

1. ADMIN CLOSING. Admin will close on 19 March & 2 April 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. MARCH 2004 E4-E6 EXAMS: Below are important dates, times and locations regarding the March 2004 advancement exams. Please read this information carefully.

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.

4. 2004 VOTING REGISTRATION. The 2004 election cycle is well 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!

5. IN-SERVICE TRAINING FOR MTS CANDIDATES: In-Service Training will be held on Thursday 11 March 04 at 0900 and 1400 in Bldg 1127, Room 125/126, GMT classroom. The topic will be the "OPNAV Instruction for the Personnel Qualification Standards (PQS) Program." Four JQR line items will be signed off following class.

6. 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.

7. BLACK HISTORY MONTH TRIVIA CONTEST WINNER. The winner of the Black History Month Trivia Contest is Mrs. Lisa Sapp, the wife of ETC(SW) Keith Sapp of Student Control Department. Congratulations goes out to the Sapp Family.

8. 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 second 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.

Last week answers:

1. Rosa Parks
2. Bonnie Blair
3. Jacqueline "Jackie" Cocharan
4. Helen Keller
5. Kristin Baker

This week's questions:

1. Who was the first American woman in space?
 2. Born a slave about 1820 on a plantation in Dorchester County, Maryland, Araminta Greene later adopted her mother's first name. What name did she adopt?
 3. In 1934 President Franklin D. Roosevelt appointed her to the US Court of Appeals, Sixth Circuit, the first appointment of a woman to any federal bench of general jurisdiction. She served on that court until she retired in October 1959, and was chief judge of that court in the later years of her service. Who is she?
 4. Who was the first female to serve as Attorney General of the US?
 5. Who was the first woman recipient of the Merchant Marine Combat Star, she was a stewardess?
9. 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 OCS Nobles, AECS Allen and GSMC Chin.
10. FRATERNIZATION INSTRUCTION. All RTC staff personnel are required to familiarize themselves with the new RTCINST 5370.1. See attached.
11. FY 2004 GMT TOPICS. See attached.
12. COMMAND PICNIC. The RTC Command Picnic is scheduled for 25JUN04.
13. VITA VOUNTEER LIST. See attached.
14. CHAPEL SCHEDULE. See attached.
15. WATCHBILLS. See attached.
16. GALLEY MENU. See attached.
17. FLEET FAMILY SERVICE CENTER (FFSC). See attached link for all the FFSC notes.
18. NAVY NEWS. The Navy News can be accessed at the following web site:
<http://www.chinfo.navy.mil/navpalib/news/navnews/.www/navnews.html>.
19. 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



#FSC
Announcements.xnk



ACDOWATCHBILL.M
AR04.xls



MAR04 1601 and
CDO.xls



MAR ROVER
WATCHBILL.xls



SAVIMAR04.doc



CHAPEL SCHEDULE
UPDATED DEC '0...



VITA04 BULLETIN.txt



GMT TOPICS.doc



Frat Instruction.doc