



1. ADMIN CLOSING. Admin will close on 5 & 19 March at 1300 for training. We will be available for emergencies at x4962.
2. PFA INFORMATION. Weigh-in/sign-in sheets commence 29 Mar 04 to 09 Apr 04 (0730-1030, 1300-1600). Departmental/Divisional PFA will be by appointment only; 29 Mar 04 - 09 Apr 04 at 0700 or 1100. All personnel must weigh-in in PT gear only; members in uniform will be turned away. Body composition waivers are special cases and only authorized as per reference OPNAVINST 6110.1G. April PFA dates are from 12 Apr 04-23 Apr 04 at 0700 or 1000, outside runs will be determined on 29 Mar 04. One Saturday (TBD) in April will be scheduled for PFA. Make up dates May 10-12. Make up PFA will be authorized only for those who are TAD or on Emergency Leave during the normal cycle. All newly reporting personnel who check in after 14 Jan 04 are exempted from the Spring PFA. POC is PR1 Theaker or MS2 Baisden at x6630 or SKC Harper at x2582.
3. AWARDS CEREMONY. The monthly awards ceremony will be 1330 on 2 March at MCPON Hall. The uniform will be Khaki's for E-7 and above and Winter Blue for E-6 and below. Awardees need to arrive NLT 1300 on 2 March. For members who are unable to participate, please contact Ms. Slavin at 4962 or 4963. See attached.
4. MARCH 2004 E4-E6 EXAMS: Below are important dates, times and locations regarding the March 2004 advancement exams. Please read this information carefully.

- 3 Mar: PO2 LTC must be completed, or LTC waiver must be approved, by this date.
- 4 Mar: E6 exam in bldg. 1127, rooms 117-121. DOORS CLOSE PROMPTLY AT 0700.
- 9 Mar: E6 late exam requests due to CCC office.
- 11 Mar: E5 exam at bldg. 190, Naval Reserve Center. MUST REPORT NO LATER THAN 0630.
- 16 Mar: E5 late exam requests due to CCC office.
- 18 Mar: E4 exam at bldg. 190, Naval Reserve Center. MUST REPORT NO LATER THAN 0630.
- 23 Mar: E4 late exam requests due to CCC office.

5. JOB INTERVIEWING SKILLS WORKSHOP. Need to learn job-interviewing skills? Need to improve job interviewing skills you already have? Need to learn how to be a good interviewee? Want to land that good job? This workshop is for you. A series of four workshops (with one makeup session) will be held starting 03MAR04. The workshop will cover the basics of interviewing, thinking fast on your feet, answering difficult question and reading "facial/body language". The class will be held at the USMEPCOM building at the intersection of Green Bay Rd. & Buckley Road. The class runs from 1100-1200 every Wednesday starting 03MAR. For more information or directions, please call Jeff Arthur at (847) 688-3680 X7316 or email him at jarthur@mepcom.army.mil.

6. 2004 VOTING REGISTRATION. The 2004 election cycle is already underway! NOW is the time to exercise your rights as a citizen by submitting your absentee ballot application form to allow you to fully participate in your local, state, and federal primary and general elections. Visit one of the following RTC Assistant Voting Officers to complete and submit your Federal Post Card Application (FPCA):

BLDG 1127 - ADMIN OFFICE	LT Webber	x4963	david.webber@navy.mil
LANT FLT - DH 7220	ITC(SW) Fullington	x3874	anthony.fullington@navy.mil
BATTLESTATIONS	DC1(SW/AW) Conner	x2067	lavoskia.conner@navy.mil
BLDG 1127 - RM 114	MA1(SW) Dexter	x3235	michael.dexter@navy.mil
BLDG 1212 - SAMT TRAINER	GM1 Hewitt	x6530	geoffery.hewitt@navy.mil
BLDG 1405 - INPROCESSING	DT1 Lamb	x2690	kimberly.lamb@navy.mil
LANT FLT - SHIP 3	CTR1(SW/AW/SG) Twiford	x6127	david.twiford@navy.mil
PAC FLT - SHIP 9	GM1(SCW) Wilkerson	x3613	steven.wilkerson@navy.mil

IT'S YOUR FUTURE. VOTE FOR IT!

7. ALCOHOL AWARE. The Command DAPA is looking for instructors interested in teaching the Alcohol AWARE course. Alcohol AWARE is a 4-hour command level course that includes basic information about alcohol use and associated risks, Navy policies, responsible drinking and alternatives. It is targeted at the E1-E4 and O1-O3 population. If you are interested in this Command collateral duty please contact the DAPA office at 4988/7593 or e-mail [york.harwood@navy.mil](mailto:york.harwood@navy.mil).

8. COMMANDING OFFICER'S NONJUDICIAL PUNISHMENT: The following are results of CO's NJP held on 19 Feb 04:

A PO1 was found guilty of Violation of the UCMJ, Article 92, (2 specifications) to wit: SECNAVINST 5300.26C, wrongfully sexually harassing a female recruit and wrongfully disobeying a lawful order issued by a Senior Chief Petty Officer. Awarded: Reduction in rate to E-5, forfeiture of one-half month's pay for 2 months.

The following are results of OIC Mast held on 25 Feb 04:

An E3, male for Violation of the UCMJ Art 92, failure to obey a lawful order, to wit: RTCINST 5300.26C, for wrongfully making unwelcome sexual advances towards female recruits. Member was awarded forfeiture of 7 days pay (328.00) and extra duty for 7 days. He was administratively ASMO'd to 3-5 DOT, as well.

9. TAD IN CONJUNCTION WITH THE BANK OF AMERICA GOVERNMENT TRAVEL CARD. Split Pay Option is mandatory on travel claim liquidations when the Bank of America government travel card is used for TAD. It is the member's responsibility to notify the travel card APC Dawn Morin when TAD is required to have your Government Travel Card activated for the length of TAD required.

10. MTS NOTE: Candidate Requirements: (1) Complete one of the Navy's formal instructor training paths: Instructor Training Course (NEC 9502) or Navy Leadership Instructor Training Course (NAVLEAD Instructor, NEC 9518). Personnel filling a training billet (e.g. Ship's Officer) who are not designated 9502 or NEC 9518 must complete the Navy Instructional Theory Correspondence Course, (NAVEDTRA 834) to meet the training requirement. Other enlisted military service personnel assigned to RTC must complete Instructor Training Course (NEC 9502). Any questions please call the MTS office at ext. 7027.

11. COOKING CLASSES RETURN TO GREAT LAKES. On 10 March and 31 March, dietitians from the Naval Hospital will offer free cooking classes at the new Great Lakes Fitness Center. The classes are open to everyone and will feature samples from a full course, HEALTHY meal. The menu will consist of a variety of foods that taste good! Learn about calcium, iron, fiber, and monounsaturated fatty acids. The classes will take place from 1230 to 1330 in Bldg. 2A, second deck. No registration needed. For more information, please call the Health Promotion office at 688-2617.

12. COYOTE ALERT. Coyotes have been spotted near Nimitz village and in Forrestal village. Residents please be advised to keep small pets (and children) inside unless closely supervised.

13. BLACK HISTORY MONTH TRIVIA CONTEST QUESTIONS AND ANSWERS. February is Black History month; where we recognize and observe the many accomplishments of Black Americans. The answers to the last series of questions are listed below. The trivia contest winner will be announced in next week's POW.

1. Name the two black gymnasts who competed in the 2000 Olympic Games.  
Answer: Dominique Dawes and Tasha Schweikert.
2. Name the athlete who defied Hitler's theory of black inferiority by winning four gold medals at the Berlin Olympics.  
Answer: Jesse Owens in 1936.
3. This memorial is called the Grave of the Uniform Soldier. Who designed it? and where is it located?  
Answer: Paul R. Williams and its located in Hawaii.
4. The first book published by a black author in the U. S. appeared in 1858, Who wrote this book? And what was the title?  
Answer: William Wells Brown.
5. Who became the first black four-star general in U. S. Military History?  
Answer: Daniel "Chappie" James Jr; United States Air Force in 1975.

14. WOMEN HISTORY TRIVIA CONTEST: All this month, five questions will run weekly through the POW throughout the month, with the correct answers the following week for a total of 20 questions. This is the first week of questions. The person answering the most correct questions at the end of the month will win a gift and/or a gift certificate valued at up to \$50.00 donated by the Chief's Mess. There will only be one winner, so in the event of a tie, the person(s) will be contacted and names will be placed in a hat and a drawing will commence for those individuals. E-mail your correct responses to tommy.allen@navy.mil. The winner will be notified via phone so please include your name and a contact number. The winner will also be published in the POW, so look for the questions (below) and good luck.

This week's questions:

1. What person was known as the mother of the Civil Rights Movement?
2. This person won five gold medals and one bronze as a speed skater in the Winter Olympics in 1984, 1988, 1992 and 1994. Who was she?
3. She was an American aviator who organized the Women's Air Force Service Pilots (WASP) during World War II. Who was she?
4. She was both blind and deaf and grew up to write several autobiographical books as well as poetry and social criticism. Who was she?
5. Who was the first female cadet named Brigade Commander and the first woman to command West Point Corps of Cadets?

15. WOMEN'S HISTORY MONTH PROGRAM. The SEPAC will be hosting a Women's History Month Program on 26 March from 1130-1300 at the NSTC Port O' Call. The guest speaker for this event is Rear Admiral Rondeau. Tickets will go on sale at \$14.00 per person starting 01 March. Point of contact for this event is OSCS Nobles, AECS Allen and GSMC Chin.

16. FRATERNIZATION INSTRUCTION. All RTC staff personnel are required to familiarize themselves with the new RTCINST 5370.1. See attached.

17. FY 2004 GMT TOPICS. See attached.

18. MWR MEETING. There will be an MWR Meeting on 03MAR04 Bldg 927 at 1000, please be prompt.

19. COMMAND PICNIC. The RTC Command Picnic is scheduled for 25JUN04.
20. VITA VOUNTEER LIST. See attached.
21. CHAPEL SCHEDULE. See attached.
22. WATCHBILLS. See attached.
23. GALLEY MENU. See attached.
24. FLEET FAMILY SERVICE CENTER (FFSC). See attached link for all the FFSC notes.
25. NAVY NEWS. The Navy News can be accessed at the following web site:  
<http://www.chinfo.navy.mil/navpalib/news/navnews/.www/navnews.html>.
26. POW SUBMISSIONS. Please forward all POW submissions to Patrick Foy and YN2 Harris via e-mail or call x4963. Requests are due by 1400 on Wednesday. Attachments such as watchbills and other text files can be attached to the POW. Large files containing graphics will not be attached due to the size of the document.

/s/  
D. C. WEBBER



MENU.xls



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Announcements.xnk



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