



Navalog

January 11, 2018

SPECIAL POINTS OF INTEREST

CO's Corner

NWC Lecture Series Begins

MLK Torch Run Monday

Federal Holiday Hours

Operational Announcements



Starting the New Year Off Navy!

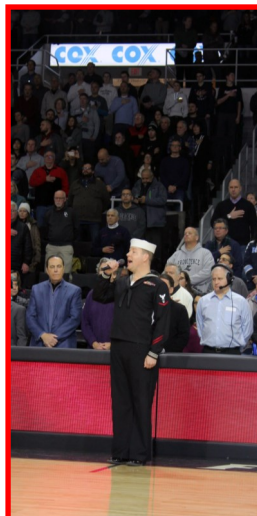
Five young Mass. and R.I. youth raised their rights hands in front of a sold out audience inside the Dunkin Donuts Center on Saturday to take the ceremonial oath of enlistment to join the Navy. The oath, administered by Capt. Ian L. Johnson, Commanding Officer of NS Newport, was conducted on center court during the half time break between the Providence College (PC) Friars and Xavier University Musketeers. PC

honored the military during this game by offering discount seating, ceremonially enlisting R.I. National Guard/Air National Guard members and other recognitions on the court. The five future Sailors, all leaving for boot camp this year, are: Nicholas Brown, Brandon Isom, Jessica Potter, Alexis Bouchard and Bailey Houle. Kicking off the event, MU3 Gene Register, Navy Band N.E., performed the National Anthem.

(photos by PAO)

Inside this issue:

<i>CO's Corner</i>	2
<i>Around the Station</i>	3-4
<i>Meat & Potatoes of Life</i>	5
<i>As the Museum</i>	6
<i>Fleet & Family Support Ctr</i>	7
<i>Morale, Welfare & Rec.</i>	8
<i>At the Clinic</i>	9
<i>Now Hear This</i>	10-11
<i>Around the Fleet</i>	12-15
<i>Veterans News</i>	16-18





Happy 2018 everyone and welcome back from the holiday stand-down period! We've weathered some incredibly cold weather and a record-setting blizzard thus far this winter, and I appreciate everyone's assistance and understanding as my public works team continues to focus on keeping the roads open while tackling the frozen pipes and other cold weather hazards. In true New England fashion, however, tomorrow is supposed to be record warm, lots of rain and windy, so brace for some possible flooding and pond size puddles, which will freeze Sunday night when the temperatures plummet again here in the Ocean State!

We'll continue to monitor the forecasts and I encourage all of you to do the same and remain focused on preparedness.

2018 is sure to be an exciting year on the base as we continue with the many projects that began as far back as 2015, including construction of the new Navy Gateway Inns & Suites building just inside Gate 1 and demolition of the old Flag Officer Quarters next to the O-Club. I look forward to cutting the ribbon on the new facility in the summer and it becoming fully operational by the fall. This will result in 200 new rooms inside a state-of-the-art energy efficient building close to the schools the majority of the occupants will be attending. That building is currently the largest project we have underway, but at any given time we are implementing millions of dollars' worth of construction/maintenance and repair contracts all around the base including work at SWOS, Naval War College and over at NUWC. Maintaining the structures and infrastructure onboard an installation this size and age can be challenging, but my public works teams are committed and rise up to the challenges every day.

On the topic of commitments, many of you probably made personal resolutions for this year, as is evidenced by the increased number of patrons checking in at the fitness center, and I applaud your goals. I took some time over the holidays to reflect on the past four months and to review my command philosophy and am as committed as ever to leveraging our team's diversity, talent and experience to accomplish our mission. I expect the same from each of you. As military and department of defense civilians, I encourage you to take pride in doing your best every day. We are united by our sense of service and dedication to those we serve. We need to take care of each other. We are all leaders, responsible for developing those we are entrusted to lead. We need to treat each other with dignity and respect. We need to continue to expand our expertise, communicate solutions, provide constructive feedback, provide each other backup, embrace and apply lessons-learned, and make timely recommendations so we stay on the left-hand side of problems. We have suggestion boxes around the base, and I encourage everyone to use them if you have an idea that you think will improve an installation process – share it!

I often remind my department heads that we have to make the first pass count. From force protection to making the best initial impression, the first pass may be the only chance we get to meet our mission. We endeavor to do things right the first time, demonstrate procedural compliance, uphold standards at all times and learn from our mistakes so that we improve at every opportunity.

Thank you for all of your hard work and your continued service. As a team, we will continue to accomplish our mission with a "can do" attitude and make Newport a great place to live and work. I look forward to working with all of you in 2018. Be safe!



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Capt. Ian L. Johnson, Commanding Officer

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MC2 Jess Lewis, NWC Public Affairs

Follow us on twitter [@NAVSTANEWPORTRI](https://twitter.com/NAVSTANEWPORTRI)

Base Condition Line: 841-2211



We are always looking for content to share with our community and welcome emailed .jpg images; png formats and word documents—please do not send PDF formatted content.

Operational and Exercise Impacts are often communicated to the public first using the installation Facebook Page—'like' us at: www.facebook.com/NAVSTANewport to stay informed!



John Maurer, a professor in U.S. Naval War College's (NWC) Strategy and Policy Department, speaks about America and the Great War to more than 100 spouses and significant others of NWC staff, faculty, and students. The lecture was the first of 10 scheduled lectures in a series titled, "Issues in National Security" held at NWC. The lecture series was started in 2017 in response to spouses and significant others who expressed an interest in getting a better understanding of the issues and topics being discussed at NWC.

(photo by MC2 Jess Lewis/released)



Naval War College kicks off lecture series

By MC2 Jess Lewis, U.S. NWC Public Affairs

For the second year, U.S. Naval War College (NWC) is hosting a series of academic lectures designed for the spouses of staff, faculty, students and all other military spouses in the region wishing to attend.

The lecture series, titled "Issues in National Security," was developed in response to requests from spouses and will be held every other Tuesday, from 4:30 to 5:45 p.m. in Spruance Auditorium on campus.

"Spouses wanted to get a better look at the issues and topics being taught at the school," said Army Col. Chris Kidd, NWC faculty member who is organizing the lectures. "This series is a great way for spouses to have a more active look at what Naval War College is all about."

This year's series was kicked off on Jan. 9 with a lecture titled, "100 Years Ago: America and the Great War— Lessons for Today," by John Maurer, Strategy and Policy.

"Last night's kickoff presentation of the lecture series was a tremendous success," said Kidd. "Building on last year's program, John Maurer provided an insightful look at World War I and the tough decisions made by our nation's leaders to commit the nation to war. More than 100 people were in attendance and now have a better understanding of the complex national security topics taught every day at NWC by the school's expert faculty."

Spouses with ordinary base access can proceed directly to the quarterdeck in Conolly Hall at NWC and will be directed to the Spruance Auditorium. Parking will be available in the lot of McCarty-Little Hall

which is directly east of Conolly Hall.

Spouses wishing to attend who do not have base access can get on base by contacting Kidd at chris.kidd@usnwc.edu at least two days prior to the lecture they want to see.

Attendees who come to nine or more lectures will be presented with a certificate from NWC recognizing their participation.

The academic lectures will cover the following topics:

- Jan. 23: "Looking Outward to the Future: Seeking Solutions Just below the Surface of Naval History in the NWC Curriculum," by David Kohnen, Hattendorf Center.
- Feb. 6: "U.S. Naval Power in the Pacific," by James Holmes, Strategy and Policy.
- Feb. 20: "A New Nuclear Arms Race?" by David Cooper, National Security Affairs.
- Mar. 6: "Civil-Military Relations," by Lindsay Cohn and Jessica Blankshain, National Security Affairs.
- Mar. 20: "Why Russia Lost the Cold War," by Sally Paine, Strategy and Policy.
- Apr. 3: "Robotics / Unmanned Systems," by John Jackson, College of Distance Education.
- Apr. 24: "Feral Cities," by Rick Norton, National Security Affairs.
- May 8: "The North Korea Problem: Solve or Manage?" by Terry Roehrig, National Security Affairs.
- May 22: "Humanitarian Assistance / Disaster Response," by Dave Polatty and Tony Fox, College of Maritime Operational Warfare.



AT WORK WITH PUBLIC WORKS NEWPORT



Depicted above is the Officer Training Command Newport's training ship "Buttercup" repair project worth \$409,000.00. Buttercup is a steel vessel which floats in a pool - it is a mock up of a ship used to train Navy sailors on damage control procedures. This repair project includes diving operations, dry docking the vessel, abrasive blasting and recoating of the interior concrete surface of the pool, replacement of blocking/cribbing on the pool bottom below the ship's hull, and miscellaneous related work. Construction started Dec 4 and is expected to be finished by Feb 28. As seen above, the Buttercup is fully dry-docked and ready for the next step of removal of the coating on the pool surface in order to paint it. After that, the severely damaged wood blocking/cribbing on the bottom of the pool. (Photo Courtesy of PWD)



Suicide Awareness & Intervention Training
Suicide awareness is very important for everyone in our community. Just as important is having people throughout our community trained to help those who are struggling with suicide. The Chapel of Hope will be hosting an Applied Suicide Intervention Skills Training (ASIST) next Tuesday and Wednesday (Jan 16/17). This two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and how to work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop-anyone 16 or older can learn and use the ASIST model. For more information, call 841-2234



Will Promises to Military Spouses Become Policy in 2018

There is a seldom-opened drawer in our file cabinet that contains the only tangible evidence of my legal career. The musty hanging folders have labels such as “Resumes,” “Licensing,” and “Writing Samples.” Even though none of these documents have been used since I had to stop working as a litigation attorney in the late 90s to move overseas with my Navy husband, I refuse to throw them away.

I tell myself that I need the files in case a career opportunity presents itself. But I know I’m really just keeping the yellowed pages stained with rust spots from ancient staples as proof that I once did more than make sandwiches and clean toilets.

Like many military spouses, moving every few years killed my career.

I eventually found work as a writer to accommodate our mobile military lifestyle. But frankly, I’m disappointed that I wasn’t able to adequately utilize the law degree that took three years and more than \$90,000 in student loans to earn, and the Pennsylvania law license that required countless hours of bar exam studying to acquire. Although I’m proud of having put my earning potential aside so my husband could serve his country, I regret that military life often requires spouses to sacrifice good employment and educational opportunities.

The most recent Blue Star Military Family Lifestyle Survey shows that 47 percent of military spouses with children under 18 earn an income, while two-thirds of their civilian counterparts are employed. Of those military spouses who are employed, over half earn less than 20K and one-third earn less than 10K. Adding to employment challenges, two-thirds of military families report that finding childcare is a consistent problem.

The drastic draw-down of military forces, combined with increased optempo, has meant that active duty members deploy more often and for longer periods. Spouses are understandably worried about employment issues, the impact of military life on their children, and the cohesion of their families. Not surprisingly, the survey indicates that nearly a quarter of military spouses have been diagnosed with depression, a rate 50 percent higher than the national average.

But it was the following survey result that got the attention of the Department of Defense: For the third year in a row, military families are less likely to recommend military service to their children. With an all-volunteer force that comes primarily from military families, this is a major concern.

Which could be why the Pentagon is finally considering new policies for 2018. Robert Wilkie, a military brat

and veteran, was recently appointed to the office of Undersecretary of Defense for Personnel and Readiness, a position that has been neglected in recent years. In a December 27 interview with the Fayetteville Observer, Wilkie said that the Pentagon is considering allowing military families to stay put for longer than two or three years. He criticized the current system which makes constant movement a hallmark of military life, and recognized that it limits the careers of military spouses.

“It was built at a time when less than 10 percent of the military had families,” Wilkie said. “Today, 70 percent have families... If the families aren’t happy, the soldier walks.”

The 2018 National Defense Authorization Act (“NDAA”) aims to ease the burdens on military families. Signed December 12, NDAA promises the highest military pay raise since 2010, a rebate of up to \$500 for military spouses who apply for new employment licenses after PCS moves, appointment of quality child care providers when needed, a new policy allowing military families to move before or after service members change duty stations to accommodate school and work schedules, and 20,300 more troops to ease deployment demands.

Sounds great, but when will this become policy? Trump may have signed the new \$700 billion NDAA, but it won’t take effect until Congress passes an appropriation bill to fund it. In the meantime, as sequestration looms, the 2017 budget has been extended until January 19th.

The old resumes in my file cabinet may never see the light, but this week, I hope Congress will follow through on its promise to make life better for military spouses in the New Year.



Lisa’s syndicated column appears in military and civilian newspapers including Stars and Stripes, and on her blog at www.themeatandpotatoesoflife.com and can be contacted at meatandpotatoesoflife@gmail.com or on Twitter: [@MolinariWrites](https://twitter.com/MolinariWrites) or ‘like’ her on Facebook at: <https://facebook.com/TheMeatandPotatoesofLife>

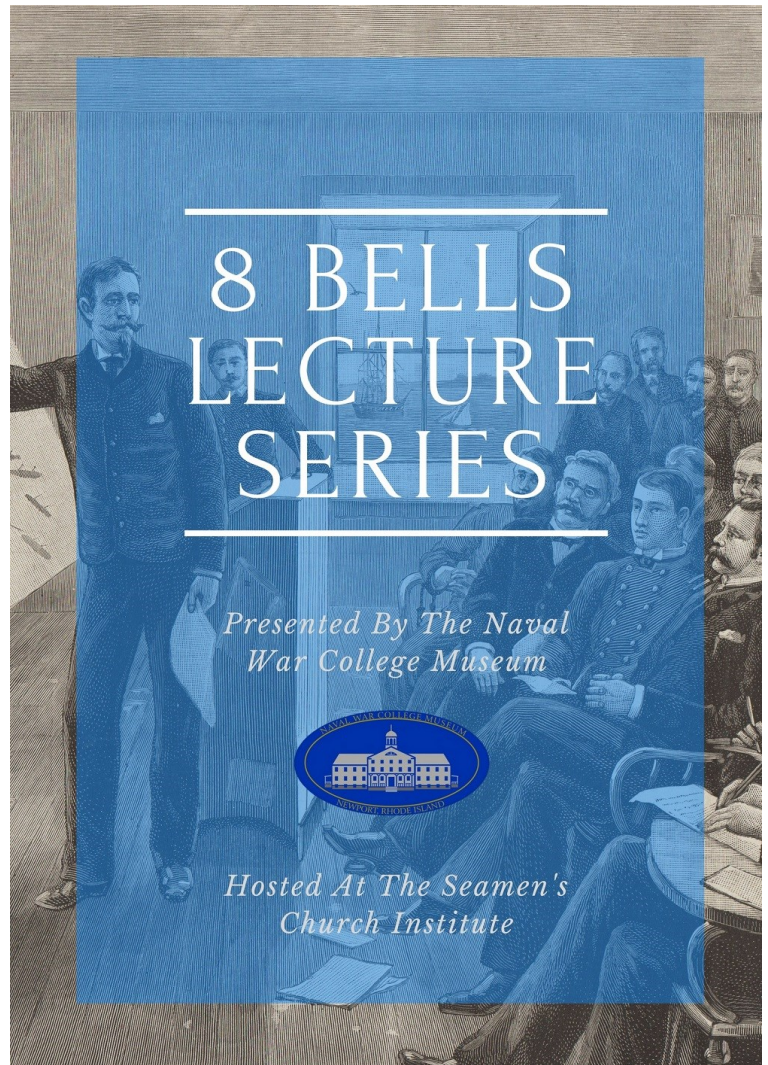


8 Bells Lecture Series— free to attend and open to the public!

The Naval War College Museum's 8 Bells Lecture Series continues in 2018 with some fascinating lecture topics. The lectures are hosted at the Seamen's Church Institute, 18 Market Square, Newport and begin at 12 noon (8 Bells). All lectures are free and open to the public with no reservations required. Parking is available throughout the down town area both in fee lots and free at meters (this time of year!) See you at the next lecture:

Thursday, February 1st: "The Presidency of Ulysses S. Grant," by Charles W. Calhoun.

As controversial in politics as he was in the military, Ulysses S. Grant (1822–1885) was an embattled president, enormously popular with the American people, yet the target of unrelenting censure by political enemies. For the first time in almost a century, this book by the distinguished historian Charles W. Calhoun examines Grant's administration in depth, offering a fresh look at the 18th president's policies and actions during his two terms in office (1869–1877). "The Presidency of Ulysses S. Grant," provides a detailed discussion of the administration's endeavors in a variety of areas—Reconstruction and civil rights, economic policy, the Peace Policy for Native Americans, foreign policy, and civil service reform. It also offers a straightforward examination of the scandals associated with the period, highlighting the "embattled" nature of Grant's presidency and the deep antagonism that marked his relations with key critics such as Charles Sumner, Henry Adams, and Benjamin Bristow. Charles W. Calhoun is a historian who specializes in the political history of the United States from 1865 to 1900. He holds a B.A. in history from Yale University and a Ph.D. in history from Columbia University. In 2014 he retired as Thomas Harriot College Distinguished Professor of History at East Carolina University. He is the author of six books and the editor of four others. His latest book is *The Presidency of Ulysses S. Grant* (University Press of Kansas, 2017). Calhoun is the founder and past president of the Society for Historians of the Gilded Age and Progressive Era. He has held several research grants, including a Fellowship from the National Endowment for the Humanities.



The Naval War College Museum, Founders Hall, is open Monday through Friday from 10 a.m. to 4:30 p.m. Information about the museum's exhibits, special events and its naval history book lecture series may be found on the museum's website at www.usnwc.edu/museum, on its Facebook page www.facebook.com/navalwarcollegemuseum and on the Naval War College Museum blog at <http://navalwarcollegemuseum.blogspot.com>. You can also reach them by call (401) 841-4052/2101. Group tour requests are welcomed and they can assist with arranging installation access for non-affiliated guests.

FFSC January Workshop Schedule

JAN. 8-12: SAPR Victim Advocate Training, 8 a.m. to 4 p.m. The SAPR program needs dedicated Sailors and DoD Civilians, male and female, who are committed to Sexual Assault Prevention and Response. Unit Victim Advocates will complete a prescreening process and an interview. Please call Allison Agnello (SARC) at (401) 841-4426.

JAN. 16: Communication Skills for Life, 1 to 2:30 p.m. Learn how important discussions can go awry, and steps that can be taken to keep these discussions on-track and constructive.

JAN. 16: New Spouse Orientation, 1 to 2:30 p.m. Information on military lifestyle, benefits and services available to them, and tools to assist them in maintaining a state of preparation for deployment or other military-related separation.

JAN. 17-18: Accessing Higher Education, 8 a.m. to 4 p.m. Guides you through the process of determining your career path, comparing colleges, funding options including GI Bill and the FAFSA, etc.

JAN. 22-24: Ombudsman Basic Training, 8 a.m. to 4 p.m.

JAN. 25: SAPR VA Refresher Training, 9 to 11 a.m. and 1-3 p.m. Refresher Training for Victim Advocates.

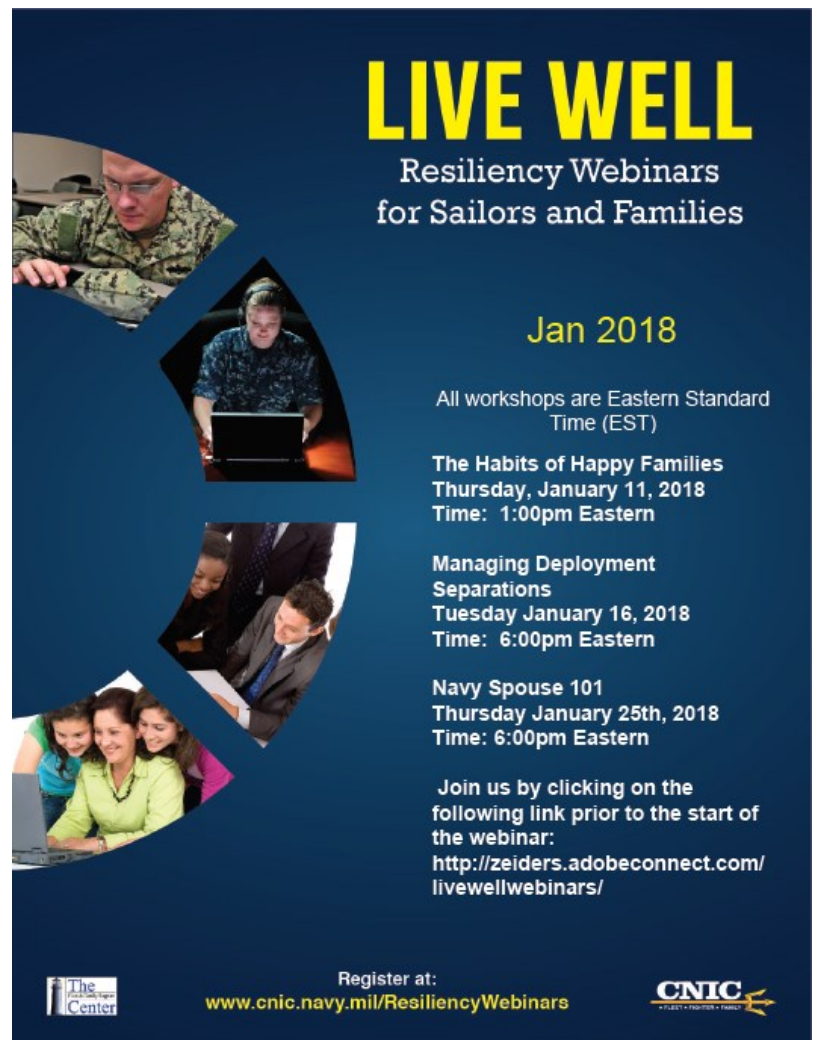
JAN. 29: Stress Management, 8 to 9:30 a.m. Learn techniques to effectively navigate stress, relax, and stay balanced.

JAN. 29: Smooth Move Workshop, 10 to 11 a.m. Ease the stress and frustration associated with the relocation of military families.

JAN. 30: FAP/SAPR Training for CDO's, 8 to 9 a.m.

JAN. 31: Anger Management, 2 to 3:30 p.m. Learn some ways to manage your anger, and change your life for the better.

“Life Skills Education” is the topic for January 2018. As we manage our personal and professional lives, we may find that additional support and guidance may be needed. The Fleet and Family Support Center (FFSC), located at 1260 Peary Street, adjacent to the Navy Federal Credit Union, offers a variety of programs for that purpose inclusive of Stress Management, Anger Management, Couples Communication, Love and Logic Parenting Series, New Spouse Orientation, Suicide Prevention and Awareness, and others. These programs can be offered at the FFSC or, for your convenience, at your Command. We can also offer individual sessions/ consultations with specialized staff in a private setting at the Fleet and Family Support Center. So, as we begin 2018, don't hesitate to call us at 401-841-2283 to register for these programs or set up an individual appointment.



LIVE WELL

Resiliency Webinars for Sailors and Families

Jan 2018

All workshops are Eastern Standard Time (EST)



The Habits of Happy Families
Thursday, January 11, 2018
Time: 1:00pm Eastern

Managing Deployment Separations
Tuesday January 16, 2018
Time: 6:00pm Eastern

Navy Spouse 101
Thursday January 25th, 2018
Time: 6:00pm Eastern

Join us by clicking on the following link prior to the start of the webinar:
<http://zeiders.adobeconnect.com/livewellwebinars/>

Register at:
www.cnic.navy.mil/ResiliencyWebinars

Some Fleet & Family Support Center classes require registration so please call 841-2283 prior to the class or stop in the Fleet & Family Support Center, building 1260, and check out all the programs they have to offer.



www.navywmwrnewport.com

Join the MWR Email Blast List email:
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NAVSTANewportMWR

@NAVSTANPTRIMWR

OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

Manic Monday Crazy burger night! All burgers \$8!

Trio Tuesday Seaside Trio – stuffie, calamari & crock of chowder - \$12.00

Wing Wednesday 50¢ Wings 4-6 p.m. ~ Choose from Buffalo, BBQ or Sweet Chili. Sold in increments of 10.

Lobster Night Traditional boiled lobster OR baked stuffed, served with potato, corn on the cob, sausage & onions. **market price**

TGIF Friday ½ price appetizers 4-6 p.m., with the purchase of any beverage! (*Appetizers are those items listed under "Beginnings" on the menu; some exclusions may apply.)

** Weekly specials & special nights are not available for take-out **

COMMUNITY RECREATION CENTER, BUILDING 656

OPEN TO ALL PATRONS WITH BASE ACCESS.

Kitchen closes an hour before closing time.

ALL HANDS LUNCH Weekdays starting at 11 a.m. Check whiteboard for daily specials!

MONDAY Turkey BLT Wrap served with chips or fries \$7, 11 a.m.-7:30 p.m.

TUESDAY All-you-can-eat Taco Buffet \$7, 11 a.m.-1:30 p.m.

WEDNESDAY All-you-can-eat Pizza and Salad Buffet \$7.25, 11 a.m.-1:30 p.m.

THURSDAY Free fountain soda with any lunch purchase, 11 a.m.-1:30 p.m. Chili Cheeseburger served with chips or fries \$7.25, 11 a.m.-7:30 p.m.

FRIDAY Grilled Cheese with chips or fries and tomato soup \$6.50, 11 a.m.-3 p.m.

SEAVIEW LANES BOWLING CENTER

OPEN TO ALL PATRONS WITH BASE ACCESS.

*per person

SUNDAY Bowl for \$2.50 a game*. Anyone 55 or older bowl for \$1 per game*

MONDAY Active duty military bowl for \$1 per game*, 11 a.m.-8 p.m.

MONDAYS-FRIDAYS 11 a.m. - 3:30 p.m. Children 18 and under bowl for \$1 per game*, adults bowl for \$2 per game*

TUESDAY NIGHT BOWLING LEAGUE No lanes available after 5:30 p.m.

WEDNESDAY Xtreme Bowling...We turn on glow-in-the-dark lights, laser-spin lights and turn up the tunes...it's like a glow-in-the-dark disco! \$3 per game* from 5-8 p.m.

THURSDAY NIGHT INTRAMURAL BOWLING LEAGUE January 25-March 22, Teams of three, \$5 per person per week - includes three games & shoes!

Penguins Family Bowling Event

Seaview Lanes Bowling Center

Sunday, January 28

12 - 2 p.m.

Showing of
nickelodeon The PENGUINS of MADAGASCAR

**\$1 per game* & \$1 shoe rental*
\$3 lunch special - chicken tenders, chips and a juice box or fountain soda
*per person**

- Arts & Crafts
- Games

For more information, call (401) 841-4293.

Teddy Bear Cocoa Party

Community Recreation Center Function Room
Saturday, January 20 • 11 a.m.-1 p.m.

Grab your stuffed best friend (and a parent too) and come down to the Community Recreation Center Function Room. Come enjoy cocoa, cookies and light snacks with your stuffed friends!

Tickets are required - \$3 per person, children under 3 are free, but still require a ticket. Tickets will be sold at Seaview Lanes, January 1-17, space is limited. For more information, call (401) 841-4293.

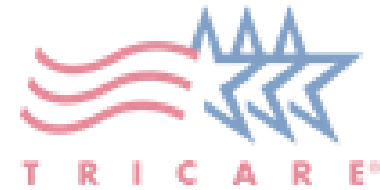
MWR HOLIDAY HOURS OF OPERATION ARE POSTED AT WWW.NAVYMWRNEWPORT.COM



Take Command: Increases to TRICARE Pharmacy Copayments

Coming

On Feb 1, 2018, copayments for prescription drugs at TRICARE Pharmacy Home Delivery and retail pharmacies will increase. These changes are required by law and affect TRICARE beneficiaries who are not active duty service members. While retail pharmacy and home delivery copayments will increase, prescriptions filled at military pharmacies remain available at no cost. You can save the most money by filling your prescriptions at military pharmacies.



“Military pharmacies and TRICARE Pharmacy Home Delivery will remain the lowest cost pharmacy option for TRICARE beneficiaries,” said U.S. Air Force Lt. Col. Ann McManis, Pharmacy Operations Division at the Defense Health Agency. Using home delivery, the copayments for a 90-day supply of generic formulary drugs will increase from \$0 to \$7. For brand-name formulary drugs, copayments will increase from \$20 to \$24, and copayments for non-formulary drugs without a medical necessity will increase from \$49 to \$53. At a retail network pharmacy, copayments for a 30-day supply of generic formulary drugs will increase from \$10 to \$11 and from \$24 to \$28 for brand-name formulary drugs. In some cases, survivors of active duty service members may be eligible for lower cost-sharing amounts. TRICARE groups pharmacy drugs into three categories: generic formulary, brand name formulary and non-formulary. You pay the least for generic formulary drugs and the most for non-formulary drugs, regardless of whether you get them from home delivery or a retail pharmacy. To see the new TRICARE pharmacy copayments, visit www.tricare.mil/pharmacycosts. To learn more about the TRICARE Pharmacy Program, or move your prescriptions to home delivery, visit www.tricare.mil/pharmacy.

TRICARE has also published a list of associated apps for beneficiaries to download and to have at their fingertips. Included is the Humana Military App. Please visit <https://tricare.mil/Resources/GoPaperless/MobileApps> to download.



Get Ready. Get Fit. Get Healthy.

SHIPSHAPE

Starts: Tuesday JAN 23, 2018 1 to 2 p.m.

8 Week Weight Loss Program.

Classes are ongoing and do not need to be consecutive.

Topics: Steps to Success, Fueling Your Body and Brain, Weight Loss Tracking and Trends, Power Up-Physical Activity, Psychology of Weight Management, Creating Supportive Environments, Stress Management/Relaxation and Preparing for the Future.

If you need more information on the ShipShape program, view Session 1 Steps to Success online. Use the following link to launch the session:

(<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape-participant-resources.aspx>)

If interested in the full program, call Health Promotion and Wellness at 401-841-6771 to register. Class size is limited.

Contact e-mail: basil.h.aboulenein.civ@mail.mil



DID YOU KNOW?

There are more home fires in winter than in any other season. Half of all home heating fires occur in December, January and February. Many of these fires involve an electric space heater. If you own a space heater, make sure it has an automatic shut-off so if it tips over, it shuts off. Turn space heaters off when you leave the room or when you go to bed. Keep anything that can burn, such bedding, clothing, or curtains at least 3 feet from any high heat source. Always plug portable heaters directly into wall outlets. Never use an extension cord or power strip with portable heaters. Be fire smart this winter!

COMBINED FEDERAL CAMPAIGN DRIVE ENDS TOMORROW (JAN 12):

Go online before midnight tomorrow at:

www.newenglandCFC.org



DR. MARTIN LUTHER KING JR. DAY:

Monday, Jan. 15, is a federal holiday and on base retail and recreational facilities will be operating on holiday hours. Navy Federal Credit Union will be closed. Chafee Fitness Center will be open from 9 a.m. to 5 p.m. For all of the hours, go to: www.cnic.navy.mil/newport.

TYPE III NWU ROLLOUT:

NAVSTA Newport and Navy Region Mid-Atlantic began their Type III uniform roll out on Jan. 8. These new uniforms, including cold weather apparel, are on the shelves at our Navy Newport Uniform Shop so swing in today and get into the newest Navy uniform.

NEX MAIN STORE/UNIFORM SHOP ANNOUNCEMENT:

The Navy Exchange Main Store and Uniform Shop will close at 5 p.m. tomorrow (Friday Jan. 12), remain closed all day Saturday and reopen on Sunday, Jan. 14 at 9 a.m. due to a scheduled power outage. The Uniform Shop will be opening Sunday only to support a class uniform issue to Officer Training Command Newport—not for general sales (unless you have a clothing emergency!) All other locations will be open regular hours.



NAVSTA NEWPORT BLOOD DRIVES

Jan 12- Navy Federal Credit Union & NEX partnership drive from noon to 3 p.m. inside the bloodmobile

Jan 15- Chafee Fitness Center from 3:30 to 6:30 p.m. in the fitness room

Jan 18- SWOS from 11 a.m. to 3 p.m. in Mullen auditorium

Jan 18- OTCN from noon to 4 p.m. inside the bloodmobile

Jan- 24th—Naval War College from 9 a.m. to 3 p.m.

Feb 1- NUWC 9 a.m. to 4 p.m. in bldg. 990

Remember—you do NOT have to be assigned to the command that is hosting the drive to donate—just show up and drop off a pint!

Any questions about donating please call 401-453-8307 (M-F 8a.m-4pm) Each donation helps three lives.



CLARIFICATION ON USE OF MARIJUANA BY DON EMPLOYEES:

Marijuana remains illegal under Federal law, regardless of state laws, as a Schedule I drug in the Controlled Substances Act. Marijuana is therefore illegal for Federal employees unless or until there is further specific guidance issued at the Federal level allowing for marijuana use in some (or any) situations. Those employees subject to random testing, or any other testing (applicant, reasonable suspicion, post-accident, or follow-up), remain subject to the consequences for illegal drug use. In other words, nothing changes for us as Federal employees based on state laws and we remain accountable to comply with Federal law unless there are changes at the Federal level.



RIMAP ANNUAL MEETING:

The RI Marine Archeology Project annual meeting will be held on Saturday, Jan. 20 from 3 to 4 p.m. at the Middletown Town Hall Council Chambers, 2200 East Main Rd., Portsmouth, RI. Anyone interested in this topic is welcomed to attend to find out more about the remarkable history underneath the sea here in the Ocean State.



LIFE SAVING SKILLS:

The NAVSTA Fire Dept. will be hosting their **NEXT CPR Training** for Base personnel who are interested in becoming certified in CPR. This training is at no cost to personnel and all participants will receive an American Heart Association CPR Card upon completion. The department can support group class requests if desired up to a maximum of 12 students per group. Scheduled classes will begin at 9 a.m. and end at 11:30 a.m. Installation personnel are highly encouraged to take advantage of this opportunity. **The next class will be held Jan. 22.**



For more information or to register, email Miguel.m.saul@navy.mil

NEY HALL GALLEY OPEN TO ANYONE WITH ROUTINE INSTALLATION ACCESS FOR LUNCH ON JAN. 17!

Come have lunch with the team! Ney Hall will be open for lunch next Wednesday to anyone with installation access and their guests. The price is \$5.60 and the hours are from 11 a.m. to 1 p.m. (but try and avoid 11:30 to noon because that's the busiest times for the schools on the base arriving to eat). The menu will include steak and shrimp scampi.

FIRE EXTINGUISHER RECALL

Consumer product recall of Kiddie Fire Extinguishers. Potential problems may include becoming clogged, requiring excessive force to discharge, and failing to activate during a fire emergency. In addition, with enough force, the nozzle can detach and pose an impact hazard. Free replacement fire extinguishers may be obtained by contacting (855) 271-4073 from 8 a.m. to 5 p.m. EST, Monday through Friday or online at www.kidde.com (click on "product safety recall" for instructions, more information and how to possibly return your unit.



RESTORATION ADVISORY BOARD:

Interested in learning about the progress of the environmental cleanups of old Navy sites on and near the west side of Aquidneck Island? Come to the next Restoration Advisory Board (RAB) meeting taking place next Wednesday, Jan 17 at 6:30 p.m. at the Courtyard Marriott, 9 Commerce Dr., Middletown. For more information about this meeting, RAB history and what the RAB does, go to www.rabnewportri.org



There are currently **85 federal jobs listed** on the www.usajobs.gov website for agencies here in Rhode Island. On base, vacancies are currently being recruited, or will be recruiting soon, in the Public Works Department; Fleet and Family Support Center; Navy Exchange has management positions available and other retail positions; Morale, Welfare and Recreation is hiring for full, part time and seasonal opportunities; Security and Fire positions are available as well. Please share this information with anyone you know who is looking to join the Navy team as a civilian employee!

WEATHER WARNING: R.I. and

Mass. are bracing for unseasonably warm temperatures and heavy rains tomorrow and Saturday followed by rapid freezing on Sunday. Plan accordingly and make sure drainage areas are clear of debris and doorways in low lying areas are sand-bagged or otherwise protected from high rising water levels. Be prepared with salt and sand in the event sidewalks and driveways are sheer ice this weekend. <http://www.riema.ri.gov/prepare/weather/index.php>



GATE 1 UPDATE FOR SUNDAY, JAN. 14

In preparation for potential flooding over the weekend, Gate 1 will close on Sunday between 7 a.m. and noon. All traffic entering and exiting the main base should plan to use Gate 17 during this period. Stay tuned to facebook (www.facebook.com/NAVSTANewport) and the base condition line (841-2211) for any updates.





Surface Force Commander Directing the Future of the Surface Fleet

From Commander, Naval Surface Force, U.S. Pacific Fleet Public Affairs:

SAN DIEGO (NNS) -- Commander, Naval Surface Forces (CNSF), Vice Adm. Tom Rowden is taking a holistic approach to implementing recommendations from the Comprehensive Review of Surface Force Incidents (CR) to ensure safe and effective ship operations at sea, the safety of our Sailors and the readiness of our surface forces.

In the wake of three collisions and one grounding involving U.S. Navy ships this year, Vice Chief of Naval (VCNO) Operations Adm. Bill Moran assigned Adm. Phil Davidson, commander, U.S. Fleet Forces Command, to lead a thorough review of surface ship mishaps over the last decade in order to inform improvements Navy-wide.

"The comprehensive review found that over a sustained period of time, rising pressure to meet operational demands led those in command to rationalize declining standards - standards in fundamental seamanship and watchstanding skills, teamwork, operational safety, assessment and a professional culture. This resulted in a reduction of operational safety margins," said Chief of Naval Operations (CNO), Adm. John Richardson during a November press conference when he announced the release of the CR.

Davidson's report states, "Going forward, the Navy must develop and formalize 'firebreaks' into our force generation and employment systems to guard against a slide in standards." Based on the recommendations, Rowden and his staff continue to take decisive action to make the Surface Force safer, more proficient and more effective.

Many of the CR recommendations fall within the scope of CNSF and are connected with the surface warfare community. However, the CR Oversight Board (OSB) is not only focused on implementing the recommended changes from the CR, but also broader initiatives to refine Navy policies, procedures, culture and training. This process will enhance the readiness of surface combatants.

Rowden serves as one of the members of the OSB, which the CNO tasked the VCNO to lead. "The oversight board is going to make sure that we properly prioritize the recommendations in a framework that gets after the great needs of the fleet, and looking at it from the commanding officers' perspective," Moran said. The panel, which includes senior leaders like Davidson and Rowden, meets monthly to evaluate the



progress toward implementing the CR recommendations.

Taking this holistic approach, the Navy and its Surface Warfare community are moving quickly to implement immediate actions, as well as moving mid- and long-term initiatives into planning phases for the entire Surface Force. The efforts made today will set the surface warfare community on the right course to address issues identified in the CR and improve the surface fleet for decades to come.

"I owe it to our Sailors to provide them the tools they need to be the most capable mariners and warfighters possible," said Rowden.

A combined effort between Naval Surface Force, U.S. Pacific (CNSP) and Atlantic (CNSL) fleets will lead implementation of recommended changes and track those changes throughout the surface fleet. Their teams consist of representatives from Naval Sea Systems, Space and Naval Warfare Systems Command, Naval Personnel Command, Naval Education and Training Command, and other commands that have a role in making changes for current Sailors and how to develop future officers and Sailors to drive their ships, fight and win at sea. CNSP and CNSL serve as the central node for both realizing recommendations on the deckplates and relaying progress to senior leadership.

At the time this article was submitted for publication, 11 CR recommendations had been accomplished by the Navy. The Surface Force continues to focus on completing all CR initiatives.

Examples of other initiatives under consideration are a bridge resource management workshop, a junior officer of the deck course, officer of the deck assess-



ments and prospective commanding officer competency checkpoint assessments. These initiatives were framed using the CR recommendations as well as Sailor feedback from when Rowden visited with commands and ship crews in Japan, Singapore, and Everett, Washington, following the incidents.

"We need to revisit basics and these initiatives are a look at how to do and train the fundamentals correctly," said Rowden. "If we can't master the basics, it will be challenging to be proficient operating at the tactical level."

While the CR was gathering its information, Rowden, in concert with U.S. Pacific Fleet, commander, Adm. Scott Swift, took immediate action to address needed changes and improvements to the surface fleet at every opportunity. Following an operational pause directed by the CNO, Rowden recognized a need to improve confidence and competence in the surface Navy.

To that end, the CNSF commander issued guidance directing a concerted focus on the basics upon which safe navigation rests: contact management; bridge resource management; subject to the cogni-

zant policies of fleet commanders, the transmission of Automatic Identification Systems (AIS) while operating in restricted waters and high-traffic areas; the aforementioned circadian rhythm watchbill and shipboard routine implementation; and ready for sea assessments. Additionally, subordinate commanders were directed to take specific actions such as ensuring more personal involvement with manning, watchbills, training and certification pillars in order to ensure increased safety and readiness of their units and ships - at sea and in port.

"We've already implemented a number of the recommendations from the CR, and we will continue to address all of the remaining recommendations, ensuring all our initiatives put sharp focus on building better mariners, enhancing our ability to safely operate at sea and ultimately strengthening our warfighting capability," said Rowden. "The one thing that remains constant as we implement these initiatives is the dedication of the young Sailors that serve aboard our warships. They take great pride in their profession, as they should."



U.S. Marine Corp Lt. Gen. Brian D. Beaudreault, deputy commandant, Marine Corp's Plans, Policy, and Operations, delivers the Marine Corps update to attendees of the Surface Navy Association's 30th National Symposium. This year's symposium focused on "Surface Forces and Cross Domain Integration", which highlights common procedures and combined exercises across the air, land, maritime, space and cyberspace domains in preparation for a more powerful and integrated Naval Surface Force. (U.S. Navy photo by Mass Communication Specialist 3rd Class Timothy Hale/Released)



DoD Releases 2018 Basic Allowance for Housing Rates

The Department of Defense released today the 2018 Basic Allowance for Housing rates. Basic Allowance for Housing rates will increase an average of 0.7 percent when the new rates take effect on January 1, 2018. An estimated \$21 billion will be paid to approximately one million Service members.

Continuing to balance the growth in compensation costs, the 2018 Basic Allowance for Housing program expands the member cost-sharing element (out-of-pocket expense). Based on the authority provided in the FY 2016 National Defense Authorization Act, the cost-sharing element has increased to four percent for 2018 which means a typical member will absorb four percent of the national average housing cost by pay grade. Even with the increase in cost sharing, on average, BAH rates will increase approximately \$10 per month. A typical mid-grade enlisted member with dependents, for example, will find his/her BAH about \$19 per month higher than last year, while a typical junior officer without dependents will find his/her BAH about \$16 higher than last year.

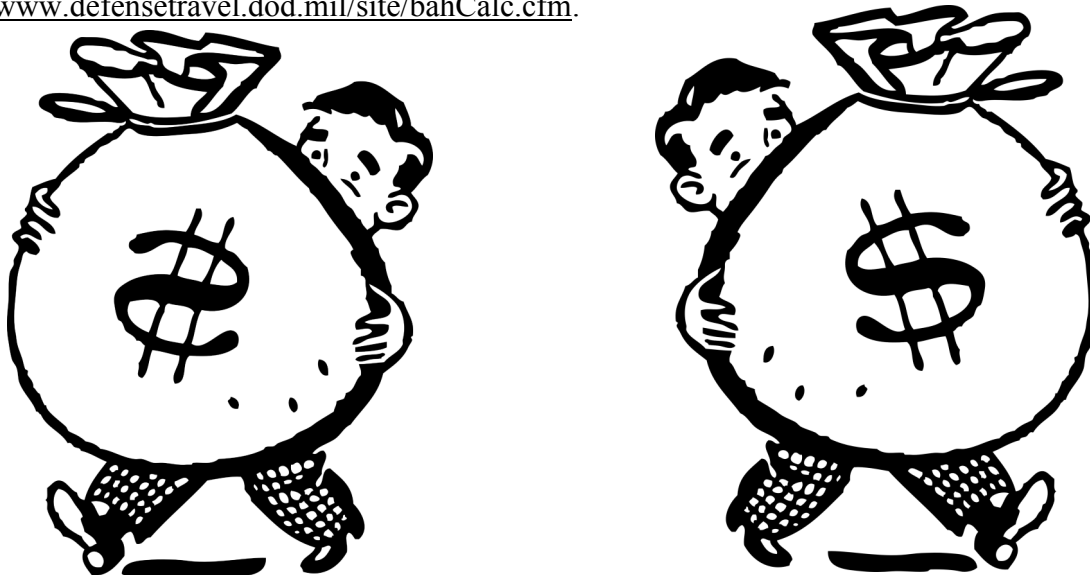
Housing cost data are collected annually for over 300 Military Housing Areas in the United States, including Alaska and Hawaii. An important part of the Basic Allowance for Housing process is the cooperation from the Services and local military housing offices in the data collection effort. Input from local commands is used to determine in what neighborhoods data is collected and to direct the data collection effort towards adequate apartment complexes and individual housing units.

Median current market rent and average utilities (including electricity, heat, and water/sewer) comprise the total housing cost for each military housing area and are included in the Basic Allowance for Housing computation. Total housing costs are developed for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. Basic Allowance for Housing rates are then calculated for each pay grade, both with and without dependents.

An integral part of the Basic Allowance for Housing program is the provision of individual rate protection to all members. No matter what happens to measured housing costs – including the out-of-pocket cost-sharing adjustment, an individual member who maintains uninterrupted Basic Allowance for Housing eligibility in a given location will not see his/her Basic Allowance for Housing rate decrease. This ensures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area's housing costs decrease.

The Department is committed to the preservation of a compensation and benefit structure that provides members with a suitable and secure standard of living to sustain a trained, experienced, and ready force now and in the future.

For more information on Basic Allowance for Housing, including the 2018 Basic Allowance for Housing rates and 2018 Basic Allowance for Housing rate component breakdown, visit www.defensetravel.dod.mil/site/bah.cfm. Service members can calculate their BAH payment by using the Basic Allowance for Housing calculator at: www.defensetravel.dod.mil/site/bahCalc.cfm.





Trump Signs Order to Improve Mental Health Resources for Transitioning Veterans

From Department of Defense

WASHINGTON (NNS) -- Transitioning service members and veterans can now receive up to a year of mental health care from the Veterans Affairs (VA) Department after discharge from the service, according to an executive order President Donald J. Trump signed Jan. 10.

The order, "Supporting Our Veterans During Their Transition From Uniformed Service to Civilian Life," directs the Defense, Veterans Affairs and Homeland Security departments to develop a joint action plan to ensure the 60 percent of new veterans who now do not qualify for enrollment in health care -- primarily because of a lack of verified service connection related to the medical issue at hand -- will receive treatment and access to services for mental health care for one year following their separation from service.

"We look forward to continuing our partnership with the VA to ensure veterans who have served our country continue to receive the important mental health care and services they need and deserve," said Defense Secretary James N. Mattis.

"We want them to get the highest care and the care that they so richly deserve and I've been working very hard on that with [VA Secretary David J. Shulkin] and with everybody. It's something that is a top priority," the president said. "We will not rest until all of America's great veterans receive the care they've earned through their incredible service and sacrifice to our country."

Shulkin noted that as service members transition to veteran status, they face higher risk of suicide and mental health difficulties. "During this critical phase, many transitioning service members may not qualify for enrollment in health care," he said. "The focus of this executive order is to coordinate federal assets to close that gap."

Three-Department Approach

The three departments will work to expand mental health programs and other resources to new veterans in the year following departure from uniformed service, including eliminating prior time limits and to:

-- Expand peer community outreach and group sessions in the VA Whole Health initiative from 18 Whole Health flagship facilities to all facilities. Whole Health



includes wellness and establishing individual health goals.

-- Extend DoD's ["Be There Peer Support Call and Outreach Center"](#) services to provide peer support for veterans in the year following separation from uniformed service.

-- Expand the [DoD's Military OneSource](#), which offers resources to active duty members, to include services to separating service members to one year beyond service separation.

Serving Their Country

"The Department of Homeland Security is where many veterans find a second opportunity to serve their country - nearly 28 percent of our workforce has served in the armed forces, in addition to the 49,000 active-duty members of the United States Coast Guard," said Homeland Security Secretary Kirstjen M. Nielsen.

"This critically important executive order will provide our service members with the support they need as they transition to civilian life," she added. "These dedicated men and women have put their lives on the line to protect our nation and our American way of life, and we owe them a debt we can never repay. We look forward to working with the VA and DoD to implement the president's [executive order]."

In signing this executive order, Shulkin said, the president has provided "clear guidance to further ensure our veterans and their families know that we are focusing on ways to improve their ability to move forward and achieve their goals in life after service."

For more information information on the U.S. Department of Veterans Affairs, visit www.va.gov/.

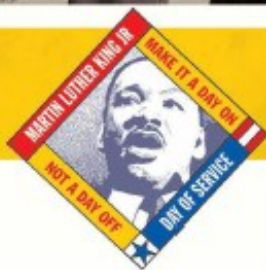
**"LIFE'S MOST PERSISTENT
AND URGENT QUESTION IS:**

**WHAT
ARE YOU
DOING FOR
OTHERS?"**

DR. MARTIN LUTHER KING, JR

**Martin Luther King
Day Observance
at the
Providence VA
Medical Center**

**12:30 p.m.
Wednesday
Jan. 17
Classroom 3
5th Floor
Main Hospital
830 Chalkstone**



**Speaker: Kobi Dennis, Navy Veteran and community leader
Poet: Charlene Cabral
Music**

MLKDay.gov



Cooperation for
**NATIONAL &
COMMUNITY
SERVICE**





VETERANS OF FOREIGN WARS
AND AUXILIARY
DEPARTMENT OF RHODE ISLAND

VOICE OF DEMOCRACY & PATRIOT'S PEN
AWARDS BANQUET



SATURDAY JANUARY 27, 2018

CASH BAR 12:00 PM

BANQUET 1:00 PM

KELLEY GAZZERRO VFW POST 2812
1418 PLAINFIELD PK
CRANSTON RI

MENU

SOUP /SALAD/PASTA

ROASTED CHICKEN/ROAST BEEF-POTATO – VEGETABLE

DESSERT – COFFEE- TEA

DONATION \$25.00 PER PERSON

(NO TICKETS WILL BE SENT OUT RECORDS KEPT HERE) PLEASE RETURN TO:
VFW DHQ ONE CAPITOL HILL PROVIDENCE RI 02908
CHECKS PAYABLE VFWRI

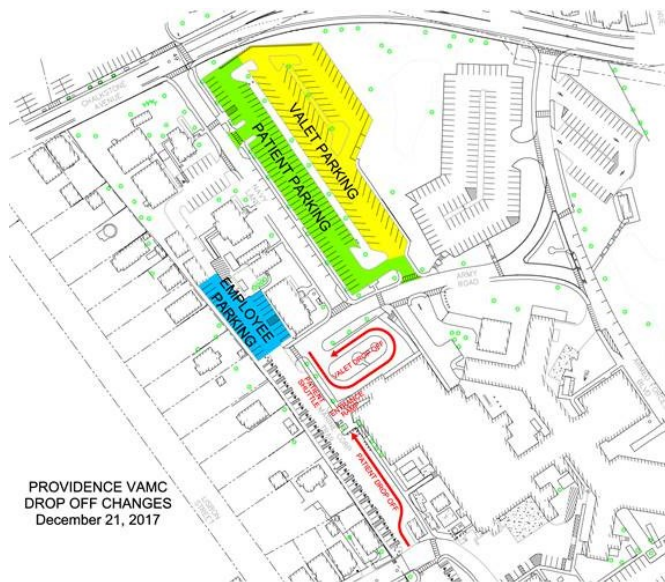
NAME _____

POST _____

NUMBER OF TICKETS _____ x25.00 TOTAL ENCLOSED \$ _____

Valet Service at VA Medical Center:

Valet Drop Off will begin using the circle at the Ambulatory Care Entrance. Patients using valet will be directed to enter the Ambulatory Care Entrance and form a double line. The valet employees will issue parking slips and move cars to the valet lot, similar to the previous procedure. Patients can then enter the main hospital through the new entrance and lobby. The area vacated by valet along Marine Corps Trail will now be used for Patient Drop Off. Vehicles will pull off Marine Corps Trail and into the area previously used by valet for stacking cars. Taxis, The Ride Bus, ambulances (non-emergency), etc., will drop off patients at the bottom of the entrance ramp and patients can use the ramp or stairs to enter the hospital via the new entry and lobby. Unattended vehicles will not be allowed and idle time in this area will be limited to 5-minutes. The area marked Patient Shuttle will be used for pick up and drop off of patients using the shuttle to Eagle Square.



CHAPEL OF FOUR CHAPLAINS MEMORIAL SERVICE

Please join us 4 February 2018 at Cornerstone Methodist Church where we will conduct a Four Chaplains Memorial Service. This service will be dedicated to these courageous, unselfish men. Service will start at 0930. The Church is located next to the Coventry Police Station, 1081 Main Street, Coventry, RI.

As you may know, Four Army Chaplains gave up their life preservers to soldiers as their troopship the Dorchester, which had been torpedoed by a German submarine, was sinking.

A candle will be lit and a short biography read for each Chaplain as part of this ceremony.

This true story of bravery in the Second World War has led to the Creation of the Four Chaplains Memorial Foundation which keeps the memory and sacrifice of these four remarkable men of God alive.

This is an ecumenical service, all are welcome. We hope you will be able to join us.

There will be a special offering, proceeds going to the Chapel of Four Chaplains Foundation to aid in continuing their work to educate the public of this great, historical event.

Brunch will be served after the service.




Please RSVP by Thursday 1 February 2018 to insure ample food will be available.

Jane Deptula, Dept. of RI Marine Corps League

397-4232 or email (josephdeptula@cox.net)

(In case of severe storm Service will be held 11 February.)



VA U.S. Department of Veterans Affairs

LEGAL HELP DAY

LEGAL HELP FOR VETERANS
FRIDAY JANUARY 19, 2018
9:00 A.M. - 12 NOON
VA HOSPITAL
5TH FLOOR
CLASSROOM 2

Coffee & light refreshments will be served

- **Expungements**
- **Wills**
- **Landlord / Tenant**
- **RI DMV Matters**
- **Disability Matters**
- **Family Law**

*RHODE ISLAND MATTERS ONLY

Please be advised some cases & matters may require a referral