPNSTA Charleston, NSA Mid-South and SUBASE Kings Bay will host performances of *Macbeth* during September and October.

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).

SASEBO NAVAL BASE

Stars & Stripes ran a positive story on Navy MWR's efforts in Sasebo to take care of Sailors from the USS Stennis Carrier Strike Group; story is attached.

<http://www.estripes.com/article.asp?section=104&article=23165&archive=true>

IDEA EXCHANGE BOARD

NAS Jacksonville



"NAS JAX MWR
Update August 31.pd

NB Ventura County



"NB Ventura County
MWR Highlights 8.30

NCBC Gulfport



"NCBC Gulfport Aug.
30 Buzz.pdf"

NSA Mid-South



"NSA Mid-South
Bingo Break Week.pc



"NSA Mid-South
Starbucks Flyer.pdf"



"NSA Mid-South
KidFit Club.pdf"

NS Ingleside



"NS Ingleside
September 2004.pdf"

EVERETT DEP EXPO STORY

The Everett DEP Expo story is posted on Navy NewsStand; please see attached.

http://www.news.navy.mil/search/display.asp?story_id=14926

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"



Upcoming Events

Labor Day Hours of Operation Changes

<u>Mulligans</u> -	September 3 – 6: 6:30am - 6:30pm
<u>ITT</u> -	September 6: CLOSED
<u>Fitness Center</u> -	September 4 - 6: CLOSED
<u>GYM</u> -	September 4 – 6: 9am – 3pm
<u>CPO Club</u> -	September 4 – 6: CLOSED
<u>CDC</u> -	September 6: CLOSED
<u>Youth Activities</u> -	September 6: CLOSED
<u>Bowling Center</u> -	September 6: Open at 1pm

Jax Navy Flying Club Open House

Saturday, September 3, 10am –2pm

Herlong Field, Hangar 5

Free Hot Dogs & Sodas

Contact Janet Hoover, 786-9293 for more info
(rain date, 9/11/04)



NAS JAX Freedom Lanes Bowling Center

Youth Bowling Party 11am

\$10 / child, includes 2 hours bowling, shoe rental,
pizza, soft drinks & prizes.

Youth League Registration on site for fall season.

NAS JAX Golf Club -- Women's Golf Clinic

Every Wed. 5:30pm-6:30pm

\$10 includes range balls, instructions,
and buckets of fun ...Bring a friend!!

Call 542-3249 for more info.

NAS JAX Golf Club

Taylor Made Demo Day

17 Sept. from 10:00am – 2:00pm

Call 542-3249 for more info.



Mulligan's Friday Night Entertainment

Sept 17th 5 till 9

Hal the dancing DJ

MWR Weekly Highlights

NBVC Morale, Welfare & Recreation

http://www.nbvc.navy.mil/mwr/index_mwr.html

August 30-September 5, 2004

SPECIAL EVENTS & NEWS -

- **THIS WEEK! Labor Day 5K** – Friday, Sept.3, 11:30am at the BeeHive.
- 2004 NBVC **Point Mugu Airshow!** Make plans to attend – **September 18 & 19 at NAS Pt. Mugu.** Free!

MOVIES - For an up-to-date movie schedule tune in to NBVC TV Ch. 6 at Hueneme or Ch.8 at Mugu!

All movies are free to all authorized patrons

Needham Theater schedule – Call 982-5002 for information.

DATE	TIME	SHOW	RATNG
THUR 9/2	7PM	Bourne Supremacy	PG13
FRI 9/3	7PM	Catwoman	PG13
	9PM	Harold & Kumar go to Whitecastle	R
SAT 9/4	2PM	A Cinderella Story	PG
	7PM	Anchorman	PG13
	9PM	King Arthur	PG13
SUN 9/5	7PM	I, Robot	PG

Mugu Theater schedule:

DATE	TIME	SHOW	RATING
FRI 9/3	7 PM	Taking Lives	R
SAT 9/4	2 PM	Jersey Girl	PG13
	4 PM	13 Going on 30	PG13
	7PM	Eternal Sunshine of the Spotless Mind	R
SUN 9/5	2PM	Garfield	PG
	4PM	Day After Tomorrow	PG13

LIBERTY/SINGLE SAILOR PROGRAM Port Hueneme CoffeeNet - 982-6695, Point Mugu SurfNet – 989-0919.

The following activities are for single, active duty personnel...

- **THIS WEEK!** Movie Night **“The Bourne Supremacy”** – Thursday, September 2, 7pm at the Needham Theater.
- **Cosmic Bowling** – Friday, September 10, 9:30pm-Midnight at CBC Lanes. Free for single sailors!
- **Disneyland Trip** – Saturday, September 25, 8am-6pm. Cost is \$31/person and tickets are limited. Liberty patrons only!!! Pick up at the Coffeenet at 8am and at the Surfnet at 8:30am.

CLUBS & DINING

BARD MANSION - Port Hueneme, 982-2757

- The Bard Mansion is **open to ALL HANDS for lunch** Tuesday-Friday from 11am-1:30pm and includes a sandwich menu & buffet:

Tuesday: HOME COOKIN' BUFFET featuring fried chicken

Wednesday: ITALIAN BUFFET

Thursday: MEXICAN BUFFET

Friday: Tempura Fried Cod & More Buffet

- Wednesday night is now **Cook your Own Steak, Chicken or Fish** on the Grill from 5-8pm.
- **Family Buffet Night** at the Bard every Thursday. Bring the whole family! \$7.50/adults & \$2.95/children
- Thursday Sundowner - Bard O'Bar **opens at 4pm.** Sports on the big screen.
- **Catering available for all occasions** be it big or small. Call 982-2757 to discuss your event.

THE POINT RESTAURANT – Point Mugu, 989-7517

The Point has daily lunch buffets 11am-1:30pm. **NEW MENU at the Point now featuring low-carb wraps!**

Try our new **Quick Lunch Special**...personal 2-topping pizza and side salad only \$4.75 served Mon-Fri, 11am-1:30pm!

Monday: Mugu's Pizza open for lunch, 11am-1pm.

Tuesday: Chef's Choice Buffet

Wednesday: **BBQ Tri-Tip Lunch Buffet... JOIN US ON THE PATIO!**

Thursday: MEXICAN Lunch Buffet

Friday: Mugu's Pizza open for lunch, 11am-1pm.

Saturday – SPORTS BAR OPENS AT 6pm

- MUGU PIZZA DELIVERY! Mugu Pizzeria delivers to Mugu housing & offices Mon-Fri 11am-1:30pm AND 4-8pm. Call 989-7747.
- BINGO at the Point every Monday, Wednesday & Friday at 5pm. Doors open at 4pm.
- **The Point's SPORTS BAR is now open** Tuesdays & Thursdays at 4pm & Saturdays at 6pm.

DUKE'S PLACE – Port Hueneme, 982-2872

- Jersey's will be closed until mid-Sept. for renovations. Entertainment line up moved to Duke's ballroom. Look for new, great things!
- Wed. **KARAOKE**; Thurs. **COUNTRY**; Fri. **R&B/Hip Hop**
- **Bingo at Dukes** every TUESDAY @ 6:15pm & Sunday @ Noon
- **COMING SOON...Nap's Southern Grill** – a new restaurant opening inside Duke's Place September 17. Join us for **live jazz music** at 9pm Friday, Sept. 17 & Saturday, Sept.18 to celebrate the grand opening!

GOLF Seabee Golf Course 982-2620 / Mugu Golf Course 989-7109.

- Military Mondays – discounts for military every Monday and after 12pm-Noon on Fridays, Saturdays & Sundays... golf all day at Twi-light rates (excluding holidays).
- Demo, custom-fitting day, every Saturday from 11am-1pm. Try out various woods and irons
- The Seabee Golf Course Banquet room available for catered conferences, parties, lunches and meetings.

BOWLING

- **Fall Leagues Now Forming:** Tuesday 5pm & 7pm; Wednesday 5:45pm; Thursday 7pm; Friday 6:30pm & 6:45pm
- **No Tap Tournament**, Handicap Singles - Sat. Sept. 18 - 5:30pm & 7:30pm, 4 games, entry fee \$20, \$15 Re-entry fee
- Cosmic Bowling – EVERY Friday, 9:30pm-Midnight at the Hueneme CBC Bowling Center.
- Tickets to all your favorite theme parks, movies & local attractions are available at the Bowling Center.
- Family Weekend Special - during open bowling, adults: \$2/game and kids (under 18) for \$1.50/game when bowling together.
- Bowling Parties - Two hours of bowling, rental shoes, soda, balloons, stickers, invitations, plates, cups etc. Great for groups!

ATHLETICS/FITNESS/WELLNESS

AQUATICS:

Hueneme Pool (982-4752): Weekdays 11am-7pm / Weekends Noon-5pm

Mugu Pool (989-7788): Weekdays 11am-1pm (lap swim), 1-6pm (open swim) / Weekends Noon-5pm

- Swimming Pools **change over to Fall/Winter hours on Sept. 7:** Point Mugu open Monday – Friday 1100-1300; and Port Hueneme open Monday – Friday 1100-1300 and 1630-1830

ATHLETICS & FITNESS:

- **New Times! Cycling Classes** at Mugu: Mon-Thur at 6am and at Hueneme's BeeFit: Tue/Thu 5:30am, 9:30am and 5:30pm
- Free Salsa Dance Lessons by Jose now offered at the BeeFit Wellness Center by appointment. Limited spots per session. No need to have a partner. Email jose.o.cruz@navy.mil to sign up.

LEAGUES & SPECIAL EVENTS

- **Fall Flag Football** league now taking sign ups.
- **This Week! Labor Day 5K** – Friday, Sept.3, 11:30am. Starts at the CBC Bee Hive Gym.

YOUTH

MUGU Youth Ctr: Bldg. 150 / 989-7580 - PORT HUENEME Youth Ctr: Bldg. 1439 / 982-4218 - CAMARILLO Youth Ctr: Bldg. 1078 / 484-5414

YOUTH ACTIVITIES

- **Register for the 2004-05 School Age Care Program** -- Before and after school care available to all children K- 6th grade.
- Tiny Tots registration going on now for ages 3-5
- **NEW! SATURDAY OPEN REC is BACK** – 12-4pm at the Mugu, Camarillo & Hueneme Youth Centers. Check out 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 full snack bar! For Children ages 5-11; \$3 per day (No open rec when Parent's night out is scheduled!)
- **NEW! Pt. Mugu - Parent's Night Out Back to School Dance** – Saturday, September 11, 6-10pm (Doors will open at 5:30 pm.) Youth Back to School Dance Party for ages 5-12 yrs old. \$3 per child admission
- Port Hueneme & Camarillo Housing Parent's Night Out will be on Saturday, September 25. More details to come.
- **NEW!** Camarillo Teen Center is looking for **Teen Volunteers for Halloween Haunted House**. Call 484-5414 for details.

TEEN & PRE-TEEN ACTIVITIES

- Teen Night every Friday from 6-9pm (ages 12-17yrs). Come hang out with your friends at the Camarillo Teen Center!
- **NEW! TEEN SUPREME CLUB at the Mugu Teen Center** - Hang out with your friends, shoot pool, field trips, plan dances and parties. Snack bar. M-Th 3-7 pm, Fri 7-9 pm, Sat 12-4pm. For teens ages 12-17. \$40/year membership or M-F \$1/day & Sat \$3/day
- **NEW! Pre-Teen Friday Nytes at the Hueneme Teen Center** for ages 10-12 / 7-9pm. Bring a friend and hang out, watch movies, play video games, fooseball, pool, etc. Free popcorn and soda with paid \$1.00 admission

CHILD DEVELOPMENT HOMES PROGRAM

- Want to become a provider or need a childcare provider? Call 982-2050.
- **NEW!** We are actively recruiting **CDH Providers** -- **orientation meeting** on Sept. 14, 9-11am, bldg.103, Port Hueneme and Sept.15, 6-7:30pm, bldg.1391 CDC Port Hueneme. For more information, call 982-2050

INFO/TICKETS/TOURS

 ITT Hueneme 982-4284 / ITT Mugu 989-7628!

- **Disney One Day Hopper** - \$56.50/Ad & \$51.50/Child (3-9 years). Tickets valid now through Sept. 30. This is a Park Hopper; patrons can visit both Disneyland and Disney's California Adventure Park in the same day.
- **Universal Studios Hollywood Buy A One Day Ticket & Get a Second Day Free** - \$39 (3 years and older). Good through Sept. 30. Ticket expires 14 days after the date of first usage. Name printed on the ticket must match your Military/DoD ID.

OTHER NOTES

- **Navy Ball Tickets** are now available. See your CMC or call 989-1738. The Navy Ball will be held on Oct.23.
- **NEW! BASEWIDE GARAGE SALE** – Saturday, Nov. 13, 7:30am-Noon, in the Commissary parking lot sponsored by the Bee Club. Reserve your spot by calling 385-3262. Spots are \$10 each (table and all advertising provided).
- Seabee Ball Fundraiser **Chiefs Golf Tournament** – Friday, Sept.3. Call CMC Randy Smith at 982-5323
- **NEW! Seabee Paver Sale.** Be a part of history and support the Seabee Ball by purchasing an engraved brick paver, which will be placed around the Seabee statue at Heritage Park. See your Command Seabee Ball rep or visit www.ebay.com and type "Seabee paver".
- **Not Getting the Weekly MWR Highlights via email?** Contact MWR's Marketing Department at 982-5395 or email heather.deviney@navy.mil to be added to the distribution list. You can also contact us to get the word out about anything of Command/Base interest. *Subject to approval.*
- **Need an Indoc for your Command or Base Organization?** Contact MWR's Marketing Department at 982-5395 or email heather.deviney@navy.mil to see how we can help inform your group about all that MWR has to offer!

Every attempt is made to report accurate information, however MWR reserves the right to make changes to the information listed above without notice.



Morale, Welfare & Recreation

What's the Buzz?

Fitness — Recreation — Food Services — Youth and Child Care — 30 August, 2004

Beehive Lounge

871-2085 or 871-2330

Fast Action Bingo—Try something new at Beehive Lounge in Stinger's Recreation Center. Fast Action Bingo is an electronic version of bingo where players can win up to \$2,500.

Customers can play one to nine cards for as little as 25 cents a card. Plus customers learn immediately whether they are a winner.

Stop by Beehive Lounge Sunday through Thursday 1500-2230, Friday 1300-0030 or Saturday 1500-0030 to check out the action. Fast Action Bingo is open to all authorized customers 21 or older.

CBC Community Pool

871-2768

New Hours—Now through 6 September, the pool will be open the following hours:

- Command PT and adult lap swim: Monday, Tuesday, Wednesday and Friday from 0530-0800
- Open Swim: Monday, Tuesday, Wednesday and Friday from 1500-1800; Saturday 1100-1800; and Sunday 1200-1800

CBC Fitness Center

871-2668

Kid Fit Orientation Program—1600 every Monday, except holidays. Offered for dependent youth 10 to 15 years old accompanied by a parent.

Ship Shape Available—This BUMED weight-management program has been designed to increase the number of active-duty personnel who are living a healthy lifestyle and maintaining a healthy body composition.

To sign up for this eight-week course, please contact SW1 Snow at 871-2675 or CE1 Lester at 871-2256, Ext. 14 by 3 September. The course will begin 9 September and will meet every Thursday from 0930-1100 in Building 45.

Total Fitness Series: Cardiovascular Training—13 September, 1130.

Hangin' Onto Fall 5K—15 September, 0630. Refreshments will be available for all, plus T-shirts will be awarded to the first 300 participants to cross the finish line.

The top five runners at the Watermelon Crawl 5K held 18 August were: **AB Daniel Frick**, NCTC, 19:25; **AB Gregory Schmidt**, NCTC, 20:15; **CDR Gregory Weaver**, CBC 20th; 20:34; **ENS John Weaver**, 22nd NCR, 20:49; and **A1C Sorgio Trevino**, NCTC; 20:51.

Total Fitness Series: Strength Training—20 September, 1130.

Softball—Registration will continue through 21 September for the annual, double-elimination yellow ball tournament. The tourney will start 15 October at 1700 and continue on the 16th.

IM Flag Football—Registration will continue through 27 September. Games will be held every Monday and Wednesday at 1800, 1900 and 2000; the season will run 4 October through 15 December.

Total Fitness Series: Flexibility and Nutrition—27 September, 1130.

IM Golf—Registration will continue until 28 September for the fall golf season. Games will be alternate-shot format with two-person teams. The season will run 5 October through 14 December, and games will begin at 1500 every Tuesday.

Aerobics—CBC Gym offers aerobics programs four days a week.

Mondays

0630—Power Hour
1130—Cardio Kickbox (6 & 27 Sept)
1130—Step It Up! (13 & 20 Sept)
1600—Pilates (6 & 27 Sept)
1600—Step It Up! (13 & 20 Sept)

Tuesdays

0630—Cardio Kickbox
1130—Step It Up!
1600—Step It Up!

Wednesdays

0630—Power Hour
1130—Step It Up!
1600—Pilates (1, 22 & 29 Sept)
1600—Step It Up! (8 & 15 Sept)

Thursdays

0630—Power Hour
1130—Step It Up!
1600—Cardio Kickbox

Cardio Kickbox: A class that combines kickboxing and self-defense moves in an aerobic format. The last portion of the class includes yoga, stretching and relaxation exercises. Beginner to intermediate

Pilates: A low-impact class designed to lengthen and strengthen muscles. Beginner to intermediate

Power Hour: A PT-group workout focusing on strength-training moves and a cardiovascular workout.

Beginner to intermediate

Step It Up!: Learn the skills required to participate in step. Beginner to intermediate

Liberty Program

871-3153

IHOP trip—1 September, 1800, \$5; celebrate National Waffle Week with dinner at International House of Pancakes.

Barnes & Nobles Trip—8 September, 1800, \$5; includes dinner and a book discount

Fiddler on the Roof—10 September, 1800, Biloxi Grand Theater, \$25

Shop 'Til You Drop Trip to Foley, Ala.—11 September, 0900, \$3
New Orleans Saints vs. Seattle Seahawks—12 September, 0900, N.O. Arena, \$45

Pay Day Mall Run—15 September, 1730, \$3; includes dinner at CiCi's

Walla Balla Competitions—17 September, 1200, Stinger's, free

Deep Sea Fishing Trip—18 September, 0600, \$45

Incubus—19 September, time TBA, UNO Lakefront Arena, cost TBA

Fall4Fun Food Harvest—22 September, 1800, Ryan's buffet, \$5

Boomtown Arcade and Buffet—24 September, 1800, \$20; includes dinner, tokens and moving-theater ride

French Quarter Trip—25 September, 1000, New Orleans, \$5

Fall4Fun Mall Run—29 September, 1700, Prime Outlet and Barnhills, \$5

Pool Tournaments—1800, free, every Thursday at Stinger's Recreation Center.

Brain Teaser Tuesdays—lunchtime, free, every Tuesday in September at Stinger's Recreation Center; prizes awarded.

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

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

Free!—All movies at the base theater are now free every day. Come check out the theater's new sound and projection equipment plus the expanded line of concession items.

Smith Memorial Theater is open every Friday, Saturday and Sunday. Plus every Saturday afternoon the theater has a children's matinee.

The theater also can do special showings by request for your group or event. Come check out our library of titles—we have more than 600 to choose among.

Friday, 3 September

Breakin' All the Rules—1800
Eternal Sunshine of the Spotless Mind—2030

Saturday, 4 September
Home on the Range—1400
Garfield—1630

Godsend—1900
Sunday, 5 September
Ella Enchanted—1400
Shrek 2—1630
The Day After Tomorrow—1900

Friday, 10 September
Van Helsing—1800
Eternal Sunshine of the Spotless Mind—2030

Saturday, 11 September
Harry Potter and the Prisoner of Azkaban—1400
Raising Helen—1630
Chronicles of Riddick—1900

Sunday, 12 September
Back to the Future 3—1400
Dodgeball: A True Underdog Story—1630
Stepford Wives—1900

Friday, 17 September
The Alamo—1800
Troy—2030

Saturday, 18 September
Superman 2—1400
Dodgeball: A True Underdog Story—1630
Soul Plane—1900

Sunday, 19 September
Harry Potter and the Prisoner of Azkaban—1400
Raising Helen—1630
Van Helsing—1900

Friday, 24 September
Chronicles of Riddick—1800
Kill Bill Vol. 2—2030

Saturday, 25 September
Batman and Robin—1400
The Stepford Wives—1630
Darkman—1900

Sunday, 26 September
Harry Potter and the Prisoner of Azkaban—1400
Troy—1630
Under Siege 2: Dark Territory—1900

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

Friday, 5 November
White Chicks—1800
The Manchurian Candidate—2030

The Alamo (PG-13, 137 min); **Anchorman** (PG-13, 91 min); **Around the World in 80 Days** (PG, 120 min); **Chronicles of Riddick** (PG-13, 119 min); **The Day After Tomorrow** (PG-13, 124 min); **Dodgeball: A True Underdog Story** (PG-13, 92 min); **Ella Enchanted** (PG, 95 min); **Eternal Sunshine of the Spotless Mind** (R, 108 min); **Garfield** (PG, 85 min); **Godsend** (PG-13, 102 min); **Harry Potter and the Prisoner of Azkaban** (PG, 139 min); **Home on the Range** (PG, 76 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); **Raising Helen** (PG-13, 119 min); **Shrek 2** (PG, 105 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); **Under Siege** (R, 103 min); **Van Helsing** (PG-13, 120 min); **White Chicks** (PG-13, 108 min).

Tickets & Travel

871-3410

Saints Tickets—Stop by Stinger's Recreation Center to get New Orleans Saints tickets starting at \$41.

News Around Base

Holiday Hours—The following MWR facilities will remain **open** on Labor Day, Monday 6 September: Information, Tickets & Travel, Pine Bayou Golf Course (golf carts must be returned to the Pro Shop by 1900) and Stinger's Recreation Center.

CBC Fitness Center will observe its **holiday hours** of 1000 to 1800, while CBC Community Pool will be open from 1100 to 1700.

Beehive Lounge's holiday hours will be 1500-until on Saturday 4 September; on Sunday and Monday the bar will be closed.

On Friday 3 September, Anchors & Eagles will have holiday hours of 1400-until.

The following facilities will be **closed** Monday for the federal holiday: Anchors & Eagles, Auto Skills Center, Beehive Lounge, CBC Library, Child Development Center, Liberty Program, MWR Administration, Outdoor Experience, Smith Memorial Theater and Youth Activities Center. For more information, call 871-2538.

Seabee Magnets—Two styles of auto magnet ribbons that read "Support Our Troops" are now available at Seabee Museum; the magnets are \$5 each plus tax. Seabee Museum is located in Building 59, downstairs from CBC Library.

Volkslauf Mud Run—25 September, 0800, Grinder.

Get set for the largest running event on the Coast. Each year the Volkslauf Mud Run attracts hundreds of athletes who are looking for something different.

With a course designed by Seabees, this five-mile event challenges serious runners with a water trench, log and high-step obstacles, a dirt mound and a low-mud crawl.

Awards will be given to the top three teams in each team category and top three participants in each solo category. Military teams also will compete for the Volkslauf Mud Cup.

All participants will receive a T-shirt on race day.

To register online, go to www.active.com. For questions, contact Chief Christopher Atkinson at atkinsoncj@cbcgulfport.navy.mil or call 871-2109.

Volkslauf is hosted by the Seabee Ball Committee.

Golf Tournament—The Marine Corps Detachment will be holding a four-person scramble 29 September at Bay Breeze Golf Course at Keesler Air Force Base. Shotgun start will be 1200.

The \$40 fee—\$35 for club members—includes greens fees, cart and prizes. A closest-to-the-pin and a hole-in-one competition will be held. Throws will be \$7, 5-foot strings will be \$5 and Mulligans will be \$2. Plus food will be served at the marina before play.

Proceeds will help support the Marine Corps Birthday Ball. For more details, contact Staff Sgt. Benjamin Ross at benjamin.ross@navy.mil or 377-0232.

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 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 the drawing will be at 1900; 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@cableone.net.

Lynn Meadows Military Offer - Active-duty personnel and activated reservists—plus every person in their party—will receive a \$2 discount off admission at Lynn Meadows Discovery Center with presentation of military ID, making the price of each ticket only \$4 per person.

Recognized as one of the USA's top 50 children's museums, Lynn Meadows is the place where children can touch a tornado, sort seafood, crank a crane, understand a pulley fully, tromp in treehouses and much more.

Open Tuesday through Sunday, Lynn Meadows Discovery Center is located on 246 Dolan Ave. in Gulfport.

For more information, call 897-6039.

eBuzz members eligible for monthly giveaways

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.

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. 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.

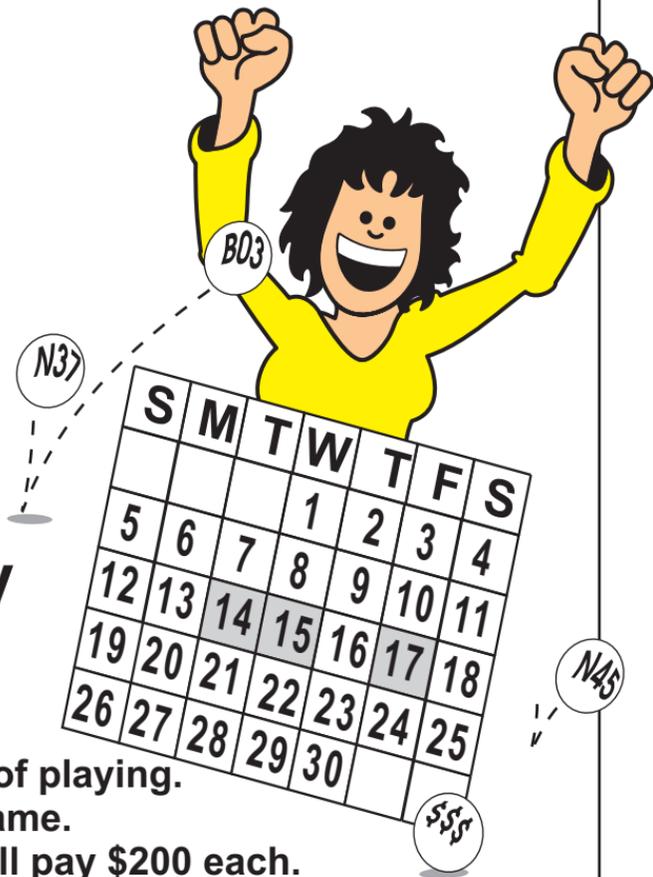
Join the fun with three special days

Sept. Bingo Break Week

Tuesday,
Wednesday and Friday
Sept. 14, 15 and 17

Tuesday the 14th will be an extra night of playing.
Wednesday the 15th will be a special game.
Friday the 17th the 16 regular games will pay \$200 each.

Navy Mid-South MWR Bingo Program Helmsman Complex Bldg. S-760 Call (901) 874-5443 for more information.



It's hard to resist
the aroma of
fresh brewed coffee.



And, fortunately you won't have to.

Soon you will be able to grab
a cup of delicious Starbucks® coffee
at the Navy Blues Coffee Shop in the Helmsman Complex.
It's the perfect way to start your day.

Helmsman Complex
Navy Mid-South, Millington TN
Open 6:30-10:30 a.m. Monday-Friday

Starbucks® and the Starbucks logo are registered trademarks.
Starbucks approval code: #3017.

**NAVY
BLUES**
Coffee Shop

Opening Monday, Sept. 13

KidFit Club

Starting in September!

Toddler's Classes
Ages 2-4 years
(2 sessions available)
Monday and Wednesday
Tuesday and Thursday
10-10:45 a.m.
at Fitness Center

Registration required
Registration begins Aug. 30
Classes begin Sept. 13
(14 children per session)

Cost: \$25 per month per child

*: Parent must stay in center
while class in session.



Toddler's Class
Information session
Tuesday, Sept. 7
at 10 a.m.

Joe Dugger Group Fitness area
Attendance of parent &
child(ren) required.
Further rules will be
provided at this time.

Space limited to 14 children per session
so register early!

For more information call or stop by
Joe Dugger Fitness and Wellness Center
building S-499 Navy Mid-South (901) 874-5497

Your E-Guide to MWR Activities On Board Naval Station Ingleside

September 2004



5th: Houston Astros Baseball.

PLAY BALL! Ride in a roomy coach to Minute Maid Park in

Houston, where the ASTROS take on the PIRATES! You'll enjoy the game in comfortable field seats...bring your camera, binoculars and have a fun afternoon of Astros Baseball! Only \$69/per person includes travel & entrance to game. Call 776-4430/5841 for more info.

7th: Single Sailor Tuesday Night Tourneys. The Single Sailor Program and the USO host Pool & Dart tournaments every Tuesday at the USO from 6:00 p.m.-8:00 p.m. Prizes will be awarded to the 1st & 2nd place winners. Sign up for the tournament begins at 5:45 p.m. Tournaments are free. Call 776-4229 for more info.



10th: Kids' Night Out at Windy Shores. Children ages 6-12 are invited to the Windy Shores Clubhouse from 6:00 p.m.-11:00 p.m. for an evening of games, music, ping pong, movies, snacks & drinks. Parents/Volunteers are welcome!!! This event is **FREE**, open to all MWR patrons and is available on a first-come, first-served basis...space is limited to 30 children. Call 776-5742/1159 for more info.

11th: Nuevo Progreso, MX Trip. In case you don't already know about this little Mexican border town, Nuevo Progreso has become **THE** place to shop for vanilla, liquor, tobacco or Mexican gifts to take home to family and friends. Shop owners offer what may be the safest, cleanest & friendliest border town on the Mexico/U.S. border. You will be transported across the International Bridge and the motorcoach will park at Arturo's, one of Nuevo Progreso's most popular restaurants. The motorcoach remains open so that you can purchase your goods, drop them off and eat without having to carry your packages around with you. Cost of the trip is \$25 per person. Call 776-4430/5841 for more info.



12th-15th: Beau Rivage Biloxi Trip. Enjoy 3 nights at the elegant Beau Rivage Casino Resort, rated the **BEST OVERALL CASINO** on the Mississippi Gulf Coast, according to Casino Player Magazine. 24-hour world-class casino with several dynamic restaurants right outside your door. We'll also take you to 3 other casinos in the area, plus enjoy free time to attend one of the many shows in town or site see in Biloxi. \$159 pp/dbl includes Luxury coach with games & movies, 3-nts Beau Rivage, 2 free breakfasts plus \$25 in free play. Call 776-4430/5841 for more info.



14th: Single Sailor Tuesday Night Tourneys. The Single Sailor Program and the USO host Pool & Dart tournaments at the USO every Tuesday from 6:00 p.m.-8:00 p.m. Prizes will be awarded to the 1st & 2nd place winners. Sign up for the tournament begins at 5:45 p.m. Tournaments are free. Call 776-4229 for more info.

15th & 16th: Captain's Cup Doubles Horseshoe Contest. Contest begins at 11:30 a.m. Call 776-4430 for more info.

17th: Texas Style Welcome Home BBQ. The Liberty Program and the USO are teaming up to bring ALL Sailors & their families 4 hours of music, games, karaoke & good food. Enjoy brisket, potato salad, beans and all the fixings to go with it...**FREE!** Sumo Suits, darts, pool & trivia games will be held throughout the evening. Come join the fun and bring the family!!! Call 776-4229 for more info.



18th: Single Sailor Corpus Christi Mall Run. Sailors will be taken to the Corpus Christi Trace Center, Padre Staples Mall, Sunrise Mall & other specialty stores for a day of shopping. Trip is free, but dinner is on your own. Liberty van departs at 12:30 p.m. and returns at 6:00 p.m. Call 776-4229 for more info.

22nd & 23rd: Captain's Cup Singles Racquetball Tournament. Tournament begins at 11:30 a.m. Call 776-4430 for more info.

28th: Single Sailor Tuesday Night Tourneys. The Single Sailor Program and the USO host Pool & Dart tournaments at the USO every Tuesday from 6:00 p.m.-8:00 p.m. Prizes will be awarded to the 1st & 2nd place winners. Sign up for the tournament begins at 5:45 p.m. Tournaments are free. Call 776-4229 for more info.



“The Tides of the Texaribbean” 7-day Cruise! This is the cruise that lures guests from the east and the west all year round. Sailing round trip out of Houston, Texas, the *Norwegian Sea* offers seven fun-filled days of sand, sun and salsa in some very exotic ports of call... Cozumel, MX; Roatan, Bay Islands & Honduras; Belize City, Belize & Cancun, MX. Exciting shore excursions will also be available for additional fees...visit the Altun Ha Mayan Ruins, tour an island by motorcycle, go deep sea fishing! Cost is only \$541.24/pp/dbl Interior; \$621.24/pp/dbl Outside; \$1501.24/pp/dbl Suites. This cruise will be fully escorted by ITT Host(s). Call 776-5841 for more info!



NorthShore Country Club: Naval Station Ingleside MWR and NorthShore Country Club have paired up to provide Active Duty and DoD/Contractors discounted memberships to NorthShore Country Club. Active Duty can purchase a full membership for \$75/month with NO INITIATION FEES! DoD and Contractors can purchase a full membership for \$95/month with no initiation fees! For more info and details call the NorthShore Country Club at 643-1546 or the TFC at 776-4430.



NAVY BALL 2004 TICKETS ON SALE NOW

Come join us in the celebration of the 229th birthday of the United States Navy as we “Honor Our Heroes” who so bravely serve our nation. This year’s celebration will be held on October 16, 2004 at the AmericanBank Center Banquet Hall (Formerly the Bayfront Convention Center). Tickets will be on sale until October 8th and can be purchased from ITT Corpus Christi, ITT Ingleside, or your Command Master Chief. Ticket prices for the 2004 Navy Ball are as follows:

E1-E4	\$15
E5-E6, GS1-5, NF2	\$30
E7-O4, GS6-8, NF3	\$40
O5, GS9, NF4 + Up	\$50
Civilian Guests	\$55

Attire for the evening is as follows: For Officers, dinner dress white jackets; for enlisted personnel, service dress whites. DoD civilians and guests may wear semi-formal attire.

Catering will be provided by Jack’s Dinner Bell. The menu includes green salad with dressing, 4 oz. Flame-grilled chicken, 4 oz. Flame-grilled filet of beef with sautéed mushrooms, herb rice pilaf, green beans almondine, dinner roll with butter, New York Style cheesecake and iced tea or coffee.

Childcare will be available during the event from 1700 to 0130. Children 6 wks to 4 years of age will receive care at the CDC and children 5 to 12 years of age will stay at the Youth Activities Center. Spaces are limited (especially for infants to 24 mos.), so make your reservations early. Reservations may be made from 0800 to 1630 now through October 1, 2004. Reservations will not be accepted after 1630, October 1. A \$5.00 fee should be paid in advance for each child requiring care. Reservations may be made by calling 961-1165 (6wks to 4 yr) or 961-2355 (5 to 12 yr).

Shuttle vans will run in 30-minute intervals to help accommodate guests to and from the event. You may reserve your space by calling 961-2268. Reservations must be made by COB , October 1, 2004.

The Omni Bayfront Hotel will provide discounted hotel room rates to Navy Ball guests. Rates are as follows: Single \$79; Double \$79; Triple \$99; Quad \$99. Reservations may be made by calling the hotel and asking for the Navy Ball 2004 rates. The Ramada Inn Bayfront will also be providing discounted rates as follows: Double or King \$59. Reservations can be made by calling the Naval Station Ingleside ITT office at 776-5841.

[For more information on this year’s 229th Navy Birthday Ball call 961-2268.](#)

Operation Homecoming!

Anheuser-Busch has announced its newest tribute program,



“Operation Homecoming,” that honors those individuals who were serving overseas in U.S. or coalition military units for any period between Memorial Day, 2003 through Veteran’s Day, 2003, who did not enter SeaWorld, Busch Gardens or Sesame Place free during the “Operation Salute” program. “Operation Homecoming” will allow a returning service member and up to four of his or her direct dependents a one-time entry to one of their SeaWorld, Busch Gardens or Sesame Place parks free. The offer provides for one visit to one park only. Proof of deployment or overseas service is required along with a valid department of defense ID and completed application form. Application forms will be available on-line and at parks’ front gates. Anheuser-Busch also announced the return of Military Appreciation Days for their parks. Single day discounts are available to active duty military from MWR. Call 776-4430 or visit Anheuser-Busch’s website at http://commerce.4adventure.com/store/os_faqs.asp for more info.

Long Glass Marina: Located 5-miles from base, (426 E. Ransom Road in Aransas Pass) the Long Glass Marina offers Off-Shore and In-Shore charter fishing trips, boat & camper rentals. Guided and unguided Duck Hunts also available. Come fish on our newest charter fishing boat...**Team Navy**, our 38' Tournament Edition Fountain Powerboat. Call 758-0350 for prices and to book your next trip.

Cruise with ITT: Did you know ITT can plan your next pleasure cruise? Don't know where you want to go? Let ITT help you select the perfect cruise at the perfect price. Call 776-5841 to talk to our cruise specialist, then start packing for your next dream cruise!

ITT Discount Tickets and Vacations: Be sure to visit ITT, located at the Total Fitness Center, for all of your summer fun planning! ITT has discount tickets to Schlitterbahn, Astroworld, Fiesta Texas, Six Flags, Houston Space Center, USS Lexington, Texas Treasure Casino Cruises, just to name a few! Let ITT help you plan the perfect vacation! From Hotel & Car Discounts to Cruise destinations, ITT is your one-stop discount vacation shop! MWR also has discounts on resort vacations. Visit www.afvelub.com for information on 7-night resort getaways for only \$234/week! Call 776-4430 for more info.

MWR Connections Naval Station Ingleside

MWR Director	776-4631
Total Fitness Center	776-4430
Liberty Lounge	776-4229
Long Glass Marina	758-0350
Information, Tickets & Tours	776-4430
Youth Activities	776-5742
Fleet Recreation	776-4607
Marketing & Publicity/Corporate Sponsorship	776-5747

**Questions/Suggestions? Email them to:
Jeanette.Lowrance@navy.mil**

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>