



Navalog

January 18, 2018

SPECIAL POINTS OF INTEREST

NUWC Civilian Earns Prestigious Award

Major Navy Training Exercise on the Way

Tax Prep Information

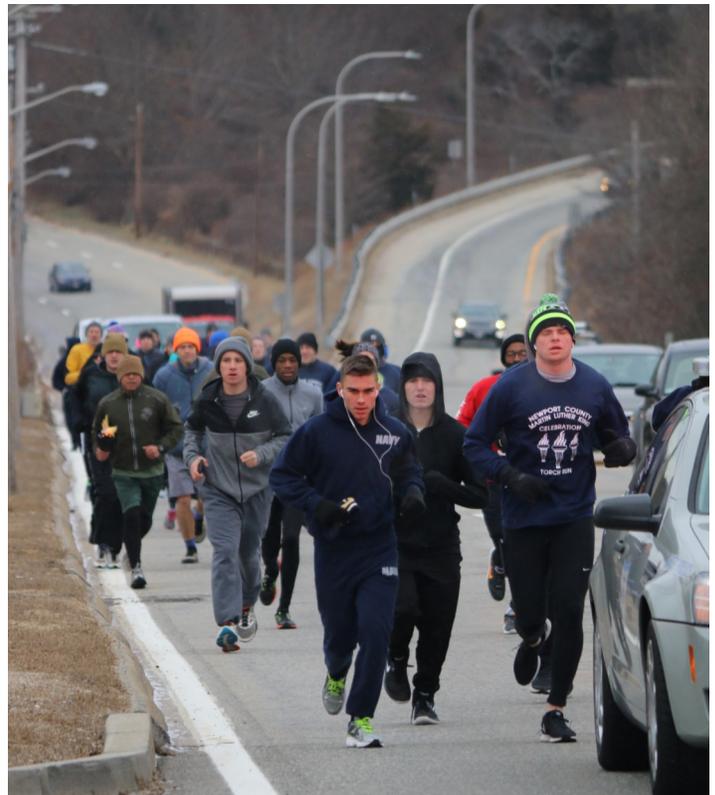
MARTIN LUTHER KING ANNUAL TORCH RUN



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Participants in the 2018 Martin Luther King Torch run (top), sponsored by the Newport Chapter of the NAACP, hold a brief prayer service at Patriots Park in Portsmouth, prior to starting their 8.1 mile run to Newport. Patriots Park is a memorial to the 1st Rhode Island Regiment of the Continental Army (1775-1783), also known as "The Black Regiment" since it was composed primarily of soldiers of African descent. (right) The Torch run participants work their way up the first of several hills on Route 114 as they make their way towards Newport on a sub-20 degree morning. (photos courtesy of NAPS)



Story/more photos page 3



Navy Installations and Commands Exercise Force Protection

By USFFC and CNIC Public Affairs

Naval installations within the continental United States (CONUS) will conduct Exercise Citadel Shield-Solid Curtain 2018 (CS/SC 18) Jan. 29 – Feb. 9.

CS/SC 18 is a two-part, linked anti-terrorism force protection exercise conducted by Commander, U.S. Fleet Forces Command and Commander, Navy Installations Command on all CONUS Navy installations.

This annual exercise is designed to enhance the readiness of Navy security forces and ensure seamless interoperability among the commands, other services and agency partners. Exercise CS/SC 18 is not in response to any specific threat, but is a regularly scheduled exercise.

Measures have been taken to minimize disruptions within local communities and to normal base operations, but there may be times when the exercise causes increased traffic around bases or delays in base access. Area residents may also see or hear security activities associated with the exercise. Advanced coordination has taken place with local law enforcement and first responders.

What does this mean to me here in Newport?

There will be delays at the gates at times during this drill period so plan accordingly. This is a nationwide exercise and cooperation is expected. You can help by having your ID cards out and ready to hand to the gate sentries (as usual). There will be times during heightened force protection measures and random security checks where EVERYONE in the vehicle will be expected to show an identification card (drivers license for guests being escorted who are over the age of 18 is sufficient.) You may be selected for a vehicle inspection—clean out your cars/trucks in advance of the drill so that the search can go quickly and efficiently. Do not attempt to talk your way out of the inspection—cooperate with security as protecting our installation and the people who work and train here is all of our business. Stay professional.

How can I help? Be prepared. Stay current on your force protection/anti terrorism training and be on the lookout, both on the base and off, for unusual activities/packages etc. Remember, if you **See Something then Say Something**, <https://www.dhs.gov/see-something-say-something> Know what you should do in the event of an active shooter in your workplace or wherever you may be.... think about your reaction in emergencies before they occur. Military and DoD employees have training requirements via Navy Knowledge Online and Total Workforce Management System, ANYONE, can access the following site for more information on reacting to an active shooter and other scenarios provided by the Department of Homeland Security: <https://www.dhs.gov/active-shooter-preparedness>

Stay Informed: Register for the Wide Area Alert System known as AtHoc if you are on an NMCI computer; follow the installation facebook page for up to date notifications on operational changes at: www.facebook.com/NavstaNewport; check with your supervisor about internal communications within your commands and listen for announcements via the GIANT VOICE public address system on the base and know what to do when you hear it. Use training opportunities to be prepared at your own level—this is a nationwide exercise for all of us.

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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/NAVSTANEWPORTRI to stay informed!



MLK Day Celebrated

By RICHARD ALEXANDER

(cont from page 1)

Newport Navalog contributor

A naval officer at Naval Station Newport says too many distractions today and are interfering with the Rev. Dr. Martin Luther King Jr.'s message of freedom, racial equality and justice.

Cmdr. Zeverick Butts of Officer Training Command, Newport, was the guest speaker last Monday at the 33rd annual national holiday celebration of the civil rights activist's birthday held at Thompson Middle School. The program was sponsored by the Newport County Branch, NAACP.

Butts said distractions today cause unnecessary disappointments, make us disillusioned... even depressed. "Dr. King had these issues, but he was dedicated to his dream," he said.

Butts said television can be a distraction. "I stopped watching TV news, because it's always negative." Cellphones are distractive, said the father of two sons. "I don't need Facebook in my day," he said. "At our dinner table, cellphones are not allowed. We don't need to know which basketball player scored the most points or which football team won. We talk family."

Butts said there are only two things you can't control: birth and parents. After that, life is choices. "If I get a speeding ticket, it's because I chose to go 70 mph in a 55 mph zone. The speeding ticket is my punishment." Dr. King faced hate from those against racial equality, but kept his focus. "He didn't have fear," Butts said. "He was on a mission. He knew freedom wasn't always free."

The King Day celebration also featured the annual Torch Run from the First R.I. Regiment Monument in Portsmouth to Thompson Middle School. The monument is also know at "The Black Regiment" in the Revolutionary War as it included slaves, freemen and other non-whites. About three dozen runners from Naval Station Newport commands represented the Marine Corps Detachment, Naval Academy Preparatory School, Naval Supply

Corps, Naval Health Care New England, Officer Training Command, Newport and Salve Regina University.

Music was provided by Navy Band Northeast's Bass Quintet, known as "Top Brass."



The Torch arrives at Thompson Middle School for the annual MLK day celebration



Captain Cory Howes, CO NAPS, surrounded by the Torch run participants, addresses those assembled in the Thompson Middle School Cafetorium at the MLK day celebration on Monday. (photos courtesy of NAPS)



Humanities Class Visits Boston Museum of Fine Arts

By: MC2 Jess Lewis, U.S. Naval War College Public Affairs

NEWPORT, R.I. – A group of 14 U.S. Naval War College (NWC) students visited the Boston Museum of Fine Arts on Jan. 10 as part of a humanities elective course offered at NWC.

Students taking the “Leadership and War Viewed through the Humanities” class taught by Yvonne Masakowski, an associate professor in NWC’s Leadership and Ethics Department visited the museum as a supplement to the course they are taking.

“I started to bring the students to the museum as a means of viewing art of historic importance,” said Masakowski. “During times of war, artists often create art in response to war events. Art brings history to life for my students. It allows them to engage with the art and reflect on how art was created to share society’s response to war and its aftermath.”

This is the third year Masakowski has taught the class and brought students to the museum.

The class is a popular elective course that students can take while studying at NWC. It combines the art, music, literature of each war era beginning with the American Revolution through the Vietnam War. Masakowski added that it’s important to understand the historical context of each war era and the role the humanities has played to convey society’s response to war.

Thomas Culora, dean of NWC’s Center for Naval Warfare Studies Department, was invited by Masakowski to participate in the museum tour. Culora is a renowned, professional artist and his descriptions helped facilitate each student’s understanding of the artist’s intent and the historical significance of the paintings. Culora’s perspective on art history and culture help students understand the impact of war on society.

“I am always very happy to see how interested, introspective and serious the students are when they tour the museum,” said Culora. “It is clear to me they are truly seeking to understand the world more fully in their role in it as a defense or military professional. It is always a privilege to be able to lead the students through this experience.”

Following the museum visit, students are tasked to write a two-page reflection paper on a painting they



Thomas Culora, dean, U.S. Naval War College’s (NWC) Center for Naval Warfare Studies Department, gives a tour to NWC students at the Boston Museum of Fine Arts. A group of 14 NWC students visited the museum as part of a humanities elective course offered at the college. The course combines art, music, literature and historical information to better understand the role of the humanities across the spectrum of military operations and international relations. (photo by MC1 Jaima Fogg/released)

saw during their museum visit.

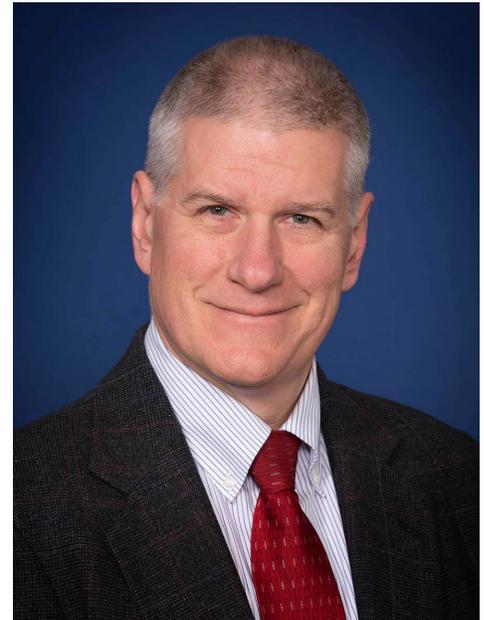
“I chose a painting by Jackson Pollock,” said Stephanie Dantzler, a NWC student in Masakowski’s class. “Normally I’m drawn to the impressionists like Claude Monet and Pierre Auguste Renoir, but this one is an abstract expressionism piece and the painting chose me. My first impression was that it was a beautiful, complicated and messy painting. This painting reflected all of the events and experiences of my life, both good and bad. It showed my travels, education, jobs, family and friends; all of the decisions I’ve made and how I made those decisions. This painting is my life: the raw, unadulterated version of me.”

Masakowski added that her students always enjoy the visit to the museum as it expands their knowledge and appreciation for art and its link to history.

“I’d offer that the museum specifically and the class collectively provides an exceptional personal and professional development opportunity,” said Army Maj. Joseph Mayeaux, another NWC student in Masakowski’s class. “I think it affords us the unique opportunity for comparative reflection. I think studying leadership and war through the prism of the humanities is an asymmetric approach of sorts. It offers us not only another level of analysis or a different approach to studying leadership and war, but the opportunity to do so in the most intimate context of human emotion.”



U.S. Navy Photo by Dave Stoehr, ICI Services)



NUWC Division Newport Engineer Earns Meritorious Civilian Service Award

By NUWC Public Affairs

Douglas P. Hembdt, technical project manager for surface ship undersea warfare at the Naval Undersea Warfare Center (NUWC) Division Newport, was recently selected for the Department of the Navy Meritorious Civilian Service Award, the third highest Navy honorary award. NUWC Commander Rear Adm. Moises Del-Toro (top left photo) presented the award during a ceremony with Capt. Michael Coughlin, NUWC Division Newport commanding officer, on Dec. 14, 2017.

The award recognizes meritorious civilian service or contributions that have resulted in high value or benefits to the Navy.

Hembdt, a resident of Tiverton, R.I., has an exceptional record of process improvement and workforce development initiatives from March 2012 through July 2017.

“As technical project manager for surface ship undersea warfare in the Sensors and Sonar Systems Department, Hembdt developed and implemented a process that facilitates access to relevant technical data and provides a more timely response to technical issues,” reads the award citation signed by DelToro. “Endorsed as a Best Practice by the Program Executive Office, Integrated Warfare Systems, the process was recently adopted by the crew of USS Zumwalt (DDG 1000) and is part of a High Velocity Learning Pilot Program at NUWC Division Newport.”

“His leadership and resourcefulness have directly resulted in workload growth in the Surface Ship and Aviation Systems Division, which has resulted in a workforce increase of nearly 50 percent from 2014 to 2016,” the citation continues. “Hembdt’s many important contributions reflect great credit upon Division Newport, both externally with our customers and internally as a model for developing the workforce of the future.”

Hembdt holds a bachelor of science in electrical engineering from Western New England University, Springfield, Mass., earned in 1980 and a master of science in electrical engineering from Rensselaer Polytechnic Institute, Troy, N.Y., earned in 1995.



Attention Birders! Left and right are photos of a juvenile Snowy Owl that is passing through our area and was caught on camera by astute bird watchers at NAPS. Gould Island is a wild life sanctuary and this area is in the migration pattern for many fowl.





Turning the other cheek: Enduring a colonoscopy

It seems that every humor writer on Earth has penned an amusing account of his or her root canal, mammogram, or other cringeworthy medical procedure. Arguably, the intimate details of one's doctor's appointments should not be published for the masses to read. However, many unscrupulous writers have plucked this low hanging fruit in shameless pursuit of an easy laugh.

While I aspire to higher moral standards as a writer, I cannot deny the uncontroverted fact that embarrassing medical procedures are grounding experiences to which many readers can relate. So, realizing that publicly exposing the sordid details of my recent colonoscopy might qualify as conduct unbecoming of a military spouse, I nevertheless feel compelled to give my readers what they want.

Of course, I will tell the unsavory tale with the utmost decency and decorum - no vulgar language will be used in this story. In fact, I have gone to great lengths to provide squeaky-clean metaphors and subtle innuendos to describe the most sensitive parts.

For those who may not know, routine colonoscopies are recommended for people over fifty. In theory, the procedure is relatively simple — the doctor uses an endoscopic camera to check the colon for irregularities. But in reality, this life-saving cancer screening has a way of bringing humans to the brink of all that is sacred, forcing them to confront the indignity of uncontrolled bodily functions, and to stare into the deep, dark abyss of their mortality.

No pun intended.

The first step in my colonoscopy journey was the dreaded pre-operative bowel cleansing. By nearly starving myself on a clear liquid diet for two days, and guzzling what seemed like a 50 gallon drum of the prescribed system-cleaning solution which tasted like bilge water with a spritz of Lemon Pledge, I effectively relinquished all control of my bowels for the next 48 hours. Suffice it to say that I would highly recommend that anyone scheduled for a colonoscopy invest in a Mega-pack of Charmin double ply, install a splash guard on the toilet, and stop wearing pants altogether.

By the next morning, my intestines were emptier than an AA meeting on St. Patrick's Day, and I was ready for my colon's photo shoot. At the Naval Clinic's surgery center, I put on a hospital gown open at the

back and laid on my side as instructed. The room contained various trays of instruments, an overhead spotlight, an air compressor, and a long black hose wound over a metal rack. I thought I had accidentally wandered into a Jiffy Lube. But then, I saw the flat screen TV for live streaming the video of my innards and knew I was in the right place.

The doctor had decided to put me under general anesthesia rather than mild sedation, because my lower intestines were "all over the place" and would need extra probing. As I waited for the anesthesiologist to arrive, I was embarrassed about my exposed rump and middle-aged stomach that drooped onto the table like spilled pancake batter. I glimpsed the air compressor and knew that they would soon be pumping my intestines full of air and shoving Lord-knows-how-many-feet of that hose into my body.

Thank God the nurses and doctors are all strangers to me, I thought. I'd heard all the mortifying stories of uncontrolled flatulence during colonoscopies, and I was relieved that no

one I knew would be there to see me turn into a human kazoo.

Just then, I heard, "Hey, Lisa!"

The anesthetist came in for a side hug, and I stared at him in shock. It was Jerry, the father of my daughter's friend from school. I had chatted with him and his wife many times during school events. I knew he was a Navy doctor, but I had no idea that he would one day peer down at my bare backside.

The milky solution in the syringe could not hit my IV soon enough. I awoke an hour later, feeling gassy, embarrassed, and woozy, but mostly relieved that my colon had a clean bill of health.

Schedule your colonoscopy screening now. See www.coloncancerfoundation.org.



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>

FFSC January Workshop Schedule

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.

On-Line Resources:

Employment & Training

www.careeronestop.org/militaryspouse

Exceptional Family Member Program Liaison , Call 401-841-2283

Federal Employment: www.usajobs.gov

Fleet and Family Support Programs

www.cnic.navy.mil/Newport

Military Home Front

www.militaryhomefront.dod.mil

Measuring Rhode Island Schools

www.infoworks.ride.ri.gov

Military Spouse Information

www.milspouse.com

Navy Career Development

www.npc.navy.mil

Navy-Marine Corps Relief Society: www.nmcrcs.org

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.

Winter Moving Tips

Joint Personal Property Shipping Office (JPPSO-NORTHEAST Det 2)

With the winter moving season upon us we would like to pass on some key moving tips to our community.

All personnel moving during the winter months should be aware snow and sleet storms may delay pickup and delivery of your household goods.

To minimize inconvenience should a storm occur, plan an extra day or two between your scheduled pickup and departure date. Leave phone and other utilities connected until all property has been picked up. Remember that it's your responsibility to clear driveways and walkways of snow and ice, this includes outdoor storage sheds. Failure to do so will delay your move and could result in a cost to you for an attempted pickup charge.

Although we can control the commercial mover, we cannot control the weather - please prepare yourself for that unexpected happening by giving yourself some flexibility. It's your move and we at JPPSO-NORTHEAST will do whatever is necessary to make it as smooth as possible, but we need your help and understanding if the weather is uncooperative.

- Ensure your driveway, walkways and door steps are clear of ice and snow
- Ensure any outdoor items, i.e. play equipment or

lawn furniture has been disassembled and is free of snow and or ice.

Keep the JPPSO's phone number on hand. If any problems or questions arise call. In case of problems on the day of your pack, pickup or delivery (7 a.m. to 5 p.m. Eastern Standard Time), call 401-841-4896, after those hours call 978-987-6546. The standby person will answer the phone, or you will be asked to leave a voice mail. For voice mail, leave your complete phone number including area code and your call will be returned as soon as possible.

Additionally, you can locate numerous resources that may assist you throughout your move via the website at: <http://www.move.mil>. We encourage you to take a minute and review this valuable resource.

Lastly, please take the time to complete the mandatory Customer Satisfaction Survey that will be sent to you within seven days of the completion of your move. Your survey data provides valuable feedback to the movers so they can evaluate and enhance their performance. Your feedback will improve the household shipping experience for the entire Military/DOD community.



www.navymwrnewport.com

Join the MWR Email Blast List email:
NAVSTANewportRIMWR@gmail.com

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

Showing of **Seaview Lanes Bowling Center**
Sunday, January 28
12 - 2 p.m.

\$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.

OFFICERS' CLUB NEWPORT

Winter ENTERTAINMENT

COMEDY SHOW

Jimmy Dunn

Officers' Club Grand Ballroom
Wednesday, January 31
7-8 p.m.

Free show and open to all patrons with base access. Comedy show is geared for adult entertainment, some word choices are not family friendly. Topside menu will be available to order from starting at 5:30 p.m. Reservations are encouraged and accepted. For more information, call (401) 841-1442.

Celebrate with your Sweetheart Valentine's Dinner

♥ Fine Dining ♥ Fine Beverages ♥ Fine Entertainment

at the Officers' Club
Saturday, February 10 at 6 p.m.

Five course prix fixe menu, pre-paid reservation and entrée selection are required. Full bar also available.

\$80.00 per couple with a bottle of wine
\$75.00 per couple without a bottle of wine

Open to all patrons with base access.
Call (401) 841-1442 Monday-Friday, 9-11 a.m. or 2-5 p.m. to make a reservation.



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/nmcpnc/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



FIRE PREVENTION TIPW?

Have a qualified professional install stationary heating equipment, water heaters, and central heating equipment according to the local codes and manufacturer's instructions. Have heating equipment and chimneys cleaned and inspected every year by a qualified professional. Always use the correct type of fuel specified by the manufacturer for fuel burning furnaces and heaters.

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.



NAVSTA NEWPORT BLOOD DRIVES

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.

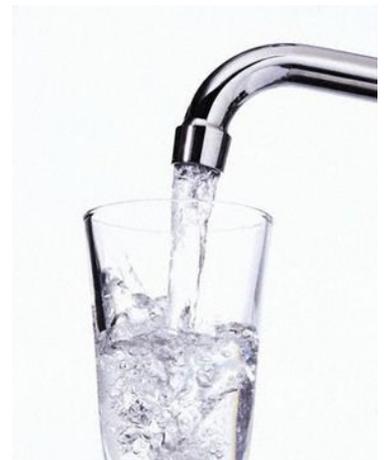


RIMAP ANNUAL MEETING:

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. They are also announcing their **2018 Marine Archaeology Public Training** schedule starting with "Introduction to Marine Archaeology" to be held on January 27 (\$50), and "Site Mapping I & II" on January 28 (\$50), at the Masonic Hall, 39 Baker St., Warren RI. Advanced topics will be offered through March. RIMAP membership (\$25) for 2018 and completion of the "Introduction" class are required for diving and non-diving volunteer participation in RIMAP activities. RIMAP membership and classes are open to the public and pre-registration is recommended. For further information, please see the full application posted on the www.rimap.org website, contact rhodeislandmap@yahoo.com, or call (401) 253-2094.

FLUSH FIRST!

Lead is a naturally occurring element found in small amounts in the earth's crust. While it has some beneficial uses, it can be toxic to humans and animals causing health effects. Lead can be found in all parts of our environment—the air, the soil, the water and even inside our homes. Many older plumbing systems have lead in the pipes. Lead enters drinking water primarily as a result of the corrosion, or wearing away, of materials containing lead in the water distribution system and household plumbing. When water stands in lead pipes or plumbing systems containing lead for several hours or more, the lead may dissolve into your drinking water. This means the first water drawn from the tap in the morning or later in the afternoon if the water has not been used all day, can contain fairly high levels of lead. You can reduce your exposure to lead in drinking water by flushing the system. Let the water run from the tap before using it for dinking or cooking any time the water in the faucet has gone unused for more than six hours. Flush cold water faucets for about 15-30 seconds. For more information about your facility's water supply and details on testing, please call NS Newport Environmental at 841-6376.





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



NAVAL WAR COLLEGE LECTURE SERIES

The Issues in National Security (INS) lectures are specifically designed to offer scholarly lectures to the spouses, partners, and significant others of military and civilian employees assigned to the Naval War College, Naval Station Newport and its tenant commands. INS lectures are held on the campus of NWC in Spruance Auditorium on select Tuesday afternoons from 4:30 p.m. to 5:45 p.m. This is no requirement to sign up or RSVP for the lecture series. For additional information email: chris.kidd@usnwc.edu The academic lectures

The next 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 Kohonen, Hattendorf Center.
- Feb. 6: "U.S. Naval Power in the Pacific," by James Holmes, Strategy and Policy.

BALFOUR BEATTY COMMUNITIES ACCEPTING SCHOLARSHIP APPLICATIONS

Applications are now being accepted for the Balfour Beatty Communities Foundation scholarship program for the 2018-2019 academic year. All residents living in Balfour Beatty Communities housing – including spouses and children – who are pursuing a degree are eligible to apply.

The Balfour Beatty Communities Foundation Scholarship Program recognizes those residents who are students or aspiring students excelling academically and looking to make a difference both in and out of the classroom. Scholarship applicants must currently reside

in Balfour Beatty Communities housing and plan to attend or already attend an accredited college or university on a full-time basis in the fall of 2018, or be enrolled in a program of study designed to transfer directly into a four-year program.

The Balfour Beatty Communities Foundation is a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a Balfour Beatty community. About 300 academic scholarships have been awarded to residents, including active duty service members and their dependents, since the program was established in 2009. Scholarship awards range from \$1,000 to \$2,500, with the potential for being larger for exceptional submissions. Achievements made by our applicants, both in academics and community participation, consistently inspire us every year. We're honored to be able to assist them in their academic endeavors through our scholarship program.

For more details regarding scholarship requirements and to complete an online application, please visit the Foundation's website, www.bbcommunitiesfoundation.org. Applications must be submitted no later than March 30, 2018.



There are currently **123 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!





Be Prepared for Tax Time with MilTax

MILITARY ONESOURCE

Power through your taxes with help from MilTax, Military OneSource's free tax services, which provides easy-to-use software designed specifically for the military community. MilTax also offers free consultations with experts trained to help military members and their families take command of their taxes. Make quick work of your tax questions, preparation and filing with MilTax.

Free tax preparation and filing services

Military OneSource tax preparation and filing software walks you through a series of questions to help you accurately complete your tax return. This self-paced tax software allows you access to free technical assistance and the ability to complete and electronically file your federal return and up to three state tax forms. Calculations are 100 percent accurate — guaranteed.

Specialized support

MilTax consultants understand situations unique to service members. They can alert you to tax requirements and deductions related to military life, identify important tax regulations, maximize refunds and assist with completing the proper tax forms. Military OneSource tax experts can help you address special tax considerations including military survivor benefits and tax forgiveness, inheritance tax issues, college tax breaks and tax extensions.

Volunteer Income Tax Assistance

MilTax consultants offer assistance finding Volunteer Income Tax Assistance program locations where participants can self-file, sit down with a trained tax professional and have their taxes completed, or drop off their tax forms and return at a designated time to complete the filing.

Go to the following link for more information: <https://www.militaryonesource.mil/-/making-tax-filing-simple> or contact Melissa Fuimara, Rhode Island Military OneSource State Consultant Contractor at melissa.fuimara@militaryonesource.com or (401) 300-2461

Naval Station Newport Recycling Program

It is everyone's responsibility at Naval Station Newport to recycle and help lower our solid waste costs. It is not only the right thing to do but it is the law in the State of Rhode Island. On April 1st 2011 Naval Station Newport improved recycling efforts by providing single stream recycling. Single stream recycling is the most convenient recycling method available today. Everything that is recyclable goes into the same container.

Here are the items; all plastics labeled #1 thru #7, water bottles, milk jugs, detergent bottles, , tin cans, aluminum cans/foil, pots and pans, all glass bottles and jars, shredded paper, all office paper, books, newspapers, magazines, mail catalogs, paper bags, envelopes, file folders, wrapping paper, phonebooks, hard cover books, milk and juice boxes, cardboard boxes and cereal boxes. Each command on the installation should have numerous blue containers where you can put your recyclables.

The installations recycling center is located at building A-9, here is where we collect and recycle all new and

old toner cartridges, all batteries and non-ferrous metals. The recycling program also provides scrap metal dumpsters and wood waste dumpsters for recycling, across from Building 63. Everyone who is stationed or works at Naval Station Newport is welcome to bring any scrap metal items from home to be recycled. The programs' goal is to educate and inform those living and working on and off the installation to pitch in with the recycling program and Naval Station Newport's other environmental initiatives. If you have any question please feel to contact me at (401) 841-2464 or scott.w.mello1@navy.mil.





Navy Asks for Feedback through Personal and Professional Choices Survey

From Chief of Naval Personnel Public Affairs

The Navy announced Jan. 12, that is it soliciting feedback from Sailors through the biennial Personal and Professional Choices Survey set to open Jan. 17.

This secretary of the Navy-directed survey collects data and comments from Sailors across the Fleet to gauge the present-day impact of Navy policies on Sailors and their families. The survey touches on a wide variety of issues, including career development, work-life balance, adoption leave and family planning.

The 2018 iteration of the survey is scheduled to begin Jan. 17, and close Feb. 23. The survey will be sent to 80,000 randomly selected active-duty Sailors. Notification emails will be sent to participants from the survey platform Max.gov, urging Sailors to use this opportunity to provide their feedback to the Navy. Although participation is anonymous and completely voluntary, Navy leadership strongly encourages the selected Sailors to participate.

Results from previous surveys are available at www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx.

The 2018 survey results are expected to be released in August and will be posted on Navy's Inclusion and Diversity website.

Questions on the survey may be addressed to the Office of Inclusion and Diversity (OPNAV N1D) at ALTN_N1D@navy.mil.



The Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) fires its 5-inch gun during a naval surface fire support exercise with the Royal Moroccan Navy as part of exercise African Sea Lion. Among African Sea Lion's objectives is to test and evaluate US and Moroccan ability to conduct coordinated, combined naval surface fire support exercises on the Tan Tan firing range. Ross, forward-deployed to Rota, Spain, is on its sixth patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners and U.S. national security interests in Europe and Africa. U.S. Navy photo by Mass Communication Specialist 1st Class Kyle Steckler (Released)



Make a New You for the New Year

By Yan Kennon, Naval Hospital Jacksonville Public Affairs

JACKSONVILLE, Fla. (NNS) -- It's a new year; use this opportunity to start fresh for a new you. Whether it's healthy eating, exercise, better sleep, or quitting smoking, one small change can have a positive effect.

"Give yourself the gift of health in 2018," said Cmdr. Jennifer Wallinger, NH Jacksonville director for public health. "Get your health screenings and take advantage of our wellness resources."

Lifestyle changes don't have to be drastic to be effective. Small changes (over a period of time) can have a big impact.

Here are some tips for a healthier you in 2018:

- * Focus on real food. Emphasize fruits, vegetables, whole grains, lean meat, fish, and dairy products. The fewer the ingredients the better. Eating whole foods mean you will be consuming less trans fats, added sugar and sodium.

- * Move more. Making time in your day to be active improves mood and decreases stress. Try simple things such as taking the stairs and walking outdoors.

- * Get enough sleep. It's a necessity, not a luxury. Insufficient sleep is associated with a number of chronic diseases and conditions (such as diabetes, cardiovascular disease, obesity, and depression). According to the Centers for Disease Control and Prevention, adults need seven to eight hours of sleep every night; teens need nine to 10 hours; and school-aged children need at least 10 hours.

- * Be smoke- and tobacco-free.

Take measures to avoid preventable diseases:

- * Prevent cervical cancer with the right test at the right

time. Women should get their first Pap test at age 21, and every three years after that. Starting at age 30, women have a choice: get a Pap test every three years or get a combined Pap and human papillomavirus (HPV) test every five years. See your PCM.

- * Mammograms are the best way to find breast cancer early, when it's easier to treat and before it's big enough to feel. The American College of Radiology recommends mammograms every year starting at age 40. .

- * If you're age 50 or over, get screened now for colorectal cancer. It's the third leading cause of cancer deaths in the U.S., among cancers affecting both men and women. Screening can find growths so they can be removed before turning into cancer. If you have risk factors, you might need to be tested earlier or more often. Talk to your PCM.

- * Bring your child in for a check-up in the first month of life, and at 2, 4, 6, 9, 12, 15, and 18 months of age; and at ages 2, 2 1/2, 3, 4, and 5 years. Check-ups track growth and development, prevent illness with immunizations, and answer your questions. Talk to your child's PCM about check-ups during school-age years.

- * If you have diabetes, see your health care team as directed and get your A1C at least every year. This helps you and your provider better manage your health care. Make an appointment with your PCM. You can discuss strategies to manage diabetes at home, work, school, and while traveling. You can also talk with a diabetes nurse or our nutrition clinic, and ask about our Diabetes Wellness Team.

The staffs at Naval Health Clinic New England, the John H. Chafee Fitness Center and Ney Hall Galley are all committed to assisting you with your health and fitness goals. Check with them and make 2018 a year for a better you!





RI Governor Endorses Newport Historical Society Essay Contest

Winners Receive Tickets to the Hit Broadway Musical “Hamilton”

Newport, RI – January 2018 – During the 2017-2018 academic year, high school sophomores have the chance to enter a unique essay competition sponsored by the Newport Historical Society. This writing contest, entitled *Big Ideas for a Changing World*, asks students to explore the question, “What is happening now in your community, or what could be happening, that has the power to change the future in Rhode Island and potentially the world?”

What’s the prize for successfully recognizing the power of change? Tickets to the hit Broadway play *Hamilton: An American Musical*, including a meal and transportation to/from New York City. Two student winners from each Rhode Island county will be selected. **Teachers who sponsor this competition in their classes and have an award-winning student essay will be invited to join the trip.**

“When I meet young Rhode Islanders, I’m consistently impressed by their passion for making a difference in our state,” said Governor Gina M. Raimondo. “*Hamilton* has made our country’s history accessible and fun to people of all ages, but especially for our younger generation. This essay contest is a great opportunity for students to think critically about our state’s future—and, of course, potentially see this amazing show on Broadway. I’m looking forward to reading and being inspired by these essays.”

Education has been a major focus of Governor Raimondo’s administration since she took office in 2015, and she knows the important place that essay writing can play in a young person’s intellectual development. The Governor holds a “Governor for a Day” essay contest for girls in grades 5-8. The winner is ceremonially sworn in as Rhode Island’s Governor for a Day and spends time with the Governor and other state leaders to learn about state government and the importance of civic engagement.

The Newport Historical Society’s essay competition is open to Rhode Island tenth grade students who are enrolled at a public high school, or other tuition-free school, during the 2017-2018 academic year. Entries must be emailed or postmarked by March 15, 2018. Winners will be announced by April 5, 2018 and the prize trip will take place May 12, 2018. For submission guidelines, judging criteria, and to see winning essays from 2017, visit www.NewportHistory.org.

About the Newport Historical Society

Since 1854, the Newport Historical Society has collected and preserved the artifacts, photographs, documents, publications, and genealogical records that relate to the history of Newport County, to make these materials readily available for both research and enjoyment, and to act as a resource center for the education of the public about the history of Newport County, so that knowledge of the past may contribute to a fuller understanding of the present. For more information please visit www.NewportHistory.org.

Look for this logo at businesses throughout the state of Rhode Island—this means that they offer military discounts! For a complete listing of companies, go to www.risalutes.com





Do you qualify for a pension?

Are you a wartime Veteran? Are you over age 65 or totally and permanently disabled? Do you have limited or no income? If so, you may be eligible to receive VA pension benefits.

What is VA pension?

VA pension is a needs-based, tax-free monetary benefit for eligible wartime Veterans. It is a supplemental income provided by VA to help eligible Veterans and their families cope with financial challenges.

Are family members eligible for VA survivors pension benefits?

Surviving spouses who have not remarried and dependent children of deceased wartime Veterans may also qualify if the survivors meet net worth and income requirements and the Veteran has qualifying service.

Are additional benefits available for Veterans who require the aid of another person?

Yes, Veterans and survivors who require the aid of another person in order to perform personal functions required in activities of daily living or are housebound may qualify for pension at an increased rate.

Learn More at: <https://explore.va.gov/pension>

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

OSDRI
 OPERATION STAND DOWN
 RHODE ISLAND
 SERVING VETERANS SINCE 1993

Winter Coat Giveaway
 Friday, January 26, 2018
 9:30 A.M. - 12:30 P.M.
 Lunch will be provided

- **Winter Jackets**
- **Winter Clothing**
- **Hats**
- **Gloves**

VA U.S. Department of Veterans Affairs
 Providence H-PACT
 Trailer 37
 830 Chalkstone Ave
 Providence, RI

REACH OUT & HOLD ON

ASK • CARE • TREAT