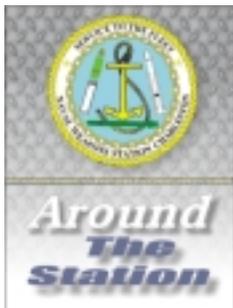


Shoreline



Check out Around the Station. see page 3



Kids enjoy Easter Eggstravaganza. see page 8



April is Child Abuse Prevention month. see page 10



Station prepares for disaster during WMD drill

By JO2 Christal A. Bailey
Navy Charleston Shoreline

Naval Weapons Station Charleston's military working dog team alerted security personnel to explosive material in a suspicious vehicle at Pier C April 8. Charleston Air Force Base Explosive Ordnance Detachment, base fire and security personnel and Naval Criminal Investigative Service also responded to the emergency.

This may sound like a scenario seen on televisions across America, but at Naval Weapons Station Charleston, it was part of a weapons of mass destruction (WMD) drill designed to prepare the Station for the unthinkable.

According to drill monitor Master at Arms First Class Jamie Stiles, the drill was a way for the Station to ensure correct procedures are followed in emergency situations. "We want to make sure that if we encounter something like this, we are able to 'deescalate' the scenario," Stiles said.

Training for the drill began one week prior. Security shifts were required to learn the proper techniques in perimeter setup and intelligence related to the scenario.

"Training is an ongoing event for our security forces," said Stiles.

The Station's military working dog team played a major role in the drill. A sync kit used for training was placed in the truck with chlorate. Rocky, the base's military working dog, detected the chlorate and alerted his handler, and the suspects were taken into custody and questioned by NCIS. Charleston Air Force Base EOD unit then disposed of the bomb.

"I know if this situation occurred for real, we would be prepared," Stiles said.



photo by JO2 Christal A. Bailey

Charleston Air Force Base Explosive Ordnance Disposal (EOD) team member, Staff Sgt. Joshua Mal, checks the cab of a delivery truck for a bomb during Naval Weapons Station Charleston's weapons of mass destruction (WMD) drill held April 8.

Natural resources, fire fighters respond to wildfire

By Bart Jackson
Navy Charleston Shoreline

The Naval Weapons Station natural resources teams, while conducting routine prescribed burns in the Marrington area, were called to assist Station Fire Department with a wildfire in the NWS Northside area.

On Friday afternoon, April 2, a small block of woods just off Poseidon Parkway were set ablaze, possibly by sparks from a vehicle traveling

inbound or just an errant cigarette thrown from a window.

Weapons Station fire crews called on the Natural Resources team to assist with the fire, as they were just over a mile away, conducting controlled burns. The Natural Resources team responded with heavy equipment and were able to plow a firebreak around the scorched area, which enabled firemen to contain the wildfire, and let it burn itself out. No structures were threatened and

damage to timber resources was minimal.

On Saturday, smoldering embers from Friday's fire re-ignited and a second wildfire occurred. Strong winds and low humidity pushed the hot, fast fire towards the Border Patrol's driver training track and surrounding structures.

Once again the Station Fire Department and Natural Resources team were called into action. The forestry skidder was used to plow a firebreak, forming a barrier behind the fire, which allowed

see Wildfire page 3

Naval Weapons Station Charleston



Mission

To provide ordnance and waterfront management, quality of service and logistic support in a secure multi-service environment.

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CAPT Robert M. Zalaskus

Executive Officer

LCDR Wesley S. Smith

Business Manager

Rita Schmitt

Command Master Chief

CMDMC(SS) Tim Domrose

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Captain's Log

By Captain Robert M. Zalaskus

Commander, Naval Weapons Station Charleston

"A template for the future." I was proud to hear Admiral Fallon describe the Naval Weapons Station when he spoke to a crowd of approximately 150 leaders that included our military tenants and area local businesses on the 24th of March. After a busy morning of briefs and tours, our operational commander was impressed with the diversity and effectiveness with which Charleston supports national defense. Likewise, Congressman John Spratt was similarly impressed after his recent visit on the invitation of our local union representatives. In both cases, however, what has really captured the attention of these dignitaries, as has been the case for other Defense leaders before them, is not just the capabilities of the station, but how well each of the various missions function so well in the same environment from training commands to ordnance operations, from engineering commands to logistics movement. This is clearly a strength here in Charleston—a positive, cooperative attitude that is readily noticed by all who visit.

Another noticeable item certainly capturing attention is the significant construction on Station. It may be somewhat messy and inconvenient now, but the improvements will serve us well for years to come. Here's a short summary of what is on-going and why:

At the western boundary of the Station on Redbank Road you are seeing movement of several utilities including water check valves and power lines. When these have been properly relocated, we will begin placement of earthen berms on either side of Redbank Road. These berms will frame the entry of the Station, but they are not just decorative. There is no plan or intention of putting a gate at this location as was done following 9-11. They will, however, provide protective cover for critical utility components for the Station. This will be necessary as we demolish the old Security building (Bldg. 31) following the completion of the new Security building next to NWS headquarters (Bldg. 84).

Our new Security building has been designed to meet the needs of the Station to include spaces for training, roll call, detective operations, etc. Likewise we are integrating dispatch and our installation operations center and including spaces for the Station command duty officer. Progress is visible and exciting for this new building that should be nearing completion by the end of the year. (We have not designated a building number yet, but I'm thinking about Bldg. 78...if you have a suggestion, send it to the XO.)

Other construction measures, some recently completed, include new parking at the Exchange and commissary. At the NEX expect to see a new Navy Federal Credit Union ATM which will be relocated from the MWR mall near the library. You have probably noticed the new parking next to the Chapel that was constructed to make up for some of the lost spaces at the Exchange. Likewise, new parking construction is underway behind the Library and adjacent to the Navy Exchange Autoport rear parking lot. This is needed as we remove the parking that

is next to Sam's Gym and the Library. Why? Force protection standoff. No more cones, we have engineered the parking under current guidelines. The bottom line, you may have a few more steps, but in every case, we are gaining spaces in the inventory.

If you have not yet visited the Redbank Club, I highly recommend it. Lunch is back better than ever and the makeover throughout the building is functional and distinguished. I did not think the MWR staff could match Storm Pointe, but this creative group outdid themselves improving the look and capability of the spaces, and their selection of the interior design colors and decorations is outstanding. Other recent improvements include the Reagan Center that is home to Joy Wilson and her dedicated Navy Marine Corps Relief Society volunteers, and completion of some great renovation efforts in our Fleet and Family Support Center. All these improvements are fitting of the quality you deserve here on Station.

April is Child Abuse Prevention Month and many on the base are highlighting the issue by wearing blue ribbons. This is a critical issue and one in which everyone should be involved. Our dedicated Fleet and Family Services folks are eager to provide materials and help educate. Their outstanding programs are both preventative, supportive and designed to assist families who need help. Be a part of the movement to eliminate all abuse—let April be your first step.

I want to wrap this month with a few words about our role in the Pinckney tragedy. As you should all be aware, the fatal accident that injured 70 and killed 3 shipmates was our worst nightmare. We can all pray that we are never tested again in such a mass casualty, but the incident did show the extraordinary coordination and talent we have here in Charleston. I was exceptionally proud of our Fleet and Family Support Center staff who provided services to Pinckney Sailors, families and even our own folks. Together with our outstanding Chaplain group, Public Affairs staff, and medical assistance from the professionals at Naval Hospital Charleston, the Pinckney was in the capable hands of a caring homeport, further illustrated by the generous and spontaneous support of the Charleston and Beaufort communities. But Pinckney has not been the only challenge we have faced. Over the last few months we here in Charleston have endured several such tragedies. The loss of any shipmate is difficult. While the Pinckney captured much of the media attention, behind that coverage were equally trying cases that were also supported by the same outstanding group of professionals. Being able to help others cope with the loss of loved ones is one of the most challenging professions in our society. My special and sincere thanks go to those professionals who help the rest of us move on with our lives. Well done to that dedicated group here. Keep up the great work.

Get your paperwork completed to vote this fall. It's your right and it's important. Be safe and enjoy the wonderful springtime in Charleston.

Station Seabees help restore former barracks

Naval Weapons Station Charleston has a new "school house," Bldg. 909, inset. The former barracks has been converted, with the help of Station Seabees, to a training and education center which features two large and four small classrooms. Bldg. 909 will be used for mandatory and routine training by military and civilian personnel during the day, and in the future will offer and opportunity for college level and graduate courses for those pursuing after-hours education. Seabees that helped refurbish the are, from left, 1st row, CE2 Robert Chilton, electrician; UT2 Bryan Miller, assistant crew leader; BU2 Trevor Griffin, lead builder; UT2 Mike Montalto, crew leader; 2nd row, FN William Baumgartner, laborer; EO1 Dave Martin and BU1 Eric Elliott; project supervisor. The building was dedicated March 31.



FFSC receives recognition

By JO2 Christal A. Bailey
Navy Charleston Shoreline

Naval Weapons Station Charleston's Fleet and Family Support Center (FFSC) received recognition and thanks from Commander, Navy Region Southeast, Rear Adm. Annette E. Brown April 2 for their support to the PCU (DDG 91) Pinckney during a port visit to Charleston.

The FFSC was called to duty March 12 when Pinckney Sailors on their way to a memorial service honoring the ship's namesake were involved in a tragic bus accident. Three Sailors were killed and 70 were injured in the accident.

Brown thanked the Center for their role in assisting Pinckney Sailors and their families during the crisis. "I was very proud of you and the fine work of the FFSC at Charleston," the admiral said in a letter to FFSC employees.

"On that Friday morning, we launched into action," said Cmdr. Barry Murphy, FFSC clinical social worker. Murphy, along with a team of FFSC counselors, arrived at the ship before the survivors returned onboard. "People were clearly shaken from the event," he said. FFSC stayed onboard well into the night assisting the crew.

To assist with the needs of the Pinckney crew, the Center broke into small groups to debrief Sailors. Each

FFSC counselor had a group of eight to 10 crewmembers. "We allowed those returning to the ship to talk about their grief," said Murphy. "This process is very important in situations like this."

The Center's efforts included listening to service members, providing formal critical incidence reports, answering telephones, calling on local businesses for support and compiling data.

FFSC assisted families of crewmembers in addition to the crew. The Center spent all day helping families with travel and lodging arrangements. Several of the counselors drove to Beaufort, S.C., which is 70 miles south of Charleston, to pick up concerned families who arrived from San Diego to check on loved ones.

According to Murphy, they drove family members to the Beaufort hospital where two of the injured Sailors were hospitalized. "We go to them [families] in time of need," said Murphy. "The whole thing absolutely revealed how important FFSC is."

The ship got underway March 16, but took a piece of Charleston with them. Murphy rode with the crew to Norfolk, Va., in an extended role to support the ship. "I feel it was meaningful to them as well as me, that I was there," he said. "It was a heartbreaking opportunity to serve."



photo by Bart Jackson

Naval Weapons Station Charleston environmentalist Terrence Larimer, left, and Ens. Blake Crosby monitor one of the remaining hot spots following a wildfire that occurred on Station April 2 along Posiedon Parkway.

Wildfire: Incident emphasizes importance of prescribed burns

continued from page 1
fire fighters with water hoses to halt the advancing blaze at the firebreak, preventing any damage to threatened structures or equipment.

Fortunately this area had

undergone prescribed fires in January 2001. This reduced the amount of available fuel and limited the dangers to surrounding buildings and land. The incident emphasized the importance of controlled burns on

Weapons Station Charleston. Station personnel's continued support and tolerance for the residual smoke and traffic delays are a small price compared to the potential dangers from wildfires on Station.

Chapel hosts Dave Roever

Dave Roever, Vietnam veteran and inspirational speaker, will be the featured guest at the Naval Weapons Station National Prayer Luncheon at the Redbank Club April 26 from 11:30 a.m. to 1 p.m.

From the jungle waterways of Vietnam where he was injured, to the forward operating bases of Iraq, Roever has shared his story of triumph over tragedy. In July 1969, while serving as a Brown Water Black Beret with the Navy in Vietnam, Roever was severely burned when a white phosphorus grenade exploded in his hand. First thought to be dead, he survived and underwent 14 surgeries at the Brooke Army Medical Center in San Antonio, Texas.

Tickets are \$5 and may be reserved by calling the All Saints Chapel at 764-7222.

Around the Station



Military family members participate in a Stroller-thon during Naval Weapons Station Charleston Fleet and Family Support Center's Family Fun Day April 8. The Stroller-thon was hosted by the FFSC's New Parent Support Program and held in recognition of Child Abuse Prevention Month. The Fun Day was the first held on Station this year. More than 200 families showed up for a day of fun and games.



Master Chief Master at Arms (SW) Alvin Buckner, right is pinned to E-9 April 12 by Lt. Gilbert Clark, security officer, at Naval Weapons Station Charleston's security building. Buckner, a native of Greenwood, Miss., is the security department's senior enlisted advisor. He has served the Navy for 24 years.



Short Stay Navy Outdoor Recreation Area

"Where America's Military Families Come To Relax"

If you are ready for a real treat, get ready for a relaxing trip to Short Stay Navy Outdoor Recreation Area. Located approximately 25 miles from Naval Weapons Station Charleston, Short Stay is Navy Charleston's premier outdoor recreation area. The resort-type environment at Short Stay, located on beautiful Lake Moultrie near Moncks Corner, is the perfect place for your next vacation or weekend getaway. Open year-round, Short Stay is operated by the U.S. Navy to provide a quality recreation experience for our nation's active duty military, reservists, DoD personnel, retirees and their family members.

The amenities at Short Stay include cabins, villas, a conference center, RV sites, swimming beach, playground, snack bar, convenience store, gasoline, game room, fishing bait and tackle, fishing pier, laundry, rental boats, horseshoes, volleyball and much more.

Roundette cabins and two- and three- bedroom villas are available for overnight stays. The roundettes and two-bedroom villas have two queen beds and will sleep four people. The three-bedroom villas have two queen beds and two twin beds and will sleep six people. All lodging units have outdoor decks with a waterfront view of Lake Moultrie and come complete with the following: basic cable television, full kitchen with microwave oven, dishes, basic cookware, bed linen, bath

towels, picnic table and grill. Soap and other personal items are not provided. The minimum age to reserve and occupy lodging is 17 for active duty personnel and 21 for all others. Pets are not allowed in housing units or in the housing area.

Short Stay has a variety of campsites ranging from waterfront to woodland, with or without water and electric hookups. Many of the sites are pull-through for larger RVs. Six people and one camping unit are permitted per site. Six one-room log cabins and two two-room cabins are also available for those who want to experience the "great outdoors" without sacrificing all of the comforts. Each log cabin comes equipped with a full-size bed, heating and air conditioning, refrigerator, cable television, microwave oven and an outdoor grill for cooking.

Short Stay is an ideal choice for group functions. Large groups may request special advance reservations for all facilities, including the five large outdoor pavilions, which may be reserved by groups of 50 or more. The Lake View Conference Center lends itself well to parties, weddings, retirement or graduation parties, training seminars, reunions and a multitude of similar gatherings. This multi-purpose building will seat 150 people and can be divided into three smaller meeting rooms. It is equipped with a kitchen, restrooms and outdoor decks.

Sound and video equipment can be provided upon request.

For the smaller group, the Lake View Clubhouse is ideal for accommodating parties or meetings of

up to 40 people. The bunkhouse can accommodate groups desiring to sleep up to 16 people in the same quarters. Please phone Short Stay for additional details on any of our group facilities.

Boats are also available for rental and may be reserved in advance by phoning Short Stay. Canoes, kayaks, sailboats and jon boats are available on a first-come basis. Renting boats with motors requires a Short Stay Boat Qualification Card, which is available without charge at Short Stay. For your convenience, fishing licenses may be purchased at Short Stay, as well as a variety of bait and tackle.

Short Stay is open to all active duty military, reservists, DoD personnel, DoD contractors, retirees and their family members. Lodging and camping reservations may be made 12 months in advance for active duty military and six months in advance for all other eligible patrons. During the months of March through October, a two-night minimum policy is in effect for Friday/Saturday nights. A non-refundable reservation fee equal to one day's charges is due within 10 days after the reservation is made in order for it to be guaranteed. Any reservation made less than 10 days before the check-in date must be held with a VISA, MasterCard, or American Express card. No refunds will be made after check-in. Six non-military guests are permitted per sponsor I.D. Sponsors are responsible for their guests' behavior and must remain with them. Group functions may request a higher limit. Guests may not check in prior to sponsor. Make your next vacation or weekend getaway the best ever! Short Stay is "Where America's Military Families Come To Relax!" For rate information or to make reservations at Short Stay, call (843) 743-2366, (843) 743-2608, or toll free at (800) 447-2178. You can also find more information about Short Stay on MWR Charleston's website at www.mwr.nwschs.navy.mil



Register now for 2004 Battling Bass Open fishing tournament

The 2004 Battling Bass Open fishing tournament will be held May 1 at Short Stay Navy Outdoor Recreation Area, Lake Moultrie, Moncks Corner. The tournament is open to the public and includes cash prizes, cookout, door prizes, a Big Fish Pool and trophies. Participants will also be offered a chance to win a truck from McElveen Motors.

Registrations is limited to 150 boats and an 80 percent prize payback of total entry fees will be in effect. The entry fee is \$130 per two-person team.

Lodging reservations are on a first-come, first-serve basis. When calling, tell the reservationist you are fishing in the Battling Bass tournament. Reservations are currently being made for the spring months, so make your reservations early.

For more information, call Short Stay at 743-2608 in Charleston; 761-8353 in Moncks Corner; or toll free at 1-800-447-2178. Entry forms are also available at the Outdoor Adventure Center, and online at www.shortstay.nwschs.navy.mil/new_page_3.htm.



2004 Easter Eggstravaganza at Marrington Plantation a big hit

Story and photos by Glenn M. Cox
MWR Publicity Specialist

Approximately 500 children and their parents gathered at Marrington Plantation for the exciting Easter Eggstravaganza on April 10. The event was free and provided three hours of non-stop fun and exciting activities for children, ages 3-12, who anticipated the Easter season.

The children who attended the Easter Eggstravaganza entered Easter bonnet and Easter basket contests and participated in the biggest Easter egg hunt around! The eggs that were left scattered around the Marrington picnic area by the

Easter Bunny were filled with candy and prizes. Following the Easter egg hunt, an exciting Easter Carnival and Bunny Land rounded out the event with two more hours of continuous fun. The children jumped in the airstyle, crawled through Cameron the Caterpillar, went on train rides and had the opportunity to meet "Thumper," "The Easter Chick" and many more characters in Bunny Land.

Everyone who attended this year's Easter Eggstravaganza seemed to have a fun and exciting time. The Youth Center proudly brings the event to you each year.



Pictured with the Easter Chick and Purple Cow are, from right, True and Mady Carsen.



Terrell Peterson (left) and Jacob Corrigan crawl through Cameron the Caterpillar at the Easter Eggstravaganza at Marrington Plantation on April 10.



Above, the Easter basket and Easter bonnet contests were two contests for children at this year's Easter Eggstravaganza. The winners of the Easter bonnet contest (pictured from left) were Tyler Weber, True Carson and Bailey Fischer. At left, following the Easter egg hunt, children gathered under the Marrington picnic pavilion to collect their Easter prizes.



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April is the Month of the Military Child



April is the Month of the Military Child and the Library will have drawings for "Proud to be a Military Kid" stuffed bears. Children ages 2-5 may register for the drawings to be held April 30. As an extra bonus, the library will also give away free "I'm Proud to be a Military Kid" coloring books. Call the Library at 764-7900 for more information.

Orientation slated for professional Child Development Home providers



Orientation class to become a Navy Child Development Home (CDH) provider will be held May 10 from 8:30 to 10:30 a.m. at the CDH office at 66 Von Steuben Street. On base and off base childcare providers are needed. For information about the CDH application process, call 764-7347.



WPNSTA Library to highlight Asian-Pacific American Month

The Library will celebrate Asian-Pacific American Month in May with a poster display of notable Asian-Pacific Americans. In addition, the library will give away informational handouts and bookmarks, while supplies last. These handouts are excellent tools for learning more about their heritage.

May is National Bike Month

May is National Bike Month and the Library supports bike safety. Throughout the month, the library will have free handouts and coloring sheets on bike safety. In addition, children may register for a free bicycle helmet to be given away in each of the following age groups: Toddler (ages 2-4), Child (ages 5-7), Youth (ages 8-10) and Young Adult (ages 11-14). The drawing for the helmets will be held May 28. For more information, call the WPNSTA Library at 764-7900.

Military Spouse Appreciation Day

In honor of Military Spouse Appreciation Day on May 7, all military spouses will receive up to five free copies at the Library. Call 764-7900 for more info.

Why are moms so wonderful?

Mother's Day is May 9 and the students at Marrington Middle School will be asked to write a short essay, "Why their mothers are so wonderful." In honor of Mother's Day, the Library will display their comments. A prize will be awarded to the student with the best answer. Come in and see our display and find out "why moms are so wonderful."

Fax service available at Library

Do you have an important document to send? The Library offers fax service Tuesdays through Saturdays. The cost for local incoming, outgoing and 800 numbers is \$1 for the first page and .50 for each additional page. The cost for long distance fax service is \$1.50 for the first page and .50 for each additional page. Fax service is still available at the ITT office but only on Mondays.



Lay-away now for Camp Grinning Gator

Summer will be here before you know it! At the Youth Center, summertime means Camp Grinning Gator time!

Camp Grinning Gator is open to dependent children (ages 5-12) of active duty military, retirees, reservists, DoD civilian employees and DoD contractors. Sessions are June 1-25, June 28-July 23, and July 26 until school starts.

Campers will participate in drama, music, nature activities, skating, bowling, field trips, movies, sports and much more! Camp fees are based on a sliding fee scale and a \$25 non-refundable deposit with our lay-away plan will ensure your child of a place in camp. Only 150 slots are available per session.

With the Youth Center's special Camp Grinning Gator layaway

plan, there's no reason why your child can't have a blast at camp this summer! Stop by the Youth Center today to register your child, or call 764-7809 for more information.

Youth Center Offering Junior Counselor Work Skills Training Program

Hey, parents! What will your teen do this summer? Why not have them join the Junior Counselor Work Skills Training Program, which will be held in conjunction with the Naval Weapons Station Youth Center's Camp Grinning Gator! Teens (ages 13-15) will learn new work skills while participating in camp activities such as roller-skating, bowling, movies, swimming, and other fun activities.

The program is designed to introduce teens to the requirements of a profession to help them prepare to join the workforce. By assisting adults as junior counselors, the teens will learn teamwork and discover how it relates to the workplace, learn about the mission and purpose of the workplace, and learn the following job skills:

- Telephone skills (correct procedures for answering phones).
- Equipment skills (adding machine, fax machine, copy machine, calculator, and computer).
- Meeting skills by attending staff meetings.
- CPR and First Aid.

The teens will learn the connection between learning and earning, why a good education is the key to getting a good job and why lifelong learning is important to continued success. They will also learn to recognize child abuse and develop a good understanding of why children act the way they do.

Sessions are June 1-25, June 28-July 23 and July 26 until school starts. The cost is \$75 per session for the first and second session and \$50 for the third session. There is a limit of eight teens per session.

Each junior counselor will receive a staff T-shirt and a certificate upon completion of the program. Call the Youth Center at 764-7809 to sign up your teen for this exciting program.

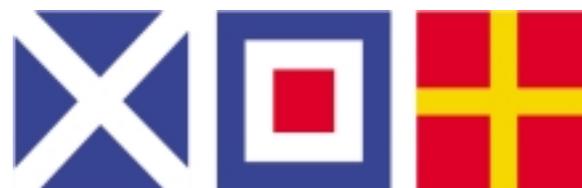
Summer bowling leagues now forming

Summer bowling leagues are now being formed at Marrington Lanes.

Men's, women's, seniors' (ages 50 & up), mixed and youth leagues are offered. Below is a list of available leagues and times that will start soon for the summer at Marrington Lanes:

- *Turbo (Mixed)--Monday, 7 p.m.
- *Adult/Youth--Tuesday, 6:30 p.m.
- *Menriv Originals (Women)--Wednesday, 9 a.m.
- *21 Point Peterson (Mixed)--Thursday, 6:30 p.m.
- *Marrington Seniors (Mixed)--Friday, 10 a.m.
- *Friday Nite (Mixed)--Friday, 6:30 p.m.

Don't miss out on the summer fun at Marrington Lanes! Call the Bowling Center at 764-7235 and sign up today!



Unless otherwise indicated, Liberty trips and events are open to All Hands of WPNSTA Charleston and its tenant commands (active duty, civilian, and dependents, ages 18 and up). Sign up for these events at the NNPTC Activity Complex or the Liberty office (building 206, NNPTC Circle). The Liberty office is open from 8 a.m. until 5:30 p.m., Monday through Friday. Call 764-7002 for more information or check us out on the MWR website at www.mwr.nwschs.navy.mil.

North Carolina Mountain Bike Adventure, April 24 & 25, 7 a.m.

Liberty is teaming up with the Outdoor Adventure Center to provide you with the opportunity for an overnight mountain biking trip. The cost is \$40-\$52, which includes three meals, camping fees, equipment and transportation. Sign up in the Liberty office, located in building 206, or the Outdoor Adventure Center by April 21. For more information call, 764-7002.

Marksmanship Ribbon Class, May 1 & 2, 5:30 a.m.

Dress up your uniform by attending this class at ATP Gun shop for the chance to qualify for pistol and/or rifle. You pay \$45 for one or \$65 for both. To qualify for pistol and rifle, you must attend the class both days. Sign up in the Liberty office (Building 206) by April 26. For more information, call 764-7002.

Deep Sea Fishing, May 15, 5:45 a.m.

Try your hand at "fishing for your supper" and join us as we head out for an all day deep sea fishing trip. The cost is \$70, which includes all the equipment you will need. Sign up in the Liberty office (Bldg. 206) by April 29. Call 764-7002 for more information.

Pool Tournaments, April 20 & May 4, 5:30 p.m.

Stop by The Dive and compete for great prizes in our biweekly pool tournaments. The only charge is the cost of the game. Prizes include gift certificates to the NEX. For additional information, call 764-7002.

Skydiving, May 16, 7:30 a.m.

Experience the thrill of skydiving tandem (with instructor) or static (alone) with Liberty! Be sure to sign up early because these spots fill up fast. Cost is \$49.00-\$135.00. The deadline to sign up is May 12. Sign up in the Liberty office (Bldg. 206).

Daytona Beach Trip, May 28-31, 5 p.m.

Take a Florida vacation with Liberty and enjoy three nights of oceanfront lodging, as well as transportation to the sunshine state. The cost is \$150 and the hotel includes a daily newspaper and continental breakfast. The deadline to sign up is May 14. Sign up in the Liberty office (Bldg. 206).



For all things MWR please visit:

www.mwr.nwschs.navy.mil





Information & Referral (I&R)

Have you heard!? There are free baby information classes for new parents. Need to sit and chat with a counselor? More information is added daily to this site, take a look! Do you want to volunteer in your community or on the base? Need information about free Income Tax Preparers on base? Need to talk to a financial counselor? Are you moving and need information about the new location? If you need answers to questions, call 764-7294/7480 or go to the website- www.nwschs.navy.mil.

Counseling Services

Need to talk to someone in confidence? Are you feeling stressed or angry? Just call and make an appointment for our free counseling! We have trained counselors to help you through this time. You can make an individual appointment or with your spouse. We visit some commands during the day to talk. If you are an active duty or retiree, spouse of an active duty, retiree, widow, widower or POW family member survivor, you qualify for our free and confidential services. Call 764-7294 for an appointment.

Do you know your Command Family Ombudsman?

Ombudsmen are information and referral people. A command family ombudsman is there to answer questions. Each command has an ombudsman. If you have questions such as: special needs of family member, moving, childcare, or about activities within your spouse's command, call your command ombudsman or Tommie Provost, 764-7294, ext. 48 to find the name of your ombudsman.

| WORKSHOP | DATE | TIME |
|---------------------------|-------------|---------------|
| Advanced Resume | Monthly | |
| Infant Child CPR | April 27 | 9 a.m.-Noon |
| Infant Massage | April 22 | 10-11 a.m. |
| Pre-separation Counseling | Monthly | |
| Playmornings | Every Wed. | 9-11:30 a.m. |
| Spouse Orientation | Every Tues. | 10 a.m. |
| Stress Management | April 20 | 1-4 p.m. |
| Teen Jive | April 21 | 4-5:15 p.m. |
| Volunteer Opportunities | Mon.-Fri. | 8 a.m.-4 p.m. |

April is Child Abuse Prevention Month: FFSC offers tips to help parents cope

"You never listen to me!"

This complaint is heard as often from children as it is from parents. Teaching a child to communicate helps him to develop confidence, feelings of self-worth and skill in relating to others.

You can teach a child to listen by gently touching the child before you talk. If you speak in a quiet voice or whisper, the child will learn to focus on what you are saying. If you look the child in the eye and bend down to become her size, she will understand that you have focused all of your attention on her.

Experts suggest using "door openers" to invite child to say more...statements like, "I see. Tell me more. No kidding," and "Say that again, I want to be sure I understand you." Remember that praise builds confidence. Catch your children being good - for doing the little things that are so easy to take for granted.

For more information contact your Family Advocacy Representative at Fleet & Family Support Center at 764-7294, ext. 40.

Tips to make shopping easier for parents and children:

1. Make a game of it. Who can see the potatoes first? Do you remember what animal bacon comes from? If child is old

enough, let him check the grocery list, see which fruit, cheese, etc. is the best bargain.

2. Count how many steps it takes to get from the Cheerios to the Frosted Flakes.

3. Discuss the pictures on the package - what could you make with this, etc.

4. Play a game. (Let's count all the tennis shoes we see on people's feet, let's see how many B's you can find on signs.)

5. Play "I see something," in the check-out lane and have children guess what you see.

6. Reward good behavior. Promise to play a game with or read to the child when you get home.

7. Ignore inappropriate behavior unless it is dangerous, destructive or embarrassing to you or a bother to others.

8. If your child gets out of control or embarrasses you, stop, pick him up (or take him by the hand), and take him out of the store, or to a private place. Talk to him quietly, eye-to-eye, and tell him that his behavior is totally inappropriate. If necessary, put him in the back seat of the car and stay beside the car or sit in the front seat, saying nothing. Wait for him to calm down no matter how long it takes. Then ask if he is ready to try again.

Can't find what you're looking for here?

Visit The Fleet and Family Support Center on the Web at

www.nwschs.navy.mil

Meeting your needs. At home. At sea.

Outdoor Adventure Center events

Knots 101, April 22, 5 to 6:30 p.m.

Without the knowledge of knots, a climber won't be around too long. They are the basics of safety. Simply put, knots save your derriere. Come on out for this relaxed session on knots and their uses. The cost is \$5 per person. Participant limit: none. Provided gear: rope. Exertion level: easy. The signup deadline is April 20.

North Carolina Mountain Bike Adventure, April 24 & 25

Western North Carolina is known for its beautiful mountains, and those mountains are known for their great mountain bike trails. Come with us on a fantastic overnight trip where you will be able to challenge yourself on the variety of trails North Carolina has to offer! The fee is \$40 if you provide your own bike and \$52 if the Outdoor Adventure Center provides a bike for you. Participant limit: 13. Provided gear: bike (if needed), camping equipment, three meals, camp fee and transportation. Exertion level: easy-difficult (depends on group's ability). The signup deadline is April 21.

Rappel Basics Course-Session 1, April 29, 5 to 8 p.m.

Learn about equipment, knots and technique in this course where you will get an experience in the basic skills of rappelling. Participants under the age of 12 are not permitted to rappel. Ages 12-16 may rappel with a backup belayer only. Participants under the age of 12 are welcomed to learn knots and climbing technique. The fee is \$12 per person. Participant limit: 5. Provided gear: harness, ropes, hardware and helmet. Suggested gear: shoes, chalk bags (available for rent at the Outdoor Adventure

Center). Exertion level: moderate. The signup deadline is April 27. Stop by the Outdoor Adventure Center today or call 764-2122 for more information.

Sports and Fitness

Southeast Regional Running and Triathlon Team

Attention competition runners! Represent the U.S. Navy in 5k, 10k, marathons, and/or triathlons. The U.S. Navy will showcase elite active duty men and women in regional races. Uniforms will be provided as well as limited transportation and entry fees. Interested runners must compete in sanctioned races (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) and your time must be one of the top 10 regional qualifying times. If you have run in a sanctioned race and your time meets the regional qualifying time, you may wish to continue to represent the Navy on this team. You can find more information and an application at www.mwr.navy.mil under Mission Essential. Fill out the application and fax it to Rita Hammerstad at DSN 960-6725 or Commercial (904) 270-6725. Enclose copies of qualified run times with your application. If you have sent an application in previous years to be considered for the team, you must send in a new application, as the old applications have been closed out. For more information, contact Rita Hammerstad at DSN 960-5451 or commercial (904) 270-5451.

Massage therapy...get into the "squeeze" of it!

Massage therapy is available on Station with certified massage therapist, Althea Donahue. Fees are \$25 for 30 minutes, \$50 for 60 minutes and \$75 for 90 minutes. Donahue specializes in Swedish massage, deep tissue massage and neuromuscular massage. Massage appointments must be scheduled in advance.

For an appointment, call 324-4887.

Golf

Captain's Choice golf tournament

The Redbank Plantation Golf Association will have a four-man Captain's Choice golf tournament on April 24. One-fourth (1/4) handicap from the combined handicap of both players will be used. Make your own team for this tournament. Prizes will be awarded according to participation. The cost is \$15 per person plus cart and greens fee. Call 764-7802 to register your foursome. Please note that all golfers are welcome to participate in the association tournaments.

Spring golf league to start in May

Any command interested in the spring golf league should call Redbank Plantation Golf Course to enter by April 28. Each team will consist of at least four people. Each team should have enough people to have backups in case some players are on leave or not available to play on a certain day. There can be unlimited numbers of participants on any given team. Teams will play at 4 p.m. Wednesdays beginning May 12, with eligible teams gaining Captain's Cup points. The fee is \$10 per person, which includes cart. Any team members not playing on Wednesdays may still come out that day and play for the same \$10 fee. There will be a league meeting of the captains at the course on May 5 at 4 p.m. For more information, contact Mike Rogers at 764-7802.

Military Spouse Appreciation Day

This year on May 7 MWR will celebrate Military Spouse Appreciation Day by expressing gratitude to our military spouses for the significant role they play in assuring the well being of our communities, our service and our families.

- Military spouses will be able to open bowl for \$1 per game from 11 a.m. to 1 p.m. Call 764-7235.
- Military spouses are invited to stop by the Auto Skills Center for a free under the hood check. Call 764-7752.
- Military spouses will receive up to five free copies at the Library. Call 764-7900.

Family & Housing News



'Take a wild guess'

Patricia Berryman, right and her sister Elizabeth stand with housing director, Linda Miller after winning a prize from the Housing Department's Fun Day. Patricia had the closest guess to the number of pieces of candy in the candy jar during Fun Day. Patricia's guess of 310 pieces won a stuffed white rabbit. There were 304 pieces of candy in the jar.

Recreational vehicle storage

The Housing Welcome Center operates a 54-space recreational vehicle (RV) storage facility located across the street from Marrington Middle School. The spaces are 10 feet wide and 30 feet long. The storage facility is designed to alleviate parking problems experienced by residents who own a recreational vehicle. Regulations do not allow vehicles to be parked on the grass.

The spaces are assigned on a first come, first served basis. Currently, there is a waiting list for spaces, and at present, no flat bed or utility type trailers are being assigned. When spaces become available and there is no waiting list, trailers will be assigned to a space if an application for such has been received.

The requirements for assignment are as follows:

- * Applicant must be a resident of Naval Weapons Station Charleston family or bachelor housing.
- * Application must be filed with proof of ownership/registration attached.
- * Vehicle must be properly registered, when applicable, and road worthy.
- * Apply at the Housing Welcome Center on Fletcher Street.

Care of vinyl sheet flooring

Some of the floors in Station housing units are showing signs of wear far too soon. Specifically, the areas under tables, chairs and in heavy traffic areas are dull and have a grayish look. Please follow the following manufacturer's suggested recommendations for care of the flooring:

1. Sweep or vacuum regularly (do not use beater bar vacuum or electric broom) to remove loose dirt that can scratch the floor. The wear on the surface causes a dull and discolored look.
2. Wipe up spills as soon as possible. Remove dried spills with mild detergent and rinse. Never use abrasive scrubbing tools on any vinyl floor.
3. Attach felt protectors on the legs of tables and chairs used on vinyl floors
4. Wash floor regularly and rinse well.
5. For heavy cleaning use Armstrong New Beginning Floor Stripper and Cleaner. Do not use harsh detergents or "mop and shine" products. These products may leave a dull film on your floor, which will appear like the surface has worn away.
6. Over time, if the shine on floors begins to dull, Armstrong Shinekeeper Floor Polish may be used to renew the floors shine. It is important not use paste or solvent-based polishes.
7. Vinyl flooring, like other types of smooth floors, can become slippery when wet. Allow time for the floor to dry after washing, immediately wipe-up wet areas from spills, foreign substances or wet feet.

Temporary absence of quarters

Residents are reminded that the Housing Welcome Center is to be notified of absences from quarters during spring and summer vacations. This is accomplished by completing a "Help Stop Crime" form available at the Housing Welcome Center. The form not only advises the Housing Welcome Center that no one is home, but alerts the Security Department to check on these homes.

Absences in excess of 48 hours require completion of the

"Help Stop Crime" form. The Housing Director must approve an absence of 30 days or more. The "Help Stop Crime" form provides the appropriate areas for your signature when you are requesting more than 30 days and for approval/disapproval of your request by the Housing Director. It is suggested that for absences of several days that you stop newspaper delivery.

If you leave your pets at home, arrangements must be made for a responsible person to care for them. In addition, you are responsible for your lawn while you are away. Should the Housing Welcome Center be required to have your grass cut, you will be billed for the cost.

Upon returning to your residence, please notify the Security Department and the Housing Welcome Center immediately if your quarters were damaged during your absence.

Fire ants

Fire ants have been and will continue to be an ongoing problem for Charleston residents. One needs only to have experienced, or have their small children experience, multiple bites from these aggressive insects. To aid in control of these pests, the Self-Help Store has available 6 oz. containers of Amdro Granular Insecticide. The manufacturer recommends that the bait be sprinkled around the base of the mound up to three feet away. Such individual mound treatments may take one to several weeks to eliminate colonies. One container should be enough to treat three mounds. Parents are urged to caution their children against disturbing fire ant mounds they may discover.

Do not post signs in housing area

A reminder to all residents, posting of any signs in housing or anywhere on Naval Weapons Station Charleston is prohibited. Signs posted on telephone poles and streetlights will be removed and the party placing them will be contacted.

The Self-Help Store will post addresses of people having yard sales on the Yard Sale Board. To have your address placed on the Yard Sale Board, contact Self-Help Store at 764-7870 by 5:00 p.m. on the Thursday prior to the sale.

Attention Bachelor Housing residents

With the warmer weather quickly approaching, residents are reminded that they are responsible for the exterior of their Bachelor Housing units.

The following items are included in the weekly inspections performed by the Bachelor Housing staff:

1. Carport, driveway, and patio clean and free of grease, cobwebs and debris.
 2. Light fixtures on porch, carport, and entrance door areas, are clean.
 3. Exterior storage rooms swept clean and free of cobwebs.
 4. Wash walls and ceiling of patio and front entrance door.
 5. Garbage can storage area cleaned and emptied and free of all debris. If receptacle is needed for trash and debris, use plastic bags. Do not fill garbage container.
- All garbage receptacles should be placed at the end of the driveway on Monday night and returned back to the storage area at the end of the day Tuesday.
- Please feel free to contact Bob Ladue, or Senior Chief John Grimes at 764-7646 if you have suggestions, comments, or concerns.