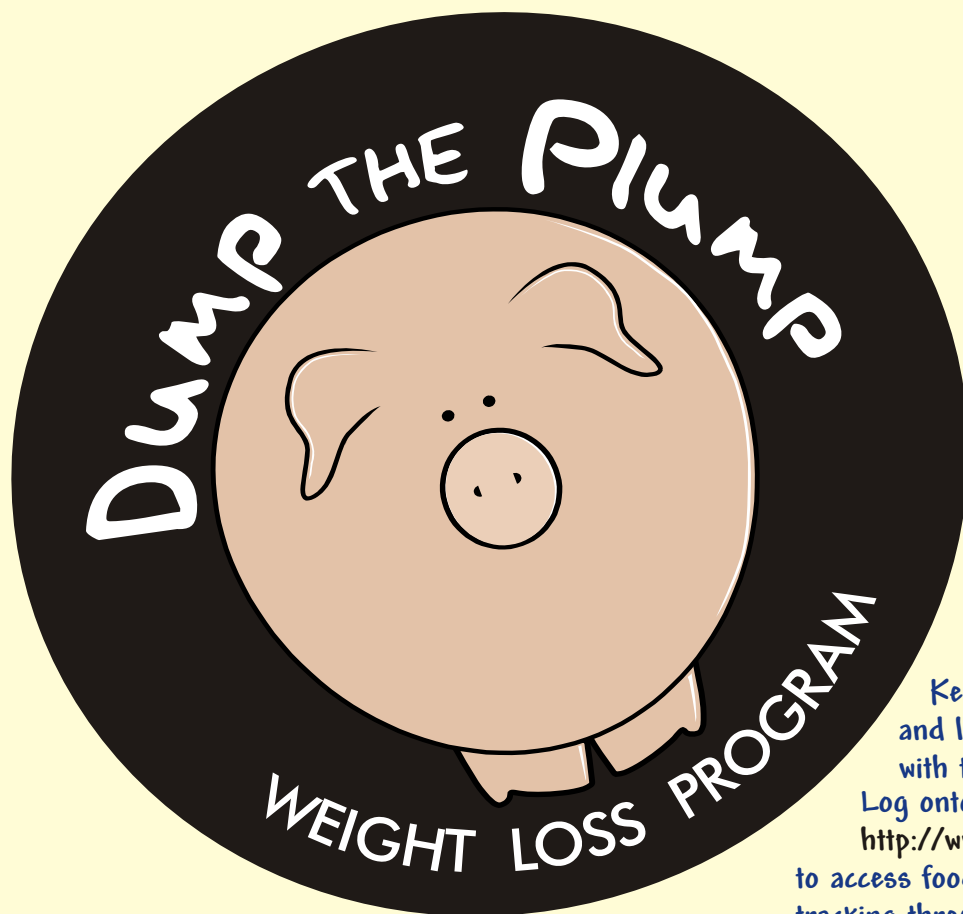


JANUARY
2012

Portsmouth Shipyard Currents

Your source for information for MWR, CYP, Fleet & Family Support Services, Family & Bachelor Housing at Portsmouth Naval Shipyard, Kittery, Maine.



Lose Weight
Get Fit
Win Prizes
Sign up now!

4 lbs., 4 weeks,
win a prize!

Earn points
each week.

Keep food and activity logs,
and lose weight for points. Those
with the most points win incentives!

Log onto:

<http://www.mypyramidtracker.gov>
to access food and physical activity
tracking three times a week.

Eight Week Weight Loss Program begins Monday, January 9

Grand prize, Kindle Nook,
1st runner up, ipod Nano 8GB,
2nd runner up, Shoot & Share Camcorder



For more information on the program or to sign up call the Fletcher Fitness Center,
207-438-4261/2286. Initial weigh in, Friday, January 6.

January Movies

Shipyard
Auditorium
building 22



January 6, Dolphin Tale (PG)
January 13, The Big Year (PG)
January 20, The Help (PG 13)
January 27, Footloose (PG 13)

Free Movies
Every Friday
at 7 p.m.



**BLUE
MAN
GROUP**

Discount tickets, \$55
Saturday, February 25, 2 p.m.
Charles Playhouse, Boston

ITT

building 22, 207-438-2713

Open Monday-Friday, 9 a.m. to 6 p.m.
Saturday & Sunday, noon to 5 p.m.

**ITT has discount tickets to C&J
bus transportation to Logan Airport
and South Station, Boston.**

To receive information by
email about MWR
programs and
the monthly
Shipyard Currents,
please email:
linda.sturgis@navy.mil

All rates are per person. For more information call Gear Rental 207-438-1514 or email todd.L.brooks@navy.mil

Sunday River Ski Trip: February 9-12, 2012

SNOW CAP INN

Two nights \$220 per person
Three nights \$285 per person

GRAND SUMMIT

Two nights \$280 per person
Three nights \$370 per person



Rates for two nights:

Standard room, 2 queen beds, Studio deluxe, 2 queen beds or
Studio superior, 1 queen bed: \$240
1 bedroom deluxe, 3 queen beds: \$280

Rates for three nights:

Standard room, 2 queen beds, Studio deluxe, 2 queen beds or
Studio superior, 1 queen bed: \$300
1 bedroom deluxe, 3 queen beds: \$345

Discounts for military, Pay in full by March 6.



Friday
January 13
5 to 7 p.m.

Bowling & Pizza Party

Military & Civilian children ages 5 to 12

Enjoy a fun night of bowling and pizza. First begin with pizza at the Youth Center and then head over to the shipyard bowling center for bowling. Learn about the Youth Sponsorship Program and it's all free. Sign up now, call 207-438-2114.

Youth Sponsorship Program Ski Trip to Gunstock, NH

Military & Civilian children
ages 13 and up

Ski Trip

Saturday, January 28
10:30 a.m. to 6 p.m.
Gunstock Ski Resort

Bus picks up at the Youth Center at 10:30, bus picks up at the Navy Housing Office at 10:45. Ski from 12:30 to 4 p.m. Return to housing at 5:45 p.m., return to the Youth Center at 6 p.m.

For more information or to register call 207-438-2114, space is limited!

Over
3 hours
of skiing and
transportation
included for
\$34

Bring your own skis or snowboard or rent them from MWR Gear Rental for \$5



Affiliated with



BOYS & GIRLS CLUBS
NAVY MWR MID-ATLANTIC REGION



Child and Youth Programs

Scrapbooking

Bring your own photos and scrapbook.

Come have a fun evening of scrapbooking. Whether you have experience or you would like to try something new, we can provide guidance and supplies. Paper, stickers and other materials are available.

Tuesday, January 31, 5 to 7
Free

For more information or to sign up please call 207-438-2114.

Open to all military and civilian families.

Parents Night Out

Drop off the kids and enjoy a night out. Arts & Crafts, X-Box Kinect, Fun Active Activities and dinner too!

For more information or to sign up for Parent's Night Out call 207-438-2114.

Friday, January 20
5 to 10 p.m.
Building H-10

\$15
Includes
Dinner

**CELTICS GAME
FOR TEENS
13 AND UP
FRIDAY, FEBRUARY 3**

**CALL TO REGISTER AND
FOR MORE INFORMATION
207-438-2114**



Discounted Ski Lift Tickets

Pick up tickets at ITT building 22, 207-438-2713
or Gear Rental, building H10, 207-438-1514

Adult ticket prices for any day

Sunday River: \$65, save \$19

Sugarloaf: \$65, save \$14

Loon Mountain: \$65, save \$13

Waterville Valley: \$60, save \$3 mid week, save \$13 weekend

Gunstock: go online, you must pick the day you want to ski, fill out all information and use a credit card.

www.gunstock.com

USERNAME: ctportsnav

PASSWORD: portsnavalski

MISSION NUTRITION COURSE

Saturday, February 4 & 11, noon to 5:30 p.m.

The course is a science-based, nutrition education workshop designed to help educate consumers on nutrition topics affecting Sailors, family members, Retirees, and DOD employees. Some topics addressed are:

- Impact of sedentary lifestyles
- Eating for optimal health and performance
- Mindless and emotional eating
- Supplements
- Eating on the go
- Performance Nutrition
- Meal Planning and Grocery Shopping Strategies
- Food preparation safety

Call the
Fletcher Fitness Center
to register
207-438-4261



Open Monday through Friday
7:30 a.m. to 4 p.m.
Located in building 241.

Family Life Classes

Transition Assistance Program (TAP) Class

February, 8 a.m. to 4 p.m.
If you are within one year of separating or retiring, now is the time to attend TAP. Learn how to write an effective resume, interview, and dress for success. Listen to what employers have to say during the interactive employer panel. Get informed about your veteran benefits. Civilian dress required, spouses are highly encouraged to attend.

FFSC Staff

FFSC Information and Referral, (207) 438-1835

Work and Family Life Specialist: Dave Madden, (207) 438-5785

Education Specialist: Loreana Thomas, (207) 438-2600

Sexual Assault Response Coordinator: Celestynne Bragg, (207) 438-1881

New Parent Support: Jan Biere (207) 438-1441

Deployment Support for IA Sailors and Families: Candace LePage, (207) 438-1835

Counselor and Family Advocacy: Tom Nagle, LICSW, MILADC (207) 438-1196

Education Classes

Single Parenting in the Military

Monday, January 6, 10 a.m. to noon

Suicide Prevention GMT

Monday, January 9, 10 to 11 a.m.

Personal Communication

Thursday, January 12, 10 to noon

Ombudsman Basic Training

Monday - Wednesday, January 16-18, 9 a.m. to 3 p.m.

New Spouse Orientation

Monday, January 9, 10 to noon

Suicide Prevention GMT

Monday, January 9, 10 to noon

January Sexual Assault Prevention Classes

SAPR Leadership (CDO/SDO) Training

Tuesday, January 10, 8 to 10 a.m.

SAPR Liason Training

Wednesday, January 11, 8 to 10 a.m.

Victim Advocate Refresher Training

Tuesday, January 24, 8 to noon or

Wednesday, January 25, 8 to noon

Data Collection Coordinator (DCC)

Tuesday, January 31, 8 to 10 a.m.

Point of Contact (POC)

Tuesday, January 31, noon-4 p.m.

24/7 SAPR Hotline Cell: 207-252-7167

DoD Safe Helpline 24/7: 1-877-995-5247

Please schedule all attendees to any of the SAPR classes PRIOR to the class date, as class dates may change due to the Navy's mission. Classes can be scheduled at Command request at anytime, please contact the SARC 207-438-1881.



The LIBERTY Program is for single and unaccompanied military and their adult guests.

The Liberty Center building 191, is open everyday.
Monday - Friday 2 to 9 p.m., Saturday & Sunday noon to 7 p.m.

LIBERTY SAILORS BOWL FREE

Every Thursday, 6 to 9 p.m. at the Shipyard Bowling Center



1/2 PRICE BURGERS & FRIES

Bowl Thursday night with Liberty and get 50% off on burgers and fries while you are bowling.

FREE movies and popcorn every Tuesday at the LIBERTY Center

- January 3, Abduction (R)
- January 10, Paranormal Activity 3, (R)
- January 17, The Big Year, (PG)
- January 24, The Help, PG 13)
- January 31, Moneyball (PG 13)

LIBERTY Program tubing trip: Saturday, January 14

LIBERTY Program Ski Trip: Sunday, January 29

Call the LIBERTY Center for details.
207-438-4188/2712.

NGIS says YES! to the guest!



Navy Gateway Inns & Suites employees can't wait to say YES! to you.

YES! is the NGIS commitment to the customer, and our employees are saying it to guests all over the world. We all are dedicated to making your stay with us even more convenient, more enjoyable, more memorable.

Enjoy our outstanding accommodations and stellar customer service. Stay with us and let us say YES! to you.



The NGIS Brand Promise

Creating comfortable guest services for those we serve: Today and Tomorrow.

For reservations log onto www.dodlodging.net or call **1-877-NAVY-BED** (1-877-628-9233).