

MWR HAPPENINGS



VOLUME 13 ISSUE 10

NAVY MORALE, WELFARE AND RECREATION

NAVAL SUPPORT ACTIVITY BETHESDA

OCTOBER 2012

Fall Festival

NSA Bethesda MWR Event

Softball Field Behind USUHS
Saturday, October 27
1100-1600

- The Great Pumpkin 5K
- Haunted Forest
- Moon Bounces
- Petting Zoo & Parrots
- Rock Wall
- Relay Races
- Candy & Contests
- Carnival Games
- Food Vendors\$
- Sponsors

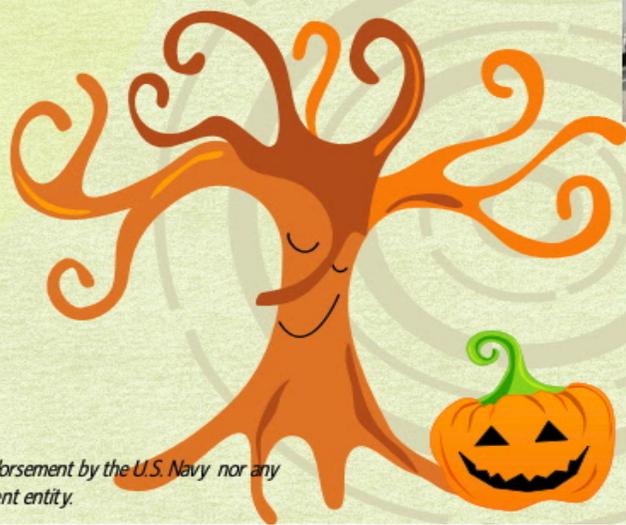


Special Thanks to Our Sponsors:

- Long Windows
- T-Mobile
- Maryland Patriot Guard
- Beadle Buds
- Wilson Parrot Foundation
- River and Trail Outfitters
- Sprint
- Leaf Guard
- Mystics/Washington Wizards
- Little Barnyard Buddies
- Shen Yun
- Viridian

Entertainment

Disclaimer: Sponsorship does not imply endorsement by the U.S. Navy nor any federal government entity.





LIBERTY

Sign up for Trips in the Liberty Zone, Bldg. 11
Liberty is for Wounded Warriors, Single/
unaccompanied E1-E6, and Geo-Bachelors.
Adventure Bound is OPEN TO ALL.



MONDAY NIGHT FOOTBALL IN THE ZONE

Monday, October 1

Starts: 20:00, Liberty Zone

Are you ready for some football? Come to the Zone and watch the Chicago Bears take on the Dallas Cowboys. Enjoy some snacks as well. Wear your favorite teams jersey! See you then!



**FIELD OF SCREAMS:
SCREAM CITY**

Saturday, October 13

Departs: 17:00, Cir of Bldg 62

Cost: Liberty: \$17.00

Adventure Bound: \$34.00

Deadline to Signup and Pay:

Friday, October 5th

Are you ready for Halloween fun? Come take a trip to FIELD OF SCREAMS: SCREAM CITY!



Bring your comfortable shoes and have the time of your life!. Price includes transportation and admission!



VS



THURSDAY NIGHT FOOTBALL IN THE ZONE

Thursday, October 25th

Starts:20:00, Liberty Zone

Liberty is calling all football fans to the Zone to watch some Thursday Night Football. Come see the Tampa Bay Buccaneers take on the Minnesota Vikings. We will see you there!!!





LIBERTY

*Sign up for Trips in the Liberty Zone, Bldg. 11
Liberty is for Wounded Warriors, Single/
unaccompanied E1-E6, and Geo-Bachelors.
Adventure Bound is OPEN TO ALL.*



BENNETTS CURSE

Saturday, October 27

Departs: 18:00, Circle of Bldg 62

Cost: Liberty: \$20.00

Adventure Bound: \$40.00

Deadline to Signup and Pay:
Monday, October 22nd

Bennetts Curse is the place to be! Come see one of the best haunted houses in America with their three famous attractions: House of the Vampires, Zombie Kingdom 3D, and Sanctuary of Insanity. Liberty promises you will have fun! Price includes transportation and admission!



HAGERSTOWN PREMIUM OUTLETS

Sunday, October 28

Departs: 12:00, Circle of Bldg 62

Cost: Liberty: FREE

Deadline to Signup: Friday, October 26th

Do you need winter clothes or want to go early Christmas shopping!!! This is the trip for you. Come enjoy Hagerstown Premium Outlets!!! There are stores for everyone including Nike Factory Store, Gap, and many more. You will enjoy every minute of it.





NSA BETHESDA WARRIORS WOMEN'S BASKETBALL TEAM



**JOIN TODAY!
2012-13 COMMAND LEVEL
BASKETBALL TEAM**

**ELIGIBILITY
ACTIVE DUTY, RESERVISTS, DOD CIVILIANS,
CONTRACTORS, DEPENDENTS 18 OR OLDER
WHO ARE ASSIGNED TO NSAB OR WRNMMC**

**INTERESTED PLAYERS AND COACHES
CONTACT BRENDA HARDAWAY AT
(301) 295-0031
HARDAWAY.BRENDA@YAHOO.COM**

NSA BETHESDA WARRIORS MEN'S BASKETBALL TEAM



**JOIN TODAY!
2012-13 COMMAND LEVEL
BASKETBALL TEAM**

**ELIGIBILITY:
PROSPECTIVE PLAYERS MUST BE
ACTIVE DUTY OR RESERVISTS
ASSIGNED OR ATTACHED TO
NAVAL SUPPORT ACTIVITY BETHESDA
OR WALTER REED NATIONAL
MILITARY MEDICAL CENTER**

**INTERESTED PLAYERS AND COACHES
CONTACT BRENDA HARDAWAY AT
(301) 295-0031
HARDAWAY.BRENDA@YAHOO.COM**

The Great Pumpkin 5K Saturday, October 27

Contact the
NSA Bethesda
Fitness Center
for more 5K
information.
PH 301-295-2450.





"A Place For Heroes, Open To All"
Homemade Soups, Salad Bar,
Lunch & Dinner Specials
Vegetarian Options Always Available



Located in Bldg. 62

DATES	LUNCH SPECIAL 1	LUNCH SPECIAL 2	LUNCH SPECIAL 3	SANDWICH SPECIAL
1 Oct Monday	Duck breast a l'Orange	Baked Ziti	Blackened Catfish	Hot sausage Panini
2 Oct Tuesday	London Broil	Italian sausage/ tortellini	Mahi-/mango-salsa	Hot sausage Panini
3 Oct Wednesday	Shrimp Scampi	Chicken Florentine	Cheese manicotti	Hot sausage Panini
4 Oct Thursday	Baby-Back-Ribs	Eggplant Parmesan	Chicken Stir-Fry	Hot sausage Panini
5 Oct Friday	Fish and Chips	Quiche Lorraine	Chicken Basquaise	Hot sausage Panini
6 Oct Saturday	Southern fried chicken	N/A	Seared Tilapia	n/a
7 Oct Sunday	BRUNCH	BRUNCH	BRUNCH	n/a
8 Oct Monday	Peruvian Roast Chicken	Pork Chops/ Apple Glaze	Grilled Salmon	Chicken Souvlaki
9 Oct Tuesday	Beef Stroganoff	Grecian Chicken	Bluefish nicoise	Chicken Souvlaki
10 Oct Wednesday	Strip-loin Steak	Chicken Parmesan	Swaii-fish/lemon butter	Chicken Souvlaki
11 Oct Thursday	Braised Pork Roast	Veal Milanese	Grilled Chicken Breast	Chicken Souvlaki
12 Oct Friday	Broiled Crab	General Tso's chicken	Grill Pork Tournedos	Chicken Souvlaki
13 Oct Saturday	Pork Shank BBQ	N/A	Stuffed Shells Marinara	n/a
14 Oct Sunday	BRUNCH	BRUNCH	BRUNCH	n/a
15 Oct Monday	Smothered chicken	Tender Pot Roast	Shrimp Picante	Turkey/Muenster
16 Oct Tuesday	Turkey meatloaf	Coq au vin	Crusted codfish	Turkey/Muenster
17 Oct Wednesday	Chicken Marsala	Salisbury Steak	Swordfish/Balsamic	Turkey/Muenster
18 Oct Thursday	Shepherd's Pie	Roast Veggie Quiche	Chicken kebob	Turkey/Muenster
19 Oct Friday	Stuffed Flounder	Roast leg of lamb	Rotisserie Chicken	Turkey/Muenster
20 Oct Saturday	Fried Oyster	N/A	Rosemary Roast Turkey	n/a
21 Oct Sunday	BRUNCH	BRUNCH	BRUNCH	n/a
22 Oct Monday	Chicken /Prosciuttos	Moussaka	Oven Baked Pork Loin	Reuben on Rye
23 Oct Tuesday	Cassoulet	Chicken Florentine	Grilled Tilapia	Reuben on Rye
24 Oct Wednesday	Chicken Pesto	Braised Lamb Shank	Blackened Salmon	Reuben on Rye
25 Oct Thursday	Hoisin Glazed Cornish -Hen	Veal Blanquette	Breaded Tilapia	Reuben on Rye
26 Oct Friday	Broiled Crab-Cake	Meatball Marinara	Italian Herbs Chicken	Reuben on Rye
27 Oct Saturday	Beef Fajitas	N/A	Fish kebob	n/a
28 Oct Sunday	BRUNCH	BRUNCH	BRUNCH	n/a
29 Oct Monday	Chopped Sirloin Steak	Mussels Marinara	Grecian Chicken	Crab Cake Burger
30 Oct Tuesday	Veal Blanquette	Stuffed Bell Peppers	Cajun Rubbed Chicken	Crab Cake Burger
31 Oct Wednesday	Oven Baked Strip Loin	Breaded Pork Chop	Blackened Red Snapper	Crab Cake Burger

OPEN
 Monday-Friday
 Breakfast
 0600-0900
 Lunch
 1100-1400
 Dinner
 1600-1900
 Grab & Go
 1900-2100

Saturday
 Breakfast
 0800-1100
 Lunch
 1100-1400
 Dinner
 1600-1900

Sunday
 Brunch
 0900-1400
 Dinner
 1600-1900



Bowling Center

- ◆ 20 AUTOMATIC SCORING LANES
- ◆ 20 LANES WITH AUTOMATIC BUMPERS
- ◆ LEAGUE & OPEN PLAY BOWLING
- ◆ POOL TABLES
- ◆ PIN FALL CAFÉ
- ◆ BOWLING PRO SHOP
- ◆ SPECIAL OPEN RATES FOR LEAGUE BOWLERS
- ◆ BIRTHDAY PARTY PACKAGES
- ◆ OUTDOOR PARTY DECK



ROCK and BOWL

Every Saturday Night
6 pm - Midnight

Rock out while you bowl!

\$3.50 per game pp

\$2.50 shoe rental pp



Bethesda Naval Bowling Center
NSA Bethesda Bldg. 56
301-295-2034/2060

MILITARY APPRECIATION BOWLING



Every Monday & Tuesday
From 11 am-1 pm

ACTIVE DUTY SPECIAL INCLUDES

**2 Games Bowling
Shoe Rental**

Hamburger, Fries, Soda

**For Active Duty Service Members
Only \$11 pp**



**NSA BETHESDA BOWLING CENTER
BLDG. 56, PH. 301-295-2060**



NSA Bethesda Bowling Center

RESERVE YOUR DATE
BY CALLING 301-295-2034/2060



Groups Unlimited Bowling Party

Reserve all or part of the bowling center for your special event. Food, beverages, music, bowling, shoe rental, billiards, contests, tournaments...

Unlimited Bowling with Shoe Rental

\$12 per person for 1.5 hours

\$14 per person for 2 hours

\$18 per person for 3 hours

\$22 per person for 4 hours



Ask about our Food Packages.



Corporate Function

Birthday Party

Any Special Occasion

we're open

Sunday	1300-1800
Monday	1000-2200
Tuesday	1000-2200
Wednesday	1700-2200
Thursday	1700-2200
Friday	1300-2400
Saturday	1000-2400

Kid's Birthday Parties

Party package includes:
1 hour or 1.5 hours* of Bowling
Shoe Rental
1/2 Hour Party Room
Food and Beverage--

--Hamburger, Hot Dog, Grilled Cheese, Chicken Nuggets with French Fries & Beverage

OR

--Pizza & Beverage

\$14/\$16* per person





MWR Group Fitness Class Descriptions



BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.



BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.



BODYFLOW is the yoga, tai chi, & Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.



BODYJAM is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.



BODYPUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls



BODYSTEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music.



ZUMBA fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic cardiovascular workout that will blow you away!



rpm is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



SPINNING An invigorating workout on our state-of-the-art bikes will leave you breathless. Focusing on proper posture on the bike and emphasizing sound riding technique, you'll be sure to enjoy your ride.

Step

Challenge your mind and body with step combinations that begin with basic athletic moves using the adjustable step. Then, you have options to increase the complexity of the steps with rhythm and directional changes that can be dance or sport inspired.

Sculpt & Abs

Improve muscular strength and definition with balls, bands, bodybars, and more! This class will target all major muscle groups to sculpt your physique.



LES MILLS CORE GXWORX is the sports-inspired CORE workout. Looking for a short sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? Based on cutting edge research, this 30 minute class combines the best of personal training with the energy of a group fitness class. The choreographed routine and char topping music will bring you back for more!

Yoga

This age-old practice consists of poses and breathing techniques that create physical strength and stamina, while improving balance and flexibility. Designed for all levels.

Kangoo

This fun cardiovascular class uses patented impact protection boots, originally designed for runners with injuries. The soft landing created by the spring allows you rebound and perform modified plyometric moves with 80% less impact! Easy choreography and fun music will motivate you to jump your way through class, burning 20+ calories per minute. Boots are available for checkout. **Long socks are mandatory!**

On The Ball

Take Strength training to the stability ball and notice the change in your core. Exercises will focus on balance and form. Have fun while adding variety to your routine!



FITNESS CENTER HOURS

Monday – Friday

0500-2100

Weekends & Holidays

0900-1800

Phone: 301-295-2450

For questions or comments regarding group fitness, contact:

Devon Smith

Group Exercise Coordinator

Email:

K.Devon.Smith@gmail.com

Or:

Amanda.Kozay@med.navy.mil

Phone: 301-295-0031



"Like" us on Facebook!

Bethesda MWR Fitness/Aquatics



Group Fitness Schedule

October

GROUP FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 ↓ format change	0515 (45 min) Dorothy Sculpt & Abs		0515 (45 min) Dorothy Sculpt & Abs	0515 (45 min) Dorothy Kangoo	0915 Angie BODY COMBAT
				1115 (30 min) Juli On The Ball	1015 Sam BODY FLOW
1145 (45 min) Beth BODY STEP	1145 (45 min) Ebony ZUMBA	1145(45 min) Deanne STEP	1145 (45 min) Ebony BODYPUMP	1145 (45 min) Alee Kangoo	1115 Alee Kangoo
1230 (30 min) Beth CXWORX	1230 (45 min) Ebony BODY FLOW	1230(45 min) Deanne BODYPUMP	1230 (45 min) Ebony BODY FLOW	1230 (30 min) Alee CXWORX	1215 (30 min) Alee CXWORX
1600 (45 min) Margaret BODY STEP	1600 Alee Kangoo	1600 Curtis BODYPUMP	1600 Alee Kangoo	1600 Alee BODYPUMP	
1645 (45 min) Margaret BODYPUMP	1700 Allyson Sculpt & Abs	1700 Angie BODY COMBAT	1700 Dorothy ZUMBA	1700 Fern BODY FLOW	
1730 (45 min) Ebony ZUMBA	1800 Sam BODY FLOW	1800 Karen Yoga	1800(30 min) Angie CXWORX	1800 Haru BODY ATTACK	NO CLASSES: Friday 5 Oct.- Monday 8 Oct. All classes are 55 minutes unless otherwise noted
1815 Cecilia BODY FLOW		1900 (30 min) Lisa CXWORX	1830 Haru BODY ATTACK		

SPINNING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0515 Francella SPINNING	0515 Steve SPINNING	0515 Dorothy SPINNING		0515 Francella SPINNING	
					0915 Sibyl rpm
1145 Wendye SPINNING	1145 Juli SPINNING	1145 Sibyl rpm ZEPHYR	1145 Wendye SPINNING		1015 Anna SPINNING
1615 Sibyl rpm			1615 Jenny SPINNING		All cycle classes are 45 minutes ZEPHYR™ technology gives you real time physiological monitoring of your conditioning and performance. Track your heart rate, breathing rate, and caloric expenditure to maximize your workout!
1715 Angie SPINNING	1715 Angie SPINNING	1715 Curtis SPINNING with ZEPHYR	1715 Jenny SPINNING		
	1815 Allyson SPINNING				

Classes are subject to change due to instructor availability . CHECK OUT OUR AQUA FITNESS CLASSES ON THE AQUATICS SCHEDULE!!!!!! For Questions or Comments, Contact: K.Devon.Smith@gmail.com & Amanda. Kozay@med.navy.mil



Aquatics Class Descriptions

Master's Swim Club: Open to all eligible patrons age 19 and older of all levels of experience. Practices focus of stroke development and improved performance and will be coached by the Curl Burke Swim Club.

Warrior Games Swim Team: (WW Only)

The Paralympic Military Program's Swim Program is open to wounded, injured and ill servicemen and women on active duty or retired. The program serves all levels of swimming ability from beginners through competitive swimmers. A training/swimming program is established for each individual swimmer based on their injury/illness, ability, level of swimming skill, and individual goals. The focus is on safe swimming technique to prevent injury and to train for the Warrior Games. **WW Referral only.**

Stroke Development: ACDU/PRT A stroke improvement technique class for active duty service members who want to improve efficiency, strength and endurance and PRT times in the pool.

Therapeutic Swim Class: (WW Only)

Designed for patients who may require adaptations and supervision for swimming. Class will improve patient's rehabilitation progress through aerobic fitness, increased muscle strength, increased flexibility, spatial and body awareness. The program provides group participation and social skills during their rehabilitation at WRNMMC. Swim class is goal-oriented by a therapist so to participate, wounded service members must be currently attending occupational or physical therapy. **WW Referral only.**

Kayak Clinic: Team River Runner

(WW Only) Established in August 2004 in the Washington, DC area, TRR is an all-volunteer organization run by kayakers. Through whitewater kayaking on various rivers, TRR promotes health, healing, and new challenges for wounded Veterans of the Iraq and Afghan wars. While the focus of Team River Runner's work is on soldiers recuperating at Medical Centers and VA's, TRR also provides the same programs to families supporting their wounded Vets. **WW Referral only.**

Aqua Zumba: Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Class meets in the shallow water.

Aqua Power: This power packed class offers a vigorous cardiovascular workout in the pool. Use the resistance of the water to build endurance and stamina.

Cardio Splash: This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. You will create resistance to improve cardiovascular fitness as well as your overall health. AS the participant, you determine your own intensity by deciding how hard to manipulate the water.

Deep Impact: The ultimate "no impact" workout. We will use selected flotation devices for suspension in deep water and create a challenging aerobic interval workout using adaptations jogging, cross country skiing, bicycling, kicking, tilting, and jacks. Expect powerful moves and full range of motion to improve your strength, cardiovascular fitness, and flexibility. This class is for those who are interested in learning deep water exercise or looking for a workout with no impact.



Pool Hours: M-F 0500-2000, Sat/Sun & Holiday's 0900-1700

For More Information, Contact: Bryan Jackson, Aquatics Manager:

bryan.jackson2@med.navy.mil or amanda.kozay@med.navy.mil Phone: 301-295-0031

**(WW) Marked classes are for Wounded Warrior participants ONLY. Contact Pam for more info: Pamela.lenhert@usoc.org*



AQUATICS SCHEDULE **October**

Aquatics

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All spaces not marked are OPEN SWIM	0500-0700 Master's Swim Club		0500-0700 Master's Swim Club			
	0700-0800 Stroke Development ACDU/PRT		0700-0800 Stroke Development ACDU/PRT			
					0930-1230 Swim Lessons	0930-1230 Swim Lessons
					The shallow end of the pool will be reserved for swim lessons. The lap lanes will be available for open swim.	
	1215-1300 Aqua Power Nancy	1215-1300 Aqua Power Juli	1215-1300 Aqua Power Nancy	1215-1300 Aqua Power Juli		
					1400-1700	1400-1700
1700-1800 Aqua Zumba Dorothy	1600-1650 Deep Impact Michelle		1600-1650 Deep Impact Michelle		Family Swim	Family Swim
1700-1900 Master's Swim	1830-2000 Scuba <small>(Must register at the front desk)</small>	1700-1900 Master's Swim	1830-2000 Scuba <small>(Must register at the front desk)</small>	1700-1900 Family Swim	 Like us on Facebook Bethesda MWR Fitness/Aquatics <i>Aqua shoes are recommended for aqua</i>	
WOUNDED WARRIOR PROGRAM						
	1300-1500 Therapeutic Swim (WW)					
	1600-1800 Team River Runner Kayak Clinic(WW)				(WW) Marked Classes are for Wounded Warriors ONLY. The Shallow end of the pool will be reserved for the Kayak Clinics	
			1800-2000 Team River Runner Kayak Clinic (WW)			



ITT

LOCATED IN BLDG. 2, BETWEEN AMERICA
BLDG AND MAIN ST.,
OPEN MON-FRI 0730-1600
PH 301-295-0434

**AMUSEMENT PARKS** —SEE PARK WEBSITES FOR MORE DETAILS

	MWR \$	Gate \$
VIRGINIA		
Kings Dominion HOWL-O-FEST -Families can enjoy Halloween together with a street party of frightful fun including a treasure hunt, foam pit, pumpkin painting and more! Howl-O-Fest's Boo Blast runs every Saturday and Sunday in October from noon until 5:00pm Halloween Haunt -For ages over 13, Sept 28-Oct 28	32.50	
Busch Gardens Williamsburg HOWL-O-SCREAM , Sept 14-Oct. 28 (Fri, Sat, Sun) Once the clock strikes 6 p.m., the Howl-O-Scream scares begin which may not be suitable for young children.	45.50	56.99
PENNSYLVANIA		
Sesame Place 1-Day Adult	53.75	62.17
Sesame Place Elmo 2-Day	60.50	62.17
DC/MARYLAND		
Six Flags America Fright Fest (Sat, Sun) Sept 29–Oct 28, Family Friendly 12-6 pm Fridays, Oct 19 & 26 Fright By Night	28.75	59.99/37.99
Six Flags America Parking Pass	11.00	15.00
Six Flags America Meal Voucher	11.00	

SPORTS

	MWR \$	Gate \$
Army vs. Navy Football, 12/8, Lincoln Financial Field, Pa. (Club Level– 12 tickets left	135.00	varies
Army vs. Navy Football, 12/8, Lincoln Financial Field, Pa. (Upper Level)	88.00	varies
D.C. United Fantasy Field Box Seats –October 20 Columbus Crew	216.00	varies
D.C. United Club –October 20 Columbus Crew	70.00	varies
D.C. United Mid Field –October 20 Columbus Crew	40.00	varies
Washington Redskins Lower Level Single Game Ticket	120.00	varies
Washington Redskins Single Game Parking Pass	38.00	varies

**MOVIE TICKETS**

	MWR \$	Gate \$
AMC/ Loews Theaters SILVER Ticket (movie out at least 2 weeks)	6.50	varies
AMC/ Loews Theaters GOLD Ticket (NO restrictions)	8.25	varies
AMC Bundle (2 GOLD tickets, 2 small drink vouchers, 1 small popcorn voucher)	25.75	varies
Regal Cinemas/United Artists VIP (movie out at least 2 weeks)	7.00	varies
Regal Cinemas/United Artists Premiere (NO restrictions)	8.25	varies



THE 2012 WHITE HOUSE CHRISTMAS ORNAMENT

The 2012 White House Historical Association Christmas ornament honors William Howard Taft, the twenty-seventh president of the United States. A distinguished jurist and effective administrator, President Taft focused on executing the law rather than setting an ambitious legislative agenda during his term. Ornaments are available at the MWR ITT Office for \$15.75 each (reg. \$17.95). For collectors, the 2011 Edition is also available for \$15.75 each. Get your ornaments today!



AREA ATTRACTIONS

	MWR \$ Adult/Child	Gate \$
Baltimore & Ohio Railroad Museum (ages 13 & up)/ Child ticket (2-12) at gate \$8.00	9.00	14.00
Baltimore Aquarium (adult)/ (child: ages 3-11)	22.75/20.50	29.95/20.95
Colonial Williamsburg Military Multi Day Ticket —3 consecutive days/adult/youth ages 6-12	35.50/17.75	47.95/24.95
Colonial Williamsburg Military Single Day Ticket -adult/youth: ages 6-17	33.50/ 16.75	39.95/ 20.95
Luray Caverns (adult)/(child: ages 7-13, under 7 FREE with an adult)	18.25/ 9.25	21.00/ 10.00
Madame Tussauds Wax Museum, D.C. (adult)/child (4-12)	13.25/9.00	22.26/16.96
Medieval Times Dinner & Tournament (adult)	40.50	62.44
Medieval Times Dinner & Tournament (child: ages 4-12) (3 & under must sit on lap & share meal)	33.50	39.94
Mt. Vernon (Estate & Gardens) (adult)/(child 6-11)	13.25/6.50	15.00/7.00
National Museum of Crime and Punishment (adult) (child: ages 5-11)	14.00	18.98/ 15.81
Newseum, D.C.	14.00/9.25	19.03/13.73
Spy Museum (adult) /(child: ages 7-17)	16.25/13.00	19.95/13.95
Spy Museum (Military)	15.25	
SPIRIT CRUISES ON THE POTOMAC		
Lunch Mon.-Sun. (Jan. 1-Dec. 31, 2012)/ child 3-11	49.00/ 25.00	55.17/ 27.59
Dinner Sun.-Thurs. (Jan. 1-Dec. 30, 2012)/child 3-11	88.75/ 46.00	99.97/ 49.99
Dinner Fri. (Jan. 1-Dec. 30, 2012) adult /child 3-11 (same as adult)	94.00	103.87
Dinner Sat. (Jan. 1-Dec. 30, 2012) adult and child 3-11 (same as adult)	103.50	116.87
ODYSSEY CRUISES		
Lunch Mon.-Fri. (Jan. 1- Dec. 31, 2012) adult / child 3-11	61.00/ 30.75	67.70/ 33.85
Brunch Sat.-Sun. (Jan. 1-Dec. 31 2012) adult /child 3-11	75.50/ 40.00	86.32/ 43.16
Dinner Sun.-Thurs. (Jan. 1- Dec. 31, 2012) adult /child 3-11	113.00/ 62.75	128.88/ 64.44
Dinner Fri. (Jan. 1- Dec. 31, 2012)/child 3-11 (same as adult)	116.50	132.87
Dinner Sat. (Jan. 1- Dec. 31, 2012)/child 3-11 (same as adult)	134.00	152.82

**Prices may change without notice. (Increase due to vendor costs)
ALL TICKET SALES ARE FINAL**



ITT

**Disney On Ice presents
Rockin' Ever After**

Produced by Feld Entertainment



Patriot Center: Oct. 17-21, 2012
1st Mariner Arena: Oct 24-28, 2012

Get ready to rock out with some of the most magical idols of all in a musical showcase that features the hottest tunes and talent from across the kingdom in *Disney On Ice presents Rockin' Ever After!* Jam to a Scottish jig as a group of royal contenders from the latest Disney•Pixar film, *Brave*, competes to win the heart of headstrong, sharp-shooting Merida, making her ice debut! Experience a show-stopping performance as Sebastian breaks out of his shell for one night only to make waves with Ariel. A chorus of harmless hooligans from *Tangled* unleashes musical mayhem when they get a visit from the sassy and spirited Rapunzel and her charming ally Flynn. And, get your feet moving as the Beast and his castle's enchanted entourage take center stage in a spectacular show for Belle. It will be a rockin' remix of royalty when *Disney On Ice* brings this superstar line-up to your hometown!

Show Dates and Times:-Patriot Center-Regular Price \$30 -Military Price \$19.00

Friday, October 19 @ 7:30 p.m.
Sat, October 20 @ 10:30 a.m., 2:30 p.m. & 6:30 p.m.
Sunday, October 21 @ 12:30 p.m.

Show Dates and Times -1st Mariner Arena-Regular Price \$27-Military Price \$21.00

Sat, October 27 @ 11:00 a.m. & 2:30 p.m.
Sunday, October 28 @ 4:30 p.m.



A Christmas Carol
by Charles Dickens
Adapted by Michael
Wilson, Directed by Michael Baron
November 16-
December 30, 2012

The following performance dates are available at the MWR ITT Office (tickets are located in the Orchestra section):

Friday, 11/23 @ 7:30 pm	\$74.75
Saturday, 11/24 @ 7:30 pm	\$74.75
Sunday, 11/25 @ 2:00 pm	\$74.75
Friday, 11/30 @ 7:30 pm	\$74.75
Saturday, 12/1 @ 7:30 pm	\$74.75
Sunday, 12/2 @ 2:00 pm	\$74.75
Friday, 12/7 @ 7:30 pm	\$74.75
Saturday, 12/8 @ 2:00 pm & 7:30 pm	\$74.75
Sunday, 12/9 @ 2:00 pm	\$74.75
Friday, 12/14 @ 7:30 pm	\$74.75
Saturday, 12/15 @ 2:00 pm & 7:30 pm	\$74.75
Sunday, 12/16 @ 2:00 pm	\$74.75
Friday, 12/21 @ 7:30 pm	\$85.50
Saturday, 12/22 @ 2:00 pm & 7:30 pm	\$85.50
Sunday, 12/23 @ 2:00 pm & 7:30 pm	\$85.50
Wednesday, 12/26 @ 2:00 pm	\$85.50
Friday, 12/28 @ 7:30 pm	\$85.50
Saturday, 12/29 @ 2:00 pm & 7:30 pm	\$85.50
Sunday, 12/30 @ 2:00 pm & 7:30 pm	\$85.50

A must-see holiday tradition!



Join the ghosts of Christmas Past, Present and Future as they lead the miserly Ebenezer Scrooge on a journey of transformation and redemption. Originally conceived by Michael Baron, this music-infused production captures the magic and joy of Dickens's Yuletide classic. Acclaimed Washington stage actor Edward Gero returns to play Scrooge in the production *The Washington Post* hailed as "musically high-spirited" and "infectiously jolly."



LOCATED IN BLDG. 2, BETWEEN AMERICA
BLDG AND MAIN ST.,
OPEN MON-FRI 0730-1600
PH 301-295-0434



"Like" us on Facebook! Bethesda MWR

FLORIDA

	MWR \$ Adult/Child	Gate \$
DISNEY WORLD –other ticket options available by special order		
3-day Base (adult)/ (child: ages 3-9) expires 14 days after date of 1st use	237.50/222.00	257.73/240.69
3-day w/ Park Hopper (adult)/ (child: ages 3-9) expires 14 days after date of 1st use	293.00/277.25	318.44/301.40
4-day Base (adult)/(child: ages 3-9) expires 14 days after date of 1st use	251.00/234.50	272.64/254.54
4-day w/ Park Hopper (adult)/ (child: ages 3-9) expires 14 days after date of 1st use	306.50/290.00	333.35/315.24
DISNEY SPECIAL DISCOUNTS FOR U.S. ACTIVE & RETIRED MILITARY AND FOREIGN ALLIES WITH CAC CARDS		
4-day Salute Park Hopper (Valid October 1, 2012 through September 28, 2013)	156.00	
4-day Salute Base + Water Parks + More (Valid October 1, 2012 through September 28, 2013)	156.00	
4-day Salute Hopper + Water Parks (Valid October 1, 2012 through September 28, 2013)	184.00	
Gatorland, Orlando (adult)/ (child: 3-12)	19.25/12.50	24.99/16.99
Kennedy Space Center , Cape Canaveral, FL (adult)/ (child: 3-11)(General Admission)	38.00/29.00	45.58/34.98
Sea World, Orlando (adult) / (child: ages 3-9) ages 2 and under FREE	73.50/66.50	90.51/81.99
Titanic– The Experience, Orlando (adult)/ (child: 3-11)	17.75/10.00	23.38/13.79
Universal Orlando (adult)/ (child: ages 3-9) 1-Day Base (ages 2 and under FREE)	90.25/84.25	94.79/88.40
Universal Orlando (adult)/ (child: ages 3-9) 2-Day Base (ages 2 and under FREE)	118.00/108.00	149.09/138.44
Universal Orlando (adult)/ (child: ages 3-9) 3-Day Base (ages 2 and under FREE)	126.25/115.00	166.13/153.35
Universal Orlando (adult)/ (child ages 3-9) 1-Day Park to Park (ages 2 and under F)	123.50/117.50	132.06/125.67
Universal Orlando (adult)/ (child ages 3-9) 2-Day Park to Park (ages 2 and under F)	130.00/120.75	170.39/159.74
Universal Orlando (adult)/ (child ages 3-9) 3-Day Park to Park (ages 2 and under F)	139.50/128.50	184.23/171.46
Wet n. Wild (adult)/ (child: 3-9)	34.00/29.00	52.13/45.79
Wonderworks, Orlando (adult)/ (child: 4-12) (General Admission)	19.25/15.50	26.61/21.29
Outta Control Magic Comedy Show (adult)/ (child: 4-12)	19.25/13.25	26.61/18.09
Magic Combo (adult)/ (child: 4-12)	34.00/26.25	46.85/36.20
Lazer Combo (adult)/ (child: 4-12)	21.75/17.75	29.81/24.48
Ultimate Combo (adult)/ (child: 4-12)	34.75/27.00	47.91/37.26

Prices may change without notice. (Increase due to vendor costs)
ALL TICKET SALES ARE FINAL



Advertising/Sponsorship does not imply endorsement by US Navy or any part of the Federal Government. To inquire about ADVERTISING in the MWR Happenings Newsletter please contact Kathleen Pettaway at 301-319-4220 or Kathleen.pettaway@med.navy.mil.



Fun Kids Jump

www.FunKidsJump.com

Call us at 301-825-6571

Moon Bounce Rentals



***Moon Bounces, Combos, Water Slides
Sno-Kone, Popcorn and Cotton Candy Machines,
Tables, Chairs, Generators**

RESERVE EARLY FOR BEST SELECTION!





Please register at
FFSC@med.navy.mil
or
PH 301-319-4087

Fleet & Family Support Center October Schedule

Date	Workshop	Description	Time	Location
Morning Classes: Mon's & Tues' Afternoon Classes: Mon's & Weds.	<u>WWW.MOVE</u> WORKSHOP (SMOOTH MOVE)	FFSC & HHG Office MOVE workshop. A hands on workshop that will guide you step by step through the moving process. You may sign-up by calling HHG office at 301-400-0231.	0830-1000 & 1300-1430	Bldg. 11 Rm. 45
Held in conjunction with the Wednesday after- noon Smooth Move Class at 1:00 PM	Relocating With An Exception Family Member (EFM)	Provides service members and their families with the information and resources available to assist them in relocating with an exceptional family member (EFM) before, during and after a permanent change of station (PCS). This class will be held in conjunction with the Wednesday afternoon Smooth Move Class at 1:00 PM.	1300-1430	Bldg. 11 Rm. 45
October 2 & 22, 2012	Pre- Separation Brief DD2648	TAP Prerequisite. Small group completion of the DD-2648 with a required follow-up scheduled appointment with counselor as you prepare to transition from the military.	1400-1500	Bldg 11 Rm. 109
Tuesday Oct 2, 2012	A Healthier You	Explore ways to better understand and manage the connection between your stress in your life and your health.	1000-1200	Glen Haven Center
Wednesday Oct 3, 2012	Career Planning Assessment!	The Career Planning Scale (CPS) can help you advance through six steps in the career development process. Take control of your career!	0900-1000	Bldg 11 Rm. 109
Every Wednesday Starting Oct 3, 2012	Scream-Free Parenting	Learn to calm down, make strategic choices, and then stay connected to our kids. This video and discussion group will help parents learn how to: discipline without yelling, communicate more positively, and promote cooperative behavior in children ages 3-18.	1000-1200	Bldg 11 Rm. 109
Thursday Oct. 4, 2012	Briefing	FAP Key Personnel Briefing	0900-1100	Memorial Auditorium
Every Thursday Starting Oct. 4-25 2012	Infant Massage	This four series class will help you learn to calm and soothe your baby through nurturing touch.	1000-1200	Glen Haven Community Center
Every Thursday Starting Oct. 4-25 2012	Anger Management	4 session interactive workshop designed to recognize your stressors and triggers and develop skills to reduce anger. Certificate upon completion.	1000-1130	Bldg 11 Rm. 109
Thursday Oct 4, 2012	Return and Reunion Briefing	Designed for service members returning from a deployment and their families. Learn strategies on reintegrating back into your relationships, financial responsibilities and more.	1200-1500	Bldg 11 Rm. 109



Please register at
FFSC@med.navy.mil
or
PH 301-319-4087

Fleet & Family Support Center October Schedule

Friday Oct 4, 2012	Healthy Relationships	This fun interactive workshop is designed to enhance your personal relationships. Participants will evaluate their relationships: learn key components and strategies for keeping their relationships positive.	1130-1330	Bldg 11 Rm. 158
Tuesday Oct 9, 2012	MD Workforce Employment Registration	Schedule a 30-minute on-site appointment to meet with a Dept of Labor state employment representative to receive employment assistance and referrals.	1000-1200	Bldg 11 Rm. 109
Tuesday Oct 9, 2012	Branding a Better You	This session will help participants focus on five ways to celebrate their strengths, self-esteem, and reach your potential.	1000-1200	Glen Haven Center
Wednesday Oct 10, 2012	De-junking Your Home Environment	De-stress your life by achieving organization in your home environment. Participants will develop an action plan to achieve a clutter free environment.	1000-1200	Bldg 11 Rm. 109
Thursday , Oct 11, 2012	Basic Investing 101	Want to know basic investing terms? Need a good start on the basics of stocks, bonds, and mutual funds? Confused about how to get started investing? Get answers to these and more in Basic Investing 101	1000-1100	Bldg 11 Rm. 16
Thursday Oct 11, 2012	Spouse Autumn Tea	Welcome to the fall season with tea! Those in need of employment assistance are invited to come together and meet other spouses and family members to help establish supportive relationships during their employment transition period.	1000-1200	Bldg 11 Rm. 109
Friday Oct 12, 2012	Assertiveness Training	This workshop teaches individuals how to communicate effectively without aggressive behavior.	1000-1200	Bldg. 11 Rm. 8
Tuesday Oct 16, 2012	Job Seeking for Persons With Disabilities	In this class we will spend time thinking about your challenges, especially those skills that may be impaired as a result of your disability and develop a game plan with short and long term goals.	1000-1100	Bldg 11 Rm. 109
Tuesday Oct 16, 2012	Finances for Couples	Engaged? Newly wedded? Married for 20 years? This workshop is designed to help couples discover ways to open up their lines of communication regarding household and personal finances.	1000-1200	Bldg. 11 Rm. 16
Tuesday Oct 16, 2012	Stress Management	Do you feel stressed out? Would you like to learn strategies to reduce your stress load? This Class is for you!	1300-1430	Bldg 11 Rm. 109
Wednesday Oct 17, 2012	Conflict Resolution	Every conflict, every negotiation ; even one that has been stuck for a while has opportunity for resolution. Learn simple techniques to reduce tension and resolve conflict at home or work.	1300-1430	Bldg 11 Rm. 109
Wednesday Oct 17, 2012	Car Buying Workshop	This class will help you avoid the tricks and traps of today's car buying maze. Learn how to research, shop, negotiate and finalize a car deal that is right for you.	1000-1130	Bldg 11 Rm. 16
Thursday Oct 18, 2012	Panel	Appropriate Response to Strangulation in Domestic Violence Cases .	1200-1300	Memorial Auditorium



Please register at
FFSC@med.navy.mil
or
PH 301-319-4087

Fleet & Family Support Center October Schedule

Thursday Oct 18, 2012	Hearts Apart Support Group	Hearts Apart is for families affected by IA and other deployments. This social hour is a great opportunity to connect with others who are experiencing deployment too! Come meet, share and learn info on coping with separation.	1800-1900	Bldg 11 Rm. 158
Thursday Oct 18, 2012	Interview Skills Preparation	At its conclusion, learners should be able to adequately prepare and feel comfortable in participating in mock interviews.	1300-1430	Bldg 11 Rm. 109
Tuesday Oct 23, 2012	Resume Employment Workshop	Stop by without an appointment from 12:00-1400 at Glen Haven Community Center. Bring in your resume for some free feedback with an employment specialist today. We also assist and discuss possible employment opportunities within the local National Capital Region.	1200-1400	Glen Haven Community Center
Wednesday Oct 24, 2012	Keeping It Together	Keeping family medical records in a "business-like" manner saves members time, trouble, money and unneeded frustration. This workshop will show participants how important it is to keep family documentation in order and provided them with supplies to get started.	1000-1130	Glen Haven Community Center
Wednesday Oct 24, 2012	Creating Your Online LinkedIn Account	Learn how to use LinkedIn for your career advancement	1100-1230	Bldg 11 Rm. 109
Thursday Oct 25, 2012	Holiday Spending	This workshop will assist you in preparing or reviewing your current spending plan, help you examine your holiday priorities, determine your spending limits, as well as, offer smart shopping tips and other gift giving options.	1000-1130	Bldg 11 Rm. 16
Tues-Wed Oct 30-31, 2012	Million Dollar Service Member	Do you want to be a Millionaire? This intense, two-day class will cover Military Pay, Millionaire Money, Management, Consumer Awareness, Insurance, Protecting Wealth, Credit Management, Car Buying, Home Buying and Retirement Planning.	0800-1600	Bldg 11 Rm. 16
Tuesday Oct 30, 2012	Developing Job Search Skills	In this class we will identify seven basic steps and use a workbook to assist in making a difference in your job search plan!	0900-1000	
Tuesday Oct 30, 2012	Pre-Deployment Briefing	Class will consist of visitors from Tricare, Operation Home front, a FFSC Personal Financial Counselor and the legal office to help prepare service members and their families for various types of deployments.	0900-1200	Bldg 11 Rm. 109
Tuesday Oct. 30, 2012	Healthy Relationships- Focus on Domestic Violence Awareness	This session will discuss on how to maintain healthy relationships and focus on dating and relationship violence.	1100-1200	Bldg 11 Rm. 109



NSA Bethesda Morale, Welfare & Recreation



MWR Director
Bldg.153 Rm. 143

Courtney Silvestre 301-295-0935
Courtney.silvestre@med.navy.mil

Management Assistant
Bldg. 153 Rm. 148

Chita Cajigal 301-295-3577
Carmenchita.cajigal@med.navy.mil

Administrative Officer
Bldg. 153 Rm. 149

Jane Bonheim 301-295-0956
Jane.bonheim@med.navy.mil

Accounting/ UNIT FUNDS
Bldg. 153 Rm. 136

301-295-1238/1279

Purchasing/Contracts
Bldg. 153 Rm. 140

Lorrie Kelley 301-295-1149
Lorrie.kelley@med.navy.mil

Human Resources
Bldg. 153 Rms. 144,145,146

Ernie Miguel 301-295-0936
Ernest.miguel@med.navy.mil

Ilana Elfassi 301-295-1622
ilana.elfassi@med.navy.mil

Marketing/Newsletter
Bldg. 153 Rm. 150

Jenny Charlson 301-295-1046
Jenny.charlson@med.navy.mil

Commercial Sponsorship
Bldg. 153 Rm. 139

Kathleen Pettaway 301-319-4220
Kathleen.pettaway@med.navy.mil

Liberty Zone- Bldg. 11
301-295-4727

Open for Wounded Warriors,
E1-E6, E1-E9 & Geo-Bachelors
Monday-Thursday 0900-2200
Friday-Saturday 0900-2300
Sunday & Holidays 0900-2200

PH 301-319-8431, 240-418-1955
John Rauckhorst, Liberty Manager

PH 240-600-3839
Derrick Tanner

Bowling Center-Bldg. 56
301-295-2034/2060

Birthday and Group Party Packages
Open

Sunday 1300-1800
Monday 1000-2200
Tuesday 1000-2200
Wednesday 1700-2200
Thursday 1700-2200
Friday 1300-2400
Saturday 1000-2400

Noel Dysart, Manager
mwrbowlingparty@gmail.com

ITT -Information, Tickets, Travel
Bldg. 2 -Main Street

301-295-0434
Open Monday-Friday 0730-1600

Richard Moy
301-295-5432
Richard.moy@med.navy.mil

301-295-0434

Child Development Center
Bldg. 26

301-295-0167 Front Desk
Monday-Friday 0600-1800
Jamila Aziz, CDPA
Jamila.aziz@med.navy.mil

Warrior Café and Catering
Bldg. 62

Open Monday-Friday
Breakfast 0600-0900
Lunch 1100-1400
Dinner 1600-1900
Grab and Go 1900-2100

Saturday
Breakfast 0800-1100
Lunch 1100-1400
Dinner 1600-1900

Sunday
Brunch 0900-1400
Dinner 1600-1900

CATERING 301-400-0127

Jack Slattery 301-295-4303
Food & Beverage Manager
John.slattery@med.navy.mil

Nick Gordillo 301-319-2957
Food & Beverage Asst. Manager
Nick.gordillo@med.navy.mil

Fitness Center and Pool
Bldg. 17

301-295-2450 Front Desk
Open Monday-Friday 0500-2100
Weekends 0900-1800
Holidays 0900-1800

Wendy Tompkins, Manager
Wendy.tompkins@med.navy.mil

Bryan Jackson, Aquatics
Bryan.jackson2@med.navy.mil

Timothy Davis, Sports
Timothy.s.davis@aol.com

Amanda Kozay, Personal Training
Amanda.kozay@med.navy.mil

Devon Smith, Group Fitness
K.devon.smith@gmail.com

