



Angles & Dangles

ISSUE NO. 7 July / 2015

...land of the free and the home of the brave!

Hurricane Preparedness

Though the National Oceanographic Atmospheric Association (NOAA) predicted a light hurricane season, it's always a good idea to be prepared. Because hurricanes can be tracked, residents in an evacuation area, like Kings Bay, often receive a few days notice of the storm making landfall. Follow these guidelines to keep you and your family safe:

- Know your evacuation route.
- Monitor weather reports through the many available apps, websites, news, etc.
- Know where to locate a shelter. Visit the [Red Cross](#) website for info.
- Keep a "go bag" and First Aid kit handy.
- Make a list of essential items to grab: important papers, prescriptions, pets, eyeglasses, phone charger, priceless items/photos.
- Visit www.ready.gov to learn more and download the [FEMA](#) Hurricane Guide.

Out is the New In

July is a totally tubular month! National Park and Recreation Association (NPRA) is celebrating 30 years of Park and Recreation Month. This year, NPRA challenges you to get gnarly and rock the celebration, 80's-style. Dust off the leg warmers, tease those bangs, cuff your jeans! NPRA will be awarding an \$85 Amazon gift card every Thursday starting July 9 to their favorite 80's video posted on Instagram with the hashtags #JulyPRM30 and #JulyTBTChallenge. Check out their [website](#) for more details. Then, get out and have fun! Spend a night camping at Eagle Hammock RV Park, bring the kids to Under the Pines Park, or enjoy a shaded picnic at Lake D. After all, out is the new in.



THIS MONTH'S ISSUE:

p.2 Welcome to the Box Office! See what's playing at the newly opened theater on base.

p.3 Coolest event! Join ITT/OAC for a FROZEN Open House on July 23. Don't miss the Disney's FROZEN on Ice ticket giveaway.

p.16 Check out the Navy's digital library. It's free!

p.20 Celebrate our Nation's Independence Day

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Welcome to THE BOX OFFICE

July 3

Home (PG), 4 pm
Homefront (R), 7 pm

July 4

Little Rascals (PG), 4 pm
Get Hard (R), 7 pm

July 5

Alexander and the Terrible, Horrible,
No Good Very Bad Day (PG), 4 pm
Horrible Bosses 2 (R)

July 10

The Spongebob Movie: Sponge Out
of Water (PG), 4 pm
Paul Blart Mall Cop 2 (PG-13), 7 pm

July 11

Kung Fu Panda (PG), 4 pm
The Longest Ride (PG-13), 7 pm

July 12

The Book of Life (PG), 4 pm
Woman in Gold (PG-13), 7 pm

July 17

Big Hero 6 (PG), 4 pm
The Age of Adaline (R), 7 pm

July 18

Open Season (PG), 4 pm
Lone Survivor (R), 7 pm

July 18 Dive-In @ Pool

Gate re-opens at 7 pm
“Cinderella” (PG)

July 19

Into the Woods (PG), 4 pm
Unfinished Business (R), 7 pm

July 24

Snow Day (PG), 4 pm
Elf (PG), 7 pm

July 25

The Santa Clause (PG), 4 pm
Ernest Saves Christmas (PG), 7 pm

July 26

Polar Express (PG), 4 pm
Home Alone (PG), 7 pm

July 31

Strange Magic (PG), 4 pm
Focus (R) 7 pm

August 1

Earth to Echo (PG), 4 pm
Furious 7 (PG-13), 7 pm

August 2

Up (PG), 4 pm
The Second Best Exotic Marigold
Hotel (PG-13), 7 pm



Did you have a great experience? Do you have an idea to make something better? Use the Interactive Customer Evaluation (ICE) system to let us know! ICE allows DoD customers to rate products and services on base by using digital comment card to improve the products and services available to you.

Go to <http://ice.disa.mil/> to provide your feedback. For more information, call (912) 573-1277.

Motorcycle Safety

BASIC RIDER COURSE

July 6-7 July 20-21

July 13-14 July 27-28

EXPERIENCED RIDER/BASIC

July 23

ADVANCED RIDER COURSE

July 1 July 22

July 9

Call (912) 573-2525 for more information and to register.

Free Admission to Attractions

ITT CORNER

LEGOLAND Florida has extended their Active Duty Free offer through 2015! Active duty military receive one free admission and should present their military ID to LEGOLAND Florida's ticket window the day they plan to visit to redeem their free admission ticket. Family and friends of military personnel should make purchases in advance through Kings Bay ITT to receive the substantial discount only available on base.

SEAWORLD AND BUSCH GARDENS offers free admission for active duty and up to three direct dependents. See www.wavesofhonor.com for more information.



July ITT Events

What's happening?

4th Annual ITT/OAC Open House

July 23 • 10 am - 1 pm

Coollest Open House ever! Visit ITT/Outdoor Adventure Center for our 4th annual Open House. Enter for a chance to win 4 tickets to Disney's Frozen on Ice in Jacksonville. A LIMITED QUANTITY of tickets to the popular Frozen on Ice show will be available for sale, too. A Disney rep will be on hand to



answer all of your questions. Bounce houses, crafts, and refreshments. Queen Elsa will make an appearance at The Box Office at 1:30 pm. Watch Frozen at 2 pm - get your FREE tickets from ITT TODAY!

Rent items from OAC on July 23 for a whopping 40 percent discount.

Taking a Trip?

Start at ITT for Great Deals

Don't forget that ITT has special prices available for Walt Disney World, Sea World, Universal Studios, Cocoa Beach, and Tampa Bay hotels and resorts. Stop by today to get the best prices and latest deals to go with the already amazing ticket prices.

While you're there, find tickets to kick off your summer fun! Check out the Jacksonville Sharks, Summer Waves, St. Marys Aquatic Center, Jacksonville Suns, Sea Surf and SUP Kayak Tours and Diver's Den.

**Don't forget about cruises—
ships leave weekly from local ports.**



Walt Disney World Military Promotion*

4- Day Park Hopper

\$173.25

4-Day Water Park & More

\$173.25

4-Day Park Hopper Fun & More

\$203.25

*Pricing for authorized patrons only.
Subject to change. Call ITT for the latest prices.

**Wanted:
Volunteers**

If you are interested in volunteering to become a youth coach, please call
(912) 573-8202

Youth Sports Program

Kings Bay Youth Sports Program provides family members (ages 4 - 15) a diversified, fun, quality recreational sports program.

This recreational program is designed to enhance social, emotional, and physical development of participants in a wholesome environment. The emphasis of the program is on sportsmanship and individual/team participation rather than winning and losing, and to provide youth with caring positive role models through a trained volunteer staff. Open to active duty military, reservists, retirees, DoD Civilians, and their family members.

In the Neighborhood

Founded in 1991, the Boomers Swim Club offers a year-round competitive swim program aimed at children and young adults between the ages of

5 and 18. The Boomers will teach the value of individual merit, team spirit and provide a wholesome outlet for your energies.



The Boomers Swim Club offers training and practice groups for swimmers of all ages and abilities, including Masters. The Boomers Swim Club offers age-specific training for all athletes geared toward challenging and developing each individual to the best of THEIR abilities. **Discount on monthly fees available to military families.**

Email boomers_swimming@yahoo.com for more information.

Youth Swim Lessons

Does your child want to learn to swim? Sign them up for swimming lessons at the Fitness Complex. Each two-week session will consist of eight group classes held Monday - Thursday. Classes include levels 1 - 4, Parent & Child Aquatics, and Jr. Lifeguard. There is a \$40 registration fee. Private lessons are available for \$75 for 5 one-on-one lessons. Call (912) 573-3001 for more information.

Two sessions still available for July:

SESSION 3 • July 6-9/July 13-16

SESSION 4 • July 20-23/July 27-30

Recreation Swimming Pool Hours

Tuesday - Saturday: Noon - 6 pm

Sunday: 1 - 5:30 pm



MWR Teen Program

MWR is excited to present the summer teen program to military and non-military students in Camden County. The summer program will be \$50 per week unless otherwise noted. The fee includes lunch, transportation, and any admission costs. Students will enjoy the beach, volunteer projects, cooking classes, camping, and fitness.

To learn more about the Kings Bay Teen Program, find them on Facebook at www.facebook.com/kbteens. For more information, contact Teen Coordinator at (912) 573-2380.

Kids' Golf Clinic

Kids' golf clinics are held every Saturday at 11 am (ages 5-9) and 12 pm (ages 10-17). Cost is only \$5! Kids play free every day after 12 pm with a paying parent. Trident Lakes is open to all authorized MWR patrons, including the public.

Kids' Golf Camp

Open to all patrons ages 12-17

July 20 - 24

8:30 am - 4 pm

Cost: \$150



July Events

What's happening?

Teen Summer Camp

TEEN SUMMER CAMP continues through July. Runs every week for just \$50/week or \$15 for the day.

Give Parents a Break Night Out

July 7, 13-14, 21, and 27

6 - 9 pm

Parents, take a well-deserved break. Bring your child (ages 6 weeks - 12 years old) to the Child Development Center for a Give Parents a Break Kids Night Out. Cost is \$4 per hour/per child. Children must be pre-registered (a registration packet must be filled out prior to the event if child is not already enrolled in CYP). Snack provided. Call CYP at (912) 573-3888 for more information.

Dive-In Movie

Saturday, July 18

7 - 9:30 pm

MWR Pool

Complex. Gates

open at 7 pm for

FREE entry to all authorized

patrons and their guests. Showing

Cinderella (PG, 2015) at dusk. Bring your own flotation devices and lawn chairs!

For more information, call (912) 573-3001. Subject to weather conditions. Check MWR Kings Bay on Facebook for updates on the day of the event.



TRIPLEX

Get your game on at the TRIPLEX Recreation and Liberty Center. Fun is found around every corner of the complex from interactive sports and games, to movies and entertainment. Watch the big game on one of numerous HD TVs, start a friendly competition in the game zone, challenge your friends in the video gaming center or simply relax in plush living-room style comfort.

The TRIPLEX is open to authorized patrons 18 years of age or older and is tobacco free.

Hours of Operation:
 Mon. - Thurs., 11am - 11 pm
 Fri., 11am - Midnight
 Sat., Noon - Midnight
 Sun., Noon - 11 pm
 Holidays, Noon - 8 pm

(912) 573-4548

July TRIPLEX Events

What's happening?

The Gathering Cooking Class

Wednesdays, July 1, 15, 29

Starts at 5 pm in the MWR Kitchen in building 1058A

IMAX 3D Trip - Terminator Genisys

Monday, July 1, 5:30 pm

Depart TRIPLEX at 5:30 pm. Active duty is \$10/guests are \$15. Includes transportation. Bring money for dinner after the movie. Limited to 14 patrons.

Line Dancing

Monday, July 6, 6 - 8:30 pm

FREE! Open to couples and singles.

9 Ball Tournament

Tuesday, July 7, 7 pm

FREE to play. Must be present and signed in by 6:45 pm at the TRIPLEX. First place - \$50 gift card, second place - \$25 gift card.

Monday Runday

Monday, July 13 and 27

Bi-weekly fun run. Food provided. Start and finish at TRIPLEX. Sign in at 6:30 pm/run at 7 pm. Cost is \$5. Runners will follow a trail set by flour on the ground.

Bowling Night

Tuesday, July 14, 6:30 - 10:30 pm

Join us at Rack-N-Roll Lanes for FREE bowling and pizza. Pizza provided by Domino's while supplies last. Active duty free/guests are \$5.

8 Ball Tournament

Tuesday, July 21, 7 pm

FREE to play. Must be present and signed in by 6:45 pm. First place - \$50 gift card, second place - \$25 gift card.

JAX Suns vs. Birmingham Barons

Thursday, July 26, 6 pm

Depart the TRIPLEX at 4:30 pm. Return after the game. Active duty is \$8/guests are \$13. Included transportation. Limited to 14 patrons.



White Water Rafting Trip

July 17-19

Watch the Navy Adventures Unleashed [website page](#) for more information.

Spades Tournament

Thursday, July 30, 7 pm

FREE to play. Must be present and signed in by 6:45 pm in the Sports Zone. First place - \$50 gift card, second place - \$25 gift card.

Run for the Fallen

Ongoing - log your miles at the Fitness Complex.



Rack-N-Roll Lanes

It's all fun and games at Rack-N-Roll Lanes, Kings Bay's comfortable, upscale venue for family entertainment. Kids of all ages (including mom and dad!) will enjoy bowling and arcade games. Rack-N-Roll Lanes features optional bumpers and ball ramps to keep the little ones happy while the gaming arcade offers variety for everyone. State of the art scoring systems keep score so you can focus on the fun.

Family Night - Every Thursday

For only \$30, enjoy unlimited bowling in one lane for 1 1/2 hours. Includes bowling shoes, 1 large one-topping pizza, and 25 tokens for the game room. Good for up to six people!

Features

Pro Shop	Party and Group
Game Room	Functions
Party Room	Dominos
Projector Screens	K.B. Finnegan's Irish Pub
	Free WiFi

Hours of Operation:

Mon., Tues., Thurs., 5 - 9 pm

Wed., 11 am - 9 pm

Fri., 5 pm - 11 pm

Sat., 11 am - 11 pm

Sun. & Holidays, 1 - 8 pm

(912) 573-9492

July Bowling Events

What's happening?

Summer Break Bowling Specials

Weekdays, 1 pm - 5 pm

FREE Bowling for Active Duty

Wednesdays, 11 am - 1 pm

Family Night \$30

Thursdays, 5 pm - 9:30 pm

X-Treme Bowling \$2.75/game

Fridays, 5 pm - 11 pm

X-Treme Bowling \$2.75/game

Saturdays, 5 pm - 11 pm

Hours of Operation:
 Open 7 days a week,
 weekends, and holidays
 7 am - 6 pm

(912) 573-8475

July Golf Events

What's happening?

MWR Golf Tournaments

July 1 and 15, 8:30 am

\$26 per person

Saturdays

Men's Association

Children's Clinic (11 am and 12 pm)

Sundays

Men's Association

Tuesdays

Women's Clinic (9 am and 4 pm)

Thursdays

Men's Clinic (3 pm and 4 pm)

Kids Golf Camp

July 20 - 24, 8:30 am - 4 pm

Cost \$150 and includes lunch

Clinics are only \$5 per person/per session

Trident Lakes Golf Course

Designed by Arthur Hills, Trident Lakes Golf Club is an 18-hole course that will challenge golfers of all skill levels. Traverse the course with ease in an electric rental cart, or on foot by utilizing a pull cart. Forgot something? The Pro-Shop is well stocked with golf balls, tees, clubs, apparel, gloves, and shoes.

Reservations and Fees

Make reservations by email at tltees@tds.net in person, or by calling (912) 573-8475.

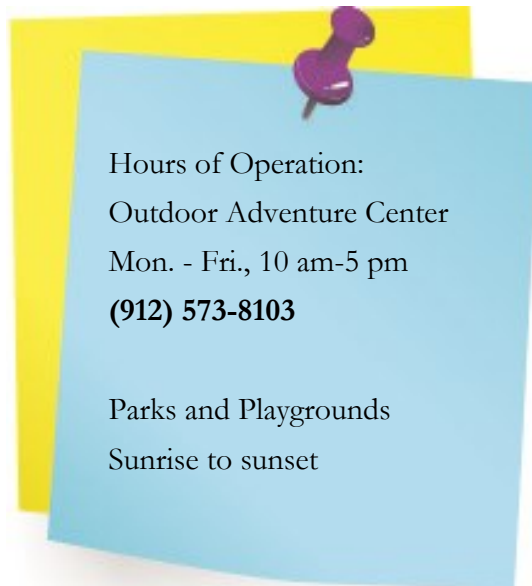
GREEN FEES W/CART	18 HOLES M-F/S&S	9 HOLES M-F/S&S
E5 & Below	\$18/\$20	\$10/\$11
E6 & Above	\$20/\$22	\$11/\$13
DoD	\$21/\$25	\$12/\$14
Civilians	\$22/\$26	\$13/\$15
Juniors	\$18	\$10

GREEN FEES WALKING	18 HOLES M-F/S&S	9 HOLES M-F/S&S
E5 & Below	\$8/\$10	\$5/\$6
E6 & Above	\$10/\$12	\$6/\$7
DoD	\$12/\$14	\$7/\$8
Civilians	\$13/\$15	\$8/\$10
Juniors	\$6	\$3

DRIVING RANGE	Single	Couple
Monthly Plan	\$40	\$50
Small Bucket	\$3	

Community Recreation

Out is the new in. Enjoy the great outdoors with party and adventure rentals from the Outdoor Adventure Center. You'll find everything you need to host the perfect party - canopies, tables, chairs, inflatables, grills, coolers, and more. Walking on your outdoor wild side? Rent campers, boats, bikes, paddleboards, tents, and more!



Parks and Playgrounds

Celebrate Park and Recreation Month and get outdoors! Play and picnic at MWR's many parks and playgrounds. Keep both big and little kids active with age-appropriate playgrounds. Picnic hosts will love the large covered pavilions complete with everything you need to pull off the perfect picnic. The OAC manages four

picnic, park, and camping areas: Etowah Park (near the golf course), Under the Pines (with playground), Otter's Cove and Lakeview, located on Lake D adjacent to the Eagle Hammock RV Park.



Show your love for MWR with Park Selfies!



Celebrate Parks and Recreation month with MWR by taking a selfie of you, your friends, or your family enjoying any MWR facility, event, program, or class.

Using #KingsBayAllTheWay, upload and share your photos on the MWR Kings Bay Facebook page, July 1-July 31, 2015. 1st, 2nd, and 3rd place photos with the most "likes" during the month will win.

Prizes include: NUU Wake Waterproof & Sand proof Wireless Bluetooth Speaker, FitBit Charge Wireless Activity Wristband, & Igloo Rolling Cooler .

Winners will be notified on August 2nd.

MWR employees and immediate family members are not eligible to win. Kings Bay MWR will have the right to reproduce all or portions of the photos submitted in this contest.

diningCORNER

Hours of Operation:

Pirates Cove

Mon. - Fri., 6 am - 7:30 am & 11:15 am - 12:45 pm

Mon. - Sun. & Holidays, 4:30 pm - 5:30 pm

(912) 573-9639

K.B. Finnegan's Irish Pub

Mon., Wed., Thurs., 3:30 pm - 10 pm

Tues., 4:30 - 10 pm

Fri., 3:30 - 11 pm

Sat., 4:30 - 11 pm

(912) 573-9429

O'Brien's Bunker Restaurant

Mon. - Fri., 10:30 am - 1:30 pm

(912) 573-0008

Domino's

Mon. - Thurs., 10 am - Midnight

Fri. & Sat., 10 am - 1 am

Sun., 10 am-Midnight

(912) 510-5400

Pirates Cove Galley

Service members and accompanied dependents - if you're not eating at Pirates Cove Galley throughout the month, you're missing out! Each and every month, you'll find an endless salad bar, a deli bar with assorted meats and sandwich toppings, complete with a sandwich artist who will stop by to make your sandwich just right. Healthy options available.

July Galley Events

What's happening?

Independence Day Luncheon

July 2 11 am - 1 pm Cost \$5.55

Main Line: Crispy Baked Chicken, BBQ Pulled Pork, Smoked Cheddar Macaroni and Cheese, Grilled Corn Coblets, Twice Baked Potatoes, Antigua Blend Vegetables, Cheddar Biscuits

Speed Line Cheddar and Bacon Burgers, Hot Dogs, Baked Beans, Freedom Fries, Sautéed Mushrooms and Onions

O'Brien's Bunker

O'Brien's Bunker is a dining hole-in-one. Enjoy scenic views of Trident Lakes Golf Course while enjoying American-style cuisine with a Southern touch. O'Brien's offers indoor and outdoor seating and is open during lunch hours.

bestNEW

*O'Brien's was voted best new restaurant!
Stop in today and see why.*

K.B. Finnegan's Irish Pub

Authentically Irish, K.B. Finnegan's Irish Pub is where old friends meet new friends. Stop by for a cold pint of Ireland's famous Guinness ale, or choose from several other draught beers. K.B. Finnegan's full-service bar has any libation you like. Co-located with Rack-N-Roll Lanes.

Domino's

More than just pizza! Domino's will satisfy your sweet and savory cravings with pizza, chicken, pasta, sandwiches, stuffed cheese bread, and dessert. Hungry yet? Stop by Domino's inside Rack-N-Roll Lanes or call (912) 510-5400 for delivery.

Fitness Complex



INTRAMURAL SPORTS REGISTRATION OPEN

Sign up for sand volleyball and Average Joes' golf. Visit kingsbaysports.leagueapps.com to



Hours of Operation:
Mon. - Fri., 5 am - 10 pm
Sat., 9 am - 7 pm
Sun. & Holidays, Noon - 6 pm
Lap Swimming:
Mon. - Fri., 5:30 - 8:30 am &
11 am - 1 pm (active duty only)
(912) 573-3990

SPINNING TO THE OLDIES

Classes held every last Thursday (11:30 am-12:30 pm and 5 - 6 pm). Grab your AquaNet and knee-highs as your spin to the past. Dress in attire from a decade past - you could win a prize! Prize awarded to the best costume in

PRT PREP

SUBASE invites all active duty members to participate in the PRT PREP class! SUBASE PRT PREP conducts two PT sessions each workday, at 5:30 am and at 2:30 pm. This program includes creating exercise goals, nutrition goals and progress monitoring. If you are interested in participating, contact the MWR Fitness Coordinator at (912) 573-2485.

OUTSIDE THE FENCE

When was the last time you had a great time with people who had the same interests as you? The Camden Cycling Club members participate in cycling, running, and swimming. Whatever your personal goals are, be part of a group that knows the benefits of the sport. To find out how to become a member, check out the Camden Cycling Club website at www.camdencyclingclub.com.

ACTIVE DUTY SWIM LESSONS AVAILABLE

Swim lessons are offered for military members with limited swimming experience. Students will learn controlled breathing and basic strokes. New 4-week sessions begin each month. Sign up at the Fitness Complex.

SOCIALIZE WITH KB FITNESS



Look us up on Facebook - just search navyfitkingbay. Fly over to Twitter and find us



Reservations:

Navy Lodge

(800) 628-9466

(912) 882-6868

NGIS

(877) NAVYBED

www.dodlodging.net

Navy Gateway Inn & Suites ★ 2015 Award Winning

Rest easy in comfortable, welcoming accommodations at Navy Gateway Inns & Suites (NGIS), your destination for official TDY/TDA and leisure travel. Stay a day or a month – NGIS has a room to suit your lodging needs.

Standard rooms and suites offer free WiFi, flat-screen TVs, and a kitchenette with refrigerator, sink, and microwave. Staying for awhile? The Grand Suites provide an extra-large bedroom, living room, dining room, and a full kitchen that includes a stove, oven, refrigerator, microwave, and sink.

Balfour Beatty Housing

Balfour Beatty Communities at NSB Kings Bay provide quality living environments in a classic suburban setting. The neighborhoods are pet-friendly; include great amenities, and offer monthly events coordinated through the exclusive Beatty Communities program.

Navy Lodge

Warm hospitality and spacious, comfortable rooms welcome you.

Whether you are on PCS orders into or out of the area, or just passing through for a visit, you will find great accommodations at a great rate. The Navy Lodge offers pet-friendly rooms.

Eagle Hammock RV Park

Southern hospitality and an unspoiled environment welcome you at the wooded, 220-acre RV park located along Lake D in the heart of Naval Submarine Base Kings Bay. Come see why Eagle Hammock RV Park earned the Campers Choice Award for the Best Military Campground in the Eastern United States.

July Eagle Hammock Events

What's happening?

Dinner Potluck

July 15, 5:30 pm

National Cheesecake Day

July 30, 2 pm

shoppingCORNER

Kings Bay Commissary

The Kings Bay Commissary provides groceries to military personnel, retirees, and their families in a safe and secure shopping environment. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, as well as help recruit and retain the best and brightest men and women to serve their country.



Kings Bay Navy Exchange

Mini Mart Gas Station

The "Fuel Call" service helps assist customers by allowing them to press a button while fueling to let a Navy Exchange associate know they are in need of assistance.

Save When You PCS

Grab a Navy Lodge scratch card found at Customer Service at the NEX. Present the card at checkout and the Navy Lodge staff will scratch the gold circle to reveal your savings: 10%, 15%, or 25% off, or even FREE during your PCS stay (up to 20 days).

Van Guard Kiosk

The NEX Uniform Shop has installed a Van Guard Kiosk, allowing patrons to easily order ribbons and/or medals. Pay for ribbons and/or medals directly at the kiosk. Also, ship items directly to your residence. The kiosk is near the check-out counter at the Uniform Shop.

Motorcycle Safety Coupon

Receive a coupon ranging from 15-25% for the NEX through the Navy's Enterprise Safety Applications Management System when you register for motorcycle training. Discount depends on the class taken. To redeem, provide a copy of the email confirmation and the coupon at the register. Valid for 90 days from date of email confirmation. Discounts are valid on MPE only. See store for additional details.

Star Card

Now you can use your Military Star Card to pay at the pump at the Mini Mart.

NEX

Mon. - Fri., 9 am - 6 pm

Sat. - Sun., 9 am - 5 pm

Fuel Call Hours

Mon. - Fri., 9 am - 6 pm

Sat. - Sun., 10 am - 4 pm

NEX Mini-Mart

Mon. - Fri., 5 am - 10 pm

Sat. - Sun., 8 am - 9:30 pm

Holidays, 8 am - 8 pm

(912) 882-6098

Hours of Operation:

Navy Marine Corps Relief Society

Mon. - Fri., 9 am - 3 pm

Uniform Locker

Mon. - Fri., 9 am - 3 pm

(912) 573-3928

Navy-Marine Corps Relief Society

When you're having trouble meeting urgent financial needs, the Navy-Marine Corps Relief Society may be able to provide an interest-free loan or grant. Through financial counseling, we'll also help you plan for better financial stability. From everyday bills to unexpected expenses, our caseworkers are ready to help. They understand the unique challenges of military life, and they're ready to listen and suggest options to bring you needed relief. Our services are completely confidential.

volunteers**WANTED**

Volunteers are the backbone of the NMCRS. Helping Sailors and Marines in times of need or crisis is an excellent way to make a difference while adding purpose and perspective to your own life. Volunteer opportunities in the Society include leading a team, performing mission-related tasks, and providing support and assistance.



The Dolphin Store



The Dolphin Store Kings Bay is a non-profit store located at the Campus Resource Center. All of the proceeds are donated to The Dolphin Scholarship Foundation (DSF).

The Dolphin Store offers gift and souvenir items that can be hard to find elsewhere. Most items have submarine or Navy

insignias, and some of the items can be personalized and/or custom designed.

The Dolphin Store is managed and staffed by volunteers. We are always looking for volunteers to help.

The store is available for FRG meetings, Meet & Greets, and other special functions. We ask

that groups give us a minimum of two weeks' notice so we can find volunteers and accommodate the request.

Hours of Operation:

Summer hours vary. Please call or check the The Dolphin Store of Kings Bay [Facebook page](#) for hours.

(912) 573-6102



July Chapel Events

What's happening?

Bible Study

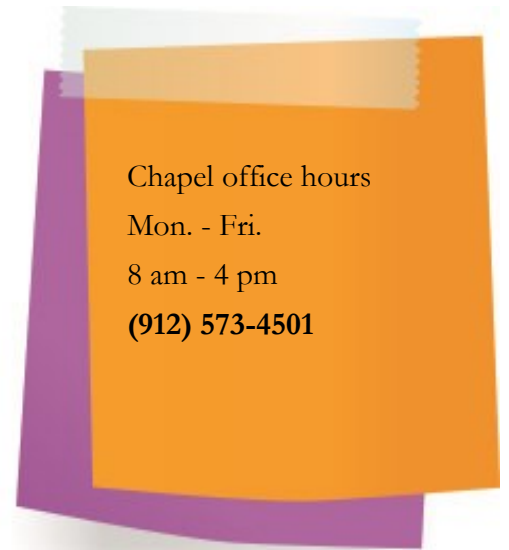
Every Tuesday, 6:45 - 7:45 pm

All are welcome to attend! Held in Jewish Overflow room.

SNL - Sunday Night Live

Sundays, 6 - 7 pm

We have **MOVED** our Wednesday evening Fellowship Service to Sundays. Open to all who want to worship with the Protestant Community on Sunday evenings! Watch our Kings Bay Chapel [Facebook page](#) for up to date information.



Chapel office hours

Mon. - Fri.

8 am - 4 pm

(912) 573-4501

Kings Bay Chapel

Kings Bay Chapel offers Catholic Mass and Protestant worship.

Protestant Worship:

Sunday - 10:30 am

Catholic Mass:

Mon., Wed.-Fri. - 11:15 am

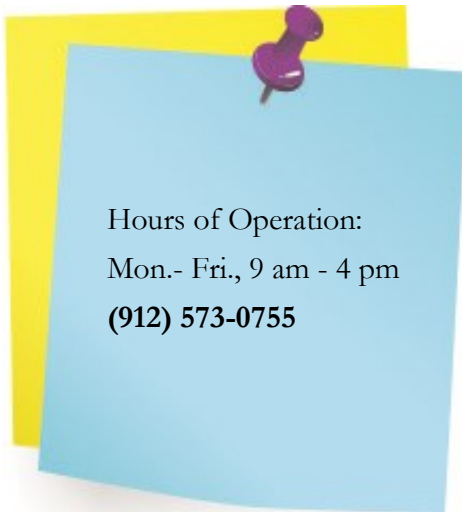
Adoration following Wed. Mass until 8 pm

Saturday • Confession - 4:30 pm,
Mass - 5 pm

Sunday • Confession - 8:30 am,
Mass - 9 am

Protestant Podcast

If you missed out on this Sunday's sermon, or you want to reflect back on a previous message during worship service, download the podcast on iTunes under Kings Bay Chapel Sermons or at: kingsbaychapelsermons.blogspot.com.



Hours of Operation:
Mon.- Fri., 9 am - 4 pm
(912) 573-0755

Veterinary Treatment Facility

Pets must be registered with the Veterinary Treatment Facility (VTF) prior to making appointments. Simply stop by with your military ID and pet's medical records. Moving overseas? Call as soon as possible so we can help ensure that your pets have met all the necessary travel requirements. Visit the USDA-APHIS website to review requirements.

We are sad to announce that Dr. Adams has left our clinic for a wonderful opportunity closer to home. Please be patient with us as appointment days will decrease until we are able to bring in a new veterinarian. Call our friendly staff or stop by with any questions.

Navy General Library Program

The NGLP has partnered with Navy Knowledge Online (NKO) to provide free access to electronic books, reference materials and practice testing services FREE to Sailors and Marines. NGLP e-content currently available on NKO includes items such as academic journals, international newspapers, and a NetLibrary. The NetLibrary offers more than 6,000 full text e-books, including computer titles, Cliff's Notes, career and vocational information, testing study guides, personal financial information titles, library science titles, and military history titles.

Learn more at <https://www.nko.navy.mil/>.

Kings Bay Post Office

The Military Postal Service Agency provides worldwide postal services to department of defense personnel and their families. The Kings Bay Post Office, located on USS Bancroft Road, offers a full range of postal services. Military members and their family members can buy stamps, rent a post office box, and pick up boxes and specialty envelopes for shipping. Call for more services and pricing.

Hours of Operation:
Monday - Friday, 8:30 am - 4 pm
(912) 573-9633

Kings Bay Navy Legal Office

The Navy Legal Office provides legal services to authorized personnel including Sailors and their families. Pre-deployment services are given priority. In addition, Navy Legal can help with: family law; foreclosure advice and counseling; immigration; notary services; powers of attorney; landlord/tenant matters; small claims court matters; and wills/estate planning.



Hours of Operation:

Navy Legal Office

Mon. - Fri., 8 am - 4 pm

(912) 573-3935

PSD

Mon. - Fri., 7:30 am - 4 pm

(912) 573-8259



Personnel Support Detachment

DEERS /RAPIDS:

It is important to update your Defense Enrollment Eligibility Reporting System (DEERS) record to show any changes of address, family status such as marriage, divorce, birth or adoption. To update your address in DEERS, visit PSD.

CAC / ID Cards:

Common Access Card (CAC) / Military Identification (ID) cards are required for access to military installations. ID CAC/ID Cards are

issued Monday - Friday, from 7:30 am - 4 pm. CAC/ID Cards are now issued on a walk-in service basis from 9 am - 1 pm.

Service Members' Page 2:

The Page 2 should be updated whenever there is a change in family member status, i.e. a new child, change of address, divorce, etc.

Hours of Operation:

Monday - Friday, 8 am - 4 pm

(912) 573-3935

Fleet and Family Support Center

Fleet and Family Support Programs support individual and family readiness through a full array of programs and resources which help Navy families to be resilient, well-informed and adaptable to the Navy environment.

Programs include: Deployment and Ombudsman Support for Sailors and their families; Personal and Family Wellness Education and Counseling; Financial Education and Counseling; Transition Assistance; and Spouse Employment.

Hours of Operation:

Mon.- Wed. & Fri., 8 am - 4:30p

Thurs., 9 am - 4:30p

(912) 573-4512

July FFSC Events

What's happening?



SOCIALIZE WITH FFSC

Like us on Facebook - just search FFSC Kings Bay

Mondays

Parenting Class

July 6, 13, 20, 27

9 am - 11:30 am

Ombudsman Assembly

July 27, 5:30 pm

Tuesdays

Moms and Dads Group

July 7, 14, 21, 28

10 am - 12 pm

Financially Fit for Deployment

July 14, 2 pm - 4 pm

OCONUS Smooth Move Workshop

July 21, 2 pm - 4 pm

Wednesdays

Pre-Marital Class

July 1, 1pm - 4 pm

Finding a Job in Kings Bay

July 8, 9 am - 11 am

SAPR Advanced Training

July 15, 8 am - 12 pm

Spouse 101 Class

July 15, 9 am - 1 pm

Resume Workshop

July 15, 10 am - 12 pm

Transition Wrap Up

July 15, 1 pm - 4:30 pm

Anger Management Class

July 29, 8:30 am - 12:30 pm

Thursdays

Transition GPS

July 16, 8 am - 10 am

Stress Management Class

July 16, 1 pm - 4 pm

Survivor Benefits Plan (Webinar)

July 16, 5 pm - 7 pm

10 Steps to a Federal Job

July 23, 9:30 am - 12:30 pm

Sponsorship Training

July 30, 1 pm - 2:30 pm

Special events/classes

Transition GPS

June 6 - 10, 7:30 am - 4 pm

Transition GPS: Boots to Business

July 13 - 14, 8 am - 4 pm

Family Readiness Group Training

July 13 - 17, 5 pm - 9 pm

Transition GPS

July 20 - 24, 7:30 am - 4 pm

Initial SAPR Advocate Training

July 27 - 31, 8 am - 4 pm

Hours of Operation:

Mon. - Fri., 8 am - 3:30 pm

(912) 573-4527

RESOURCES

ACT/SAT Testing

ACT - July 7

SAT - (Not available July-Sep)

Call to register: (912) 573-4527

Ed Indoc: Part I of II - Research

* Learn how to start college shopping.

Every Tue., Wed., Thurs.

2-2:45 pm, Bldg 1030

Ed Indoc: Part II - Planning & Funding

You will learn how to fund and plan all classes.

Take 1-4 weeks after 1st Class

Every Tue., Wed., Thurs.

3-3:30 pm, Bldg 1030

TA Applications

<https://myeducation.netc.navy.mil/>

PELL Grant

<https://fafsa.ed.gov/>

GI Bill Transfers to Family Members

Online Search: BUPERSNOTE 1780 - US Navy, Paragraph 13.

Massive Open Online Courses (MOOCs)

www.coursera.com

Cheap/Used Books

www.cheapbooks.com

www.allbookstores.com

START COLLEGE TODAY

The base and DoD has partnered with schools that provide classes and programs aboard Kings Bay as well as distance learning schools with hundreds of degree programs available online.



Drop by or call the Navy College Office today to learn how to shop for and find the right school to get a high quality degree in the shortest time and for the least amount of money.

The Navy College Office is your **FIRST** stop for: GED; Vo-Tech Training; Associates, Bachelor, Master, and Doctorate Degrees.

Beginning a degree or only want to take a class or two, NCO Counselors can help you.

Enjoy the “Campus Resource Center,” an education focused, multi-use facility. A quiet area with group and individual spaces for studying college, military advancement, and more. It’s open in the afternoons and evenings. You can also attend college classes there at night by calling the NCO today.

College Counseling/Education Indoc

This required counselling is held every Tuesday, Wednesday and Thursday, from 2 -3 pm.





INDEPENDENCE

DAY CELEBRATIONS

CAMDEN COUNTY

St. Marys Community Market

Every Saturday, 9 am - 1 pm

Kingsland Royal District Market

Every Saturday, 9 am - 1 pm

July 4 Celebration - Downtown St. Marys

9 am - 10 pm (booths, parade, music, fireworks)

July 11 Starry Nights - Music in the Park

6 pm

July 18 Woodbine Super Saturday

7 am - 1 pm - River Walk in Woodbine

JACKSONVILLE

Keep the kids busy this summer. Check out www.jaxmomsblog.com for fun kid-friendly events in the Jacksonville area.

Disney Store Summer Play Days

Weekdays 10:30 am - 12:30 pm

Seussical The Musical

Alhambra Theatre til August 2

Little Learners – MOSH

July 8 @ 9am - 11 am

Jax Beach Art Walk

July 14 @ 5:00 pm - 9:00 pm

Celebrate the 4th of July in St. Marys, Georgia with a parade, entertainment, arts and crafts, food vendors, kids rides, a street dance and one of the largest fireworks displays in Southeast Georgia. Join all the fun on Saturday, July 4 from 9 am—10 pm in downtown St. Marys. No admission fee, it's family friendly and the best way to celebrate America's Birthday.

Fourth of July Celebration in Jacksonville. Three locations along the St. Johns River. Join the City of Jacksonville in celebrating Independence Day with live entertainment, interactive activities, food and beverages, and a spectacular fireworks display. Free Concert featuring performances by The Band Be Easy and Pop/Rock sensation "Orleans". They are best known as the 70s Pop/Rock band that brought you the iconic hits "Still the One", "Dance With Me" and "Love Takes Time". Fireworks over the St. Johns River at 9:45 p.m. Fireworks can be viewed from the Northbank and Southbank of the St. Johns River. The fireworks will be launched from two barges on the St. Johns River. One will be located in front of the Jacksonville Landing and the other will be east of the Main St. Bridge. Spectators can view the shows along the Northbank Riverwalk, as well as at Friendship Fountain Park on the Southbank. The show will be choreographed to a special patriotic soundtrack, with audio on both the Northbank and Southbank.

Helpful Numbers

Suicide Prevention: Are you, or someone you know, struggling to cope with a personal crisis? Call (912) 573-4512 or call the National Suicide Prevention Lifeline phone number (800) 273-8255.

Chaplain: Chaplains assist military personnel and family members in dealing with concerns such as faith issues, stress, redeployment or reunion issues, and ethical values. Call (912) 573-4501.

Family Counseling: Stress can be caused by family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, and other difficulties. Call (912) 573-4512.

Parenting Assistance: The New Parent Support Program is a team of professionals providing supportive and caring services to military families with new babies. Call (912) 573-4512.

Navy-Marine Corps Relief: NMCRS provides emergency financial assistance, interest-free loans, scholarships and other support to Navy

and Marine families. Call (912) 573-3928.

Ombudsman: Your Ombudsman appointed by your Commanding Officer to serve as a link between your command and its command families. If you don't know your Ombudsman's number, call the SUBASE Ombudsman at (912) 464-9377.

Red Cross: Red Cross workers send emergency communication messages to service members wherever in the world they happen to be. Call (912) 651-5382.

Sexual Assault: If you have been, or think you may have been sexually assaulted, call the DoD Safe Helpline (877) 995-5247 of the SUBASE SAPR at (912) 573-0992.

SUBASE CDO: The command duty officer is the direct representative of the commanding officer. In an emergency, when other base services and your command Ombudsmen are not able to be reached, contact the CDO at (912) 674-5033.



July 1

MWR Shotgun Golf Tourney 8:30am & 1:30pm (all)
(912) 573-8475

Pre-Marital Class at FFSC 1 pm (912) 573-4512

“The Gathering” Cooking Classes 5 pm (18 & older)
(912) 573-4548

IMAX IT “Terminator Genisys” depart TRIPLEX
5:30 p.m. (18 & up) (912) 573-4548

July 2

Independence Day Luncheon at Galley 11 a.m. – 1 p.m.
(all authorized patrons) 912-573-9639

July 4

Celebrate 4th of July in downtown St. Marys
9 am - 10 pm

July 6

Parenting Class at FFSC 9 am (912) 573-4512

Ballroom Dancing 6 pm TRIPLEX (18 & older)
(912) 573-4548

July 7

Moms & Dads Group at FFSC 10 am (912) 573-4512

CONUS Smooth Move Workshop at FFSC 10 am
(912) 573-4512

9-Ball Pool Tournament 6 pm (18 & older)
(912) 573-4548

Give Parents a Break Night Out 6 pm (CYP)
(912) 573-3888

July 8

Finding a Job in Kings Bay at FFSC 9 am
(912) 573-4512

July 11

Starry Nights - Music in the Park St. Marys 6 p.m.
(912) 882-4000

July 13

Transition GPS (July 13 - 14) at FFSC 8 am
(912) 573-4512

Parenting Class at FFSC 9 am (912) 573-4512

Family Readiness Group Training (July 13 - 17) at FFSC
5 pm (912) 573-4512

Give Parents a Break Night Out 6 pm (CYP)
(912) 573-3888

Monday Runday 6:30 pm, TRIPLEX (18 & older)
(912) 573-4548

July 14

Moms & Dads Group at FFSC 10 am (912) 573-4512

Financially Fit for Deployment at FFSC 2 pm
(912) 573-4512

Bowling w/Liberty at RNR Lanes 6:30pm (18 & older)
(912) 573-4548

July 15

SAPR Advanced Training at FFSC 8 am (912) 573-4512

MWR Shotgun Golf Tourney 8:30am & 1:30pm (all)
(912) 573-8475

Spouse 101 Class at FFSC 9 am (912) 573-4512

Resume Workshop at FFSC 10 am (912) 573-4512

Transition Wrap-Up at FFSC 1 pm (912) 573-4512

“The Gathering” Cooking Classes 5 pm (18 & older)
(912) 573-4548

Dinner Potluck 5:30 pm (RVers) (912) 573-5262

July 16

Transition GPS Capstone Event at FFSC 8 am
(912) 573-4512

Stress Management Class at FFSC 1 pm (912) 573-4512

Survivor Benefit Plan WEBINAR at FFSC 5 pm
(912) 573-4512

July 18

Woodbine Super Saturday 7 am - 1 pm Riverwalk in
Woodbine

Dive-In Movie at Pool Complex 7 pm (all)
(912) 573-3001

July 20

Kids Golf Camp at Trident Lakes Golf Club 8:30 am (youth) (912) 573-8475

Parenting Class at FFSC 9 am (912) 573-4512

July 21

Moms & Dads Group at FFSC 10 am (912) 573-4512

OCONUS Smooth Move Workshop at FFSC 10 am (912) 573-4512

8-Ball Pool Tournament 6 pm (18 & older)

(912) 573-4548

Give Parents a Break Night Out 6 pm (CYP) (912) 573-3888

July 23

10 Steps to a Federal Job at FFSC 9:30 am (912) 573-4512

ITT/OAC Annual Open House 11 am - 1 pm (all)

(912) 573-1157

“Frozen” at The Box Office 2 pm (all) (912) 573-1157

July 26

Jacksonville Suns Trip depart TRIPLEX 4:30 pm (18 & up) (912) 573-4548

July 27

Parenting Class at FFSC 9 am (912) 573-4512

Monday Runday 6:30 pm at TRIPLEX (18 & older) (912) 573-4548

OMBUDSMAN Assembly at TRIPLEX 6 pm (912) 573-4512

July 28

Moms & Dads Group at FFSC 10 am (912) 573-4512

July 29

Anger Management at FFSC 8:30 am (912) 573-4512

TBT Spin Class at Fitness 11:30 & 5:30(all) (912) 573-2485

“The Gathering” Cooking Classes 5 pm (18 & older) (912) 573-4548

July 30

Sponsorship Training at FFSC 1 pm (912) 573-4512

National Cheesecake Day 2 pm (RVers) (912) 573-5262

Spades Tournament 7 pm(18 & older) (912) 573-4548

baseNUMBERS

Autoport

(912) 510-9027

Barbershop

(912) 882-6228

Beauty Shop

(912) 882-6152

Chapel

(912) 573-4501

Child Development Center

(912) 573-3888

Education Center

(912) 573-4527

Fitness Complex

(912) 573-3990

Fleet & Family Support Ctr.

(912) 573-4512

Galley

(912) 573-9639/(912) 573-9638

ID Card Issuing

(912) 573-8259

ITT

(912) 573-1157

Jacksonville USO

904-778-2821 / 904-778-7928

Kings Bay Commissary

(912) 573-3313

Morale, Welfare and Recreation

(912) 573-2538

Navy Gateway Inns and Suites

(912) 573-4871 / (912) 573-4971

Navy Legal

(912) 573-4527

Navy Lodge

(800) 628-9466 / (912) 882-6868

Navy Marine Corps Relief Society

(912) 573-3928

NBHC Kings Bay Appointment Line

(912) 573-6450

Outdoor Adventure Center

(912) 573-8103

PSD

(912) 573-3935

Pass & ID

(912) 573-8609 (Franklin Gate)

(912) 573-1180 (Stimson Gate)

Post Office

(912) 573-9633

Rack-N-Roll Lanes

(912) 573-9492

Security

(912) 573-2271

Trident Lakes Golf Course

(912) 573-8475

TRIPLEX

(912) 573-4548

Veterinary Clinic

(912) 573-0755

Have you seen the new MWR website? It's a big deal. Stop by soon and check back often for event highlights, important information, and more! Don't forget to download the mobile app and take MWR with you wherever you go.



www.navymwrkingsbay.com