



# NAVAL SUBMARINE BASE KINGS BAY

January 2015

Volume 2, Issue 1



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**BLUF:**  
**The Best of**  
**The Month**

NAVAL SUBMARINE BASE KINGS BAY

## INSIDE THIS ISSUE:

Looking for something to do this January? You're not alone .Fortunately, there is so much to keep you busy in and around Naval Submarine Base Kings Bay .In fact, there is something for nearly everyone .

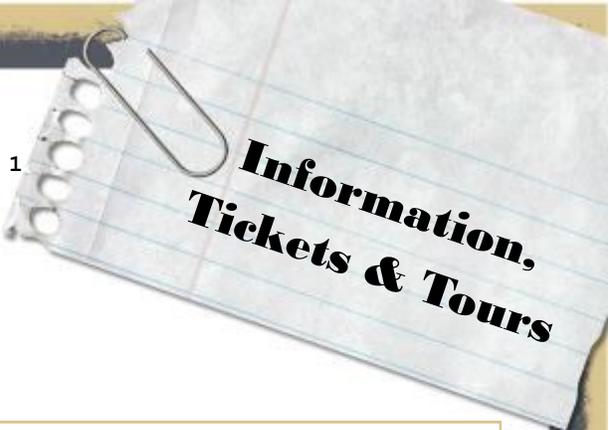
On base you'll find:

- ◇ BCS Rose Bowl and Sugar Bowl Party at the TRIPLEX - January 1
- ◇ Active Duty Swim Lessons begin January 6 at the Fitness Center
- ◇ Check out two MWR Golf tournaments - January 7 and January 21 at 8:30 am at Trident Lakes Golf Course
- ◇ Special Galley Meal for Military Members and Families - January 15
- ◇ GTF Paintball Trip - January 17, departing from the TRIPLEX at 9 am (18 & older)
- ◇ Enjoy National Pie Day at Eagle Hammock RV Park - January 23
- ◇ Family Housing's Barks & Recreation Dog Park opens in January!

And so much more!

Outside the fence line there's:

- ◇ Boomers Swimming for 5-18 year olds
- ◇ St Marys Community Market - Every Saturday in January starting at 9 am
- ◇ Amelia Island Restaurant Week - January 16-25
- ◇ Kingsland Martin Luther King Jr. Parade - January 19 at 10 am
- ◇ Jacksonville Brewery Tours - Every Saturday in January



ITT provides discount attraction tickets for the most popular destination sites in Georgia, Florida, and across the United States .

**Hours of Operation:**  
 Monday - Friday  
 10 am - 5 pm

Ticket prices are subject to change.

**Phone:**  
 912-573-1157

**ITT SPECIAL UNIVERSAL STUDIOS OFFER!!**  
 Pick up a special Military ticket exclusively for U.S. military members **only** available through ITT .It is not be available at the gate or online.  
 ♦ 1-Day Park-to-Park Ticket with **2 Days Free** - \$136.50  
 ♦ Purchase now through June 1, 2015 and completely use by June 20 .No blackout dates apply!  
 ♦ Open to Active Duty, Retirees, DoD (Foreign Affiliates and Contractors not eligible)  
 ♦ Tickets will arrive **UNACTIVATED** - Tickets will be **ACTIVATED** at any Universal Pass Sales window with a valid ID.

**ITT SPECIALS FOR HOTELS, CONDOS AND RESORTS**

- ♦ Ramada Jacksonville/Baymeadows - 2 miles from Downtown Jacksonville
- ♦ Tampa Holiday Inn Express - 1 mile from Busch Gardens
- ♦ St. Augustine Quality Inn - 1 mile from the Historic District
- ♦ Cocoa Beach Comfort Inn & Suites - 1 block from Cocoa Beach
- ♦ Country Inn Cape Canaveral - 1 mile from Cocoa Beach
- ♦ Inn at Ellis Square - Bay Street in Savannah
- ♦ Best Western Orlando Gateway - 4 miles from Sea World
- ♦ Clarion Suites Maingate - 1.5 miles from Disney
- ♦ Comfort Inns & Suites Universal - 1 mile from Universal Studios

**ITT TICKET SPECIALS (Adult / Child)**

- ♦ Universal Orlando - 99.50 / 93.25
- ♦ Disney World 1-, 3-, 4-, and 5-day Passes
- ♦ Wonder Works-Orlando - 21.50 / 17.50
- ♦ Legoland Florida - 48.25 / 44.00
- ♦ Sea World Orlando - 75.50
- ♦ Busch Gardens - Tampa - 75.50
- ♦ Florida Eco-safaris - From 26.00
- ♦ Kennedy Space Center - 44.50 / 33.50
- ♦ Medieval Times Dinner Show - Orlando - 41.50 / 34.75
- ♦ Six Flags - Atlanta - 39.00
- ♦ Wild Adventures - Valdosta - 31.00
- ♦ Daytona 500 - From 62.00
- ♦ Harlem Globetrotters (2/27) - 21.50
- ♦ Monster Jam (2/21) - 22.00 w/ **free** Pit Pass
- ♦ Ringling Bros Circus (1/16-1/18) - 15.00
- ♦ Disney Jr Live (3/07) - 16.00



**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

## TRIPLEX LIBERTY AND RECREATION CENTER

### Hours of Operation:

Monday -  
Thursday  
11 am - 11 pm  
Friday  
11 am -  
midnight  
Saturday  
noon - midnight  
Sunday  
noon - 11 pm

### Holiday Hours:

Noon - 8 pm

### Phone:

912-573-4548

The TRIPLEX Liberty and Recreation Center is a consolidated multi-functioning complex open to all active duty military, reservists, DoD Civilians, retirees, family members and guests that are 18 years of age and older .

◇ Shoot a game of pool, watch your favorite movie or get your game on playing our interactive sports and amusements in this many roomed recreation center.

◇ Endless entertainment opportunities and compli-

mentary 'Go Wi-Fi' are waiting for you throughout the facility.

◇ Centrally located is an open customer service counter, a snack bar with "Grab-N-Go" capabilities.

◇ Billiard tables, a variety of sizes of HD TVs; including a 120" HD Projection system, Foosball, Air Hockey, Ping-Pong, Poker tables and Shuffle Board are offered for friendly competitions.

◇ For the movie buff, a 40-seat Home Theatre

style Movie Center is an enjoyable option with over 700 first-run movie selections from Navy Motion Picture Service. These movies are just released from commercial theatres and not yet released on DVDs.

◇ Not to leave out the gamers, the latest in Playstations and X-Box games and systems are available to challenge you. Individual computers with internet capabilities and printers are offered for your use.



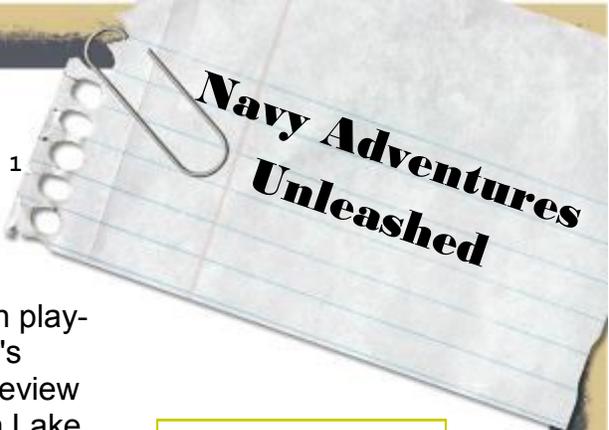
### JANUARY TRIPS

#### January 16

Movie & the Mall Trip  
Depart TRIPLEX at 5 pm  
\$5 for Active Duty

#### January 17

GTF Paintball  
Depart the TRIPLEX at 9 am  
\$5 for Active Duty



The NAU is home to all your outdoor needs .Whether you're looking for a kayaking trip or some gear to have your own adventure, the NAU's is where you need to go! We can also help you with equipment for that next special event you're hosting with tables, chairs, or inflatables for

birthday parties. We are co-located with Information, Tickets, and Travel (ITT) .

Base permits for hunting and fishing are available here.

**PICNIC AND PARKS**

The NAU manages four picnic, park and camping areas, Etowah Park, Under

the Pines (with playground) .Otter's Cove and Lakeview are located on Lake D adjacent to the Eagle Hammock RV Park .Most parks have picnic tables, grills, and three have playground equipment .Pavilions, volleyball courts, horse shoe pits and re-stroom facilities are also available.

**Hours of Operation:**  
Monday-Friday  
10 am - 5 pm

**Phone:**  
912-573-8972

NAVY ADVENTURE PROGRAMS /TRIPS	HUNTING OUTDOOR RENTAL EQUIPMENT	CAMPING GEAR AND PARTY RENTAL ITEMS	CHAIRS AND INFLATABLE FUN
<ul style="list-style-type: none"> <li>◇ Canoe and Kayak</li> <li>◇ Snow Skiing</li> <li>◇ Paintball</li> <li>◇ Hiking</li> <li>◇ Fishing</li> </ul>	<ul style="list-style-type: none"> <li>◇ Campers</li> <li>◇ Canoes</li> <li>◇ Boats</li> <li>◇ Bicycles</li> <li>◇ Kayaks</li> </ul>	<ul style="list-style-type: none"> <li>◇ Grills</li> <li>◇ Canopies</li> <li>◇ Tables</li> <li>◇ Coolers</li> </ul>	<ul style="list-style-type: none"> <li>◇ Bounce Houses</li> <li>◇ Obstacle Course</li> <li>◇ Water Slides</li> </ul>

January Fun with Morale, Welfare and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Jan 5 -</b> Sundae Spectacular (7 pm @ Eagle Hammock)</p> <p><b>Jan 19 -</b> Sundae Spectacular (7 pm @ Eagle Hammock)</p>	<p><b>Jan 6 -</b> 9-Ball Tournament (7 pm @TRIPLEX)</p> <p><b>Jan 20 -</b> 8-Ball Tournament (7 pm @TRIPLEX)</p>	<p><b>Jan 28 -</b> Potluck Dinner (6 pm @ Eagle Hammock)</p> <p>The Gathering Cooking Classes (5 pm @ TRIPLEX)</p>	<p>Gamers Challenge (18 &amp; Older) (11:30 am - 12:30 pm @ TRIPLEX)</p>	<p><b>Jan 2 -</b> Breakfast Potluck (9 am @ Eagle Hammock)</p> <p><b>Jan 16 -</b> Movie and the Mall trip (5 pm)</p> <p><b>Jan 23 -</b> National pie day (2 pm @ Eagle Hammock)</p>	<p><b>Jan 17 -</b> GTF Paintball trip (9 am)</p> <p><b>Jan 17 -</b> Craft and yard Sale (10 am @ Eagle Hammock)</p> <p><b>Jan 31 -</b> Biscuits &amp; Gravy Breakfast (9 am @ Eagle Hammock)</p>

# Trident Lakes Golf Club

**Hours of Operation:**

Open 7 days a week, weekends and holidays  
7 am - 6 pm

**Phone:**

912-573-8476

Trident Lakes Golf Club is an 18 hole course that will challenge golfers of all skill levels. The terrain is

comprised of gently rolling fairways, bordered by dense trees for beautiful, shady scenery.

Golfers can trav-

erse the course with ease in an electric rental cart, or work in some cardio by utilizing a pull cart.

## RESERVATIONS

Tee time reservations are available every day. Tee times are every ten minutes and starter times every 60 minutes. Starter times will not be reserved in advance.

Reservations can be made online at [myffr.navyaims.com](http://myffr.navyaims.com)

Tee time reservations may also be made in person or by call-

### GREEN FEES WITH CART

	M-F/S&S	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

### WALKING GREEN FEES

	M-F/S&S	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 BALLS

	Single	Couple
Monthly Plan	\$40	\$50
Small Bucket	\$3	
Large Bucket	\$4	

**Children play free every day after 12 pm with a paying parent!**



## MWR Golf tournaments

January 7 at 8:30 am  
January 21 at 8:30 am



Save the date!

## Trident Lakes Clinics for January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Men's Association		Women's Clinic (9 am and 4 pm)	<b>Jan 7 -</b> MWR Shotgun (8:30)  <b>Jan 21 -</b> MWR Shotgun (8:30)	Men's Clinic (3 pm and 4 pm)		Men's Association  Children's Clinic (11 am and 12 pm)

Golf clinics are only \$5 per person, per session



## YOUTH SPORTS

Kings Bay Youth Sports program provides family members ages 4 -15 a diversified, fun, quality, organized and 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 los-

ing, 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.

**Outreach**

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

## FUN FOR THE YOUNG-UNS OUT 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 five 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 ability levels. It is the goal of the Boomers

Swim Club to offer age-specific training for all of our athletes geared toward challenging and developing each individual to the best of THEIR abilities.

Please call 912-230-0674 for more information.

## Opportunities for Children in January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Jan 27 - Give Parents a Break (6:30-10:30 @CYP)			Jan 9 - Give Parents a Break (6:30-10:30 @CYP)	Jan 17 - Give Parents a Break (6:30-10:30 @CYP)

January 5 - January 23  
Registration is open for Ready, Set, Run! and Youth Spring Soccer  
For more information call 912-573-8202.

# Fitness Center Classes

## Amenities:

- ◇ Bod Pod
- ◇ Private Trainer
- ◇ Free-Weight, Fitness Circuit, and Family Fitness Rooms
- ◇ Cardio Theater and Spin Studio
- ◇ Racquetball & Tennis Courts
- ◇ Sauna
- ◇ Indoor & Outdoor Basketball Courts
- ◇ 25 Meter heated pool for lap and recreation swimming

## FLEXIBLY AND RELAXATION

**Yoga Flow:** A relaxing, strength building workout that will help relieve stress as well as increase flexibility and muscle tone. Comprised of a warm-up, balancing/pose section, and a cool-down. Incorporating this 60-minute class into your weekly workout routine will help your body recover from the work week or any strenuous exercise training schedule.

**NOFFS Regeneration:** 45 minutes of stretching, foam rolling, and soft tissue release to help muscles recuperate after hard workouts or a long work week. This method of regeneration has been shown to increase physical and athletic performance.

## RESISTANCE TRAINING

**Core Assault:** A strong core is the center of everything fitness. Core Assault is designed to strengthen and tone your entire core. Embrace the challenge and step out of your comfort zone!

**TRX:** This suspension training class will take bodyweight training to another level! Incorporated with our new TRX box that includes Olympic lifting, this workout will take you to elite status in no time. This class can be modified to suit all levels of exercise.

**Body Sculpt:** Get right and tight with this hour-long resistance training class! Weights and other external resistance will be used to increase the heart rate and get that metabolism fired up so that you can keep looking your best. All levels are encouraged to participate.

**PiYo Strength:** PiYo is a unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

## OUTSIDE THE FENCE



The Camden Cycling Club members participate in cycling, running and swimming and are actively seeking to promote these aerobic sports through the promotion of safe events, dissemination of safe and proven techniques and providing a social climate amongst fellow athletes.

When was the last time you had a great time with people who had the same interests as you do? Whatever your personal goals are, being part of a group that knows the benefits of the sport and can show you the proven way to make the sport fun will encourage you to return and attain your goal.

To find out how to become a member, check out the Camden Cycling Club website at [www.camdencyclingclub.com](http://www.camdencyclingclub.com)

## ACTIVE DUTY SWIM LESSON

Swim lessons are being offered for military members with limited swimming experience. Students will learn controlled breathing and basic strokes. Lessons start Jan. 6. If you are interested sign up at the gym.



**CARDIO**

**Insanity:** Insanity will keep you constantly challenged as you alternate between aerobic and anaerobic intervals performed with MAX effort and little time for rest.

**Shake and Sweat:** Perform energetic dance combinations with a wide range of moves to exciting, adrenaline pumping beats .Take a break from the cardio norm to come sweat it out and break it down!

**Spin:** This class is not just for the elite athlete, but for the athlete in us all .Enjoy varied themes, music and outdoor landscapes as you cycle across flat roads, up hills, jump to get ahead of other cyclists and sprint to the finish line.

**CHILD FRIENDLY**

**Kids in Motion:** 30 minutes of activity to keep your child on the go! Each week offers a new activity ranging from group sport games, relay races, coordination drills, dance, and fitness games to make exercising fun for children ages 5-10 years old.

**Mommy and Me:** This 45 minute class offers a variety of fitness components to help keep mothers with young children in shape .Young children are welcome to tag along and participate .Strollers are also welcome, as they may be incorporated in the routine each week to involve the tots.

**Hours of Operation:**

Monday-Friday  
5 am - 10 pm  
Saturday  
9 am - 7 pm  
Sunday and  
Holidays  
noon - 6 pm

**Lap Swimming**

Monday - Friday  
5:30 - 8:30 am &  
11 am - 1 pm  
Monday - Thursday  
5:30 am - 4:30 pm

**Phone:**

912-573-3990  
912-573-3001 (Pool)

*Improve your PRT score!*

SUBASE invites all active duty members to participate in their fitness enhancement program! SUBASE FEP 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, helping to make each Sailor successful. If you are interested in participating, contact CSC Sanchez at [rolando.sanchez1@navy.mil](mailto:rolando.sanchez1@navy.mil).

**Fitness Center Classes for January 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
Mommy and Me (9-9:45)	PiYo (9-9:45)	Mommy and Me (9-9:45)	Yoga Flow (9-9:45)	Open Spin (11-1)
Spin (11:30-12:15)	Core Assault (11:30-12:15)	Spin (11:30-12:15)	Core Assault (11:30-12:15)	Open Spin (4-5)
TRX (11:30-12:15)	Kids in Motion (4:30-5)	NOFFS Regeneration (11:30-12:15)	TRX (3-5)	
Shake and Sweat (5-6)	Spin (5-6)	Shake and Sweat (5-6)	Spin (5-6)	
	Freestyle Kickboxing (7:15-8:15)	Body Sculpt (7:15-8:15)	Insanity (6-6:45)	
			Freestyle Kickboxing (7:15-8:15)	

### KB FINNEGAN'S IRISH PUB

**Hours of Operation:**

Monday,  
Wednesday &  
Thursday  
3:30 - 10 pm  
Tuesday  
4:30 - 10 pm  
Friday  
3:30 - 11 pm  
Saturday  
4:30 - 11 pm

**Phone:**

912-573-9429

KB Finnegan's is the first Irish Pub in the Navy .It's Irish authenticity is unique in it-self .Stop by for a cold pint of Ire-

land's famous Guinness ale or choose from several other varieties on draught!

Make sure you

stop in every Sunday to check out your favorite team as you watch NFL Sunday Ticket on Finnegan's many screens!



**NFL Sunday Football  
Special Hours!**

Finnegan's is open from **noon - 8 pm** so you can watch your favorite teams in action!

### O'BRIEN'S BUNKER RESTAURANT

**Hours of  
Operation:**

Monday -  
Friday  
10:30 am -  
1:30 pm

**Phone:**

912-573-0008

O'Brien's Bunker Restaurant has indoor and outdoor seating with scenic views of Trident Lakes Golf Course; serving American cuisine.

O'Brien's Bunker also provides catering services for events, and has a take-out option.

*Voted Best New  
Restaurant!*

**Ideal location for Chief / Division / Wardroom  
luncheons!**

### DOMINO'S PIZZA

Co-located within the Rack-N-Roll Lanes Entertainment Center, Domino's Pizza provides a wide variety of menu items for your enjoyment .**Delivery service is also available and they are open late!**

**Hours of Operation:**

Monday - Thursday  
10 am - midnight  
Friday - Saturday  
10 am - 1 am  
Sunday  
10 am - midnight

**Phone:**

912-510-5400



# Rack-n-Roll Lanes

**Hours of Operation:**

Monday, Tuesday, Thursday  
5 - 9 pm  
Wednesday  
11 am - 9 pm  
Friday  
5 - 11 pm  
Saturday 11 am - 11 pm  
Sunday & holidays  
1 - 8 pm

**Phone:**

912-573-9492

Our 14 lane facility transcends the bowling alleys of yesteryear, and uses state-of-the-art technology. An 80-foot video wall and a sound system

brings energy to bowling entertainment.

Our lanes are equipped with the latest in automated scoring systems and optional bumpers.

**Amenities:**

- ◇ Pro Shop
- ◇ Redemption Game Room
- ◇ Party Room
- ◇ Fast Action Bingo
- ◇ 7 Projector Screens
- ◇ Domino's Pizza
- ◇ K.B. Finnegan's Irish Pub
- ◇ Free WiFi

**Events:**

- ◇ Themed Events
- ◇ Birthday Parties
- ◇ Group Functions

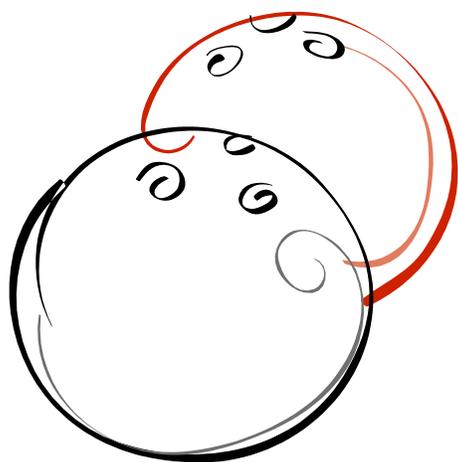
## FAMILY NIGHT

Come out for Family Night every Thursday!

For \$30, each family gets:

- ◇ one lane for 1 1/2 hours of unlimited bowling
- ◇ bowling shoes
- ◇ 1 large one-topping pizza
- ◇ 25 tokens for the game room!

Good for up to six people!



## Rack-N-Roll Lanes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mixed League (6:30)	<b>Jan 13 - Bowling with Liberty</b>	Free Bowling for Active Duty (11 - 1)	Men's League (6:30)	X-Treme Bowling \$2.75 per game (5-11)	Youth League (9 am)
<b>Jan 19 - MLK Day Bowling Special (1-5 pm)</b>		Mixed League (6:30)	Family Night \$30 (5-9:30)		X-Treme Bowling \$2.75 per game (5-11)

# Fleet & Family Support Center

**Hours of Operation:**

Monday -  
 Wednesday &  
 Friday  
 8 am - 4:30  
 pm  
 Thursday  
 9 am - 4:30  
 pm

**Phone:**

912-573-4512

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

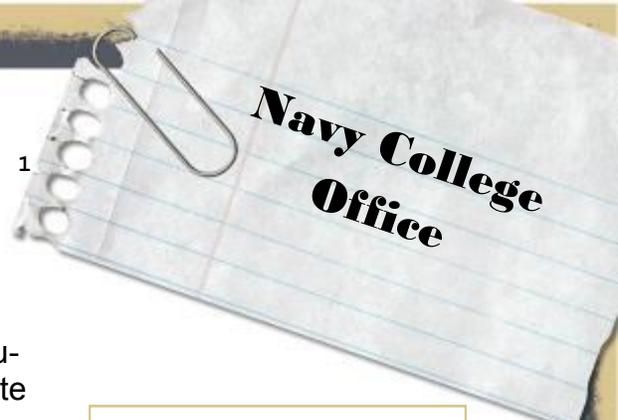
- ◇ Personal and Family Wellness Education and Counseling
- ◇ Emergency Preparedness and Response
- ◇ Crisis Intervention and Response
- ◇ Military and Personal Career Development
- ◇ Financial Education and Counseling
- ◇ Relocation Assistance
- ◇ Transition Assistance

- ◇ Spouse Employment

The FFSC is organized into three areas: Deployment Readiness, Career Support and Retention and Crisis Response. Across all three sub-functions, services include information and referral, individual clinical and non-clinical consultation and educational classes and workshops

## FFSC Events for January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 25 - Family Readiness Grp Trng (9-3)	Jan 5 - Parenting (9-11:30)  Jan 12 - Parenting (9-11:30)  SAPR Initial Trng (8-4)  Jan 26 - Parenting (9-11:30)  Separation GPS (7:30-4)	Jan 6 - New Parent Support Grp (10-12)  Jan 13 - New Parent Support Grp (10-12)  SAPR Initial Trng (8-4)  Smooth Move Workshop- CONUS (2-4)  Jan 20 - New Parent Support Grp (10-12)  Smooth Move Workshop- OCONUS (2-4)  Jan 27 - New Parent Support Grp (10-12)  Separation GPS (7:30-4)	Jan 7 - Pre-Marital Workshop (1-4)  Jan 14 - SAPR Initial Trng (8-4)  Financially Fit for Deployment (9-11)  Spouse 101 (9-1)  Jan 21 - SAPR Advanced Trng (12-4)  Job Fair Prep Workshop (10-12)  Jan 28 - Anger Mgmt (8:30-12)  Separation GPS (7:30-4)	Jan 15 - Couples and Money (10-12)  SAPR Initial Trng (8-4)  Money Mgmt 101 (10-12)  Stress Mgmt Workshop (1-4)  Jan 22 - GPS Capstone (8-10)  Sponsorship Trng (1-2:30)  Home Buying/Selling Class (1-4)  Jan 29 - Separation GPS (7:30-4)	Jan 16 - SAPR Initial Trng (8-4)  Jan 30 - Separation GPS (7:30-4)	Jan 24 - Family Readiness Grp Trng (9-3)



### NAVY COLLEGE OFFICE

The Navy College office contains a fully stocked DANTES test center, where tests are scheduled on a regular basis. Counseling is available for other degree programs, such as Service Member's Opportunity Colleges.

The Navy College Learning Center is available for test review or college preparation classes. At the NCO, find out how you can:

- ◊ Complete a high school diploma
- ◊ Work on a

technical or occupational certificate

- ◊ Improve your academic skills in reading, math and English
- ◊ Work on college entrance exams
- ◊ Earn a college degree

**Hours of Operation:**  
 Monday -  
 Friday  
 8 am - 3:30 pm

**Phone:**  
 912-573-4574

ARE YOU READY **PO1 Exam: March 5**  
 FOR YOUR **PO2 Exam: March 12**  
 ADVANCEMENT **PO3 Exam: March 19**  
 EXAM?



### TUITION ASSISTANCE POLICY CHANGES IN FY15

According to NAVADMIN 190/14, Commanding officers and officers-in-charge may approve waivers to the one-year requirement that Sailors must be on board their first permanent duty station (PDS) to be eligible for Tuition Assistance.

Other changes in-

clude defining "successful course completion" as a grade of "C" or higher for undergraduate courses, a "B" or higher for graduate courses, and a "Pass" for "Pass/Fail" grades and must be attained to avoid reimbursement of TA funding.

Reimbursement will also be re-

quired from Sailors who don't make up a grade of "I" (incomplete) by the educational institutions' deadline or six months after the completion of the class, whichever comes first.

For other TA requirements call the Navy College office.

The Navy College offers either the SAT and the ACT for active duty military members once each month. January's Test:

**ACT - Jan 6**

Come by the Navy College Office to sign up!

**Worship Service Hours**

Protestant Worship:  
Sunday - 10:30 am

Catholic Mass:  
Monday, Wednesday-Friday -  
11:15 am

Adoration following Wednesday  
Mass until 8 pm

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

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

Confessions also by  
appointment

**Chapel Office Hours:**

Monday - Friday  
8 am - 4 pm

**Phone:**  
912-573-4501

SAFETALK SEMINAR

January 21 from 8:30 - 11:30 am

The SafeTALK workshop prepares helpers to identify persons with thoughts of suicide, talk about suicide and connect them to suicide first aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning.

To register call the chapel office or email the CREDO facilitator Aaron Jefferson at [aaron.jefferson1@navy.mil](mailto:aaron.jefferson1@navy.mil)

HEALTHY GRIEVING

January 28 from 11:30 am - 12:30 pm

Healthy Grieving will allow an individual to pursue completion of and recovery from their conflicted and unresolved thoughts, feelings, and spirituality rather than the harmful suppression, isolation, and avoidance of them.

To register call the chapel office or email the CREDO facilitator Aaron Jefferson at [aaron.jefferson1@navy.mil](mailto:aaron.jefferson1@navy.mil)

MARRIAGE ENRICHMENT RETREAT

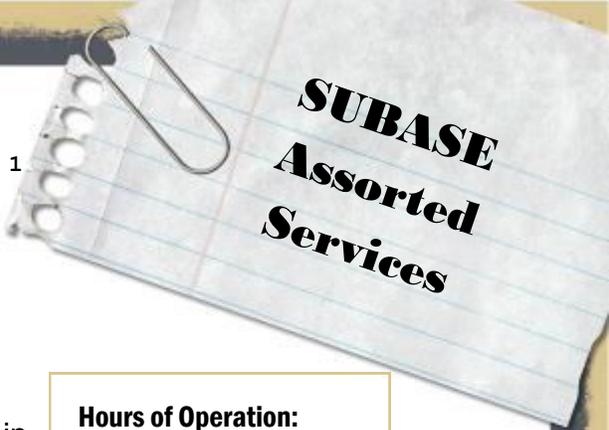
February 20-22, 2015

**Join us on St. Simon's Island!**

Relax, enjoy good food and discover new ways to communicate! All expenses are covered except for participant's travel to and from retreat site.

To register come by the Base Chapel or call 904-542-3923 for more information.

**There is only room for 15 couples, so call today!**



### 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 families can:  
 ◇ Buy stamps  
 ◇ Rent a Post Office Box

◇ Pick up boxes and specialty envelopes for shipping

Call for more Post Office services and prices.

**Hours of Operation:**  
Monday - Friday  
8:30 am to 4 pm  
  
**Phone:**  
912-573-9633

### NAVY-MARINE CORPS RELIEF SOCIETY

The Navy-Marine Corps Relief Society provides financial assistance and education, as well as other programs and services, to members of the Navy and Marine Corps, their eligible family members, widows, and survivors.

Our main goal is to help each person who comes to us get support for their immediate needs. Our long-term mission is to help Sailors and Marines become financially self-sufficient by learning how to better manage their personal finances and

prepare for un-planned expenses.

#### UNIFORM LOCKER

The Uniform Locker is a great place to get temporary or permanent items if you've just moved, or if you're replacing items lost in a fire or natural disaster.

**Hours of Operation:**  
Monday - Friday  
9 am - 3 pm  
  
**Uniform Locker Hours of Operation:**  
Monday - Friday  
8:15 am - 4:15 pm  
  
**Phone:**  
912-573-3928

**Services:**  
 ◇ Financial Assistance and Counseling  
 ◇ Quick Assist Loan  
 ◇ Budget for Baby  
 ◇ Emergency Travel  
 ◇ Disaster Relief

### KINGS BAY VETERINARY TREATMENT FACILITY

**Hours of Operation:**  
Monday - Friday  
8 am - 4 pm  
  
**Phone:**  
912-573-0755

Then the Army-run veterinary clinic on board SUBASE treats the pets of military members and their families.

#### COMMON SERVICES

⇒ Annual wellness exams for dogs and cats

⇒ Puppy and kitten wellness series exams

⇒ Health certificates for interstate and international travel

⇒ Sick-call exams (we will see pets same day whenever possible)

⇒ Vaccines

⇒ Additional services available as needed.

Please note that surgical procedures varies with Army regulation and is subject to change .Contact the veterinary clinic for further information.

**Pirate's Cove  
Galley  
All Hands Meal**

MARTIN LUTHER KING JR.  
REMEMBRANCE MEAL

**Meal Hours:**

January 15  
11 am -  
12:45 pm

**Price:**

\$4.65

**Phone:**

912-573-9639

**Main Menu**

\*\*\*\*\*

Chicken and Dumplings  
Southern Cornbread  
Chicken  
BBQ Ribs  
Hoppin' Johns  
Sweet Potato Casserole  
Collard Greens  
Grilled Corn on the Cob

All Active  
Duty,  
Retired,  
Reserve,  
Family  
Members  
and Base  
Civilians are  
invited to  
attend this  
meal.

**Speed Line Menu**

\*\*\*\*\*

Smoked Pulled Pork  
Grilled Hotdogs  
Brunswick Stew  
Macaroni and Cheese  
Southern Fried Okra

**Dessert Menu**

\*\*\*\*\*

Pecan Pie  
Peach Cobbler  
Sweet Potato Pie

*"Our lives begin to end  
the day we become  
silent about things that  
matter."*

*Martin Luther King Jr.*





# Navy Exchange & Commissary

## KINGS BAY NAVY EXCHANGE

The Navy Exchange provides its customer in the US Navy, Navy Reserve, family members, retirees, and more, many quality goods and services.

### A/OK PROGRAM

The A/OK Student Reward Program rewards dependent children, first grade through high school, who maintains a minimum of a "B" average or equivalent, as determined by their

school system. Bring a report card and entry form to the NEX associate at Customer Service. Students can win up to \$2,500!

Call the NEX for details.

Check out these other great NEX offerings around the base:

◇ **AUTOPORT:** The Autoport offers automotive accessories, car-pet cleaning supplies and more.

◇ **FLOWER SHOP:** The Flower Shop offers a large selection of balloons, baskets, flowers, and plants for any occasion.

◇ **BARBERSHOP:** Open seven days a week, the barbershop offers both military and civilian haircut styles for clients.

◇ **BEAUTY SHOP:** The beauty shop offers full-service hair styling for women, men and children.

### Hours of Operation:

Monday -  
Wednesday &  
Friday  
8 am - 4:30 pm  
Thursday  
9 am - 4:30 pm

### Phone:

912-573-0989

## 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.

### IN-STORE SPECIALS

January brings the specials for Kings Bay football fans! The Kings Bay Commissary will be having Frito Lay Super Bowl and Bowl Game

Promotions. Stock up on your favorite snacks to go along with your game-time fun.

Also, check out the Proctor and Gamble Special Olympics coupon promotion.

### STORE SERVICES

- ◇ Bakery
- ◇ Custom Photo Cakes
- ◇ Deli
- ◇ Fresh Sandwiches to go
- ◇ Plants
- ◇ Rotisserie Chicken
- ◇ Sushi

### Hours of Operation:

**Sun:** 10 am - 5 pm  
**Mon:** CLOSED  
**Tue:** 9 am - 6 pm  
**Wed:** 9 am - 6 pm  
**Thu:** 9 am - 7 pm  
**Fri:** 9 am - 6 pm  
**Sat:** 9 am - 5 pm

### Phone:

912-573-3313

# Valdosta State Library & Dolphin Store

## VALDOSTA STATE UNIVERSITY LIBRARY



### Hours of Operation:

Monday -  
Thursday 2 -  
9 pm  
Friday -  
Saturday 10  
am - 3 pm

### Phone:

912-573-4526

Are you taking classes and need a quiet place to study? What about a reference for that paper you're working on? The Valdosta State University Library, right here on SUBASE Kings Bay, is here to help. Located right behind the TRIPLEX, the Valdosta Library offers everything a military student could need - including computers equipped with CAC readers.

Students who are attending Valdosta State also have the option of checking out E-books from their extensive online library.



## THE DOLPHIN STORE

*Outreach*

The Dolphin Store Kings Bay is a Non-Profit store and 100% of the proceeds are donated to The Dolphin Scholarship Foundation (DSF). The Dolphin Store is a year-round fundraiser offering a valuable service to the Navy base. We are located at the base library.

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.

The Dolphin Store offers gift and souvenir items that can be hard to find elsewhere. The Store's mer-

chandise includes: Navy and submarine-related items, clothing, jewelry, home decor, household items, gift ware, baby items, toys, and so much more. 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 work in the store, at special events and just donate their talents! Store shifts are typically two hours long, and the work is easy and rewarding. Children are welcome and we have a small play area and TV in the corner.

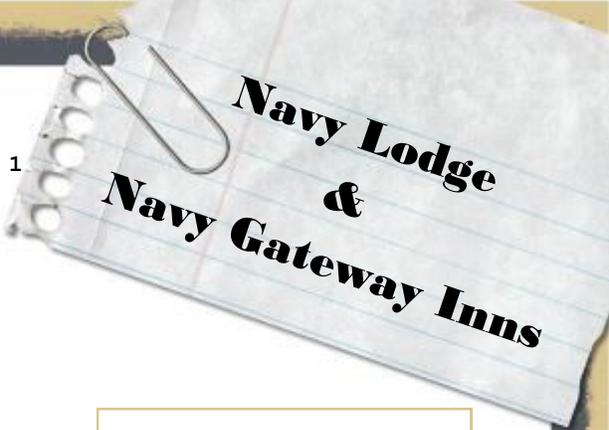
### Hours of Operation:

Monday,  
Tuesday,  
Thursday &  
Friday  
11 am - 1 pm

Wednesday  
noon - 2 pm

### Phone:

912-573-6102



## NAVY LODGE

Navy Lodges offer complimentary breakfast, Wi-Fi, and newspapers to help get your day started and keep you connected. Plus, room rates on the average are 45% less than civilian hotels.

The Navy Lodge offers:

- ◇ Full Kitchen
- ◇ Connecting Rooms - 4 sets

- ◇ Crib
- ◇ Iron / Ironing Board
- ◇ Rollaway Bed/Cot
- ◇ Separate Hanging Closet
- ◇ Sofa-bed
- ◇ Morning Newspaper
- ◇ FAX/Copying Business Services
- ◇ Pet Friendly Rooms
- ◇ Safety Deposit Boxes

**Reservations:**  
 Make reservations online at [www.navy-lodge.com](http://www.navy-lodge.com) or call 1-800-628-9466

**Phone:**  
 912-882-6868

**Note: Navy Lodge room rates will increase \$56 per night beginning Jan 1, 2015.**

## NAVY GATEWAY INNS & SUITES

Our facility is conveniently located on base within walking distance to the Navy Exchange, Commissary, and recreational facilities. All rooms have free Wi-Fi and kitchenettes and we have a laundry facility and business center next to our lobby.

The MWR Tri-Plex conference center is also conveniently located just behind NGIS and can assist with your organization's training conferences and events .

All active duty personnel, retired military members and

their family and friends, as well as Department of Defense eligible employees are entitled to stay. NGIS is the preferred lodging choice for all DOD employees and military members traveling on official TDY/TAD travel orders.

**Reservations:**  
 Make reservations online at [www.dodlodging.net](http://www.dodlodging.net) or call Central Reservations 1-877-NAVYBED

**Phone:**  
 912-573-4971

# Around the Neighborhood

## BRUNSWICK

### 39th Annual New Year's Bluegrass Festival January 1 - 3

Come experience what is becoming a Jekyll Island tradition, the New Year's Bluegrass Festival. Take part in this 3 day event and hear some of the biggest names in bluegrass perform live at the Jekyll Island Convention Center.

For more information call 912-635-6400.

### First Friday January 2

Visit the shops, galleries, and restaurants of Historic Downtown Brunswick. Enjoy live music from local musicians, art openings, and food and beverage samples from 5 pm - 8 pm.

For more information call 912-



## Camden County Events for January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Jan 25 -</b> Peach State Opera Presents The Elixir of Love	<b>Jan 19 -</b> Martin Luther King Jr. Parade (10 am)			<b>Jan 1 -</b> New Year's Bluegrass Festival (noon)  <b>Jan 22 -</b> Jack and the Beanstalk	<b>Jan 2 -</b> Woodbine Opry (7 pm)  New Year's Bluegrass Festival (noon)  <b>Jan 23 -</b> Jack and the Beanstalk  Comedy Weekend at the Jekyll Island Club Hotel (8 pm)	<b>Jan 3 -</b> Woodbine Opry (7 pm)  New Year's Bluegrass Festival (noon)

265-4032.

### **Presidential Pathways January 2-31**

A striking collection of candid presidential photographs by the late New York Times photographer, George Tames. An expert at capturing the strength of character and the political stress, his iconic images include Kennedy leaning on the windowsill of the Oval Office, Nixon waving goodbye after his impeachment and more.

The Ritz Gallery is open Wednesday – Friday 9 am to 5 pm, Saturday 10 am - 2 pm, or by appointment.

For more information call 912-262-6934.

### **Comedy Weekend at the Jekyll Island Club Hotel January 23-24**

Join us in the Morgan Center for our 3rd annual Comedy Night as we present MC Pat McGann and two nights of all-star line-ups. Don't forget to get your tickets for both nights, because we will have a whole new set of comedians joining us Friday and Saturday. Cash bar will be available.

For more information, or to get tickets, call 912-635-5222.

### **Peach State Opera Presents The Elixir of Love**

### **January 25**

Composer Gaetano Donizetti's operatic masterpiece of a faux love potion that causes a domino effect of hilarious plot twists and surprise romantic turns. Performed by Peach State Opera, Georgia's only touring opera company.

For more information call 912-262-6934

### ST. MARYS

#### **St Marys Community Market**

#### **January 3, 10, 17, 24, & 31**

This is a European-style open market located in the beautiful downtown area of Historic St. Marys, Georgia. The purpose of which is to bring locally grown produce, crafts, seafood, baked goods and other wholesomely fresh items to the tables and hands of both visitors and residents alike. Community Market is held every Saturday from 9 am to 1 pm For more information call 912-882-4000.

### KINGSLAND

#### **Martin Luther King Jr. Parade**

#### **January 19**

This day is dedicated to focusing on Martin Luther King Jr's teachings, principles of nonviolence and human rights. This is a day to celebrate and participate in community programs promoting

interracial cooperation, not just a day off from work or school. This event is dedicated to Dr. King's memory, philosophy and great strides he made for people of all color in the fight for equal rights. There will be a Celebration Program followed by a Unity March. For more information call 912-227-0353.

### **Jack and the Beanstalk Jan 22 – 23**

Adapted by Lane Riosley, Jack plants a magic seed that leads him to a giant world of riches in this classic adventure for the whole family! For more information, or to get tickets, call 912-729-5999.

### WOODBINE

#### **The Woodbine Opry January 2 & 3**

The Woodbine Opry is the home of bluegrass, gospel, and classic country music provided on a weekly basis. This is where the Grand Old Opry meets Hee Haw! Friday evenings are filled with old-timey bluegrass and gospel songs while Saturday's program is amplified country. No matter which you prefer, an evening of fun and entertainment can be found at The Woodbine Opry. Each night's program begins at 7 pm.

# Around the Neighborhood

## JACKSONVILLE

### Get Real: New American Painting January 1-3

Museum of Contemporary Art Jacksonville presents a selection of artists from across the country who provide a snapshot of contemporary realist painting in the United States. "Get Real's" focus explores themes such as narrative portraiture and social, psychological, and magical realism.

\$8 General Admission; \$5 Military, Students, Children, and Seniors. For more information



call 904-366-6911

### Megalodon: Largest Shark that Ever Lived January 1-4

Walk through full-scale jaws into a 60-foot-long Megalodon sculpture and begin to explore the story of this fantastic ancient creature – its size, structure, diet, lifespan, relatives, neighbors, evolution, extinction and the science that continues to reveal Megalodon's tale. For more information call 352-846-2000.

### Brewery Tours

#### January 3, 10, 17, 24 & 31

Want to take a spin around a production brewery and

sample a few tasty craft beers? Guided Brewery Tours include a souvenir logo tasting glass and sample pours. No reservation needed – just sign up at the taproom. For more information call 904-253-3326.

### Murder Mystery Dinner Show

#### January 3, 10, 17, 24 & 31

America's largest murder mystery dinner show is set in the present day and based off of real cold cases. In many instances, guests are seated with the performers and don't even realize it until they die ... the performers, that is! Prizes are awarded to the Top

## Jacksonville/Fernandina Events for January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Jan 4 -</b> Megalodon: Largest Shark that Ever Lived (1 pm)</p> <p><b>Jan 18 -</b> Circus Xtreme (1 pm &amp; 5 pm)</p>				<p><b>Jan 1 -</b> Megalodon: Largest Shark that Ever Lived (10 am)</p> <p><b>Jan 8 -</b> Get Real: New American Painting (7:30 pm)</p> <p><b>Jan 15 -</b> Circus Xtreme (7:30 pm)</p>	<p><b>Jan 2 -</b> Megalodon: Largest Shark that Ever Lived (10 am)</p> <p><b>Jan 9 -</b> Get Real: New American Painting (8 pm)</p> <p><b>Jan 16 -</b> Circus Xtreme (7:30 pm)</p>	<p><b>Jan 3 -</b> Megalodon: Largest Shark that Ever Lived (10 am)</p> <p>Amelia Farmer's Market (9 am)</p> <p><b>Jan 10 -</b> Get Real: New American Painting (8 pm)</p> <p><b>Jan 17 -</b> Circus Xtreme (11:30 am, 3:30 pm &amp; 7:30 pm)</p>

Sleuth who solves the crime. Each ticket includes a reception with appetizers, salad, choice of entree and dessert, prizes and so much more.

Reservations are required.  
For more information call 855-633-0080.

**Ringling Bros. and Barnum & Bailey Presents CIRCUS XTREME**

**January 15-18**

It's time for your family to be amazed by all the X-TROADINARY things you know and love about America's favorite live family entertainment experience and be astonished by UN-XPECTED circus spectacles you've never seen before and that can't be seen anywhere else but at The Greatest Show On Earth! Get tickets at Ticketmaster.com.

ON THE HORIZON:

**Road to Wrestlemania  
February 7**

See all of your favorite WWE SUPERSTARS when WWE Live returns to the Jacksonville Veterans Memorial Arena! VIP Meet & Greet packages are available for purchase. These include ringside seats and exclusive WWE merchandise. Get tickets at Ticketmaster.com.

**JERRY SEINFELD**

**February 13**

America's premier comedian, Jerry Seinfeld, will be per-

forming his signature stand-up routine at the Times-Union Center Moran Theater. He has been hailed for his uncanny ability to joke about the little things in life that relate to audiences everywhere. Get tickets at Ticketmaster.com.

**Harry Connick Jr.  
February 15**

Harry Connick Jr. exemplifies excellence in every aspect of the entertainment world. To date, he has released 29 albums, won three Grammy Awards and two Emmy Awards, and serves as a judge on American Idol. Get tickets at Ticketmaster.com.

**Monster Jam  
February 21**

Approximately 12 feet tall and about 12 feet wide, Monster Jam monster trucks are custom-designed machines that are built for short, high-powered bursts of speed ... up to 100 miles per hour. Come check out these trucks as they fly up to 125 to 130 feet, and up to 35 feet in the air. For more information visit monsterjam.com

FERNANDINA  
**Amelia Farmer's  
Market  
January 3**

Wander through a dizzying selection of fruits and vegetables harvested just before Market day, including organic and specialty products. You'll also discover gourmet baked

goods from crusty breads to delectable desserts and prepared foods such as cheeses, honey, sauces, soups and jellies. No pets, please. For more information call 904-491-4872.

**Cumberland Island Tour  
7 days per week**

Cruise by Fernandina's shrimp boats, historic Old Towne and Ft. Clinch to the wild horses of Cumberland Island, ruins of the Carnegie Dungeoness Mansion and the Greyfield Inn. Historians share the colorful stories that define the character of this unique part of the world. Reservations are recommended. Call 904-261-9972 for information.

**2015 Amelia Island Restaurant Week**

**January 16-25**

Amelia Island Restaurant Week offers an opportunity to enhance your dining experience either at your favorite restaurant or at a new restaurant you have been anxious to try.

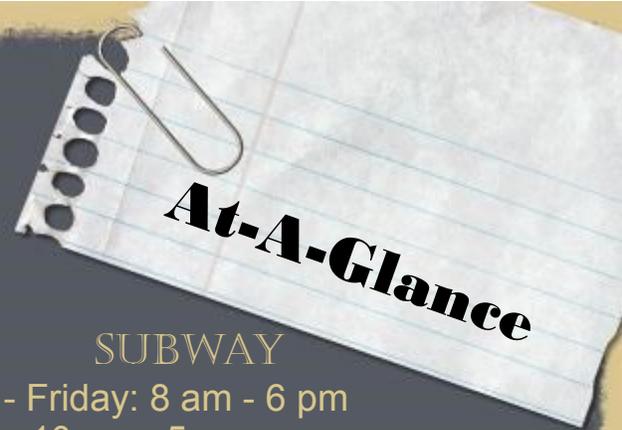
Each Restaurant has created a menu of their signature cuisine for your enjoyment priced at \$19 and/or \$29.

The menu includes a three-course meal and a beverage. For more information call 904-277-4369.



## IMPORTANT NUMBERS:

- ◇ Autoport  
912-573-9629
- ◇ Barbershop  
912-882-6228
- ◇ Beauty Shop  
912-882-6152
- ◇ Chapel  
912-573-4501
- ◇ Child Development Center  
912-573-9918
- ◇ Fitness Center  
912-573-2485 / 912-573-3990
- ◇ Fleet & Family Support Center  
912-573-4512
- ◇ Galley  
912-573-9639 / 912-573-9638
- ◇ Information, Tickets & Tours (ITT)  
912-573-8888
- ◇ 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 Marine Corps Relief Society  
912-573-3928
- ◇ NBHC Kings Bay Appointment Line  
912-573-6450
- ◇ Post Office  
912-573-9633
- ◇ Security  
912-573-2271
- ◇ Veterinary Clinic  
912-573-0755



### SUBWAY

Monday - Friday: 8 am - 6 pm  
Saturday: 10 am - 5 pm  
Sunday: 10 am - 4 pm

### MCDONALDS

Monday - Saturday: 5 am - 11 pm  
Sunday: 6 am - 11 pm

### DOMINO'S PIZZA

Sunday - Thursday: 10 am - midnight  
Friday - Saturday: 10 am - 1 am

Phone:  
912-510-5400

### KB FINNEGAN'S IRISH PUB

Monday, Wednesday & Thursday:  
3 - 10:30 pm  
Tuesday: 4 - 10:30 pm  
Friday: 3 - 11:30 pm  
Saturday: 4 - 11:30 pm

Phone:  
912-573-9429

### O'BRIEN'S BUNKER RESTAURANT

Monday - Friday: 10:30 am - 1:30 pm

Phone:  
912-573-0008

### PIRATES COVE GALLEY

Monday - Friday  
Breakfast: 6 - 7:30 am  
Lunch: 11 am - 12:45 pm  
Dinner: 4:30 - 5:30 pm

Weekends and Holidays  
Brunch: 10 am - noon