



Navalog

March 1, 2018 Edition

SPECIAL POINTS OF INTEREST

COMMISSARY SPECIALS

NWC'S INDO-ASIAN PACIFIC PARTNERSHIP

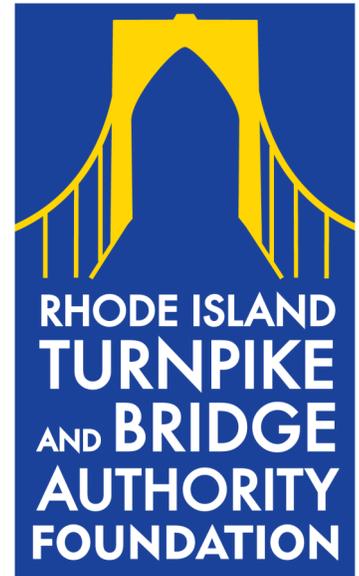
NUWC COMMEMORATES AFRICAN AMERICAN HISTORY MONTH

Attention Commuters: Route 138 Work to Resume Monday

FOR IMMEDIATE RELEASE
February 28, 2018

ROUTE 138 RESURFACING AND ROADWAY IMPROVEMENT PROJECT TO START MARCH 5TH

Work To Take Place Primarily Nights And Weekends



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JAMESTOWN, R.I. – Starting Monday, March 5th The Rhode Island Turnpike and Bridge Authority will begin work on the Route 138 corridor from the Jamestown Verrazzano Bridge to the Newport Pell Bridge Toll Plaza. The road is beyond its useful life and the project is necessary. The project includes resurfacing the roadway and making essential improvements, including drainage repairs.

The Route 138 Resurfacing and Roadway Improvement Project will take place from March 5th and be complete by June 15. Work will primarily take place during nights and weekends. However, weekend work is scheduled to be complete by Memorial Day weekend. Throughout the project, some work will take place during non-commuter rush hours between 9 a.m. – 3 p.m.

This project is part of RITBA’s ongoing Ten-Year Capital Plan which was launched in August 2016. The cost for the project is \$3.5 Million Dollars. The contract for the project was awarded to T. Miozzi Inc. located in North Kingstown, RI.

For a full list of upcoming projects and to stay up-to-date on construction activity and real-time traffic, visit RITBA’s site at RITBA.org.

This site provides the latest information concerning lane closures, construction activity and traffic delays for the Newport Pell, Jamestown Verrazzano, Mount Hope and Sakonnet River Bridges, in addition to the RT. 138 Connector.

-###-

CONTACT:
Bianca Micheletti,
bmicheletti@rdwgroup.com



**For on-base projects and gate information, see page 13*





March spotlights nutrition, savings on frozen food, big game snacks

Whether it's frozen food, healthy items labeled through the nutrition guide program or munchies to watch the zaniness of college hoops, your commissaries are offering deep discounts through March sales promotions. "We're offering promotions throughout the store, including those with the annual college basketball championship tournament theme, frozen foods, St. Patrick's Day, and kick-off to the Procter & Gamble NFL ProCamp promotion," said Tracie Russ, sales director for the Defense Commissary Agency. "March is a great time to shop your commissary." March's sales promotions are made possible through the commissary's collaboration with its industry partners – vendors, suppliers and brokers – to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Also, the [Savings Center](#) link has more information on coupons, promotions, commissary store brands and more. Go to the following link for more on sales promotions for March: <https://commissaries.com/our-agency/newsroom/news-releases/nutrition-basketball-frozen-food-focus-march-savings>.



DeCA adds more store brands to commissary shelves

Commissary store brands are becoming a larger portion of the store inventory with the latest addition of private label products. The Defense Commissary Agency and its private label supplier, SpartanNash, continue to add more low-cost, national brand equivalents for patrons, said Jennifer Ferrell, DeCA's private label program manager. As of Feb. 11, DeCA has 467 commissary store brands in its inventory.

The latest deployment of Freedom's Choice products has more cheese varieties including mozzarella string cheese and Colby Jack stick cheese. There are also a variety of water enhancers in the following flavors: lemonade, concord grape, fruit punch, raspberry lemonade, tangerine, black cherry and strawberry watermelon as well as a variety of sweeteners. Additionally, dry beans will begin to phase into all markets. On the HomeBase side, DeCA has also added 39-gallon disposable clear trash bags in addition to aluminum foil. Commissary store brands arrive first to stateside stores and follow about six weeks later overseas.

Nutrition guide program helps commissary patrons make healthy decisions

Although March is National Nutrition Month, focusing on good health is a year-round activity for commissaries as they highlight the nutritious attributes of many products throughout the store through the agency's [nutrition guide](#) program (NGP). The NGP uses color-coded shelf tags to feature foods which meet the nutrition attributes of low sodium, low fat, whole grain, no added sugar, good source of fiber and organics. The NGP is based on U.S. Food and Drug Administration and U.S. Department of Agriculture criteria/standards, which are widely recognized and trusted. All NGP tags for manufactured products are based on the food manufacturer's labeling, including the Nutrition Facts Panel and ingredients list.

The Naval Station Newport Commissary is open six days a week, Tuesday through Friday from 9 a.m. to 7 p.m. and weekends from 9 a.m. to 6 p.m. Shoppers with disabilities may enter 30 minutes prior to the commissary's official opening. Commissary sales world-wide are down and our local store is also feeling the cut. Our local commissary charges cost for all items and add's on 5% to the overall sale to cover overhead. They feature specials routinely on sale for below costs; are a great place to go for a quick lunch with made to order sandwiches and sushi and lots of other quick-pick options. Stop in today and save big at the Newport Commissary!

NAVSTA Newport Public Affairs Office

Office# 841-3538

E-Mail:

NWPT_ContactUS@navy.mil

Capt. Ian L. Johnson, Commanding Officer

Lisa Rama, Public Affairs Officer

MC2 Jess Lewis, NWC Public Affairs

Follow us on twitter [@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!

Naval War College alumni event seeks to strengthen Indo-Asia-Pacific partnerships

By Daniel S. Marciniak, U.S. Naval War College Public Affairs Feb. 27, 2018

KUALA LUMPUR, Malaysia – U.S. Naval War College (NWC) kicked off its 16th Regional Alumni Symposium in the Malaysian capital of Kuala Lumpur, Feb. 27.

The three-day event, hosted in partnership with the Royal Malaysian navy (RMN), brings together 75 NWC alumni and regional stakeholders from 14 nations to discuss common challenges in the region.

“This event represents our continued determination to improve our navies’ readiness, as the emerging problems of today come in diverse forms that challenge each of our countries and our navies,” said Rear Adm. Jeffrey A. Harley, NWC president, during his opening remarks.

“We must remain prepared to meet these new problems as they arise. And for this, we must maintain relationships that are valued and nurtured, where trust is a product of confidence and familiarity.”

Established in 2005, the goal of the symposia is to leverage the professional linkages among alumni and further the exchange of ideas about how regional nations can overcome challenges together.

The theme of the event is derived from one of the college’s core missions, “Strengthening Global Maritime Partnerships.”

“It is friendship and cooperation that builds trust and confidence, and enables us to meet global maritime security challenges,” added Harley. “It is through our extraordinary dialogue that we are able to meet our objectives.”

A wide range of issues will be examined over the course of the event, to include: the Straits of Malacca and Sulu Sea; a strategic overview of Asia; the return of competent adversaries; China’s ‘One Belt, One Road’ initiative; the influences of ‘Daesh’ in the Middle East and Southeast Asia; RMN’s ‘15-to-5’ transformation program; Asia’s regional counterterrorism strategy and its implications globally; the ‘blue economy’; and humanitarian assistance and disaster relief.



Since creating a program for international officers in 1956, NWC now has more than 4,500 international alumni from 137 countries worldwide. A total of 455 of these alumni, or roughly 10 percent, have gone on to become chief of their country’s respected navy.

U.S. and international flag officers and diplomats participating in the event include: Harley; Adm. Tan Sri Ahmad Kamarulzaman, chief of the RMN and the event co-host; Capt. Humphrey B. Tawake, chief of the Republic of Fiji navy; retired Adm. Nirmal Kumar Verma, former chief of the Indian navy; retired Adm. Tomohisa Takei, former chief of staff of the Japanese Maritime Self-Defense Force; Rear Adm. Chusak Chupaitoon, director of the Royal Thai navy Naval Strategic Studies Center; Rear Adm. Shemal Fernando, chief of staff of the Sri Lanka Civil Defence Force; and several others from around the region.

Nations with alumni attending the event include: Australia, Bangladesh, Fiji, India, Indonesia, Japan, Malaysia, New Zealand, Samoa, Singapore, Sri Lanka, Thailand, Tonga and the United States.

“The education and development of our future leaders is deeply rooted in the past and continues to be the highest priority for the war college,” said Harley. “As Adm. Arleigh A. Burke said, ‘There are many possibilities in operating naval forces to the mutual advantage of the countries concerned.’”

“The involvement of senior and intermediate-level students and leaders from our allied nations defines that advantage for the war college.”



Author shares history of RI's first black militia for NUWC Division Newport's commemoration of Black History Month

The contributions of men of color during the American Revolution were explained by historian and author Robert Geake on Feb. 22 to commemorate Black History Month at Naval Undersea Warfare Center (NUWC) Division Newport.

Titled "Privates, Pilots and Privateers," the discussion focused on the history of the Continental Army's 1st Rhode Island Regiment, known as the "black regiment." The unit was comprised of free and enslaved African Americans, as well as Native American enlisted men.

"Men of color from Rhode Island played a significant role in our fight for independence, and New England states had the largest amount – 755 black soldiers in 14 brigades," Geake said. "Black men negotiated their freedom as soldiers and traded their labor."

Contributions were made not only in the infantry division, but also aboard ships transporting soldiers on Narragansett Bay, Geake said. They utilized their mariner skills and also served as cooks, cabin boys and alongside women as seamstresses.

Formed in December 1777, the regiment has a rich history that is linked to Gen. George Washington. The Continental Army, encamped at Valley Forge in 1777, and subject to weeks of brutal winter weather, hunger and sickness, was in need of reinforcements. Rhode Island and other states were struggling to fill troop quotas set by the Continental Congress when R.I. Gen. James Mitchell Varnum proposed in a letter to Washington a plan to allow the enlistment of "every able-bodied negro, mulatto, or Indian man slave" who chose to sign up. Washington forwarded Varnum's letter to R.I. Gov. Nicholas Cooke. The R.I. General Assembly then took up the issue for debate and eventually passed a law allowing enlistment.

Slave owners were compensated for each man by the General Assembly at "market value" which ranged from "60 to 120 pounds," Geake said.

Documents show that 88 slaves enlisted in the regiment in the first four months, that the regiment eventually totaled about 225 men, and that 140 of these men were "negro, mulatto, or Indian," Geake said. "This included European-born men of color, as well."

The regiment was the first in the Continental Army to have segregated companies of black soldiers and white colonists, Geake added.

The first real test of the black soldiers' prowess was in the Battle of Rhode Island on Aug. 29, 1778. Under the direction of Col. Christopher Greene, the regiment



R.I. historian and author Robert Geake speaks to Naval Undersea Warfare Center Division Newport employees about the contributions of minorities during the American Revolution. The lecture was held on Feb. 22, 2018, to commemorate Black History Month. Photos by Dave Stoehr, ICI Services

repelled three British and Hessian attacks, all while holding a key position.

The battle location is partially preserved at Patriots Park, a National Historic Landmark, located at the intersection of routes 24 and 114 in Portsmouth. The monument is inscribed with the names of black soldiers to "commemorate their participation in the cause of American liberty even though they labored under the burdens of slavery and racial discrimination," the R.I. Society of the Sons of the American Revolution states on their website: <http://www.rhodeislandsar.org/battleri.htm>

The monument was erected in 1976, and Geake noted that while living, these men of color often did not get the heroic recognition they deserve. "Their obituaries show the extent of their abilities," Geake said.

Geake named a few of the more notorious men including Jack Sisson. The following website has a full list of the names, which was compiled in 1929: http://www.rhodeislandsar.org/pdf/granite_monument.pdf

Prior to his enlistment in the regiment, Sisson, who was from New Shoreham, is believed to have played a key role in the capture of British Brig. Gen. Richard Prescott from a Portsmouth home on July 10, 1777. Sisson steered the lead boat of five whalers with 40 men across Narragansett Bay to the scene of the capture at Overing Farm. Historic accounts report Sisson, upon entering the home, broke down the bedroom door where

AROUND THE STATION



Naval Undersea Warfare Center Division Newport's Commanding Officer Capt. Michael R. Coughlin (right) greeted author Robert Geake (second from left) before his presentation about the contributions of minorities during the American Revolution. Also pictured are employees from the Equal Employment Opportunity, Diversity and Inclusion Office, Michelle Eddy (from left), Matthew Souza, deputy EEO officer, and Sarah DePamphilis, who helped organize the event held on Feb. 22, 2018, to commemorate Black History Month. Photo by Dave Stoehr, ICI Services

the general was hiding.

Geake also explained that many men of color found other ways to serve on the sea as staff on sloops or as cabin boys.

These brave African Americans and Native Americans were not recognized until the 20th century, and, sadly, it is not known what became of many of them after the war, Geake said.

Geake quoted a speech made by a man known as “Dr. Harris” as a way to further explain the important role played by men of color in the Revolution. Harris, a Revolutionary War veteran, addressed a New Hampshire congregation in 1842: “Then liberty meant something. Then, liberty, independence, freedom, were in

every man’s mouth. They were the sounds at which they rallied and under which they fought and bled. “... The word slavery then filled their hearts with horror. They fought because they would not be slaves. Those whom liberty has cost nothing, do not know how to prize it.”

Division Newport Commanding Officer Capt. Michael Coughlin offered some closing remarks after the event. “It’s important to listen to history and to think more about it,” he said. “Take in what our teammates and countrymen and women did to give us our freedom today. People fought hard for those freedoms.”



The Force was with them!

Star Wars Jedi Training was held at the John H. Chafee Fitness Center during last week's Winter Vacation Fest. For the training, the kids hit a bat (with a pool noodle around it) as the MWR Staff threw Death Star Beach balls at them. There were 74 kids that came out for this free event. Children also took part in pod racing, speeder bike battle, rock lifting, and a Yoda obstacle course. MWR has dozens of special events annually for the kids—stay tuned into this publication, facebook and the monthly Leisure Times.

BZ SHIPMATES...



Competition was stiff for bragging rights and the coveted “Noble Pigeon” trophy (center) awarded to the winners in three separate categories of judging during the Navy Supply Corps School’s annual Chili Cook-off competition held Wednesday. Ten entries were submitted for consideration as either the “Most Unique,” “Best All Around” or “People’s Choice.” Lt. Cmdr. Adam Hamilton, an instructor at the school, glided away with the win for best all around chili and is shown receiving the beautiful trophy from Capt. Doug Noble, NSCS Commanding Officer (top left); the team of chefs responsible for “Brian’s Beautiful Chili”, Ens. Nicolas Holcomb, Ens. Ashley Dorner and Lt.j.g. Brian Lasley, 1st Battalion, (18-010) Bravo company took the People’s Choice award and Chief Petty Officer Andrew Johnson, also and instructor, walked off with the trophy for “Most Unique” (above—his recipe included bison meat & goat cheese!)

Naval Undersea Warfare Center (NUWC) Division Newport employee Peter Bodycoat, a technical project manager for NUWC Division Newport's Sensor and Sonar Systems Department, recently received a Department of the Navy Superior Civilian Service Award, the second highest Navy honorary award that recognizes superior civilian service that has resulted in high value or benefits to the Navy. Bodycoat, a resident of Newport, R.I, earned accolades for his outstanding contributions as the integration and execution lead for the Theater Anti-Submarine Warfare Offset Project. The project was in response to urgent Combatant Commander — European Command, Strategic Command and Northern Command — requirements for additional maritime intelligence, surveillance, and reconnaissance capabilities. Under Commander, Submarine Force leadership, the Chief of Naval Operations directed a rapid prototyping project be undertaken utilizing systems developed by the Office of Naval Research, Defense Advanced Research Projects Agency, and NUWC Newport. Peter Bodycoat (U.S. Navy photo).





Left, Naval Academy Prep School (NAPS) faceoff man Brandon Duncan fights for possession at the beginning of the NAPS **Lacrosse game** while Joe Miller (3) and Mike Sullivan come in from the sides to assist. This was NAPS's game opener against Salve Regina University. The short handed NAPS Squad, which included several first year players, played tough against their full strength opponent but came up short by a score of 12-6. Below, NAPS players catch a breather during a timeout in the first half of their game. Sports photos courtesy of NAPS

The NAPS men's **basketball team** closed out their season with a hard fought loss to nationally ranked prep team St. Thomas More Academy of Oakdale, CT by a score of 78-72. It was the end of a successful season for the NAPS men which featured wins against archrival Army Prep and national prep powerhouse Putnam Science who had a 11-11 record against some very tough teams. NAPS players will continue their basketball careers next year at the Naval Academy and Coast Guard Academy where they will be major contributors to their respective programs.



Above, John Carter puts up the first of two free throws while teammate Tyler Perez (22) stands by.

Right, NAPS coach Greg Miller (second from left) and his assistant Chief JJ Robles set the play during a timeout late in the game against St. Thomas More.



I only have eyes for you, Dear, like it or not

One ordinary weeknight several years ago, my husband, Francis, and I were lingering at the dinner table after the kids had been excused. Francis sat in his unbuttoned blue-berries, lazily chewing the last bites of beef roast, while I stared out the window of our base house, drumming my fingers on the table.

Suddenly, I perked up when I remembered a story to liven up our dull dialogue. “Hon, did I tell you about the infuriating conversation I had with the sixth grade math teacher today? That guy is a real piece of work if you ask me,” I began, dabbing the corners of my mouth with a crumpled napkin.

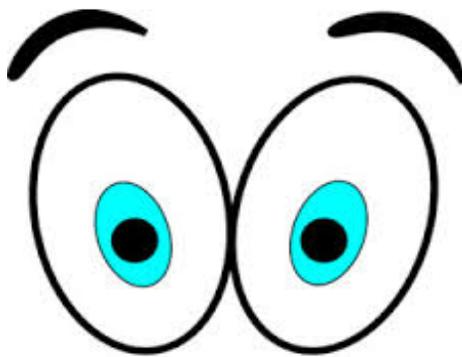
Gnawing a particularly tough piece of meat, Francis shook his head with a dazed look on his face. After nearly two decades of marriage, he knew that I could take twenty minutes to describe cleaning fuzz out of a lint trap. He breathed a heavy sigh and braced himself for excruciating detail and superfluous analysis.

“Well, I called Mr. Lee about Lilly’s semester project,” I continued, “and do you know what that man said to me?”

“No. What.” Francis robotically replied, staring blankly into space, his water glass poised midair.

I went on to describe a rather unremarkable conversation with our daughter’s sixth-grade math teacher, a mundane event in my daily life as a stay-at-home mother of three that was, admittedly, not very interesting at all. However, I had learned to give our dinner conversations a stimulating dose of drama and suspense by embellishing my otherwise ordinary stories with detailed descriptions, exaggerated voice intonation, and vivid facial expressions.

I knew that, with a few strategic enhancements, I could make the tale



about my phone call with Mr. Lee seem like a thrilling off-Broadway play. I reenacted the story for Francis, and during the climax of my narrative account, I used my all my dramatic skills to convey the necessary range of emotions.

Francis, tired and irritated after a long day and a mediocre dinner, interjected sardonically, “Oh, please, do that thing again with the bulgy eyes. That’s *really* attractive.”

He was joking, but in that kind of way that told me there was a nugget of truth behind his humor. Seemingly intending to add insult to injury, he mocked me by trying to project his eyes outward like Marty Feldman, while I sat, stone-faced and silent, glaring at him. Although his deep-set eyeballs could never mimic the natural prominence of mine, Francis nonetheless contorted his face to look as ridiculous as possible.

As I watched his rude display and doggedly gripped my fork on that ordinary weeknight at the dinner table, our entire marriage passed before my genetically protuberant eyes.

“What’s happened to us?” I thought. “We used to be so sweet to each other. We used to enjoy talking for hours. We thought everything about each other was so damned cute. And now, here we are pelting each other with insults over boxed rice pilaf? Does he think I’ve be-

come unattractive and annoying? Is our marriage hopeless?”

Hurt and bitter, I finally interrupted his facial contortions, “So, who do you think you are over there, Robert Redford or something?” With blatant hypocrisy, Francis took immediate offense to my ridicule and scowled.

We sat in silence for several minutes, sucking pepper from our teeth and avoiding eye contact.

Never able to remain mute for long, I spoke weakly without looking up from the gristle on my plate, “I can’t help that my eyes bulge, you know.”

Francis’ biting sarcasm dissipated, and was replaced with sincere remorse. “I’m sorry,” he said, moving in closer and placing his hand on mine.

I released the death grip I had on my fork as I looked into his deep-set eyes.

“Actually,” Francis offered, now striking the right balance, “I think you’re bulgy in all the right places.” [*Military service members and their spouses qualify for free, confidential, non-medical marriage and family counseling services through MilitaryOneSource.com. Additionally, military couples can seek help from Military Family Life Consultants, licensed clinical providers who offer services on military installations worldwide. See www.mhngs.com.*]

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](https://facebook.com/TheMeatandPotatoesofLife)

ON THE MOVE WITH PPPO NEWPORT

PPPO (Newport RI) is ready and available to assist with your personal property movement needs. Our operating hours are from (0700 to 1600). Service window is open from 0900 to 1500. It is our hope that having coverage during these hours will afford you, our customer, greater flexibility when making move arrangements.

Our team of subject matter experts is poised to assist you with your movement needs. Technicians are available to lend a hand with:

- Clarify entitlements
- Update customer records
- Arrange for delivery of your shipment
- Change delivery dates
- Trace your shipment (locate your property)
- Privately owned vehicle guidance
- Non-temporary (Permanent) storage guidance on extending/releasing property(to include housing forced issued storage)
- Claims guidance/points of contact
- Furnish documentation (GBL's/Inventories)
- Provide Carrier/Agent contact information
- Time Limit Extension (TLE) guidance



Personally Procured Moves (counseling/reimbursement)

Customers are encouraged to keep PPPO (Newport RI) and/or JPPSO Northeast Customer Service abreast of their contact information at all times. Doing so will facilitate delivery of vital shipping information to you and afford us the best opportunity to meet your move expectations. JPPSO's Customer Service phone number is 781-225-3700 (DSN-845-3700).

Additionally, customers can access detailed key shipping information, links and videos on the Move.Mil website at <http://www.move.mil/> You are strongly encouraged to utilize the site during your entire move process.

Move.mil – Your One Stop Moving Portal

Getting ready to make that next tour change and wondering where you can go to get just-in-time moving information for your next PCS move? Move.mil is the official Defense Personal Property System Portal that can help prepare you for a smooth move. The old adage “the early bird catches the worm” is true when it comes to moving. Your advance preparation will help prepare you for any bumps in the road that may come along during your move. Knowing what’s expected will help eliminate those moves stressors. Move.mil is a plethora of valuable information and best of all it’s at your fingertips. Customers are strongly encouraged to review the “It’s Your Move Booklet” prior their personal property counseling session. It will help you understand your allowances and responsibilities involving the shipment and or storage of your Household Goods (HHG) and Unaccompanied Baggage (UB). It is also intended to help you understand your allowances and responsibilities in the event you have to file a claim for loss and/or damage. Other valuable information contained on Move.mil includes: Weight Allowances; Personally Procured Move (PPM); Retirement and Separation (Extension of Travel and Transportation Entitlements); Firearms; Privately Owned Vehicles (POV), Shipping/Storing Your Vehicle, DMV Locator; Military Housing Links; Military Lodging Links; Transportation Office Locator and a Customer Satisfaction Survey

A successful move is not a matter of chance. It is the result of planning and hard work. At the center of these efforts, are you, the customer. If you expect a good move, you must plan an active role.

BROKEN MOVE.MIL LINKS:

- Public Scale Location – Penske location no DOD disclaimer
- Passenger Travel Office (Not Updated – wrong phone numbers)





March 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Note: Parenting programs are offered individually or in a classroom, if enough participants. Call for information, 841-2283				1 Interviewing Process 1400 - 1600	2	3
4	5 Car Buying 0900 - 1030	6 Military Pay Issues 0900-1030	7 Career Technical Track, 0800-1600	8 Career Technical Track, 0800-1600	9	10
11	12 Transition GPS MWR Rec Center 0730 - 1700	13 Transition GPS MWR Rec Center 0730 - 1700 Stress Management, 1300 - 1430	14 Transition GPS MWR Rec Center 0730 - 1700 Consumer Awareness 1000 - 1130	15 Transition GPS MWR Rec Center 0730 - 1700 SAPR VA Training 0900-1100 and 1300-1500	16 Transition GPS MWR Rec Center 0730 - 1700	17
18	19	20	21 Communication for Life, 1430 - 1600	22	23	24
25	26	27 FAP/SAPR CDO Training, 0800-0900	28	29 Anger Management, 1300 - 1430	30	31

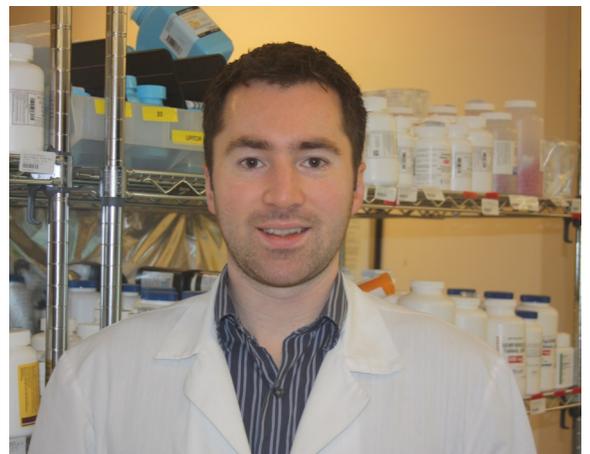
AT THE CLINIC

Do you have questions regarding your medications and management of chronic health issues?

Dr. Edward Doyle is one of Naval Health Clinic New England's clinical support staff members who is available for consultation to service members and beneficiaries alike.

The wide variety of services he offers includes chronic disease care, such as management of diabetes, high blood pressure, and high cholesterol. He provides anticoagulation services for patients taking blood thinners. He also works closely with the wellness department assisting patients with various health goals and can help patients quit tobacco use. With his extensive background in pharmacy, he can answer medication questions and help patients manage their medication regimens. Dr. Doyle works in collaborative care with the NHCNE primary care providers and may be able to accommodate same-day appointments.

Dr. Doyle received his Doctor of Pharmacy degree from the University of Rhode Island. He completed his postgraduate residency at Valley Health and the Shenandoah University School of Pharmacy in Winchester, Virginia. Upon completion, he began working at NHCNE in the Patient-Centered Medical Home.



MORALE, WELFARE & RECREATION



www.navywmrnewport.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 Fiesta 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 Pepperoni Pizza Grilled Cheese with chips or fries \$5.75, 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!

Taste of New England

WEDNESDAY, MARCH 7
11 A.M. - 2 P.M.
at the Officers' Club

Representatives from
MWR facilities, local schools,
& businesses!

Food samples!

For more information,
call MWR Special Events at (401) 841-3142.

TELL US HOW WE ARE DOING!

<https://www.surveymonkey.com/r/NewportFitness>
<https://www.surveymonkey.com/r/NewportRecCenter>
<https://www.surveymonkey.com/r/NewportCommRec>

Up to the challenge of learning something new? The Community Recreation Center is offering FREE monthly learning experiences.

WEDNESDAY, MARCH 14 5-7 P.M.
Learn how to play poker ...and enjoy some pizza!

Future learning events to include topics such as simple car maintenance, bike repair, local fishing knowledge and more. Check the Leisure Times Newsletter each month for the current topic. Questions, call (401) 841-3054.

Family Bowling Event

Seaview Lanes Bowling Center

Sunday, March 18 • 12 - 2 p.m.

\$1 per game* & \$1 shoe rental*
\$3 lunch special - Grilled cheese and a juice box or fountain soda *per person

• Arts & Crafts • Games • Pirate Puppet Cartoons

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

Happy St. Patrick's Day!

FRIDAY, MARCH 16
Appetizer & bar specials...
Corned Beef & Cabbage served all day.
For more information, call (401) 841-1442.

Irish music
performed by
PATCHY GAUBEENS
5-8 p.m.



FIRE SAFETY TIP

Never smoke and never allow anyone to smoke where medical oxygen is used. Medical oxygen can cause materials to ignite more easily and make fires burn at a faster rate than normal. It can make an existing fire burn faster and hotter causing the fire to quickly escalate.

NAVSTA NEWPORT BLOOD DRIVES

The following on-base blood drives are scheduled this month:

March 6: The Blood Mobile will be at the Newport Chalet from 11 .m. to 2 p.m.

March 12: Naval Health Clinic New England, noon to 4 p.m. in the Command Conference Room

March 28: Officer Training Command Newport from noon to 4 p.m. inside Kay Hall

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.



R.I. SALUTES



This military discount program includes scores of R.I. businesses, retailers and restaurants listed that include discounts everyday and not just on military-related holidays. Check it out at: www.risalutes.org

"INTRODUCTION TO MARINE ARCHAEOLOGY" OFFERED

The Rhode Island Marine Archaeology Project (RIMAP) announces that "Introduction to Marine Archaeology" will be held on Saturday March 3 at the Masonic Hall, 39 Baker St., Warren RI. RIMAP membership (\$25) for 2018 and completion of the "Introduction" class (\$50) are required for diving and non-diving volunteer participation in RIMAP activities. 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.

MILITARY SPOUSES OF NEWPORT SCHOLARSHIPS.

The Military Spouses of Newport offer merit based scholarships for Rhode Island area dependents seeking

post-secondary education. They offer three separate scholarship opportunities for: graduating high school seniors, dependent children currently enrolled in a post-secondary school, and spouses of active duty members. Full eligibility and requirements are listed on each application. Applications can be downloaded from www.milspousenewport.org/Scholarships The deadline is April 13, 2018.

MILITARY DISCOUNT AT PENNFIELD SCHOOL

Starting for the 2018-2019 school year, The Pennfield School will offer a 50% military discount to active duty U. S. military families that have students in grades Kindergarten - Grade 8. Pennfield will offer a 25% military discount for active duty U. S. military families for children in the 5 day a week preschool or prekindergarten program. For more information call (401) 849-4545 x147 or go to www.pennfield.org

FRENCH COMMANDANT'S PRESENTATION TO CELEBRATE LA FRANCOPHONIE ON MAR. 11

Louis-Nicolas d'Avout d'Auerstaedt, French Naval Commandant, will help The Alliance Francaise of Newport celebrate La Francophonie on Sunday, March 11, 2018, at 2:00 p.m. at The Portsmouth Free Public Library located at 2658 East Main Rd. in Portsmouth, RI.

The Commandant's talk, "The Sun Never Sets on France," will highlight some of the areas in France where he has resided, and also provide a geopolitical tour discussing French policy and influence around the world. The talk will be in French; questions and answers will be in English. The event is free and open to the public.

La Francophonie is a worldwide celebration each March of French language and culture. Commandant d'Avout d'Auerstaedt is currently assigned to The Naval War College in Newport, RI.

The Alliance Francaise of Newport is celebrating its 65th anniversary in Newport this year. AFN is dedicated to the study of the French language and to promoting cultural exchange. Members of the AFN participate in conversation groups and cultural events. Guests are welcome. Fluency in French is not required.

The Alliance Française of Newport is affiliated with the Fédération des Alliances Françaises which has nearly 1,500 Chapters in 138 countries worldwide.

For more information about The Alliance Francaise of Newport, please visit our Web site: alliancefrancaise-newportri.org and Like us on Facebook.

NOW HEAR THIS



NAVY DAY AT THE WHALING MUSEUM

The New Bedford Whaling Museum is hosting "Navy Day" on Saturday March 24, 2018, offering free admission to anyone with a DoD ID card and their families, with events and activities scheduled between 9 a.m. and 3 p.m.. Naval Undersea Warfare Center (NUWC) Division Newport teamed with the New Bedford Whaling Museum on a new exhibit in September 2017 that explores the U.S. Navy's long history of marine mammal research, its role in protecting the ocean environment and its significant contributions to marine mammal science and conservation. There will be presentations by NUWC scientists, tours of the half size whaling ship Lagoda, scavenger hunts and a full sized inflatable humpback to walk through! <https://www.whalingmuseum.org>



TRAFFIC & COMMUTING

ON BASE UPDATES:

Gate Hours: Following are **routine** gate hours:

Gate 1: open 7 days a week/24 hours a day for routine traffic.

Gate 2: Open for a.m. commute Mon-Fri from 6:30 to 8:30 a.m. to alleviate Gate 1 backups.

Gate 17: Open Mon-Fri from 6 a.m. to 6 p.m.—commercial vehicles should use Gate 17.

Gate 7: NHCNE Gate, open Mon-Fri 6 a.m. to 6 p.m.

Gate 23: NUWC Gate open 24/7 for commuters.

Gate 32: Open Mon-Fri 6:30 to 9 a.m. and 3:30 to 5:30 p.m. for commuters.



ROAD & SIDEWALK CLOSURE

March 6 and 7, Perry Rd. between Gate 1 and Brett Hall (Porter Ave.). Purpose is to construct new site improvements to include installing new lighting and removing overhead electric poles.





There were **134 federal government job opportunities in Rhode Island listed on USAJOBS Tuesday!** (www.usajobs.gov) Many of these positions are onboard Naval Station Newport—check it out weekly to see

USAJOBS what doors open for your future with the U.S. Government.



NAVAL UNDERSEA WARFARE CENTER DIVISION NEWPORT
NEWPORT, RI

JOB FAIR

SATURDAY, MARCH 3, 2018

10 a.m. to 2 p.m.

Naval Undersea Warfare Center
Building 80 (NUWC)
Newport, RI

WE ARE SEEKING

Entry-level and experienced scientists, engineers, mathematicians, physicists, and IT specialists (Info Sec).

Must have a bachelor's, master's or doctorate degree in one of the following disciplines:

- COMPUTER SCIENCE
- ENGINEERING
- MATHEMATICS
- PHYSICS
- INFORMATION TECHNOLOGY
(may also qualify based on experience)

WHAT TO BRING

Please bring several copies of your resume and transcripts (unofficial is acceptable). Potential for on-site interviews and job offers.

KEY REQUIREMENTS

- Must be a U.S. Citizen
- Male applicants must be registered for Selective Service
- You must be able to obtain and maintain a security clearance

Unable to attend? Send one PDF with resume and transcript to: NUWC_NPT_recruit.fct@navy.mil

The Naval Undersea Warfare Center, Division Newport is the Navy's full spectrum research, development, test and evaluation, engineering, and fleet support center for submarine warfare and many other systems associated with undersea battlespace. Division Newport provides the technical foundation that enables the conceptualization, research, development, fielding, modernization, and maintenance of systems that ensure our Navy's undersea superiority.

VACANCIES:

MWR is in need of employees to fill vacancies at the Child and Youth Programs facilities (Teen Center/Child Development Center) and throughout their other departments and facilities. The positions are advertised NOW along with many others around the installation. Go to USAJOBS.gov today or recommend this opportunity to someone you know in the job market. Military spouses are welcomed to apply!

Navy Federal Credit Union is currently hiring one full time and one part time Member Service Representative. Anyone interested in finding out more about the positions should go to: www.navyfederal.org



Navy Celebrates Women's History Month

WASHINGTON (NNS) -- The Navy joins the nation in celebrating Women's History Month throughout the month of March 2018.

ALNAV 007/18 encourages participation in all the heritage celebrations and special observances throughout the year. This year, Navy commands are encouraged to celebrate and reflect on the theme "Honoring Women Who Fight All Forms of Discrimination."

Women have served in the Navy as nurses dating back to the 1800s, most notably during the Civil War when the Sisters of the Holy Cross served aboard USS Red Rover, the Navy's first hospital ship. In 1948, women gained permanent status in the Navy with the passage of the Women's Armed Services Integration Act.

"Women's History Month is a time to reflect on and express gratitude to the trailblazers who demonstrated unparalleled courage, tenacity and vision, sometimes in the face of systemic headwinds, to chart a course for today's women who proudly and honorably serve in the U.S. Navy," said Vice Adm. Jan Tighe, deputy chief of naval operations for information warfare/director of naval intelligence.

Over the last century, women have served aboard auxiliary ships beginning in 1978 and on combatant ships beginning in 1994. In 2016, the Department of Defense opened all military occupations and positions to women.

Female Sailors and civilians play an integral role in the success of the Navy as part of the One Navy Team. Women serve in every rank from seamen to admiral and hold nearly every job from naval aviator to deep-sea diver. Twenty percent of the Navy's enlisted force is women, including eight percent of all senior and master chiefs. Nineteen percent of the officer force and 10 percent of all admirals are comprised of women.

In the Navy's civilian workforce, 27 percent are women and 26 percent are Senior Executive Service members.

According to the September 2016 "One Navy Team" memo from Chief of Naval Operations Adm. John M. Richardson, actively being inclusive and open to diverse perspectives will produce leaders and teams who learn and adapt to achieve maximum possible performance, who achieve and maintain high standards, and are ready for decisive operations and combat.

Diversity also influences various thoughts, ideas, skill sets and experiences which ultimately helps increase the effectiveness of the Navy. Integrating Sailors and civilians from diverse backgrounds enables the Navy to recruit and retain the nation's top talent from a wide pool of skilled personnel.

A complete educational presentation, including a downloadable educational poster on Women's History month, can be requested from the Defense Equal Opportunity Management Institute (DEOMI) by email at deomipa@us.af.mil.

For more information, visit www.navy.mil, www.facebook.com/usnavy or www.twitter.com/usnavy.



WAVES arrive April 44 - In April 1944, the incoming Wave draft arrived at South Point barracks. This barracks was located at the site of the former flag cabins, next to what is now the Officers Club (visible in the background). Photo courtesy of NWC Museum

IF YOU 
SOMETHING
 **SOMETHING**



Navy Announces Targeted Reentry Program

From Navy Personnel Command

MILLINGTON, Tenn. (NNS) -- In support of Sailor 2025's goal to retain and reward the Navy's best and brightest, the Navy announced Feb. 27 the Targeted Reentry Program (TRP) and associated program guidelines to expedite reentry into the Navy in NAVADMIN 047/18.

The TRP is designed to benefit both the Sailor and the Navy by allowing a return to service for those who are well trained leaders with valuable and needed skills and will be offered to selected Sailors prior to their departure from the Navy.

The TRP empowers Commanding Officer's (COs) to identify Active Component and Full Time Support officer and enlisted personnel who have elected to leave active duty (AD) service and do not desire to affiliate with the Ready Reserve and recommend them to be awarded a "Golden Ticket" or "Silver Ticket," giving them the option for expedited reentry to AD if they decide to return to the Navy.

"Talent is tough to draw in and even tougher to keep," said Vice Adm. Robert Burke, Chief of Naval Personnel. "Just like corporate businesses are adapting, the Navy must adapt to modern personnel policies as well. These changes are designed to maximize opportunities for command triads to advance their best Sailors while managing community and individual rates' health."

O-3 and O-4 officers and E-4 to E-6 enlisted, who have completed their Minimum Service Requirement (MSR), but not yet reached 14 years of active service are eligible for consideration for TRP. Also, an officer's or enlisted's community qualifications must be obtained, superior performance annotated in Fitness Reports or Evaluations, and have passed their most recent Physical Fitness Assessment (PFA). Officers who have failed to select for promotion are not eligible. Perspective participants must meet character standards, i.e. no record of civil arrest/NJP, court-martials, failed drug screenings, etc.

The Golden Ticket recipients are guaranteed a quota and an expedited return to AD within one year of release as long as they remain fully qualified. Silver Ticket recipients are afforded an expedited return to AD within two years of release, subject to the needs of the Navy and that they remain fully qualified. Golden Tickets, if not used within one year, will convert to Silver Tickets for an additional year. Silver Tickets not used

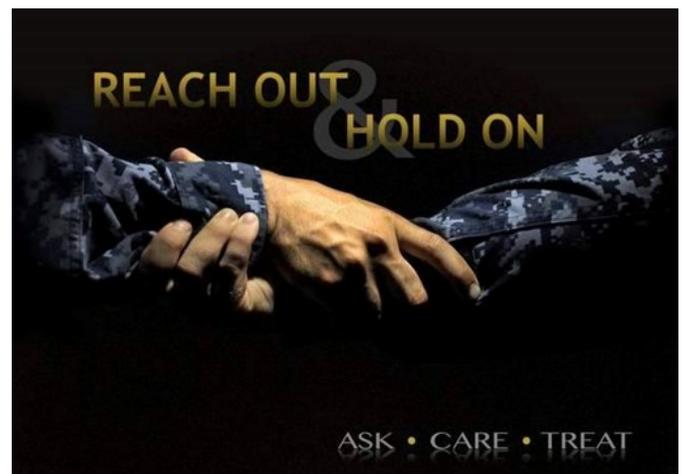
within two years of release from AD expire.

Sailors who accept a Golden or Silver Ticket prior to release from active duty will go into a minimum reserve status, known as Standby Reserve- Inactive (USNR-S2) status. In this reserve status, Sailors will have no participation requirement and will not be eligible for promotion or advancement or be eligible for health care, retirement points, Servicemembers Group Life Insurance and other benefits. The Date of Rank of officers and Time in Rate of enlisted TRP participants will be adjusted upon returning to AD. Sailors who return to active duty using TRP will maintain the last rating and paygrade held at the time of separation.

BUPERS-3 is the approving authority for all TRP ticket request and will make determinations based on overall performance, community health, and needs of the Navy. Once approved for a Golden or Silver Ticket, officer and enlisted personnel will have the option to accept or reject participation in the TRP prior to their release from AD.

Sailor 2025 is comprised of nearly 45 initiatives to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow. It is focused on empowering Sailors, updating policies, procedures, and operating systems, and providing the right training at the right time in the right way to ensure Sailors are ready for the Fleet. Sailor 2025 is organized into three main lines of effort, specifically Personnel System Modernization, Ready Relevant Learning and Career Readiness.

For more information on the TRP, see NAVADMIN 047/18 at www.npc.navy.mil.





Women's History Month Event for Veterans
PROVIDENCE, R.I. - The Providence VA Medical Center and the Rhode Island Office of Veterans Affairs are honoring women Veterans at the Rhode Island Veterans Home Thursday, March 29, 2018.

"Our mission is to recognize, honor and assist all Rhode Island Veterans," said Kasim J. Yarn, the state's director of Veterans affairs. "Hosting this program with the Providence VA Medical Center at our new Veterans home gives us an opportunity to celebrate our women Veterans during Women's History Month. It's going to be a great event."

The event, in recognition of Women's History Month, will be from 1 to 3 p.m. at the Rhode Island Veterans Home, 480 Metacom Ave., Bristol, R.I. Guest speakers, a panel discussion, light refreshments and resource materials for women Veterans will be featured.

"Women Veterans have compelling stories that many in the general public have no familiarity with," said Tonya Maselli McConnell, Providence VAMC Women Veteran Program manager. Women's history month is an ideal time to recognize the sacrifices women Veterans make in service to their country, and provide information about the benefits and services they have earned."

The event is free and open to the public. Veterans and others who would like more information can contact Maselli McConnell at 401-273-7100 ext. 6191 or tonya.masellimcconnell@va.gov.

FRIDAY, MARCH 9th

The U.S. Department of Veterans Affairs is proud to host:

MILITARY APPRECIATION DAY

New England Saltwater Fishing Show

Rhode Island Convention Center – Providence, RI



U.S. Department of Veterans Affairs

Healthcare Services & Benefits

FREE admission for the first 300 Military Members and Veterans! (With proper proof; such as your VA ID, DD-214, Military ID, Retirement Card, etc.)

FREE gear and other giveaways!

Plus, you can enroll for the Veteran benefits that you have earned and deserve.



FOR MORE INFORMATION VISIT:
newengland.va.gov/events

'We want to connect with Veterans before they know they need us':

VA launches Concierge for Care program

WASHINGTON — On Feb. 22, the U.S. Department of Veterans Affairs (VA) announced the launch of Concierge for Care, a health-care enrollment initiative that connects with former service members shortly after they separate from the service.

"Our goal is to give transitioning service members one less thing to worry about," said VA Secretary David J. Shulkin. "We know that **more than a third** of Veterans who haven't yet visited our facilities indicated they are not aware of VA health care benefits, while a quarter reported they do not know how to apply."

As part of Concierge for Care, VA staff members are personally contacting recently separated service members to answer questions, process their health-care enrollment applications over the phone and help schedule eligible Veterans' first VA medical appointment, if needed. Each week, VA receives a list of separating service members from the Department of Defense. The goal is to make contact with them within a month of discharge.

Certain Veterans who served in a theater of combat operations are eligible to enroll and receive cost-free health care for medical conditions related to their military service during the five-year period after discharge. Information about VA health care and the application process can be found at <https://www.vets.gov/health-care/apply/>





OPERATION STAND DOWN RHODE ISLAND

Do you have a will? Need a will? Free will preparation provided to veterans.

- Wills
- Power of Attorney
- Healthcare Directives



Monday, March 26

9 a.m. - 4 p.m.

By Appointment **ONLY**

"It is easier than you think to provide for the people you care about"

Call Jessica Miller to schedule an appointment
(401) 383-4730