



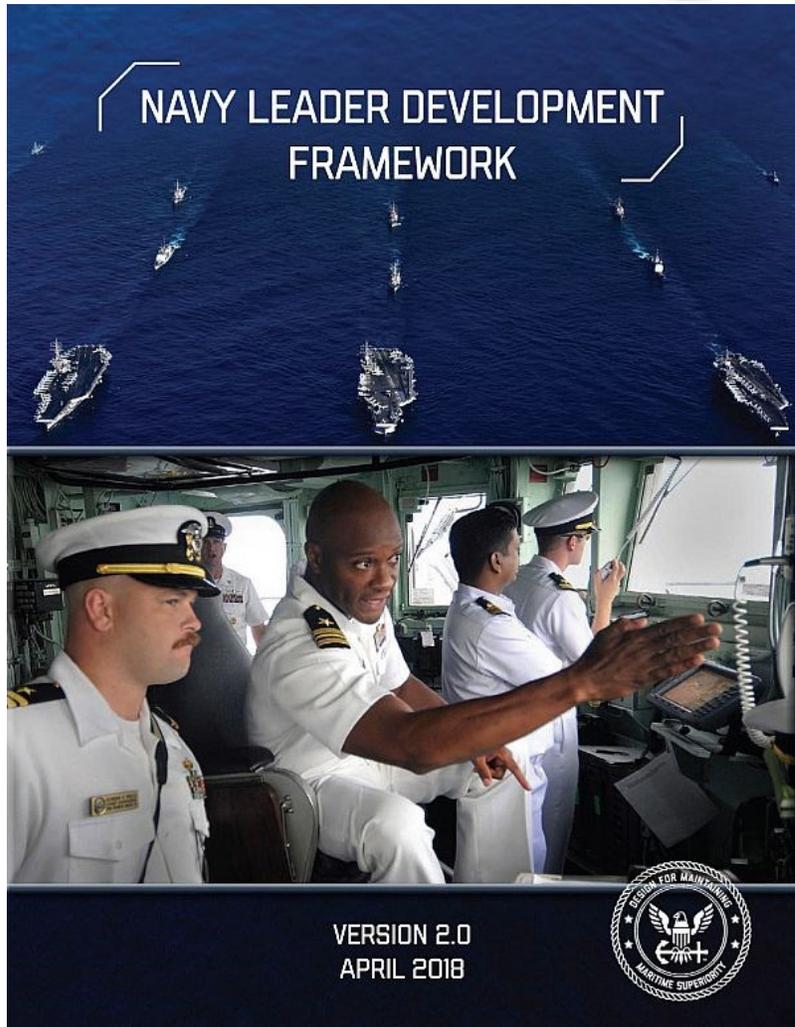
# Navalog

April 12, 2018 Edition

## SPECIAL POINTS OF INTEREST



Chief Petty Officers form a human ribbon to signify their commitment to end Sexual Assaults as part of SAPR Awareness Month.



VERSION 2.0  
APRIL 2018

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## Navy Chief Charts Course to Develop 'World-Class' Leaders

By CNO Public Affairs

NEWPORT, R.I. (NNS) -- Chief of Naval Operations Adm. John Richardson made an announcement about the formation of the College of Leadership and Ethics at the U.S. Naval War College and released an updated version of the Navy Leader Development Framework (NLDF 2.0) while here in Newport last Friday.

"World-class leadership is our Navy's decisive advantage over our adver-

saries," Richardson said. "Our operational and warfighting success depends on developing leaders who learn and adapt to achieve maximum possible performance. Opening a College of Leadership and Ethics and providing a Fleet-centered development framework will create opportunities for us to become better leaders, build winning teams, and maintain America's maritime superiority."

Richardson released the initial



NLDF in January 2017, providing a roadmap to develop leaders of "competence and character" through a network of formal schools, on-the-job training, and self-guided learning.

Released last Friday (April 6), NLDF 2.0 ([http://www.navy.mil/cno/docs/NLDF\\_2.pdf](http://www.navy.mil/cno/docs/NLDF_2.pdf)) includes:

- Updating to the Navy's "Charge of Command", citing the expected standards of excellence for all Commanding Officers.
- Adding the concept of mentor advocacy as a way to more actively develop and promote winning leaders.
- Re-issuing Richardson's September 2016 memo "One Navy Team" on inclusiveness.

"The concepts discussed in NLDF 2.0 apply to the entire Navy team - everybody should read and use it," Richardson said. "By executing this framework, our Navy will produce leaders and teams who are ready for decisive, winning operations and combat. This is what will keep us the best Navy in the world."

The mission of the new College of Leadership and Ethics is to imbue Naval War College students with a desire for continuous learning and development as leaders of character. In addition, the college will supplement

and support each Navy community in their community leader development, and maintain a strategy for leader development beyond major command. The school expects to offer courses to about 1600 graduates per year from the in-residence and distance education programs, including U.S. and international officers, and civilians from various U.S. government agencies and departments.

"In order to prevail in an environment of rapid change and complexity, we need to increase our investment in leader development to improve our advantage over potential adversaries," said Rear Adm. Jeffrey A. Harley, president, U.S. Naval War College. "The establishment of this college demonstrates our Navy's commitment to develop leaders who pursue excellence in accordance with our Navy's core attributes of integrity, accountability, initiative and toughness."



Major Jesse Ellis, in Air Force attending the NWC and his family wife Sirena, son Isaiah age 13 and daughter Ava age 10 enjoyed Month of the Military Child Candy Land Adventure last Saturday at the Officers' Club. The event sold out and had over 400 families taking pictures with the characters of the the beloved children's board game! Families enjoyed PB&J sandwiches, corn dogs, chicken fingers, wraps, rice krispie treats, and make your own sundae bar...with all the fixings!! (photo courtesy of MWR)

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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](http://www.facebook.com/NAVSTANewport) to stay informed!



## University students visit NUWC Division Newport for Naval Engineering Education Consortium Day

Naval Engineering Education Consortium (NEEC) Day at the Naval Undersea Warfare Center (NUWC) Division Newport brought together students, professors and NUWC mentors for presentations and tours on March 21.

Students from the University of Rhode Island, Boston University, University of Massachusetts — Lowell and Virginia Tech gathered to learn about NUWC Newport and share their research. The experience is designed to help achieve NEEC's goal of attracting trained professionals into careers associated with the technologies of the surface and submarine fleet.

Dr. Elizabeth Magliula, NUWC Newport's NEEC director and a mechanical engineer, hosted the event and put together an agenda that allowed the students to learn more about NUWC, its research areas and employment opportunities.

"The NEEC program is important to the warfare centers because it helps attract new professionals across technical fields associated with the complex technologies used by the Navy, and increases and maintains a knowledge base for these increasingly sophisticated technologies," Magliula said. "NEEC also offers students who may be interested in pursuing civilian science and engineering careers with the Navy the opportunity to investigate real Navy challenges while working with university faculty and NAVSEA warfare center mentors. NEEC gives students an opportunity to work at unique facilities, encourages them to think critically, refine their problem-solving skills and seek out innovative solutions. Summer internships via the Naval Research Enterprise Internship Program further expose NEEC students to the technical skills that they need to succeed in solving challenges integral to the Navy."

"Professors and Navy researchers work in partnership to identify those students interested in serving in the Navy's civilian service," Kirk Jenne, NEEC director for the warfare centers, said. "As opportunities arise, students are expected to participate in internships at warfare centers designed to help them grow their potential to become part of the Navy's science and engineering workforce."

"In fiscal year 2017, NEEC shifted from establishing contracts to awarding grants with the universities," Magliula said. "Grant awards give mentors and government subject matter experts the flexibility to actively engage with university researchers, and foster a collaborative relationship."



Students and professors from University of Rhode Island, Boston University, University of Massachusetts - Lowell and Virginia Tech and their NUWC Newport mentors tour the Rapid Innovation Center as part of Naval Engineering Education Consortium (NEEC) Day held on March 21. (photo by Rich Allen ICI Services)

All 10 warfare centers have multiple NEEC projects in the works collaborating with schools such as University of California Riverside, Purdue University, Arizona State University, Florida Atlantic University and Washington State University.

Projects address a wide range of Navy technology areas including naval surface and air range systems engineering, naval systems material readiness assessment, sensors and surveillance systems, surface combat control systems and unmanned systems engineering and integration.

The projects presented at NUWC Newport's NEEC Day included:

- "High Performance Control for Agile Undersea Vehicles," URI
- "Bio-inspired Broadband Sonar," Virginia Tech
- "Wave-based Analysis of Distributed Acoustic Sensor Networks," Boston University
- "Shock Response of Composites Subjected to Aggressive Marine Environments," URI
- "Bragg Scattering in Ensonified Periodic Structures," University of Massachusetts Lowell

After their presentations, a panel of new professionals at NUWC Newport answered questions and a human resources representative discussed employment opportunities within the federal workforce. The day ended with the students and professors touring lab spaces such



Capt. Michael R. Coughlin, Commanding Officer of NUWC Division Newport, welcomes students and professors from University of Rhode Island, Boston University, University of Massachusetts - Lowell and Virginia Tech to Naval Engineering Education Consortium Day at NUWC Newport on March 21. (US Navy photos by Rich Allen, ICI Services)

as the Rapid Innovation Center, the Unmanned Underwater Vehicles Lab and the Survivability Lab.

Senior Technologist Dr. Robert Koch, from NUWC Newport's Chief Technology Office, provided the group with an overview of NUWC Newport and its research.

"NEEC gives them a chance to see what the Navy does and do research that we like. It's a long interview," Koch said. "The program has three objectives: Acquire academic research results that address Navy technological challenges, hire students, and continue to develop exceptional working relationships with naval engineering colleges, universities, professors and academicians."

Kevin Chow, a first year graduate student from Boston University, worked on the "Wave-based Analysis of Distributed Acoustic Sensor Networks" project with his team.

"I was interested in the project my group was doing," Chow said. "I'm interested in robotics and unmanned systems."

Dean Conte, Lucas Mun and Brandon Walker, three Virginia Tech sophomores, made the drive from Blacksburg, Va., to Newport with their professor Rolf Mueller to attend NEEC Day and present their research on bio-inspired sonar.

"The research is really cool," Conte said. "It was the subject matter that got us involved in NEEC."

Along with Koch, other NUWC Newport NEEC mentors are: Dr. David Beal, Dr. James LeBlanc, Dr. Jason Gaudette and Dr. Andy Hull.

LeBlanc works with his former URI professor Arun Shukla, who was also his advisor for his master's and doctorate degree programs. LeBlanc earned his doctorate while working at NUWC Newport and transitioned his doctorate work into a long-term collaboration with Shukla and URI.

"We've been collaborating continuously since 2005," LeBlanc said. "It's come full circle because now we have graduate students working with us. The program also opens doors to partnering with URI and their unique facilities."

LeBlanc also is an adjunct professor at URI and has sat on thesis committees for many of NUWC Newport's NEEC students.

"We try to persuade undergraduate students to pursue advanced degrees, and we try to bring in as many as we can. Everyone who is eligible to be here is here," LeBlanc said. "They come to NUWC Newport for two or three summers and the branch heads get familiar with them. It's easier for the students to transition because they've already had experience at NUWC."

"A major objective of NEEC is to develop and continue exceptional working relationships with naval engineering colleges, universities and professors," Magliula said. "NEEC is committed to attracting and retaining new professionals whose expertise align with technology areas that will shape future designs for Navy platforms. NAVSEA warfare center leadership is dedicated to a long-term investment in research and development at universities."



Dr. Elizabeth Magliula (right), NUWC Newport's Naval Engineering Education Consortium (NEEC) director and a mechanical engineer, speaks with NUWC Newport employee Michael Lapera, Matt Perkins of University of Rhode Island, NEEC mentor Jim LeBlanc and Dean Conte from Virginia Tech (photo by Rich Allen, ICI Services).



Capt. Cory Howes, CO, NAPS; Capt. Michael Coughlin, CO, NUWC Division Newport; Allison Agnello, NS Newport Sexual Assault Response Coordinator; Capt. Ian Johnson, CO, NS Newport; Natalie Barone, SAPR Victim Advocate; Capt. Jonathan Haynes, CO, CSS; Capt. Philip Sanchez, CO, NHCNE; Capt. Tamara Graham, Chief of Staff, NWC; Col. Kirk Davies, Director, DIILS and Cmdr. David Killian, CO, NOSC gather around the proclamation declaring our installation's commitment to ending sexual assaults.

The Department of Defense (DoD) is observing the 14th Annual Sexual Assault Awareness and Prevention Month (SAAPM) with the theme **"Raise Your Voice For Prevention."** The 2018 SAAPM theme reminds us that everyone has a role to play in ensuring the men and women around us can live and work free from the threat of sexual assault to perform its mission. We can protect our mission by ensuring everyone within DoD is committed to advancing an environment where sexist behaviors and sexual harassment, hazing, bullying, and assault are not tolerated, condoned, or ignored.

Commander, Navy Installations Command (CNIC) is joining other Navy components and services to observe SAAPM with a variety of activities and events at installations across the enterprise.

Though the Sexual Assault Prevention and Response (SAPR) Program is a year-round effort, SAAPM offers additional opportunities for members of the DoD community to renew our commitment to eliminating sexual assault from our ranks. Every sailor, civilian and family member plays a part in reducing and eliminating sexual assault. Understanding how to recognize opportunities for intervention is vital to stopping unsafe behavior, to include retaliation. Each day we can take steps to foster a culture of dignity and respect with proper ethical behavior, even when no one is watching.

### **Raise Your Voice for Prevention**

There are many simple, every day ways that you can raise your voice for prevention,

- Tell a friend why prevention is important to you.
- Post a supportive #prevention message on social media.
- Practice how you can respond if you see a situation that could lead to sexual assault.
- Speak up if you see a shipmate being treated unfairly because of their gender identity, race, ethnicity, religion, or sexual orientation.
- Participate in a Sexual Assault Awareness and Prevention Month (SAAPM) event.
- Share information about SAPR with a friend.
- Ask your installation Sexual Assault Response Coordinator (SARC) how you can get involved in prevention.
- Share these tips with someone!

NS Newport events include a SAPR team Takeover at Leisure Bay Café today from 8 a.m. to 3 p.m.—stop in for a coffee and a sweet treat! On April 25, show your support for ending sexual assault by wearing Denim to work; and on April 27 there will be the annual Dodgeball Tournament with a 3 p.m. check-in and 4 p.m. start time on the main court inside Chafee Fitness Center—sign up for the teams is at the front desk. There are SAPR awareness tables set up around the installation so check them out and find out how you can get involved to end this scourge.

# BZ SHIPMATES...Public Works recognizes employees years of service



Marty Tatum 10 years



Dan Sullivan 20 years



Dan Lannan 20 years



Wes (James) Clarkson 25 years—Mr. Clarkson was also awarded a Meritorious Civilian Service Award



Leigh Lattuca 25 years



Don Sly 30 years



Keith Webler 30 years



Mark Rielly 30 years



George Yentz 35 years



Tom Ramos 35 years



John Reichert 35 years

Public Works held an All Hands awards ceremony March 29 in order to recognize the commitment of some long-serving civilian employees and the meritorious service of Mr. Wes Clarkson. Cmdr. Jeremy Adams, NS Newport Public Works Officer, presented all of the pins. BZ team Public Works for all that you do to keep NS Newport running smooth!

# BZ SHIPMATES...recognition at the stationhouse



Capt. Ian Johnson, Commanding Officer, NS Newport, presided over an All Hands awards ceremony held in the NS Newport Fire & Emergency Services building last Monday. Capt. Johnson presented **Commander, Navy Region Mid-Atlantic (CNRMA) Life Saving Awards** to Firefighter / Paramedic Edward Smith (left) and Lieutenant Brian Hall for their rapid assessment, actions and treatment during a mutual aid call to Portsmouth, RI on December 7. Smith and Hall arrived on scene to discover an individual without a pulse and no longer breathing. They immediately began CPR and Advance Life Support protocols, called for assistance and loaded the patient into the rescue where he was reassessed and CPR continued. The patient was transferred to the emergency room at St. Anne's Hospital where CPR was continued and a pulse was regained. Their rapid actions were attributed to his survival. (all photos by NS Newport Public Affairs)



Congratulations to newly promoted Fire Captain Scott Beaudoin shown here being pinned by his wife Becky. Captain Beaudoin is a U.S. Air Force Reservist and has been a member of the NS Newport team since 2003. He is a certified national paramedic and has been credited for assisting in the delivery of 2 babies and several CPR saves. He is a certified Paramedic, Fire Officer I, Fire Inspector II, Fire Service Instructor I, Hazmat Technician and Air Force Rescue Coordinator. He is currently enrolled in Incident Safety Officer training.



Capt. Johnson welcomes Firefighter Scott Grove, to the NS Fire and Emergency Services team. Mr. Grove is a U.S. Marine Corps Veteran and current member of the R.I. Air National Guard. He is currently working on his Fire Science degree at Johnson and Wales and joins the department with certification in Firefighter II, Hazmat Technician, Fire Officer I, Fire Instructor I, Fire Inspector I and is a pumper operator currently enrolled in Ariel driver operator and Emergency Medical Technician training.

# BZ SHIPMATES...recognition at the stationhouse



Captain Scott Beaudoin



Captain Ethan Scott



Lieutenant Wayne Labbe



Firefighter/Paramedic Ed Smith



Firefighter/EMT Mazi Nickelson



Fire Inspector/EMT David Stimson

Capt. Johnson also presented **CNIC Significant Achievement Awards** to NS Firefighters and Paramedics who were dispatched to Chafee Fitness Center on December 4, 2017 for a report of a male patient who fell. Upon arrival, crews were faced with a 51 year old male having a seizure. They immediately initiated patient assessment and administered medication per seizure protocols. Collectively, the team transferred the distressed patient from the fitness center to Newport Hospital all the while insuring follow on care was prepared; the patient was fully monitored; and all emergency life saving/safety measures were implemented according to protocols. Due to the teams quick action, and exceptional care, the patients experienced a successful outcome and recovery.

(Firefighter Kevin Murphy also received the award but was not available during the ceremony)

*(Firefighter Kevin Murphy also received the award but was not available during the ceremony)*

***There are currently vacancies in the department for an Assistant Chief; Training Officer and Firefighter Paramedics so spread the word to help fill our team!***



# 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.

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	<b>Note: Parenting programs are offered individually or in a classroom, if enough participants. Call for information, 841-2283</b>				



## 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

### Tuesdays:

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

### Wednesdays:

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

### Fridays:

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





## Marshmallows and military adventure: Grab ‘em while you can

You know those people who open bags of M&Ms and dump the entire contents into their upturned mouths? They’re the same ones who eat icing roses off of birthday cakes, open big presents before little ones, and ask for the good news first.

Unfortunately, I’m not one of those people. Throughout life, I’ve strictly adhered to a “save the best for last” regimen. As a kid, I would squirrel away things - trinkets, treats, rewards - and ration them to myself, slowly and methodically until the best was left to savor.

Take those M&Ms for example. I sorted through them one by one, eating the misshapen ones first, until I had a perfect candy of each color. Those five, The Chosen, would be ceremoniously sacrificed in one final, triumphant chomp. They didn’t taste any different than the rest, so why the irrational ritual?

In junior high school, everyone collected stickers, but while my friends were slapping theirs on books and lockers, I stashed mine away for something special. Those stored stickers eventually lost their stick. I think my mother still has a sheet of crusty Smurf stickers in the desk drawer of my old room.

Every Easter, Valentine’s Day, and Halloween, I would ration my candy, saving the best treats so long that they often got too stale to eat.

Decades later, I’m still nibbling around center of cinnamon rolls and reading the most interesting magazine article last. Why? What has it ever gotten me but a rock-hard coconut egg and a shriveled Papa Smurf sticker? Has all my controlled frugality been for naught?

I consulted an expert (Google) and found that “best for last” tendencies have been researched extensively. Scientists have studied delayed gratification, intuitive judg-

ment, and peak-end bias to find out why some eat muffin tops first and others don’t.

In a 2011 University of Michigan experiment, students were given a series of chocolates to eat. With each candy, the experimenter said, “Here is your next chocolate.” But when the experimenter said, “This is your last chocolate,” the subjects tended to rate that last candy as their favorite regardless of the flavor.

Finally, my M&M sorting ritual makes sense!



This experiment dovetails with “peak-end bias” research by Nobel Prize-winner Daniel Kahneman which shows that people irrationally judge experiences by what happened last. For example, if a mediocre vacation ended with a fantastic night in a five-star hotel, vacationers tend to remember the trip positively.

Despite this illogical partiality for “end” experiences, there are rational bases for saving the best for last. In the 1960s “Stanford Marshmallow Experiments”, 600 pre-schoolers were offered one marshmallow now, or two 15 minutes later. The vast majority of subjects waited for the additional reward, proving that children understand delayed gratification. A follow-up study showed that the ability to delay gratification was linked to higher SAT scores and lower body mass indexes.

Somehow, that correlation skipped over me ...

Finally, a 2013 Cornell study showed that the tendency to save the best for last fades with age. Apparently, younger adults have long-term visions that require saving for later, while older folks think, “Life is too short, eat dessert first.”

How does this apply to military families? Certainly we must be frugal, always saving and planning for our ever-changing futures. Living a life centered around serving one’s country requires careful organization and responsibility. However, military life also offers the luxury to splurge on experiences.

Despite all those years I spent digging through plastic strands of grass to ferret out jelly beans while my peanut butter eggs dried up, our family didn’t delay gratification when it came to our military experiences. We “ate the marshmallow,” taking unique opportunities as soon as they arose. And my husband’s 28-year military career ended with a bang — after a fun final tour in Newport, Rhode Island, we threw a huge retirement party that was WAY over our budget.

Don’t delay the adventure. Live overseas, rent a unique house, travel, try indigenous foods, go to military balls, eat the whole bag of M&Ms — grab the bull by the horns and make the most of your military journey.

*Lisa’s syndicated column appears in military and civilian newspapers including Stars and Stripes, and on her blog at*

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*<https://facebook.com/>*

*[TheMeatandPotatoesOfLife](https://facebook.com/TheMeatandPotatoesOfLife)*



## NOTICE TO BENEFICIARIES FROM NHCNE'S PHARMACY

On March 5, 2018, the Navy updated Chapter 21 (Pharmacy Operation and Drug Control) of the Manual of the Medical Department (MANMED). One of the key changes eliminated the ability for pharmacies to dispense Over-The-Counter (OTC) medications unless the patient is seen by a health care screener. Under the new policy the pharmacy can no longer perform such healthcare screens and patients are no longer allowed to select their own medications.



**April.** The pharmacies will still carry certain select OTC products but patients will need to present a valid prescription to receive these medications. If you choose to utilize a civilian pharmacy please contact TRICARE to determine if your medication is covered as TRICARE coverage for OTC's is limited and you may have to pay the full cost out-of-pocket.

Due to this change of policy, Naval Health Clinic New England, and all its allied branch clinics, will cease to operate their OTC programs **by the end of**

We regret any inconvenience to you and your family members. If you have any questions about this policy or would like additional information please feel free to contact: [david.a.vera.mil@mail.mil](mailto:david.a.vera.mil@mail.mil) or at 401-841-6304.

## PRESCRIPTION FOR DISCHARGE

*National Take Back Day Set for April 28*

Most Sailors use their medications as prescribed by their physician. However, keeping prescription medications that are no longer needed or have expired can increase risk of both intentional and unintentional misuse in the future. When was the last time you took stock of your medicine bag?

At Naval Health Clinic New England (NHCNE) there is a safe and secure drop box located in the pharmacy waiting area. This is a free and convenient way for Sailors, Marines and their families to dispose of unused, un-

wanted or expired medication. Take Back Day is organized by the Drug Enforcement Administration (DEA) and aims to provide a safe, convenient, anonymous and responsible means of getting rid of leftover prescription drugs to prevent misuse. The Navy has partnered with the DEA on this effort since 2010.

Some MTFs (NHCNE is one of them) offer drug disposal year-round through the Military Health System's (MHS) Drug Take Back Program. Participation in Take Back Day is a great way for the Navy community to familiarize themselves with local drop box locations and practice safe disposal of their leftover medication so that it becomes a regular behavior.

Navy Alcohol and Drug Abuse Prevention's (NADAP) Prescription for Discharge campaign has tools and resources to promote responsible prescription drug use all year long, centered around four easy steps: Take Correctly, Report Promptly, Dispose Properly and Never Share. The campaign recently produced a public service announcement video that highlights how to use drop boxes to dispose of medications and what medications are accepted, available for viewing and sharing on the campaign's YouTube page. It also features a safe alternative to drop box disposal at home. The at-home disposal kit inserts, along with other campaign materials, can be downloaded from the Prescription for Discharge "Order Materials" webpage.

For more information about Take Back Day, visit the campaign's Take Back Day webpage or [https://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](https://www.deadiversion.usdoj.gov/drug_disposal/takeback/).

# MORALE, WELFARE & RECREATION



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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** BBQ Bacon Cheeseburger with chips or fries \$7.50, 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. Mucho Nachos - chili, cheese, jalapenos, black olives, sour cream, salsa and chips \$8, 11 a.m.-7:30 p.m.

**FRIDAY** Fried Fish Sandwich, lettuce, tomato and tarter 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...Glow-in-the-dark lights, flashy lights & turn up tunes...starts at 5 p.m.

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

**SATURDAY** Xtreme Bowling...Glow-in-the-dark lights, flashy lights & turn up tunes...starts at 5 p.m.

**SUPERHERO TRAINING WEEK**

**MONDAY, APRIL 16 - WEDNESDAY, APRIL 18**  
Bowling & food specials at Seaview Lanes Bowling Center, 11 a.m.-3 p.m.

Open swim at the John H. Chafee Fitness Center Pool, 1:30-2:30 p.m.

**THURSDAY, APRIL 19 AND FRIDAY, APRIL 20**  
Seaview Lanes Bowling Center, 11 a.m.-2 p.m.  
Superhero Training - includes stories, superhero crafts, superhero costume making, and young superhero's

SPONSORED BY US FAMILY HEALTH PLAN

INFORMATION, (401) 841-3142

THE DEPARTMENT OF THE NAVY DOES NOT ENDORSE ANY COMPANY, SPONSOR OR THEIR PRODUCTS OR SERVICES.

**American Red Cross**

**Babysitter's Training**

**Wednesday, April 18 & Friday, April 20 8:30 a.m.-5 p.m.**

Naval Station Newport Child & Youth Program (CYP) is offering the American Red Cross Babysitter's training to eligible teens who are ages 13-17 (military and DoD Civilian dependents). The training will be held in the Teen Center, Building 1297, second floor. Instructed by current authorized American Red Cross Babysitter's Training Instructors. Teens must register by calling School Age Care at (401) 841-2883 no later than Friday, April 13. Teens must attend all class sessions, participate in all skill sessions and activities, and demonstrate competency in all observable skills. There is no fee and all materials are provided. Bring your own bagged lunch.

**Rhode Island Adventures (RIAD) - Are you ready for an adventure?**

**Here's where we're going next...**

**Mission Combat Laser Tag**

**Call for date!**

Enjoy two hours of a tactical laser tag experience with a sprawling landscape of great effects, startling sideshows and hidden vantages to create a completely new realistic laser tag showdown. Mission Combat takes new adventurers to another level.

Tickets are \$25 per person (\$12.50 for Liberty eligible - active duty personnel E1-E6 or active duty personnel attending Officer Training Command Newport, OTCN or Naval Academy Preparatory School, NAPS). The bus departs Naval Station Newport at 9:15 a.m. and will return approximately at 1 p.m. Space is limited.

Register at Seaview Lanes Bowling Center until Wednesday, April 25 or until space runs out. For more information, call (401) 841-4293.



**DID YOU KNOW?** CNRMA Instruction prohibits parking within 15 feet of fire hydrants, including underground fire hydrants, and all FD sprinkler and standpipe connections. Additionally, parking is prohibited within 3 feet of Fire Alarm boxes or sprinkler system post indicator valves.

## **NS NEWPORT BLOOD DRIVES**

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

- April 19 from 9 a.m. to 4 p.m., Naval Undersea Warfare Center, Bldg 990 (must have access to NUWC to donate)

*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.



## **NEXS SELLING NAVY-MARINE CORPS RELIEF SOCIETY BENEFIT COUPON**

Through next Saturday, April 22, 2018, customers at our Navy Exchange are 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.

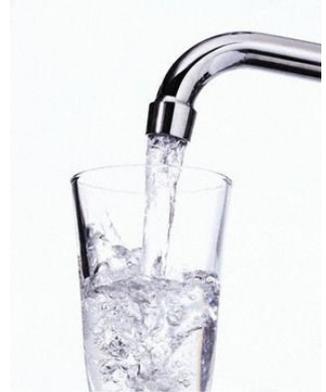
“Our partnership with the Navy Exchange Service Command is important because we share a common mission, to support Sea Service members and their families” said Adm. Steve Abbot (Ret), President and CEO, Navy-Marine Corps Relief Society. “Their annual coupon sale to benefit the Navy-Marine Corps Relief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

The coupon is valid for one-time use in-store only and is limited to \$1,000 total discount. For more information, speak to a NEX associate.



## **NS NEWPORT DRINKING WATER FACT SHEET**

NS Newport found high levels of lead in drinking water in some buildings. Lead can cause serious health problems. Steps are being taken to address the issues but lead enters drinking water primarily as a result of corrosion, or wearing away, of materials containing lead in the water distribution system and household plumbing so fixes are often costly and time consuming. There are steps you can take to reduce exposure to lead in the drinking water and they include:



1. Flushing your system—let the water run from the tap before using it for drinking or cooking any time the water in a faucet has gone unused for more than six hours.
2. Use only cold water for cooking and drinking. Do not cook with, or drink water from the hot water tap. Do not use the hot water tap for preparing baby formula. Hot water can dissolve lead more quickly than cold water. If you need hot water, draw water from the cold tap and then heat it.
3. Do not boil the water. Boiling water from the tap does not reduce lead levels.
4. Use bottled water. The steps described above will reduce the lead concentrations in your drinking water. However, if you are still concerned, you may wish to use bottled water for drinking.
5. Consider testing for children. Parents may wish to have their child’s blood tested for lead to address concerns over possible exposure to lead from drinking water, in addition to any other potential sources.

To read the fact sheet in it’s entirety, learn more about lead and what is being done here on the installation, go

to: [https://www.cnic.navy.mil/regions/cnrma/installations/ns\\_newport/om/environmental\\_support.html](https://www.cnic.navy.mil/regions/cnrma/installations/ns_newport/om/environmental_support.html)

And click on the tab along the left side of the page for Drinking Water, 2018 Updated Lead in Your Drinking Water Fact Sheet.



**The 2018 Navy-Marnie 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](http://www.nmcrcsfunddrive.org)**



## WELCOME TO NEY HALL GALLEY SPECIAL MEAL

**DATE: Wednesday, April 18**

**LUNCH TIME: 11 a.m. to 1 p.m.      PRICE: \$5.60**

### MENU:

- NEW ENGLAND CLAM CHOWDER
- GRILLED STEAK
- LOBSTER ROLL
- BUTTERED PASTA
- BAKED SWEET POTATOES
- STEAMED BROCCOLI
- STEAMED CARROTS
- EGGPLANT PARMESAN
- ASSORTED DESSERTS
- ASSORTED FRUITS



The Special Meal is open to all military & retired personnel, DoD personnel and civilian contractors that work on base and their guests.



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



# 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.



**PIER ACCESS ROAD LANE CLOSURE:** Pier Access Road between Gate 17 (North Gate) and Bushnell St. (near Child Development Center and NUWC Bldg 80) from 7 a.m. to 5 p.m. beginning Friday, April 20, the week of April 23-28 and wrapping up on Monday, April 30 for National Grid pole and utility work. Police will be on scene directing traffic so please drive safely and allow for extra time if you use that road.

**MEYERKORD DETOUR:** Traffic will be routed around MARDET from April 23 to July 21 for steam line repairs

**SEWER SMOKE TESTS NEAR NWC FRIDAY:** Please note that a contractor will be checking the sewer lines tomorrow around Founders, Luce & Pringle Halls—there may be smoke coming out of the drains but it is expected. Work crews will be in the area but no traffic impacts are expected.



**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](http://www.navymotorcyclerider.com). Call 841-1390 for more information.

**HOT JOBS** AS OF TODAY THERE ARE 131 RHODE ISLAND BASED FEDERAL JOBS LISTED ON USAJOBS.GOV—THE MAJORITY OF THEM ARE POSITIONS LISTED RIGHT HERE ON THE INSTALLATION—FROM *ENGINEERS TO MWR BOAT OPERATORS; FOOD SERVICES TO SAFETY SPECIALISTS*—THERE IS SOMETHING FOR YOU! APPLY TODAY AND CHECK REGULARLY. GO TO: [WWW.U.S.A.JOBS.GOV](http://WWW.U.S.A.JOBS.GOV)

**USAJOBS**



## Director – NMCRS Newport

**You Can Make A Difference. Be an NMCRS TEAM Leader!**

Navy-Marine Corps Relief Society (NMCRS) seeks a part-time (20 hrs/wk) experienced Director to manage operations at our office at Naval Station Newport. Prior association with NMCRS, as an employee or a volunteer, will be a significant factor in evaluating a candidate's qualifications for this position. To be considered, candidates must possess the following: Minimum of an AA degree or two years successful completion of college-level coursework equivalent to an AA degree. The minimum education requirement may be satisfied with four years related work experience or equivalent combination of education and experience; Experience in recruiting, retaining, motivating, and working with Volunteer staff in an organization similar to NMCRS; Experience in public speaking or as a training facilitator; Two (2) or more years supervisory experience; Basic knowledge of Microsoft Office software; and Superior leadership, interpersonal and communication skills. In-depth knowledge of military command structure, pay and allowance systems, and experience providing financial management/counseling to others are highly desirable. Starting salary for this position is \$19.60 per hour plus benefits.

Interested parties please visit: Director – Newport to access the online application for this posting. The closing date for this opportunity is **Tuesday, May 1, 2018**.

Although we acknowledge receipt of all applications, only those selected for interviews will receive further notification. Visit NMCRS on the web at [www.nmcrs.org](http://www.nmcrs.org). E.O.E.



April 5, 2018  
To the Editor:

Did you know that April is the Month of the Military Child? Did you know that Middletown Public Schools have the highest percentage of kids from military families (including international students) in the State of Rhode Island? Did you know that Forest Avenue School has the largest percentage of military kids in the state?

Month of the Military Child honors the sacrifices military families make and celebrates the important role children play in the military community. To celebrate, the Middletown Prevention Coalition, a coalition of individuals from the public and private sectors whose vision is to create a safe, healthy and drug free Middletown, has partnered with our Middletown schools to help them recognize our military kids this month and acknowledge their unique service to our nation.

At Gaudet Middle School and Middletown High School, table tent cards will highlight famous military kids such as Jessica Alba, Reese Witherspoon, Christina Aguilera and Mark Hamill who all grew up in military families. Sports legends Ray Allen, Bart Starr, Shaquille O'Neal, Tiger Woods and even New England Patriots Head Coach Bill Belichick were also military kids. Our elementary school children will receive a memento celebrating the month as a symbol of our support.

The celebrity military kids mentioned grew up to become giants in their field. There are hundreds more like them. But what about our local military kids? Like many, they may face stresses from constant moving, adjusting to new schools and towns, deployed parents, friends lost and new friends gained. Has your child or grandchild made friends with any military kids? Have you taken the time to get to know them and their families? Many will be gone this June, off to new duty stations or back to their home countries. How did you make their year in Middletown memorable? Reach out to them especially this month, the Month of the Military Child.

//Original Signed//

Thomas F. Lyons  
Chair  
Middletown Prevention Coalition

286 Chases Lane  
Middletown, RI  
401-849-7430



*Middletown has the majority of the students from military families enrolled in public schools on Aquidneck Island, the breakdown by school follows:*

*Aquidneck Elementary 29 U.S. military kids and 10 International military kids  
Forest Avenue Elementary 100 U.S. military kids and 18 International military kids  
Gaudet Middle School 123 U.S. military kids and 20 International military kids  
Middletown High School 45 U.S. military kids and 10 International military kids*



## CNIC Commander Speaks at 2018 Sea-Air-Space

By Mass Communications Specialist 1st Class (AW) Andrea Perez, CNIC Public Affairs

WASHINGTON (NNS) -- Vice Adm. Mary Jackson, commander, Navy Installations Command, spoke at the Department of the Navy's Energy, Installations and Environment panel during the 2018 Sea-Air-Space Exposition, April 10.

Notable panel members included Phyllis L. Bayer, assistant secretary of the Navy (Energy, Installations and Environment), and Rear Adm. Bret Muilenberg, commander of Naval Facilities Engineering Command.

"As we build the Navy the nation

needs, the mission of CNIC truly is to deliver shore-based products," said Jackson. "We have a vast array of what we deliver - and we do it to sustain the fleet, the fighter and the family."

Jackson spoke to how CNIC supports warfighter readiness from the shore, the importance of building partnerships, and how to evolve the shore enterprise to improve readiness fleet-wide.

"Our linkage to warfighting readiness is an absolute imperative," said Jackson. "We have to be conscious and we have to weave that into absolutely everything that we really do."

CNIC organizes, mans, trains, equips, then manages and maintains all assigned bases within its portfolio.

With responsibility over more than 53,000 civilian and military personnel, 71 bases and 11 regions, the organization impacts all warfare enterprises, including fleets, service members, civilians, community members and veterans.

CNIC builds partnerships outside the fence line and we are eager to learn, said Jackson. Key priorities of the readiness equation include learning, evolving and getting stronger.

## Navy Announces Extension for Enlisted Women to Convert to Submarine Force Ratings

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy announced April 11 in NAVADMIN 091/18 that the April deadline for enlisted women applying to convert to submarine force ratings would be extended to June 1.

This announcement comes as an update to NAVADMIN 300/17, which announced the fourth cycle of female Sailor selections for conversion to Submarine Force ratings. Selections from this round of applications will be for initial integration of USS Georgia (SSGN 729) in 2019, and to fill openings on previously integrated submarines in Kings Bay, Georgia and Bangor, Washington, due to personnel rotating to shore

duty.

Additionally, this update identifies required naval enlisted classifications (NECs) for Information Systems Technician conversions utilizing the new NEC construct. Since available rating quotes will be filled as applications are processed, it is recommended Sailors submit applications as soon as possible. Applicants can expect to be notified within one to two months after they have submitted an application.

For E-6 and below Sailors, the following submarine career fields are open for conversion: Yeoman Submarine (YNS), Culinary Specialist Submarine (CSS), Logistics Specialist Submarine (LSS), Sonar Technician Submarine (STS), Fire Control

Technician (FT), Electronics Technician Submarine Navigation (ETV), Electronics Technician Submarine Communications (ETR), Information Systems Technician Submarines (ITS), Machinist's Mate Weapons (MMW), and Machinist's Mate Auxiliary (MMA).

For E-7 and E-8 Sailors, the following submarine career fields are open for conversion: ITS, LSS, CSS, and YNS. Personnel Specialists (PS) and Independent Duty Corpsmen (IDC) will also be considered.

For eligibility criteria and point of contact information, please read the NAVADMIN located at [www.npc.navy.mil](http://www.npc.navy.mil).



HOOVER, Ala. (April 10, 2018) Aerographer's Mate 3rd Class Kyle Miller talks to a student at Hoover High School about Navy oceanography equipment during Navy Week Birmingham, Ala. The Navy Office of Community Outreach uses the Navy Week program to bring Navy Sailors, equipment and displays to approximately 14 American cities each year for a weeklong schedule of outreach engagements. (U.S. Navy photo by Mass Communication Specialist 1st Class Marcus L. Stanley/Released)



## APRIL CALENDAR OF EVENTS:

### Middletown VA Clinic Town Hall and Open House

MIDDLETOWN, R.I. - The Providence VA Medical Center's Middletown VA Clinic will host a Veteran town hall meeting and open house **Saturday, April 14, 2018.**

The Veteran town hall runs from 9 to 11 a.m. and the open house runs from 9 a.m. to 3 p.m. Both events will be at the Middletown VA Clinic, One Corporate Place, Middletown, R.I., and will feature information about VA health care and services. Those who have not already done so will be able to enroll for VA health care.

"Our mission is to provide exceptional and accessible health care for Veterans," said Dr. Susan MacKenzie, director of the Providence VAMC. "We invite area Veterans to come learn about their local VA clinic, and about services and benefits they've earned through their service."

The Middletown VA Clinic provides Veterans with local access to primary care and mental health services. The facility serves more than 2,300 area Veterans, hosting roughly 13,000 outpatient visits annually. The clinic is part of the Providence VA Medical Center system, which provides a full range of patient care services in the areas of medicine, surgery and mental health, including more than 30 subspecialty clinics.

Health care services are also available to Veterans at outpatient clinics located in New Bedford and Hyannis, Mass. Together, Providence VAMC facilities serve more than 36,000 Veteran patients, hosting more than 450,000 outpatient visits and 3,000 hospital admissions annually.

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](http://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](http://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](mailto:erin.butler2@va.gov).

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](mailto: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.



### Open House & Veteran Town Hall

Middletown VA Clinic



**Saturday, April 14, 2018**



#### Open House

9 a.m. — 3 p.m.

#### Veteran Town Hall

9 — 11 a.m.

Middletown VA Clinic  
One Corporate Place  
Middletown, RI



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Providence VA Medical Center