

Shoreline



CHINFO Merit Award Winner



CEG-A celebrates the Army's 229th birthday.

see page 3



Check our this month's Leisure Times MWR events.

see page 7



CEG-A employee gives the gift of life

By Bart Jackson

Navy Charleston Shoreline

You just gotta' love a happy ending. Such was the case on July 1, when a local restaurant hosted a fundraiser/celebration for former DynCorp/Combat Equipment Group Afloat (CEG-A) employee Mary Herrick and current employee Valerie Singley.

Herrick was the recipient of a donated kidney. Singley, the donor, helped end Herrick's nearly four year wait for a donor, as well as the dialysis treatments she required three times a week to stay alive.

Herrick's ordeal started a couple of years back when she was forced into early retirement as a result of kidney failure. Thus began an exhaustive search for a compatible donor and dialysis treatments three times a week. Her six brothers and sisters and her three sons were all checked, but no match was found, and the waiting game continued.

That was until one fateful night, when several of Herrick's coworkers were out to dinner. They were lamenting the fact that they felt helpless about Herrick's predicament.



photo by Bart Jackson

Mary Herrick, left and Valerie Singlet, right celebrate at a fundraiser July 1. The fundraiser was to support their successful kidney transplant. Lucia Miles, center, the nurse who presided over the operation, was also on hand for the festivities.

Someone at the table blurted out, "Is anybody here an O+?" Singley raised her hand and said yes she was.

The very next day, Singley contacted the transplant center at Medical University of South Carolina. She contacted MUSC pri-

vately, so as not to get Herrick's hopes up in the event she was not a match. Singley said, "Something in my heart told me to do it...it felt like the right thing to do." It turned out it was indeed the right thing to do, as she was a perfect match!

Three weeks ago, both Herrick and Singley were admitted to the MUSC transplant center for the surgery, and the results couldn't have been better. Both women are recovering and doing just fine.

Lucia Miles, a nurse during the procedure and spokesperson for the MUSC Transplant center, was a part of the celebration. "This goes to show the importance of the living donor program, you don't have to be a family member in order to donate" said Miles. "Please, give the gift of life."

"As often as Val and I passed in the hallways at work, I never imagined that she'd become a part of me," said Herrick "She's an awesome, generous and the most giving person I've ever met," she said "The support from family, friends and even people I don't know has been so overwhelming, words just can't describe it, I just wish there was some way I could thank each and every one of them," she added.

Well Mary, I think you just did.

Center celebrates 25 years of serving military families

By JO2 Christal A. Bailey
Navy Charleston Shoreline

The Fleet and Family Support Center (FFSC) has helped thousands of military families since opening its doors 25 years ago. July marks the Center's 25th anniversary, and Naval Weapons Station Charleston's FFSC invites you to celebrate the event with them.

The first FFSCs opened in San Diego and Norfolk in 1979. The Charleston Center opened its doors Feb. 1, 1981. Initially, the Center provided sort of one-stop shopping, offering information and referral, counseling and a 24-hour hotline staffed by trained senior petty officers and Marine sergeants.

Tommie Provost, the Station's FFSC public relations specialist, said the Station has seen many changes over the years, but the mission remains the same. "We expanded to include Welcome Baby in 1982 in the existing program," she said. The Center grew from seven employees in 1981 to 23 employees today.

According to Navy Personnel Command, usage of Navy-wide FFSC services is at an all-time high. Provost said Charleston's Center echoes this. "I agree 100%," she said. "As we advertise through The Shoreline, Channel 2, commands, ombudsmen and word of mouth, we keep growing. Some people come in for one reason and then see another service they could use."

"We are here for everyone, including active duty, family members, single service members, retired and POW families," Provost said. "We want everyone to know we are a free service for all area military."

To celebrate their 25th anniversary, the Center will hold a cake cutting ceremony July 13 1 to 3 p.m., and on July 14 join the Center for a hot dog lunch



photo by JO2 Christal A. Bailey

Lindy McCall, left, of the Charleston FFSC, speaks to a Sailor who uses the Center's services. July is the Center's 25 anniversary.

11 a.m. to 1 p.m. In addition, the FFSC is hosting a bowling party at the Marrington Bowling Center on Fletcher St. July 15 from 2 to 4 p.m. Door prizes will be given away, and cost is \$1 per game. For more information call, 764-7294.

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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Business Manager
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About the Shoreline

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Questions and comments can be directed to the editor. The Navy Charleston Shoreline can be reached at (843) 764-4094 or by fax at (843) 764-7307 or write the Navy Charleston Shoreline, 2316 Red Bank Road, Suite 100, Goose Creek, SC 29445. All news releases should be sent to this address.

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Human error can cause workplace mishaps

By Dan Steber

We lose more than 200 people each year in mishaps, more than 170 of them to senseless and preventable human-error-related mistakes. The dollar costs are staggering, and the pain that families face because of these losses is immeasurable. We owe it to our Sailors, Marines and loved ones to do better.

One expert in the human-factors field, Capt. Nick Webster, MC, Head of the Aeromedical Division at the Naval Safety Center, said, "Humans are part of almost every system we design, and just by our very nature, we are prone to make minor mistakes every day." That fact is found in data from the Naval Safety Center's web-enabled safety system/safety information-management system (WESS/SIMS) database shows us that each year human error is responsible for about 85 percent of mishaps. Annual mishap costs hover around \$700 million, and human error accounts for \$595 million of that amount.

The Navy and Marine Corps are trying to reduce these numbers and are doing so to save people, equipment and money. We must understand the goal goes beyond a 50 percent reduction in mishaps. As Secretary England said, "The goal isn't really 50 percent. We'll settle for 50 percent, but we don't want anyone injured or killed." New technology and more reli-

able equipment have helped to reduce or eliminate certain types of mishaps, but reducing human error is our clearest path to achieve success. Webster pointed out, "As we continue to build more complex machines that go faster, turn quicker, and climb higher, the limiting factor becomes the human being. [They] can only process so much information on the job and are prone to make an error."

Several programs are helping us to turn the tide against human error. Webster mentioned that these safety programs have built-in safety buffers in the form of administrative controls to prevent us from operating in an unsafe situation. For example, squadron level human-factors councils and the human-factors QMB focus on preventing human-error mishaps. They work to improve naval aviation processes, programs and systems that affect human performance.

Operational risk management (ORM) attacks human error by getting our people to identify and assess risk, decide which risks are acceptable, set up controls, and supervise the overall process.

Crew and maintenance resource management (CRM/MRM) programs offer aviators and maintainers a way to understand the problems that arise in group-related interactions. They provide aircrew and groundcrew coordination train-

ing to specifically give our people insight into the problems associated with decision making, leadership, assertiveness, communications, situational awareness, and other areas that affect team-related functions. Khaki risk management is a training session that the Naval Safety Center gives to maintenance officers and chiefs that encompasses ORM, MRM and GCT.

The effort to reduce human-error mishaps ties in directly with our efforts to meet Secretary Rumsfeld's reduction goal. It will take more time, but the clock is running. We have to move ahead smartly. The challenge is tough and no one group or program is the solution. RADM Dick Brooks, Commander, Naval Safety Center, said "We can't do it alone. We need the fleet's help to make the Navy and Marine Corps safer and more able to meet the challenges that lie ahead." The Navy and Marine Corps cannot accept needless errors. We must protect our people and keep families from unwanted sorrow.

For more information on the 50-Percent Reduction Plan, visit <http://safetycenter.navy.mil/MishapReduction/default.htm>. While there, navigate to our aviation directorate and find out more on their efforts on human factors and the fight to end human error.

SPAWAR chief awarded

By SPAWAR Public Affairs

Senior Chief Air Traffic Controller (AW) Kirby Johnson at the Space and Naval Warfare Systems Center, Charleston, SC, has been awarded the Space and Naval Warfare Command's Senior Enlisted Leadership Award.

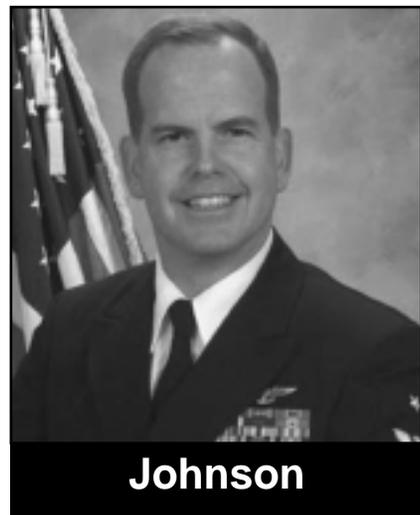
He was recognized from among a highly competitive group of senior enlisted leaders across the SPAWAR command for his superior performance

in leadership and mentoring of personnel, along with personal growth and command/community involvement.

As the Command Senior Chief he provides senior enlisted leadership for over 2,000 military and civilian personnel. In addition, he was handpicked from the Navy and Marine Corps Air Traffic Control (ATC) community to serve as ATC Systems Engineering Fleet Representative for 73 Navy and Marine Corps ATC facilities, all of which are undergoing unprecedented major equipment upgrades and installations. His technical expertise has led to numerous critical improvements to ashore ATC equipment and facility designs.

Johnson, a native of Lake Placid, FL, is a 1985 graduate of Lake Placid High School, Lake Placid, FL and a 2003 graduate of Troy State University, Troy, AL, where he received his BAS in Applied Human Resource Management.

He is married to Donna Johnson of Lancaster, South Carolina. He and his wife reside in the Charleston area.



Johnson

Briefly Speaking

Defense launches Website

The Department of Defense (DoD) launched a new website for civilian employees to learn about the new National Security Personnel System (NSPS) that will introduce sweeping changes in the way the department hires, pays, promotes, disciplines and fires civilian employees. The site is meant to help DoD employees understand the new personnel system. Visit www.cpmos.osd.mil/nsps/ for more information.

Thrift Savings Plan toll-free number

Toll-free telephone service to the Thrift Savings Plan is now available. Use of the toll-free service will provide TSP account or transaction information via the Thriftline's automated telephone service 24 hours a day, seven days a week. Service representatives will be available 7 a.m. to 9 p.m., Monday through Friday. The number is 1-877-847-4385.

Surface Navy Association

The Charleston Surface Navy Association will hold a luncheon July 13 at 11:30 a.m. at the Redbank Club. Cost is \$5. A guest speaker will talk about the changing Navy and what the 5-Vector Model means to our forces.



CEG-A celebrates Army's birthday

Combat Equipment Group Afloat (CEG-A) celebrated the Army's 229th birthday with an Army Birthday Recognition Run/Walk, at left, followed by a formal celebration. The run/walk kicked off at 6:30 a.m. with walkers and runners moving out on separate routes in and around the CEG-A compound. Later that morning, a formal Army Birthday ceremony was conducted indoors, and included remarks by Col. Douglas Glover, CEG-A commander, at right, a history of the Army and CEG-A and playing of the Army song. The ceremony ended with the cutting of the birthday cake, at right, by the youngest and oldest service member, CWO2 Steven Collins, left, and Glover, respectively.

Shoreline Wins CHINFO Merit Award NEWSPAPER HONORED WITH THIRD PLACE AMONG ALL NAVY NEWSPAPERS



The editor and staff of The Shoreline newspaper are happy to announce that the newspaper was honored in the 2003 Chief of Information (CHINFO) Merit Awards competition.

CHINFO announced the results of its internal media awards competition for exemplary achievements in internal media print and broadcast products by Navy commands and individuals. The Shoreline placed third in the "tabloid format newspaper" category.



The CHINFO Merit Awards Program recognizes excellence in Navy internal print and broadcast media products produced by Navy commands and individuals in 22 print and 17 broadcast categories. Print media categories include: newspapers, feature, news, sports writing, photography, web publications and cruisebooks among others.

We would like to thank all of The Shoreline readers and contributors for helping make The Shoreline a winner... after all, it is YOUR newspaper!





MWR invites you to celebrate Recreation and Parks Month

Webster's New World Dictionary defines the word, *recreation*, as "refreshment in body or mind, as after work, by some form of play, amusement, or relaxation." It is a fairly vague definition that is open to individual interpretation because an activity that one person considers being recreation may not be considered recreation to another. In other words, recreation can be many different activities to many different people.

One thing is for sure. When it comes to recreation, the MWR Department provides such a wide variety of activities that there is something to fit everyone's definition of the word, recreation.

July is Recreation and Parks Month and the MWR Department is where you should turn to for your recreation activities and opportunities all month long. The MWR Department has so much to offer, you might even find it difficult to

decide what you want to do...so, here are a few tips.

For starters, take a trip to Short Stay, Navy Charleston's premier outdoor recreation area on Lake Moultrie, Moncks Corner. Short Stay is only a half-hour drive from WPNSTA Charleston. Just take Highway 52 North from Goose Creek to Moncks Corner. Short Stay is located about five miles outside of Moncks Corner, just off Hwy. 52.

Short Stay features lakeside villas, camping and RV sites, log cabins, fishing, boat rental, swimming, picnic areas and much more. Short Stay is open to all active duty military, reservists, DoD personnel, retirees and their family members. Visit Short Stay for your next weekend getaway. For lodging availability, rate information and reservations, call Short Stay at 743-2366 (local) or toll free at (800) 447-2178. You can also find

more information on the Internet at www.mwr.nwschs.navy.mil.

If you prefer to stay on the Station, you can still get your fill of recreational activities. Take a leisurely drive out to Marrington Plantation. Marrington Plantation is a 1,000-acre recreation facility featuring all of the beauty nature has to offer. Located between MenRiv Park and the Station, Marrington Plantation includes pavilions, ball fields, playgrounds, a disc golf course, fishing ponds, nature trails, Watchable Wildlife Area with two wildlife lookout towers, garden plots, archery range, stables for privately owned horses and lots more. Enjoy this beautiful area on your own or plan a party or picnic by contacting the ITT office at 764-2120 for reservations.

Three other fun filled picnic areas available to you are Shady Pines Picnic Area-located near Building 909 on Redbank Road, just past the WPNSTA main gate; Cooper River Picnic Area-located near the golf course on Old Tom Road; and Hooker Lake Picnic Area-located near EOD Mobile Units 6 and 12 on the Southside. These picnic areas feature pavilions, volleyball and basketball courts, horseshoe pits and more, and can also be reserved through the ITT office.

The Outdoor Adventure Center has everything you'll need to ensure that your outdoor event is a blast! The picnic equipment rental includes charcoal and propane grills that range in price from \$25 to \$30 per day. Propane grills must be filled by the customer. Coolers and ice chests are available in various sizes and the prices range from \$3 to \$7 per day. Party bags with a basketball, football, soccer ball, volleyball, frisbee, horseshoes and stakes are available for \$3 per day. Softball sets are available for \$3 per day and include bats, softballs, gloves and a catcher's mask. In addition, horseshoe sets and flag football sets are available for \$3 per day. For official command functions, the grills, coolers and party bags are available absolutely free (call the Outdoor Adventure Center at 764-

2122 for details). The Outdoor Adventure Center also rents campers, tents, sleeping bags, mountain bikes, boats, kayaks, canoes and lots more for your next outdoor experience. For more information about everything the Outdoor Adventure Center has to offer, call 764-2122.

And don't forget about the children. If you want to go all out and keep the children really entertained during the picnic, count on the Youth Center's Good Times Fun Factory to get the job done. The Good Times Fun Factory offers a wide variety of carnival-like games such as a duck pond, speed pitch, E-Z Strikers, Jurassic Toss, dunk tank, air jump castle, the Good Times Choo-Choo Train and so much more! The Good Times Fun Factory will provide hours of recreation for the children at the most affordable price around. Call the Youth Center at 764-7809 to reserve any of the items from the Good Times Fun Factory.

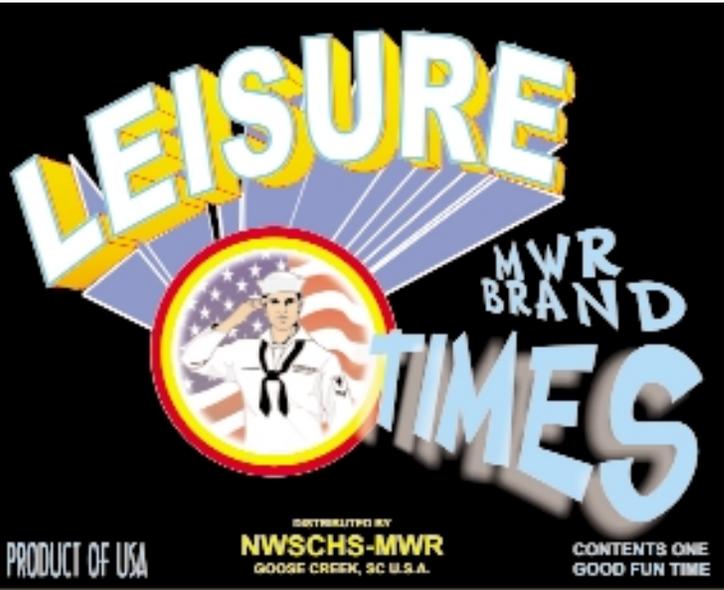
The MWR Department offers so much more in the world of recreation. There's swimming at New Wave Aquatic Center and Eastside Pool. Both pools offer weekday military lap swim, and New Wave offers instructional classes for children and adults, evening water aerobics classes, and the Barracudas youth summer swim team. Golf tournaments are held year-round at Redbank Plantation Golf Course, and 14 well-maintained tennis courts are located throughout the Station and are available on a first-come, first-served basis. In addition, a full-sized in-line hockey rink is located behind the Youth Center Annex and is available for both daytime and nighttime play.

With all of the programs and facilities the MWR Department has to offer, there's always something suitable for everyone. Regardless of how you define the word, recreation, the MWR Department always has a definition that's right for you. So, take some time out of your busy schedule...take advantage of everything we have to offer...and enjoy Recreation and Parks Month all month long.



photo by Glenn M. Cox

Short Stay features lakeside villas, camping and RV sites, log cabins, fishing, boat rental, swimming, picnic areas and much more. Short Stay is open to all active duty military, reservists, DoD personnel, retirees and their family members. Visit Short Stay for your next weekend getaway. For lodging availability, rate information and reservations, call Short Stay at 743-2366 (local) or toll free at (800) 447-2178. You can also find more information on the Internet at www.mwr.nwschs.navy.mil



Morale, Welfare and Recreation

www.mwr.nwschs.navy.mil



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 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.

Marksmanship, July 17-18, 5:30 a.m.
 Dress up your uniform by competing for your Marksmanship ribbon at ATP Gun Range. This event takes place on both Saturday and Sunday and costs \$45 to shoot either pistol or rifle and \$65 for both. Sign up in the Liberty office in building 206 by July 14. Call Liberty at 764-7002 for more information.
Skydiving, July 24, 7:30 a.m.
 Experience the thrill of a lifetime and



Marrington Mountain Bike Ride, July 14 & July 28, 5:30 to 7 p.m.
 Join the Madness! Weekdays after work, join our guide for a mountain bike ride on one of the local trails at Marrington Plantation. If you need a bike, we will give you one to try out for the evening. Or bring your own ride! We will meet at the Outdoor Adventure Center at 5:30 p.m. and ride out from there by 5:45 p.m. Participant limit: nine. Pre-trip: none. Required gear: mountain bike (provided for \$5 if

needed) and helmet. Exertion level: moderate. Prerequisites: none. The signup deadline for the July 14 ride is July 13 and the signup deadline for the July 28 ride is July 27.
Learn to Climb, July 22, 5 to 8 p.m.
 Hands-on learning includes climbing techniques, belaying, knot tying and rope handling skills. We guarantee you will be able to pass our belay test after the course, or you will be invited back to the next class free of charge! Participants under the age of 15

are not permitted to belay. Ages 16-17 may belay with a backup belayer only. Participants under the age of 15 are welcome to learn knots and climbing technique. "On belay, Climb on!" The fee is \$12, which includes a one-day free climbing pass to use at your discretion after the course!



Take me out to the ball game with the Charleston RiverDogs
 Come on out to the ball game and support the Charleston RiverDogs at the Joseph P. Riley, Jr. baseball stadium. The ITT office has ticket vouchers, which are good for any game. Mark your calendar to attend these upcoming home games:
 · July 2 & 4--RiverDogs vs. Savannah
 · July 5-8--vs. Columbus
 · July 14-16--vs. Rome

· July 20-22--vs. Rome
 · July 23-25--vs. Savannah
 Stop by the ITT office for your RiverDogs vouchers today! For more information, call 764-2120.
Visit Fort Sumter
 This summer visit Fort Sumter, America's most historic landmark. Imagine the excitement...you could be standing where the Civil War began! Tours depart from Liberty Square (next to the

South Carolina Aquarium) or from Patriots Point. Stop by the ITT office for your tickets or call 764-2120 for more information.
Go onboard the Fighting Lady
 Located on historic Charleston Harbor, Patriots Point is home to USS Yorktown (CV-10), the Fighting Lady. The first USS Yorktown (CV-5) sank at the battle of



Pools open to DoD civilians
 Hey, DoD civilian personnel, don't forget that you and your family members can enjoy the best swimming pools in the area. New Wave Aquatic Center and Eastside Pool are open for your swimming pleasure!
 Just stop by New Wave Aquatic Center, show your I.D. badge, and you'll receive swim I.D. cards for each of your family members. You and your family members can enjoy swimming at the pools in the area at the same low cost as military personnel. The daily entrance fee is \$2 per person. Single season passes can be purchased for \$55 and \$100 for family season passes. Season passes can be purchased at New Wave Aquatic Center.
New Wave Hours
 Mon-Fri, 12:30-5:30 p.m.

Sat, Sun & Hol, 12 noon-7 p.m.
Military Lap Swim
 Mon-Fri, 5:30-7:30 a.m.
Eastside Pool Hours
 Mon, Wed, Fri, 12:30-6 p.m.
 Tu & Th, 12:30-7 p.m.
 Sat, Sun & Hol, 12-7 p.m.
 Military Lap Swim
 Mon-Fri, 11:30 a.m.-12:30 p.m.
FEES
 Daily Entrance Fee: \$2 (\$1.50 for E-4 & below)
 Season Single Pass: \$55 (\$45 for E-4 & below)
 Season Family Pass: \$100 (\$90 for E-4 & below)
 *Passes are available at New Wave Aquatic Center.
Instructional Classes
 Children Level 1-7: \$35

Pool Parties
 \$45 per hour (up to 30 people)
 \$55 per hour (31-45 people)
 \$65 per hour (46-60 people)
 \$75 per hour (61-75 people)
 *An additional \$10 per hour will be assessed if the pool slide is desired for pool parties because an extra lifeguard must be assigned.
Registration dates for instructional swimming classes

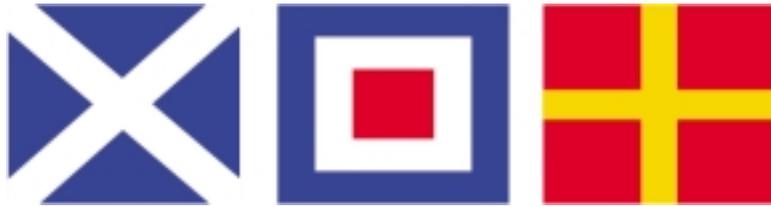


Youth soccer registration held in July
 Youth soccer registration will be held July 1-30 at the Youth Center. Boys and girls (ages 4-15) may register. The cost is \$40, which includes shorts and jersey. The season will run from mid-September through November. Call 764-7530 for more information.
Free youth soccer registration for coaches
 The MWR Athletic office is seeking volunteer coaches for the upcoming youth soccer season. Any volunteer wishing to apply as a head coach of a youth soccer team will be entitled to one free youth soccer registration for their child! Coaches must attend a National Youth Sports Coaches Association (NYSICA) coaches certification class prior to the season. Registration for youth soccer is July 1-30. If you have any questions, please call the Athletic office at

764-7530.
PAYS certification required for youth soccer registration
 In order to register your child for youth soccer, parents must attend a mandatory Parents Association for Youth Sports (PAYS) certification class. PAYS certification classes are scheduled for July 21 and 28 at 5:30 p.m. at Cinema One Theater. You can also take the PAYS certification class online by going to the PAYS website at www.nays.org, and clicking on the PAYS logo and looking for the On-line program link. From the On-line program home page, select "SC-Naval Weapons Station", type the code 1115, then click Next. There is a \$6 fee for taking the PAYS certification class online. The fee can be charged to your credit card. The \$6 fee will be credited to your child's youth soccer registration fee. For

more information, call 764-7530.
Step aerobic classes offered at Group Exercise Room
 Step aerobic classes are currently being held at the Group Exercise Room in building 725, MenRiv Plaza. Classes are held Tuesday and Thursday from 6:30 to 7:30 p.m. This is an effective workout using every major muscle group stepping on and off of the step, using a variety of combinations and patterns for optimum calorie burn





come skydiving with Liberty. Certification is available and no experience is necessary. The cost is \$49-\$135. Sign up in the Liberty office in building 206 by July 21. For more information call 764-7002.

Paintball, July 25, 9:30 a.m.

All equipment is included in a day trip to an outdoor paintball field for just \$25. Sign up with Liberty in building 206 by July 21. Call 764-7002 for more information.

Pool Tournaments, July 20 & Aug. 3, 5:30

Participant limit: eight. Provided gear: harness, ropes, hardware and helmet. Suggested gear: shoes, chalk ball, chalk bags (available for rent at the Outdoor Adventure Center). Exertion level: moderate. The sign up deadline is July 20.

Fundamentals of Kayaking Course, July 24, 8:30 a.m. to 5:30 p.m.

This American Canoe Association (ACA) course is for those who have never

Midway on June 7, 1942. Onboard the decks of this famous World War II aircraft carrier, you can relive a momentous time in America's history. The Fighting Lady contains all the evidence of her past; one can see, touch, feel and smell the past, where young Americans fought and died to turn the fortunes of war in the Pacific. Stop by the ITT office for your tickets or call 764-2120 for more information.

The MWR Aquatics Department is offering instructional swimming classes for active duty, reservists, retired military, DoD civilian employees, DoD contractors, and their dependents. All classes are taught by Red Cross certified instructors. Registration is in person at the MenRiv New Wave Aquatic Center on dates indicated unless stated otherwise.

All classes will be held in the mornings on Monday, Tuesday, Thursday, and Friday at the MenRiv New Wave Aquatic Center, and will continue for two weeks (eight classes). Preschool classes are for 30 minutes and all other classes are 45 minutes. Classes will be cancelled due to

ing complete with toning exercises to give you a total body workout. The classes are free for active duty military and \$2 per class for all other eligible patrons. All classes are co-ed and pre-registration is not required. For more information, call 764-4173.

Cardio-Kickboxing classes

Get fit with Cardio-Kickboxing at the Group Exercise Room in building 725, MenRiv Plaza! Cardio-Kickboxing is an explosive fitness training combining martial arts and aerobic conditioning techniques that will shape, tone and strengthen all major muscle groups. We'll teach you moves that will "knock you out." The class is held every Monday and Wednesday from 5:30 to 6:30 p.m. The class is free for active duty military and \$2 for all other eli-

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. Open to all active duty.

Scuba Diving, Aug. 7, 7:00 a.m.

Certified divers can take advantage of this opportunity to explore Edisto 60. The price is \$85 if you have your own equipment

paddled sea kayaks before or those who want to refine their knowledge of equipment, proper stroke technique, rescues, basic navigation and possible hazards encountered by a sea kayaker. With a healthy respect for the water and additional practice of what is taught during this one-day course, the first time paddler will be prepared for many years of safe sea kayaking! The course is taught by an ACA

Explore the South Carolina Aquarium

Come see the South Carolina Aquarium and explore the state's complete range of aquatic habitats: rushing mountain streams through rivers, lakes and saltmarshes, out to the depths of the Atlantic Ocean. Stop by the ITT office for your tickets or call 764-2120 for more information.

Take a Charleston walking tour

certain weather conditions. If a class is cancelled, a makeup will be scheduled. Other absences will not be rescheduled, except for students who present a doctor's medical slip because of a medical appointment.

Instructional Classes (Level 1-7)

Pre-School (4 & 5 years old)
Beginners (Level 1)
Advanced Beginners (Levels 2-5)
Intermediate (Levels 6 & 7)
Swimmer (Levels 6 & 7)

The cost for instructional classes is \$35 and registration will be held at New Wave for the following class sessions:

Class Session	Registration Dates
July 19-30	July 12-14, 9 a.m.-

gible patrons. For more information, call Sam's Gym at 764-4173.

Spinning/Cycling classes offered

Get ready for a 40-minute cycling journey on a stationary bike at the Group Exercise Room in building 725, MenRiv Plaza. Spinning welcomes all levels of fitness. From the beginner to the skilled athlete, you will be challenged physically and mentally. Evening classes are held every Monday and Wednesday from 6:30 to 7:15 p.m. Morning classes are held every Tuesday and Thursday from 8:30 to 9:15 a.m. Challenge yourself to a ride! The classes are free for active duty military and \$2 per class for all other eligible patrons. For more information, call Sam's Gym at 764-4173.

Kick your way in to shpaie with Max

certified instructor. The cost is \$49 per person. Participant limit: eight. Pre-trip: none. Provided gear: kayak, paddle and personal floatation device. Exertion level: mild/moderate. Prerequisites: none. Sign up by July 21.

Knots 101, July 15, 5 to 6:30 p.m.

Without the proper knowledge of knots, a climber won't be around too long. They are the basics of safety. Simply put,

The joy of strolling down timeworn sidewalks and exploring hidden alleys is an experience that makes Charleston unforgettable. The warm salt air of Charleston Harbor, the sweet smell of sub-tropical foliage in bloom, and the architectural splendor all about engages your senses; your guide will nourish your curiosity with the stories behind the setting; and the story of Charleston unfolds before you with each step. Stop

Noon

Participants may register for any class at the above dates. Adult classes will be offered if there is enough interest. Adults may register at any time. For more information on adult classes, please call New Wave Aquatic Center at 764-7033.

Family Night

New Wave Aquatic Center is open for Family Night every Wednesday until 8 p.m. Eastside Pool is open for Family Night every Tuesday and Thursday until 8 p.m. What better way to relax after a hard day at work than with an exhilarating dip in the cool water! For more information, call 764-7033.

Lifeguarding class scheduled for July

kickboxing class

A Max kickboxing class is currently being offered in the Group Exercise Room in building 725, MenRiv Plaza. Max kickboxing is an extended kickboxing class, rounded off with total body sculpting. The class is held every Friday from 5:30 to 7:00 p.m. The class is free for active duty military and \$2 per class for all other eligible patrons. For more information, call 764-4173.

Body sculpting classes

Want to shape your body? If so, our body sculpting classes are for you! The body sculpting classes offer resistance training using a body bar, light weights and tubing to achieve that sculpted look. Morning classes are held Tuesdays and Thursdays from 9:30 to 10:30 a.m., and an

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 sign up deadline is July 13.

Grimey Gripper Climbing

Competition, Aug. 7, 10 a.m.

Don't miss this exciting climbing competition at the Outdoor Adventure Center Climbing Center. The registration fee is \$6

by the ITT office for your tickets or call 764-2120 for more information.

Splash into fun this summer at Whirlin' Waters Adventure water park

At Whirlin' Waters Adventure water park at North Charleston's Wannamaker Park, your little ones will have fun at the Big Splash Tree House, Otter Bay and Lily Pad Lagoon while the older bunch can ride the waves at The Big

A lifeguarding class will be held at New Wave Aquatic Center July 12 through 23 from 4 to 7 p.m. Persons 15 years of age and older are eligible to attend and receive a Red Cross certification in lifeguarding and CPR for the Professional Rescuer. The cost of the class is \$65 plus \$50 for a training manual and face mask. All persons interested in this class must call 764-7033 prior to signing up to schedule a time for the pre-course test.

Get fit with water aerobics classes

Water exercise classes featuring DeltaBells water fitness equipment, offered at New Wave Aquatic Center, provide for a great fitness program for swimmers and non-swimmers alike. This fitness program is designed to enhance the

evening class is held Tuesdays from 5:30 to 6:30 p.m. at the Group Exercise Room in building 725, MenRiv Plaza. The classes are free for active duty military and \$2 per class for all other eligible patrons. For more information, call 764-4173.

Hip Hop classes offered

Hip Hop exercise classes are currently being offered at the Group Exercise Room in building 725, MenRiv Plaza. The one-hour classes are held every Thursday from 5:30 to 6:30 p.m. and include funky music video-type routines performed by today's top music and dance artists. You'll learn hip hop moves while getting a great workout! The classes are for adults and children (ages 12 and up) and the cost is \$25 per month. Sign up at Sam's Gym Fitness Center or call 764-4173 for more informa-

per person, which includes the competition, pizza and a chance to win prizes. Registration is open until the day of the competition. Competition day registration is at 9 a.m.

Sign up for these outdoor recreational opportunities at the Outdoor Adventure Center. The Center is located on Fletcher Street in Building 1700, across from Cap'n Robert's Dive. Hours of operation are: Monday -Friday, 10 a.m. to 7 p.m.; Saturday, 8 a.m. to 4 p.m.; and Sunday, 1 to 4 p.m. Call 764-2122.

Kahuna or relax on the Lazy River. They'll also enjoy Riptide Run and Tubular Twister. Stop by the ITT office for your tickets or call 764-2120 for more information.

The ITT Office accepts VISA, MasterCard, Discover, and American Express on all ticket purchases! For more information about tickets, call the ITT office at 764-2120.

resistance of water pressure during exercise. Class instruction and exercise are done with DeltaBells-water exercise equipment that gives a person the ability to adjust the pace to a low or high intensity. Classes are currently being held on Monday, Tuesday and Thursday of each week from 5:30-6:30 p.m. The cost is \$35 per person per month. A special discount price of \$30 is available to seniors.

Register for these water exercise classes. For more information, call 764-7033.

Parent/tot swimming lessons

Parent/tot swimming lessons will be offered at New Wave Aquatic Center July 14 through Aug. 7. The lessons are for children ages six months to three years old and their parents. The lessons will be held Wednesdays and Saturdays from 11 to 11:30 a.m. and the cost is \$35.

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

Massage therapy is available at WPNS-TA Charleston with certified massage therapist, Althea Donahue, to serve you better. 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. She is available seven days a week, however, massage appointments must be scheduled in advance. For an appointment, call 324-4887.

Frame of Mine
Custom & Do-It-Yourself Framing

30 percent off all molding
(No limit. Offer good through July30)

Do-it-yourself framing classes
1st and 3rd Saturdays of each month, 9
a.m. to 2 p.m.
\$30 non-refundable fee plus supplies

Call 764-4107 for more information.



Information & Referral (I&R)

Did you know? Are you moving here or to a new area?. Do you know where to get the information about a new location? Need information about children activities? Want to volunteer? Are you going overseas? Do you have pets? Do you know about MWR programs? Where FFSC is located? Give us a call at 764-7294. If we don't know, we will research for the answer!

Counseling Services

Need to talk to someone in confidence? School stressing you out or your family? Want to feel better about your goals? 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 your command family information and referral people. A command family ombudsman is there to answer questions or refer you to the correct resources. 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

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

Visit FFSC on the web at www.nwschs.navy.mil

Meeting your needs.
At home. At sea.

FFSC 25th ANNIVERSARY: TIMELINE



- Pre-1970 Captains care for individual and family needs – and still do
- 1970 Navy Ombudsman Program begins
- 1972 Personal Service Centers are established for information and referral
- 1976 Family Advocacy Program (FAP) begins
- 1978 The Navy's first Family Awareness Conference convenes in Norfolk
- 1979 The first Family Service Center (FSC) opens in Norfolk and San Diego
- 1980 Norfolk FSC cites 6,000 information and referral contacts and 556 social work cases opened in its first year
- 1982 The first overseas FSC opens in Naples, Italy
Deployment Support and Information and Referral (I&R) programs established
- 1985 FSC initiates Spouse Employment Assistance Program (SEAP)
- 1987 NBC's Today Show and ABC News run features on the FSC
- 1989 FSC crisis response services begin, starting with relief plan for USS Iowa
- 1990 FSC launches Personal Financial Management (PFM) program
- 1991 Desert Storm: Norfolk I&R receives 60,000 phone calls in February
Transition Assistance Management Program (TAMP) begins
Relocation Assistance Program (RAP) begins
- 1994 Sexual Assault Victim Intervention (SAVI) program begins
- 1995 FAP is realigned from medical services into the FSC umbrella
- 1999 FSC celebrates 20 years of service
- 2000 USS Cole: FSC establishes a 24-hour crisis line and Family Assistance Center (FAC) in Norfolk
- 2001 FSC changes its name to Fleet and Family Support Center (FFSC)
Sept. 11: FFSC activates 24-hour crisis line and FAC at the Pentagon
- 2002 Gulf War II: FFSC reports 3.7 million service contacts, up 16 percent
The FFSC now has 55 centers and 67 delivery sites worldwide
- 2003 Usage of FFSC services is at an all-time high: 4.3 million service contacts
- 2004 The FFSC celebrates its 25th Anniversary



FreedomFest 2004 features food, contests, wrasslin'

Story and photos by Glenn M. Cox,
MWR Publicity Specialist

Ding! Ding! Ding!

That was the sound many Naval Weapons



Station residents heard at Marrington Plantation on June 26. It was the sound of the ringside bell during the International Championship Wrestlers' matches that were the featured highlight attraction during FreedomFest 2004.

Approximately 1,000 people turned out at Marrington Plantation on June 26 to celebrate their independence during FreedomFest 2004. The five-hour long event featured great food, International Championship Wrestlers, a DJ, karaoke and jousting contests, face painting and games for the children, and a fireworks grand finale.

The food was provided by Cap'n Robert's Dive. The "All American" menu included grilled hamburgers, hotdogs, potato chips and a selection of ice-cold beverages.

The International Championship Wrestlers featured six big matches with professional television wrestlers such as Disco Inferno, the Barbarian, the Patriot, Buff Bagwell and others. One match even featured female wrestlers. You could cheer for whichever opponent you chose but, during these

Professional female wrestlers, Chrissy Vaine (left) and Jenny Taylor, battle it out during FreedomFest 2004.

battles of good versus evil, the good always came out the winner. Following the matches, there was a meet-and-greet autograph session where the fans could meet their favorite wrestlers and get autographed pictures.

FreedomFest 2004 also included karaoke and jousting contests. Congratulations to Chris Wynsor and D.J. Milligan for winning the karaoke contest, and congratulations to Chris Carver for winning the jousting contest.

An incredible fireworks show lit up the dark evening sky and rounded out FreedomFest 2004. Melrose Pyrotechnics provided the fireworks show. The show lasted approximately 30 minutes and the bright, colorful flashes from the fireworks seemed to dance to the classical music that was playing.

"I think FreedomFest 2004 was one of our best events ever," said Nikki Lehmkuhl, special events and Liberty coordinator. "We had a great turnout and everyone seemed to enjoy themselves."

The MWR Department wishes to thank the following sponsors for helping to make FreedomFest 2004 possible: First Command Financial Planning; Sunfire Grill; and various MWR facilities.

Family & Housing News

Ring found

A ring has been found at the play area by 99-101 Lafayette Street and has been turned in to the Security Office. You must be able to describe the ring in order to claim it.

Housing guests

Our Family Housing residents are reminded of Command policy concerning visiting guest(s). Residents, whose guest(s) will be visiting for more than 48 hours, are required to register them with the Housing Welcome Center by completing a "Guest Information Form" that is signed by the resident and his or her guest. Any guest(s) desiring to stay beyond 30 days must have written permission from the Housing Director. One week is generally considered a normal visit.

Navy Family Housing is provided solely for our military families and their guests in compliance with the above stated requirements. Subleasing or joint tenancy of assigned quarters is strictly prohibited and may result in the termination of assignment to Navy Family Housing.

If further information or assistance is needed regarding this policy, please contact the Housing Welcome Center at 764-7218/7219.

Yard Sale Signs

Residents are reminded that the "Yard Sale" boards, located on Fletcher Street and Boone Avenue, are for posting "Yard Sale" notices only. Any other notes posted by residents, which do not specifically announce upcoming Yard Sales, will be removed and discarded on a daily basis. Since Yard Sales are usually conducted on weekends, all posted notices will be removed on Monday of each week. Notices should be attached only to the cork panel of the board with pins or thumbtacks. Notices attached to the signposts or to utility poles will likewise be removed.

For residents having items for sale or other notices to publish, the classified section of the *Shoreline* newspaper, is an excellent resource. The *Shoreline* is published and delivered to Family Housing residents twice monthly and classified ads are free.

Is your child safe?

Family Housing residents are reminded that South Carolina State law does not mandate a minimum age at which a child may be left unattended by parents or guardians in a residence. However, Command policy, as stated in WPNSTA

CHASN INSTRUCTION 11101.22, states: "Military Family Housing (MFH) residents who elect to leave a child unattended at their residences will assure that the child has attained the age of at least 12 years. Parents must assure that the child is of responsible character and possesses sufficient knowledge and capability to contact the parents or emergency response organizations should the need arise."

Parents, who find it necessary to leave children unattended at their quarters, should keep this requirement in mind.

Bachelor Housing

Bachelor Housing residents are reminded of the following responsibilities:

1. Carport and driveway are to be clean and free of grease.
2. Light fixtures on porch, carport, and entrance door areas are to be clean.
3. Exterior storage room will be clean and free of clutter.
4. Wash walls and ceiling at patio and all exterior door areas.
5. Garbage can storage area cleaned and emptied of all debris. Residents are required to place outside receptacles at the curb on Tuesdays for pickup and to return the receptacles to refuse retainer area after

pickup.

For additional information, contact SHCS(SW)Grimes Robert Ladue at 764-7646.

Bachelor Housing Service

In order to provide the highest level of comfort and security to Naval Weapons Station Charleston and tenant command personnel, this command and the Bachelor housing staff are dedicated to providing superior service and management of our Bachelor Housing (BH) program. Bachelor Housing will continue to provide quality service to BH residents, and apply standards of cleanliness, conduct and accountability for the overall well-being of all residents. An individual's morale and working effectiveness are directly related to the habitability, material condition, and cleanliness of the quarters assigned. The maintenance of a high level of habitability, material condition and cleanliness is an 'All Hands' evolution of supervision and cooperation. Should a resident check into BH and not receive quality accommodations, he or she is responsible for informing the Front Desk or Bachelor Housing Manager immediately. If you have any questions, please contact 764-7646.



MMCS and Mrs. Jeffery Boyce
18 Tringa Street



MM1 and Mrs. Bryan Henry
24 Hamilton Street



EM3 and Mrs. William McKinney
302 Pulaski Court South



LTJG and Mrs. George Perez
6 Marrington Circle

June Yard of the Month winners

The Yard of the Month program was established to recognize residents who maintain the appearance of their lawns and exterior of their homes in an outstanding manner.

The program begins in April and continues through August. Congratulations to the following residents on being May's recipients of the Yard of the Month award.

Honorable Mention

EM3 and Mrs. Charles Simpson 49 Jefferson Ave.

ENS and Mrs. Joseph Fontenot 46 Hickory Hall Ln.

IT1 and Mrs. Michael Newman 303 Pulaski Court

GYSGT and Mrs. Glenn Bowers 62 Petrel Street