

# MWR NEWSBULLETIN

## HEART & SOUL Of MWR RETIRES



**Ms. Carol Schmehl &  
Constance Cook-Hudson**  
*(Ceremony was held 29 Sept.)*

The MWR Branch and the entire TRACEN family will truly miss the dynamic duo of Carol & Connie. They truly were a blessing to the command and to all of those who they served during their assignment within the Morale Branch. They epitomized the true essence of the word Morale. If you needed your spirits lifted, all you had to do was to come down to the MWR Administration Office and there you would be guaranteed a warm welcome and smile to uplift your day. The dynamic duo truly valued and cared for each customer. Customers were often treated like kin. These ladies were very special and will be truly missed.

Fair winds and following sails.  
My Friends!!!

*From: MWR Director-H.C. Ricks*  
**Port of York**

### Notice of Price Increase! Effective 01 OCT 04!

\$1.00 increase for lunch. The base Command, along with the Port of York management, continues to strive to offer the highest quality foods and great service available to our patrons.

Breakfast:	\$3.50
Bagel/Muffin w/beverage:	\$1.75
Lunch:	\$7.00
Soup & Salad:	\$4.00

**Thanks for your understanding,  
Management & Staff.**

### Dining Room Hours

Mon - Fri	0700 - 0800
	1115 - 1300
	1730 - 1930

\*(Except for special functions)

Sat	Closed
Sun Brunch	1000 - 1400
Breakfast	\$ 3.00
Lunch	\$ 6.00
Brunch	\$12.00 Adult
	\$ 6.00 Child

### Bar Hours

Mon - Fri	1630 - Closing
Sat & Sun	Closed

For more information contact the manager, FSC Garza @ (757) 856-2106.

### Celebrating? Count On Us!

- ❖ Wedding Receptions
- ❖ Family Reunions

- ❖ Anniversaries
- ❖ Birthday Parties
- ❖ Holiday Parties
- ❖ Retirement Parties

For scheduling events contact  
Barbara Roach at (757) 856-2286.

## TRACEN YORKTOWN Adult Holiday Party Saturday, 04 DEC 04



6:00 pm to 1:00 am

**Clarion Hotel & Conference  
Center**  
**500 Merrimac Trail**  
**Williamsburg, VA 23185**  
**(757) 220-1410**  
**Hotel room price specials!**  
**Purchase tickets at the MWR  
office.**

### Ticket Sales Prices:

\$10 - All TRACEN CG Active Duty, CG Retirees, CG Reservists, CG Auxiliaries, Civil Service & NAFA employees and immediate family members.

\$12 - All full time TRACEN contractors.

\$18.00 - All other guests.

Live music from the band  
**Swiftkick!**  
 Gourmet Buffet!  
 Door Prizes!  
 Cash Bar!

There will be monthly prize drawings for early ticket holders!

**Liberty Lounge II**  
**Mix-N-Mingle**

**Sports Bar Setting**  
 Mon - Fri 1100 - 1245  
 Mon - Sat 1630 - 2330  
 Sunday 1230 - 2330

**Lunch:**

Variety of hot/cold sandwiches w/fries or chips & assorted beverages. (No alcohol served during lunch).

**Evening:**

Personal pizza, hamburgers, hot dogs, hot pockets & chicken sandwiches.

- NTN Trivia
- NFL/NASCAR on big screen TV
- Pinball Machine
- Darts/Billiards/Foosball Tournaments
- LiveMusical Entertainment

**Liberty Café**

**Mon - Fri 0700 - 1000**

**Menu Items**

Coffee	\$.85/\$1.00
Breakfast Muffins	\$1.25
Breakfast Sandwiches	\$2.50
Breakfast Bagels	\$2.50
Orange Juice	\$1.75
Candy Bar	\$1.00
Sodas	\$1.00

For more information contact the Liberty Lounge II manager, FSC Garza (757) 856-2325.

**Gym Classes**

**REBOUNDING**

Monday 1145 - 1245

**POWER LIFTING (BODY SCULPTING)**

Tuesday 1145 - 1245

**STEP AEROBICS**

Wednesday 1145 - 1245

**PILATES CLASS**

Thursday 1145 - 1245

**RESIST-A-BALL TOTAL BODY WORKOUT**

Friday 1145 - 1245

**YOGA CLASS**

Monday 1645 - 1800

Class instructor is McKenzie Casad, a certified Integral Yoga instructor.

For more information on the gym classes, contact the Sports Director, Katherine Long, @ (757) 856-2226.

**Cyber Café**

**Open Daily**

**0700 - 2200**



**Computer Time**

1-5 Hours \$3.50 per hr  
 5 & Up Hrs \$3.00 per hr  
 Photo Enlargements 8"x11"  
 \$ 1.00 per photo

**Menu:**

Variety of microwavable sandwiches, assorted pastries, ice cream, candy and assorted hot/cold beverages.

For more information contact the Cyber Café attendant @ (757) 856-2580.

**Enlisted Dining Facility**



**Mon - Fri 0630 - 0730**  
**1100 - 1230**  
**1630 - 1800**  
**Weekends 0700 - 0900**  
**& Holidays 1100 - 1230**  
**1630 - 1800**

The Coast Guard Dining Facility (CGDF) offers hot and cold breakfast items, fresh fruit, a variety of concentrated juices and other assorted beverages. Our lunch and dinner menu offers hot meals, a variety of sandwiches, hot & cold, as well as fries, onion rings, full salad bar, assorted beverages and assorted desserts. For more information contact the manager, FSCS Duncan @ (757) 856-2728.

**Ticket Prices**

**MONDAY - FRIDAY**

**Hours of Operation**

**1000 - 1330 & 1400 -1600**

**Closed For Lunch 1400 - 1600**

**Kings Dominion**

**Salute to Armed Forces**

**"Good Any Day"**

Ages 3 - Adult \$22.50

[www.KingsDominion.com](http://www.KingsDominion.com)



**VA Air & Space Museum**

Ages 12 - Adult \$10.00

Child Ages 3 - 11 \$ 8.50

Ticket includes 1 IMAX Film

[www.vasc.org](http://www.vasc.org)

**Jamestown & Yorktown Combo**

Ages 7 - Adult \$15.50

Child Ages 6 - 12 \$ 8.00

**Jamestown Settlement Daily**

Ages 13 - Adult \$10.50

Child Ages 6 - 12 \$ 5.00

**Yorktown Daily**

Ages 13 - Adult \$ 7.75

Child Ages 6 - 12 \$ 3.75

[www.historyisfun.org](http://www.historyisfun.org)

**Busch Gardens Military  
Appreciation Day**

Ages 3 - Adult \$34.00

[www.buschgardens.com](http://www.buschgardens.com)

**Water Country Daily**

Ages 7 - Adult \$30.00

Child Ages 3 - 6 \$24.00

[www.buschgardens.com](http://www.buschgardens.com)

**“2005”**

**Busch Gardens Military Season Pass**

Ages 3 - Adult \$74.00

**Water Country Military Season Pass**

Ages 3 - Adult \$74.00

**2 Park Combination (Busch Gardens  
& Water Country)**

**Military Season Pass**

Ages 3 - Adult \$102.00

Call the MWR Administration office @  
856-2009 or 856-2312 or visit the  
website @

[www.uscg.mil/tcyorktown/support/mwr/](http://www.uscg.mil/tcyorktown/support/mwr/).

**Okinawa Kenpo  
Karate Class**

Sensei Joseph Myers  
Sempai Keri Myers



**Classes for October:**

Saturday/02	0930 - 1100
Wednesday/06	1800 - 1930
Saturday/09	0930 - 1100
Wednesday/13	1800 - 1930
Saturday/16	0930 - 1100
Wednesday/20	1800 - 1930
Saturday/23	0930 - 1100
Wednesday/27	1800 - 1930
Saturday/30	0930 - 1100

The Okinawa Kenpo Karate Classes  
are **“FREE”**. All authorized MWR

patrons are eligible to attend the  
classes. Dependents ages 7-15 may  
attend the classes, but must be  
accompanied by an adult. For more  
information on the classes contact  
Katherine Long, @ 856-2226 or CWO  
J Myers @ 856-2709.

**Movie Schedule**  
**Free Admission**  
**Movies Are Shown @ 1830**

**Due to a renovation project in  
Washington Auditorium,  
movies will be shown in the  
Liberty Lounge II from  
05 SEP 04 - 15 NOV 04**

**Sat 09 I Robot** PG13 114 min  
Will Smith & Bridget Moynahan  
In the year 2035, robots are an  
everyday household item and  
everyone trusts them, except one  
slightly paranoid detective,  
investigating what he alone believes  
to be a crime perpetrated by a robot.  
But soon the case leads him to  
discover a far more frightening threat  
to humanity.

**Movie Schedule**

**Wed 13 KING ARTHUR R** 126 min  
Clive Owen & Stephen Dillane  
As the Roman Empire collapses,  
Arthur wishes only to leave Britain  
and return with his men to the peace  
and stability of Rome. But before he  
can, he is given one last mission.  
One that will lead him and his  
“Knights of the Round Table” to  
consider the possibility, that when  
Rome is gone, Britain will need a new  
leader.

**Thu 14 Manchurian Candidate**  
R 113 min  
Denzel Washington & Live Schreiber  
Ten years after their service in the  
first Gulf War, two men are coping  
with being home in different ways.  
Major Marco is not adjusting very  
well and seems to have vague

memories of being captured and  
brainwashed, while Sgt Shaw is being  
groomed for the Vice Presidency.

**Sat 16 Anchorman**

PG-13 91min

Will Ferrell & Christina Applegate  
The story of local TV anchorman, Ron  
Burgundy, God’s gift to the women  
and area’s most respected reader of  
the teleprompter. But when Ron finds  
his position challenged by an  
ambitious female newscaster who,  
unlike Ron, actually knows something  
about journalism, one of them must  
go.

**Wed 20 Spider Man 2**

PG-13 120 min

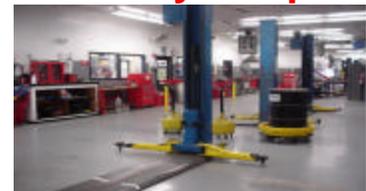
Toby Maguire & Kirsten Dunst  
Peter Parkers life becomes even more  
complicated when he can’t keep a job.  
Aunt May is losing her home, his  
schoolwork is suffering and his  
girlfriend is about to marry someone  
else. Even his famous alter ego,  
Spider Man is in trouble, because a  
famous scientist has transformed into  
the multi-tentacled...Doctor Octopus!

**Thu 21 WHITE CHICKS**

PG-13 108 min

Marlon Wayans & Shawn Wayans  
After messing up a major drug bust in  
NYC, two African American FBI  
agents try to impress their angry boss  
by volunteering to protect two  
sisters, the heiresses of a hotel  
empire, who are being stalked by a  
killer. The brothers use themselves as  
bait, wearing lots of pale make-up &  
dresses to pass as the famous Wilton  
sisters.

**Hobby Shop**



**Hours Of Operation**

Tue - Fri 0900 - 1830

Sat & Sun 0900 - 1700 **Closed**  
**Mondays & Holidays**

The Auto Hobby Shop facility has three lift bays, tire changer, tire balancer, parts cleaner, engine and transmission hoist, used oil and transmission fluid disposal, bearing press, engine analyzer and much more. Customers are allowed usage of equipment and facilities on a first come-first served basis.

## Outdoor Recreation

Outdoor Recreation is a multifaceted program. It includes the following: Camping Rentals, Boating Rentals, Garden and miscellaneous equipment rentals. With the rental price you receive a kayak, life jacket, paddle and wheels for easy carrying. Prices are as follows:

**Daily \$10.00**                      **Weekend**  
   **\$20.00**

## Fishing Pier Passes

Fishing passes can be purchased at the Auto Hobby Shop/Outdoor Recreation Office during normal operating hours.

Prices Are As Follows:

**Daily Pass .....\$ 4.00 Per Person**  
**Yearly Pass... \$25.00 Per Person**  
**TRACEN Student Daily Pass FREE**

For more information contact the AHS/ODR manager, Keith McCaffrey, @ 856-2100.

## FLAG VOICE 229 WEIGHT AND PHYSICAL FITNESS STANDARDS

As announced in ALCOAST 329/04, the Coast Guard's revised Weight and Physical

Fitness Standards go into affect on October 1, 2004. I just signed COMDTINST M1020.8E, WEIGHT/PHYSICAL FITNESS STANDARDS FOR COAST GUARD MILITARY PERSONNEL, which provides the standards and details associated with administering the program. The instruction will be available no later than 20 September 2004 via Coast Guard Central at <http://cgcentral.uscg.mil/mycgportal/ep/home.do>, through the Internet at <http://www.uscg.mil/ccs/cit/cim/directives/welcome.htm>, or through the Intranet at <http://cgweb.uscg.mil/g-c/g-ccs/g-cit/g-cim/directives/welcome.htm>.

In an effort to dispel some rumors, let me provide an overview of some of the key elements of the instruction. First and foremost, the maximum allowable weight and body fat tables that are currently in effect do not change. So, if you are weight/body fat compliant today, you will be compliant on 1 October. Second, the new policy does not mandate an organized all hands-type exercise program, nor does it necessitate or authorize a standard exercise uniform for the entire Service. Instead, it requires that every member develop a basic fitness plan and that commands afford their members three hours per week to engage in physical fitness activity during the workday, should a member choose to do so. Otherwise, in keeping with the personal responsibility aspect of this policy, members have the option of exercising at home as long as they are weight and body fat compliant. This doesn't preclude the development of structured fitness programs like at the Academy, Officer Candidate School, the CPO Academy, and Cape May where wellness and fitness are an integral part of the curriculum.

What else is new? Starting next month, all Coast Guard personnel will be weighed twice each year (October and April), and units will be required to make the appropriate entry in Direct Access. Members who are found to be within ten pounds of their maximum allowable weight will be encouraged to complete a Personal Wellness Profile in accordance with the Coast Guard Health Promotion Manual, COMDTINST M6200.1.

Members who are found to be overweight will be required to lose the weight, participate in a mandatory fitness activity a minimum of three days per week, and pass a monthly mandatory fitness assessment until the excess weight has been lost. Additionally, there are tighter restrictions regarding participation in resident training. Finally, commands will be required to designate a Unit Health Promotion Coordinator (UHPC) to assist members in the development of their personal fitness plans and to conduct mandatory fitness assessments. UHPCs will all receive specialized training to assist them in the performance of this very important collateral duty.

In a nutshell, people who are currently within allowable weight limit and participate in a regular physical fitness program at least three times per week will be personally unaffected by the new policy beyond having to submit a personal fitness plan to their supervisor. People who are within allowable weight limits but do not regularly exercise will need to develop and engage in a fitness plan as outlined in the new instruction. Those people who are found to be overweight beginning in October 2004, will need to engage in a healthier lifestyle involving better eating habits, exercise habits, and

mandatory physical fitness testing.

While weight remains the principle measure of compliance, we are truly interested in improving the overall health, physical readiness, and appearance of the workforce. The results of the semi-annual weigh-in will be collated, analyzed, and reported to the Commandant on a regular basis.



Discover a world of resort vacations. Through the AFVC space available program, eligible personnel pay only \$249 a week to rent a condo at nationwide or worldwide accommodations. AFVC vacation destinations and travel times are subject to availability. Peak summer weeks may not be available.

Eligibility requirements:

- 21 or older
- Member of Uniformed Services Active Duty or an Adult Dependent
- Reservists
- Retired Service Member or an Adult Dependent
- Civil Service & NAF Employees

Upon booking a reservation you will be asked to give the **AFVC Acct# 7033-00000 and the TRACEN MWR SAV# 240.**

Call the reservation center at 1-800-724-9988 to speak to an RCI rep.

Visit the AFVC website @ [www.afvclub.com](http://www.afvclub.com) for more information on resorts and available dates.

## Gym

### Hours Of Operation



Mon-Fri	0545 - 2130
Sat	0800 - 2130
Sun	1000 - 2130
Holidays	1200 - 2130

## Pool Hours

### Hours Of Operation



### Monday - Friday

#### LAP SWIM

0600 - 0730
1130 - 1300
1630 - 1930

#### OPEN SWIM

1930 - 2100
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### Saturday & Sunday

Open Swim	1200 - 2100
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**Pool is closed Holidays**

For more information on the gym/pool complex, call the gym watchstation at (757) 856-2128.

## Paint



## Ball Trip

**October 16, 2004  
Only \$35**

**0830-1500  
@ "The Swamp"**

Trip Includes:

- Equipment
- Transportation
- All Day Air/Field
- Box Lunches

*(TRACEN Students Only)*

For more information call X2100 or X2279.

## Striped Bass Fishing Tournament



**October  
21-24**

**Where:** TRACEN PIER

**Time:** 0800-2200(21<sup>st</sup>-23<sup>rd</sup>)  
0800-1530(24<sup>th</sup>)

**\$5.00** Registration Fee &  
Fishing Pier Pass Required  
*(TRACEN Students no pass needed.)*

Register at the MWR Hobby Shop by 20 October.

#### Awards

1<sup>st</sup> Place: Rod & Reel valued at \$60

2<sup>nd</sup> Place: Tackle Box valued at \$50

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15 Years and under class award will be a Rod & Reel valued at \$60.

Awards presented Sunday at 1600.

## Student Flag Football Tournament



Calling all students!!!!

Do you think you have a canon for an arm like Peyton Manning?

Maybe even the foot speed and abilities to escape tacklers like a Michael Vick or Donavan McNabb?

Then now is your chance to showcase those skills!

The Sports Office at MWR is offering a **Student Flag Football Tournament November 1-4 starting at 1700** for all interested students

**Each team must elect a coach and the coach must attend the coaches meeting being held at 1630 on Monday November 1<sup>st</sup> to discuss rules and regulations.** The location of the meeting is the football field behind the gym. Entry forms will be available from October 6-28 at the gym on the bulletin board in the hallway. **Deadline for team entry is Friday, 29 October at 1300.**

So start getting your teams together and get ready for some Football.

Return completed forms to the Sports Office located in the gym. For more information, contact Sports Specialist Mr. Jeff Wapner @ X2132 or Sports Director Ms. Katherine Long @ X2226.



Mr. Wapner