



Navalog

March 29, 2018 Edition

SPECIAL POINTS OF INTEREST

TODAY IS VIETNAM VETERAN'S DAYj

WITH SPRING COMES TICKS—BE CAREFUL

MOTORCYCLE SAFETY CLASSES BEGIN

Welcome Home Henry Bigelow!



Inside this issue:

<i>Around the Station</i>	2-3
<i>BZ Section Schedule</i>	4
<i>Fleet & Family Support / Chapel of Hope</i>	5
<i>Meat & Potatoes of Life</i>	6
<i>Military OneSource</i>	7
<i>At the Clinic</i>	8
<i>Morale, Welfare & Rec.</i>	9
<i>Now Hear This</i>	10-11
<i>Traffic & Commuting</i>	12
<i>Around Rhode Island</i>	13
<i>Around the Fleet</i>	14-15
<i>Veteran News</i>	16-17

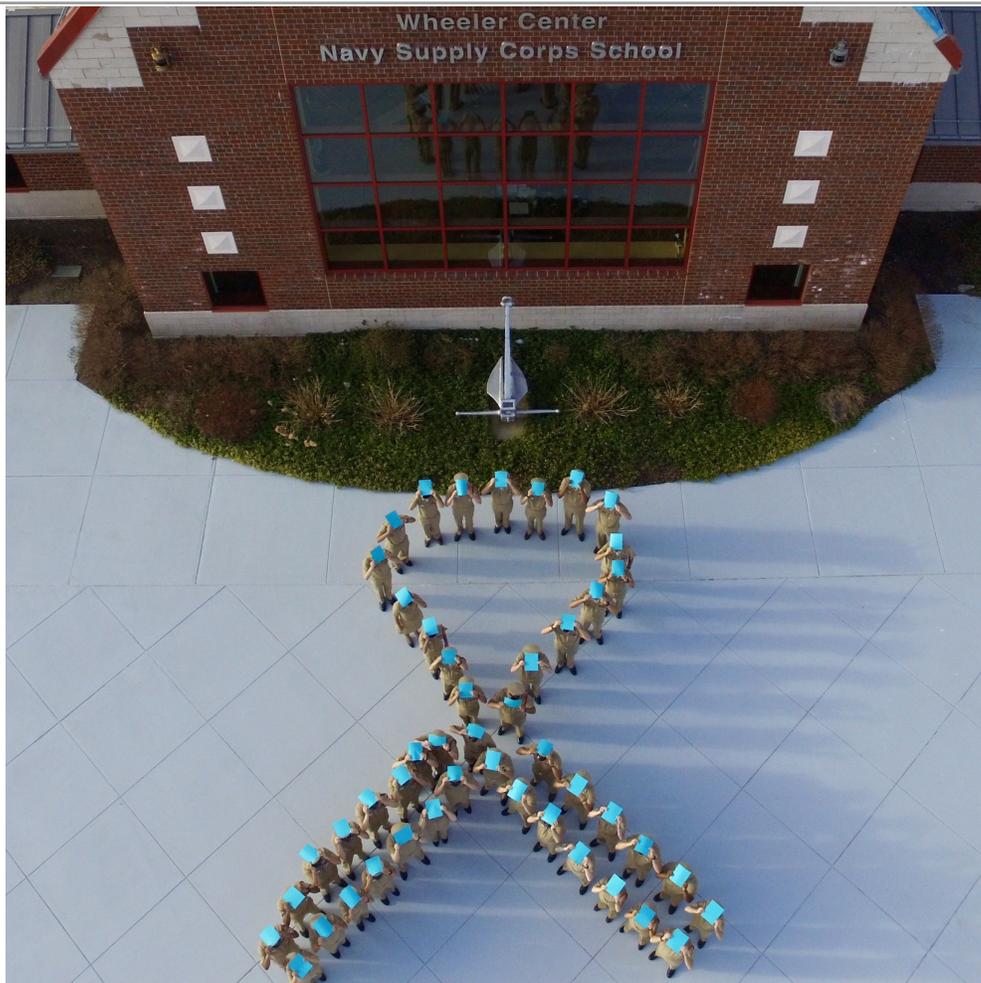
Boatswain Mate Petty Officer Second Class Jonathon Barmbyrientes, Pier Master, NS Newport Port Operations, secures the bow lines for National Oceanographic and Atmospheric Administration (NOAA) ship Henry Bigelow as she sidles in alongside Pier 2 last Friday following extensive maintenance in VA.

The 209-foot NOAA Ship *Henry B. Bigelow* is back home in Newport following eight months in the “yard” in Norfolk, VA. While in maintenance, *Bigelow* underwent a complete overhaul of the propulsion motors.

The ship supports NOAA’s mission to protect, restore and manage the use of living marine, coastal and ocean resources through ecosystem-based management. Its primary objective is to study, monitor and collect data on a wide range of sea life and ocean conditions, primarily in U.S. waters from Maine to North Carolina.

Henry B. Bigelow’s “quiet” hull is a design feature built to International Council for Exploration of the Seas (ICES) standards to minimize sound made by the ship underwater. This allows scientists to use hydro-acoustic methods for surveying marine life and significantly reduces changes in the natural behavior of animals caused by ship noise. The ship is named after Henry Bryant Bigelow (1879-1967), a Harvard-educated zoologist whose work helped lay the scholarly foundation for oceanography as a scientific discipline. He served on the Harvard faculty for 62 years, published more than 100 scientific papers (many of them seminal works), and was the first director of the Wood Hole Oceanographic Institution.

Henry B. Bigelow has been officially homeported in Newport since January 2016 and has a complement of forty crew and scientists while underway.



April is Sexual Assault Prevention and Response Month and Naval Station's Chief Petty Officers (CPO) kicked it off a few days ahead of schedule this morning when they formed up a teal ribbon on the parade deck of the Navy Supply Corps School's Wheeler Center. The CPO's, from commands throughout the installation, gathered together for morning colors as part of their week-long celebration commemorating the 125th birthday of the Chief Petty Officer rank (April 1).

More photos and a story will be featured in next week's Navalog!



New chains anyone?? The Weymouth Buoy Depot was down on the quay wall last Friday dropping off a refurbished channel marker and thousands of pounds of new chains. The photo at left shows Petty Officer Thomas Richards, assigned to USCG Maintenance Assistance Team, standing by after hooking up 3 bundles to the crane to have them moved off the truck and stored pending redeployment with their cleaned-up channel markers. Each bundle of chain is 90 ft. long and weights 1,700 lbs.

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



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!



Adm. Kurt W. Tidd, commander, U.S. Southern Command (SOUTHCOM), provides U.S. Naval War College students, staff and faculty with an overview of the SOUTHCOM community during a visit to the college.
(photo by MC2 Jess Lewis)



Retired Rear Admiral Barbara E. McGann was the featured speaker at Naval Health Clinic New England's (NHCNE) diversity event for Women's History Month on March 23. McGann spoke of the long history women have played in the military of this country even before women were allowed into the military ranks. She especially thanked Navy Nurses who paved the way for women like her to enlist, serve, advance and have a full-filling career in the United States Navy. Back row, left to right: LT Catherine Webb, HM2 Gene Miguel, HM1 Eduardo Bello, and HN Francisco Martinez. Front row, left to right: HMC Jose Gracia, NHCNE Executive Officer CAPT Rachel Myaing, HN Jesus Valadez, HA Cassandra Betancourt, Rear Admiral Barbara McGann (ret), HN Alyssa Mojica, and NHCNE Command Master Chief, HMCM Randy Swanson.
(photo by Kathy MacKnight, NHCNE Public Affairs Officer)



BZ to the 51 students of 1st Battalion Basic Qualification Course (BQC) and their 8 colleagues in the 93rd Naval Reserve Company, Navy Supply Corps School, on your graduation tomorrow. Their graduation will be held at the Wheeler Center beginning at 11 a.m.. Guest speaker for the event will be Rear Adm. Keith M. Jones, Deputy Commander, Naval Supply systems Command (right)



U.S. NAVAL WAR COLLEGE
NEWPORT, RHODE ISLAND

ISSUES IN NATIONAL SECURITY

Lecture Series

Easter Egg Hunt

Saturday March 31st

From 12 to 3

Bring your Basket and have some fun!!!

Refreshments!!!!

Eggs!!!

Fun!!!

ALL AT THIS COMMISSARY! WHERE THE EASTER BUNNY LIVES!!

Above, (and forgive the selfie!!!) - bring the kids over to the Commissary this Saturday and have them search for nearly 1,700 eggs hidden throughout the store!

Left, the next Issues in National Security Lecture will be April 3rd and the topic will be “Robots and Unmanned Systems in War” by Prof. John E. Jackson. The lectures are held from 4:30 to 5:45 p.m. in the College’s Spruance Auditorium and are open to anyone with routine base access—no need to be a spouse—just an interest in the topic. RSVP not required, parking is in the lot of McCarty Little Hall.

FLEET & FAMILY SUPPORT CENTER



Fleet & Family Support Center programs are open for anyone with installation access (priority goes to active duty and their dependents). Some classes require registration in advance so call (401) 841-2283 or stop by building 1260 to register. They are located next to Navy Federal Credit Union.

April 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Thrift Savings Plan 1000-1130	3	4 Smooth Move Workshop 0930-1100 New Spouse Orientation 1300-1430 SACMG, 1500	5 Resume Writing, 1400-1600	6	7
8	9 Transition GPS MWR Rec Center 0730 – 1700 PFM Awareness Forum, 1000 – 1130	10 Transition GPS MWR Rec Center 0730 – 1700	11 Transition GPS MWR Rec Center 0730 – 1700 Blended Retirement System, 1000 - 1100	12 Transition GPS MWR Rec Center 0730 – 1700 Communication for Life 0930 - 1100	13 Transition GPS MWR Rec Center 0730 – 1700	14
15	16 Develop Your Spending Plan 1400-1530	17 Stress Management, 1330 - 1500	18 Accessing Higher Education, 0800-1600	19 Accessing Higher Education, 0800-1600	20	21
22	23 SAAPM Event, 0800-1600	24 FAP/SAPR CDO, 0800-0900	25 Anger Management, 1000 - 1130	26 FAP Command Leadership Training, 1300 - 1500	27	28
29	30 Ombudsman Basic Training 0800 1600	Note: Parenting programs are offered individually or in a classroom, if enough participants. Call for information, 841-2283				

Chapel of Hope Worship Services and Spiritual Opportunities

Sundays:

7:45 a.m. Protestant Liturgical Service - (weekly Communion)

9 a.m. Catholic Mass

9 a.m. Bible Study, Chapel Fellowship room

10:30 a.m. Protestant Contemporary Service

1:00 p.m. Catholic Study Group (explores the historical roots of the Roman Catholic Church and how that affects what it means to be Catholic today.)

Tuesdays:

6:30 p.m. Protestant Woman of the Chapel (PWOC) - all women are welcomed

Wednesdays:

12 p.m. (noon) Roman Catholic Mass

Fridays:

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





Lisa Smith
Molinari

Nobody's fool

If I had a dollar for every time I've slapped my hand to my forehead and thought, "I'm such a fool," I'd be rich. They say— whoever "they" are— that one should live without regrets, but for me, regret has always been a part of my schtick.

Something in my childhood made me this way — a person who focuses on her own faults and beats herself up for them. Some are lucky to have iron-clad egos that protect them from criticism and self-doubt. I, on the other hand, was a kid with dreaded "self-esteem issues" that compelled me to constantly seek reassurance. Like many people with insecurities, humor and self-deprecation became my defense mechanisms.

At my first dance in middle school, I won best costume when I came dressed as a huge onion, much to my parents' dismay. That night, I got the laughs and attention I was shooting for, along with a "Boomtown Rats" record as my first-place prize. But, not surprisingly, no boys asked me to dance. In high school, my misplaced pleas for attention earned me the title "1984 Class Clown," which I hid from my parents until it was reported in my hometown newspaper. Needless to say, they were not amused.

In college, I fully embraced my newfound freedom to make a complete idiot of myself, much of which (mercifully) I cannot recall. The college memories that are clear make me cringe with embarrassment to this very day. Thankfully, digital photography and social media had not yet been invented.

As a young adult in the workforce, I thought I made every rookie mistake in the book and was doomed to failure. I was actually quite fastidious, dedicated, hard-

working and reliable, but as always, I focused on everything I did wrong rather than right.

Today I still feel as if I'm bumbling through life. I'm always running late, I inevitably burn the toast, I say the wrong thing, I overstay my welcome, I never remember people's names, I eat too much.



But as our last child prepares to graduate from high school and leave the nest for college, I'm reflecting more clearly on my last 24 years as a military wife and mother of three, and I'm surprised to find that I have no shame, no remorse, no regrets.

In fact, I feel pretty damned good about it.

Being a military wife and mother hasn't been easy by any means. At first, marrying a Navy guy seemed so glamorous. At our wedding, our relatives oohed and ahed when Francis' uniformed buddies formed a sword arch. Everyone believed we would lead a life of adventure, honor, pomp and circumstance.

But reality soon hit, and I found myself where most military spouses eventually turn up — alone in an unfamiliar place without a job or friends, solely responsible for the household and kids. Facing daunting circumstances, nature, instinct or pure necessity kicked in, revealing qualities I didn't know I pos-

sessed. I didn't make a conscious decision to be a dedicated wife and mother, I just did what needed to be done without thinking about it. Hour after hour, day after day, year after year.

When we were stationed in England, and our son was diagnosed with autism spectrum disorder, I shed tears, then hit the ground running because I had no choice. During deployments and TDY, I did what every military spouse does — I chopped onions, did carpool pickups, nursed the baby, cut grass, took out garbage, paid bills, folded laundry, visited in-laws and fixed the leaky faucet.

The added responsibility and stress that military moves, deployments and separations added to marriage and parenting forced me to put my own fragile ego aside and get to work. Looking back now, I realize that I — the bumbling class clown — became a rock for our family.

I mix up left and right, forget to add email attachments, miss exits, and overcook beef, but I'm no fool. I'm a proud military wife and mother, who did whatever it took to create a stable home, and to raise three human beings who will soon go out into this world and touch the lives of others.

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)



Nine Ways to Help Your Kids Cope with Moving

You've received your PCS orders. Between using MilitaryINSTALLATIONS and [Plan My Move](#), looking for a new home and packing, you'll have another big job to do if you're a military parent — helping your kids cope with moving. Military families frequently move. If your children haven't been through a move — or even if they have — you have a chance to show them how it's done. Keep in mind while you're busy preparing, they'll need extra attention and help in this transition.

Helping your kids say goodbye and plan for the move: Being part of the military community, you know the drill — it's all about being prepared. Good results follow good preparation. Preparing your children for the move will make it easier for them to adjust. Some tips:

Alert your kids to the move ASAP. Just like you, they need time to prepare and time to adjust to the idea of moving and saying goodbye to their friends.

Listen to your kids and provide answers. Your children may have lots of questions or may need some space. Understand that. Answer their questions as best you can. Be patient!

Let your kids help. Get them involved. Teens may be able to search online for new houses, scout out their new school or fun things to do on the new installation. Younger and older kids can help pack or at least pack their own stuff or favorite items.

Reassure your children. Tell them that you love them, and that together the family will adjust. Stay upbeat and tell them new adventures await. Remind them that you're a military strong family!

Celebrate your kids' favorite things. Before the move, make sure you get some good family time in going to their favorites parks, restaurants, dessert spots and other places. Have them take something to their new home.

Look ahead. Spend time with your children researching their new school, area parks and base activities. Make it fun. It's an adventure.

Use [your installation's relocation assistance program](#) to help you plan for your move, transition your kids to their new school or get referrals or information to reduce the stress around moving for you or them. Call, click or connect to Military OneSource 800-342-9647 and ask how Military and Family Support Service can help you ease your family's move.

Helping your kids adjust to their new home and school: After planning, there are several steps you can take to help your children transition smoothly to their new digs.

Request a sponsor. The [Sponsorship Program](#) connects you with someone at your new location. Sponsors can help ease the transition for inbound service members, civilians and family members. If you haven't been assigned a sponsor, you can request one through your new unit, which will try to match you with a sponsor with similar rank and family status.

Remain patient with your kids. If they weren't nervous before, they may be now that you've moved and they are facing a new school, neighborhood and friends. Listen, support and be there for your kids during the transition.

Smooth your children's entry into school. The military helps you ease what could be one of the biggest stressors for your kids — a new school. All 50 states have agreed to help military families ensure their children can enroll in needed classes, play sports and graduate on time. It's called Interstate Compact on Educational Opportunity for Military Children, and here's how it can help you and you kids:

Enrolling is easier. Unofficial records from your old school allows your students to enroll without delay, before the official transcript arrives. You also get 30 days to get any needed immunizations.

Getting key classes. Rest assured that your children will get placed in appropriate required classes, advanced placement and special needs programs while awaiting evaluation at their new school. The new school can assess your child, but can't put your child in a "holding class" during the assessment time.

Playing sports and other extracurricular activities right away. If your child is eligible, the new school will facilitate participation in extracurricular activities even if application deadlines or tryouts have passed.

Graduating. The Interstate Compact on Educational Opportunity for military children helps to ensure there will be no delays as a result of the move in terms of your high schooler's graduation.

Contact your school liaison at your [installation](#) for assistance in helping you and your children transition to their new school — and find out about services and programs available at your new installation. Otherwise, during this time, be a strong and caring model for your kids. Upward and onward!



Ticks and Tick-Borne Diseases

By Preventive Medicine Department, NHCNE

Source: Navy Entomology Center of Excellence and Center for Disease Control

A tick can only transmit a disease pathogen after several hours of feeding so the sooner an attached tick is removed, the better!

- Ticks can carry and transmit disease causing pathogens.
- Ticks have four stages in their life cycle: egg, larva, nymph, and adult. The nymph and adult ticks are most likely to bite and transmit a disease to humans. Larva will bite humans but rarely transmit disease.
- Ticks need a blood meal to molt into the next stage in their life cycle. They will attach to a host and feed for several hours to several days until they are engorged with blood. They will then drop off and molt or lay eggs. It's during the feeding process that a tick can transmit diseases but not all ticks are infected so a tick bite will not always mean you'll get a disease.

Personal protective measures to prevent tick bites:

Avoid Direct Contact with Ticks - Avoid wooded and brushy areas with high grass and leaf litter and walk in the center of trails.

Repel Ticks on Skin and Clothing - Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.

- Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.

- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

- The Environmental Protection Agency (EPA) has an online tool to help you select the repellent that is best for you and your family (<https://www.epa.gov/insect-repellents/find-repellent-right-you>).

Find and Remove Ticks from Your Body - Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.

- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.

- If the clothes are damp, additional time may be needed.

- If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

If bitten:

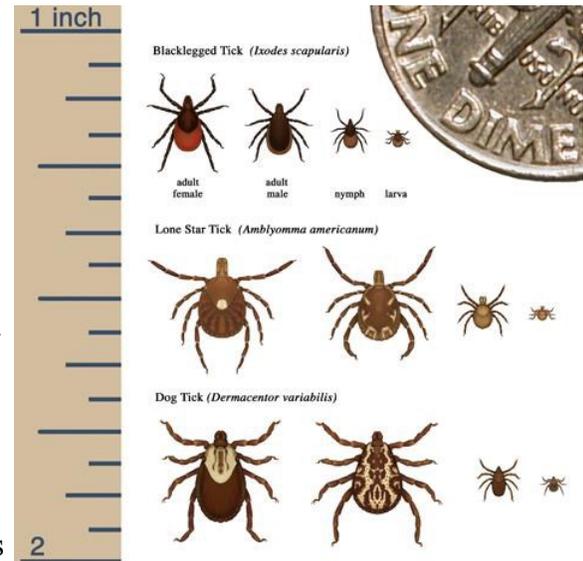
1. Grasp the tick's mouthparts against the skin, using pointed tweezers.

2. Pull back slowly and steadily with firm force until the tick is removed. **DO NOT** squeeze the body of the tick or apply any substance, including petroleum jelly, finger nail polish, or a lighted match to the tick, while it is attached. These methods are ineffective.

3. If possible, save the tick, by placing it in a clean, dry jar, vial, small Ziploc plastic bag, or other sealed container, for future identification (at Preventive Medicine Department, NHCNE) should you later develop disease symptoms.

4. Discard the tick after one month if no disease symptoms occur.

Spring is here and many people are heading out into the woods and yards—keep these tips in mind.





www.navywmrnewport.com

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

NAVSTANewportMWR

@NAVSTANPTRIMWR

OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

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

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

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

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

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

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

COMMUNITY RECREATION CENTER, BUILDING 656

OPEN TO ALL PATRONS WITH BASE ACCESS.

Kitchen closes an hour before closing time.

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

MONDAY 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 Fried Fish Sandwich, lettuce, tomato and tartar sauce with chips or fries \$7.50, 11 a.m.-3 p.m.

SEAVIEW LANES BOWLING CENTER

OPEN TO ALL PATRONS WITH BASE ACCESS.

**per person*

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

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

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

TUESDAY 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...starts at 5 p.m.

THURSDAY League, no lanes available after 5 p.m.

SATURDAY Xtreme Bowling...We turn on glow-in-the-dark lights, laser-spin lights and turn up the tunes...starts at 5 p.m.

Summer is around the corner!

Reservations begin on Monday, April 2

BISHOP'S ROCK PICNIC AREA

Reservations are handled through the John H. Chafee Fitness Center; they are mandatory; on a first-come, first-served basis; and require full payment at the time of booking. Bishop's Rock is open from Memorial Day weekend through Labor Day weekend and cost \$25 for military, \$45 for DoD civilians, per day. To make a reservation, call (401) 841-7355.

CARR POINT PAVILION/PICNIC AREA & SOFTBALL FIELDS

Reservations are handled through the John H. Chafee Fitness Center; they are mandatory; on a first-come, first-served basis; and require full payment at the time of booking. Carr Point Recreation Area is open from Memorial Day weekend through Labor Day weekend and cost \$25 for military, \$100 for DoD civilians, per day. To make a reservation, call (401) 841-7355.

CARR POINT RV PARK

Reservations are handled through the Coasters Harbor Island Marina; they are mandatory; on a first-come, first-served basis; and require full payment at the time of booking. There is a maximum stay of 14 days. There are six sites which include water and electricity, open from Memorial Day weekend through Labor Day weekend and cost \$25 for military, \$30 for DoD civilians, per day. To make a reservation, call (401) 841-3283.

Swimming and bathing in the water at any of these locations is specifically forbidden.

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 by Friday, March 30 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.



DID YOU KNOW?

Nationwide, more than 75,000 forest fires are reported each year. About nine out of ten fires are caused by people. These fires destroy homes and damage wildlife habitat and watersheds that provide drinking water for millions of people. The majority of forest fires occur from unattended campfires, fireworks, sparks from equipment or vehicles with improper working spark arrestors, burning leaves and debris, discarded cigarettes, and children playing with matches.



NS NEWPORT BLOOD DRIVES

There is one more on-base blood drive scheduled for this month:

April 3 from 10 a.m. to 2 p.m.; Navy Supply Corps School multi-purpose rooms 1 and 2
- April 10 from 11 a.m. to 2 p.m.; Surface Warfare Officer's School Mullen Auditorium
- April 19 from 9 a.m. to 4 p.m., Naval Undersea Warfare Center, Bldg 990 (must have access to NUWC to donate)

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

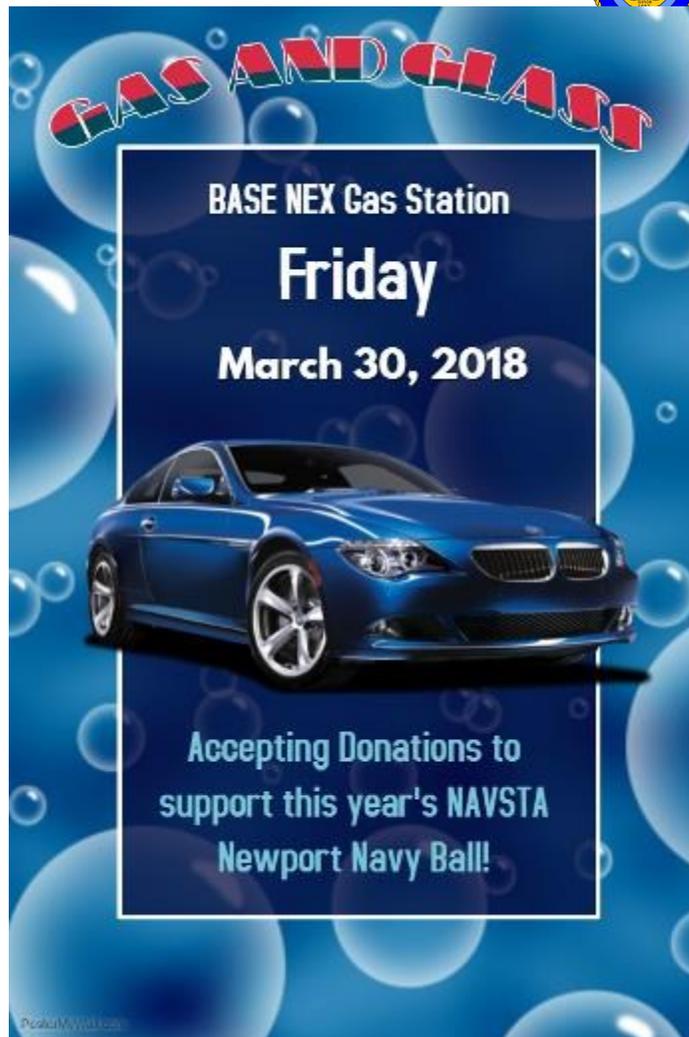
Remember—you do NOT have to be assigned to the command that is hosting the drive to donate—just show up and drop off a pint!

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

NEX TO AGAIN SELL NAVY-MARINE CORPS RELIEF SOCIETY BENEFIT COUPON

From March 22 – April 22, 2018, customers at select NEXs will be able to take advantage of a great sale event and support the Navy-Marine Corps Relief Society (NMCRS) by purchasing a \$5 benefit coupon. This coupon entitles customers to specific percent-off discounts applied to a one-time NEX purchase from April 20 – 22, 2018. The entire \$5 donation will be passed onto NMCRS on behalf of NEX customers.

“Our partnership with the Navy Exchange Service Command is important because we share a common mission, to support Sea Service members and their families” said Adm. Steve Abbot (Ret), President and CEO, Navy-Marine Corps Relief Society. “Their annual



coupon sale to benefit the Navy-Marine Corps Relief Society supports the Society's interest-free loans and grants for Sailors and Marines in need, and allows Navy and Marine Corps families to enjoy significant savings on their NEX purchases during the redemption period. That's a win-win!"

Naval Health Clinic New England Medical Home Port Walk-In Hours

- INJECTIONS 0900-1100 & 1300-1500
- PREGNANCY TESTS 0800-1130 & 1300-1500
- COUMADIN CLINIC TUES/THURS 1000-1200

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.nmcrcsfunddrive.org



NAVY LODGE PERFECT FOR FAMILIES ON PCS ORDERS

With spring upon us, many military families may soon be receiving permanent change of station (PCS) orders to move to a new duty station. Navy Lodge is the official government lodging when on PCS orders. Navy Lodge offers guests value with room rates at an average of 45 percent below comparable civilian hotels.

“Navy Lodges are a comfortable and safe place to stay for families on PCS orders,” said Katharine Hallgring, Navy Lodge Newport General Manager. “In addition to being a friendly and inviting place for one night or an extended stay, Navy Lodges offers spacious rooms, comfortable lobby and free Wi-Fi, breakfast, newspaper and weekly manager’s reception. Most Navy Lodges also allow pets under 50 pounds to stay in the room with their family.”

Navy Lodge family suites offer guests oversized rooms with living and dining area, fully equipped kitchen and flat screen televisions with cable and DVD player. On-site amenities include guest laundry facilities, vending machines as well as children’s outside play area and workout room at many locations. Every Navy Lodge is handi-capped accessible.

Authorized Navy Lodge guests on PCS orders can take advantage of a scratch-off card offering a 10, 15 or 25 percent discount or a free stay up to 20 nights. The discount is valid at all Navy Lodges in the continental United States until February 28, 2019. Guests may use only one discount per stay. Guests can pick up their scratch-off card on base at PSD, the housing office, household goods, the personal property office or NEX Customer Service desk. Scratch-off cards can also be sent to a guest by calling the Navy Lodge Reservation Center at (800) 628-9466.

Navy Lodge Newport will be happy to provide outbound families with a PCS scratch-off card, just stop by the Guest Services desk at the Lodge or call 401-849-4500.

For reservations, call (800) 628-9466 or go on line at www.navy-lodge.com or www.dodlodging.com.



On Friday, April 20, Fenway Park will play host to the historic Army - Navy rivalry! Starting at 6 p.m., the Army Black Knights baseball team will take on the Midshipmen of the United States Naval Academy.

Tickets are just \$10. Net proceeds from the game will benefit Home Base, a Red Sox Foundation and Massachusetts General Hospital Program that heals the invisible wounds of war for Veterans, Service Members and

their Families. The event is general admission, which means you can take your entire crew to Fenway and get up close and personal to the players on the field. It’s sure to be a great night in the park! All Military in uniform will be granted entry for free. We hope to see you there! To purchase tickets, visit [redsox.com/armynavy](http://www.redsox.com/armynavy) <<http://www.redsox.com/armynavy>>

FRIDAY, APRIL 20

— Fenway Park • 6 PM • \$10 —

VISIT REDSOX.COM/ARMYNAVY

Proceeds Benefit Home Base, a Red Sox Foundation and Massachusetts General Hospital Program

A RED SOX FOUNDATION AND MASSACHUSETTS GENERAL HOSPITAL PROGRAM

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.



DEFENSE HIGHWAY UPDATE: AS OF 10:30 A.M., THURSDAY, WORK ON DEFENSE HIGHWAY IS ON SCHEDULE AND SHOULD WRAP UP THIS EVENING. THE ROAD SHOULD RE BE OPENED FOR TRAFFIC IN BOTH DIRECTIONS FOR FRIDAY'S COMMUTE. CONFIRMATION WILL GO OUT VIA EMAIL AND SOCIAL MEDIA LATER THIS AFTERNOON. THANK YOU FOR YOUR PATIENCE.

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.navymotorcyclerider.com. Call 841-1390 for more information.



Motorcycle Rider Courses available at Naval Station begin next month

Date	Time	Duration	Subject
Apr 7 & 8	730 - 1700	2 days	Motorcycle Safety Foundation Basic Rider Course (BRC)
Apr 14	730 - 1430	1 day	Motorcycle Safety Foundation Experienced Rider Course (BRC 2)
Apr 21 & 22	730 - 1700	2 days	Motorcycle Safety Foundation Basic Rider Course (BRC)
Apr 28	730 - 1430	1 day	Motorcycle Safety Foundation Experienced Rider Course (BRC 2)

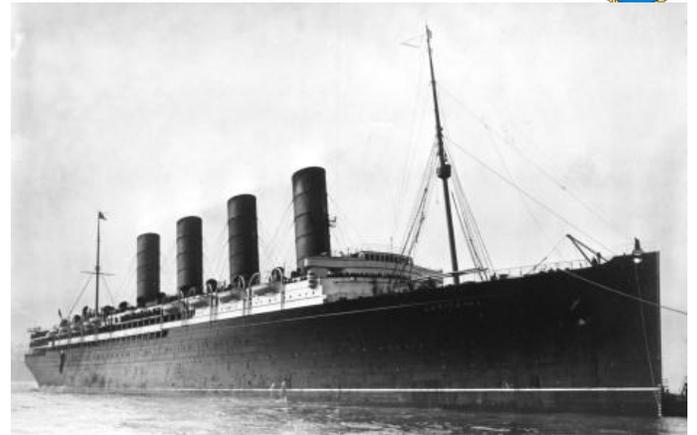
BRC: The BRC course is a Level I course and is intended to provide novice riders the skills and knowledge needed to obtain a driver license motorcycle endorsement, any course approved by any of the other Services, or any entry level rider training course approved by OPNAV N09F / COMNAVSAFECEN.

BRC 2: The BRC 2 course is a Level II course and is intended to build upon the skills and knowledge that riders obtain in level I courses.

Follow-on Training: All Sailors who operate motorcycles shall complete Level II training within 60 days of completion of Level I training or upon changing the type of motorcycle ridden. Motorcycle operators who are properly licensed and have completed Level I training may immediately enroll in and complete Level II training.

Refresher Training: All Sailors who operate motorcycles shall complete Level II or Level III refresher training every three (3) years. If Level II or Level III training is unavailable any OPNAV N09F/COMNAVSAFECEN approved course may be substituted."





RI Marine Archaeology Project to sponsor Endeavour and Lusitania Events: Free and open to the public

Wednesday April 11: The National Geographic video "Dark Secrets of the Lusitania" will be shown 7:30 to 10 p.m. at the CCRI Auditorium, One John Chafee Blvd., Newport, RI. This video describes the latest archaeological expedition to the Lusitania shipwreck off the coast of Kinsale, Ireland (a Newport sister city). On May 7, 1915, a German submarine attacked the Lusitania, but a second explosion followed the torpedo strike, and the ship sank in 18 minutes with the loss of 1,198 lives. This attack was a precipitating event for the US to enter World War I. The video reviews the historical debate that the Lusitania carried hidden ordnance, a possible cause of the second explosion. Following the viewing, Mr. F. Gregg Bemis, Jr. (the owner of the Lusitania and featured in the video) will answer questions about the expedition.

Thursday April 12: The panel discussion "Property vs. Preservation -- Two Shipwreck Case Studies: The Lusitania and the Endeavour" will be held 5:30-7:30 p.m. in the Senate Chambers, Old State House, 150 Benefit St., Providence, RI. Presenters for the legal/ethical positions will be Michael J. Daly, of Pierce Atwood in Providence, to discuss the legal principals governing commercial salvage operations. John D. Broadwater, retired NOAA archaeologist, will discuss the laws related to the protection of shipwrecks and other submerged cultural materials. Presenters for the "case studies" of the Lusitania and the Endeavour will explain how these two shipwrecks used the same salvage laws for different purposes. Venture capitalist F. Gregg Bemis, Jr. secured the rights to the Lusitania under salvage law, but when the Irish offshore territorial boundaries expanded to include this ship, that government used preservation laws to limit access to his property, generating a protracted legal wrangle. The transports scuttled in Newport Harbor during the American Revolution were privately owned and therefore eligible for a salvage award. When the Rhode Island Marine Archaeology Project determined that Capt. Cook's Endeavour Bark was among those ships, US Senator Sheldon Whitehouse, (then RI Attorney General), took a salvage award for Rhode Island and then secured title to the Newport fleet to preclude other claims. Following the presentations there will be a general discussion about how salvage and preservation laws have different purposes, but how they can work together to achieve shared goals.

These two events are sponsored by the Rhode Island Marine Archaeology Project and are free and open to the public. For further information, please visit the RIMAP website at: www.rimap.org.

The **Run with the Troops R.I. 4 Mile Run** will take place on **Friday, May 4 starting at 6:30 p.m. at the historic SEABEE Museum (Quonset Point), 21 Iafrate Way, North Kingstown, R.I.** The net profits of the race will benefit the following military themed RI non-profit organizations: R.I. Veterans' Home, R.I. Military Airport Lounge, SEA BEE Museum, and Tolman High School Marine JROTC Booster Club.



Please go to: **www.runwiththetroopsri.com** to register as a runner or for more information and to join the service team. The fastest three runners from each service will receive an award. If you are an Active Duty, Reserve or a National Guard member of any branch of the U.S. Armed Forces, please use the **COUPON CODE: 1775** to receive a \$10.00 discount off the race registration fee of \$25.00. **You have until April 15 to use the code.** EVERYONE is invited and organizers hope for a solid turn out of runners and veterans from every branch to have some fun and support the worthy causes of these R.I. groups and facilities.



Navy to Commission New Guided-Missile Destroyer

From Dept. of Defense



WASHINGTON (NNS) -- The Navy will commission its newest guided-missile destroyer, the future USS Ralph Johnson (DDG 114), during a 10 a.m. EDT ceremony Saturday, March 24, at Columbus Street Pier in Charleston, South Carolina.

The future USS Ralph Johnson honors Marine Corps Pfc. Ralph Henry Johnson, who posthumously received the Medal of Honor for his "conspicuous gallantry and intrepidity" during the Vietnam War. On March 5, 1968, in an observation post overlooking the Quan Duc Valley, Johnson used his body to shield fellow Marines from a grenade, absorbing the blast and dying instantly. The Charleston native had only been in Vietnam for two months when he was killed at the age of 19.

Gen. Robert Neller, commandant of the Marine Corps, will deliver the ceremony's principal address.

Mrs. Georgeann McRaven, wife of retired Adm. Bill McRaven, serves as the ship's sponsor. In a time-honored Navy tradition, she will give the order to "man our ship and bring her to life!"

"The future USS Ralph Johnson will become one of the most capable weapons in our nation's arsenal," said Secretary of the Navy Richard V. Spencer. "It will serve for decades to come as a fitting tribute to the heroic actions of Pfc. Ralph Johnson who, in the face of certain death, sacrificed his own life to save the life of a fellow Marine."

Ralph Johnson, the 65th Arleigh Burke-class destroyer to be commissioned, will be able to conduct a variety of operations, from peacetime presence and crisis management to sea control and power projection. Ralph Johnson will be capable of engaging in air, surface and subsurface battles simultaneously and will contain a myriad of offensive and defensive weapons designed to support maritime warfare, including Integrated Air and Missile Defense capabilities.

The ceremony can be viewed on the Navy Live blog at <http://navylive.dodlive.mil>.



Surface Warfare Community Comes Together for Combat Training Design Workshop

By Naval Surface and Mine Warfighting Development Center Public Affairs

SAN DIEGO (NNS) -- On behalf of Commander, Naval Surface Forces, Naval Surface and Mine Warfighting Development Center (SMWDC) sponsored a Surface Training and Readiness (STAR) Tactical Advancements for the Next Generation (TANG) Design Workshop onboard Naval Air Station North Island, March 19-22.

The event brought together more than 150 surface Navy training stakeholders and waterfront Sailors as well as key representatives from warfare communities, academia, and industry to generate ideas and concepts that can be used to improve surface force tactical train-

ing and readiness. The effort was centered on refining and expanding the existing framework for generating and sustaining individual, team and unit tactical training with emphasis on performance measurement, individual qualification processes as well as currency and experience tracking.

"Our DoD and Navy leadership have been very clear about the imperative to be more competitive in a dynamic security environment where the only constant is change," said Rear Adm. John Wade, commander of SMWDC. "The TANG Applied Design process has been used by other communities across the Navy to work through complex challenges, and it is one of the many tools we've decided to use to ideate solutions that



Rear Adm. John Wade, commander of Naval Surface and Mine Warfighting Development Center (SMWDC) provides opening remarks to the SMWDC sponsored Surface Training and Readiness (STAR) Tactical Advancements for the Next Generation (TANG) Design workshop in San Diego, March 19. U.S. Navy photo by Lt. Matthew A. Stroup (Released)

can be implemented in the Fleet to increase lethality and tactical proficiency of the Surface Force. I'm encouraged and proud of the commitment made by the many people who took time away from their day-to-day responsibilities to support this critical event."

The TANG effort will inform the Navy surface training enterprise with actionable ideas that will provide a more reliable and predictable path for conducting individual, team and unit training and understanding readiness. "Surface training and readiness is a broad topic encompassing many complex factors -

from maintenance cycles and manning to curriculum management, data science, performance analysis, and individual and team dynamics - as well as many other factors. Each element of the training ecosystem relates to and affects the others, so it's very important we come together collectively with fleet Sailors and training community stakeholders to work up new solutions," said Cmdr. Jeff Heames, the training and operations officer at SMWDC.

The STAR TANG was the 13th TANG completed by the Navy since 2011. Numerous design concepts developed through TANG workshops have been prototyped, tested, and delivered to the Fleet with significant success. As preparation for the STAR TANG, SMWDC representatives conducted Fleet Concentration area site visits to meet with Sailors and training commands to solicit their concerns and perspectives. The team also gained insights through industry visits in areas with analogous challenges to identify potential opportunity areas.

"The TANG Workshop is an opportunity to take on tough training issues using a design process that has been used by other Navy commands to create tangible results," said Lt. Cmdr. Chris Polnaszek, a Warfare Tactics Instructor assigned to SMWDC and the command's STAR TANG planning lead.

During the TANG workshop, participants split into working groups to brainstorm, refine ideas, and use creative tools and exercises to challenge their thinking and expand their ideas. The process allows participants to think through current challenges from different perspectives to craft potential solutions in a team environment. Teams use creative props, storyboards, and other methods to present their ideas to the large group of participants for feedback and then iterate rapidly to refine their ideas. The concepts developed during the STAR TANG, as well as the themes and insights that emerged through the sharing process, will be evaluated as candidates for pilot programs and prototypes based on feasibility and impact.

A single design workshop usually produces 20 or more concepts for future prototyping and development for potential implementation in the Fleet. The concept designs produced at the STAR TANG Design Workshop will be presented to SMWDC in late spring or early summer 2018 for review.

SMWDC is the Surface Warfare community's Warfighting Development Center and it is headquartered at Naval Base San Diego with four divisions in Virginia and California focused on Sea Combat, Integrated Air and Missile Defense, Amphibious Warfare, and Mine Warfare.



YAP, Federated States of Micronesia (March 27) Student volunteers assist Steelworker 3rd Class Brent Haley in moving a piece of wood during a construction project at Dalipebinaw Elementary School in support of Pacific Partnership 2018 (PP18). PP18's mission is to work collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships across the Indo-Pacific Region. Pacific Partnership, now in its 13th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific. (U.S. Navy photo by MC1 Byron C. Linder/Released)



DOD to Commemorate 1st Anniversary of National Vietnam War Veterans Day

Deputy Secretary of Defense and Veterans Affairs Secretary to Lay Wreath at 'The Wall' in Honor of Vietnam Veterans

WASHINGTON – The Department of Defense today announced it will conduct a wreath laying ceremony with the Department of Veterans Affairs at The Vietnam War Memorial March 29, 2018. President Trump recently signed into law The Vietnam War Veterans Recognition Act of 2017, establishing The National Vietnam War Veterans Day that will, henceforth, be celebrated each year on March 29.

This is the first anniversary of that special day. DOD will also support hundreds of events in many states across the nation to recognize, honor and thank U.S. Vietnam veterans and their families for their service and sacrifices.

Deputy Secretary of Defense, [Patrick M. Shanahan](#), will host the ceremony at the “The Wall” to continue the department’s contribution to the commemoration. He will be joined by Veteran’s Affairs Secretary, Dr. David Shulkin.

“We are proud to partner with the Department of Veterans Affairs in this endeavor,” said Shanahan. “Today is an opportunity to honor all Vietnam veterans who served, and to recognize the families that stood alongside them.”

The DOD, along with more than 11,000 organizations across the country, is joined by the Department of Veterans Affairs, one of its key Commemorative Partners, to help Americans honor our nation’s Vietnam

veterans.

Authorized by Congress, established under the Secretary of Defense, and launched by the President in May 2012, the Vietnam War Commemoration recognizes all men and women who served on active duty in the U.S. Armed Forces from November 1, 1955 to May 15, 1975. Nine million Americans, approximately 7 million living today, served during that period, and the commemoration makes no distinction between veterans who served in-country, in-theater, or were stationed elsewhere during those 20 years. All answered the call of duty.

President Trump, in his presidential proclamation, stated: “During this Commemoration of the 50th Anniversary of the Vietnam War, we embrace our responsibility to help our Vietnam veterans and their families heal from the heavy toll of war. We remember the more than 58,000 whose names are memorialized on a black granite wall in our Nation’s capital for having borne the heaviest cost of war.”

By presidential proclamation issued on May 25, 2012, the commemoration extends from its inaugural event on Memorial Day 2012 through Veterans Day 2025.

Commemorative partners – local, state and national organizations, businesses, corporations and governmental agencies – have committed to publicly thank and honor Vietnam veterans and their families on behalf of the nation and have pledged to host a minimum of two events annually.

Locally:

Naval War College Museum to Commemorate Vietnam War Veterans



The Naval War College Museum will commemorate Vietnam War Veterans on **Thursday, March 29**. The Vietnam War Veterans Recognition Act of 2017 designates March 29 of each year as National Vietnam War Veterans Day. The commemoration event will take place from **12 noon to 1 p.m. on the 2nd deck of the Naval War College Museum**.

The schedule of events will include a reading of the Presidential Proclamation of the Commemoration of the 50th Anniversary of the Vietnam War, a curator presentation of a recently acquired Vietnam War artifact, and a short lecture entitled: *This is the End: The U.S. Navy and American Adventurism in Southeast Asia-1945-1975*. This event is open to anyone with installation access and their escorted guests, the museum is open to the public although advance reservations are required for those without base access. For more information, visit www.usnwc.edu/museum or call 401-841-4052.



APRIL CALENDAR OF EVENTS:

March 29, 1 to 3 p.m., “Celebration Honoring Women Veterans” of all eras, services and organizations, RI Veterans Home, 480 Metacom Avenue, Bristol, Rhode Island. Point of contact is Tonya Maselli McConnell at 401.273.7100, Extension 6191.

March 29, National Vietnam Veterans Day

April 5, 11 a.m. to 3 p.m. “Veterans Job Fair”, Gillette Stadium, 1 Patriot Place, Foxborough, Massachusetts. This is a collaborative effort between the DAV (Disable American Veterans) and Recruit Military. Register to attend at <https://events.recruitmilitary.com/events/greater-boston-veterans-job-fair-april-5-2018> <<https://events.recruitmilitary.com/events/greater-boston-veterans-job-fair-april-5-2018>> . Point of contact is Doug Turner at 513.677.7047, or via email at dturner@recruitmilitary.com <<mailto:dturner@recruitmilitary.com>> .

April 6, 1 p.m. “Rhode Island Vietnam Veterans Day” celebration, Providence State House, Assembly Hall, 82 Smith Street. Guest Speakers: Mr. Rick Weidman, National Chief Legislative Lobbyist, Vietnam Veterans of America, and Dr. Linda Spoonster-Schwartz, RN, Ph.D., who served as a Nurse at the hospital in Japan where many wounded servicemen were sent before returning home to CONUS. Dr. Spoonster-Schwartz is an expert regarding Women Veteran Health Issues and is the former Commissioner of Veteran Services for the State of Connecticut. Dr. Spoonster-Schwartz lives in Norwalk, Connecticut.

April 7, 9 a.m. to 4 p.m. “Yellow Ribbon Event,” 43rd Military Police Battalion, The Cambria Hotel, 240 Aquidneck Avenue, Middletown, RI. Point of contact is Specialist Luisa Young at 401.275.1253, or via email at luisa.m.young2.mil@mail.mil <<mailto:luisa.m.young2.mil@mail.mil>> .

April 14, 1 to 2:30 p.m. “Middletown VA Clinic Open House & Town Hall”, VA Clinic, One Corporate Place, Middletown, RI.

April 20, 10 a.m. to 3:30 p.m. “Edge4Vets Workshop,” Community College of RI, Knight Campus, 400 East Avenue, Warwick. Edge4Vets is offered by the Human Resiliency Institute at Fordham University’s Gabelli School of Business. This hands-on workshop teaches service members how to translate their military skills and experiences into characteristics and skills sought by civilian employers. Parking remains free. To register go to their website at EDGE4VETS.org.

April 20 – 22, “Post-Traumatic Stress Disorder (PTSD) Retreat,” Grotonwood Camp & Conference Center, 167 Prescott Street, Groton, Massachusetts. You can register for this retreat today at www.ProjectNewHopeMA.org/Retreats. For more information and/or questions, please call 774.243.7859.

April 20, 2 to 3 p.m. , “Monthly Transition & Care Management Community Task Force Meeting”, 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.

April 23rd, US Army Reserve Birthday

April 27, 10 a.m. to 1 p.m., “Spring into Health Resource Fair”, Providence VA Medical Center (PVAMC), Homeless Patient-Aligned Care Team (HPACT) Clinic, T-37, 830 Chalkstone Avenue, presented by the PVAMC HPACT & Operation Stand Down Rhode Island. Lunch will be provided. Point of contact is Win Danielson at 401.457.3369, or via email at winfield.danielsonIII@va.gov.

April 28, 1 to 2:30 p.m., “New Bedford VA Clinic Open House & Town Hall”, VA Clinic, 175 Elm Street, New Bedford, MA.