



Navalog

April 19, 2018 Edition

SEXUAL ASSAULT PREVENTION & RESPONSE AWARENESS MONTH



Naval Justice School personnel form a human ribbon to signify their commitment to end Sexual Assaults as part of SAPR Awareness Month.



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Students in the ONR STEM Outreach Workforce Development Program and ONR STEM Program Administrator Stephanie Wanne (second from left), with the UConn School of Engineering, listen to a presentation by Dr. Elizabeth Magliula (center) in the anechoic chamber at NUWC Division Newport. (US Navy photos for this story are all by Rich Allen, ICI Services)

URI, UConn students learn about NUWC Newport's cutting-edge programs during tour

Amid a few humorous anecdotes, Naval Undersea Warfare Center (NUWC) Division Newport Commanding Officer Capt. Michael Coughlin had sage advice for the 30 or so University of Rhode Island and University of Connecticut engineering students who visited the Division on March 23.

“Wherever you go to work, make sure the quality of the people around you is important,” Coughlin said. “Our quality of people [at NUWC Division Newport] is amazing.”

The students and a few of their professors and advisors are a part of the Office of Naval Research (ONR) STEM Outreach Workforce Development Program. The day featured a panel discussion with engineers and scientists, a virtual worlds demonstration, a visit to the anechoic chamber and water and wind tunnels, and a



Earth Day is this Sunday and all next week personnel from around the installation will be picking up trash and recyclable materials in an effort to keep Naval Station clean. Save the Bay and local community groups have planned clean-up events taking place around the state this weekend—get involved! See page _____ for more information.



Earth Day Is Every Day on NS Newport

This Sunday is Earth Day and since 1970 – April 22 – has inspired and mobilized individuals and organizations worldwide to demonstrate their commitment to environmental protection and sustainability.

Onboard Naval Station Newport – we are no exception.

As an operation, we are continually seeking out ways to do things that will improve our energy efficiency, lengthen the time in service of our durable materials, conserve resources we have at our disposal and reduce waste.

Being environmentally conscious is a win-win that the Navy recognizes and is pursuing enthusiastically. The Navy Renewable Energy Project Office has been working on developing a project for photo voltaic (solar panel) energy facilities to be located on Tank Farms 4 and 5 and along McAlister Point just north of the installation. We received some good news a couple of weeks ago that the contract is almost ready to be signed and NS Newport is poised to jump onboard to do our part to reduce overall carbon emissions Navy wide.

NS Newport is pursuing alternative energy generation projects in an effort to meet the goals of the Energy Policy Act of 2005 and Executive Orders 13423 and 13514, all of which mandate a reduction in utility costs for Federal properties. By creating cost efficient and technically feasible energy projects and continuing our efforts to approach each new construction, renovation and utility project with an eye towards energy efficiency, Newport continues to realize improvements. NS Newport, which includes 50 different commands and schools, is one of the largest electrical users in Rhode Island.

It is in everyone's best interest to pursue a program aimed at reducing the taxpayers' expenses related to operating this installation, by reducing our fossil fuel requirements we will also reduce our greenhouse gas emissions – good for our bottom line and good for the earth.

The installation is not just looking at solar energy to reduce operational costs. All of the buildings that have been renovated or constructed as a result of the 2005 Base Realignment and Closure Recommendation have been designed using Leadership in Energy and Environmental Design (LEED) standards or incorporating energy efficient materials and controls. The installation was involved in executing an Energy Savings Performance Contract (ESPC) with Honeywell Building solutions that replaced old, inefficient controls, lighting and fixtures in many of the older buildings around the installation and replaced an outdated, inefficient chiller plant servicing the Naval War College and Surface Warfare Officers School Command among other projects.

These and other "Green" initiatives are underway and we continue to search for more and our efforts are not going unnoticed. The Secretary of the Navy recently awarded a 2017 Energy and Water Management Gold Level of Achievement Award to the installation. The award was given for our successful use of energy and water efficient equipment, and significant energy awareness during fiscal year 2016.

On a smaller scale, all around the installation next week, the tenant commands, departments, family members and volunteers will scour the shoreline and the installation



Capt. Ian Johnson
Commanding Officer
Naval Station Newport

picking up debris and materials that accumulated following a long New England winter. This annual spring ritual results in tons of waste being gathered up and hundreds of pounds of material diverted from the landfills and to recovery centers. Last year our base clean up resulted in over 4,487 lbs. of debris picked up, 89% was recycled and diverted from landfills! Many recycling programs in America are struggling due to public confusion about what is actually recyclable. If you have any questions about what can be recycled here at NS Newport, contact the Installation Recycling Coordinator, Scott Mello at 841-2464 or email: scott.w.mello1@navy.mil. BZ to Scott and Ensign Shannon Brown, Public Works Project Officer, for organizing next week's Earth Week Cleanup and a big "thank you" in advance to all of the volunteers standing by to help keep NS Newport clean.

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Capt. Ian L. Johnson, Commanding Officer

Lisa Rama, Public Affairs Officer



Follow us on twitter [@NAVSTANEWPORTRI](https://twitter.com/NAVSTANEWPORTRI)

Base Condition Line: 841-2211

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!



(cont. from page 1)

tour of the Narragansett Bay Test Facility (NBTF) at Stillwater Basin.

Members of the panel each spoke about their responsibilities at NUWC, which gave those in attendance perspective on the wide array of talents possessed by NUWC Newport employees.

Dr. Christin Murphy, a research biologist, focused on her experience looking to nature for biologically inspired technology. Her current project has her working with seal whiskers, and she emphasized the importance of collaboration in her area of expertise.

“Cross-disciplinary work is really essential in the biomimetic field,” Murphy said. “You really have to have a strong understanding of the natural world.”

Rebecca Chhim, who specializes in cybersecurity, discussed her field’s ever-increasing importance in a world where cyberattacks are becoming more frequent. She also referenced one of her “most humbling experiences,” when she was part of a team that put one of the first cybersecurity tool sets on a Virginia-class submarine. In theory, the design worked, yet logistically it impacted the daily lives of the Sailors, and she and her team had to re-evaluate their approach.

The students next moved to a demonstration on “the power of the virtual world.”

“It unleashes the creativity of your workforce,” said Steve Aguiar, the head of NUWC Newport’s development of virtual worlds technologies.

Aguiar showed several examples specific to the Navy, including a display that demonstrated how a sonobuoy uses frequency to locate enemy submarines.

Students also toured the center’s anechoic chamber and wind and water tunnels.

Dr. Elizabeth Magliula discussed how some people can find it “unsettling” during their first time in the anechoic chamber, which produces no echoes thanks to it being completely covered in wedges of foam. She also noted how at times people do not realize how much sound something like electronics – in this instance, the computer that was temporarily situated in the center of the room – can produce until one enters an anechoic chamber.

Nikolai Serebriakov, 20, a sophomore mechanical engineering student at UConn, was impressed by some of the same technology that is utilized in the wind tunnel.

“It’s really hard to think about how when you’re outside you can hear wind blowing, but when you’re in that room there’s a 40 mph wind blowing and you hear nothing,” Serebriakov said.

Dr. Aren Hellum described the function and capabilities of the wind and water tunnels and also allowed members of the group to experience a 50 mph wind. The tunnel’s top speed is 128 mph, Hellum said.

The students finished the day at the waterfront with a



Sofia Ricciardi (right photo), a sophomore electrical engineering student at UConn, is all smiles as she tests out NUWC Newport's wind tunnel.

tour of the NBTF. There, they learned about the dive locker, autonomous underwater vehicles (AUVs) and waterfront operations.

In the dive locker, Keith Bruce talked about the role the Engineering and Diving Support Unit plays in fixing submarines – specifically towed array handling systems – without dry docking the subs.

“The focus of the EDSU is to bring our engineering and technical skills to bear on problems that just happen to be underwater,” Bruce said.

Students heard a presentation from Mike Ansay, head, Autonomous Underwater Vehicles Branch, on AUVs. Ansay noted the differences between the government-developed and commercially available AUVs. He also noted that while torpedoes and AUVs are similar in appearance, their differences in purpose result in alterations in design and contents.

Lawrence “Kip” Rainey and Steve Scolamiero showed off some of the boats in NUWC Newport’s fleet. They also discussed the torpedo recovery process, particularly with respect to testing designs.

Scolamiero advised the students that while not every single thing they learn at school will apply to their work, the ability to solve problems most certainly will.

“Of everything you learn, you definitely use the process when it comes to problem solving,” Scolamiero said.

According to Dr. David Taggart, a professor of mechanical engineering at URI who also partook in the tour, advice like Scolamiero’s and the overall experience made a lasting impact on his students.

“This was an eye-opening experience for many stu-



dents,” Taggart said.

Professor Michael Accorsi, the senior associate dean at UConn’s School of Engineering, shared sentiments similar to Taggart’s.

“I received very positive feedback from the students. The most obvious feedback was the permanent smiles on their faces throughout the entire tour,” Accorsi said. “A large number of students thanked us for planning the field trip saying that it reinforced their interest in pursuing a Navy-related career.”

Both URI and UConn also have an education partnership agreement with NUWC Newport that allows students to undertake research projects and benefit from the staff expertise, unique facilities and equipment related to NUWC’s marine and undersea science and technology.



NUWC Division Newport employees Steve Scolamiero (center) and Lawrence "Kip" Rainey (right) discuss the process of recovering torpedoes as URI and UConn students in the ONR STEM Outreach Workforce Development Program listen at NUWC Newport's Narragansett Bay Test Facility.

Ronald Vien selected as NUWC Division Newport’s Technical Director

Ronald Vien, an electrical engineer with more the 30 years at Naval Undersea Warfare Center (NUWC) Division Newport, has been selected as the new Division Technical Director. Vien will be the 15th Technical Director dating back to 1951 with the establishment of the position at the Naval Underwater Ordnance Station, one of the organizations that would eventually become NUWC Newport.

The selection includes appointment to the federal Senior Executive Service (SES). The SES includes most managerial, supervisory, and policy positions classified above General Schedule (GS) grade 15 or equivalent positions in the Executive Branch of the Federal Government. SES appointments are roughly analogous to flag and general officers in the armed forces.

Vien, a resident of Westport, Mass., where he serves as a volunteer fireman, has most recently been serving as the head of the Sensors and Sonar Systems Department at NUWC Newport, he lead a diversified team of more than 600 government and 250 contractor scientists,

engineers, and technicians engaged in the full spectrum of naval research, development, engineering and acquisition in pursuit of advancing the state-of-the-art in sensor and sonar system designs for naval platforms, off-board sensors and unmanned systems.

Vien brings exceptional leadership and technical experience to his new position, Donald McCormack, Executive Director, Naval Surface & Undersea Warfare Centers, said in an all-hands announcement on April 9.

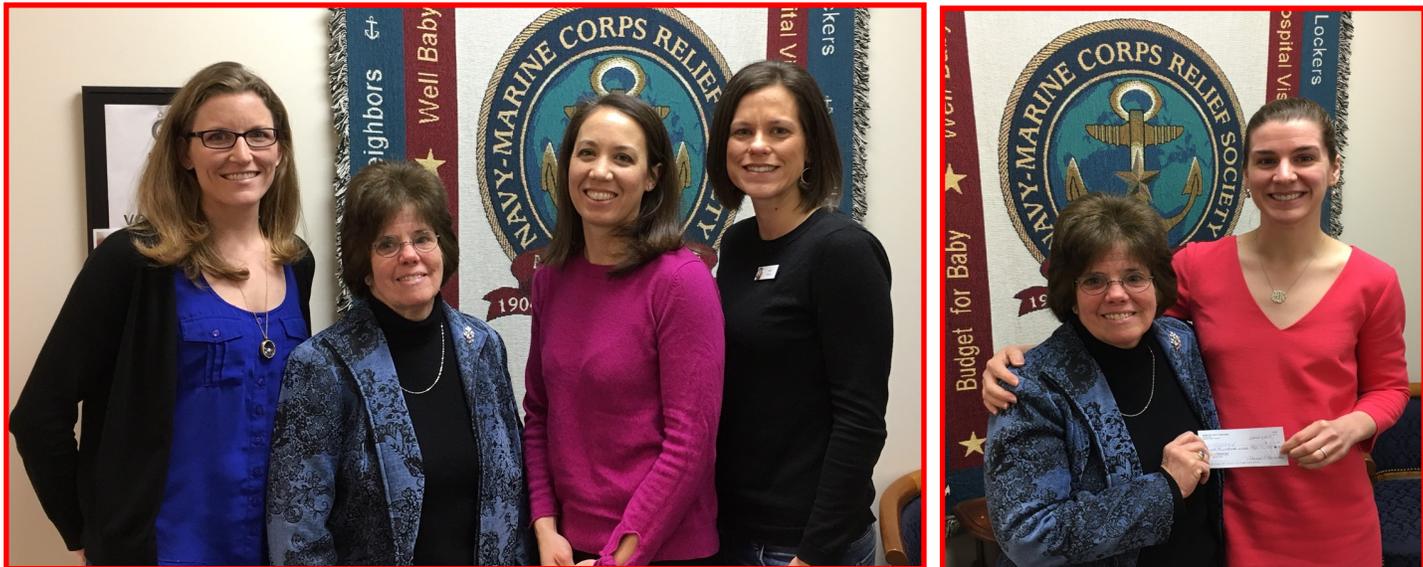
Vien began his career in the Submarine Combat Systems Department, where he produced hardware prototypes for both the Los Angeles- and Virginia-class submarines. He transferred to the Surface Undersea Warfare Department to become the operations manager of the AN/SQQ-89 Surface Ship SONAR System Land Based Integration Test Site (LBITS). He also served as head of the Operational Systems Engineering Branch, where he managed dual teams in the development, integration and deployment of surface ship sonar systems and the design and development of the SPARTAN Un-



manned Surface Vehicle.

As head of the Sensors and Arrays Division, he provided comprehensive lifecycle system engineering expertise in the roles of systems acquisition, technical direction agent and in-service engineering.

Vien earned bachelor's degrees in electrical engineering and electrical engineering technology from the University of Massachusetts, Dartmouth. He also holds a Master of Business Administration degree from Bryant University and is a 2003 graduate of the Office of the Secretary of Defense's Executive Leadership Development Program. He is certified at Defense Acquisition Workforce Improvement Act (DAWIA) Program Management Level III.



Pat McGue, director of the Newport Navy Choristers, swung by the Navy Marine Corps Relief Society (NMCRS) Office in building 690 last Wednesday to drop off a check for \$500. to Kathryn Dennis, (right) current director of NMCRS. The Choristers raised the money during their “Music for a Sunday Afternoon” concert held on March 4. NMCRS relies on donations of time and money to continue it’s support for our Navy and Marine Corps personnel and their families. Donations are still being accepted for this year’s drive, go to www.nmcrsfundrive.org. While in the office, Pat posed with volunteers Carol Stone, Ginny Scott and Jenn Tourtelotte (left to right). NMCRS is always looking for folks interested in volunteering some time in the thrift shop or in their office (and the Choristers are always welcoming new singers!) Each year the Choristers donate hundreds of dollars to worthy causes in our area. Thank you to both organizations for all that you do to help out our Sailors and Marines.

And on a curious note...

Cmdr. Greg Booth, Director of NAVSUP Fleet Logistics Center, Newport, was approached several months ago by Evan Kalish, a post office stamp collector, about coming onboard NS Newport and visiting our U.S. Post Offices. Collectively, he and his friends have visited a total of 55,000 post offices and asked for help coming to our own. They visited a couple of weeks ago and Cmdr. Booth escorted them as a gesture of good will in pursuit of their post office stamps. Here they are, at right, in the NS Newport United States Post Office after getting the post office mark they came for, from left to right are John Gallagher, Evan Kalish, Dave Cormier (USPS) and Kelvin Kindahl.



has been to every USPS Post Office in New England and Evan has been to every Post Office in Rhode Island.

The Naval Station Newport Post Office is at 1900 Peary St and is open Monday through Friday from 9:15 to 2 p.m. and on Saturday from 9 a.m. to 1 p.m. Postal boxes are available to military personnel, their family members and civilian personnel who work on base. These boxes are accessible 24/7.



BZ SHIPMATES...(and Soldiers!)



Captain Timothy Olliges, U.S. Army, was promoted to the rank of Major in a ceremony held on Tuesday, April 10, at the Defense Institute of International Legal Studies (DIILS). Major Olliges, a member of the DIILS staff, had his father pin on his new rank insignia. DIILS, one of the smaller commands on the installation, is located next to the Naval Justice School and is the lead defense security cooperation resource for professional legal education, training and rule of law programs for international military and related civilians. (photo courtesy of DIILS)



Hospital Corpsman Command Master Chief Petty Officer Randy Swanson presents Hospital Corpsman Kayla Deveno one of his command coins in recognition of her selection as the Naval Health Clinic New England (NHCNE) Shipmate of the Month for March during a ceremony held last Friday, April 13. Deveno was selected from six nominees for her outstanding work in Patient Administration, involvement in organizations within the command and volunteering in the community. This monthly event is sponsored by NHCNE's First Class Petty Officer Association. (photo by Kathy MacKnight, NHCNE PAO)

MONTH OF THE MILITARY CHILD



April is the Month of the Military Child ...

The official flower of the Military child is the Dandelion. Why? The plant puts down roots almost anywhere, and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

Experts say that military children are well-rounded, culturally aware, tolerant, and extremely resilient. Military children have learned from an early age that home is where their hearts are, that a good friend can be found in every corner of the world and in every color, and that education doesn't only come from school. They live history. They learn that to survive means to adapt, that the door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences.

-Author Unknown, photo courtesy of Google

Like and Share if you love a Military Child.

Captain Ian Johnson, Commanding Officer, NS Newport, and Rosemarie Kraeger, Superintendent of the Middletown Public Schools and Chairperson of the National Military Interstate Compact Commission, (middle) listen as Kellie DiPalma-Simeone, Chairman of the Middletown School Committee, reads a Gubernatorial Proclamation signed by R.I. Governor Gina Raimondo, declaring April 2018 the Month of the Military Child during a Middletown School Committee meeting held last Thursday, with Assistant Superintendent Linda Savastano and clerk Raquel Pellerin looking on. Middletown has the most military students of all Rhode Island communities, with percentages of military students enrolled ranging from 30% at Forest Avenue Elementary, 19% at Gaudet Middle School, 15% at Aquidneck Elementary, and 13% at Middletown High School. Middletown also has the most students from international military families. (US Navy photo)



SAPR AWARENESS & PREVENTION MONTH



Officer Training Command Newport (OTCN) recognized Sexual Assault Awareness and Prevention Month with colors and a Silent March in formation around Training Country this past Tuesday.

Capt. Michael Savageaux, OTCN Commanding Officer and Allison Agnello, NS Newport Sexual Assault Response Coordinator, spoke to staff and trainees about the importance of looking out for one another, doing something when you see something that is not right and as leaders recognizing the signs of when a Sailor or Marine may be in crisis. The students and staff were given the theme "Protecting Our People Protects Our Mission, Raise



Your Voice for Prevention," and as they marched they were asked to reflect on what each individual can do to raise their voice for prevention against sexual assault on their shipmates and how they can be a better leader in the fight against sexual assault.



Take Back the Night Event to be Held in Honor of Sexual Assault Awareness Month

WHEN:

Wednesday April 25th
7:30-9:30 p.m.

WHERE:

Rhode Island College Student Union
600 Mt Pleasant Street
Providence, RI 02908

WHAT:

In honor of Sexual Assault Awareness Month, Sojourner House has collaborated with the Rhode Island College Women's Center to host a Take Back the Night Event on Wednesday April 25th from 7:30-9:30 p.m. The evening will include music, dance, community speakers, and testimonies of survivors. We welcome ALL communities to join us in our mission to shine a light on sexual assault, and TAKE BACK THE NIGHT.

The evening will include two speakers, Providence City Councilwoman Nirva LaFortune, and Sojourner House's Director of Residential Advocacy, Kelly Henry, a dance performance from Valiant Arts, Girls Rock! Rhode Island ukulele band Wavelength, acclaimed gospel group Voices of Grace. There will also be an open mic portion of the event when attendees can speak out about the impact of sexual assault and a sparkler-lit vigil to celebrate the strength of survivors. For more information, please contact Jessica Stults at jstults@sojournerri.org or visit: www.facebook.com/events/503015463429032/.

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.

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				

Help us find the best ways to enhance Fleet and Family Support Programs. Let Your Voice Be Heard! <https://www.surveymonkey.com/r/H55L7NQ>
 #21stCenturySpouse #TakeTheSurvey #NavyInstallations
 #NavyFFSP #MilitarySpouse #NavySpouse
 #SupportingtheFamily



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



Indoor Waterpark **Ample Free Time** **Interactive Sessions**

CNRMA CREDO
 (Chaplain's Religious Enrichment Development Operation)

Family Enrichment Retreat

Faith-Based Retreat: June 15-17, 2018
 Non Faith-Based Retreat: July 20-22, 2018
 Great Wolf Lodge, Fitchburg MA

CNRMA CREDO
 (860) 694-1144
usn.credogroton@navy.mil
<https://www.facebook.com/CREDOgroton>

*Children must be over 5 years of age due to the classroom-style format. Please call our office to discuss further options if you have younger children

*All lodging, meals, and snacks provided by CNRMA CREDO. Registration begins 60 days before each retreat.



'Tis the 'Season of Change' for military kids

“When we were leaving Guam, Devon isolated himself from his friends as they were isolating him. We dealt with it by spending more time with one friend and her family that didn't isolate him and we all became fast friends. Unfortunately she is PCSing in a few months and her mother is telling us that she is now being isolated by her friends,” says Navy spouse Jay of his son, age 10.

“My son decided not to play baseball this spring, his sophomore year,” says Army wife Kimberly. “We're moving to Rhode Island, and here in Alaska the season is just starting, snow is still covering the fields. He didn't want to train on a team when he wouldn't get to be there for part of the season. He felt he'd be letting the team down.”

Marine child Gabby, age nine, describes her most stressful move as leaving Okinawa, Japan in fourth grade, “because we had an entire life there with friends away from all family,” and, “it was one of the longest duty stations I've been alive for.”

“While I was excited to start middle school in Virginia, I quickly figured out that these kids had gone to school with each other since kindergarten,” recalls Navy dependent Adrienne D., now age 20. “This was a new concept that these kids have known each other their whole lives. I found it very difficult to find friends within the first year of moving.”

“It was stressful just knowing everything was happening at once. Moving away from my comfortable place and having to start fresh. Knowing that the friends I do make will only be for a short time,” says Navy child Aliyah, age 8.

Adrienne G., Navy spouse, explains how her two boys react differently to change: “I have an extrovert who wants to spend more time with friends and an introvert who wants to pull away. To meet the

needs of both kids, we're staying in one state. The Navy can survive without us for a while.”

According to the Department of Defense, there are 1.7 million American force-dependent children across the globe, about 80 percent of which attend public schools. Since over half of all military moves take place at the end of the school year, there are roughly a million military kids currently facing an impending move. **That makes April, the Month of the Military Child, pretty stressful.**

According to the authors of a new book available June 1, [The Seasons of My Military Child: Practical Ideas for Parents and Teachers](#), parents and educators should use a team-approach to help military kids through transitions. Authors Amanda Trimillos, Air Force spouse, teacher, and mother of four, and Stacy Allsbrook-Huisman, Air Force spouse, military advocate, and mother of two, advise parents to build an “army of awareness.” Together, parents, teachers, administrators, and counselors can guide the child through the “seasons of transition.”

The team should watch for signs of struggle, which include isolation, low grades, eating alone at lunch, and lack of involvement. Trimillos and Allsbrook-Huisman recommend that parents listen. “Let them lead the conversation, especially tweens and teens. Ask open-ended questions. Kids are watching the way we handle moves, so remember not to project your feelings onto them,” says Allsbrook-Huisman.

Through networking, communication, and more specific tools described in the book — such as creating an “Education Binder” that follows your child to each school — the authors say military children can thrive.

Even social media can be an effective tool in easing transition stress, according to Trimillos, whose



Gabby Chacon,
USMC dependent

daughter still plays Barbies with her best friend from three stations ago via FaceTime. “She sets her screen inside her Barbie house while her friend does the same in Oklahoma.”

Our own daughters developed a way to turn fear into positive excitement after our move to Germany in 2008. Anna would point out forests, playgrounds, sidewalks ... anything, and proclaim conspiratorially to her little sister, Lilly, “Adventure awaits!”

“Military kids have tried and failed, tried and succeeded....and live to tell about it,” Allsbrook-Huisman says, acknowledging that military children are more experienced than civilian peers. “It's the gift of perspective, something only military kids have.”

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 or

'like' her on Facebook at:
[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 TRI-CARE 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.

We regret any inconvenience to you and your family members.

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**

If you have any questions about this policy or would like additional information please feel free to contact: 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/.

MORALE, WELFARE & RECREATION



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 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.

MURDER MYSTERY DINNER

Wed., April 25
Officers' Club
6-9 p.m.

Interactive crowd participation to solve the MYSTERY!!!!

\$40.00 per person, includes dinner & show

Open to all patrons with base access. Make a reservation at the Officers' Club 9-11 a.m. & 2-5 p.m., or call (401) 841-1441.

BALLOONS Family Bowling Event
Seaview Lanes Bowling Center

Sunday, April 29
12 - 2 p.m.

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

- Arts & Crafts
- Games
- The movie UP

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

Mother's Day Brunch

Sunday, May 13
Seating Times are available 10 a.m., 11:45 a.m. & 2 p.m.

Full menu posted: www.navywmrnewport.com

Adults: 34.00
Children (ages 8-12): 17.00
Children (ages 4-7): 12.00
Children (3 & under): Free, but require a ticket

Make a reservation at the Officers' Club, Monday-Friday 9-11 a.m. and 2-5 p.m., or call (401) 841-1441.



DID YOU KNOW? Roughly 3 out of 5 fire deaths happen in homes with no smoke detectors or the detectors were not working. It is best to use interconnected smoke alarms; when one smoke alarm sounds they all sound. Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working. Replace all smoke alarms when they are 10 years old.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

There will be two workshops held next month: May 7 & 8 (Monday & Tuesday) from 8 a.m. to 4:30 p.m. and again on May 15 & 16 (Tuesday & Wednesday) (8-4:30). The workshops are going to be held inside the Chapel of Hope. Each tenant command should have at least ONE member of their command attend. If you are interested, speak to your command leadership to see how you can volunteer to assist helping those in need. Uniform for the training is casual civilian attire. Contact the Chapel of Hope to register. 401-841-2234



SAVE THE DATE: RING OPEN HOUSE AIR SHOW IN 2018

The Rhode Island National Guard will once again be hosting the award winning Rhode Island National Guard Open House Air Show, June 9-10 at Quonset Air National Guard Base. The gates will open at 9 a.m. and the opening ceremony is scheduled for 10 a.m. each day. This year's show will include many exciting acts including, the United States Navy Blue Angels. For more information about the show please visit www.rhodeislandairshow.com <<http://www.rhodeislandairshow.com>>, [facebook.com/riairshow](https://www.facebook.com/riairshow), and twitter.com/riairshow

NWC MUSEUM LECTURE OF OPPORTUNITY

“Seven Minutes to Intercept: U.S. Numbered Fleets and Global Maritime Strategy in the Second World War” with David Kohnen, Director, HHC, on Monday, April 23 from noon to 1:30 on the second deck of the Naval War College Museum. Having served in close collaboration with the British in the First World War, U.S. Navy Fleet Admiral Ernest J. King held unprecedented responsibility to command global maritime operations in the Second World War. Following the Pearl Harbor disaster in December of 1941, King served as Commander in



Chief, U.S. Fleet (CominCh). By March of 1942, King attained unprecedented simultaneous authority as Chief of Naval Operations in March of 1942. In this capacity, he directly supported President Franklin D. Roosevelt in coordinating the global strategic decisions of the multinational Combined Chiefs of Staff and the Joint Chiefs of Staff. King held overall operational command of the U.S. Navy until he transferred into retired status with rank of a five-star Fleet Admiral in 1946.

No reservation required, the event is open to anyone with routine access and their escorted guests.

4TH ANNUAL SGT MICHAEL F. PARANZINO GOLF TOURNAMENT

Break out the clubs because Spring must be here if the golf tournament season is already accepting registrations! Sgt. Paranzino is the namesake of our own US Army Reserve Center. Michael was a Middletown RI native who was killed in action November 5, 2010 in Afghanistan. The tournament will be June 11th at Wanumetonomy Golf and Country Club, Browns Lane in Middletown. For more information, and to register, go to www.newportmentalhealth.org or email smcgowan@newportmh.org



SUPERIOR INTERIOR CAR DETAILING FUNDRAISER

All Proceeds Benefit the Navy-Marine Corps Relief Society

Saturday, May 5th 12-3pm



@ NAVSTA Newport Auto Skills Center
1285 Whipple St, Newport RI 02841

Service includes:
-Vacuuming
-Window wash
-Dash/Console wipe down

Suggested donation \$10 cars, \$15 vans/SUVs

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.nmcersfunddrive.org



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



RITBA SPRING & SUMMER 2018 PROJECTS

Jamestown, R.I. - The Rhode Island Turnpike and Bridge Authority (RITBA) would like to provide a construction report and traffic advisory update. Starting in April, there will be multiple RITBA projects in progress. These projects include work on the Mount Hope Bridge, Sakonnet River Bridge, Newport Pell Bridge, Jamestown Verrazzano Bridge and the Route 138 Connector.

Mount Hope Bridge (April 2018 start):

- Lane closures 9 a.m. to 3 p.m. and some night time work
- Continuation of steel repairs and painting (South Approach) Portsmouth side
- Work on bridge deck to include deck patching, safety walk concrete repairs & caulking, painting of inboard side of girders and suspender rope sockets
- Pressure washing of bridge members on and below deck

Sakonnet River Bridge (May 2018 start):

- Lane closures 9 a.m. to 3 p.m.
- Concrete repairs to bridge parapets
- On-going demolition of old Sakonnet River Bridge (RIDOT project)

Newport Pell Bridge (April 2018 start):

- Lane closures predominantly 9 a.m. to 3 p.m. with additional night work during the summer
- Bridge joint work, deck patching and safety walk repair
- Bridge Main Cable Inspection Project
- Touch-up painting of main span safety walk and deck railing
- Lane closures from 9 a.m. to 3 p.m.
- Sealing and spall repair of cracks on the bridge deck

Route 138 (April 2018 start):

- Lane closures predominantly nights and weekends with some 9 a.m. to 3 p.m. during the week
- Deck repair of Fisherman's Wharf Access Road Bridge (North Kingstown)
- Pavement Rehabilitation Project (Jamestown)



To stay up to date and receive the latest on construction activity and real-time traffic, visit RITBA's site at RITBA.org. This site provides the latest information concerning lane closures, construction activities and traffic delays for the Newport Pell, Jamestown Verrazzano, Mount Hope and Sakonnet River Bridges, in addition to the RT 138 Connector.



USAJOBS **HOT JOBS** AS OF TODAY THERE ARE 124 RHODE ISLAND BASED FEDERAL JOBS LISTED ON USAJOBS.GOV—THE MAJORITY OF THEM ARE POSITIONS LISTED RIGHT HERE ON THE INSTALLATION—SEE BELOW OVERVIEW AND GO TO: WWW.USAJOBS.GOV

Come work for the fun team:

MWR Motor Vehicle Operator—CDL-P

MWR Recreation Specialist—CFL

MWR Sales Clerk—

MWR Sales Assistant and Sailing Instructors at the Marina

Cooks & Food Service Workers

Groundskeepers

Recreation Assistants and Lifeguards

Child & Youth Programs Assistants

Bartenders & Barristers



Navy Gateway Inns & Suites is looking for:

Laundry Workers

Accounting Maintenance Clerks

Gardeners & Custodians



Naval Health Clinic New England is seeking Family Practice & Pediatrics Doctors

Naval Facilities Engineering Command Newport is seeking:

Electrical, Mechanical and Interdisciplinary Engineers and Architects—

Safety and Occupational Health Specialists

Civil Engineers (Structural)

General Engineer/Architect Supervisors

Contract Specialists

Crane Operators

Engineering Technicians



The Commissary has openings...Naval Undersea Warfare Center has openings...

Officer Training Command Newport is looking for an IT specialist

Director – NMCRS Newport : 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. E.O.E.

AROUND RHODE ISLAND...Earth Day Cleanups



Save The Bay to hold volunteer Earth Day beach cleanups on April 21-22 and through all of April

PROVIDENCE, RI – April 16, 2018 – In celebration of Earth Day on April 22, Save The Bay has organized several beach cleanups all over Rhode Island, giving individuals, families and groups many options for getting involved. "Cleanups are such a fun way to celebrate Earth Day. It feels great to do something hands-on to help the environment. And you can really see the difference when you are done," said July Lewis, volunteer and internship manager at Save The Bay.

Earth Day Cleanups on April 21-22 are as follows:

- * April 21: Narragansett, 10 a.m. – noon, Salty Brine. More info and signup. <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=64fec2efeb&e=86bb6dee6a>>
- * April 21: Newport, 10 a.m. – noon, Easton's Beach. More info and signup <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=05061ebd81&e=86bb6dee6a>> .
- * April 21: Warwick, 10 a.m. – noon, Conimicut Point. More info and signup. <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=84502fbacd&e=86bb6dee6a>>
- * April 22: Providence, 10 a.m. – noon, Save The Bay at Fields Point. More info and signup. <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=3d44885864&e=86bb6dee6a>>

Several additional cleanups are planned **throughout the month of April**, for volunteers who want to make a difference, but can't help out on Earth Day. They are:

- * April 20: Cranston, 10 a.m. – noon, Tongue Pond. More info and signup. <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=1acd92acae&e=86bb6dee6a>>
- * April 28: Westerly, 1 – 3 p.m., Misquamicut Beach. More info and signup. <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=27638f08b8&e=86bb6dee6a>>
- * April 28: East Providence, 10 a.m. – noon, Bold Point. More info and signup. <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=f0e1cb4a18&e=86bb6dee6a>>
- * April 28: Cranston, 10 a.m. – noon, Stillhouse Cove. More info and signup. <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=e361ec032b&e=86bb6dee6a>>
- * April 28: Bristol, 9 a.m. – noon, Bristol Harbor. More info and signup. <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=cf5d86454f&e=86bb6dee6a>>
- * April 29: Warwick, 1 – 3 p.m., Salter Grove. More info and signup <<https://savebay.us13.list-manage.com/track/click?u=bd060e3870cfe820bda71bad3&id=2766dc8d02&e=86bb6dee6a>> .

Save The Bay holds beach cleanups every year, from spring through fall. Last year on Earth Day, nearly 500 volunteers collected almost 8,000 pounds of trash and debris at shorelines all over Rhode Island. "People are so enthusiastic to join with their neighbors and make a visible difference in the health of their beaches. This is how we clean up the Bay — together, one piece of litter at a time," Lewis said.



Founded in 1970, Save The Bay works to protect and improve Narragansett Bay and its watershed through advocacy, education, and restoration efforts. It envisions a fully swimmable, fishable, healthy Narragansett Bay, accessible to everyone and globally recognized as an environmental treasure.

Naval Station Newport is proud to assist Save the Bay by hosting the start point for their annual Save The Bay Swim across Narragansett Bay. This year's swim will take place on August 4th and registration is already open. To learn more about this event and to register, go to: www.savebay.org/swim



Navy Establishes Command to Ensure Readiness of Warships Forward Deployed in Japan

By Commander, Naval Surface Forces, U.S. Pacific Fleet Public Affairs

SAN DIEGO (NNS) -- Commander, Naval Surface Group Western Pacific (CNSG WP) was officially established in Japan to oversee the Forward Deployed Naval Force Japan (FDNF-J) surface ship maintenance, training, and certification on Apr. 11, 2018.

In October 2017, U.S. Pacific Fleet established a Detachment, Naval Surface Group Western Pacific as an interim organization to protect the balance between operations, maintenance, and training requirements. Now a permanent command, the name of this organization has changed to CNSG WP.

It will serve as Commander, Naval Surface Force, U.S. Pacific Fleet's (CNSP) Executive Agent responsible to oversee surface ship maintenance and training. This new command will manage ship activities in the maintenance and basic phase, enforce the readiness assessment and certification process within those phases and closely coordinate with the ship's operational commander until a ship is certified Basic Phase Complete (BPC) by CNSP.

Initially established under U.S. Pacific Fleet, the command led by Capt. Rich Dromerhauser now reports to CNSP, Vice Adm. Rich Brown.

"Rebuilding readiness is my top priority," said Brown. "CNSG WP is one critical step in the process."

As executive agent for CNSP, Dromerhauser will ensure every FDNF-J ship receives the necessary maintenance, and training before recommending to CNSP whether a ship is ready or requires additional training. CNSP will submit a message to C7F that the ship is certified BPC and ready for operational tasking.

"My team will be focused on enabling ships to achieve certified levels of readiness and a demonstrated ability to safely conduct operations at sea after extended periods of maintenance and modernization efforts," said Dromerhauser, inaugural commander of CNSG WP. "We owe it to our Sailors to provide them the focused training, system maintenance, and modernization that builds competence and confidence in themselves, their Shipmates, and their equipment."

One of the goals of establishing CNSG WP is to provide a standard, predictable path for every FDNF-J ship to accomplish, protect, and synchronize maintenance and training to meet operational commitments. Since the initial announcement of CNSG WP, Dromerhauser has worked diligently to improve the efficacy and on time completion of maintenance and training.

"What Captain Dromerhauser and his team have been doing these past few months has greatly helped us assess and address readiness challenges in FDNF-J," said Brown. "He and the CNSG WP team will play a critical role in building readiness -

ensuring our ships are fully certified - today, and well into the future."

"Establishment of CNSG WP is an important step in providing the needed oversight of training and readiness production in FDNF-J," Brown continued. "The success of the Surface Force is measured by properly manned, tactically trained and effectively equipped ships ready to provide Fleet Commanders with combat naval power at sea and to project that power ashore."

In addition to the standup of CNSG WP, CNSP is implementing several other actions to improve safety and readiness of the surface fleet and addressing uses identified in the Comprehensive Review. These actions include: increased ship handling simulator training during the Basic and Advanced Division Officer Courses, mariner assessments during the Prospective Commanding Officer Course, a Junior Officer of the Deck Course, Bridge Resource Management Workshops, and additional OOD classroom and simulator training.

In conjunction with the recommendations from the Strategic Readiness Review and Comprehensive Review, which are synchronized through the Readiness Reform and Oversight Council (led by the Undersecretary of the Navy, Mr. Thomas Modly and the Vice Chief of Naval Operations, Adm. Bill Moran), the Surface Force is committed to using these initiatives to improve the surface fleet readiness at the unit and individual levels.



The Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78) fires its 5-inch gun during a live-fire exercise with the Finnish navy guided-missile patrol craft Hamina (PTG 80). Porter is forward-deployed to Rota, Spain, on its fifth patrol in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. (U.S. Navy photo by MC3Ford Williams)



Study Examines Low-Current Stimulation with VR for Treating PTSD

PROVIDENCE — Can virtual reality exposure augmented with a small amount of electrical stimulation help treat posttraumatic stress disorder?

A team of physicians and scientists, led by Dr. Noah S. Philip and Dr. Mascha van 't Wout-Frank of the Center for Neurorestoration and Neurotechnology at the Providence VA Medical Center and Brown University, are now recruiting participants at the Providence VAMC in Providence, R.I., for a study examining whether a small amount of electricity – called transcranial direct current stimulation, or tDCS – can improve PTSD symptoms and quality of life when used to augment virtual reality therapy, which provides simulated warzone exposure in a safe environment.

“Virtual reality plus tDCS seems to help Veterans suffering from PTSD, even in individuals who have tried many medications and treatment approaches with little to no benefit,” said Philip. “PTSD affects as many as 25 percent of Veterans and is a signature injury of the recent wars in Iraq and Afghanistan.” Prior research by this group demonstrated that tDCS can be used to stimulate the ventromedial prefrontal cortex, a brain region not sufficiently active in people suffering from PTSD. This tDCS-Augmented Virtual Reality Exposure, or TAVRE, study is the first of its kind to combine tDCS with VR therapy and will evaluate whether improvements in PTSD symptoms extend to quality of life.

Van 't Wout-Frank noted, “This study builds on increasing evidence that tDCS can be used to augment the learning that occurs in therapy for PTSD, and this novel approach holds promise for people who may be otherwise unable or unwilling to take standard medications for PTSD.”

Veterans interested in learning about this study can contact the Center for Neurorestoration and Neurotechnology at 401-273-7100, extension 6200, or visit the TAVRE study website at <https://clinicaltrials.gov/ct2/show/NCT03372460>.



Salute to Service 5k Run & Festival

5k and .152k fun run in the heart of Historic Wickford Village.
Family fun community event with 100% of the proceeds going to a veteran service organization and local community charities!

Attractions

Food Trucks
Beer Garden
Kids Zone play area
Health and Wellness vendors
Veterans Outreach groups
Last Post Band

May 5th, 2018

10:00 AM start

44 Beach St.

North Kingstown

RI 02852

Kayak + Paddleboard Demos

Courtesy of
The Kayak Center of RI
Donation of \$5 or
5 canned goods

For more information, please go to
www.vfw152.org

RUN WITH THE TROOPS RI

is also hosting a run in early May—on Friday, May 4. Registration begins at 5 p.m. and the race kicks off at 6:30 p.m. The start and finish is at the Seabee Museum & Memorial Park, 21 Iafrafe Way, North Kingstown. For details and registration information, go to : <http://www.runwiththetroopsri.com>



VETERANS CALENDAR: APRIL

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.