

FORT BELVOIR MWR WEEKLY E-NEWS



SOLDIER & FAMILY PROGRAMS

CHILD YOUTH & SCHOOL SERVICES

RECREATION & LEISURE

FOOD & BEVERAGE

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Issue: 11 May 2012

Survey says...



The Army MWR Services Surveys have been sent to a sample of Army MWR patrons asking about MWR programs and services you find vital to your quality of life. If you receive this questionnaire, please complete it and return it as soon as possible. Doing this allows us to serve you better. Please call 703-805-4137 if you have questions about the survey.

TONIGHT: Spouses Deserve a Night Out!



All 350 tickets for the VIP Spouse Night-Out have been given out! Your pre-registered ticket entitles the holder to a special commemorative event gift. However, if you didn't pick up your ticket for the event, you can still come out and enjoy the event. Call the Community Center at 703-805-3714 to get your name on the list! Doors open at 5 p.m. and the festivities will run from 5:30-8:30 p.m. Join us for a Night-Out to remember! The VIP Spouse Night-Out is sponsored by USA Discounters, Kings Dominion, Geico, USAA, Your At Home Team, AUSA, Belvoir Federal Credit Union, Prideority, Hampton Inn & Suites, Piedmont School of Professional Massage and Dansk Day Spa at Occoquan.

SUNDAY: Mother's Day Brunch at the Golf Course – FREE Golf for Mom

Enjoy the view of the rolling greens from the Golf Clubhouse...two seatings are available at 10:30 a.m. and 12:30 p.m. The cost per person is \$24.95 with children 6 and under eating free. Pre-paid registration is required so call to reserve your seat today: 703-806-5878. In addition to a wonderful buffet, take advantage of the **FREE Golf** for Mom from 1 p.m. until dark.

WEDNESDAY: The Sesame Street/USO Experience for Military Families



On May 16, the fun loving Sesame Street Characters that your kids love including Elmo, Grover and the Cookie Monster are back! Complete with a fresh new look, new character and a new tricked out bus, The Sesame Street/USO Experience for Military Families is sure to please. The first of two shows at Wallace Theater will be at 2 p.m. and the second show starts at 6 p.m. Patrons will be seated on a first come, first serve basis.

WEDNESDAY: CYSS Community Outreach at the Woodlawn Village Community Center

Staff from Child, Youth & School Services will be offering enrichment activities at the housing community centers & the Fort Belvoir Community Center. Activities throughout May will focus on “Celebrating Moms & National Flower Month.” All activities are free. Children and youth must be accompanied by an adult. Activities are held 10 a.m. to noon. For more information please call 805-1906.

THURSDAY: Youth Center Money Matters/Workforce Preparation Workshops

For more information, please call 703-805-4515.

- Boys and Girls Clubs Money Matters: All About Investing; 3-4 p.m.
- Hired! Program’s Workforce Preparation: This is your life: Reality Check! 4-5 p.m.

Get Ready for Pool Season!

The outdoor pool season is quickly approaching. The Officers’ Club Connelly Pool Complex has made season pool passes available to purchase now for Officers’ Club Members at the Officers’ Club Member Services window. Call 703-780-0930 for details.

Army Arts and Crafts Contest Continues!

Compete for cash prizes against the finest artists and artisans in the U.S. Army

Enter your best work in the annual competition.

Categories:

- Ceramics • Fibers and Textiles • Mixed Media
- Digital Art • Glass • Paintings
- Drawing • Metals and Jewelry • Wood

Submission Period: May 1 – June 30, 2012

Complete entry forms and submit digital images of work online at the contest website: <https://apps.incom.army.mil/apptrac>. For more information or complete contest rules, visit the Army Family and MWR website at www.armymwr.com.

Now Open for Gamers: Eagle Game Room

Come check out our new Eagle Game Room located in the Community Center. The game room features two Xbox 360's, two PS3's, and one Wii. Check out games for free with your ID Card during open hours at the Community Center front counter. Eligible participants include all Active Duty Soldiers, Dependents, DoD Civilians and affiliated ID cardholders. Dependents ages 16 and below must be accompanied by a parent or guardian. Come check it out! Call 703-805-3714 for more information.

Current Game Roster:

- Wii: Wii Sports, Wii play, Zumba, Barnyard, Cabela's Outdoor Adventures, Tin Tin, and Super Mario Bros.
- PS3: Battlefield 3, MW3, Tekkan 6, NHL 12, Madden 12, NCAA Football 12, Sonic Generations, and FIFA Soccer 12
- Xbox 360: Battlefield 3, MW3, NBA 2K12, NHL 12, Madden 12, Forza Motorsports, Just Dance 3, and Kinect Adventures



Weekly updates available at this link... [**MWR: Hard At Work For You**](#)

For a Strong, Safe Future

Throughout 2012, many facility renovations and updates are taking place within MWR Fitness & Recreation facilities with assistance from Fort Belvoir Garrison. These improvements are an investment into Fort Belvoir and will ensure the health and safety of our patrons. These changes will impact scheduled activities and events within the facilities. To keep patrons up to date with any scheduling changes and alternate locations, updates will be posted within the facilities, the Fort Belvoir Eagle News and on Facebook.

UPCOMING EVENTS/ENTRY DEADLINES

Youth Center Money Matters/Workforce Preparation Workshops

May 24th

Boys and Girls Clubs Money Matters: Using Credit Wisely
Hired!: Who are you? Interest Inventory

May 31st

Boys and Girls Clubs Money Matters: College as an Investment
Hired!: Planning for College: Get it Right

CYSS Community Outreach

Staff from Child, Youth & School Services will be offering enrichment activities at the housing community centers & the Fort Belvoir Community Center. All activities are free. Children and youth must be accompanied by an adult. Activities are held 10 a.m. to noon. For more information please call 805-1906.

Moms & National Flower Month

Friday, May 18th at Lewis Village Community Center
Tuesday, May 22nd at George Washington Community Center
Thursday, May 24th at Dogue Creek Community Center

Cardboard Regatta/Pool Bash – Event Date: June 9 (Entry deadline: June 1)

Ever think that only the mega-rich can own a sea-worthy ship and sail in a regatta? Not true! At Fort Belvoir's Cardboard Boat Regatta, all participating watercraft are made entirely of the same readily available material - cardboard! Don't be fooled by the simplicity of lowly cardboard; it can be transformed into whimsical pieces of floating art. Whether your team spends a few hours or multiple weeks designing and creating your unique vessel, the objective is clear: have an outrageously good time and win if you can! Spectators are welcome to attend the Regatta and encourage the crew aboard each ship!

CARBDOARD BOAT REGATTA

Register by June 1

Captain's Meeting is May 23

Ships set sail on June 9

Fun for kids, teens and adults!

Gather your crew and sign-up today!

703-805-9239

Let's see how many sea-worthy ships make it across the choppy waters of DFMWR's North Post Outdoor Pool on June 9 at 9 a.m. Gather your crew members, select a Captain and fill out a registration form by June 1. The Captain's Meeting will be at 11 a.m. on May 23 at Community Center, to review the rules and get some construction tips for your team.

Download the registration form here:

http://www.belvoirmwr.com/docs2012/SE_CardboardRegattaEntryFormREV_2012.pdf

Cardboard Boat Regatta participants will enjoy free admissions to the Pool Bash. Sponsors of the Cardboard Boat Regatta include Belvoir Federal Credit Union, USA Discounters and Kings Dominion.* Stick around for the Pool Bash and enjoy some more splash fun, games and food!

Summer Jam Basketball Tournament - Event Date: July 21 (Entry deadline: July 14)

Get your squad together and come out for the Summer Jam 3-on-3 Basketball Tournament on July 21. The tournament will be held at Graves Fitness Center with a 9 a.m. start time. Participating teams can register up to 4 players for their team. This event is open to all Active Duty, Reservists, Retirees, Dependents, DoD Civilians and other DoD ID card holders over the age of 18. Registration is open May 17 through July 14. For more information, please call 703-805-5589.

Show & Shine Car/Bike Show - Event Date: July 28 (Entry deadline: 10 a.m. July 28)

Register your old, new or antique car or motorcycle in the Show & Shine Car/Bike Show! This year's event will be held on Saturday, July 28th from 9 a.m. - 2 p.m. Registration is just \$10 before July 20 and \$15 on event day. Bring your picnic baskets and blankets because this year's event also includes a family picnic with fantastic games & activities for all ages. Live musical entertainment will be performed by Army Band "Pershing's Own." In addition to the Show & Shine Car/Bike Show for the adults, there will also be a Power Wheels Race for the kids (no fee to enter). Registration opens May 18. For more information call 703-805-9239 or 703-805-9239.

** The US Army does not officially endorse sponsor's name, products or services.*

May Sponsors:

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FORT BELVOIR DFMWR ~ MAY 2012

STRONG B.A.N.D.S.

BALANCE • ACTIVITY • NUTRITION • DETERMINATION • STRENGTH

3 STEPS


- 1 Attend featured fitness events at your garrison
- 2 Get your band and wear it throughout May to show your commitment to a healthy lifestyle
- 3 Visit the Strong B.A.N.D.S. website for fitness tips and prizes every day in May!



TENNIS FESTIVAL
WHERE: 14th Street Courts
WHEN: Saturday, May 5
10 a.m. - 12 p.m.
WHAT: Free! High-energy fun, music, & prizes! All ages!
WHO: 703-805-4382




COSMIC BOWLING
WHERE: Bowling Center
WHEN: Fridays & Saturdays
9 p.m. - Midnight
WHAT: Purchase 4 Cosmic Bowling Passes, \$5 per game
WHO: 703-805-2991



FUNCTIONAL FITNESS TRAINING
WHERE: Specker Field House
WHEN: Monday - Friday
6 a.m., 9 a.m., 10 a.m.
WHAT: Free! Register at Graves Fitness Center
WHO: 703-805-5368



WALKING GROUP
WHERE: Paths of Fort Belvoir
WHEN: Tuesdays & Thursdays
9 - 10 a.m., 6 Week Session
WHAT: Free! Register at Graves Fitness or Body Shop
WHO: 703-806-5368



WATER FITNESS
WHERE: Benyaurd Indoor Pool
WHEN: Tuesdays & Thursdays
6 a.m., 9 a.m., 10 a.m.
WHAT: Attend 2 classes in one week during May
WHO: 703-805-2620



AEROBICS
WHERE: Graves Fitness Center
WHEN: Monday - Friday
Morning, Afternoon, & Evening
WHAT: Attend 3 or more classes during May
WHO: 703-805-5368

PLUS

TENNIS LESSONS

Lessons from a USTA/PTR Certified Pro starting May 15 for Beginner - Advanced. Call 703-806-5368.

PERSONAL TRAINER

Micro Fit Tests, Personal Trainer sessions with individual instruction. Call 703-806-5368.

www.belvoirMWR.com



armymwr.com/strongbands



WEEKLY LUNCH MENUS:

GOLF CLUB

Includes soup du jour, salad bar, vegetable du jour & dessert bar, \$11.50
\$9.50 Soup and Salad Only.

Belvoirmwr.com/Golf

MONDAY-FRIDAY, 11 AM-1:30 PM

May 14 - 18, 2012

MONDAY

Fried Chicken and Waffles
Herb Baked Fish
Duchess Potatoes
Steamed Rice

TUESDAY

Sliced Pork Loin w/Savory Gravy
Beef Burgundy
Garlic Mashed Potatoes
Rice Pilaf

WEDNESDAY

Chicken Parmesan
Baked Ziti w/Ground Beef
Linguine Alfredo
Garlic Potatoes

THURSDAY

LT's Crispy Fried Chicken
BBQ Smoked Brisket
Pulled Pork
Potato Salad/Coleslaw
Mac & Cheese/Mashed Potatoes

FRIDAY

Seafood Creole
Cantonese Ribs
Rosemary Garlic Potatoes
Cantonese Rice

OFFICERS' CLUB

Our fabulous All-You-Can-Eat Lunch
Buffet includes salad bar, soup du jour,
chili con carne and dessert for only \$9.95.

MONDAY-FRIDAY, 11 AM-1:30 PM

May 14 - 18, 2012

MONDAY

Beef Tips in Bordelaise Sauce
Vegetable Lasagna
Rice Pilaf/Cornbread
Vegetable du Jour

TUESDAY

Mesquite Chicken
Meatloaf w/Gravy
Garlic Mashed Potatoes
Vegetable Du Jour

WEDNESDAY

Spaghetti with Meat Sauce
Baked Fish in Lemon Sauce
Parsley Potatoes
Vegetable Du Jour

THURSDAY

Fried Chicken
Beef Grilled Steak
Red Beans w/Andouille Sausage
Jasmine Bliss
Vegetable Du Jour

FRIDAY

Fried Catfish
Stuffed Peppers
Baked Macaroni and Cheese
Collard Greens

BOWLING CENTER

LUNCH SPECIALS

Belvoirmwr.com/Bowling

MONDAY-FRIDAY

11:30 AM-2 PM

May 14 - 18, 2012

MONDAY

Cheeseburger

French Fries

\$7.75

TUESDAY

Taco Salad

\$7.75

WEDNESDAY

Spaghetti w/Meat Sauce

Italian Bread

\$7.75

THURSDAY

Southern Pork Chops

Mashed Potatoes

Veggie of the Day

\$7.75

FRIDAY

Fried Flounder

Coleslaw

Veggie of the Day

\$7.75

Also available on post...



Bozzelli Bros. Deli

At the Fort Belvoir Community Center!

Complete menu at

Belvoirmwr.com/Bozzellis