

**June 2024**

# Portsmouth Shipyard Currents

Your source for information for MWR, CYP, Fleet & Family Support Services, Family & Bachelor Housing at Portsmouth Naval Shipyard, Kittery, Maine

## **Maine Lobster Trap Cruise**

**Sunday, June 30, 2024**



Have you set a lobster trap? Have you measured a lobster? Now is the time! See beautiful views from Casco Bay including at least two lighthouses and a fort. Set sail for sealife and learning about lobsters and those who bring them to our table. You will even get to throw back any non-keepers. Spectacular views! Aprons and gloves provided. Don't forget your camera, jacket and sunglasses! You'll have plenty of time in Portland near the waterfront (lunch on your own) before the cruise. We'll leave PNSY at 9 a.m. and will return by 4 p.m.

**\$70 (includes van transportation & 1.5 hr lobster trap cruise of Casco Bay) OR  
\$48 to meet us there (includes 1.5 hr lobster trap cruise)**

**Do not wait too long to snatch up this deal!  
Sign up at ITT, Building 22 | 207-438-2713**



## **Fletcher Fitness Center**

Building 301

Programs & Events are FREE  
to all authorized patrons

More info call: 207-438-4261

Mon-Fri, 5 a.m. - 8 p.m.

Sat & Sun, 8 a.m. - 4 p.m.

\*Hours are subject to change

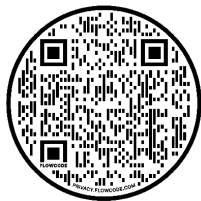
## **Monthly Challenge: Max Deadlift Competition**

Weight must be pulled from the floor to upright position. Knees locked and Shoulders back.

Weight must be controlled back to the ground and not dropped from upright position. You will have 3 attempts. You cannot go down in weight selection. Subtract bodyweight from highest poundage lifted for final score. Participants will be listed on records board in the order they finish.

## **Disc Golf Tournament Wednesday, June 26 | 4 p.m.**

It is a perfect time of year to play in our Disc golf tournament. Disc golf is scored like traditional golf but it involves throwing a disc from a tee off point to a target (a basket with chains). Players keep count of throws (or strokes); and just like golf the lowest number of strokes wins. Report to Fitness Center for Scorecards. Winner will receive a prize.



[www.navalifePNSY.com](http://www.navalifePNSY.com)

## **Discount Tickets, Trips & Tours at ITT**

Building 22

More info call: 207-438-2713

Operational Hours:

Mon-Thurs, 8 a.m. - 6 p.m.

Fri, 8 a.m. - 8 p.m. | Sat, 1 - 6 p.m.

\*On all trips there are no refunds if a customer cancels unless we are able to fill their spot.

## **Sand, Cannon & Frost Sculptured Sand, Cannon Mountain, & The Frost Place Sunday, July 7**

**\$80 (includes Tram ticket, Sand Sculptures Admission and van transportation)**

Come with us and take the path less travelled. Our first stop is "Tales of the Dark Forest" in North Woodstock, NH where we will see legendary sand sculptures, then after a stop for lunch (pack your own), we head to the top of Cannon Mountain via the Aerial Tramway. On a sunny day you can see Maine, VT, NY, & Canada from this NH gem. Our last stop is to the Frost Place - Robert Frost's home in Franconia, NH for their open house. We leave at 9 a.m. and return by 6 p.m. with so many photos you'll need to boost your photo storage capacity and want to head back into the woods.

## **Free Movies**

Free movies play in the Shipyard Auditorium, Building 22.

**Friday Movies are at 6 p.m**

June 7 - Dune: Part 2 (PG13)

June 14 - NO MOVIE

June 21 - Land of Bad (R)

June 28 - Madame Web (PG13)

**Saturday Movies are at 2 p.m.**

June 8 - Ordinary Angels (PG)

June 15 - NO MOVIE -

CHRIS CAGLE CONCERT

June 22 - Indside Out (PG)

June 29 - E.T. Extra-Terrestrial (PG)

## **Yarmouth Clam Festival**

**Friday, July 19**

**\$25 (includes van transportation)**

This Maine summertime tradition (started in 1965) is back. The Yarmouth Clam Festival has something for everyone. You can enjoy so much food - and of course clams and other favorites, shop at the craft tables, white elephant sales, check out the carnival, the art, music and kid's area. Friday is a great opportunity to see most everything and avoid the biggest weekend crowds of this three day event. Bringing a bag or a backpack is recommended. Our van departs at 8 a.m. from the Shipyard and heads to the Cuddledown Annual Tent Sale for a quick stop (think pillow for return trip). We then head to Garmin in Yarmouth to see the World's Largest Indoor Globe and then head to the Yarmouth Clam Festival. At 3 p.m. we'll meet and start our return to the Shipyard for 5 p.m.

## **Monhegan Island Day Trip Saturday, July 27**

**\$90 (includes van & boat transportation) OR**

**\$60 (drive yourself & meet at boat. There is a \$20 cash fee for parking)**

You probably have seen this place in paintings! Discover why Monhegan Island is so popular yet so quiet. No cars, no streets and no shopping malls. One of Maine's secret hideaways. We leave PNSY at 6 AM and head to New Harbor, ME where we will cruise to and visit the island for 5 hours. You can hike the cliff trails, see Monhegan Lighthouse, visit the Art Museum and have a fish taco on Fish Beach. (Meals are your own) We depart the island at 3 p.m. and will have a quick stop in Damariscotta before heading back. We will depart the island at 3 p.m. and will stop in Woolwich for dinner before returning to PNSY at 8 p.m.

# OPERATION MWR

WE'VE GOT YOUR SIX.

PRESENTED BY

**GOVX**

FEATURING

*Country Music Award Nominee*

# CHRIS CAGLE



**SATURDAY,  
JUNE 15  
PORTSMOUTH  
NAVAL SHIPYARD**



Get your free general admission tickets at ITT, Building 22  
[NavyLifePNSY.com/OperationMWR](http://NavyLifePNSY.com/OperationMWR)

No Navy endorsement implied.