

Rocketeer

II

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Thursday, July 17, 2008

Plan aims to align, unify aircraft, weapons divisions

By Nicole Morgan
NAWCAD Public Affairs

The Naval Air Warfare Center has rolled out a joint strategic plan to help both of its divisions meet several common objectives.

The plan is the first of its kind for the NAWC and is designed help the command's aircraft and weapons divisions align major focus areas today and up to 10 years in the future, said Jean Hansell, the NAWCAD planning officer helping to implement the new initiative.

"Hopefully," she said, "NAWC employees will be able to see how their jobs fit into the overall mission of the organization and how their contributions are valuable."

Rear Adm. Steven Eastburg, NAWCAD commander, said this plan also would be used to create

plans of action, budgets and guides for resource allocation within both the aircraft and weapons divisions. The goal is not for the two divisions to be identical.

"The objective is commonality," he said. "There's great power in alignment."

Weapons Division commander Rear Adm. David Dunaway said the plan is significant because "we need to strive for an aligned understanding between ourselves, the programs of record, the fleet and our leadership." The result, he said, will be improvements in communication and relationships within NAVAIR and both NAWC divisions. "The key to success will be clear alignment of our most important assets, our people," Dunaway said.

The strategic plan is aligned with

the Naval Air Systems commander's guidance that requires military and civilian employees to be ready for current and future missions, and to meet goals for hiring, educating and celebrating the command's best and brightest employees.

Leadership, project management and process improvement also are addressed in the strategic plan. Several goals are outlined, including enabling technical excellence, sustaining and evolving state-of-the-art ground and flight test capabilities to meet Navy and DoD requirements, and providing "world class modeling, simulation and analysis of aircraft and other systems in the joint battlespace."



Rear Adm. David Dunaway

Each of the specific goals listed in the strategic plan will have a "champion," a leader who will work with other managers and employees to help carry out the mission, partly by determining areas of the plan that are

working well and need to continue and areas that might need to be tweaked.

There's inherent value in NAWC employees understanding values and goals of their organization, Eastburg said. "If we don't plan properly, we're not going to achieve our objectives," he said.

Strategic Plan, Page 2

Lloyd, San Luis Obispo sophomore, receives \$1,500 DeCA scholarship

By Peggy Shoaf
NAWS Public Affairs

Alan Lloyd was one of 600 military children who "cashed in" years of sacrifice and hard work in the classrooms and homes across America and overseas for a \$1,500 scholarship from the Scholarships for Military Children Program.

In a special ceremony at the local Defense Commissary Agency (DeCA) store, Billy Benner, store director; CMDCM Robert Corkish, command master chief; and Bob Williams, from Procter & Gamble, the vendor supporting the local commissary's scholarship, recently presented the young Cal Poly San Luis Obispo sophomore with his certificate that recognizes his achievement as a scholarship winner.

Fisher House Foundation underwrites the administration of the program for qualified sons and daughters of active duty, reserve/guard and retired military personnel, or survivors of deceased members, said Benner. Applicants must be high school seniors or attending an accredited college or university full time and have a 3.0 or better grade point average. Demonstration of community involvement is also an important factor for the



Photo by Peggy Shoaf

Cal Poly San Luis Obispo sophomore Alan Lloyd accepts his certificate of achievement from Billy Benner, Commissary store manager. Also present is (l-r) Bob Williams, Marsha Lloyd and CMC Robert Corkish.

scholarship, Benner explained. "Community involvement is what the Commissary is all about."

Each eligible candidate is then required to submit an essay on a designated topic. This year's topic was whether the United States should reintroduce the draft

or not.

Lloyd's essay makes it evident he feels joining the military should be an individual's choice and not forced upon anyone. "I find it most important to give the citizens of a nation a voice," he wrote, explaining that the Constitution of

the United States gives its citizens the certain unalienable rights – including life, liberty and the pursuit of happiness. "By enacting this two-year draft, . . . wouldn't we be contradicting ourselves? To

Alan Lloyd, Page 13

NAWS employee appreciation picnic

NAWS leadership is hosting an employee appreciation picnic on Tuesday, Sept. 23, at Solar Park, 11:30 a.m.

All NAWS employees are encouraged to attend.

Golf Tournament

Capt. Gary Peterson, NAWS commanding officer, is hosting a golf tourney Sept. 19 through 20, at the China Lake Golf Course.

Contact 939-2990 for more information

China Lake Woodstock

Celebrate Woodstock China Lake style from 12 noon, to midnight, on Aug. 16, at the Barefoot Bar Lanai. Enjoy 12 hours of music and food with Joe Walla, Nitro Express, Cocobillis and Nobody's Dog.

Tickets sold at ITT, Paradise Cafe and the Liberty Center. Call 939-8660 for more information.

Firefighter's Ball

China Lake Federal Fire Department third annual Firefighter's Ball is Saturday, Sept. 20, at the Paradise Community Center.

The public is invited. Call (760) 793-9645 for ticket information.

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Commentary

MCPON to Chief Selection Board: What I expect of first classes

By **MCCS(SW/AW) Bill Houlihan**

Master Chief Petty Officer of the Navy Public Affairs

Master Chief Petty Officer of the Navy (MCPON)(SW/FMF) Joe R. Campa Jr. addressed the active duty chief petty officer selection board June 23 and outlined his expectations of first class petty officers being considered for selection to chief.

“You are the gatekeepers to our [CPO] community,” Campa told the selection board. “What you do in the next several weeks will impact our [chiefs] mess and our Navy for years to come.”

First line leadership, rating expertise, professionalism, communication, loyalty and heritage are all mentioned in the CPO precepts, the governing document each selection board uses as they deliberate and select Sailors whose

records appear in front of a board.

“Those expectations are the things we expect our first classes to be doing. We expect them to generate deckplate results. The most important factor I want you to consider is leadership, what they’re doing for those they lead. No one should be wearing an anchor on their collar if they can’t lead Sailors,” Campa said.

Language taken straight from the guidance, “Expectations of the First Class Petty Officer” has been inserted into the selection board’s precepts, and those Sailors who live up to them have the best chance of putting on anchors Sept. 16.

Campa introduced the Expectations in December 2007 and reinforced a number of characteristics effective first class petty officers have always demonstrated. Just seven months later, those expectations have been formally recognized as the most significant indicators of a

candidate’s potential to lead as a chief.

Campa followed a similar formula after he introduced the Chief Petty Officer’s Mission, Vision and Guiding Principles. Within a year of their creation, they were inserted into senior and master chief selection board precepts.

“It’s one thing to talk about what we expect from our leaders, it’s a whole other matter to drive performance based on those expectations. That’s what we do when we place the Guiding Principles or the Expectations into precepts.

“We’re telling our Sailors that if they want to be advanced, the success of those they lead is what the board is going to look at,” said Campa.

The results of the MCPON’s message will be felt by the entire fleet when CPO results are released later this summer.

SAVI — Dating Safety

By **Joyce Grant**
SAVI

As the warm summer evenings bring more and more of us out to socialize and be with friends and others, a person may find him or herself at an event where alcohol is served. It is important to be aware that substances called date rape drugs are increasingly prevalent and sometimes used to assist in a sexual assault. The drugs, often odorless, colorless and undetectable, can be slipped into a drink without an individual being aware.

There are three primary date rape drugs: GHB, which can take a liquid, powder or pill form; Rohypnol, a pill that dissolves in liquids; and Ketamine, a white powder. These drugs are extremely dangerous because, once ingested, an individual may appear to be intoxicated and friends may think he or she is just drunk, not sensing how truly

incapacitated that person really is.

Symptoms range from drowsiness to hallucinations to unconsciousness. If subsequently sexually assaulted in that state, the victim is in an extreme form of powerlessness and the trauma which follows is profound. Sexual Assault Intervention Programs across the country are also receiving reports of over-the-counter sleep aids being used as date rape drugs.

You can reduce your risk by the following:

- Be aware of your surroundings
- Pay attention to the taste and color of your drink
- Don’t leave your drink where someone can have access to it
- Look out for friends and be aware if someone seems disproportionately drunk for the amount of alcohol consumed
- Don’t leave friends and go off with strangers

Maritime Strategy poster series



http://www.navy.mil/view_gallery.asp?category_id=104

Strategic Plan from Page 1

Utilizing the plan would help decrease duplication in employees’ efforts, ensure consistency in the way particular jobs are done, and help competencies run the way they were intended, he said. Ultimately, Eastburg said, safety would increase among the fleet and interactions between aircraft

and weapons divisions would be smoother.

Eastburg said he expects competency leaders to use the plan to help establish objectives for their teams. Managers can refer to the document to help them better utilize the talent and capabilities within the work force. And all

employees could use the document to provide well-informed and consistent answers to questions about the NAWC from outside organizations.

The strategic plan can be viewed at <http://www.navair.navy.mil/nawcad/> and <http://www.nawcwg.navy.mil/>.

Navy Family Ombudsman NAWS: Katrina Schluter (760) 608-7017 nawsombudsman@yahoo.com; **VX-9:** Jennifer Connolly (760) 382-9986 VX9ombudsman@yahoo.com

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Correspondence, articles and photos from the following commands should be submitted to the person indicated:

- Naval Air Warfare Center Weapons Division and Explosive Ordnance Detachment Mobile Unit 3: Renee Hatcher at lynn.hatcher@navy.mil, or call (760) 939-0961
- Air Test and Evaluation Squadron THREE ONE: Lt. Gary Stephens at gary.e.stephens@navy.mil, or call (760) 939-6217
- Air Test and Evaluation Squadron NINE: Lt. Mark Huber at mark.a.huber@navy.mil, or call (760) 939-5525
- Marine Aviation Detachment: Lt. Col. Chris Mattei at christopher.mattei@navy.mil, or call (760) 939-8094
- Naval Facilities Engineering Command: Patricia Sbrocca at patricia.sbrocca@navy.mil, or call (760) 939-0082
- Branch Health Clinic: Cmdr. Cheryl Parham at c.parham@nhnp.med.navy.mil, or call (760) 939-8002
- Navy Expeditionary Combat Command: CWO3 John Hammond at john.d.hammond@navy.mil, or call (760) 939-6341

Rocketeer II



NAWS China Lake

Commanding Officer Capt. Gary “Norm” Peterson
 Public Affairs Officer Peggy Shoaf
 Managing Editor Kathi Spearow
 Editor Misty Ann Ward

Publisher

Publisher Paul Kinison
 Business Manager Lisa Kinison
 Production Manager Robert Combs
 Layout and Graphic Design Misty Ann Ward

Fraud, Waste and Abuse Hotlines

DoD: (800) 424-9098 DoN: (800) 522-3451
 NAVAIR: (301) 757-1168 NAWCWD: (760) 939-3636
 CNRSW (Local): (760) 939-7700 (HQ): (619) 522-1429

Military

Next generation of Navy uniforms arrives

Fleet Public Affairs Center Atlantic

WASHINGTON – Five years after canvassing the fleet for suggestions on new and more practical uniforms for the 21st century, the Navy has started rolling out a year-round service uniform for Sailors E-6 and below and a Battle Dress Uniform, or BDU-style, working uniform for all ranks.

In addition, the Navy's first Physical Training uniform – a gold short-sleeved shirt and blue shorts, with "NAVY" in reflective lettering on both – is now available. Reserve enlisted Sailors will be issued the PT uniforms by their operational support centers.

In 2003, then-Chief of Naval Operations Adm. Vern Clark established Task Force Uniform, charging it with developing and giving Sailors a modern, cost-effective set of uniforms that have a professional appearance, recognize naval heritage, and offer easier storage, maintenance and comfort. TFU conducted two Navy-wide surveys and hundreds of interviews with Sailors, as well as command site visits and seven-month wear tests. More than 60,000 Sailors offered feedback, and their message came through loud and clear: 'we have too many uniforms, and they're too difficult to maintain.'

The Navy responded, and commands are preparing to adopt the new uniforms in waves according to region. Reserve Sailors can expect to wear them later this year or early next year. The new Navy Working Uniform replaces the utilities, wash khaki, coveralls, woodland green, aviation green, winter working blues and summer whites.

With a digital print pattern incorporating Navy blue, deck gray, haze gray and black, the NWU is a wash-and-wear 50/50 nylon and cotton blend. The majority of Sailors surveyed preferred a BDU-style uniform, one that doesn't show spots, stains or heavy

wear like a solid color uniform and allows mending of small tears in fabric, saving money in replacement costs.

Worn with a blue cotton T-shirt, the new Navy working uniform comes with an eight-point cover, a black web belt with closed buckle and black smooth leather boots, with black suede no-shine boots for optional wear while assigned to non-shipboard commands. Cold-weather options include a unisex pullover sweater, a fleece jacket, and a Gore-Tex parka.

In the future, Sailors operating in tactical environments, including expeditionary Sailors and SEALs, will wear either woodland or desert digital patterns.

The year-round service uniform for E-6 and below includes a short-sleeve khaki shirt for males and an over-blouse for females, made from a wash-and-wear 75/25 polyester and wool blend, with permanent military creases, black trousers for males with beltless slacks for females and optional beltless skirt, and a black unisex garrison cap. Silver anodized-metal rank insignia will be worn on shirt and blouse collars and cap, replacing the rating badge with a collar device that can be taken on and off a uniform and easily updated upon promotion. The service uniform's non-vertical match – tops and bottoms are different colors – is in line with equivalent uniforms of the other service branches.

The service uniform also includes, for optional wear, a black relaxed-fit Eisenhower-style jacket with a knit stand-up collar and epaulets, on which petty officers will wear large, silver anodized-metal rank insignia. Those entitled to wear gold chevrons will continue to wear their rank insignia on the jacket.

The new PT uniform is designed for command PT activities and the semi-annual physical fitness tests. The gold shirt is moisture wicking and odor-resistant polyester with reflective lettering on back and front. The Navy blue shorts are also nylon moisture wicking and odor resistant, and come in six- and

eight-inch lengths. They also have reflective Navy lettering, with side pockets and a hidden identification card pocket inside the waistband.

The total projected cost of Task Force Uniform is \$433 million over a two-year outfitting period, spread over fiscal years 2008 and 2009. An increase in clothing replacement allowance rates coincides with the introduction of the new uniforms, so Sailors will be able to purchase them when they are introduced to the fleet.

Due to contracting, production and manufacturing challenges, introduction and distribution of the new uniforms will happen by region over a designated period of time rather than by simultaneous multiple-site deliveries. The service and working uniforms will be available through Navy Exchange Uniform Centers and temporary off-site locations until all regions are fully outfitted. The outfitting of accession commands will happen separately and independent of the regional rollouts.

The phased fleet availability of the service uniform starts this summer and at Recruit Training Command this fall. The phased fleet availability of the new Navy working uniform starts this winter and at RTC in early 2009.

Even as the Navy introduces these changes, others are still on the drawing board. Last fall, selected officers and Sailors began limited wear testing of new service dress khaki for chiefs and officers and the new service dress blue and white jumpers for E-6 and below.

The service dress khaki uniform is in a traditional style, last worn during the Vietnam War era, while the E-6 and below service uniforms have hidden zippers and new piping for service dress white. The service dress blue will be for men only.

A Navy wind suit also is being considered to complement the new PT uniforms.

Military



Photo by Kathi Spearow

NAVFAC awards Brecto for professional achievement

For his professional achievement as assistant public works officer and facilities planner from August 2005 to August 2008, Lt. Jason D. Brecto, of the Civil Engineer Corps, was awarded a Navy and Marine Corps Achievement Medal (Gold Star in lieu of third award) on July 2, by Cdr. Stan Kloss, NAVFAC public works officer. According to the citation, among other efforts, as lead planner for the BRAC effort, Brecto was instrumental in awarding 100 million dollars of military construction projects in just three months. Kloss stated that Brecto's personal initiative and unswerving devotion to duty reflect great credit upon himself and naval service.

Sailors, families invited to participate in survey

Commander, Navy Installations Command is providing an opportunity for Sailors, family members and military retirees to help shape the future of its Fleet and Family Readiness programs by participating in the 2008 FFR Customer Satisfaction Survey, now through Aug. 7.

The survey will permit customers of Fleet and Family Readiness programs to voice their opinions on a variety of topics. FFR programs being surveyed include Child and Youth Programs, Fleet and Family Support Programs, Morale, Welfare and Recreation (Liberty, Fitness, ITT, Movie Theaters, Library/Resource Centers) and Navy Gateway Inns and Suites.

The survey is available at www.cfigroup.net/ffr.

The assessments were developed in consultation with Claes Fornell International, an independent research firm. The results will provide Navy leadership with information that will be used to enhance current programs and improve Navy quality of life.

"This is an outstanding opportunity for our Sailors and their families to make a difference in Navy-wide quality of life programs," said John B. Baker, director, Fleet and Family Readiness programs, CNIC. "The results of the assessments will be used by Navy leadership to improve programs and services that support the fleet, fighter and family."

For more information, contact Nancy Walker, Regional Marketing Manager at (619) 556-7033.

Navy Terms

Deep Six – (1) Originally, the call of the leadsman signifying that the water is more than 6 fathoms deep, but less than seven. (2) Euphemism for throwing something overboard. Also seen as 'splash', 'float check', 'float test'.

Deflection – 1 (Gunnery) The adjustment of fire to the left or right. 2) (Aviation) A measure of angle-off between one's aircraft and the opponent, or the amount of **lead necessary to hit a crossing target.**





News



Photo by Peggy Shoaf

AltaOne holds pre-demolition block party

AltaOne Federal Credit Union on King Avenue hosts a pre-demolition block party on Thursday, June 26, at AltaOne Federal Credit Union's King Avenue location. Originally known as the NOTS Employees Federal Credit Union, the credit union has had a branch location onboard NAWS since 1947. Capt. Gary Peterson, NAWS commanding officer, and Robert Boland, AltaOne president and chief executive officer, stand by a drawing showing the new state-of-the-art base member service center. In order to make way for the new building, the old building is scheduled to be demolished soon. The new building is scheduled to open in 2009. "AltaOne is proud of its long history of service to its member/owners at China Lake. No location serves as a better example of the Credit Union's heritage and we're excited to launch the next phase of our relationship with the base," says Boland.



Photo by Kathi Spearow

CLPD promotes three officers

China Lake Police Officers Michael Nelson, Samuel Padilla and Richard Kohr were promoted to Sergeant on July 7 by Police Capt. Jeremie Haccou at police headquarters. Family, friends and fellow officers were there to congratulate them on their promotions.

**Energy Conservation is
Everyone's Responsibility!**

Safety

Repetitive Motion

Down

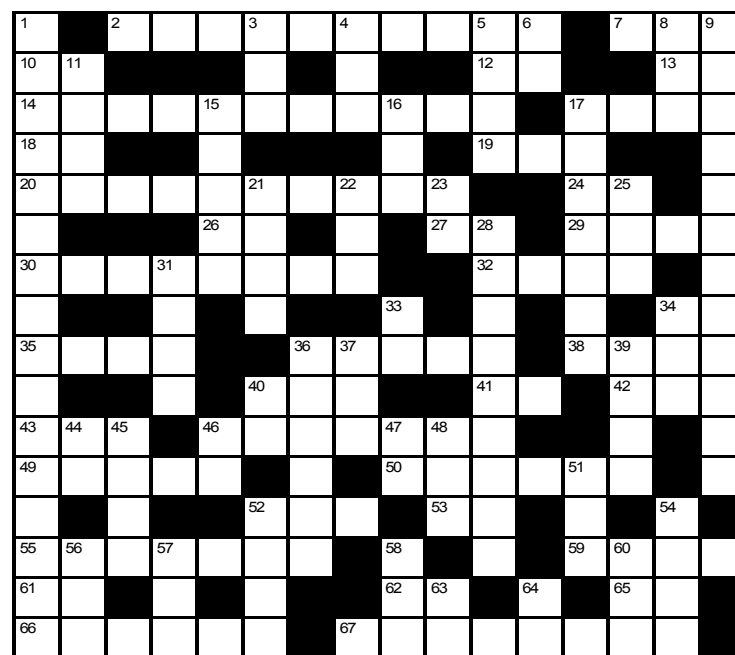
1. carpal tunnel syndrome is this type of injury (two words)
3. "Blame It On ___"
4. child
5. require
6. tin (symbol)
8. reduces pain
9. common repetitive motion injury (two words)
11. handout
15. apex
16. news service
17. type of movement most likely to cause a repetitive motion injury
21. fastener
22. yank
23. divvy (abbr.)
25. blue
28. elevates your wrists while they're at the keyboard (two words)
31. ooze
33. singular of be
34. wonder
36. part of tool that should not be slippery

37. sash
39. chances
40. nix
44. liquor addiction support
45. inkling
46. "___ Sharona"
47. coughing disease (abbr.)
48. metal
51. relative
52. deaden
54. issue
56. cut
57. through
58. speck
60. cartoon disdain
63. transport (abbr.)
64. colloquial greeting

Across

2. shaking from tools which can contribute to Repetitive Motion Injury (RMI)
7. spasm
10. talking horse
12. half the width of the letter m
13. west coast state (abbr.)
14. most common reason for neck

- and upper back pain (two words)
17. prove
18. bend
19. moisture
20. tendon inflammation
24. Dorothy's home (abbr.)
26. sodium (symbol)
27. road (abbr.)
29. you can use this to help you stretch at work
30. worst type of lift
32. decipher
34. bullion (symbol)
35. see (direct reader)
36. caretakers
38. below
40. snatch
41. toward
42. lair
43. pouch
46. your eyes should be 20 inches from this
49. figure
50. taking these will help reduce repetitive motion strain
52. cagey
53. used to form plural



55. instead of bending over, do this to the "product"
59. way fingers might feel from RMI
61. "who cares"
62. choice
65. soldier (abbr.)
66. tendon injury
67. how your wrists should be when typing

See Page 13 for answers

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Benefits of exercise for Carpal Tunnel Syndrome

Weight Lifting. For weight lifters, the source of the problem seems to be the bands they wrap around their wrists for support. When wrapped too tightly, the bands place pressure on the wrist and the carpal tunnel. Weight lifters and body builders who use wrist bands should make sure they fit comfortably and use them more as a reminder to keep the wrist straight, as should anyone who engages in the other

activities.

Swimming. When lap swimmers reach the end of the pool, they often hit the pool's wall or grab it briefly and push off from it as they start their next lap. Done often enough, this may irritate wrist tendons and lead to the development of Carpal Tunnel Syndrome.

Running. It may seem surprising that running could actually affect one's wrists, but

many runners make tight fists (or open and close their hands) while exercising. Hand weights often aggravate the problem.

Aerobics. Here again hand weights are the source of injury. When too heavy, they cause the hand to flex forward to accommodate the weight, placing the strain on the wrists. If you must use hand weights during aerobics, make sure they're light enough for you to use

comfortably.

Racquet sports. People who engage in sports such as racquetball, which is played in an enclosed court, use their flexed wrists to wield the racquet and to help them bounce back when they hit the walls during play. For frequent players, this may place intolerable stress on the wrist.

Exercise machines. Exercise bikes, rowing machines, and the continual flexion and

extension may irritate tendons in the carpal tunnel. On the stair-climbing machine, many people compensate for increasing speed by leaning on the hand rails, forcing the wrist into an unnatural position that may lead to irritation of the tendons in the wrist.

Source: Relief From Carpal Tunnel Syndrome and Other Repetitive Motion Disorders, Norra Tannenehouse

Briefs

CL Fire offers classes

Fire warden classes are scheduled from 9 to 11 a.m., on Sept. 26 and Dec. 19. The class is for new fire wardens, but current fire wardens are encouraged to attend. There are only 25 spaces for each class, which will be held in the NAWS Conference Center, El Paso Room.

Fire extinguisher classes will be at the main side Fire Station. This is a two-part class. The first portion will be a PowerPoint training session that will be e-mailed.

Upon completion of the PowerPoint training session, simply type your name on the certificate located at the end of the PowerPoint presentation, print and bring to the second portion of the class, which

is the hands-on portion of the extinguisher class involving training on the use of a fire extinguisher.

Contact Inspector Jo Cruea to receive the first portion of training at 939-4620 or e-mail her at jo.cruea@navy.mil. The hands-on portion is scheduled for 12:30 p.m., on June 20 and Sept. 26.

Attending each of these classes will fulfill the annual requirement accordance with COMNAVREGSWINST 11320.1E Regional Fire Prevention Regulation.

MAD car wash

The Marine Aviation Detachment Marine Corps Ball Association at NAWS China Lake is hosting a car wash in the detachment's parking lot

is from 10 a.m. to 2 p.m., on Friday, July 18.

Money raised will go to the Marine Corps Ball Association for reduced tickets prices for Marines to the Marine Corps Ball. Please contact CWO3 Garry Clayton at 939-8099 for more information.

CI awareness briefs

NCIS Counterintelligence Awareness briefs will continue to be held in Room 1000D, Michelson Lab, from 8 to 9 a.m., on the first working Friday of every month. The next brief will be Aug. 1.

According to the current Secretary of the Navy instruction, this training is now required annually. Although only people who hold a secret of higher

clearance are required to attend this training, it is open and available to anyone who works aboard NAWS China Lake. The brief covers various topics related to foreign counterintelligence and the importance of CI awareness at an research, development, test and evaluation facility.

First Aid and CPR

The China Lake Safety Office is hosting Cardiopulmonary Resuscitation and First Aid classes this summer. American Heart Association certification is provided by Michael Metcalf. Classes have started and will run intermittently through Aug. 7. Call 939-2315 to register for the next class.

Blood drive

Houchin Blood Bank will be at the north side of Branch Health Clinic, from 1 to 5:30 p.m., on Aug. 25 and Oct. 20. For questions or for more information, please call (877) 364-5844.

Military mom social group

A new social group for military moms is looking for new members to join.

According to Rosanna Soto, organizer, this is a chance to meet other military moms for play dates, picnics, potlucks and other events. Contact Soto at 446-1390 or rosanna613@yahoo.com.



News

Grill daddy, microwave man, or gourmet chef

By Maj. Karen E. Fauber
DeCA dietitian

FORT LEE, Va. – Many men venture into the world of cooking and find it as challenging as any hobby they pursue. Daunting or not, at dinner time men are as likely to be making dinner as women, according to a Pew Research Center Report. So if you are a male trying to figure out how to get a healthy meal on the table in 30 minutes or less, you are not alone. As more men are tackling cooking in the kitchen, they are becoming more aware that what they eat affects their health.

Add up the nutrition

Men's nutritional needs are unique depending on age and activity level. The couch potato weighing about

180 pounds only needs 0.8 grams protein per kilogram of weight, or about 65 grams protein a day. Whereas, the athlete that weighs about 180 pounds needs one gram protein per kilogram of weight, or about 81 grams protein a day. Protein is essential for building and repairing all the organs and muscles. An often overlooked source of protein are eggs, which are easy to prepare for a quick dinner, and can be found at your commissary at savings of 30 percent or more. Another important nutrient, calcium, frequently promoted for women and children, is equally important for men. Men, too, can get the calcium they need for strong bones every day from three servings of dairy foods, such as milk, cheese and yogurt.

A study published in the New England Journal of Medicine shows that eating meat or fish increases the chances of developing gout, while eating more dairy actually decreases gout risk.

Real men cook and eat quiche

Another nutrient found in eggs is choline, which is essential for a sharp mind. Also, growing evidence supports that it is safe to eat several eggs a week even though they contain cholesterol. To get the six grams of protein in one egg, try whipping up a quick, Western omelet brimming with chopped lean meat, cheese and colorful vegetables. Or for a little

more elaborate dish that is easy to make and looks like it took more time, try making an easy quiche that includes eggs, cheese and milk. Not only do you get protein from the eggs, you also get calcium from the milk and cheese.

Choose cheese

For variety to get the protein and calcium men need, low-fat cheese is a good choice. Here are some lower-fat cheeses that can be eaten with meals or as a snack:

Cottage cheese - Low-fat versions are almost fat-free. Try adding some chopped peppers and chili powder, herbs, diced apples and cinnamon, or other fruit.

Feta cheese – This slightly tart cheese is great on a salad.

Ricotta cheese – Look for the

low-fat version made with skimmed milk. Tastes great when microwaved with fresh spinach, grape tomatoes and garlic.

For more information about milk and dairy foods, and other nutrition topics, go to <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in the Dietitian's Voice archive.

Nutrition Tip

Here is another good reason to drink low-fat milk and eat low-fat cheese. A study published in the New England Journal of Medicine shows that eating meat or fish increases the chances of developing gout, while eating more dairy actually decreases gout risk.

Rule on using earphone devices

There has been some confusion as to whether drivers can use earphone devices with their cell phones while driving onboard military installations, particularly at NAWS China Lake. The new Navy Traffic Safety Instruction, 5100 12 H, was released in March; which can be interpreted as allowing use

of cell phone ear pieces.

China Lake Police Department has contacted Navy Region Southwest for a clarification of the rule. This is the response they have received.

“All: The Regional commander has ordered the Regional traffic Safety Instruction redrafted to

permit wired and wireless ear phone devices in one ear only for cell phone use only while driving aboard CNRSW installations. However, in order to make this change, approval is required from CNIC, as they must modify its existing CNIC Note governing this same subject.”

In other words, earphone devices

are still prohibited. China Lake police may issue traffic citations to personnel using wired and wireless earphone devices prior to approval of the modified CNRSW instruction.

There will be notice as soon as the modified instruction has been approved, if it is approved.

Rear Adm. Dunaway, NAWCWD present

By Staci Mathews
NAWCWD Public Affairs

NAWCWD announced the winners of the 2008 Honorary Awards on June 11 at Point Mugu and June 12 at China Lake.

"I am pleased to recognize these NAWCWD employees for their hard work and commitment in supporting the warfighter," said Rear Adm. David A. Dunaway, WD commander.

Dunaway and Scott O'Neil, WD executive

director, presented the following awards at China Lake.

The Michelson Laboratory Award was given to Victor L. Black, David L. Breitigam, Jeffrey M. Conaway, Daniel L. Crabtree, W. Mark Henderson, Alan L. Karty, John E. Kempert, Walter H. Maurer, Michael J. Munson, Joni M. Pentony, Dr. Alan J. Van Nevel and Solomon E. Waters.

The Michelson Laboratory Award was established in 1966 to recognize individuals

for technical excellence based on outstanding performance and overcoming technical difficulty in test and evaluation.

"I was very surprised to receive a top level award," Black said. "It was a real honor for my group within Slam ER."

Scott M. O'Neil won the Equal Employment Opportunity Annual Award in the Supervisory/Manager category. Linda J. Finco earned the EEO Award in the Non-Supervisory category. The EEO Award recognizes NAWCWD employees

who made outstanding contributions through excellence in their leadership, imagination and perseverance.

"I was very surprised to be recognized for this award," Finco said. "It was great to see myself singled out and recognized for my involvement with Expanding your horizons and head of the workshop committee to influence young women in math and science."

David L. Jenkins was named the winner of the Memorial Award for Dr. William B. McLean.



2008 Honorary Awards

Photo upper left: Scott O'Neil and Rear Adm. David A. Dunaway presented the Memorial Award for Dr. William B. McLean to David Jenkins. The McLean Award recognizes crew members for significant inventions.

Photo lower left: The Memorial Award for Dr. L.T.E. Tamm was presented to W. Mark Henderson, John E. Kempert, Victor L. Black, and Jack T. Waller Jr. This award goes to those who have excelled in fulfilling the Weapons Division's mission.

Center: Michelson Laboratory Awardees are Daniel L. Crabtree, W. Mark Henderson, John E. Kempert, Victor L. Black, Alan L. Karty, Joni M. Pentony. Not shown: Dr. Alan J. Van Nevel, Walter H. Maurer, Michael J. Munson, and Solomon E. Waters for outstanding performance overcoming technical difficulty.

Photo upper right: Scott O'Neil received the Equal Employment Opportunity Award in the Supervisory/Manager category. Linda J. Finco earned the EEO Award in the Non-Supervisory category for employees who made outstanding contributions.

Photo lower right: The Memorial Award for Dr. William B. McLean was presented to David Jenkins and Barry Hand. The Lauritsen Award recognizes crew members for outstanding contributions in research, development, test and evaluation.

awards to outstanding DoN employees

The McLean award was established in 1968, to recognize creativity in employees who furthered the mission at China Lake with significant inventions.

Philip W. Bowen, Stephen R. Underwood and Jack T. Waller, Jr. were recognized as winners of the Memorial Award for Dr. L.T.E. Thompson. The Thompson Award was established in 1956 for those who showed outstanding contributions to the advancement of ordnance in fulfilling the NAWCWD mission.

Dr. Frederick S. Blomshield and Barry Hand received the Memorial Award for Dr. Charles C. Lauritsen.

The Lauritsen Award recognizes outstanding individual achievement in those who made significant contributions in research, development, test and evaluation, and life cycle support to the fleet. Blomshield was recognized for his work as a navy expert for testing, evaluation and problem solving for DOD and NASA.

"I was very surprised and felt very honored

when they award was announced." Blomshield said.

Dunway and O'Neil presented awards at Point Mugu as well. Winners of the Warfighter Support Award were Carlos Gutierrez, Farhad Abbasi, Kristen L. Hawkes, Khanh P. Nguyen, Edward J. Potkey, Andrea Roderick, Elvy T. Williams, Bruce Stenger, Joe J. Reyes and Randall S. Alcorn. The Dr. Manuel Garcia Memorial Award went to E. Todd Mantei, Robert B. Massey and Alvin F. Schultz, Jr.. The Memorial Award for Gwendolyn

Elliott Hunt went to Lisa M. Barneby, Tuan T. Le and Antonella M. Thompson. The Dr. Twain C. Lockhart Memorial Award was presented to Thomas C. Jameson. The Captain Kenneth A. Walden Memorial Award was presented to Allan E. Graves, Clinton D. Hill, Dean A. Medlock, Bruce A. Miller, Andrea Roderick, Steve H. Solomon and Daniel L. Wooldridge. Robert E. Dezellem, Donna J. Hoopes, Manwah Luk (Luke) and Kevin P. Phillips were selected for the CDR Clifton Evans, Jr. Memorial Award.



TID contributed photos

Dunway present the Memorial Award for Dr. William B. McLean creativity in employees who furthered the mission at China Lake with

Thompson awardees are Philip W. Bowen, Stephen R. Underwood showed outstanding contributions to the advancement of ordnance

L. Crabtree, David L. Breitigam, Alan L. Karty, Jeffrey M. Conaway, ck, Michael J. Munson, Walter H. Maurer, Soloman E. Waters and This award recognizes individuals for technical excellence based difficulty in test and evaluation.

Employment Opportunity Annual Award in the Supervisory/Manager Non-Supervisory category. The EEO Award recognizes NAWCWD

Charles C. Lauritsen was presented to Dr. Frederick S. Blomshield outstanding individual achievement in those who made significant evaluation, and life cycle support to the fleet.



Human Resources

Unmanned Aircraft Conference

The Southern Maryland Chapter of the International Test and Evaluation Association is hosting the 2008 Test and Evaluation of Unmanned Aircraft Conference on Sept. 15 through 17 at the Holiday Inn Select Hotel and Conference Center, Solomon's Island, Md.

ITEA invites all military personnel, DoD Civilians and government contractors to attend or exhibit at the 2008 Test and Evaluation of Unmanned Aircraft Conference.

The workshop is an opportunity to

exchange thoughts, experiences and ideas, including similarities, differences, lessons learned, current problems and their solutions and future trends.

Challenges for test and evaluation will be explored, as well as ongoing efforts in the realm of processes, tools, facilities and ranges by those responsible for the conduct of test and evaluation for uninhabited vehicles.

Register before Aug. 15 to receive the discounted rate. To register online, visit www.itea.org.

Local Events

Rummage sale supports Firefighter Ball

The International Association of Fire Fighters Local F- 32 and the China Lake Ladies Auxiliary Desert Flames are holding a rummage sale from 7 a.m. to 12 noon, on Friday, July 25, and Saturday, July 26, at 1221 West Iowa Avenue, Ridgecrest, to support the 2008 China Lake Firefighter's Ball. The ball is scheduled for Sept. 20. For more information, please call Lorie Verkuyl, 375-3776; Alisia Hernandez, 384-8560; or Tristan Woodmansee, at 793-5456.

Repetitive Motion from Page 8



Leave Transfer Program

The employees listed have been approved as leave recipients under the Leave Transfer Program. These employees have exhausted annual and sick leave because of medical emergencies and anticipate being in a leave-without-pay status for at least 24 hours. Employees who wish to help a leave recipient may donate annual leave to the employee by submitting a completed OPM 630-A Request to Donate Annual Leave (Within Agency) form. Send your completed form to Code 731000D Stop 1316, Attn: Susan Haynes, or you can fax to 939-1173. For more information regarding the Leave Transfer Program, please call Haynes at 939-3892 (DSN 437).

NAME	CODE	NAME	CODE
Breitengross, Rick A.	PWC OPDK	Perez, Susan M.	J25000E
Franco, Maria E.	412000E	Rodriguez, Patricia	658300E
Fuller, Thomas J.	781300D	Ross, Deborah E.	414300D
Lewis, David R.	J24000D	Spurgeon, Melody C.	472200D
McLucas, Christina	51000ME	Turbett, Jennifer J.	52J400D

Retirement

Mike Benton

Mike Benton is retiring from federal service after almost 40 years of service. Please join him, from 5 to 10:30 p.m., on Saturday, Aug. 2, at the Knights of Columbus Hall, 725 W. Ridgecrest Blvd., Ridgecrest. A no host cocktail hour starts at 5 p.m. and a buffet dinner by Victoria's at 6 p.m. F/A-18 presentations and individual toasts begin at 7 p.m. Dancing to the Station Street Band will follow. Tickets are \$25 per person, payable in advance. Please call Jill Watters at 939-5553 or Alice Benton at 446-6028 to make arrangements.



Have you seen this man?



Can you identify this man? Although he reported to China Lake about 10 months ago, this is not his first tour with NAWCWD.

Send your guess for this week's photo to Renee Hatcher via e-mail at lynn.hatcher@navy.mil. If you have old photos to share for future issues, forward to Hatcher. Prior to publication, the person in the photo must give permission.

Congratulations

Sonya Gomez, Linda J. Wilson, Diane Sullivan, Kristy Fava, Maryann Hiser and Wayne McGill correctly identified Lucia Varnhagen in the July 3 issue.

Out and About In Kern Valley

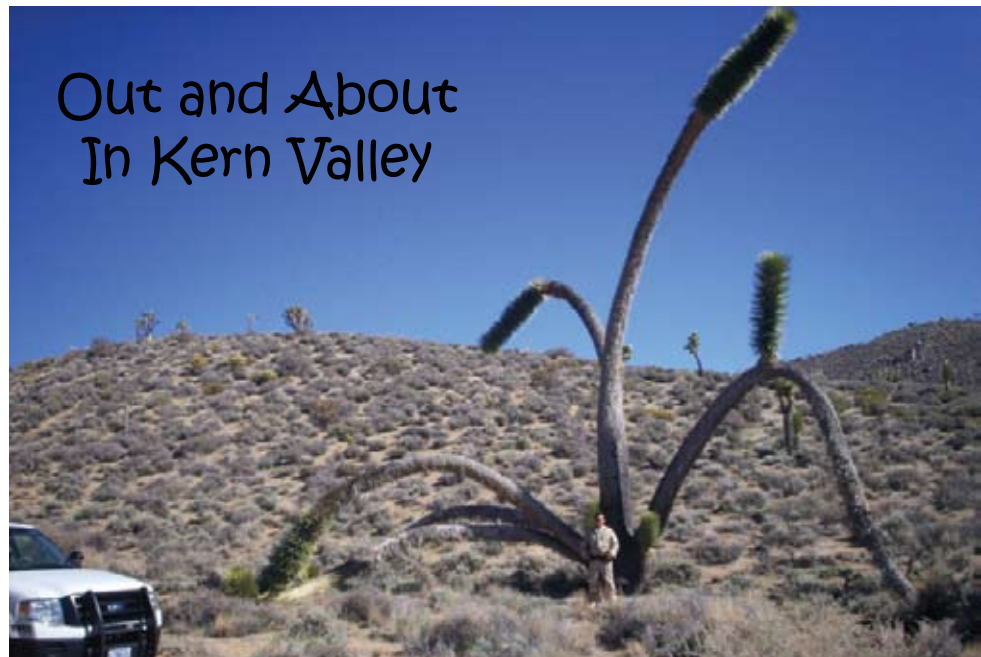


Photo by MA2 Juanita Mireles

Alan Lloyd from Page 1

relinquish our given right should not be a decision made by our government, but by each individual for themselves.”

According to DeCA officials, the scholarship program is an opportunity for commissaries to get involved in the lives of military families in a very practical and meaningful way and to honor the sacrifices they make in serving our country. They also noted that the program is part of the commissary's overall spirit of promoting quality of life for service members and their families – especially stretching their military paychecks. Each commissary is allowed to give out at least one scholarship.

Lloyd is the son of Harold and Marsha Lloyd, the branch supervisor of the Ridgecrest Branch of the Kern County Library. Harold, who passed away in 2004, was retired military and worked in the Harm Program Office at China Lake for many years prior to his retirement in 2002.

Schedule of Events

The Community Support Department consists of MWR, Fleet and Family Support, Child and Youth Programs, Family Housing, Bachelor Housing, Visitor's Quarters and Dining Services.

MWR TRIPS

Lake Isabella Camping and Kayaking
Departing at 9 a.m., on Saturday, Aug. 2 and returning by 8 p.m., on Sunday, Aug. 3. Please register by July 23 at the Outdoor Recreation/ITT office.

Basic Climbing and Knot Tying Clinic
Meet at the Outdoor Recreation/ITT office at 5:30 p.m., on Wednesday, Aug. 6. Please register by Aug. 4 at the Outdoor Recreation/ITT office.

Weekend at Catalina Island
Departing at 8 a.m., on Friday, Aug. 8 and returning by 5 p.m., on Sunday, Aug. 10. Please register by July 28 at the Outdoor Recreation/ITT office.

Mountain Biking Trip at Cathedral Peaks
Departing at 7:30 a.m. and returning by 10 p.m., on Saturday, Aug. 16. Please register by Aug. 6 at the Outdoor Recreation/ITT office.

Background Cooking Clinic – Dinner in One Pan
Meet at the Outdoor Recreation/ITT office at 5:30 p.m., on Wednesday, Aug. 20. Please register by Aug. 18 at the Outdoor Recreation/ITT office.

Surf Camp and Beach Camping Trip
Departing at 7 a.m., on Saturday, Aug. 23 and returning by 6:30 p.m., on Sunday, Aug. 24. Please register by Aug. 11 at the Outdoor Recreation/ITT office.

Sky Diving Trip
Departing at 7 a.m. and returning by 6:30 p.m., on Wednesday, Aug. 30. Please register by Aug. 18 at the Outdoor Recreation/ITT office.

LAKE LIBERTY

Wing Night and Spades
6:30 p.m., on Mondays
Card/Board Game Tuesdays
6:30 p.m., on Tuesdays
Video Game Tournaments
6:30 p.m., on Thursdays
Movie Night
6:30 p.m., on Fridays
Sunday Sundaes
All Day on Sundays
Cooking with Lake Liberty
5 p.m., Wednesday, July 16
Six Flags Magic Mountain
6:30 a.m., Saturday, July 19
Solar Park Barbecue
6 p.m., Wednesday, July 23
Extreme Bowling
6 to 10 p.m., Thursday, July 24
AVP in Long Beach
Friday through Sunday, July 25 through 27

ITT

Antelope Valley Fair in Lancaster
Departing at 10:30 a.m. and returning by 7:30 p.m., on Saturday, Aug. 23. Please register by Aug. 18 at the Outdoor Recreation/ITT office.
Hours of Operation are Monday through Friday, from 9 a.m. to 5 p.m. and Saturday, from 9 a.m. to 2 p.m.

AUTO HOBBY

July Special: Military get 50 percent off the Engine Analyzer. All other eligible patrons receive 25 percent off. Have car troubles? Stop in on the first Wednesday of the month and we could use your car as the example, so others can learn.
Brake Jobs
Military, stop by the Auto Hobby

Shop and let us do your brakes for you.

OUTDOOR RECREATION

B-Mountain Hikes
6:15 a.m., on Wednesdays and Fridays, meet at the Outdoor Recreation office at 6 a.m., transportation is provided.
Landsailing
5 p.m., on Tuesdays and Thursdays, meet at the Outdoor Recreations office by 5 p.m. After 5 p.m., meet at the dry Mirror Lake Bed. Fees will be collected upon arrival.
Rock Wall
Open at the Main Gym, 5 to 8 p.m., on Tuesdays, and 11 a.m. to 1 p.m. and 5 to 8 p.m., on Wednesdays. Free with gym membership. All gear is supplied at the Rock Wall.
Outdoor Recreation has camping equipment, trailers, mountain bikes, landsails, paintball equipment, backpacking, canoes, kayaks, boats and inflatables for your rental enjoyment.

HALL MEMORIAL LANES

Free Bowling for Active Duty Military (limit two games)
11:30 a.m. to 5 p.m., on Thursdays
Bowling Center Snack Bar
Open for lunch from 11 a.m. to 2:30 p.m., on Thursdays and Fridays
Regular menu and lunch specials available
Extreme Bowling
7 to 11 p.m., on Saturdays
Family Fun Bowling
Sundays
Plan your next event at the Bowling Center. Children's

events, birthdays, command functions, or just a night out.

SPORTS AND FITNESS

Roller Hockey or Arena Soccer
6 to 9:30 p.m., on Wednesdays and Fridays, at the hockey rink
Pick-up Basketball for 35 and older
6 to 9:30 p.m., on Thursdays
Family Volleyball
6 to 8 p.m., on Fridays
Family Fitness
Friday evenings and Saturday mornings

GOLF COURSE

Jr. Golf Clinic
1 p.m. to 2 p.m., on Thursdays, June 19 through Aug. 14. Bring your own clubs or use ours!
Steak Night and Comedy
6 p.m. dinner, and 8 p.m. comedy, on Friday, July 18
Mulligan's Grill at the Golf Course
Lunchtime Barbecue
11 a.m. to 1 p.m., on Wednesdays
Regular menu and weekday specials available
7 a.m. to 4 p.m., seven days a week
Paradise Community Center
For more information on activities and events at the Paradise Community Center call 939-8660/8662.

CHILD AND YOUTH PROGRAMS AT CASTLE X

Triple Play Activity
3:30 p.m., on Monday through Friday
Club Tech
4 p.m., on Wednesdays
SmartGirls!
3:30 p.m., on Tuesdays
Passport to Manhood
3:30 p.m., on Tuesdays
Anaheim Angels Game Trip
Wednesday, July 23
Summer Sleepover
Friday, July 25
Aquarium of the Pacific Trip
Wednesday, July 30
Hockey Clinic
7 to 9 p.m., on Tuesdays

FLEET AND FAMILY CENTER

Art Play Group
10 to 11:30 a.m., Tuesdays
Music for Toddlers Play Group
10 to 11:30 a.m., Wednesdays
Brown Bag Workshops
11:30 a.m. to 1 p.m., Wednesdays
Resume Writing
1 to 3 p.m., Wednesdays
IA Support Group
2:30 to 4 p.m., Wednesdays
IA Spouse Support Group
10 to 11:30 a.m., on Thursday, July 24

China Lake Golf Course

	18 Holes	9 Holes	Twilight	12 Play Value Card
E1 - E6	\$12	\$10	\$6	\$120
E7 - 03	\$18	\$15	\$11	\$180
04 & Up	\$23	\$16	\$11	\$230
DOD	\$26	\$19	\$18	\$260
Community	\$30	\$23	\$18	\$300
Youth	\$12	\$10	\$6	N/A
Student	\$16	\$13	\$8	N/A

	18 Holes	9 Holes	Value Card	Tournament Fees	Golf Clubs
Half cart	\$11	\$8	\$110 (18 Holes) \$80 (9 Holes)	Military: \$31 Non-Military: \$45	Military: \$5 DoD: \$10 Comm: \$10 Youth: \$5 Student: \$5
Full cart	\$22	\$16	\$220	Range Balls 20 balls for \$1 40 balls for \$2 60 Balls for \$3	

Stop by for our daily specials!

For tee times and more information, call 939-2990.

GOLF COURSE SPECIALS

A Time to Play! Book your tee time 24-hours in advance at the China Lake Golf Course Monday through Thursday & non-flex Fridays from 6 a.m. to noon and receive golf with a cart for up to 4 players for just \$80 for all four. For more information or to book your tee time, call the Golf Course at 939-2990.

Early Bird Special is \$10 with tee times before 7:30 a.m. Tee times must be before 6:30 a.m. to be an Early Bird Special.

Super Twilight Special is \$6 to walk or \$12 with a golf cart, after 3 p.m., Monday, Wednesday and Saturday. Tee times must be after 3 p.m. to take advantage of the Super Twilight Special. Available Monday, Wednesday and Fridays.

Weekend Twilight Special is \$20 for 18-holes of golf and a cart. Tee times must be after 1 p.m. to take advantage of the Weekend Twilight Special.

Aquatics and Main Gym
939-2334
Auto Skills Center
939-2346
Bachelor Housing
939-4450
Castle X (Teens)
939-8336
Child Development Center
939-3171
Child Development Home
939-6683

Community Support Programs/MWR
939-3440
Fleet and Family
939-4545
Fitness Annex
939-0756
Golf Course
939-2990
Family Housing
939-4450
Hall Memorial Lanes
939-3471

ITT
939-8644
Lake Liberty
939-4FUN(4386)
Navy Gateway Inns and Suites
939-3146
Outdoor Recreation
939-3006
Paradise Community Center
939-8662
School Age Care
939-2909









