

HAPPENINGS

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And more!

nasfw

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The holiday season will be a little different this year, but that doesn't mean it can't still be a special time. And at MWR, we're planning to celebrate it in a very big way, with our **Lights by the Lake** event, 6 to 8 p.m. Friday, Dec. 4.

This drive-through-only event will take you past our "winter wonderland" of holiday decorations on display at Lakeside Park; tune your car radio to FM 99.9 to enjoy holiday music while you drive.

We'll also be distributing craft bags for the kids (while supplies last), and keep an eye out for Jolly Ol' St. Nick.

If you can't join us on the 4th, no worries: The winter wonderland will be on display for one more night, 5 to 8 p.m. Saturday, Dec. 5. (Craft bags will not be available this night.)

Lights by the Lake is open to all with base access—for directions, please see below. The event will be preceded by the **lighting of the base tree**.

Due to the pandemic, **the public will not**

be able to attend this year's tree lighting. But don't worry: We'll be broadcasting live on our [Facebook page](#), so you can enjoy the ceremony from the safety and comfort of your car.

Santa will be on hand, and base leadership is scheduled to attend as well. We suggest you log into Facebook a couple minutes early to ensure you have a good connection and don't miss the event! And afterward, you can drive over to check out our Lights by the Lake.

Special thanks to our sponsors, the Bell Fort Worth Alliance Air Show, Elks USA, Navy Federal Credit Union and USAA.

TO GET TO THE LIGHTS:

- Enter at Main Gate
- RIGHT on Desert Storm Road (second stop light)
- LEFT on Hale Road
- RIGHT on Vandenburg Ave.
- RIGHT on Carswell Ave.
- Veer LEFT onto Meandering Road



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FIRST WATCH

CHRISTMAS TREE GIVEAWAY

Visit Our Branch Office

It's back! For the fourth consecutive year, MWR will be giving away FREE, LIVE Christmas trees to eligible personnel. Trees will be given away on Friday, Dec. 4, using this schedule:

- **9 am-12 pm:** E1-E6 Military personnel & spouses ONLY
- **12 pm-2 pm:** All eligible military personnel and spouses

From 2 to 3 p.m, any remaining trees will be available to all eligible MWR patrons.

Please be prepared to show your ID card, and you will need to load your tree and tie it down on your own. Trees will be distributed first-come, first-served – note that our supply is limited!

The event will take place in the Boat Storage parking lot, next to the Community

Recreation Building 3326 by the lake.

For more information, please email nasfwmwr@gmail.com. **For your safety, please wait in your car until an MWR employee summons you.**

It's the season for giving, and your MWR team is happy to be giving out trees. On December 4, come visit us at our "branch office." Happy Holidays!



Cool Competition

The DoD MWR **Winter Reading Challenge** is on now! Through January 31, kids, teens and adults can log their reading and be entered into a **weekly drawing for a gift card**. The top readers in each age category also will win a gift card. More info at DoDvirtualSRP.Beanstack.org. Help us reach our goal of 5 million minutes of reading!



OUTDOOR YOGA

Stretch Your Boundaries

The grass is always greener on the other side – and it's also the perfect backdrop for the **MWR Outdoor Yoga Class**, 11 a.m. Saturday, Dec. 5, in the NOFFS Outdoor Zone behind Building 1810.

This free event is open to all DOD employees and their guests, and all levels of experience are welcome.

Participants must provide their own mat, water and blocks.

Masks are required before and after the class, but participants will not have to wear a mask while on their mat. In addition, six feet of social distancing will need to be maintained between participants' mats. Please note that due to limits on gym



capacity, the restrooms will not be available.

Advance registration required, class size is limited to 25. [Reserve your spot now](#). And don't forget to dress warm—after all, we will be enjoying the outdoors.

So come stretch your boundaries, stretch your muscles and have a great time. For more info, please call 817-782-7770.

SANDBAG WORKOUT TRAINING

Go With the Grains

You've probably done a lot of workouts. But have you ever done a sandbag workout?

Sandbags are *not* like weights. They are constantly shifting and hard to hold. To keep the bag stable, you must continually use muscles in your legs, shoulders and abdomen.

Sandbags make every exercise—squats, lifts, pushups—harder. The workout provides both strength and cardio training, without the need for barbells, weights or a bench.

If you think you're ready to give it a try, MWR has the perfect opportunity for you: We will be offering a **sandbag training class** 11 a.m. to 12:30 p.m. Saturday, Dec. 19, at



the Outdoor NOFFS Zone, behind Building 1810. (In the event of bad weather, we will move to the gym.)

You'll get hands-on training on how to use the bags and learn how to create an in-home workout. And then be ready to do two short but intense workouts.

The class is free and open to all—we will provide the sandbags. Participants must

wear masks before and after the workout, class size is limited to 20, and social distancing will be maintained.

To learn more, call **817-782-7770** or email james.w.nelson3@navy.mil. If you're looking for a new challenge to your workout routine, this is it—[register now](#)!

FIRST SATURDAY FUN DAYS

Picture Yourself Having Better Weekends

If you want to make the most of your weekends, you'll want to check out **First Saturday Fun Days**, held 11 a.m. to 1 p.m. the first Saturday of each month starting in January.

We'll do a different activity each month. And we have a LOT of cool activities planned, including kayaking, biking, hiking, museums and photography. We might even go shopping!

Our first activity will be January 2. We will kick off the new year with a **bike ride** through Airfield Falls Trailhead and Conservation Park, [200 Pumphrey Dr., Westworth](#), right outside the base. We will



meet at the trailhead for a fun, self-paced ride.

You can bring your own bike, or rent a bike for \$10 from Community Recreation. Reserve your bike when you register; please note we have a limited supply of bikes.

For more information or to register, please call **817-913-2388**. There is no fee, but **please sign up at least one day in advance**.

First Saturday Fun Days are presented by MWR Community Recreation and open to all DoD employees with base access.

The new year is coming up, so plan now to make the first Saturday of each month the one day you can be sure will be a fun day!

NAVY NWR AT HOME

Virtually Limitless Fun

Between the cooler weather and COVID, it can be tough to get out and go places. Fortunately, **Navy MWR at Home** has a ton of great resources for you. Work out using one of their fitness apps, try some recipes, or watch videos from musicians, comedians, and magicians.

You can also virtually visit museums, theme parks, and historic sites. And on December 5, MWR will hold a [virtual scavenger hunt](#).

Whatever your interests, chances are Navy MWR at Home can help you connect with us—and with your family. [Check us out today!](#)

CRAFTS-TO-GO EVENT

It's Easy Bein' Green

Know what's more fun than a barrel of monkeys? A jar of Christmas! And now you can get the supplies to create your own Holiday Terrarium at our **Crafts-to-Go** event, 10 a.m. to noon Friday, Dec. 11 in the parking lot of the Lone Star Center.

Just drive up and we'll give you a bag with everything you need to do your project in the comfort of your home.

Supplies are limited, and first-come, first-served. This is a great activity to do with your family. Come by and see us! For more information, please call 817-782-5293 or email mwrlonestar@gmail.com. Sponsored by [USAA](#).



The Department of the Navy does not endorse any company, sponsor, or their products or services.

With the pandemic going on, there are some things we just shouldn't do right now—including packing inside the MWR Library. But just because we can't have lots of people inside the building doesn't mean its great materials can't come *out*.

The **Navy MWR Digital Library** lets you can access the collection all day, any day. Materials include e-books, audio books, and resources to learn a foreign language learning or prepare for a test.

And the collection is impressive in both size and scope. Here's a quick overview of what's available.

Books, Audiobooks & Magazines

OverDrive has over 80,000 e-books and audio books, including best-sellers and the CNO Professional Reading titles.

RB Digital Library has popular magazines, e-books, comics and audio books, including Great Courses videos and audio books.

O'Reilly Learning offers Technology and business books, videos, guidance for certifications, coding tutorials and sandboxes, and live training.

NoveList Plus & K-8 has expert recommendations to help adults and kids find their next great book based on their interests.

National Geographic Library lets you search or browse over 100 years of National Geographic, including juvenile books and magazines.

Entertainment

Freegal lets you stream and download more than 15 million songs from over 200 genres for free. Instantly access songs, albums, playlists, music videos and audio books.

Kanopy features documentaries, feature and independent films and shows for all ages,. You can also stream videos for read-along picture books for kids.

Do-It-Yourself

Ancestry lets you access billions of records, including U.S. and foreign census data, vital records, directories photos and more.

Fold3 has military records, including stories, photos and personal documents from the Revolutionary War onward.

EBSCO Hobbies & Crafts features “how-to” instructions and creative ideas to meet the interests of virtually every hobby enthusiast.

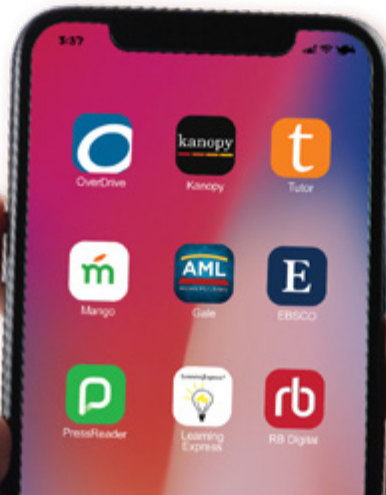
EBSCO Home Improvement has instructions and inspiration for home repair and improvement.

Mango Languages features interactive lessons for more than 70 languages as well as ESL.

Chilton Auto Repair has extensive vehicle maintenance and repair guidance with images.

ArtistWorks can help you learn how to sing or play an instrument.

EBSCO Small Engine Repair has repair manuals with original photos and illustrations of engines for motorcycles, boats, generators



MWR Library Director Michaela Watson and her staff are providing curbside pickup of materials, while the digital collection is available with your phone or a few clicks of a mouse.

and other small engines.

Universal Class enables you to take classes from knowledgeable professionals in a variety of subjects.

Education & Reference

Learning Express Test Prep has practice tests, study guides, flashcards and more for school and career exam advancement.

Gale OneFile has over 9,000 full-text academic journals, magazines and news sources.

Tutor.com provides online tutoring and homework help from live, expert tutors in more than 16 subjects for military and civilian personnel and their families.

Gale Military & Intelligence has journals, magazines and reports covering all aspects of military affairs.

Many of these services have apps you can download for free!

New Page

Whether you're looking for entertainment, education or information, the MWR Library and Digital Library are the place to go — without leaving your home.

Encyclopedia Britannica has articles written by subject matter experts as well as images.

Gale Health & Wellness lists reference sources, magazines, journals and pamphlets from a wide variety of authoritative medical sources.

Gale Virtual Reference Library offers reference e-books, including specialized encyclopedias and directories.

Kids & Teens

EBSCO Explora Primary is an age-appropriate source to learn about animals, music, health, history, people and places, science, math, and sports, for grades K-5.

Gale Middle School has age-appropriate articles, videos, news sources and primary documents, for grades 6-12.

BookFlix, FreedomFlix, ScienceFlix, TrueFlix, and Teachables features books, videos, maps and much more for learning and fun, for grades Pre-K to 12.

OverDrive's "reading rooms"

for teens and kids offer more than 10,000 audiobook, e-book, video, and read-along titles.

World Book has books, articles, learning games and more, for grades Pre-K to 12.

Tutor.com has online tutoring and homework help for military kids and teens grades K-12 from live, expert tutors in more than 16 subjects.

Business & Finance

Gale Business Plan Builder & Entrepreneur has

step-by-step guidance to produce business plans and other documents essential for growing a company or non-profit.

Weiss Ratings provides independent ratings for company stocks, mutual funds, banks, credit unions and insurance companies, as well as articles.

Consumer Reports helps you find the best deals, ratings and reviews on thousands of popular consumer items.

Morningstar Investment Research Center has information on stocks, mutual funds and ETFs,

plus an Investment Classroom, articles and videos.

Gale Legal Forms provides state and federal tax forms, and "attorney forms" for other legal issues such as bankruptcy and adoption.

Newspapers

PressReader enables you to read more than 6,000 national and international newspapers and magazines in full-text – just like a print paper.

Wall Street Journal provides full-text, current access to the newspaper service.

Here for YOU

The Navy MWR Digital Library is **available to almost everyone with base access**, including Navy, Marine Corps and Coast Guard active-duty personnel, reservists and retirees, as well as their dependents; Naval Academy Midshipmen; DoN Delayed Entry Program personnel and civilian employees (GS, NAF, CTR).

The library is a **CNIC Quality of Life Program**.

With winter coming—and COVID continuing—there's never been a better time to make use of this incredible resource. To get started, please see the box below. Explore, discover, learn—and enjoy!

Get Started in Four Easy Steps!

- 1: Visit [NavyMWRDigitalLibrary.org](https://navymwr.digitallibrary.org).
- 2: Click "Login" in the upper right corner
- 3: Click the "CAC" button or "DS Logon" button. (Need a DS Logon? Get it at <https://myaccess.dmdc.osd.mil/>)
- 4: CAC - enter PIN; DS Logon - enter username and password.

Now you're ready to access thousands of great materials. Need help? Call the Library, 817-782-7735.



TEN Grill • BLDG 1815 • (817) 782-5505



Takeout only!

BREAKFAST

Served 6:30am-10:30am

Breakfast Plate - Scrambled Eggs, Hash Browns, Bacon or Sausage, Toast \$6.25

Breakfast Burrito - Bacon or Sausage \$5.75

Pancake Plate - Pancakes, Bacon or Sausage \$4.00

French Toast Plate - French Toast, Bacon \$5.00

Biscuits and Gravy - Large \$3.75, Small \$2.00

Breakfast Sandwich - Egg, Bacon, Lettuce, Tomato \$2.75

LUNCH

Served 10:30am-2:00pm

Hamburger and Fries \$5.75

Cheeseburger and Fries \$6.25

Double Burger and Fries (Cheese extra) \$7.25

Chicken Strips and Fries - Large (4 Strips) \$6.50, Small (2 Strips) \$4.50

DRINKS

Coffee, Canned Soda, Bottled Water \$1.00

Menu subject to change as necessary.



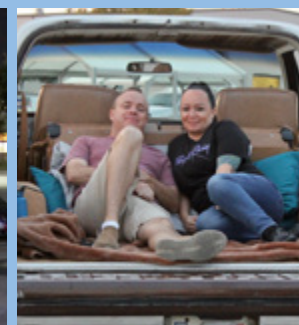
navyMWRfortworth.com/GRILL





HALLOWEEN HOOPLA So Much Fun, It Was Scary

Our Halloween Hoopla was frightfully good fun, with lots of spooky things to enjoy from the safety of your car. Special thanks to our sponsors, [Alliance Air Productions](#), [Navy Federal](#), and [USAA](#). Scare you next year!



DRIVE-IN MOVIE NIGHT Parking Room Only

We had a great turnout for our Drive-in Movie event on November 6. Guests enjoyed a screening of "Abominable" with plenty of opportunities for (socially distant) fellowship. Thanks to all who came out for a fun evening and to our sponsor, [USAA](#).

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FLEET AND FAMILY SUPPORT CENTER (FFSC)

December is **Family Resiliency Month**. Maximum of 10 people for all classes.

EMPLOYMENT CLASSES (FFSC)

- | | | |
|----------------------------------|---------|-----------|
| • TAP-Accessing Higher Education | 02 & 03 | 0830-1600 |
| • TAP -Employment Track | 07-11 | 0800-1600 |

LIFE SKILL CLASSES (FFSC)

- | | | |
|---------------------------------------|-------|-----------|
| • Anger Management | 01 | 0900 |
| • Stress Management | 01 | 1300 |
| • Healthy Relationships | 03 | 0900 |
| • Effects of Divorce on Children | 03 | 1300 |
| • Effects of Gaming on Children | 08 | 0900 |
| • Active Parenting
(Step Families) | 14-17 | 0900-1300 |

FINANCIAL CLASSES (FFSC)

- | | | |
|-------------------|---------|-----------|
| • Wealthy Warrior | 02 & 03 | 0800-1600 |
|-------------------|---------|-----------|

New Parent Support

- | | | |
|-----------------------|----|------|
| • Newborn Basics | 03 | 1030 |
| • Understanding Birth | 17 | 1030 |

FAMILY ADVOCACY/ADDITIONAL CLASSES (FFSC)

- | | | |
|--|----|------|
| • Effects of Abuse on Children | 02 | 1000 |
| • Domestic Abuse & FAP | 09 | 1000 |
| • Sponsor Coordinator Training | 10 | 0900 |
| • Stalking Prevention & Response | 16 | 1000 |
| • Child Abuse Prevention &
Response | 23 | 1000 |

SAPR CLASSES (SAPR OFFICE)

- | | | |
|--|----|-----------|
| • Quarterly POC Training
(Virtual/MS Teams) | 03 | 1100-1200 |
| • SAPR VA Continuing Ed
(Virtual/MS Teams) | 08 | 0800-1700 |

3715 Vandenburg Ave., NAS JRB Fort Worth, 76127

Hours: M-F, 0730 - 1630, call 817-782-5287 or [visit our website.](#)

FFSC is not associated with MWR. For more information about these events, please contact the FFSC.

News & Notes

- **Maggie Joyner** (right) was a two-time winner in the **Navy Region Southeast 2020 Birthday 5k Run**.

Maggie was the base's first-place female finisher, and the second-place female finisher among the 16 regional installations, clocking a time of 22.46. She received a medal for her local participation and plaque for her regional accomplishment. The virtual event was held October 9 and presented by [Blue Cross and Blue Shield Federal](#).

- The American Red Cross will be holding a **blood drive** noon to 6 p.m. Friday, Dec. 4, in the gym, Building 1810. Donate



between now and December 15 and you will be entered in a drawing to win an "Outdoor Living Experience." Call 800-733-2767 or visit [RedCrossBlood.org](https://www.RedCrossBlood.org) and enter nasjrb. (This event is sponsored and arranged by a Non-Federal Entity (NFE) and is not endorsed by the Department of Defense, NAS JRB Fort Worth or any other part of the federal government.)

- **Veteran Health Identification Card** holders can now enjoy expanded access to base services, including the Exchange, Commissary, gas station, military clothing shop, and open MWR facilities such as the Auto Shop and Bowling Center. For more info, call 817-782-3085 or [visit the VHIC website](#).



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FORT WORTH

MWR is here for you! Most of our facilities are open, but with restrictions to help keep you safe. Below are some of the facility restrictions. **Please make sure you are aware of all facility restrictions in advance.** For complete information and updates, [check our website](#). Be safe, be kind—and have fun!

REQUIREMENTS FOR ALL FACILITIES

- Social distancing (6ft/2m)
- Wear a mask covering nose AND mouth
- Submit to a temperature check
- Answer COVID screening questions

The **movie theater, TEN bar, Lone Star** and **school-age care center** remain closed. Other facilities:

AQUATICS - Bldg 3319

Open to active-duty and reservists only. Accepting online reservations only, no call-ins. Hours: Monday, Wednesday and Friday, 6 to 8 am and 11 am to 1 pm. Phone: 817-782-1220. [Make a reservation.](#)

AUTO SKILLS - Bldg 1145

Open to active-duty, reservists and dependents only, no guests. Limited capacity, credit card only. Hours: Tuesday-Friday 10 am to 6 pm, Saturday 9 am to 5 pm. Phone: 817-782-6375.

CHILD DEVELOPMENT CTR - Bldg 3320

Remains at Level 2 Care with multiple safety restrictions in place. Hours: Monday-Friday 7 am to 4 pm. Phone: 817-782-7520.

COMMUNITY RECREATION - Bldg 3328

Open to active-duty, reservists and dependents only, no guests. Credit cards only. Hours as follows. Ticket Sales: Tuesday-Saturday 10 am to 5 pm; Recreation Rentals: Thursday-Saturday 9 am to 5 pm; Property Storage:



IT'S OK TO COME OUT AND
PLAY

Monday-Saturday by appointment only. Facility closed for cleaning 1- to 2 pm daily. Phone: 817-913-2388 or 817-913-0370. To see a list of available outdoor rental items and ticket price list, [click here](#).

FITNESS CENTER

Bldg 1810

Open to active-duty and reservists only. Accepting online reservations only, call-ins will not be accepted. Hours: Monday-Friday: 6 to 8 am, 10 am to 1 pm and 3 to 6 pm. Saturday: 8 am to 3 pm. Closed Sunday. Phone: 817-782-7770. [Make a reservation.](#)

LIBERTY CENTER - Bldg. 1566

Open to active-duty and reservists only. Activities will be set up outdoors, weather permitting. Music booth remains closed. Hours: Monday-Friday: 4 to 9 pm, Saturday-Sunday: 1 to 9 pm. Phone: 817-782-3175.

LIBRARY - Bldg. 1802

Curbside pickup only. Hours: Monday, Wednesday, Friday, 9 am to 3 pm; Saturday 11 am to 3 pm. Phone: 817-817-782-7735. E-mail FtWorthMWRlibrary@gmail.com. [View the catalog.](#)

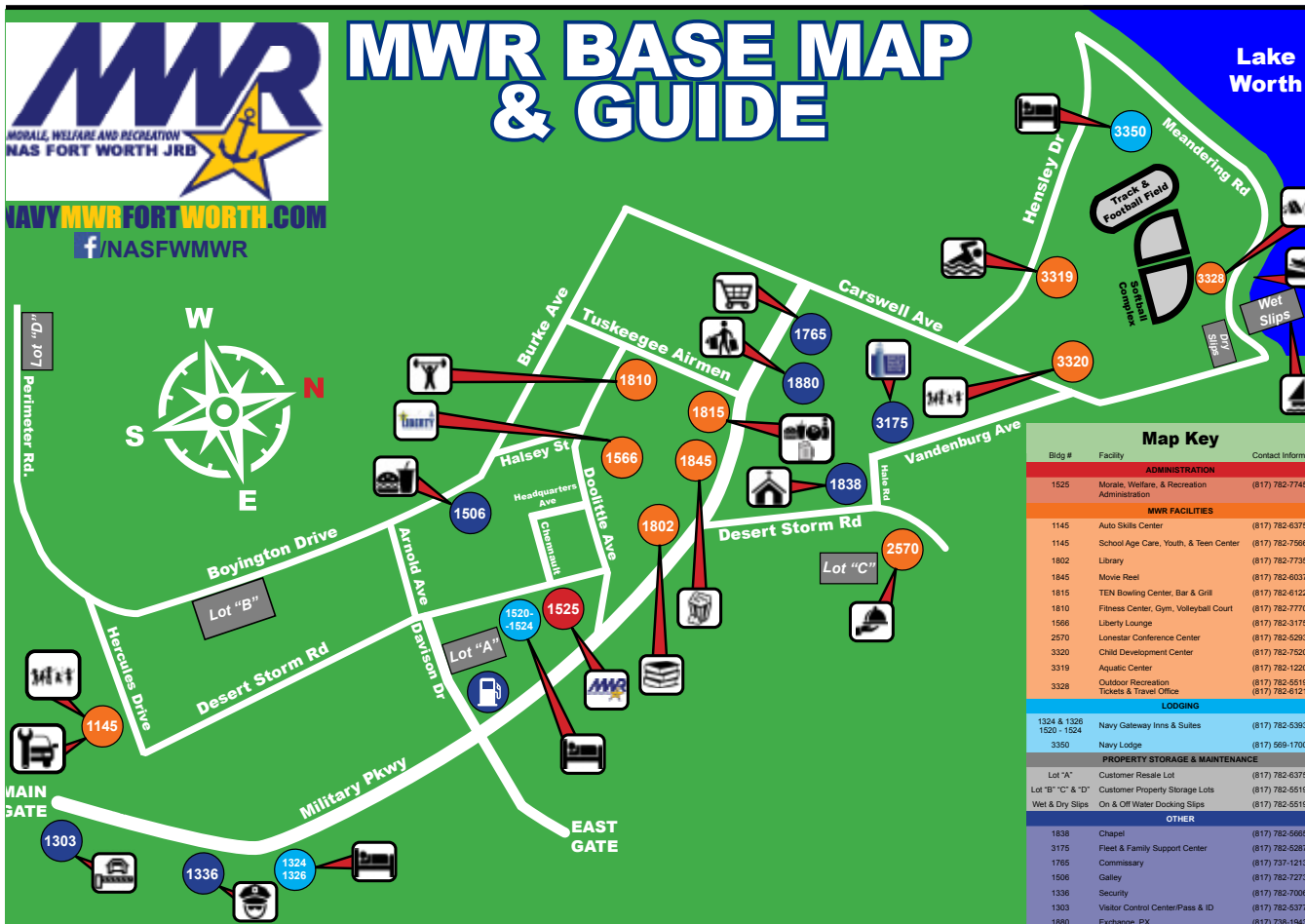
TEN BOWLING - Bldg. 1815

Open to all with base access. Online reservations only, call-ins not accepted. Hours: Monday-Thursday: Noon to 7 pm; Friday and Saturday: noon to 9 pm. Closed Sunday. Phone: 817-782-6122. [Make a reservation.](#)

TEN GRILL - Bldg. 1815

Open daily to all with base access. Take-out or call-in only, outdoor seating available. Credit card only. Hours: Breakfast 6:30 am to 10:30 am, lunch: 10:30 am to 2 pm. See the limited menu on page 10.

MWR CARES! BE SAFE. BE KIND.



MWR Directory

Administrative Office

Bldg. 1525 (817) 782-7745

Aquatic Center

Bldg. 3319 (817) 782-1220

Auto Skills Center

Bldg. 1145 (817) 782-6375

Child Development Center

Bldg. 3320 (817) 782-7520

Fitness Center

Bldg. 1810 (817) 782-7770

Human Resource Office

Bldg. 1525 (817) 782-7787

Liberty (Single Service Member Program)

Bldg. 1566 (817) 782-3175

Library

Bldg. 1802 (817) 782-7735

Lone Star Community Center

Bldg. 2570 (817) 782-5293

Movie Reel (Movie Schedule)

Bldg. 1845 (817) 782-6037

For an updated Movie Schedule, visit:
www.navyMWRfortworth.com/MOVIES

Community Recreation Bldg. 3328

Tickets & Travel (817) 913-0370

Outdoor Recreation (817) 913-2388

Property Storage (817) 913-2388

School Age Care - Youth & Teen Center

Bldg. 1145 (817) 782-7566

School Liaison Officer

Bldg. 1145 (817) 782-1873

"TEN" Bowling Center Bldg. 1815

Bowling (817) 782-6122

Grill (817) 782-5505

Bar (817) 782-7919



FOWL PLAY

MWR employee Robert Lopez gives a bag of craft items to an appreciative—and amused—young visitor. The giveaway was part of the MWR Halloween Hoopla event, held October 30 along the lake. More fun photos inside!