



Navalog

January 25, 2018

SPECIAL POINTS OF INTEREST

NAVY WIDE TRAINING EXERCISE KICKS OFF NEXT WEEK: EXPECT IMPACTS

NUWC RECOGNIZED FOR COMMUNITY SUPPORT

TAX TIME TIPS



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Navy Installations and Commands Exercise Force Protection

By Navy Installation Command Public Affairs

WASHINGTON (NNS) -- Navy installations within the continental United States (CONUS) will conduct Exercise Citadel Shield-Solid Curtain 2018 Jan. 29 - Feb. 9.

Citadel Shield-Solid Curtain 2018 is a two-part anti-terrorism force protection exercise conducted by Commander, Navy Installations Command (CNIC) in conjunction with Commander, U.S. Fleet Forces Command (USFFC) on all CONUS Navy installations.

Citadel Shield is a Field Training Exercise led by CNIC from Jan. 29 - Feb. 4. Solid Curtain is a Command Post Exercise portion co-led by USFFC and CNIC from Feb. 5-9.

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. This exercise is a regularly-scheduled exercise and is not in response to any specific threat.

Citadel Shield-Solid Curtain 2018 is of vital importance to our ability to execute the Navy's mission in support of homeland defense and to protect our people, equipment and facilities in situations that pose a significant and immediate threat.

(continued on page 2)



Citadel Shield/Solid Curtain (continued)

Measures have been taken to minimize disruptions within local communities and base operations but there may be times when the exercise causes increased base traffic 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 to minimize any inconveniences.

Navy Installations Command's 53,000 military and civilian employees provide infrastructure management, base operations and fleet and family support to 71 installations around the world.

For more information about Navy shore installations visit www.cnic.navy.mil.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

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 look-out, 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 GI-ANT 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/NAVSTANewport to stay informed!



NUWC Division Newport Wins Personal Excellence Partnership Flagship Award for Educational Outreach

Naval Undersea Warfare Center (NUWC) Division Newport's Educational Outreach Program has won in the large shore category of the 2017 Personal Excellence Partnership Flagship Award, one of five "flagships" that comprise the Navy's Community Service Program. This award honors the best educational partnership program between a Navy command and school or youth-service organizations.

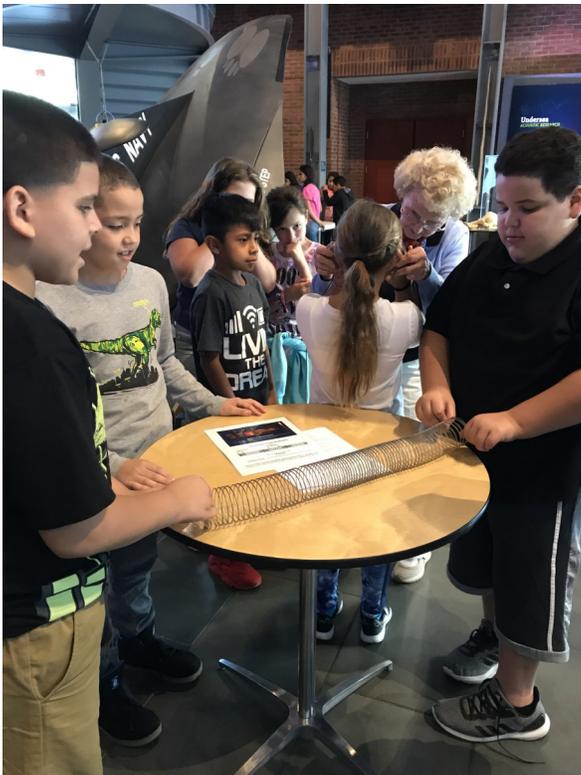
Having marked its 10th anniversary in 2017, NUWC Newport's outreach program has provided meaningful hands-on math and science education to thousands of local and regional students. With public school budgets shrinking every year, the demand for supplemental science, technology, engineering and math (STEM) education has increased dramatically.

In the past year, more than 5,000 students directly benefitted from NUWC Newport's extracurricular STEM activities, all delivered at no cost to the local school districts. The hallmark of the program's success has been its innovative teaching methods, bringing math and science to life by offering lessons that engage students via hands-on, interactive demonstrations. NUWC Newport's educational outreach program leadership, staff, and a dedicated team of employee volunteers are making a significant difference in the education of local students and paving the way for future Navy scientists and engineers.

The core outreach programs, staffed by more than 140 NUWC Newport personnel in 26 different schools in the region, include the Undersea Technology Apprentice Program, MathCounts, SeaPerch, science fairs, FIRST Robotics (10 teams), SeaLab and SeaLab Summer, and the Newport Community School After School Program.



Students work with SeaPerch unmanned undersea vehicles and the Rogers High School SeaPerch team during a Family Science Night held at the Claiborne Pell Elementary School in Newport in June 2017. SeaPerch is one of the core educational outreach programs for which the Naval Undersea Warfare Center Division Newport was honored with a Personal Excellence Partnership Flagship Award (U.S. Navy photo)



"Congratulations to all who have made our Educational Outreach Program such a success and your well-deserved recognition as the best in the Navy for Community Service," said NUWC Newport's Acting Technical Director Eric Spigel. *NUWC Division Newport, part of the Naval Sea System Command, is one of two divisions of the Naval Undersea Warfare Center. NUWC Division Newport's mission is to provide research, development, test and evaluation, engineering and fleet support for submarines, autonomous underwater systems, undersea offensive and defensive weapons systems, and countermeasures.*

Students from Gomes Elementary School in New Bedford, Mass., learn about waves and how sound travels during the opening of a Navy exhibit sponsored by Naval Undersea Warfare Center (NUWC) Division Newport at the New Bedford Whaling Museum in September 2017. Science, technology, engineering and mathematics (STEM) is one of the core educational outreach programs for which NUWC Newport was honored with a Personal Excellence Partnership Flagship Award.



Former Naval War College president passes away

By NWC Public Affairs

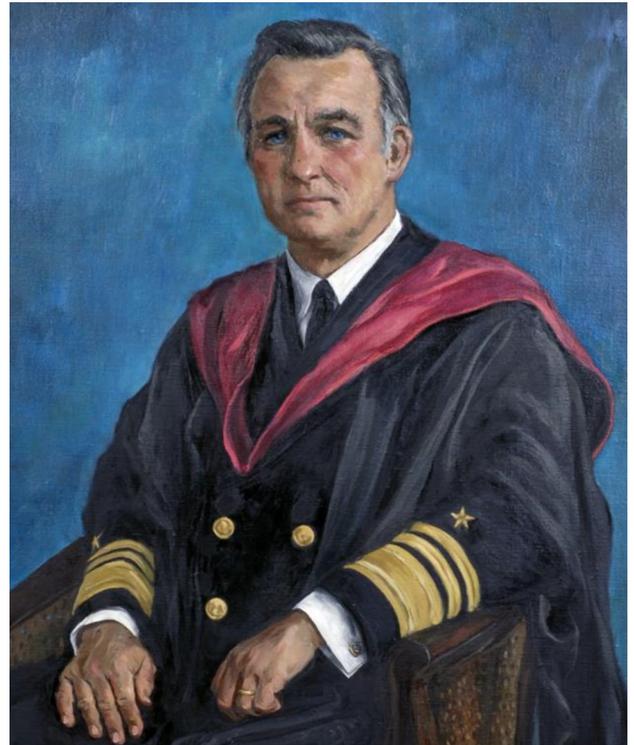
The 37th president of U.S. Naval War College (NWC), Adm. Stansfield Turner, passed away Thursday, Jan. 18.

Turner served as president of the school from June 30, 1972 to August 9, 1974. He arrived with the task to change the college by instituting a rigorous and challenging curriculum that would broaden officers' outlooks beyond their narrow specialties and give them the education to analyze problems effectively.

Under Turner, the college created its three-course curriculum that still exists today. He established the Strategy and Policy Course that begins with the reading of Thucydides and is built around critical analysis of historical case studies.

"We at the Naval War College deeply feel the loss of Adm. Turner," said current NWC President Rear Adm. Jeffrey A. Harley. "Much of what this school is built upon came from the intellect and innovations of this great man. We are saddened by his loss but we are a greater institution because of him."

Turner was a Rhodes Scholar at Oxford University after graduating from the Naval Academy. After leaving the college, Turner continued on to command the Second Fleet. Promoted to four stars, he was assigned as Commander in Chief, Allied Forces Europe and then became the 10th Director of the Central Intelligence Agency.



At Work with NS Public Works

Renovation Work is underway on the Navy Gateway Inns & Suites (NGIS) Building 678 exterior (above left) and throughout the interior of NGIS building 172 (above right). Building 678 is a Full Renovation job which includes interior and exterior renovations. The building 172 renovation is interior only. The contract for the renovations on both buildings was awarded to NUTMEG Companies, INC for the amount of \$18,438,000. Construction started in January, 2017. Building 172 work is expected to finish by mid-April and building 678 is expected to be completed by mid-August 2018. Nearly 70% of the work has been completed for building 678 and building 172 is at various stages. Blast resistant windows will be installed within the next 2 months for building 678.



NUWC Division Newport now operating Shipboard Electronic Systems Evaluation Facility in Spain

The U.S. Navy's first permanent Shipboard Electronic Systems Evaluation Facility (SESEF) site in Europe is now operating in Rota, Spain. A Naval Undersea Warfare Center (NUWC) Division Newport tenant activity site at Naval Station Rota, Spain, the facility services Commander 6th Fleet (C6F) forward deployed naval forces (FDNFs). It opened in September, 2017.

SESEFs are land-based test sites established in the 1950s to facilitate testing and evaluation of ship's electromagnetic (EM) transmitting and receiving equipment for primary customers of the U.S. Navy, U.S. Coast Guard and the U.S. Military Sealift Command. They act as a "reliable partner" for two-party testing, analysis and troubleshooting of shipboard EM systems.

The SESEF Rota site's establishment fills a need to support four forward deployed guided-missile destroyers currently stationed at Naval Station Rota. The ships require periodicity testing and certification of various on-board tactical electromagnetic systems. To meet emergent C6F needs, a temporary SESEF was developed in trailers in 2014, but local regulations required that it be replaced with a permanent facility within five years.

There are currently six other operational SESEFs, located at Fort Story, Va.; Mayport, Fla.; San Diego, Calif.; Ediz Hook, Wash.; Barber's Point, Hawaii; and Yokosuka, Japan. SESEF Rota Spain is the seventh site to be established and an eighth site is presently being developed at Naval Base Guam.

NUWC Newport operates and maintains the Fort Story, Mayport, and Rota sites, as well as a mobile van, stationed in Mayport, that covers the U.S. East Coast and the Great Lakes. The mobile van was established primarily to support new construction platforms' electromagnetic systems test requirements during industrial periods such as the Littoral Combat Ship Program and other special testing requirements with geographic limitations that a permanent site cannot provide.

The San Diego, Ediz Hook, and Barber's Point sites are maintained and operated by NUWC Division Keyport. The Yokosuka Japan site is maintained and operated by the Ship Repair Facility, Japan Regional Maintenance Center.

The SESEF sites offer both "quick-look" and "dedicated" system performance tests. Quick-look tests are generally conducted during transit to and from port or while pier side, and require little to no advanced scheduling or specific maneuvering. The platform is



normally provided a "satisfactory/unsatisfactory" result along with any detected system anomalies or problems. Tests may be combined to provide the platform with a full-up combat system quick-look evaluation.

"Dedicated" system performance tests provide the platform with a detailed analysis and evaluation of systems under test to adherence to design specifications and system performance requirements. These tests have particular testing requirements and desired measurement precision that require specific on-range maneuvering and advanced SESEF range scheduling including internal platform coordination. Results from a systems performance test is provided to the platform via a formal report, typically on the same day the testing was performed.

Both quick-look and dedicated system performance tests are performed in accordance with a SESEF Shipboard Test Execution Manual. The various shipboard electromagnetic systems supported by SESEFs' testing, analysis and troubleshooting include, various plain and secure communication systems, identification friend or foe (IFF) systems, naval tactical data link (Link 11 and Link 16) systems, antenna and radar radiation patterns (ARP), AN/SLQ-32 Electronic Warfare Suite systems, ship's systems exploitation equipment, tactical air control and navigation systems and radio direction finding systems. Some sites provide additional testing capabilities that are specific to particular customer's requirements within their local area of responsibility.

More information on SESEFs can be found at: <http://www.navsea.navy.mil/Home/Warfare-Centers/NUWC-Newport/What-We-Do/Detachments/Shipboard-Electronics-Systems-Evaluation-Facility/>



Even in winter, ladies must lunch

My boots were there, sitting next to the front door, a gritty residue of evaporated slush encircling the soles. I would have loved to climb back into bed that morning with Moby our Lab, rather than face my salt-encrusted minivan and an excruciatingly boring To Do list. But I had to get out into the world. I pulled on the unflattering Michelin Man down coat I swore I'd never buy until we moved to "Rhode-Iceland," slipped into my water-stained boots, and opened the door to the cold January morning.

It may be different for the lucky military families stationed close to the Equator. But for the rest of us, winter — with its grey dormancy and dreary disposition — has a way of making us retreat into our dens like hibernating bears. As soon as the sun abandons us for southern latitudes, humans tend to retract, curl up, nestle themselves away until spring's resuscitation.

On its face, this seems like a damned good idea. It's cold outside, so why not fire up the CrockPot, put on lounge pants and binge watch "Ozark" all day?

The problem is that humans aren't meant to be alone like bears.

According to a 2015 study in the journal "Perspectives on Psychological Science," social isolation and perceived loneliness are potentially damaging to one's health, with well-established risks of higher rates of cancer, infection, heart disease, arthritis, depression, anxiety, substance abuse, Alzheimers Disease, and dementia. Worse yet, loneliness and isolation can also cause early death. The study by researchers at Brigham Young University found that the subjective feeling of loneliness increases one's risk of death by 26 percent. Social isolation increases mortality by 29 percent, and living alone shows a 32 percent increase.

Loneliness is subjective, however. In a 2012 study, three researchers at the University of California at San Francisco found that most subjects who felt lonely were married, lived with others and were not clinically depressed. While the quantity of relationships is a factor in loneliness, the quality of relationships is relevant, too. But regardless of whether one is actually alone, or just feels lonely, connecting emotionally with other human beings is essential for good health.

Military spouses may find that isolation is a natural response to frequent moves and a lack of community

belonging, but the health risks are too serious to ignore. The same way it's important to drink enough water, eat veggies, exercise, and get your teeth cleaned every six months — it's important to get out and be with people.

During the work-ups leading to my husband's year-long deployment to Djibouti, a friend contacted me about forming a weekly "Lunch Bunch" with two other wives. I was a bit of a loner, but something told me that I needed this, so I agreed.

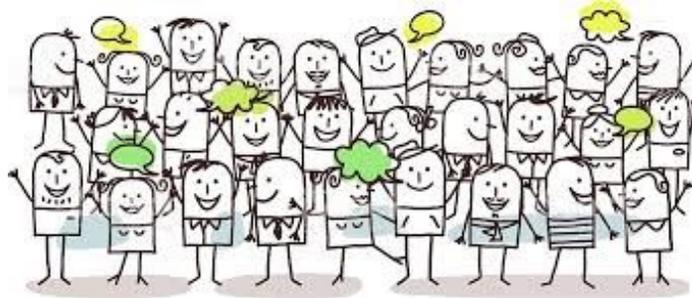
We met each week at different restaurants, using the alphabet as our guide. The first restaurant name started with an A, the second started with a B, and so on. Initially, our lunches were typical housewife affairs with gossip and discussion about the latest hot dip recipes.

But soon, our rendezvous took on a rebellious quality, à la "Thelma and Louise." We whispered like middle schoolers, heckled waiters, talked over each other, and on many occasions, laughed until we cried about the absurd realities of marriage, sex, parenting, minivans, in-laws, and the latest Anna Nichole Smith drama. We started keeping a journal, chronicling the best and worst dishes, memorable quotes, cute waiters, and frequent moments of hilarity.

By the time my husband returned from deployment, the Lunch Bunch had almost whizzed through the alphabet twice. We had guzzled more than one hundred Diet Cokes, eaten thousands of french fries, and laughed until we lost bladder control on countless occasions. I never wanted it to end, but military orders soon sent us overseas.

Despite all those french fries, the weekly lunches with my friends had kept me healthy during the deployment ... and apparently, alive!

So, even in winter, when everything looks dead as a doornail and the wind cuts like a knife, resist the urge to retreat into your cocoon. Put on your boots, open the door, and get out into the world.



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. 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

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.

Service Member Privacy Vs. Public Access to Information

As service members, you have the right to keep your personally identifiable information private. Meanwhile, the public has the right to access federal agency records. There are laws on both sides of this legal tug-of-war, protecting the rights of service members' privacy as well as the public's access to information. (To read the full article on this topic, go to: <http://www.militaryonesource.mil/web/mos/-/service-member-privacy-versus-public-access-to-information?inheritRedirect=true&redirect=%2Fweb%2Fmos%2Flegal>

Local Resources:

Rhode Island Legal Services (RILS) Offices:

Newport location: 50 Washington Square, Newport, Rhode Island 02840—401-846-2264 or 1-800-637-4529

Providence location: 56 Pine Street, Suite 400, Providence, Rhode Island 02903- 401-274-2652 or 1-800-662-5034

Rhode Island Bar Association: 41 Sharpe Dr., Cranston, RI 02920—401-421-7758 (www.ribar.com or info@ribar.com)

For more information on Military OneSource services and local resources, please contact Melissa Fuimara, Rhode Island Military OneSource State Consultant at 401-300-2461 or 1-800-342-9647

NMCRS Newport Needs You!

The Navy-Marine Corps Relief Society Newport Office & Thrift Shop are looking for volunteers, no experience required! We take care of the specialized training, provide support and resources while you connect with other volunteers, make a difference in our community and build experience. Our volunteers have unique backgrounds and they all have different reasons for serving, but they all strive to support our Active Duty and Retired Navy and Marine Corps family!

Available Positions:

- | | | |
|------------------------------|----------------------------|-----------------------------|
| - Caseworkers | - Thrift Shop Contributors | - Knitters |
| - Communications & Publicity | - Recognition Coordinators | - Client Services Assistant |

Call 401-841-7342, email Newport@nmcrs.org or visit our office in Bldg. 690 (Command Bldg.)

Monday thru Thursday from 1000-1500.





www.navywmwrnewport.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.

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: Urgent Care Now Easier to Access

By Navy Bureau of Medicine Public Affairs

As of Jan. 1, 2018, most [TRICARE Prime](#) enrollees no longer need a referral for urgent care visits and point-of-service charges no longer apply for urgent care claims. This change replaces the previous policy, which waived referrals for the first two urgent care visits per year. Active duty service members (ADSMs) should continue to visit military hospitals and clinics for care. ADSMs enrolled in [TRICARE Prime Remote](#) who don't live near a military hospital or clinic don't need a referral when seeking an urgent care visit. "We wanted our service members' families and others to have easier access to urgent care," said Ken Canestrini, acting director, TRICARE Health Plan within the Defense Health Agency. "Beneficiaries can go visit an urgent care center right away anytime they have a need."

If you use [TRICARE Select](#) or any other TRICARE plan, you may visit any [TRICARE-authorized provider](#). An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by a national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network.

[Urgent care](#) is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care conditions include a sprain, rising temperature or sore throat. It isn't an emergency and doesn't threaten life, limb or eyesight. If you're unsure whether to seek urgent care, call the

24/7 [Nurse Advice Line](#) at 1-800-TRICARE (874-2273)—and push the button for "Option 1." You can speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you with finding a provider and scheduling an appointment.

If you need care after hours, while traveling, or if your primary care manager is unavailable, urgent care is a great option. Contact your [regional contractor](#) to help you find an appropriate urgent care facility or provider. You may also use the [TRICARE provider search tool](#).

Any [TRICARE Overseas Program Prime](#) enrollees requiring urgent care while on temporary duty or on leave status in the 50 United States and the District of Columbia, may access urgent care without a referral or an authorization. However, the ADSMs must follow up with their primary care manager in accordance with applicable DoD and Service regulations concerning ADSM care outside military hospitals and clinics. This is your benefit. Learn more about [TRICARE changes](#) and take command of your health.

WEIGHT MANAGEMENT SUPPORT GROUP

EVERY TUESDAY **11:00-12:00**
Mc Williams Conference Room

Improve Cholesterol **Walk-Ins Welcome** Improve energy

 Enhance Physical Mobility Achieve Glucose Control	 GAIN WEIGHT LOSE WEIGHT INTAKE Calories from foods OUTPUT Calories used for Energy Eating smart	 Decrease Blood Pressure Gain Self Confidence
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AT THE CHAPEL

Worship Services and Spiritual Opportunities

Sundays:

- 7:45 a.m. Protestant Liturgical Service - (weekly Communion)
- 9 a.m. Catholic Mass
- 9 a.m. Open Bible Study, Perry Hall, Room 100
- 10:30 a.m. Protestant Contemporary Service

Tuesdays:

- 6:30 p.m. Protestant Woman of the Chapel (PWOC) - all women are welcomed
- 6:30 p.m. Men's Bible Study, Perry Hall, Room 103

Wednesdays:

- 12 p.m. (noon) Roman Catholic Mass

Fridays: 12 p.m. (noon) to 3 p.m. Muslim prayer room is available



Unless otherwise indicated, all services/studies are inside the Chapel of Hope. Call (401)841-2234 (during duty hours) (401)862-8457 (after duty hours):



FIRE SAFETY TIP?

Smoke detectors should be installed inside every sleeping room, outside each separate sleeping area, and on every level of the home. Smoke alarms should be interconnected so that when one sounds, they all sound.



NAVSTA NEWPORT BLOOD DRIVES

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.

RIMAP ANNUAL MEETING:

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 rhodeisland-map@yahoo.com, or call (401) 253-2094.



There are currently **127 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!

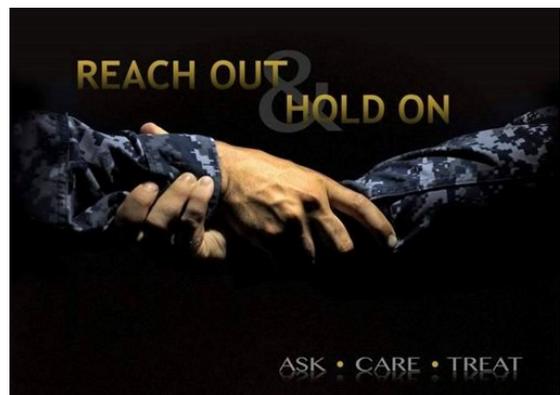
FLUSH FIRST!

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 drinking 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.



STILL NEED A FLU SHOT?

Naval Health Clinic New England, Newport, can support Department of Defense civilians assigned to commands throughout the installation with free immunizations against this season's flu strain (this does not include NAF/contractors or dependents of civilian employees and will be available until supplies of this year's vaccines run out). The immunization clinic is open Monday through Friday from 8:30 a.m. to 3 p.m. Call 841-7452 for more information.





Be Prepared for Tax Time with MilTax

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

The announcement below was sent to us to share and does not constitute an endorsement by Naval Station Newport nor the U.S. Navy.

Join community leaders for the Rhode Island Free File Briefing

Please join Congressman Jim Langevin, Senator Sheldon Whitehouse and Mayor Jorge Elorza, along with community leaders, for the **Annual IRS and RI Free File Briefing** to highlight **FREE federal and state income tax prep and e-filing services for moderate and lower income taxpayers**. The event will take place Friday, Feb. 2 at 10 a.m. inside Open Doors; 485 Plainfield St., Providence. **RSVP today! contact Lori Baux at MLBaux@gmail.com or call 202-265-8148**. For more information about Free File, please visit: www.tax.ri.gov or <http://taxtimeallies.org>, www.irs.gov/freefile

NOTE: The companies that are part of the IRS & RI Free File Program -- providing free access to name brand tax software for free - have different over-all offerings based on age and income.

ACTIVE DUTY MILITARY should go to: <https://apps.irs.gov/app/free/File/jsp/index.jsp> for additional information on this. The IRS Free File Program states All tax software companies below provide a free federal return to active military personnel with an AGI of \$66,000 or less."





American Connections Media Outreach Program Keeps Hometown News Mission Going

MILLINGTON, Tenn. (NNS) -- ALNAV 069/17 cancelled the Navy's Fleet Home Town News (FHTN) Program instruction, but the requirement--and the ability--to share news and information with local news media across the country lives on in the American Connections Media Outreach Program.

Since the program, which replaced and modernized the legacy FHTN Program, officially began with the release of the NAVADMIN 148/16 in June 2016, more than 9,400 stories, photos and other content has been shared with newspapers, TV and radio stations, blogs and social media nationwide, reaching more than 183 million Americans who otherwise may never have heard about their Navy.

"Although the FHTN program instruction has been cancelled, the importance of effective internal information cannot be understated," said Capt. Greg Hicks, acting chief of information, in a message to the Navy's Public Affairs community. "Indeed, a case can be made that this is more important today than it ever was."

The FHTN program began during World War II with a group of about 100 enlisted Sailors who wrote stories about fellow Sailors and battles in the Pacific for distribution to hometown newspapers. Today, the American Connections Media Outreach Program continues this important work.

The program leverages Sailors' local connections to communities across America as well as the relationships that exist between Navy units and their namesake cities and states, to ensure Americans throughout the country better understand their Navy, its mission and its contribution to national security. An additional ben-

efit of the program is the positive impact on the morale of participating Sailors and namesake units.

"My command recently released an article on two Sailors who saved a man's life and American Connections Media Outreach distributed the story to the news agencies of the Sailors' hometowns," said Mass Communication Specialist 1st Class Brannon Deugan, assigned to Naval Mobile Construction Battalion 1. "This led to an interview with one of the Sailors by a news station in Oklahoma City. Without this program, the article on these two Sailors' efforts wouldn't have reached a larger audience and potentially never would have gotten back to their families."

The American Connections Media Outreach Program modernized and simplified the process to make it easier to share Sailors' stories. The easiest way to use this service is to include a local connection within every news release and photo caption. This local connection could be hometown, high school, college, family ties, etc. In addition to routine stories and photos about Sailors, namesake ships, awards, promotions, retirements and changes of command stories and photos should also be included.

Commands are encouraged to send stories and photos directly to navyoutreach@navy.mil. The team of communication professionals at Navy Office of Community Outreach (NAVCO) will share your Sailors' stories and photos with local media throughout the country and then provide a link to all media coverage.

To learn more visit www.outreach.navy.mil or contact the NAVCO Media Outreach Department at navyoutreach@navy.mil or 901-874-5806.



U.S. Navy divers assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 3 attach a harness from NASA's Orion test vehicle to the San Antonio-class amphibious transport dock ship USS Anchorage (LPD 23). Anchorage is underway to support NASA's Orion spacecraft Underway Recovery Test 6 (URT-6). (U.S. Navy photo by Mass Communication Specialist 3rd Class Natalie M. Byers/Released)



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>



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

