



# Navalog

## Surface Warfare; Obtaining a Fix on Fleet NSS Skill Sets

March 8, 2018 Edition

**SPECIAL POINTS OF INTEREST**

**NAVY LEAGUES HONORS USCG**

**NWC GRADUATION**

**BRAVO ZULU'S**

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Ensign Ethan Allred stands officer of the deck watch in the pilothouse of the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) as it transits the Mediterranean Sea. Carney, forward-deployed to Rota, Spain, is on its fourth patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners, and U.S. national security interests in Europe. (photo by MC2 James R. Turner/Released)

From Commander, Naval Surface Force, USPACFLT PAO

SAN DIEGO (NNS) -- Commander, Naval Surface Force (CNSF) and Surface Warfare Officer Schools (SWOS) Command continue to conduct officer of the deck (OOD) competency checks across fleet concentration areas.

Conducted by SWOS, the competency checkpoints provide Vice Adm. Rich Brown, CNSF, data on how first-tour, qualified OODs perform in navigation, seamanship, and ship-handling, via written test and simulated at-sea scenarios. The checks began in San Diego and have been conducted in Norfolk, Vir-

ginia and Yokosuka, Japan. They are occurring this week in Sasebo, Japan.

"This is an opportunity to take a running fix to make sure that the training we are providing our junior Officers is the right training, and if it isn't, we will look to make adjustments," said Brown.

The competency checks help SWOS assess the proficiency levels of the junior OODs and provide critical information on how they handle stressful situations. The data gathered will help identify areas where SWOS can improve training.

These assessments are conducted on

**Sunday, March 11,  
2 a.m.: Daylight  
Savings Time  
begins**





qualified OODs who are randomly selected from various ships in the fleet concentration area where the checks are taking place. They take an examination which includes questions from navigation rules of the road and applicable navigation and seamanship concepts, and then their ability to handle at-sea scenarios is evaluated in navigation, seamanship and ship-handling trainers (NSSTs). These state-of-the-art bridge simulators are used to train ship crews in navigation and ship handling using virtual reality technology.

"Our main focus is to gather data to inform how we can better train future Surface Warfare Officers," said Capt. Scott Robertson, commanding officer of SWOS. "These competency checkpoints are designed to see how we are doing and where training gaps may lie in our officers of the deck. By conducting the checks across all ship platforms and from different commissioning sources, the data will help us understand the proficiency level of our OODs."

The intent of the competency checkpoints is not to take punitive action against these officers, but rather to build an understanding in what skill sets OODs are proficient and which skillsets they are deficient. Leadership wants to ensure each OOD has the foundational training and relevant skills to safely navigate the world's waters, and this is one of the many steps underway in the Surface Force.

"I do not believe anything like this has been done in the Surface Warfare Community before," said Robertson. "The time is right to really see what the trends are and then more importantly, take action to shore up holes."

The OOD competency checks are one of several initiatives designed by CNSF to improve the proficiency of Surface Warfare Officers and address issues identified in the 'Comprehensive Review (CR) of Recent Surface Force Incidents in 2017.' The initiatives were established from feedback received during all-hands calls and leadership meetings following the mishaps. The competency checks are meant to provide SWOS and the fleet an objective assessment of the Surface Forces jun-

ior OOD's strengths and weaknesses. Additionally, the information gathered will help entities in the training community tailor instruction and scenarios to address gaps that may exist. Other initiatives include: increased shiphandling simulator training during the Basic and Advanced Division Officer Courses, mariner assessments during the Prospective Commanding Officer Course, a Junior Officer of the Deck Course, Bridge Resource Management Workshop, and additional OOD classroom and simulator training.

"The success of the Surface Force is measured by properly manned, tactically trained, and effectively equipped ships ready to provide Fleet Commanders with combat naval power to fight and win at sea and to project that power ashore," said Brown. "This is one step in assessing the professional growth of our officers and one step in ensuring our ships have the manning, training and equipment necessary to support our Fleet Commanders."

In conjunction with the Readiness and Restoration Oversight Council (led by the Undersecretary of the Navy, Mr. Thomas Modly and the Vice Chief of Naval Operations, Adm. Bill Moran), and complimenting the CR recommendations, CNSF is focused on using these initiatives to improve Surface Forces at the unit and individual levels. These initiatives will help to improve the safety and readiness of Surface Navy's ships. Future SWOS-led competency checkpoints are planned in the fleet concentration areas of Mayport, Everett, Pearl Harbor and Rota.



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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.

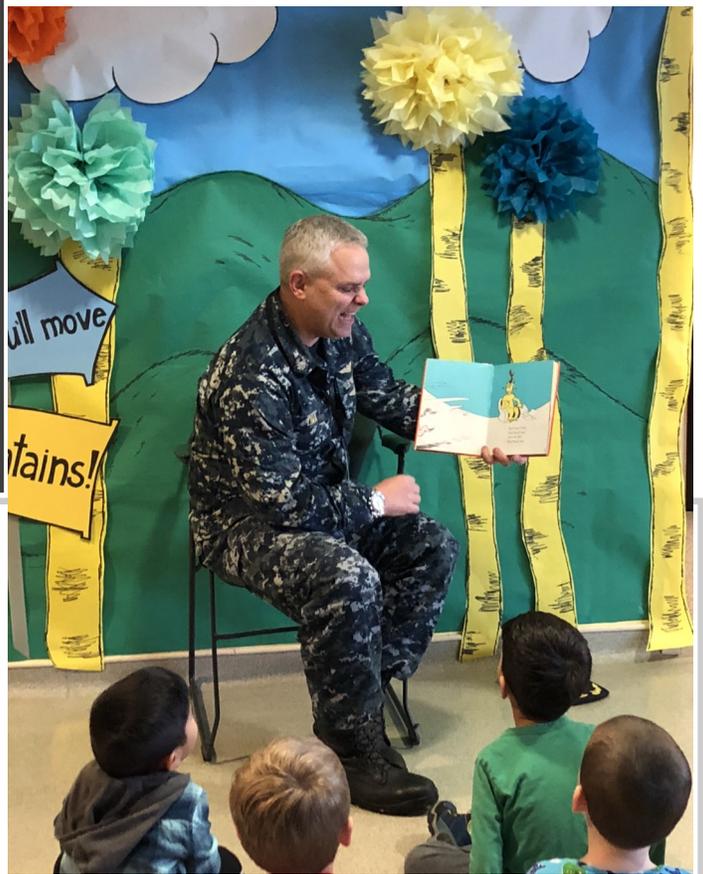
**Operational and Exercise Impacts** are often communicated to the public first using the installation Facebook Page—'like' us at: [www.facebook.com/NAVSTANewport](https://www.facebook.com/NAVSTANewport) to stay informed!

# AROUND THE STATION



Mother Nature beat First Class Petty Officer's Scaglione and Freeman (above) to retiring the colors last Friday afternoon as a sudden gust of wind snapped the lines on the installation's main flag pole in front of building 690.

The high winds and heavy rain continued through noon on Sunday resulting in extensive damage to the waterproofing on the roofs of the Surface Warfare Officer's School (SWOS) Memorial Hall (top right) and Officer Training Command Newport's Lt. Michael Murphy Combat Training Pool. The wind blew most of the waterproofing (rubbery, tarp-like material) off Memorial Hall causing major water damage to the ceiling of the top floors of the building and leaks through the roof of the combat training pool. Public Works Newport responded immediately and had contractors start emergency repairs on Sunday. By late Tuesday the roofs were waterproof again and the tarp-like material had been mechanically secured in advance of the storm that hit us on Wednesday. Special thanks to NAVFAC Engineering Technician Tommy Gomes for providing all day supervision and oversight for the work on Memorial Hall Roof from Sunday-Tuesday. The winter winds are still wreaking havoc here in the Ocean State. Stay prepared for the weather by staying informed and using resources available at [www.readynavy.org](http://www.readynavy.org) and locally on the [www.ri.riema.gov](http://www.ri.riema.gov) website.



Cmdr. Al Lima, Executive Officer, NS Newport can never resist a good story. Last Friday would have been Dr. Seuss' 104th birthday so he jumped on the chance to read "Green Eggs and Ham" to 40 preschoolers over at the Child Development Center. The staff at the CDC are always on the lookout for educational ways to keep the kids entertained. Photo courtesy of CDC



## Navy League honors Coast Guard Officer and Enlisted Service Members of the Year

An awards luncheon was held on Feb. 27 at the Best Western Mainstay Inn in Newport to honor the Coast Guard Officer of the Year, Chief Warrant Officer Joseph Miner; Senior Enlisted Service Member of the Year, Petty Officer 1st Class Jeremy Boltersdorf, and the Junior Enlisted Service Member of the Year, Petty Officer 2nd Class Peter Freese. Each was honored for their unique technical and mission expertise, superior leadership capability and their volunteerism in the community which included participation on high school councils, mentorship of children for the Audubon Society of RI; mentorship at Pell School, Newport; volunteerism with Operation Stand-down RI, and teaching at St Augustin's Church in Newport.



Leaders in attendance included Captain Richard Schultz, USCG, Commander Coast Guard Sector Southeastern New England; Command Senior Chief Christopher Melleby USCG; City of Newport Mayor, Harry Wintthrop, shown in above photo offering remarks at the event; Portsmouth Town Council President, Keith Hamilton; and Middletown Town Councilwoman Theresa Santos. Each presented citations and city/town tiles. Also, in attendance were representatives of the Council's newest Community Affiliate, *First Command*.

The Newport Council Navy League President, Tom Feeney, presented a Council Cash award and the Honorable J. William Middendorf II cash award to each of the three awardees. Mike Slein, Council Vice President, presented a memory Book containing letters and citations from Rhode Island Congressional leaders and the awardees' home state city and State Government Leaders. *Story and photo courtesy of Navy League of Newport County. To find out more about this organization, go to [www.newportnavyleague.us](http://www.newportnavyleague.us)*



Petty Officer 2nd Class Kokeithia L. Humphrey was awarded the Navy and Marine Corps Achievement Medal by Capt. Ian Johnson, Commanding Officer, Naval Station Newport during a ceremony held at the Public Safety Building last Wednesday. MA2 Humphrey served as a Security Department Commercial Vehicle Inspection Station Team Leader from June 2016 to March 2018. MA2 Humphrey departs NS Newport to return to the fleet where she will serve onboard the USS Abraham Lincoln (CVN72).



Capt. Luke A. Frost (center) is presented with a certificate by Rear Adm. Jeffrey A. Harley (left), president, U.S. Naval War College (NWC) and Wendy Skinner (right), director of development, NWC Foundation. Frost was recognized as the College of Naval Command and Staff's (CNCS) Presidential Honor Graduate at NWC. (photo by Edwin L. Wriston)

Lt. Cmdr. Adam B. Green (center) is presented with a certificate by Rear Adm. Jeffrey A. Harley (left), president, U.S. Naval War College (NWC) and Wendy Skinner (right), director of development, NWC Foundation. Green was recognized as the College of Naval Warfare's (CNCS) Presidential Honor Graduate at NWC. (photo by Edwin L. Wriston)

## Naval War College graduates 61 in ceremony

By MC2 Jess Lewis, NWC PAO

U.S. Naval War College (NWC) graduated 61 Navy, Marine Corps and Army officers during a graduation ceremony held in Spruance Auditorium, March 6.

The graduates from NWC's College of Naval Warfare (CNW) received master's degrees in National Security and Strategic Studies, while graduates of the College of Naval Command and Staff (CNCS) received master's degrees in Defense and Strategic Studies – both accredited by the New England Association for Schools and Colleges.

With coursework in national security decision making, strategy and policy, and joint military operations, the two programs are designed to prepare students to think critically, operationally and strategically.

The senior-level CNW course graduated 12 officers. The intermediate-level CNCS course graduated 49.

During the ceremony, the graduates were reminded that their work is not over, but just beginning.

“You leave here with the tools and authority to make change in our joint force,” said William Bundy, director, U.S. Naval War College's (NWC) Gravely Naval Warfare Research Group, and the graduation speaker. “Stand on the shoulders of those who came before you. Stand on the shoulders of those who were your mentors, of those who were your subordinate advisors, those senior enlisted officers, petty officers and sergeants who really took you by the hand to guide you along. Let that be your guide.”



Rear Adm. Jeffrey A. Harley, president, U.S. Naval War College (NWC), speaks to the students, staff, faculty, and guests during a graduation ceremony at NWC. Sixty-one students from the College of Naval Warfare and College of Naval Command and Staff were recognized for their achievements and received either a Master of Arts degree in National Security and Strategic Studies or Master of Arts degree in Defense and Strategic Studies during the ceremony. (U.S. Navy photo by Caitlin Blanchard/Released)



The Surface Warfare Officer's School Command's 51 students of Department Head Class 245 graduated March 1 in a ceremony held inside Mullen Auditorium. The distinguished graduates of the course include LT Lawrence Hanks, recipient of the Arleigh Burke Award, LT Daniel Hildenbrand, recipient of the City of Newport Award, LT John Ondik, recipient of both the Navy League Award and Top Gunner Award, and LT Ernesto Acosta, recipient of the Top Snipe Award. (photo courtesy of SWOS)



U.S. Naval War College (NWC) students in the National Security Affairs department are presented with the James V. Forrestal Award for Excellence in Force Planning following the National Security Decision Making (NSDM) Final Exercise held in the college's Spruance auditorium. The 11-week NSDM course is part of NWC's yearlong resident program and is designed to prepare senior level joint and international officers and civilians for executive positions in large national security organizations. (U.S. Navy photo by Petty Officer 2nd Class Jess Lewis/released)



## Losing sleep over Daylight Savings Time

You'd think, after being married to a Navy guy for so many years, I'd know military time jargon by now. But when my husband, Francis, tells me he's got a dentist appointment at "sixteen-thirty," I start counting on my fingers and mumbling, "Subtract two ..."

Although I did manage to memorize Francis' social security number (it's seared into my psyche like a tattoo), I've never been one of those military spouses who internalized acronyms and military idioms. To this day, I still get confused.

This Sunday, Daylight Savings Time (DST) begins, which further complicates time-telling for military folks. DST sounds simple — sets the clocks forward one hour in March and back one hour in November to take advantage of early daylight. We pronounce "spring forward, and fall back" as if we're reading from a rudimentary Dick and Jane book, but in reality, calculating time in different parts of the world is a mind-boggling task when you take into account time zones, local time, universal time, solar time, longitude, and the tilt of the Earth's axis.

To start, only 48 of the 50 states recognize DST. Hawaii, Arizona, and the US's tropical territories don't change clocks. However, Navajo Americans on native reservations in Arizona use DST. Go figure.

Most industrialized nations recognize DST, but the majority of the world's population do not, since China, India and most countries in Africa never change clocks. Conversely, Argentina, Chile, Iceland, Singapore, Uzbekistan, Belarus, Turkey and Northern Cyprus use DST year-round.

Add to that quagmire the 25 time zones across the world, each one based on Greenwich Mean Time (GMT). Greenwich, England, a suburb of London, happens to be zero degrees longitude and has a royal observatory that tracks the position of the sun. Noon GMT is when the sun is directly over the Greenwich meridian, but since the Earth's rotational variables cause discrepancies, GMT noon is the annual average of those times. Struggling to wrap your brain around GMT? Don't bother, because Coordinated Universal Time (which, for reasons too complicated to explain here, is abbreviated as "UTC" rather than "CUT") has replaced GMT as the primary standard for world time. UTC is more precise than GMT (although it is criti-

cized for including "leap seconds" — don't ask) and has been recognized since 1960 as the true basis from which all time is calculated.

GMT and UTC start with Z or Zulu time zone, with 12 zones to the east, and 12 to the west, ending at the International Date Line in the Pacific Ocean. For every time zone east of Zulu, an hour is added. For every time zone west of Zulu, an hour is subtracted.

But brace yourself, because in the zones on either side of the International Date Line, time is exactly the same, only one day apart. Which means that if there were two different boats floating on either side of the International Date Line within sight of each other, it can be noon on Monday in one boat, and noon on Tuesday in the other.

**\*BOOM\***

If your brain hasn't exploded by now, consider that the US military uses a 24-hour scale for local time zones, using DST where recognized (ex., 3:30 pm = 1530), but uses a 24-hour scale for Zulu time for operational communications across time zones. For example, the time to begin an airstrike might be communicated as 1850Z, which is 6:50 p.m. UTC. Which, by the way, is 1:50 p.m. Eastern Standard Time, unless it is Daylight Savings Time, which will make it 12:50 p.m. Eastern Standard Time.

Make sense? I didn't think so.

So, this Sunday, if you are stationed in Germany which recognizes DST, and your spouse is on a ship somewhere off the coast of Japan, which doesn't recognize DST, and you agree to call each other at exactly 6:00 p.m. Eastern Standard Time, then what time should you make the call?

I have no flipping clue. I would recommend calling every five minutes until someone picks up. Or just send an email.

There is only one thing I know for certain: At 0-dark-thirty on Sunday, I'll be losing an hour of sleep.



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



## A Birthday Gift from the NCHNE Individual Medical Readiness Clinic



what we are doing to our bodies, and the immediate and future impact that these choices have on our lives, and those around us. The personnel in the Individual Medical Readiness (IMR) clinic perform tests and interviews to steer you towards healthier choices in your daily life and towards meeting your operational status requirements, all in a “one stop shopping” environment.

If you have a birthday coming up, please remember to call the IMR clinic at (401) 841-6186 and schedule your PHA. To schedule your annual dental examination, call (401) 841-2542. These simple gifts you take the time to give to yourself will allow you to experience many more happy birthdays for years to come!

Hospitalman Apprentice (HA) Gabrielle Doonan from NHCNE's Individual Medical Readiness (IMR) clinic records information on an Active Duty member for an annual Periodic Health Assessment (PHA) which is a readiness requirement. (photo courtesy of NHCNE PAO)

By Steven A. Fisher, NHCNE Medical Readiness Reporting Team

Every year we celebrate the joyous occasion of our birth. Some may wish to forget the big occasion, but we all seem to look forward to receiving gifts. This year, how about taking the time to give the gift that keeps on giving for years to come? Your Periodic Health Assessment (PHA) exam! If you are active duty Navy or Marine Corps, you are required to have an annual PHA and dental exam during your birth month. While many might consider this an encroachment on valuable time, or an inconvenience to be away from daily duties, it might surprise you to find out your Commanding Officer takes these requirements for operational readiness very seriously. Taking the time to complete these two needs, as well as any other deficiencies, contributes to your command’s force readiness. Being prepared for the call of your country, after all, is the number one requirement for all Sailors and Marines, and very important to your career.

The real benefit of staying operationally ready is for your health and well being. A healthy you means a more productive and useful Sailor or Marine. More importantly, it means you can be a better and more fulfilled friend, spouse, parent or relative. What better gift! A gift you receive and give to others at the same time!

We all have faults and vices that affect our health. The purpose of the PHA is to allow us to understand

*Because you believe*

**EVERY DAY IS PATIENT SAFETY DAY**

*Take the pledge to help create a culture of patient safety*

**UNITEDFORPATIENTSAFETY.ORG**

**2018**  
**PATIENT SAFETY AWARENESS WEEK**  
March 11-17

**UNITED**  
for Patient Safety

An initiative of IHI/NPSF

TOGETHER FOR SAFER CARE



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

## MILITARY ONE SOURCE

### Practicing Good Nutrition Boosts Personal Performance

Military members need to stay in shape so that they can perform their duties. One of the best ways to build strength and stamina is by eating nutritious foods. Here are some tips on how to start.

#### Develop new habits

Eating healthy usually requires developing new dietary habits, but that doesn't have to happen overnight. Small changes over time can make a big difference. You might begin with some of these suggestions:

**Limit your sugar.** Try drinking water instead of soda or sugary sports drinks.

**Lower your sodium.** Start reading labels to see how much sodium is in a certain food. Buy "reduced sodium" items whenever possible.

**Eat lean protein.** Eat less fatty red meat and more chicken, seafood, beans, eggs, nuts, and seeds.

**Choose whole grains.** Whenever possible, eat whole



grains like brown rice and whole wheat over "refined grains" like white bread, pasta, and anything made with flour.

**Snack on fruits and vegetables.** Instead of reaching for the chips, try cutting up some carrots or eating an apple instead.

#### Explore the farmers market

Not all foods are equal when it comes to nutrients. The fresher your produce is, the more nutrition it offers. Your local farmers market is a great place to shop for fresh produce at a reasonable price. Whether it's just a roadside stand or a gathering place for local producers, you'll want to find a farmers market near you. Here are just a few reasons why:

The food is as fresh as you'll find anywhere. Most produce is brought to market within hours of being picked.

You're getting nutrition to the max. Eating food grown close to home and recently harvested has



many health benefits.

Local farmers grow seasonal foods, which tend to be less expensive and are fun to cook with.

You get to speak with food experts — the farmers — who can teach you how to use the produce, grow your own food or share some great recipes.

You can find a list of farmers markets in the U.S. in this National Farmers Market Directory.

## Check out the commissary

Another great resource for eating healthy on a budget is the military commissary, which sells groceries and household goods at an average savings of more than 30 percent. Before your grocery run, visit the commissary website, a great network of information where you can:

Snag simple, healthy recipes for your meal planning or last-minute meal.

Make your shopping list with the My Shopping List tool.

Review the Savings Aisle to see what's on sale for the week and preview the promotional prices before making your shopping list.

## Sharing your healthy lifestyle with your children

Share your nutrition goals with your children. The 5210 Healthy Military Children program can help you put a concrete plan into action by providing tip sheets



and other resources. The number “5210” stands for:

**5 or more servings of fruit and vegetables.** Prepare meals and snacks at home using fruits and vegetables, and teach kids how to make healthy foods.

**2 or fewer hours of screen time.** Make television, video games and the internet less convenient to use, turn them off during meals, and make sure children are doing activities that don't involve screens.

**1 or more hours of physical activity.** Look for fun activities your family can enjoy together and use the activities as incentives instead of food.

**0 sweetened beverages.** Sweetened beverages add extra sugar and calories to the diet, so encourage children to drink water or low-fat milk instead.

As a service member — or part of the military family — you need the right fuel to stay energized. Eating well allows you to perform your job to the best of your ability. These suggestions can get you started on a path to good nutrition and good health.

For more healthy advice, check out the Military OneSource Health and Wellness Coaching program, a free resource for eligible service members and family members.



Tom Edgerton (left), portrait artist and Vice Adm. P. Gardner Howe III, associate director for military affairs, Central Intelligence Agency (CIA), alongside his wife Erin, stand with Howe's U.S. Naval War College (NWC) presidential portrait following its unveiling at NWC on Monday. Howe served as NWC's 55th president from July 2014 to July 2016 before his appointment to vice admiral and assignment at the CIA. The NWC's collection of presidential portraits is more than a century old, dating back to 1900 when it acquired Frederick Vinton's portrait of Rear Adm. Stephen B. Luce, NWC's first president. During the unveiling, staff and faculty were joined by portrait's artist Tom Edgerton. (U.S. Navy photo by Mass Communication Specialist 2<sup>nd</sup> Class Jess Lewis/Released)



# MORALE, WELFARE & RECREATION



www.navywmrnewport.com

Join the MWR Email Blast List email:  
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## 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!

MWR has eight tickets to each Red Sox weekend home game (opening & Patriots' Day), four Loge Box and four Field Box. Tickets will go on sale at Seaview Lanes Bowling Center on the following days:

Active duty personnel only: Wednesday, March 21 – 5-7 p.m. and Thursday, March 22 – 11 a.m.-1 p.m.

Open to all MWR authorized patrons to purchase on: Friday, March 23 – 11 a.m.-1 p.m.

Tickets must be purchased in pairs. Ticket information can be found on the events calendar at www.navywmrnewport.com. Questions, call (401) 841-2094.

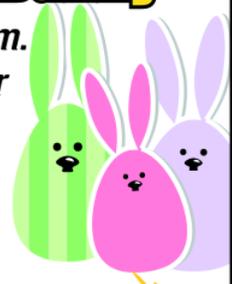


## Pictures with the Easter Bunny

Saturday, March 24, 11 a.m.-1 p.m.

Seaview Lanes Bowling Center

One complimentary picture and arts & crafts!



**\$5 Bowling Special:**

One game of bowling, shoes, a slice of pizza and a fountain soda!  
For details, call (401) 841-4293.



Sprint

## Month of the Military Child

# CANDY LAND ADVENTURE

Saturday, April 7 • 10 a.m.-12 p.m. OR 12-2 p.m. at the Officers' Club

Please join us as we celebrate our wonderful military children with a sweet trip to Candy Land

Down colorful pathways,  
Over rainbow trails,  
Past the peppermint forest,  
and the gum drop pass...

**FREE for children of active duty personnel & their parents**

Retirees, reserve & civilian adults: \$20

Retirees, reserve & civilian children (3-12): \$10

Children 2 & under: FREE

Purchase tickets at the Officers' Club, Monday-Friday 9-11 a.m. or 2-5 p.m. For details, call (401) 841-1441.



The Department of the Navy does not endorse any company, sponsor or their products or services.



## NS NEWPORT BLOOD DRIVES

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

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 8 a.m-4 p.m.) Each donation helps three lives.



dren in the 5 day a week preschool or prekindergarten program. For more information call (401) 849-4545 x147 or go to [www.pennfield.org](http://www.pennfield.org)

**REMINDER: SMOKING IS PROHIBITED WITHIN 50 FEET OF ANY BUILDING ONBOARD THE INSTALLATION.**



## COMMISSARY SPOTLIGHT!

## 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](http://www.milspousenewport.org/Scholarships) The deadline is April 13, 2018.



The produce department prices are outrageously reasonable and the quality is getting better and better every day. Stop in for great savings and mark your calendar for the store Easter Egg Hunt on Saturday March 31 from noon to 3 p.m. with the Easter Bunny!

## 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 chil-



**So far in 2018, your NMCRS Newport has dispersed **\$41,851** in emergent financial assistance!**

We provide funds to help with a wide range of financial needs. Common situations include:

- ✓ Food, rent/mortgage, utilities, essential home repairs
- ✓ Establishing a new residence, including security and utility deposits
- ✓ Car expenses, such as repairs and insurance deductibles
- ✓ Medical expenses
- ✓ Military pay shortage / delayed entitlements / delayed benefits
- ✓ Funeral expenses

401-841-7342/7341 or email [Newport@nmcrs.org](mailto:Newport@nmcrs.org)



The 2018 Navy-Marine Corps Relief Society Fund Drive is underway! This is truly a “by our own-for our own” fund drive with all proceeds going directly back to help Sailors and Marines and their families. 100% of active duty military should be contacted to donate but ANYONE can give—go to: [www.nmcrsfunddrive.org](http://www.nmcrsfunddrive.org)

Newport is in Navy Region Mid-Atlantic

# NOW HEAR THIS



## NAVY DAY AT THE WHALING MUSEUM

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>

Join us for  
**NAVY DAY**  
at the  **NEW BEDFORD WHALING MUSEUM**

**MARCH 24**  
**FREE ADMISSION**

*Learn how the U.S. Navy and the Naval Undersea Warfare Center (NUWC) contribute to the protection of marine mammals. The New Bedford Whaling Museum is offering free admission to valid DoD ID card holders and their families, March 24, 2018. Explore whale ecology, learn from NUWC scientists, and marvel at massive whale skeletons. Board the world's largest ship model. Go on a scavenger hunt, get creative with arts & crafts, and more!*

   **9 a.m. - 4 p.m.**

**\*\*FREE ADMISSION TO ALL DOD CAC CARD HOLDERS OF ALL BRANCHES OF THE DOD SERVICES! COME OUT AND LEARN MORE ABOUT THIS GREAT BLUE PLANET\*\***

## 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.



### BURMA RD/DEFENSE HIGHWAY UPDATE:

Public Works (PW) has been busy spot filling potholes as they erupt on that road and throughout the installation. As of late this morning (Thursday, March 8) PW and installation leadership are exploring the possibility an immediate lane closure and closing an entire section of the road for several hours one day next week to better address the situation. Please stay tuned to the installation facebook pages for updates and continue to drive slow on that road. West Main Rd. is an alternative for commuting until repairs are made.



**ATTENTION MOTORCYCLISTS:** If military personnel ride motorcycles, it is mandatory they sign up for a safety class and be current in their training. It is optional for civilians. There are two ways to sign up for a class and to see the schedule, either through ESAMS, or [www.navymotorcyclider.com](http://www.navymotorcyclider.com). Classes will resume in April for this year's riding season. Call 841 1390 for more info.



The Newport County Chamber of Commerce Presents  
**EXPO 2018**



**Gurney's Newport Resort & Marina**  
**1 Goat Island ♦ Newport RI**  
**Tuesday, March 20 ♦ 4:00 p.m. - 7:00 p.m.**

\$5 General Admission  
Free Admission for employees of Chamber Member Businesses

Join us for Live Entertainment, Food Samples, Wine Tastings,  
Giveaways, Raffles, Demonstrations and more!

4pm Free Panel Discussion  
**The State of Health Care in RI: What the Business Community Needs to Know and Do**  
Moderated by Al Charbonneau of the Rhode Island Business Group on Health

For more information about this opportunity to connect with  
area businesses and residents visit [NewportChamber.com](http://NewportChamber.com) or call **401.847.1608**.



Presenting Sponsor

**Newport Hospital**  
*Lifespan. Delivering health with care.™*

Event Sponsors



Media Sponsors



The Newport Daily News



DEC 12 2017

## NAVAL STATION NEWPORT OCCUPATIONAL SAFETY AND HEALTH POLICY STATEMENT

NAVSTA Newport policy is that accident prevention is considered of primary importance in all phases of operation and administration.

The prevention of accidents is an objective affecting all levels of our command and its operations. It is, therefore, a basic requirement that each supervisor make the safety of all employees an integral part of their regular functions. It is equally the duty of each employee to understand and follow established safety regulations and procedures.

Every effort will be made to provide adequate training to employees. However, if an employee is ever in doubt about how to do a job or task safely, it is their duty to ask a qualified person for assistance. Employees are expected to assist in accident prevention activities. Unsafe conditions must be reported immediately.

Every injury that occurs on the job, even a slight cut or strain, must be reported as soon as possible. Under no circumstances, except emergency trips to the hospital, should an employee leave the work site without reporting an injury.

There are two main reasons accidents happen: UNSAFE ACTS and UNSAFE CONDITIONS. Removing safety shields, running at work, not using proper personal protective equipment, violating safety rules, or performing a task for which you are not trained are examples of unsafe acts. An unsafe condition is a situation where the work place hazards have not been eliminated or controlled. These include conditions such as slippery floors, improper lighting, and exposed machine hazards.

A handwritten signature in black ink, appearing to read "I. L. Johnson".

I. L. JOHNSON



## Vouchers Enable Advanced Education for Senior Enlisted Members

PENSACOLA, Fla. (NNS) -- An expedited path to higher education opportunities for senior enlisted personnel was announced, March 1, via Naval Administrative Message (NAVADMIN) 052/18, the call for applications for the FY-19 Advanced Education Voucher (AEV) program.

The AEV program offers post-secondary, Navy-relevant education at the baccalaureate and master's level and provides financial assistance to chief, senior chief, and master chief petty officers.

Senior Chief Machinist's Mate (SW/AW) Joshua Rice, AEV program coordinator for the Naval Education and Training Command (NETC), said this program is a significant investment in the future of enlisted leadership, offering a fully-funded education.

"For senior enlisted members interested in or currently pursuing their degree in Navy-approved areas of study, the AEV program is an extremely valuable resource," said Rice. "We're looking to attract superior performing E-7-9s with strong upward mobility potential that understand the value of an advanced degree."

Examples of approved, Navy-relevant degrees include strategic foreign languages, construction management, security management, emergency and disaster management, human resources, engineering, information technology, nursing, and business administration, among others. Degree programs other than those specifically listed by the NAVADMIN must be validated by the AEV program coordinator at NETC.

Financial assistance for baccalaureate degrees covers 100 percent of tuition, books, and related fees up to \$6,700 per year for a maximum of three years, with the total program cost capped at \$20,000. For master's degrees, it provides 100 percent of tuition, books, and related fees up to \$20,000 per year for a maximum of two years, with the total program cost capped at \$40,000.

Senior Chief Mass Communication Specialist (SW) Holly Gray, the public affairs senior enlisted leader for the U.S. Pacific Command in Honolulu, used the AEV program to receive her Bachelor of Science in Business Administration from National University.

"AEV is a tremendous secret that I share with my fellow chiefs every chance I get. It never hurts to apply and it's free money just for senior enlisted to complete their education," said Gray. "It's better than just using tuition assistance (TA), since AEV pays for the full degree, books, and fees. By using AEV, I was able to complete my degree faster and with zero out-of-pocket expenses. I fully intend to apply again when I'm ready

to start my master's degree."

Eligible applicants include E-7s with no more than 17 years time-in-service (TIS), E-8s with no more than 19 years TIS, and E-9s with no more than 23 years TIS. TIS is computed to Oct. 1, 2018.

At a minimum, baccalaureate program applicants must have an associate degree from an accredited institution of higher learning or the equivalent amount of college credits already earned. Master's program applicants must have a bachelor's degree from an accredited institution of higher learning.

AEV is available to personnel transferring to, or currently on shore duty with sufficient time ashore to complete the degree program. Prospective applicants on sea duty may still apply if they provide an education plan that shows their ability to complete the program as specified in the NAVADMIN. Selectees are expected to enroll in the fall 2018 term.

If an applicant is already invested in furthering their education through TA or other financial assistance programs, they may still apply for AEV. However, AEV and TA benefits may not be combined, nor may AEV be used to earn more than one degree at a time. Lower division or prerequisite courses may be authorized if they are part of the approved education plan.

A service obligation of three times the number of months of education completed or three years, whichever is less, is incurred upon completion of or withdrawal from the AEV program. This obligation is discharged concurrently with any other service obligation the participant may have already incurred. Use of AEV does not obligate the Navy to retain a member on active duty.

Applications for AEV are currently being accepted by NETC (N523). The deadline for submission for the FY-18 program is May 25 and the selection board will convene in June 2018. An endorsement by both the applicant's commanding officer and command master chief must be included in the application.

Application details, format, and more information can be found at the Navy College Program website at <http://www.navycollege.navy.mil/resources/aev.htm>.

For more information contact Senior Chief Machinist's Mate Joshua Rice, NETC N523, at (850)-452-7268 (DSN 459) or email at [joshua.c.rice@navy.mil](mailto:joshua.c.rice@navy.mil).

For more news from Naval Education and Training Professional Development Center, visit <http://www.netc.navy.mil/netc/netpdc/Default.htm>.



## FRIDAY, MARCH 9<sup>th</sup>

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

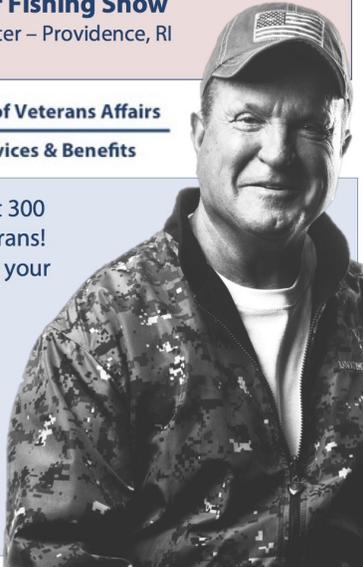


U.S. Department of Veterans Affairs  
Healthcare Services & Benefits

**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](http://newengland.va.gov/events)



### 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

#### **"Doughboy Road Show," - March 10 from 9 a.m. to 4 p.m.**

Aldrich House, 110 Benevolent Street, Providence. Point of contact is Matthew McCoy, at 401.447.0984, or via email at [riwwlcc@gmail.com](mailto:riwwlcc@gmail.com) <<mailto:riwwlcc@gmail.com>>.

#### **General Dynamics Electric Boat Recruitment & Information Session— March 15, 12:30 to 2 p.m.**

General Dynamics is ramping up to fill 700 positions for Welding, Pipefitting, Machining and other trades in various skill levels. HR reps from General Dynamics will be at the Providence VA Medical Center, T-35 on Thursday, March 15 from 12:30 to 2 p.m. (T-35, Coast Guard Way, 830 Chalkstone Ave, Prov.) This event is open to all Veterans enrolled at the PVAMC and does NOT require pre-registration to attend. For more info on General Dynamics, go to [www.gdeb.com](http://www.gdeb.com)

#### **Military Resources for the Couch Potato—March 15, 7 p.m.**

A monthly webinar is held on the 3rd Thursday of each month beginning at 7 p.m. The monthly opportunities feature different guests who provide overviews of what their programs are and how you can benefit from them. Next week's line-up includes Kasim Yarn, Director of R.I. Veterans Affairs; Chick Mathieu, RING Personal Financial Counselor and Jennifer Gerrior, Citizen Soldier for Life Counselor. To register, email [lynn.stgermain-lundh.ctr@mail.mil](mailto:lynn.stgermain-lundh.ctr@mail.mil) with the subject line "Couch Potato" and a registration link will be sent to you. For additional information, call Lynn at (401) 275-4418.

#### **"Monthly Transition & Care Mgmt Community TF Meeting" - March 16 from 2 to 3 p.m.**

Providence VA Medical Center, 5th Floor, Classroom #3, 830 Chalkstone Avenue. Point of contact is Erin Butler at 401.273.7100, Extension 6137, or via email at [erin.butler2@va.gov](mailto:erin.butler2@va.gov).

#### **"M2M Prostate Cancer Support Group—March 19, 8:30 a.m.**

Providence VA Medical Center, 5th Floor, Classroom #2, 830 Chalkstone Avenue. Point of contact is Chaplain Cottrell at 401.273.7100, Extension 2865.

#### **National Vietnam Veterans Day—March 29**





## RHODE ISLAND WOMEN VETERANS

**What:**

WOMEN VETERANS MEETING OTHER  
WOMEN VETERANS

LEARN ABOUT YOUR BENEFITS

**When:**

Thursday March 15, 2018

Time: 5:30pm to 7:00pm

&

Saturday March 17, 2018

Time: 9am to 1pm

**Where:**

VET CENTER  
2038 WARWICK AVE  
WARWICK, RI



For information call 401-223-3651



## HONORING WOMEN VETERANS Of all Eras, Services and Organizations

*Celebrate with Us*

*Thursday, March 29, 2018*

*1 – 3 p.m.*

*The New Rhode Island Veterans Home  
480 Metacom Avenue, Bristol, RI*

Light Refreshments – Guest Speakers – Panel Discussion – Resources

For more information, please contact:

Tonya Maselli McConnell, Women Veteran Program Manager  
401-273-7100 ext. 6191

A collaborative effort between the Providence VA Medical Center  
Women's Program and the Rhode Island Office of Veterans Affairs



WOMEN'S HISTORY MONTH VA  U.S. Department of Veterans Affairs 

## MILITARY WOMEN ACROSS THE NATION OCEAN STATE UNIT 118 SPRING TEA & CELEBRATING WOMEN HISTORY MONTH



Ocean State Unit 118 invites military women and veteran women to their annual spring tea and to celebrate Women History Month.



21 March 2018 (Wednesday) at 1:30 P.M. at the R.I. Veterans Home at 480 Metacom Ave, Bristol, R.I. 02809. For more information please contact Pat Denny at [rasmtaz62@yahoo.com](mailto:rasmtaz62@yahoo.com). There is no cost to attend.