

FLIGHT JACKET

Marine Corps Merit Award winning newspaper

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Marine Corps Air Station Miramar, Calif.

April 22, 2011



Sgt. W. Zach Griffith

Sgt. David Street, a flute player for the 3rd Marine Aircraft Wing Band, demonstrates the music of a flute for students of Crown Point Junior Music Academy in San Diego April 15.

3rd MAW Band 'schools' students

Sgt. W. Zach Griffith

COMBAT CORRESPONDENT

Members of the 3rd Marine Aircraft Wing Band played for elementary school students of Crown Point Junior Music Academy in San Diego April 15.

Faculty invited the band to the school as part of a music day to showcase different music styles and local bands.

The Marines played a variety of pieces, ranging from military marches and hymns to pop culture instrumental references

GO TO **BAND**, PAGE 3

Leaders pledge to 'stomp out' sexual assault

Sgt. W. Zach Griffith

COMBAT CORRESPONDENT

Leaders of 3rd Marine Aircraft Wing and Marine Corps Air Station Miramar gathered to sign a pledge to "stomp out sexual assault" by tracing their boots on a banner and then signing the banner April 20.

Maj. Gen. Thomas L. Conant, the commanding general of 3rd MAW, and Col. Frank A. Richie, the commanding officer of MCAS Miramar, also signed proclamations recognizing April as Sexual Assault Awareness Month and declared their support to eliminate the problem.

The banner will be posted in public areas aboard the air station so junior Marines can see how their leaders are raising awareness about sexual assault, said Latricia Kamins, the Sexual Assault Prevention and Response Program coordinator for MCAS Miramar.

Conant told visitors he wished he didn't have to attend events like the proclamation signing.

"Respect on honor should be first and foremost in all our minds," he said. "We shouldn't have to have events like this. Our goal should be that (sexual assault) isn't a

GO TO **LEADERS**, PAGE 3

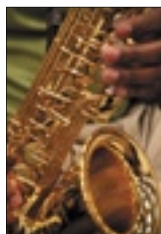


Sgt. W. Zach Griffith

Maj. Gen. Thomas L. Conant, the commanding general of 3rd Marine Aircraft Wing signs his boot print on the "stomp out sexual assault" banner April 20. The banner will be posted in public areas on the base so that junior Marines can see how their leaders are encouraging awareness of sexual assault.

MCAS Miramar
Website

www.miramar.usmc.mil



MARINE ALL-STAR JAZZ BAND TOURS MICHIGAN

Marine musicians from across the Corps visited high schools throughout Michigan as part of their third annual tour. See page 6 for full story.



HMLA-469 MARINES UPGRADE, RECEIVE NEW HELICOPTER

HMLA-469 received their first UH-1Y helicopter as part of the Marine Corps' H-1 upgrade program. See page 5 for full story.

REACH US



EDITORIAL
(858)-577-6000

FLIGHT JACKET



**Maj. Gen.
Thomas L. Conant**
Commanding General
3rd Marine Aircraft Wing



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Commanding Officer
MCAS Miramar

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The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000.



A hero remembered



Cpl. Z. L. Majors

Gunnery Sgt. John L. Heine, the substance abuse counselor for Headquarters and Headquarters Squadron, presents a burial flag to Dorothy Roosvall, wife of Gunnery Sgt. Theodore Roosvall (Ret.) during his funeral ceremony at the Miramar National Cemetery aboard Marine Corps Air Station Miramar, April 20. Roosvall was a veteran of the battle of Pearl Harbor and a key person in the founding of the Miramar Cemetery. "It was his persistence that made this cemetery possible," said Staff Sgt. Jason F. Ehlers, the staff noncommissioned officer-in-charge of the air station's burial detail.

I MEF deputy commander flies new aircraft



Sgt. Deanne Hurla

(Far Right) Maj. Gen. Melvin G. Spiese, the deputy commander of I Marine Expeditionary Force, watches as Marines from Marine Light Attack Helicopter Squadron 367 prepare the AH-1W Super Cobra for shut down. Spiese visited HMLA-367 April 20 to learn about the squadron's capabilities and differences between the AH-1W and the new AH-1Z Super Cobra helicopters. He also received a demo flight of the UH-1Y, the Corps' newest Huey helicopter.



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Religious Services

The Chaplain's Office, located in Building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, call (858)-577-1333, or visit www.miramar.usmc.mil.

Sunday:

9 a.m. Protestant
Worship Service

9:30 a.m. Protestant
Children's Worship

11 a.m.
Roman Catholic Mass

Religious Education/Sunday:

9:30 – 10:45 a.m.
Catholic CCD Children K-12

10 a.m. Protestant
Adult Bible Study

Weekday Worship Service:

Mon. – Fri. 11:30 a.m.
Catholic Mass

Mon. 6:30 p.m. Contemporary
Praise and Worship Service

Wed. 7 p.m. Baptist Service

Study Groups:

Mon. 7 p.m.
Night Bible Study,
Classroom in the Chapel area

Tues. 6 a.m.
Morning Prayer Service
and Study Group

Islamic Worship Service:

Fri. at noon.
Located in the Chapel or visit
www.icsd.org

Jewish:

Jewish Outreach at
(858) - 571 - 3444
www.jewishinsandiego.org

LEADERS,

CONTINUED FROM PAGE 1

problem we have to harp on.”

Richie said a sexual assault or similar event is not only a moral problem, but a tactical one as well.

“Every time (an assault) happens, it takes two people out of the fight, doing the bad guy’s job for him,” he said. “There’s a perpetrator and a victim.”

April is nationally recognized as Sex-

ual Assault Awareness Month. For all military personnel, according to the SAPR Web site, this means a focus on education and training to create an environment in which sexual assault and the attitudes that promote it are not tolerated; victims of sexual assault receive the care and support that they need; and, offenders are held accountable for their actions.

Marines who need guidance regarding a sexual assault can call the 24-hour victim advocate hotline at (858) 864-2815.



Sgt. W. Zach Griffith

Col. Frank A. Richie, the commanding officer of Marine Corps Air Station Miramar, traces his boot on the “stomp out sexual assault” banner April 20. Richie and other leaders gathered to sign a pledge to “stomp out sexual assault” by tracing their boots on a banner and then sign the banner.

MCAS Miramar reminds everyone to recycle plastics, paper, cardboard and electronics at the Miramar Recycling Center.

Miramar recognizes volunteers

Sgt. W. Zach Griffith

Maj. Gen. Thomas L. Conant, the commanding general of 3rd Marine Aircraft Wing, thanks volunteers during the Volunteer Appreciation Celebration April 20 at the Officers Club aboard Marine Corps Air Station Miramar. The purpose of the event was to recognize and thank those who volunteer for services that support the air station community.

BAND,

CONTINUED FROM PAGE 1

like the theme for “SpongeBob SquarePants” and “Darth Vader’s Imperial March.”

Between compositions, individuals from the band took a minute to talk to the students about the individual instruments and showcase their musical capabilities. The tuba and drum Marines received standing ovations from the children.

Sgt. David Street, a flute player for the 3rd MAW Band, said one of his favorite things

about playing for kids is their energy.

“You feed off the energy of your audience during a live show,” he said. “Kids are always really excited when they see us play. The more engaged they are, the more fun we have and a better show gets put on.”

Leaving a lasting impression on the kids is a perk for the band’s enlisted conductor, according to Gunnery Sgt. Victor Ney.

“Knowing we’ve made a positive impact is the best part for me,” Ney said. “It doesn’t take much to impress children so we leave a resounding memory by interacting with them.”



Sgt. W. Zach Griffith

Staff Sgt. Joshua Lively, a musician for the 3rd Marine Aircraft Wing Band, lets students take turns trying out his drum following a performance from the band at Crown Point Junior Music Academy in San Diego April 15.

'Sex Signals' mixes humor with important lessons

Sgt. W. Zach Griffith
COMBAT CORRESPONDENT

Representatives of the Sexual Assault Prevention and Response Program took a new approach to educating Marines and sailors of Marine Corps Air Station Miramar with an interactive, improvisational show for two days on April 18 and 19.

The show, "Sex Signals," portrayed two actors, a man and woman, in various social settings where one attempts to start a physical relationship with the other. The actors played their parts focusing on societal stereotypes of men and women. Throughout each part, the actors showed how some situations can lead, at the very least, to one person becoming uncomfortable at the other's advances, and, at worst, can lead to a sexual assault.

The purpose of the show, according to SAPR Program Manager Latricia Kamins, was to provide the same information as past annual training events, but make more of a connection to the audience.

"When you have actors playing out a scene, they become relatable," Kamins said. "The Marines at the show can see themselves in those same situations and thus be able to better recognize when they are in a similar situation."

All Marines are required to go through annual sexual assault awareness training, so the information provided is usually on Power Point slides, Kamin said.

"You can't relate to those briefs like you can with this show," she explained. "When someone sees it played out in front of them, and it isn't just information, they can better recognize a bad situation. It could even help someone figure out if they are about to be the perpetrator of sexual assault and stop."

The use of comedy in the performance made the show more entertaining, which has helped those Marines who attend, pay more attention to the overall message, according to Lance Cpl. Cody Penny, an air traffic control Marine with Marine Aircraft Group 39.

"They got us laughing in the beginning, and kept it humorous throughout the show,"

Penny said. "I was paying better attention when they started teaching us the important, more serious issues regarding sexual assault."

Marines who need guidance regarding a sexual assault can call the 24-hour victim advocate hotline at (858) 864-2815.



Sgt. W. Zach Griffith

Marines share a laugh at one of the humorous moments in "Sex Signals," an improv play that deals with situations between men and women, as well as issues with sexual assault.

UK aviation command changes hands in Afghanistan

Cpl. Rashaun X. James

COMBAT CORRESPONDENT WITH 2ND MARINE AIRCRAFT WING

CAMP LEATHERNECK, Afghanistan — The United Kingdom's Joint Aviation Group and 2nd Marine Aircraft Wing (Forward) welcomed a new commander for the deployed U.K. rotary aviation community in a ceremony at Camp

Leatherneck, Afghanistan, April 15.

British Army Air Corps Col. Peter Eadie assumed command of the group from Capt. Paul Shawcross of the Royal Navy.

The Joint Aviation Group is formed of U.K. troops from the Royal Marines, Royal Navy, Royal Air Force and British Army Air Corps. The group works with the U.S. Marine Corps aviation community to sup-

port coalition forces in southwestern Afghanistan with close air support, medical evacuations, and troop and cargo transport, using aircraft including the Apache AH-1 and Merlin HC Mk3.

During his six-month tour in Afghanistan, Shawcross worked alongside both the 3rd MAW (FWD) and 2nd MAW (FWD) commanding generals, bringing experience across the transition of the wings.

"It was a really good experience working with him," Shawcross said of Brig. Gen. Glenn M. Walters, the commanding general of 2nd MAW (FWD). "Having been here a few months before he arrived, he listened to the way we did things and adopted some of our methods, so we got on very well. He's a charming chap."

Shawcross said his experience working alongside U.S. Marines was a pleasant one.

"Being here with the Marines has worked out very well," said Shawcross. "They have been fine partners. Their outlook on life, sense of humor and overall like-mindedness made it easy to get on with the job at hand."

Eadie served for seven years as an infantry officer before his transfer to the aviation field in 1989. His last assignment was at the Joint Helicopter Command Headquarters near Salisbury, England, where he served as the assistant director

for capability development. Prior to his assignment at the JHC Headquarters he commanded an aviation detachment in Kabul, Afghanistan.

"His background is ideally suited to take the reins here," said Shawcross. "He's just come from a joint command, which looks after all the helicopters in the British Armed Forces. He knows exactly what this job entails."

Eadie said though his first few days in Afghanistan learning the ropes of being commander of the Joint Aviation Group from Shawcross have been fast-paced, he is ready for his new mission.

"The last few days have been quite intense," said Eadie. "We've had to fit in a lot of information in a short space of time. I've learned a lot in the last week and I'm looking forward to learning more."

Although he has not worked closely with coalition forces in a deployed environment, Eadie has participated in several training exercises with the U.S. military, including taking part in a 2nd MAW (FWD) mission rehearsal exercise where he worked alongside Walters, the wing's commanding general.

"There are two things I'm really looking forward to on this deployment," Eadie said. "I'm looking forward to working with the U.S. Marines and helping the people of Afghanistan."



Cpl. Rashaun X. James

British Army Air Corps Col. Peter Eadie is the new commander for the British Armed Force's Joint Aviation Group in Afghanistan. Eadie assumed command from Royal Navy Capt. Paul Shawcross as the commander of the deployed U.K. rotary aviation community at Camp Leatherneck, Afghanistan, April 15.



Marine Light Attack Helicopter Squadron 469 has its first UH-1Y helicopter designated with the squadron's tail code, "SE," on the tail boom, April 13. HMLA-469 is the last squadron aboard Camp Pendleton, Calif., to transition to the UH-1Y helicopter as part of the Marine Corps' H-1 upgrade program.

H-1 upgrades 469 with 'Yankees'

**Story and Photos by
Sgt. Marcy Sanchez**

COMBAT CORRESPONDENT WITH I MARINE EXPEDITIONARY FORCE

MARINE CORPS BASE CAMP PENDLETON, Calif. - The last Marine Light Attack Helicopter squadron aboard Marine Corps Air Station Camp Pendleton, HMLA-469, Marine Aircraft Group 39, received its first UH-1Y helicopter April 1, as part of the Marine Corps' H-1 upgrade program.

The upgrade will allow HMLA-469 to more effectively execute its mission of providing offensive air support, utility support, armed escort and airborne supporting arms coordination.

"It's a huge improvement for us," said Capt. Patrick J. Sise, a UH-1Y pilot with HMLA-469 who was part of the MAG-39 H-1 upgrade Tactical Training Unit. "It's got a variety of improvements over the UH-1N Huey."

The most significant change is the increase in load the helicopter can lift, said Sise. The UH-1Y helicopter is capable of lifting about 2,500 more pounds than the UH-1N helicopter after fully loading the helicopter with fuel, personnel and ordnance.

"We don't have to worry about weight issues," said Cpl. Benjamin L. Hebert, a helicopter crew chief assigned to HMLA-469. "With the old UH-1N helicopter you had to balance what you can carry between personnel, ordnance and fuel."

"In the current fight that we have it's usually more time looking for somebody than it is time shooting," said Sise. "So the more overhead coverage we can provide the better."

Another advantage over the older aircraft is the capabil-

ity to train faster, said Hebert. A group of five students and an instructor can be loaded into the aircraft with no weight issues vice two students at a time in the older aircraft.

The new generation of Marine mechanics also found it easier to understand the operating systems of the UH-1Y helicopter.

"It makes a lot more sense so it's easier to get the concept," said Hebert, 21, from Woodinville, Wash. "It's completely new, so it's exciting to learn about it."

"It's a sigh of relief that we don't have to maintain the UH-1N aircraft anymore," said Hebert.

As the final squadron aboard Camp Pendleton to receive the new aircraft, the Marines of HMLA-469 were given opportunities to train with other squadrons that already had the experience necessary to transition between aircrafts.

According to information from the MAG-39 TTTU, the UH-1N Huey is no longer being deployed to OEF.

The squadron is preparing to deploy to Afghanistan in 2012 with the new aircraft.

"The UH-1Y is going to be able to keep us in the fight longer and goes much faster, so we can respond faster," said Hebert. "It's a little more real going to OEF."



A pilot assigned to Marine Light Attack Helicopter Squadron 469 performs a pre-flight inspection on a UH-1Y helicopter, April 13.

Jazz band sounds off for Michigan

**Story and Photos by
Sgt. Jimmy Shea**

COMBAT CORRESPONDENT WITH HEADQUARTERS MARINE CORPS

MARQUETTE, Mich. — The Marine Corps’ most talented jazz musicians staged performances and held music clinics across Michigan during their third annual All-Star Jazz Band tour from April 10 to 15.

The top 18 jazz musicians were selected from the Marine Corps’ 12 field bands to “wow” the people of Michigan.

The Marines arrived in Traverse City, Mich., and spent the next two days rehearsing and perfecting the pieces they would soon be performing.

“They are the best players of their own bands,” said Chief Warrant Officer 4 Jim Ford, head of the Marine Corps Music Program at Headquarters Marine Corps. “They learned to play together very quickly due to their top-notch skill and experience.”

For some of these musicians, it was not the first time playing in the All-Star Jazz Band.

“We started this three years ago,” said Ford. “The first two years we toured through South Carolina and Georgia, with a final performance at the Lakeside Jazz Festival in Daytona, Fla.”

After a few days of rehearsal, the Marines spent a week performing and holding jazz clinics at various colleges and high schools.

“The recruiters in parts of the upper Midwest have limited access to high schools,” said Ford. “Two of the schools we visited, Marquette High School and



Chief Warrant Officer 3 Edward M. Hayes, a tenor saxophonist in the Marine Corps All-Star Jazz Band, performs a solo during a concert at Traverse City West High School, Traverse City, Mich., April 11. Hayes, the band officer of the 3rd Marine Aircraft Wing Band, auditioned to be a part of the All-Star Jazz Band and was chosen to be a part of the recruiting tour across Michigan.

Interlochen Arts Academy, had restricted access. The Marine Corps’ outreach to those schools greatly improved through our visits.”

Ford spoke with Marine music technical assistants stationed in the various Marine Corps Districts to decide where they would tour this year in order to increase the Corps’ recruiting visibility.

“This tour allows us to take our best musicians and tie into the North-

ern Michigan University Jazz Festival; building recruiting operations and public performances around that,” said Gunnery Sgt. Jason Knuckles, a tenor saxophonist and music technical assistant of 9th Marine Corps District.

As an MTA, Knuckles is responsible for auditioning applicants that would like to become Marine musicians in the upper Midwest.

“We held clinics for the students, playing for them and with them,” Knuckles said. “We gave them pointers that will help them further their musical careers and also let them know about the opportunities to pursue music in the Marine Corps.”

As the clinics ended, band rooms buzzed with students talking about what they learned and what they enjoyed most, and some students even approached Knuckles and the local recruiter about a possible Marine music career.

“They sounded great, and being able to play beside [Marines] was an amazing experience,” said Cam Forton, trombonist and senior at Traverse City West High School.

The clinic sparked an interest for Forton in a possible Marine music career, which lead him to set up a meeting with a recruiter later that week.

“It was nice to see there is more to military music than playing in ceremonies,” said Forton. “There are opportunities to teach, tour and travel like these musicians.”

The All-Star ensemble’s final concert kicked off the Northern Michigan University Jazz Festival.

“We had the audience on the edge of their seats during the entire concert,” said Ford. “After two hours they wanted more, and that’s unusual. Several people commented, ‘I could’ve stayed here another hour!’”

Wrapping up the tour, the Marines and music educators spent the day judging and holding jazz clinics for band members of 26 Michigan high schools.

From the standing ovations to the positive student feedback, the tour proved to be a success for the third year in a row.

“While the All-Star Jazz Band tour is a major event for the music program and Marine public affairs, the Marine Corps field bands try to reach out as much as they can,” said Ford. “The Twentynine Palms (Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.) and Albany (Marine Corps Logistics Base, Albany, Ga.) bands do the bulk of our community outreach, greatly improving recruiter access everywhere they go.”



Gunnery Sgt. Jason Knuckles, a tenor saxophonist in the Marine Corps All-Star Jazz Band, plays with a band student at Marquette High School, Marquette, Mich., during a clinic April 14.



Cpl. Jenn Calaway

Montavious Waters, of the Armed Forces Championship Army team, rushes down the paint in an attempt to beat out the Air Force at the Paige Fieldhouse, April 17.

Armed Forces Championship builds camaraderie among services

Cpl. Jenn Calaway

COMBAT CORRESPONDENT WITH MCB CAMP PENDLETON

After a long, hard-fought battle of the skills, the Armed Forces Championship basketball tournament came to an end at the Paige Fieldhouse, April 17. The best selected players from all five services came from around the globe to compete in the men's and women's basketball tournament with the Air Force taking home the gold in both categories. The men's final score was 71-65 against the Army with the women's Air Force team taking home a victory of 67-51 against the Army.

"It's been a great tournament; every team is very well-matched and well-coached," said Thomas Fisher, athletic director of the Semper Fit Division, Marine Corps Community Services. "Throughout the whole world, all the services have intramural teams or varsity teams, and from there they select their best players to go to a camp. From there they select

who will move up to higher levels like this and compete against the other services."

Throughout the duration of the tournament, warrior ethos on the court was comparable to any combat training environment. The competitive spirit was alive and well at Paige Fieldhouse.

"In team sports you're fostering leadership, you're fostering teamwork ... you're under adverse conditions," said Fisher. "It's not the same as combat, but as far as adversity, you can use what you do in athletics [in combat]. It's a safe way of fostering leadership."

All five services had something different to bring to the table, just as all five services have different, yet equally important missions.

"We're all in the same fight; we're all protecting freedoms for our country," said Fisher. "It is good to come together and promote the fact that every service has a different mission and to compete against your

fellow brothers and sisters is rewarding. This is a once in a lifetime experience."

Despite their athletic ability and skills on the court, playing basketball isn't an everyday job for these players. These service members come together once a year to compete for bragging rights.

"These are the best available performers," said Fisher. "Some are deployed and aren't able to compete. I'm just highly impressed with the players."

It is important for players who are selected to perform at the best of their ability and enjoy their time being able to play, said Onyenma Nwaelele, guard from Seattle who is stationed at Kingston Air Force Base, Miss.

"To be a part of this is something special," said Nwaelele. "I like interacting with people from all over the world one week a year. I'm just proud to be a part of something big ... something special."

What the 'tweet' is up with social networking

Cpl. Justis Beuregard

COMBAT CORRESPONDENT

Editor's note: Cpl. Beuregard is a regular contributor to the Flight Jacket.

At first I fought tooth-and-nail against getting a Myspace account, the thought of communicating with my friends over the internet made no sense when I could talk to them in person. As soon as I got a Myspace account, all my friends joined Facebook.

Five years later, I have Twitter, Facebook, LinkedIn, Myspace and Tumblr accounts, an overdose of social media. For better or worse, each network has its own niche in my social networking needs.

Although Facebook has replaced most of the social networking I used to do on Myspace, I still have a Myspace account because some bands still post music and concert dates to the website.

I think it would be safe to call Facebook the king of social media. My mother has an account and I think

she still can't program the VCR to record her favorite TV show (sorry mom). Just about everyone has a Facebook, and we all know, it's not official until it's on Facebook. I no longer ask for someone to e-mail me photos, I ask them to "tag me" on Facebook. Especially with the amount of traveling I do in the Marine Corps, I am able to keep track of the friends I make throughout the country and even a few around the world.

I keep my LinkedIn account updated as much as possible in hopes of helping me find a job in the future. Unlike Myspace or Facebook, LinkedIn is a social network for business networking where I post my experience and job skills.

Tumblr is technically a blog but is more of a social network because it lets users follow other Tumblr accounts. My Tumblr account is mostly a bunch of my random thoughts and photos.

Twitter is my most-used social networking tool. I like that people can only see a small photo and short

biography. I only had an account a few weeks but I networked with a lot of people who share the same beliefs as me, bands I like and friends. Unlike other complex social networks, Twitter is nothing but short "tweets" consisting of 140 letters or characters.

I blame my excess of social networking on my smart phone. Having the applications for all these social networking sites on my phone makes it easy to tweet, update my Facebook status, post a photo to Tumblr and message a professional contact on LinkedIn. Updates, messages and tweets constantly pop up on my phone keeping me updated throughout the day.

The upside to the excess of information being pumped out into cyberspace is I can quickly disseminate information. Instead of texting and calling all my friends in the area to see who can hang out, I just post on Facebook and people respond almost instantly.

Until one social network can bring all the functions I need together, I will continue to tweet, link, tumble and facebook.



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FRIDAY 22 SATURDAY 23 SUNDAY 24 MONDAY 25 TUESDAY 26 WEDNESDAY 27 THURSDAY 28

**Life Skills Class
“Lunch & Learn:
Family Care Plan”**
11:30 a.m.
M&FP Conf. Room
858-577-4473

**Happy Hour with the
American Honey Girls**
7 – 9 p.m.
Legends Sports Grill
858-693-1543

WEEKLY EVENTS...

- Sports Complex Marine Teen training Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teenagers Mon. through Wed. 858-577-4588
- QOL Golf: Two Hours After Twilight free Golf for Active Duty 858-577-4155

**Spring Demo Day &
Golf Club Fitting**
10 a.m. – 2 p.m.
Miramar Golf Course
858-577-4155

**Month of the Military
Child FREE
Movie Day**
6:30 p.m.
Theater
858-577-4143

***Easter Sunday
Brunch and Egg Hunt**
10 a.m. – 3 p.m.
Officers’ Club
858-577-4808
for reservations



**Alcoholics Anonymous
and Al-Anon Meetings**
6:30 p.m.
Counseling Center

**MCCS FREE PRIZE
GIVEAWAYS...**
ITT/Travel Office: Old
Town Trolley Gift Pack
*Winner will be drawn
on April 30
Stop in and fill out an
entry form today!*

SHOP AT THE MCX...

MCX Spring Sale

April 13 - 24

MCX Shoe Sale

April 13 - 24

MCX Fragrance Sale

April 27 - May 8

Floor Hockey Tournament
11 a.m. - 1 p.m.
858-577-1202

***Life Skills Class
“Friends & Family
CPR”**
9 a.m. – 1 p.m.
Bldg 7204
Training Room
858-577-4473

**R&DS: Hearts Apart
Deployment Support
Groups**
10:15 – 11:15 a.m.
MILCON Clubhouse
858-577-6306

**Creating Financial
Freedom**
1 – 3 p.m.
Counseling Center

**2nd Annual SAAM
Walk for Sexual
Assault Awareness**
10 – 11:15 a.m.
The Great Escape
858-577-6711

Stress Management II
1 – 3 p.m.
Counseling Center
858-577-6585 to register

***Month of the Military
Child Live Show**
Miramar Youth Dance
Group
1:30 p.m.
Theater
858-577-6365

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EASTER SUNDAY BRUNCH AND EGG HUNT AT THE OFFICERS’ CLUB

Hop on over to the Officers’ Club on Sunday, April 24 from 10 a.m. – 3 p.m. for the Easter Sunday Brunch and Egg Hunt. Buffet 1: Scrambled Eggs, Sausage, Bacon, Potatoes, Biscuits & Gravy, French Toast Sticks, Waffles and Omelettes. Buffet 2: Salad w/Choice of Dressings, Fruit Salad, Tortellini Salad, Steamed Vegetables, Garlic Mashed Potatoes, Lamb Chops, Breast of Chicken, Baked Salmon, Roast Top Round of Beef, Baked Ham and Assorted Rolls. Buffet 3: Assorted Desserts, Breakfast Breads and Bagels. Call 858-577-4808 for reservations.

LIFESKILLS CLASS “FRIENDS & FAMILY CPR”

CPR saves lives. Now you can too! Learn basic techniques with CPR for Friends & Family. This class will be held on Wednesday, April 27 from 9 a.m. – 1 p.m. in Building 7204 Training Room. There is no fee for this class. Registration is required. Call 858-577-4473 to register or for more information.

MONTH OF THE MILITARY CHILD: MIRAMAR YOUTH CENTER DANCE GROUP

On Thursday, April 28 at 1:30 p.m., stop by the Bob Hope Theater and enjoy a FREE dance show! This high-stepping fast-paced program will have you dancing in your seats! This live show will be followed by a children’s matinee movie (Rango - PG) at 2 p.m. The live show and movie are both FREE. Call 858-577-6365 for more information.



ANNOUNCEMENTS



Get help paying for child care
Visit the National Association of Child Care Resource and Referral Agencies website at www.naccrra.org to see information on eligibility for assistance to pay for and find child care services. Contact 1-800-424-2246 for information.

ICE ready for use

The Interactive Customer Evaluation set up for Miramar is ready for use. ICE is the internet version of the “Customer Suggestion Box.”

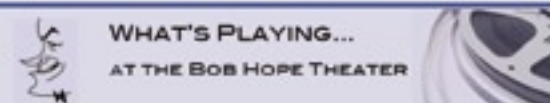
It collects feedback on services provided by installations throughout the Department of Defense. To submit a suggestion visit the ICE website at <http://ice.disa.mil>.

Important Phone Numbers
**Victim Advocacy 24-hour
Hotline**
858-864-2815

Eagle Eyes
877-356-EYES (3937)

Military One Source
800-342-9647

D-Stress 24-hour Hotline
877-476-7734
(All calls are strictly confidential)



BOB HOPE THEATER

Fri. April 22:
Mars Needs Moms (PG) 6:30 p.m.
Take Me Home Tonight (R) 9:00 p.m.

Sat. April 23:
FREE Admission: Rango (PG) 6:30 p.m.
*Beastly (PG-13) 9:00 p.m.

Sun. April 24:
*Big Momma’s: Like Father, Like Son (PG-13) 1:00 p.m.
*Hall Pass (R) 6:30 p.m.

Wed. April 27:
Battle: Los Angeles (PG-13) 6:30 p.m.

Thurs. April 28:
FREE Admission: Youth Center Dance Group 1:30 p.m.
FREE Admission: Rango (PG) 2:00 p.m.
FREE Admission: The King’s Speech (R) 6:30 p.m.

*Indicates Last Showing