



CNIC AFLOAT RECREATION AND FITNESS PROGRAM

RECREATION DIRECTED AND FILLER ACTIVITIES

- **Recreational program and event offerings that meet the leisure interests and needs of the command.**
- **Activities are scheduled and are facilitated or organized by the Fun Boss, MWR staff, RSO or other trained staff member. These can be fee-based (BINGO) or free activities.**

Recreation Examples: Movie Nights, Bingo, Board Game Night, Open Mic Night, Fishing, Arts and Crafts, Texas Hold 'Em Night, Karaoke, etc.

The following examples of recreation calendars are a great way to give an overview of the programs being offered.

- Include 'Who', 'What', 'Where' and 'When' on calendars and/or flyers**
- Include the ship's name so that it is easily recognizable. Remember – you're building a brand for MWR.**



RECREATION DIRECTED AND FILLER ACTIVITIES
CALENDAR—USS BOXER (FRONT)

USS BOXER (LHD-4) Morale, Welfare & Recreation Programs March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The GOAL of MWR is to engage as many sailors as possible in recreation and fitness events and programs in order to create positive connections between where you work and live. Quality of life is paramount!			1	2	3 <u>Bowling & Pizza</u> Price: FREE A great way to kick off the weekend Price: FREE Time: 1800-2100	4
5	6 <u>SCUBA Course</u> Admiral Prout Pool. Runs over the next 7 days. Weekend only also available. Ask Fun Boss for details. BOXER Price:\$199 Time: 1700-2000	7 <u>Museum Tour & Taco Tuesday</u> Visit Balboa Park Museums for free then stop at a different taco shop each week on the way back. Price: FREE Time: 1200-1800 Boxer Running Club Time: 1800-1900	8	9	10 <u>Go-Karting at K-1 Speed</u> Price: FREE A great way to kick off the weekend Price: \$5 Time: 1800-2100	11 <u>Legoland Trip</u> Includes transportation and adult 3 day hopper ticket. Kids age3-9 FREE! Price: \$50 Time: 0900-1800
12 <u>NCAA Tournament Selection Sunday</u> Fill out the brackets and turn them in for a chance to win \$500 gift card to Dicks Sporting goods. Turn in by: 14 Mar Price: FREE	13 <u>SCUBA Course</u> Admiral Prout Pool. Runs over the next 7 days. Weekend only also available. Ask Fun Boss for details. BOXER Price:\$199 Time: 1700-2100	14 Turn in completed MARCH MADNESS brackets by 1500 To Fun Boss! Boxer Running Club Time: 1800-1900	15	16	17 <u>Bowling & Pizza</u> Price: FREE A great way to kick off the weekend Price: FREE Time: 1800-2100	18
19	20	21 <u>Museum Tour & Taco Tuesday</u> Visit Balboa Park Museums for free then stop at a different taco shop each week on the way back. Price: FREE Time: 1200-1800 Boxer Running Club Time: 1800-1900	22	23	24 <u>IFly Indoor Skydive</u> Indoor sky diving is safe, no parachute needed! Price: \$25 Time: 1800-2200	25 <u>Surf Lessons in Pacific Beach</u> Learn to surf among the gently waves and sandy beach break in PB. Lunch included. Price: \$20 Time: 0800-1300
26	27 <u>SCUBA Course</u> Admiral Prout Pool. Runs over the next 7 days. Weekend only also available. Ask Fun Boss for details. BOXER Price:\$199 Time: 1700-2100	28	29	30	31 <u>Bowling & Pizza</u> Price: FREE A great way to kick off the weekend Price: FREE Time: 1800-2100	

MWR Desk is located on the barge mess deck and will be manned during lunch 1100-1300 Monday – Friday.

Stop by the MWR desk to sign up for trips, tours or events or collect info on recreational activities around San Diego from the friendly MWR staff. Participants must sign up for tours and events at least 2 days in advance.

MWR Administration Office is located on the 0-3 level of the barge. (ph. 3096)





RECREATION DIRECTED AND FILLER ACTIVITIES CALENDAR—USS BOXER (BACK)

USS BOXER (LHD-4) MWR March 2017 Event Details

MWR Desk is located on the barge mess deck and will be manned during lunch 1100-1300 Monday – Friday.
MWR Administration Office is located on the 0-3 level of the barge. (ph. 3096)

TRIPS, TOURS & EVENTS

BOWLING & PIZZA NIGHT

Enjoy a few free games of bowling and pizza to cap off the work week and kick off the weekend. Each bowling night is limited to 30 participants. Event includes pizza, soda, shoes and bowling. Alley is Located at the Admiral Robinson Recreation Center.

Open to BOXER Sailors only.

Price: FREE

Dates: 3, 17 & 31 Mar

Time: 1800- 2100

SCUBA CERTIFICATION COURSE

This course is a NAUI open water certification. Course will run for 7 days. (Allowed to miss one day for duty) from 1700-2000 each week night and 0700-1400 on Saturday & Sunday. Pool and classroom sessions will be held in the Vice Admiral Martin Fitness Center & Pool. Open water dives will be held at La Jolla Shores Beach. All gear is included, except gloves and booties.

Open to BOXER Sailors and 1 dive buddy!

Price: \$199.00

Dates: 6, 13 & 27 Mar

Time: 1700-2000 & 0700-1400 Sat-Sun

***Weekend classes only are also available.**

MUSEUM TOUR & TACO TUESDAY

Balboa Park offers FREE admission to various museums within the park on a rotating basis on the first four Tuesdays of the month to San Diego City & County residents (with ID), active military, and their dependents. MWR will provide transportation and a FREE taco dinner for the first 10 people to sign up on selected days.

First Tuesday FREE museums

Reuben H. Fleet Science Center

Centro Cultural de la Raza

San Diego Model Railroad Museum

San Diego Natural History Museum

Third Tuesday FREE museums

Mingei International Museum

San Diego Museum of Art

San Diego Museum of Man

Japanese Friendship Garden

San Diego Art Institute

Open to BOXER Sailors only.

Price: FREE

Date: 7 & 21 Mar

Time: 1400 – 1800

GO-KARTING AT K-1 SPEED

Another great Friday night trip! Take a few hot laps on the indoor go-kart race track with your shipmates.

Open to BOXER Sailors only.

Price: \$5.00

Dates: 10 Mar

Time: 1800- 2100

LEGOLAND TRIP

Trip includes an adult 3-day hopper pass, transportation and free kids tickets (age 3-9) with paying adult.

Pickup Location: Silver Strand Youth Center at 0900
Pickup Location: Admiral Baker Picnic Area at 0930
Depart Legoland at 1700.

Open to BOXER Sailors and immediate family.

Limit 3 Free Kids tickets per family.

Price: \$50.00

Dates: 11 Mar

Time: 0900 – 1800

MARCH MADNESS BRACKET CONTEST

Fill out a bracket once tournament teams are announced and return completed prediction brackets to Fun Boss by 1500 on 14 March. Winning bracket receives a \$500 gift card to dicks sporting goods!

Open to BOXER Sailors only.

Price: FREE to enter

INDOOR SKYDIVING TRIP

The Friday night variety trips continue and will take a jump into the wind tunnel this Friday at iFLY San Diego. Indoor skydiving: a safe and fun free fall!

Open to BOXER Sailors only.

Price: \$25.00

Dates: 3, 17 & 31 Mar

Time: 1800- 2100

SURF LESSONS AT PACIFIC BEACH

San Diego Surf School will teach us how to surf. They will provide a 90 minute lesson followed by another 90 minutes on your own to hone your skills. The lesson includes photography and lunch afterwards in Pacific Beach!

Open to BOXER Sailors and immediate family.

Price: \$20.00

Date: 25 Mar

Time: 0800-1400

SPORTS & FITNESS

FITNESS ENHANCEMENT PROGRAM (FEP)

This class is open to all hands, but the sailors in the FEP are required to attend. Classes will be held daily on the barge roof at 1030. Fit Boss will lead this general strength body weight workout.

DEPARTMENT/ DIVISION PT SESSIONS

Boxer's very own fitness expert (Fit Boss) will facilitate your department's group fitness sessions. Need help designing workouts, renting gym space or fields? Fit Boss has it all ready to go for your department's fitness needs. See Fit Boss to schedule a session for your department.

INTRAMURAL SPORTS

Boxer will field teams for all sports leagues offered on NBSD. If you would like to play, check with Fun Boss for the upcoming sports leagues.

BOXER RUNNING CLUB

This group will meet on Tuesday nights at Balboa

Stadium for a track workout.

Price: FREE

Dates: Every Tuesday

Time: 1800-1900

Location: Balboa Stadium at San Diego City College/ San Diego High School

DISCOUNT TICKETS/"MWR BUCKS"

MWR discount coupons or (MWR BUCKS) are back. Each coupon is worth \$15.00. The coupons may be redeemed at any MWR facility on base such as, the ticket office, golf courses, rec centers, etc. Coupons are issued once per quarter to each sailor upon request. Pick up your "MWR BUCKS" at the MWR desk on the barge mess deck during lunch. (1100-1300)

DIV/DEPT EVENTS & FUNDS

Divisional Party funds are allotted once per quarter to each division upon request. Each sailor is allotted \$2.50 per quarter. Divisions may roll over one quarter only and claim two quarters worth \$5.00 per sailor for two consecutive quarters, but never more than two quarters. Divisional Party Funds Request Form is posted to the BOXER homepage MWR link. Submit completed request forms to Fun Boss.

ON THE HORIZON

DISNEY LAND TRIP – SATURDAY 29 APRIL
Friends and Family are welcome this tour!

BAY BRIDGE RUN – SUNDAY 21 MAY

All Boxer Sailors and immediate family members receive FREE entry for the Bay Bridge Run. Start training now with the Boxer Running Club. Or see Fun Boss for an individualized running plan.

MWR Desk is located on the barge mess deck and will be manned during lunch 1100-1300 Monday – Friday.

Stop by the MWR desk to sign up for trips, tours or events or collect info on recreational activities around San Diego from the friendly MWR staff. Participants must sign up for tours and events at least 2 DAYS in advance.

MWR Administration Office is located on the 0-3 level of the barge. (ph. 3096)

Any questions or comments contact FUN BOSS or FIT BOSS at ext. 3096



RECREATION DIRECTED AND FILLER ACTIVITIES CALENDAR—USS ABRAHAM LINCOLN

USS Abraham Lincoln
MWR Event Calendar

December



Holiday Door Decorating Contest!
*Winning door will receive \$250 towards department divisional funds!
Sign up at MWR to register your space.
No lights are authorized that connect to our ships electrical system

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				FIFA 2K16 Tournament 1	Williamsburg Shopping Trip 2	Colonial Williamsburg Xmas Parade 3
					FREE 0900-1500	0830
Texas Hold'em Tournament 4	Spades Tournament 5	FIFA 2K16 Tournament 6	Holiday Card Making 7	NBA 2K16 Tournament 8	Ice Skating @Hampton Ice Plex 9	Xmastown Trip 10
			Sign up @ MWR 1100-1200		\$10/Person 0930-1400	CHRISTMAS TOWN @ Beach Shopping Center \$30/Person 1300-2100
Connect 4 11	UNOI Tournament 12	NHL 2K16 Tournament 13	Holiday Ornament Making 14	Madden '16 Tournament 15	Xmastown Trip 16	Xmastown Trip 17
			Sign up @ MWR 1100-1200		CHRISTMAS TOWN @ Beach Shopping Center \$30/Person 1300-2100	CHRISTMAS TOWN @ Beach Shopping Center \$30/Person 1300-2100
Chess Tournament 18	Jenga! 19	NBA 2K16 Tournament 20	Xmas Tree & Pinecone Craft 21	FIFA 2K16 Tournament 22	Williamsburg Shopping Trip 23	Xmas Eve! 24
			Sign up @ MWR 1100-1200		FREE 0900-1500	
Xmas Movie! 25	Dominoes 26	Madden '16 Tournament 27	NYE Mask Making 28	NHL 2K16 Tournament 29	DC Trip 30	NEW YEAR'S EVE 31
			Sign up @ MWR 1100-1200		FREE 0600-1800	

MWR Daily Schedule

- Sun -** 1600 - 1800
AFT Messdecks
- Mon -** 1100 @ AFT Messdecks
- Tues -** 1600 @ AFT Messdecks
- Wed -** 1100 @ AFT Messdecks
- Thurs-** 1600 @ AFT Messdecks
- Fri -** MWR Day Trips!
- Sat -** Local MWR Trips!
1200 - 1600

Sign up for trips and tournaments in advance at MWR!

MWR Duty Van - Free ride to/from non-alcoholic events

MWR shipboard location: 2-123-2-Q

Purchase movie tickets, Admiral tickets, Tides Baseball tickets, concerts, plays, and other events here!



JUNE REC. PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2000: IMPROV Comedy Show @ FWD Mess Deck HOSTED BY SFPA 	2	3 2000: Canvas Paint Night @ FWD Mess Deck
4 2000: Movie Night and Popcorn @ FWD Mess Deck 	5	6 2000: Scavenger Hunt @ FWD Mess Deck 	7 2000: Board Game, Chess Club, Pathfinder, Dungeons & Dragons, Magic the Gathering, etc Night @ FWD Mess Deck 	8 2000: IMPROV Comedy Show @ FWD Mess Deck HOSTED BY SFPA 	9 BINGO SITE TV TIME: 1900 Bingo cards must be purchased by 1600 TODAY! 	10 2000: Karaoke Night @ FWD Mess Deck
11 2000: Movie Night and Popcorn @ FWD Mess Deck 	12 <i>Happy June</i>	13 2000: Open Mic Night @ FWD Mess Deck HOSTED BY SFPA 	14 2000: Board Game, Chess Club, Pathfinder, Dungeons & Dragons, Magic the Gathering, etc Night @ FWD Mess Deck 	15 2000: IMPROV Comedy Show @ FWD Mess Deck HOSTED BY SFPA 	16 2000: Hungry Hungry Hippo @ FWD Mess Deck 	17 2000: Tie-Dye Night @ FWD Mess Deck HOSTED BY ADHOC *Must bring own item to dye
18 2000: Movie Night and Popcorn @ FWD Mess Deck 	19	20 2000: Texas Hold Em Tournament @ FWD Mess Deck 	21 2000: Board Game, Chess Club, Pathfinder, Dungeons & Dragons, Magic the Gathering, etc Night @ FWD Mess Deck 	22 2000: IMPROV Comedy Show @ FWD Mess Deck HOSTED BY SFPA 	23 BINGO SITE TV TIME: 1900 Bingo cards must be purchased by 1600 TODAY! 	24
25 2000: Movie Night and Popcorn @ FWD Mess Deck 	26 2000: 4 th of July Crafts Night @ FWD Mess Deck 	27 2000: Open Mic Night @ FWD Mess Deck HOSTED BY SFPA 	28 2000: Board Game, Chess Club, Pathfinder, Dungeons & Dragons, Magic the Gathering, etc Night @ FWD Mess Deck 	29 2000: IMPROV Comedy Show @ FWD Mess Deck HOSTED BY SFPA 	30	



RECREATION DIRECTED AND FILLER ACTIVITIES CALENDAR—USS RONALD REAGAN (FRONT)



November 2017 MWR USS Ronald Reagan



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lip Sync Competition*	2 WC: Corn Hole Toss	3 Bingo 2000 Site TV	4 Cinema at Sea*
5	6 Checkers Tournament*	7 MWR Committee Meeting 0830	8 Lip Sync Battle*	9 WC: Burpee Challenge	10 Karaoke Night*	11 Cinema at Sea*
12	13 Trivia Night*	14 MWR Committee Meeting 0830	15 Lip Sync Competition*	16 WC: Pull Up competition	17 Karaoke Night*	18 Cinema at Sea*
19	20 Drawing Competition*	21 MWR Committee Meeting 0830	22 WC: Wii Mario Kart*	23 WC: Walking Lunge chal- lenge	24 Karaoke Night*	25 Cinema at Sea*
26	27 Paint Night*	28 MWR Committee Meeting 0830	29 Lip Sync Competition*	30 WC: Team Biathlon		

MWR Ticket Booth
(2-89-1-A)

J Dial: 6031

Hours of Operation

Monday- Saturday

0900-1100

1200-1700

1800-2300

Sunday

1300-1700

1800-2000

Gear Check Out

Located at MWR ticket Booth

Notes:

- Any event with * will start at 2000
- Cinema @ Sea will be held on Aft Mess Decks

Warriors Cup (WC)

Contact Information:

Fun Boss
J-dial 6080

Fit Boss
J-Dial 6080

Event, location and times may change depending on Ship Schedule.
Please call the MWR Booth at J-Dial 6031 for confirmation.



RECREATION DIRECTED AND FILLER ACTIVITIES CALENDAR—USS RONALD REAGAN (BACK)

November Main Events

MWR
USS Ronald Reagan



Weekly Events:

Monday :

(06): Checkers Tournament

(13): Trivia Night

(20): Drawing Competition

(27): Paint Night

Tuesday (7,14,21,28):

MWR Committee Meeting

Wednesday :

(1, 8, 15) Lip Sync Competition

Thursday:

Warriors Cup Events:
1600 Hangar Bay or
other designated fitness spaces

Friday:

(10,17, 24) Karaoke Night
(3) BINGO. Site TV

Saturday (4,11,18,25) Cinema @ Sea

We will be showing 1 or
two movies with popcorn.

Warriors Cup (WC) Events:

November 2: Corn Hole
Toss

November 9: Burpee Chal-
lenge

November 16: Pull Up com-
petition

November 22: Wii Mario
Kart

November 23: Walking
Lunge Challenge

November 30: Team Biath-
alon

Important Information:

Lip Sync Battle:

Sailors will perform mouthing
words to their song of choice.
Each week 2 sailors will move
on to the next round.

Warriors Cup (WC) Events:

All WC Events require every-
one to sign up through your
WC representative.

Contact Information:


*Fun Boss
J-dial 6080*

*Fit Boss
J-Dial 6080*

Event, location and times may change depending on Ship Schedule.
Please call the MWR Booth at J-Dial 6081 for confirmation.



March Event Calendar

5 Effective Communication Class 2000 Indoc Classroom	6 <i>Busan Hotel Sales</i> <i>0830-1230</i> <i>1700-2000</i>	7 <i>All Busan PVST Sales</i> <i>0830-1230</i> <i>1700-2000</i>	8 Hangar Bay Sports	9 Dodgeball 1800 Hangar Bay	10 Lip Sync Battle & Karaoke 2000 Aft Mess Decks	11 Chess Tournament 2000 Aft Mess Deck
12 Ping Pong Tournament 2000 FWD Mess Deck	13 Magic: The Gathering 2000 Aft Mess Decks	14 				
19	20 <i>Photos for Liberty Photo contest due by 2359.</i> <i>Email: mwr@cvn70</i>	21 Fifa 2017 2000 Aft Mess Decks	22 <i>Recreation Committee Meeting</i> <i>1000</i> <i>Aft Mess Decks</i>	23 Kapicu (Dominoes) 2000 Aft Mess Decks	24 Lip Sync Battle & Karaoke 2000 Aft Mess Decks	25 Hip Hop Dance Class 2000 Hangar Bay
26 Effective Communication Class 2000 Indoc Classroom	27 COD: Infinite Warfare Tournament 2000 Aft Mess Deck	28 Pokémon Tournament 2000 Aft Mess Decks	29 Scavenger Hunt 2000 MWR Ticket Office	30 Latin Dance Class 2000 Hangar Bay	31 Lip Sync Battle & Karaoke 2000 Aft Mess Decks	1 Texas Hold Em' Tournament 2000 Aft Mess Deck



RECREATION DIRECTED AND FILLER ACTIVITIES
CALENDAR

MWR OCT-NOV EVENTS

29 Hip Hop Dance Class 2000 Hangar Bay	30 <i>Bingo Tickets on sale everyday in MWR Ticket Office!</i>	31 Scary Karaoke Costume Contest Ice Cream Social 2000 Aft Mess Deck	1 Madden 18 2000 Aft Mess Deck	2 Paint & Sip 2000 ESO Classroom <i>Sign up @ MWR Ticket Office</i>	3 Casino Night 2000 Aft Mess Deck	4 <i>We Want You!</i> <i>If you want to volunteer to be a dealer for Casino Night, contact MWR!</i>
5 Chess Tournament 2000 Aft Mess Deck	6 NBA 2k18 2000 Aft Mess Deck	7 <i>Get your holiday party ticket by 17 Nov to win a free hotel room!</i>	8 Team Trivia 2000 Aft Mess Deck	9 Crochet 101 2000 ESO Classroom	10 Karaoke 2000 Aft Mess Deck	11 Veterans Day Fitness Event TBD
12 Ping Pong Open Table 2000 FWD Mess Deck	13 Magic: The Gathering 2000 Aft Mess Deck	14 Edible Art 2000 ESO Classroom	15 Fifa 18 2000 Aft Mess Deck	16 Bingo 2000 Site TV	Bingo Ticket Prices 1 Pack = 4 chances to win in 4 color coded games. 1 Pack: \$8 2 Packs: \$16 3 Packs: \$20 4 Packs: \$28 + Bingo Dabber 1 Bingo Dabber: \$2.00	



RECREATION DIRECTED & FILLER ACTIVITIES HOLIDAY/SPECIAL EVENTS

Holidays and special events are a great place to start for inspiration when planning an event calendar – especially if the ship is underway. Take a look at the underway periods and put together a list of items to have onboard before you leave. Following are some ‘memory joggers’ and examples of programs that work well.

- **Mardi Gras**
- **St. Patrick’s Day**
- **Easter Egg Hunt – What works well**
 - Use an approved designated area to hide eggs.
 - Put numbered pieces of paper into plastic eggs and hide them in the designated area. The number on the paper corresponds to a prize list in the MWR office (keep this private). The Sailor brings the egg to the MWR representative to redeem for their prize. (You may want to limit the number of eggs each Sailor can redeem.)
 - Easter Bunny
- **May the 4th Be With You**
- **Cinco de Mayo**
- **Beginning of Spring**
- **4th of July**
- **Halloween**
 - Pumpkin Painting
 - Door Decorating
 - Glow Party
 - Costume Contest
 - Trick or Treating - Give a specific time and list of spaces that volunteer to be stops and are decorated
- **Thanksgiving**
 - Frozen turkey bowling
- **Christmas**
 - Wreath Making
 - Stocking and/or Cookie Decorating
 - Door Decorating
 - Canvas art
- **Sporting Events**
 - Super Bowl
 - NCAA Final 4 / Championship
 - Olympics
 - World Cup
 - UFC / Boxing



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: FUN BOSS	Date: 10/25/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Pumpkin Decorating	
2. Location of Event: (Hanger Bay, Picnic Area) Forward Mess Decks	
3. Date of Event: 10/24/2017	
4. Time of Event: 2000 - 2130	
5. Number of Participants: 25	
6. Equipment Needed: Styrofoam pumpkins, glue, glitter, paint, paint brushes, spider webs, Halloween stickers, paper plates, table clothes, markers, paper cups, plastic pumpkin decorating kits from a dollar store.	
7. Staffing Requirements: FUN BOSS & 1 MWR TAD Sailors	
8. Points of Contact: N/A	
9. Marketing Process: All Hands e-mail & MWR monthly calendar	
10. Explain Event Execution: 1930: Begin setting up. Set up included laying down table clothes, setting up each table with cup of water, paper plates, 1 bottle of glue, 1 jar of glitter and a variety of paints. We had one table set up with all plastic faces, spider webs, etc. 2000: Participants checked in. Each participant was given 1 Styrofoam pumpkin and was able to pick out decorating items 2005: Decorating tips were gone over by Fun Boss & MWR Staff 2010 - 2130: Sailors decorated their pumpkins	
11. Winners of Event: N/A	
12. Prizes or Awards: N/A	
13. Lessons Learned: -The Styrofoam pumpkins & decorating kits are available at a dollar store for \$1 each. -Other stores also have a wide selection of decorating kits and Halloween Stickers. -Acrylic paint worked well on the Styrofoam pumpkins.	
14. Any Additional Information? : See photos attached	



RECREATION DIRECTED AND FILLER ACTIVITIES

HOLIDAY EVENTS—PUMPKIN DECORATING

Pumpkin Decorating



On October 24, 2017 sailors from the USS George H.W. Bush participated in Pumpkin Decorating



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: FUN BOSS	Date: 12/8/16
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Holiday Wreath Making	
2. Location of Event: (Hanger Bay, Picnic Area) Forward Mess Decks	
3. Date of Event: 12/8/16	
4. Time of Event: 2000 - 2200	
5. Number of Participants: 25	
6. Equipment Needed: 25-Wreaths, Variety of Wreath Picks (about 200 picks to choose from), 10 spools of Ribbon, 4-Hot Glue Guns, 7-Tablecloths and 7 pairs of Scissors	
7. Staffing Requirements: FUN BOSS & 2 MWR TAD Sailors	
8. Points of Contact: N/A	
9. Marketing Process: All Hands e-mail & MWR monthly calendar	
10. Explain Event Execution: 1930: Begin setting up. Set up included laying down table cloths, setting up hot glue guns, displaying wreath picks on 2 tables -We set up a hot glue gun table due to limited electrical outlets and we set up 2 tables of where we put all of the wreath picks and ribbon. 2000: Participants checked in. We had them pre-register for event since wreaths were limited. 2005: Decorating tips were gone over by Fun Boss & MWR Staff 2010 - 2200: Sailors decorated their wreaths	
11. Winners of Event: N/A	
12. Prizes or Awards: N/A	
13. Lessons Learned: This was a very popular event. I would buy 75 wreaths next time I did the event based on the number of sailors that wanted to participate.	
14. Any Additional Information? : See article on program for photos	



RECREATION DIRECTED AND FILLER ACTIVITIES

HOLIDAY EVENTS—WREATH MAKING

Wreath Making



*On December 8,
2016 sailors from
the USS George
H.W. Bush
participated in
Holiday Wreath
Making.*





AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: FUN BOSS	Date: 12/12/16
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Gingerbread Cookie Decorating	
2. Location of Event: (Hanger Bay, Picnic Area) Forward Mess Decks	
3. Date of Event: 12/12/16	
4. Time of Event: 2000 - 2100	
5. Number of Participants: 50	
6. Equipment Needed: Gingerbread Cookie Decorating Kits, piping bags & tips, frosting, variety of candy, tablecloths, paper plates, food coloring.	
7. Staffing Requirements: FUN BOSS & 2 MWR TAD Sailors	
8. Points of Contact: N/A	
9. Marketing Process: All Hands e-mail & MWR monthly calendar	
10. Explain Event Execution: 1930: Begin setting up. Set up included laying down table clothes, setting out candy and mixing frosting with different colors of food coloring. 2000: Event started & gingerbread cookies were passed out to all of the participants. 2000 - 2100: Sailors decorated their cookies using frosting and candy.	
11. Winners of Event: N/A	
12. Prizes or Awards: N/A	
13. Lessons Learned: N/A	
14. Any Additional Information? : See article on program for photos	



Gingerbread Cookie Decorating



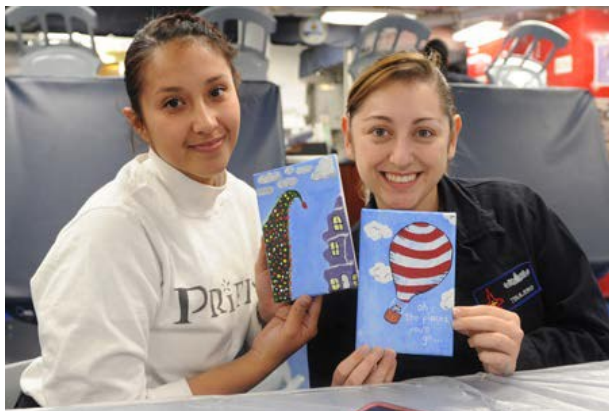
On December 12, 2016 sailors from the
USS George H.W. Bush participated in
Gingerbread Cookie Decorating.





RECREATION DIRECTED AND FILLER ACTIVITIES

HOLIDAY EVENTS—USS GEORGE H.W. BUSH



Fun for the Holidays

Story and Photos by POB Mario Goto



Day in and day out, the Sailors of USS George H.W. Bush (CVN 77) have been training during the ship's Composite Training Unit Exercise (COMPTUEX). These Sailors are preparing, both professionally and personally, for deployment.

Despite being a part of a non-stop schedule of events, some crewmembers have made the most of the few precious moments available to spread holiday cheer with their shipmates.

"We're all stuck together on board for all the underways we go on, and we'll be together for a long time during deployment," said Seaman Brittany Crews. "I think meeting people, getting to know them, and spreading the feeling of family is how we'll get by."

The ship's Morale, Welfare and Recreation (MWR) team have been spearheading the effort by hosting holiday-themed events throughout COMPTUEX, such as creating holiday paintings and decorating holiday-themed stockings and ornaments.

"I think painting and decorating are wonderful because they make you really feel like you're a kid again," said Seaman Kelsey Getgle. "People think it's all about the presents, but it's really little things like that matter more to me."

Petty Officer 3rd Class Kyle Sizemore appreciates these events because of the feelings of cheer and friendship that are built when people sit down and interact with each other.

"I really like that these events are outlets for people to be creative, and to be creative with others," said Sizemore. "It's kind of tough being away from home, so I'm grateful to MWR for giving us a chance to celebrate the holidays early with people you live and work with."

Moments like these highlight what the holidays mean to Sailors and remind us that there is still time for fun in our packed schedule.

"For me, it means family," said Petty Officer 3rd Class Letch Ann Kelly. "Family can include anybody: friends, family, other Sailors, basically anyone you consider that special to you."

While the GHWB crew enjoys events where they come together in goodwill, they can't help but get excited in anticipation for how they will spend the holidays with their loved ones.

"I just want to be with my family," said Seaman Ana Perez. "It's hard being away from them for so long, but going home around this time makes it extra special."

Sailors aboard GHWB get two holiday experiences: one with their friends and family at home, but before that, with their second family aboard our ship.



#FrodoonDeck

"I think meeting people, getting to know them, and spreading the feeling of family is how we'll get by."

-SN Crews



Image 100814





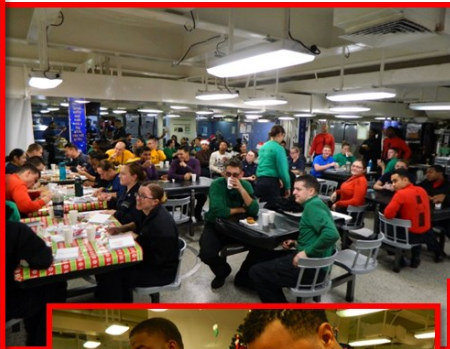
AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS THEODORE ROOSEVELT – CVN 71
Position Title: Afloat Recreation Specialist – FUN BOSS	Date: 11/30/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: HOLIDAY FUN NIGHT	
2. Location of Event: (Hanger Bay, Picnic Area) AFT MESS DECK	
3. Date of Event: 11/30/2017	
4. Time of Event: 2000-2200	
5. Number of Participants: 180	
6. Equipment Needed: Blank cards and envelope pack, crayons, markers, decoration for card, lights, sheets, presents, chair, elf suit and Santa suit, hot choco, cookies, instant camera, camera from Media, etc.	
7. Staffing Requirements: FUN BOSS, MWR STAFF, SANTA, BULLY THE MOOSE	
8. Points of Contact: FUNBOSS	
9. Marketing Process: FLIERS, GREEN SHEET, WORD OF MOUTH, ETC	
10. Explain Event Execution: FIRST WE SET THE PHOTO SCENE WITH THE CHRISTMAS TREE, PRESENTS, SANTAS CHAIR, LIGHTS, ETC. SET THE TABLES FOR CARD MAKING, HAD ABOUT 4 DIFFERENT STATIONS OF CARD MAKING. THEN HAD A TABLE FOR THE COOKIES AND HOT CHOCO. WE STARTED A LINE FOR PHOTOS AND I HAD EVERYONE WRITE THEIR NAMES DOWN. AFTER THE EVENT MEDIA UPLOADED PHOTOS ONTO A CD AND I POSTED THEM ON OUR MWR SHAREPOINT SO THEY CAN ACCESS THEIR PHOTOS AND SEND THEM HOME.	
11. Winners of Event: N/A	
12. Prizes or Awards: N/A	
13. Lessons Learned: HAVE MORE CARD MAKING MATERIALS... THIS EVENT IS REQUESTED AGAIN.	
14. Any Additional Information? : N/A	



RECREATION DIRECTED AND FILLER ACTIVITIES

HOLIDAY FUN NIGHT



MWR HOLIDAY FUN

Photos with Santa
Holiday Card Making
Hot Choco and Cookies

NIGHT

USS TR Nov 2017



RECREATION DIRECTED & FILLER ACTIVITIES EDIBLE ART NIGHT

A fun and inexpensive way to create art and it doesn't take up much space – for long! The following example works great all year round. Plan in advance for the food items needed if the ship will be underway for an extended period of time.

- Monthly recurring event
- Generally planned for 100 (carrier)
- Budget friendly
- Coordinate with Department if using their space
- Marketing
- Volunteers / staff
- A/V
- Supplies

Winter Projects



Ice Cream Cones, Frosting, Food Coloring, Sprinkles, & Assorted Candy

Graham Crackers, Frosting, Food Coloring, Sprinkles, Marshmallows, & Assorted Candy



Swiss Rolls, Marshmallows, Frosting, Flattened Chewy Chocolate Candy, Orange Slices



Spring Projects



Golden Sponge Cake w/ Creamy Filling, Marshmallow Bunnies, Mini Sandwich Cookies, Chocolate Dipped Pretzels

Large Peanut Butter Cups, Yellow Colored Candy Pieces, Sweetly Sour Rainbow Candy Belts, Marshmallows, Frosting



Round Cream-Filled Chocolate Cake, Mini Marshmallows, Decorating Gel, Frosting, Vanilla Wafer Cookies, Red Gummy Candy

Summer Projects



Peanut Butter Cookies, Mini Vanilla Wafers, Flat, Pectin-Based Fruit-Flavored Snack, Pretzel Sticks, Graham Crackers, Sandwich Cookies, Frosting

Straws, 'Popping' Candy, Ring-Shaped Candy (Gummies or Hard), Tangy, Taffy-Like Chewy Candy



Graham Crackers, Frosting, Fish Shaped Crackers, Tiny, Tangy, Crunchy Candy, Flat, Pectin-Based Fruit-Flavored Snack (Foot-Long)

Fall Projects



Cookies, Frosting, Sprinkles, Peach Rings, Yellow & Orange Candy Pieces, Licorice

Black Licorice, Graham Crackers, Candy Corn, Candy Pumpkins, Frosting



Sandwich Cookies, Mini Peanut Butter Cups, Malted Milk Balls, Candy Corn, Frosting

Other Projects



Pink Snow Ball Cake,
Pink Sprinkles, Mini &
Jumbo Marshmallows,
Chocolate Chips



Crisp Rice Cereal
Treats, Soft & Chewy
Fish Shaped Candies,
Flat, Pectin-Based
Fruit-Flavored Snack,
Tiny, Tangy, Crunchy
Candy, Gummy
Worms, Red Licorice,
Frosting.



Golden Sponge Cake
w/ Creamy Filling,
Marshmallows,
Frosting, Chocolate
Chips, Flattened
Chewy Candy -
Vanilla.



Golden Sponge Cake
w/ Creamy Filling, Mini
Marshmallows, Blue,
Flat, Pectin-Based
Fruit-Flavored Snack,
Black Decorating Gel.





RECREATION DIRECTED AND FILLER ACTIVITIES

EDIBLE ART NIGHTS





RECREATION DIRECTED & FILLER ACTIVITIES COMICON TYPE EVENT

Pay attention to trends to get new ideas for programming. Whether it's super heroes, paint nights, or various decoration ideas – the information is out there. There are different applications you can use to 'pin interests' as well. Check them out!

The following example is from a comicon type event done on a ship.

- Coordinate with Department if using their space
- Budgeted?
- Marketing
- Volunteers / staff
- A/V
- Supplies



RECREATION DIRECTED AND FILLER TRU-CON (COMICON TYPE EVENT)

USS HARRY S. TRUMAN TRU-CON:

Event Execution Explanation from Fun Boss onboard at the time:

We had a gaming club onboard (a group that did larping/magic the gathering/etc.) and I went to them first to coordinate with their president. We picked a date in the evening, out to sea, and held sign-ups for those interested in hosting a booth at the expo. We started sign ups 3-4 weeks out and got Media to design an amazing comicon looking flyer.

We ended up with 9 tables total that offered showcases in a variety of the following - Pokémon, video game building, drawing, dungeons and dragons, larping, magic the gathering, game card making, and graphic design.

About 80-100 people attended. We held the event on the AFT Mess Decks from 2000-2200. We brought out 6-8 foot white tables and provided table covers, sailors were given from 1900-2000 to set up their booths for the expo.

We voted on the tables and the information they showcased to give out gift cards for the following topics - most creative, most innovative, overall best in show booth.

Everyone loved the event. I recommend to make it as big as possible. If you got the event large enough (15-20 booths), you could consider holding it in the HB.

Tru-Con: Calling all comic book fans, gamers, anime & model car fanatics!



- ▶ Concept: A comi-con expo event encompassing our very best of ~
 - ▶ Artists
 - ▶ Anime
 - ▶ Web developers
 - ▶ Video game designers
 - ▶ Larping
 - ▶ Comics
 - ▶ Pokemon gamers
 - ▶ Tabletop game developers
 - ▶ Model car builders
 - ▶ Etc.
 - ▶ Tru-Con: Calling all comic book fans, gamers, anime and model car fanatics!
- ▶ Procedures:
 - ▶ Schedule time/date to execute on Mess Decks or HB
 - ▶ Work with your Gaming Club Rep to organize expo booths (recommend 8+ booths)
 - ▶ Market 2+ weeks out if possible
 - ▶ Hold sign ups if desired at MWR office
 - ▶ Set up expo tables, chairs, speaker system, playing stations, voting boxes, prize giveaways, etc.
 - ▶ Work with CoC to get approval for participants to dress up for event
 - ▶ Execute event!
 - ▶ Allow participants to interact with booth exhibitors
 - ▶ Allow participants to vote on best in show, most creative, & most inventive concept at various booths.



RECREATION DIRECTED & FILLER ACTIVITIES RETRO VIDEO GAME NIGHT

Throwback events – great way to get people reminiscing about the good ol’ days! This easy system can be connected to a TV for participants to play. Throw in some music from the era and let the time warp begin!

- Coordinate with Department if using their space
- Budgeted?
- Marketing
- Volunteers / staff
- A/V
- Supplies



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ESSEX
Position Title: FUNBOSS	Date: 11/29/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Retro Video Game Night	
2. Location of Event: (Hanger Bay, Picnic Area) Mess Decks	
3. Date of Event: 11/21/2017	
4. Time of Event: 1930-2130	
5. Number of Participants: 57	
6. Equipment Needed: Classic Game Plug & Play Console, Cards, Audio Equipment & 80s Music	
7. Staffing Requirements: 2 MWR Reps	
8. Points of Contact: FUNBOSS	
9. Marketing Process: All hands emails, Funderway, Monthly Calendar, Flyers, Announcements During Chow, Word of Mouth	
10. Explain Event Execution: 80s music was piped over the speakers on the Mess Decks while sailors competed in a once and done old school video game tournament of their choosing. The game consoles came preloaded with 86-110 games which could be plugged into the TVs and played at will. While the participants were waiting, they could play dominoes or cards.	
11. Winners of Event: N/A Just friendly competition and come and go fun for sailors	
12. Prizes or Awards: N/A	
13. Lessons Learned: This event will be better served during a longer underway. There is also only one working TV in the Mess Decks currently which made it difficult for people wanting to play. The sailors loved the old games and to have the opportunity to play something they hadn't seen for a long time, they also really enjoyed the 80s music and suggested doing a "bad 90s music night too". (because apparently 80s music is bad)	
14. Any Additional Information? : The gaming systems were purchased at a houseware retailer for \$40 already preloaded. For this low of an investment, more could be purchased for check out or for larger scale gaming nights with more access to TVs or for larger commands.	



RECREATION DIRECTED & FILLER ACTIVITIES MOVEMBER MUSTACHE JUDGING

A most popular time of year on the ship – Movember! This example is a good-natured, fun event.

- Coordinate with Department if using their space
- Marketing
- Volunteers / staff
- A/V
- Supplies

AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ESSEX
Position Title: FUNBOSS	Date: 11/30/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Movember Mustache Judging	
2. Location of Event: (Hanger Bay, Picnic Area) Mess Decks	
3. Date of Event: 11/30/2017	
4. Time of Event: 1100-1200	
5. Number of Participants: 200	
6. Equipment Needed: Microphone, Mess Deck PA, Mini Candy Canes	
7. Staffing Requirements: Self, Photographer, 1 MWR Rep	
8. Points of Contact: FUNBOSS	
9. Marketing Process: Monthly Calendar, SOE	
10. Explain Event Execution: On the last day of November, I went onto the Mess Decks and interviewed people's mustaches. Movember has become a popular reason for men to grow their mustaches for 4 weeks, some with great success and others with terrible results. I spent an hour walking around, with the microphone talking to people about their life goals for their mustaches and how soon we could expect them to go away, most of the participants had a great sense of humor about the jokes we told about their facial hair. For participating, they got a small candy cane and a round of applause from the other people in the Mess Decks.	
11. Winners of Event: N/A Just a fun way to celebrate Movember	
12. Prizes or Awards: mini candy canes	
13. Lessons Learned: This event is perfect for a FUNBOSS who can think on their feet. It is also good for someone who isn't afraid of being in front of a crowd.	
14. Any Additional Information? : Make sure the people want to participate. Don't involve those who aren't interested-not everyone will have a sense of humor about their facial hair.	



RECREATION DIRECTED AND FILLER ACTIVITIES

MOVEMBER MUSTACHE JUDGING

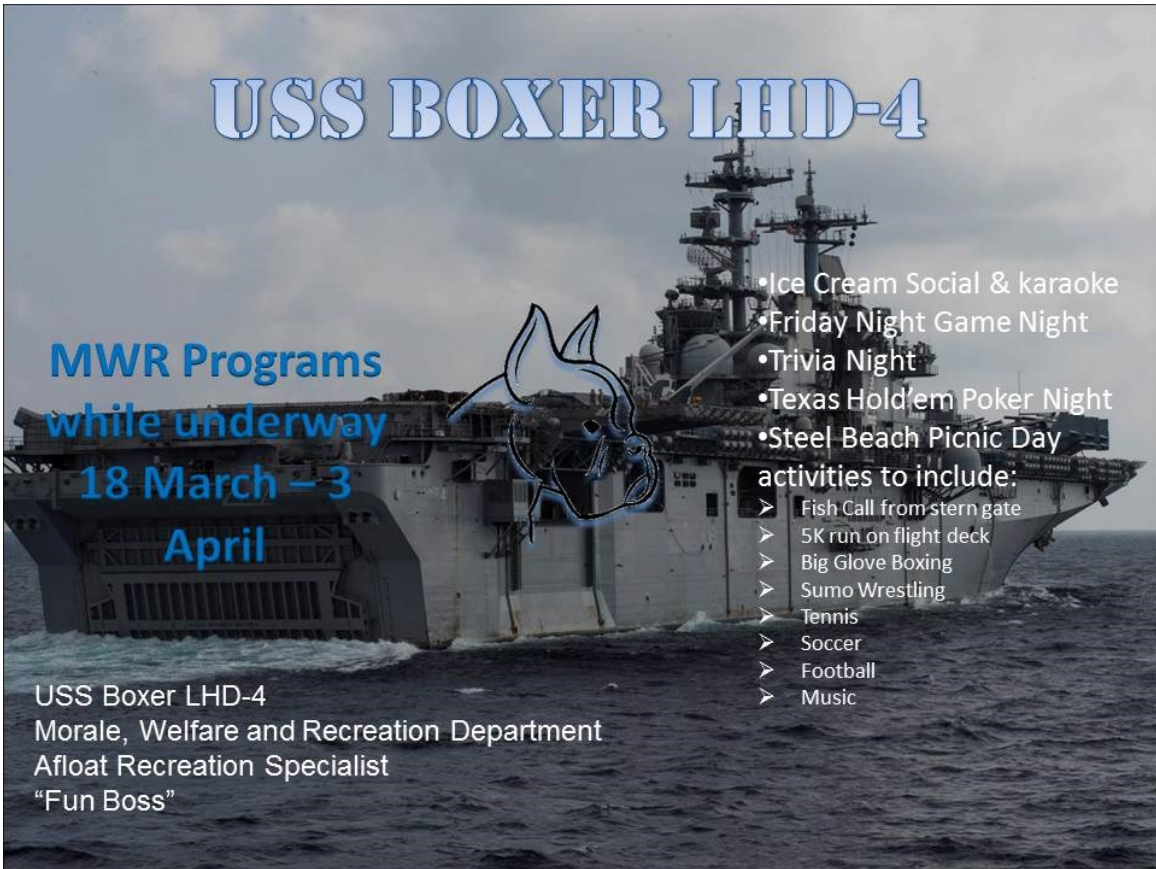




RECREATION DIRECTED & FILLER ACTIVITIES BOXER ACTIVITIES MARCH

The following Power Point shows several examples of tried and true programs for the ship. From karaoke, movie nights, card games, video tournaments and bingo – you can't go wrong!

- Coordinate with Departments if using their space
- Budgeted?
- Marketing
- Volunteers / staff
- A/V
- Supplies / Gear
- Set up / Take down
- Safety evaluation



USS BOXER LHD-4

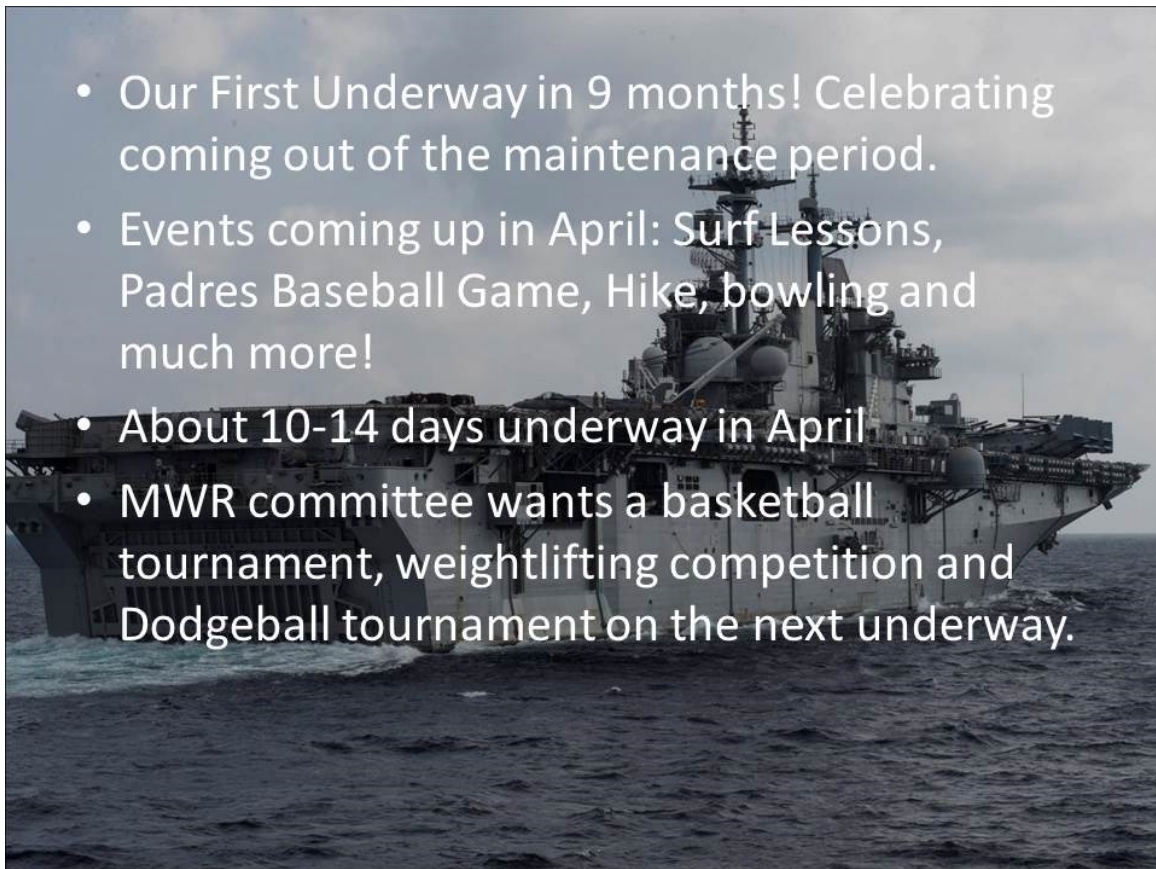
**MWR Programs
while underway
18 March – 3
April**

- Ice Cream Social & karaoke
- Friday Night Game Night
- Trivia Night
- Texas Hold'em Poker Night
- Steel Beach Picnic Day

activities to include:

- Fish Call from stern gate
- 5K run on flight deck
- Big Glove Boxing
- Sumo Wrestling
- Tennis
- Soccer
- Football
- Music

USS Boxer LHD-4
Morale, Welfare and Recreation Department
Afloat Recreation Specialist
"Fun Boss"



- Our First Underway in 9 months! Celebrating coming out of the maintenance period.
- Events coming up in April: Surf Lessons, Padres Baseball Game, Hike, bowling and much more!
- About 10-14 days underway in April
- MWR committee wants a basketball tournament, weightlifting competition and Dodgeball tournament on the next underway.



RECREATION DIRECTED AND FILLER ACTIVITIES

USS BOXER ACTIVITIES



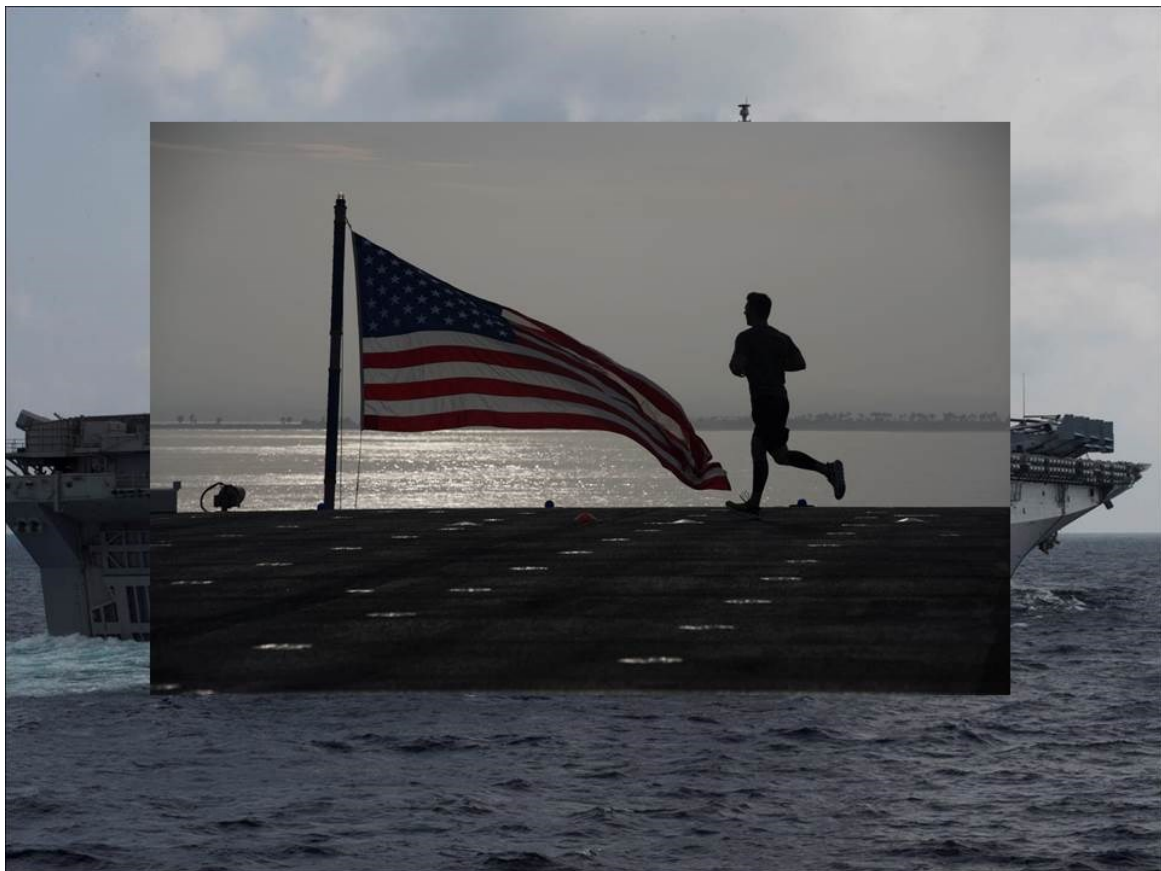


RECREATION DIRECTED AND FILLER ACTIVITIES

USS BOXER ACTIVITIES



Steel Beach Games





RECREATION DIRECTED AND FILLER ACTIVITIES USS BOXER ACTIVITIES



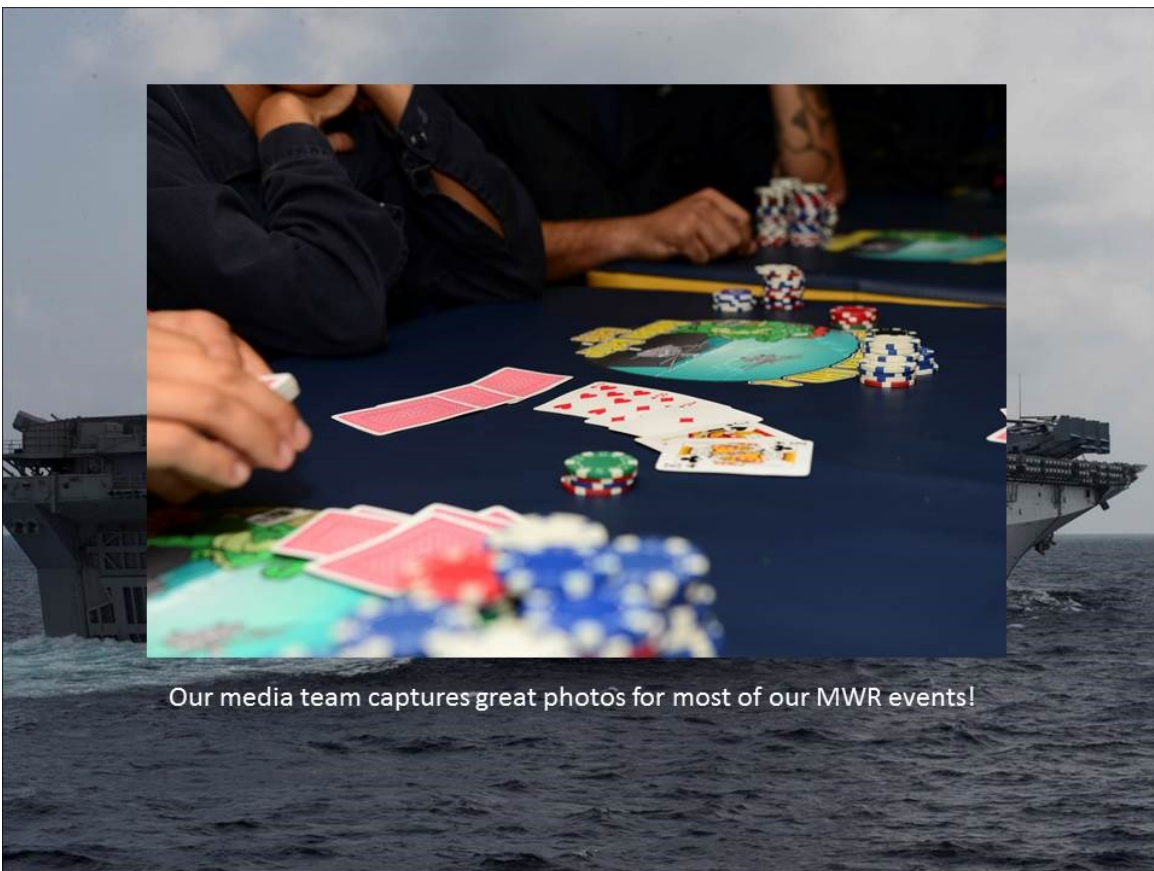
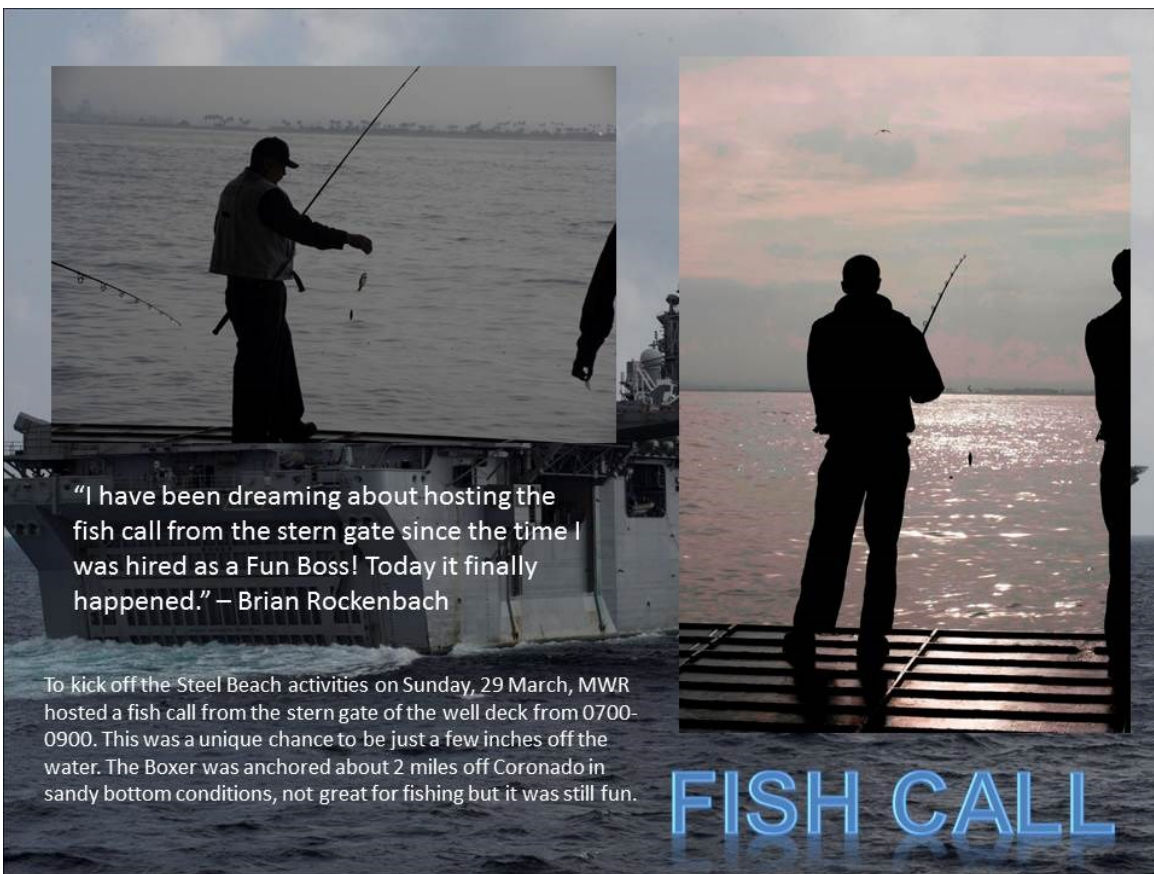
Flight Deck 5K

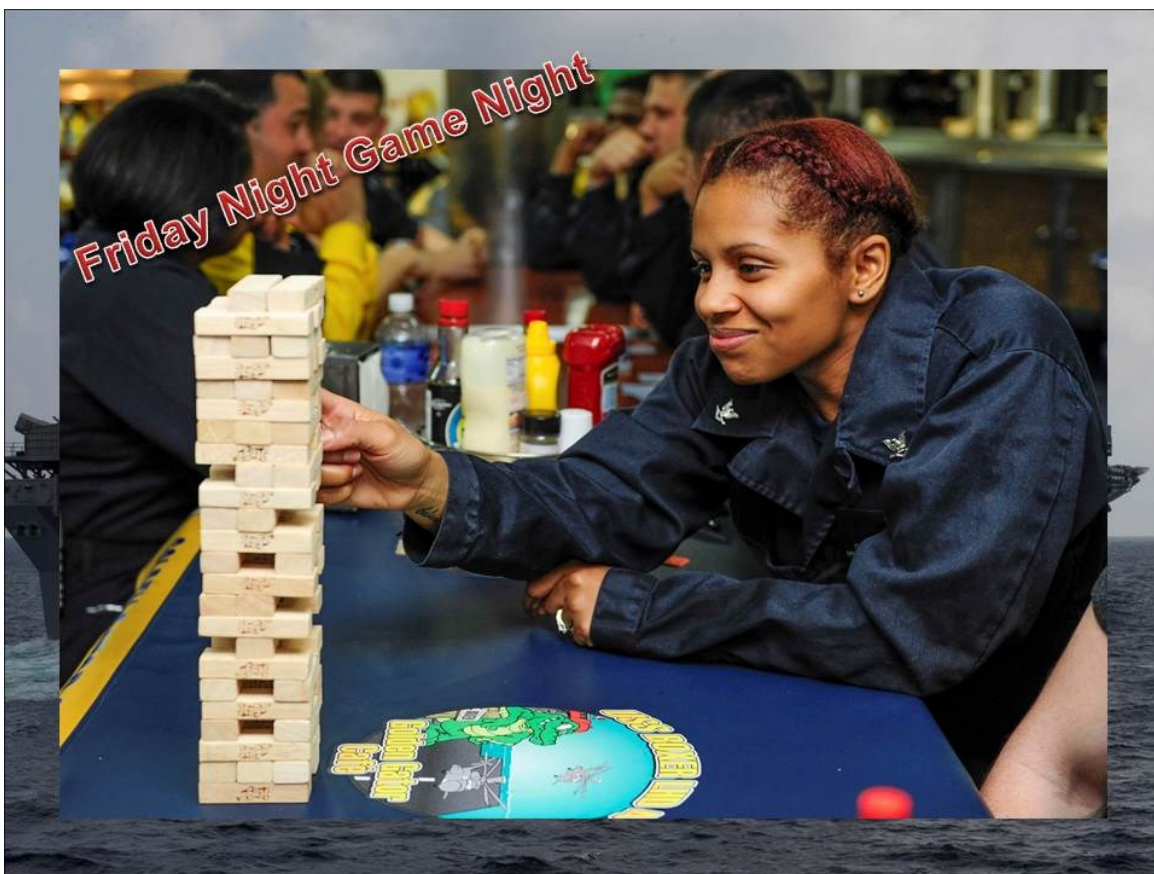




RECREATION DIRECTED AND FILLER ACTIVITIES

USS BOXER ACTIVITIES







Sailors sing as a group at the Ice Cream and karaoke night! They even got the crowd involved in the action!

Ice Cream Social & Karakoe



Sailors participate in the Ice Cream & Karaoke Night on the mess decks. Approximately 150 in attendance, but people cycled through as they ate their ice cream. 15 people sang, over a 2 hour time period.



RECREATION DIRECTED & FILLER ACTIVITIES SPA NIGHT

Spa nights are a great way for Sailors to relax and pamper themselves while underway. Following is one example of how a ship did this.

- Coordinate with Departments involved
- Budgeted?
- Marketing
- Volunteers / staff
- A/V
- Supplies



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS Theodore Roosevelt - CVN 71
Position Title: Afloat Recreational Specialist - FUN BOSS	Date: 12/10/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: SPA NIGHT	
2. Location of Event: (Hanger Bay, Picnic Area) TRAINING CLASSROOM	
3. Date of Event: 12/07/2017	
4. Time of Event: 2000-2200	
5. Number of Participants: 30	
6. Equipment Needed: FACIAL PAPER MASK, BABY WIPES, NAIL POLISH, NAIL POLISH REMOVER, NAIL FILES, RELAXING MUSIC, SPEAKER, TEA, COFFEE, CUPS, NAPKINS, SUGAR, SPOONS	
7. Staffing Requirements: 2 MWR STAFF AND FUN BOSS	
8. Points of Contact: FUN BOSS	
9. Marketing Process: FLIERS, ALL HANDS EMAILS, SHAREPOINT PAGE CALENDAR, POSTINGS, DAILY GREEN SHEET	
10. Explain Event Execution: MWR Staff and I headed up to the training classroom about 30 minutes prior to event time to arrange and set up the room for 'SPA NIGHT'. We bought up all material above and placed items out for sailor to have easy access and help themselves. I have a calming and meditation app on my phone which was connected to the speaker and started playing calming relaxing music as you would hear in a spa. Once sailors started coming in, they helped themselves to facial paper mask or the nail care items we had. It was a simple but nice event for everyone to socialize and enjoy their evening. Besides the planes landing above our heads, sailors tuned into the music, put on their mask and truly relaxed, taking power naps.	
11. Winners of Event: N/A	
12. Prizes or Awards: N/A	
13. Lessons Learned: I believe the event went really well and glad it worked out in scheduling the training classroom ahead of time.	
14. Any Additional Information? : N/A	



RECREATION DIRECTED AND FILLER ACTIVITIES

SPA NIGHT



MWR SPA NIGHT

NAIL POLISH/REMOVER
PAPER MASK
MUSIC
TEA

DEC. 7th
TRAINING CLASSROOM #1
2000-2200

