

1. ADMIN CLOSING. Admin will close on 20 February & 5 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. 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.

4. PENDING VEAP BENEFITS LEGISLATION. Currently, there is legislation pending in Congress that, if signed into law, would allow prior VEAP (Veterans Education Assistance Program) eligible Sailors who initially declined to participate in VEAP, a one-time opportunity to enroll in the Montgomery G.I. Bill. Many Sailors that entered active duty during the VEAP era (01 JAN 77 - 30 JUN 85) were advised by service counselors not to enroll in VEAP due to the high enrollment fee (\$2,700) and limited benefits. If passed, this legislation would allow these Sailors (and potentially their dependents) the same MGIB benefits afforded all Sailors that have entered active duty since 01 JUL 85. For more information regarding this pending legislation (H.R. 879) contact LCDR Rhoads (x2355) or visit the Military Officers Association of America website at <http://capwiz.com/moaa/issues/bills/?bill=1583001>. The website also contains a link to contact your member of Congress directly to express your views on this matter.

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. ADAMS COURSE. ADAMS for Supervisors courses will be held at 0800, on Tuesday, 2 March, and Wednesday, 3 March in the command indoctrination classroom located in Bldg 1127 on the 1st floor. ADAMS stands for Alcohol and Drug Abuse Managers/Supervisors. This 1-day class is designed to provide Navy supervisors with knowledge and skills in alcohol and drug abuse prevention, recognition and documentation, intervention and aftercare. It is required for all E-5 Through O-3 military personnel in first-line supervisory positions within 2 years of attaining such position. It is recommended to repeat the course once every five years. To register for either day, contact the DAPA office at 4988/7593 or e-mail the following info to york.harwood@navy.mil: The day preferred to attend, first and last name, rank/rate, your division, and phone number.

8. 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 please contact the DAPA office at 4988/7593 or e-mail york.harwood@navy.mil.

9. COMMANDING OFFICER'S NONJUDICIAL PUNISHMENT: The following are results of CO's NJP:

OIC Mast of 28 Jan 04

A Seaman Recruit was found guilty of violating UCMJ Article 92, Failure to obey a lawful order by wrongfully consuming alcoholic beverages while in a recruit status. Awarded forfeiture of 7 days pay (\$258.00).

OIC Mast of 4 Feb 04

An Airman Recruit was found guilty of violating UCMJ Article 134, Communicating a threat towards another recruit. Awarded 14 days restriction, 14 days extra duty, and forfeiture of 7 days pay (\$258.00).

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. NAVY ONE SOURCE. Navy One Source is a free 24-hour information and referral service, available to all active and reserve sailors and their families. Navy One Source will cover areas such as parenting and childcare, educational services, financial information and counseling, civilian legal advice, elder care health and wellness, crisis support, and relocation information as well as many other fields. The service will offer practical solutions, background information, and advice via telephone, email, or the web. It is designed to augment existing Navy support activities; to help sailors and their families with personalized customer service and referral; and to link customers to key Navy resources, web pages, and call centers. CONUS telephone number is toll free 1-800-540-4123. OCONUS universal free phone at 800-5404-1233 or call collect 484-530-5914.

12. GOVERNMENT TRAVEL CARD SCAM. All Government Travel Charge cardholders should be alerted that during the past week, there have been several reports of external fraudulent activity targeted toward or affecting the government's charge card program. You are advised of the following:

Do not give out account information in response to a fraudulent e-mail claiming to be sent from Visa officials, stating that cardholders have to "reactivate" their accounts due to a "technical security update."

Be aware that bank employees would not take these actions. Recruit Training Command's APC Dawn Morin should be the only person requesting this type of information.

13. IN-SERVICE TRAINING FOR INSTRUCTORS AND MTS CANDIDATES: In-Service Training will be held on Tuesday 17 February 04 at 0830 in Bldg. 1410, Firefighting Classroom Building. The topic will be "Presenting Lesson Plan Introductions and Summaries." Three JQR line items will be signed off following class. POC's: Charles Heberer, CIED (2786) or MM1 Buchanan, FFTD (5402)

14. BLACK HISTORY MONTH SCHEDULE OF EVENTS, FACTS, AND TRIVIA QUESTIONS: February is Black History month; where we recognize and observe the many accomplishments of Black Americans. The upcoming events, facts, and trivia are listed below:

<u>DATE</u>	<u>EVENT</u>	<u>TIME/PLACE</u>
Feb 9-19 th	Recruit Poster Contest	TBD
Feb 20 th	Talent/Fashion Show	1900/RTC Chapel
Feb 26 th	Black History Month Program	1100/RTC Chapel
Feb 26 th	Soul Food Meal at USO	TBD

BLACK HISTORY FACTS

***Benjamin Banneker (1731-1806) built the first wooden clock in America. He also published seven yearly almanacs, for which he is possibly best known.

***Dr. Daniel Hale Williams (1856-1931) performed the first open heart surgery in 1893.

***Dr. Martin Luther King, Jr. (1929-1968) was the youngest (35) ever to receive the Nobel Peace Prize in 1964.

BLACK 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 third 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 stephanie.glass@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.

Answers to last week's questions appear below:

1. Name the father and son who were the first black generals in two different branches of the Armed Forces.
Answer: Benjamin O. Davis, Jr. U. S. Army and Benjamin O. Davis, Sr. U.S. Air Force.
2. Who was the first black actor/actress to ever win an Academy award for best actor/actress?
Answer: Sidney Poitier in 1964.
3. What foreign leader had the greatest influence on Martin Luther King Jr.'s Philosophy of nonviolent protest?
Answer: Mohandas Gandhi of India.
4. In 1830, I was the first African American to sail as master of my own ship. From which state did I embark?
Answer: Paul Cuffee from Massachusetts.
5. This ethnic group moved to Nigeria in the 11th Century.
Answer: The Tuareg.

This week's questions:

1. I was the First American Senator in 1870-71, who am I?
 2. What country became the first independent black ruled country in the western hemisphere?
 3. In 1983, I became the first black deputy whip in the House of Representatives, What is the job of the whip?
 4. I owned this popular New York tavern in the 17th Century, what was it? and what was it popular for?
 5. Who was the first African American female to be appointed to serve as the U. S. Secretary of Energy? and which President elected her?
15. VITA VOUNTEER LIST. See attached.
 16. CHAPEL SCHEDULE. See attached.
 17. WATCHBILLS. See attached.
 18. GALLEY MENU. See attached.
 19. FLEET FAMILY SERVICE CENTER (FFSC). See attached link for all the FFSC notes.
 20. NAVY NEWS. The Navy News can be accessed at the following web site:
<http://www.chinfo.navy.mil/navpalib/news/navnews/.www/navnews.html>.
 21. 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



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