



# Navalog

May 3, 2018 Edition

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NUWC Observes Arbor Day with plantings

Nurse Week next week

Public Works Road Projects on the way



Earth Week Clean-ups around the installation continue through today with Officer Training Command Newport wrapping up their territory this afternoon. Members of Naval Health Clinic New England Newport hit the beach last week, Surface Warfare Officers School Command's Lt. Cmdr. Matt Furtado (left in uniform) and Chief Petty Officer Genaro Rodriguez, along with Petty Officer 1st Class Alyssia Mosley, lower left, hit the base with their bags and NS Newport (below) came together to pick up around Coddington Point on Monday.

Let's all keep NS Newport Clean!  
As of Wednesday, the totals were:

- 1,108 people helped
- 1,312 lbs of trash collected
- 610 lbs of metal collected
- 819 lbs of wood collected
- 231 lbs of bottles & cans collected

BZ to the Commissary and Island Express for donating all of the bags and gloves used in this year's clean-up!

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## Alternative Energy Enhanced Use Lease Signed at Naval Station Newport

On April 23, 2018, the Department of the Navy (DON) and Solar Breakers, LLC, a BQ Energy, LLC subsidiary, signed a 37-year lease to complete a large-scale off-base solar photovoltaic (PV) facility and on-base combined heat and power plant (CHP) at Naval Station (NAVSTA) Newport.

The planned 21-megawatt PV facility is scheduled to come online in the summer of 2019 and will be located on 75 acres of land at a Navy-owned former tank-farm and landfill property north of the main installation bordering the towns of Middletown and Portsmouth. Solar Breakers, LLC will build, own, operate and maintain the solar facility.

In exchange for providing land for the solar facility, NAVSTA Newport will receive a CHP plant as in-kind consideration once proper controls are installed to support the base's critical facilities in the event of an electric grid outage. In addition, BQ Energy is collaborating with National Grid to receive a financial incentive for the CHP plant to improve the state's energy portfolio and improve the base's resiliency, mutually bene-

fitting all parties. The 7.9 MW CHP plant is estimated to come online in late 2019.

Reliable energy is important to the mission of NAVSTA Newport, home to over fifty separate Navy, Marine Corps, Army Reserve, U.S. Coast Guard and NOAA commands, and the base has always maintained a strong commitment to energy security. The CHP will enhance the energy resilience of the base.

Capt. Ian L. Johnson, Commanding Officer of Naval Station Newport, states, "Energy reliability is critical to mission success. This project will take underutilized areas and turn them into solar resources that reduce pollution while generating reliable, renewable power for the base and the community. We're excited about this opportunity and look forward to working with our partners in the years ahead."

The project at NAVSTA Newport was made possible by collaborative efforts between the DON and private entities to identify aligned energy objectives. For Solar Breakers, LLC, this project diversifies their energy projects portfolio in terms of its larg-



er resilience efforts.

The Navy continues to be a leader in energy innovation and deployment of energy projects to enhance energy resilience on DON installations, which further strengthens the DON's ability to complete its mission and globally support the warfighter. The DON continues to explore the next generation of energy technology advancements, such as battery storage, fuel cells, microgrids, and smart grid deployment to further enhance the DON's energy security, operational capability, strategic flexibility, and resource availability.

## Arbor Day at NUWC Newport features memorial tree plantings, field of evergreens

Naval Undersea Warfare Center (NUWC) Division Newport commemorated Arbor Day with 10 tree plantings on April 24 and 26 in memory of deceased employees and this year added a field of evergreens to make NUWC a bit greener.

Ten Cleveland Select pear trees were planted as memorials. Planters were also provided mulch, water, fertilizer, shovels and instructions for each memorial tree. Eleven evergreens that will be decorated during the holidays were also planted.

This year seven trees were dedicated by various codes in memory of colleagues, including William Boatwright, Lou Krzych, Lisa Sylvester, Daniel Thornton, Tom and Linda Harmon, James Hozempa and David Pelletier.



Co-workers, friends and family attended a dedication for David Pelletier behind Building 990 on April 26. Capt. Mike Coughlin, commanding officer of NUWC Newport, helped plant the tree and spoke with those who attended the memorial. (U.S. Navy photo by Rich Allen, ICI Services)



A tree was planted in the memory of Thomas and Linda Harmon by Building 1320 on April 26. The Harmon's son, Chris attended the ceremony with his two children and his girlfriend. The Harmon's grandchildren also attended. (photo by Jim Travassos, ICI Services)

A tree in memory of Lisa Sylvester was planted by friends and co-workers on April 26, as part the NUWC Newport's Arbor Day events. (photo by Jim Travassos, ICI Services)

Three trees were rededicated in memory of Ronald See, Kathy Holstein, and Richard Dennis.

Families and friends were invited to attend the dedications, which included the installation of a commemorative plaque at the base of each tree.

In his dedication to Thomas and Linda Harmon, Rocky Reeves of Rite Solutions noted how appropriate the

location near Building 1176 was for the tree memorial. Thomas Harmon died on April 10, 2018 and Linda Harmon on May 3, 2016.

“Linda spent her career in finance, most of it in Building 1176,” Reeves said. “Tom’s home runs, launched from the old softball field, would often land in the parking lot of 1176.”

The Harmons’ son, Chris, attended the ceremony with his two children,

and his girlfriend. Chris remembers attending the softball games as a child and was touched that so many people who knew his parents “from way back then” returned to NUWC to attend the memorial ceremony.

Capt. Mike Coughlin spoke at several of the memorial dedications to coworkers gathered at each spot.

Arbor Day has been celebrated at NUWC since 2004.

## THE STOVEAWAY IS BACK ON THE ROAD!

*This amazingly mobile culinary experience is on the move!*

Below is the schedule for the near future—menu selection varies but includes breakfast sandwiches & burritos; Mexican theme lunches; salads; pork mini sandwiches and much more!

### Friday, May 4:

Breakfast (7-8:30 a.m.) - John H. Chafee Fitness Center, Building 1109 back of building; Lunch: (11:30 a.m.-1 p.m.) Hawaiian/Asian Day at the John H. Chafee Fitness Center

### Monday, May 7 - NO Breakfast

Lunch: (11:30 a.m.-1 p.m.) Philly Day at John H. Chafee Fitness Center

### Tuesday, May 8:

Breakfast (7-8:30 a.m.) - John H. Chafee Fitness Center

Lunch: (11:30 a.m.-1 p.m.) Mexican Day at NAVSTA HQ, Building 690 parking lot

### Wednesday, May 9:

Breakfast (7-8:30 a.m.) NAVSTA HQ, Building 690 parking lot

Lunch (11:30 a.m.-1 p.m.) Philly Day at John H. Chafee Fitness Center

### Thursday, May 10:

Breakfast (7-8:30 a.m.) at John H. Chafee Fitness Center

Lunch: (11:30 a.m.-1 p.m.) Mexican Day at John H. Chafee Fitness Center

### Friday, May 11:

Breakfast (7-8:30 a.m.) at John H. Chafee Fitness Center

Lunch: (11:30—1 p.m.) Hawaiian/Asian Day at NAVSTA HQ, Building 690 parking lot





Look very closely here

Steeplejack Paul Lussier from Nar-ragansett Flags is shown climbing up the 110 ft. flagpole located at the end of Nimitz Field on Wednesday in order to repair the primary and secondary halyards, truck and ball replacement on the pole. The work was coordinated by Dan Podesta at Officer Training Command Newport and Public Work's George Goff. This is the tallest pole on Aquidneck Island and is the site of morning and evening colors. Photo courtesy of NAVFAC

## ANZAC DAY OBSERVED

Service members and guests attend an early morning service last Wednesday, April 25, commemorating Australian and New Zealand Army Corps (ANZAC) Day outside of U.S. Naval War College's McCarty-Little Hall.

Anzac Day, April 25, is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War. The ceremony and ANZAC Day commemorates the service members who were killed during the Gallipoli Campaign during World War I.

Speakers at the event included Royal Australian navy (RAN) Lt. Cmdr. Stewart McHugh from Naval Undersea Warfare Center Division Newport; Cmdr. David Landon, RAN, Cmdr. Simon Griffiths, Royal New Zealand navy; and Cmdr. Joe Dransfield, Royal Navy, current students at the Naval War College. Top photo at right, members of Cmdr. Simon Griffiths' family lay a wreath on behalf of the New Zealand Embassy during the early morning service



(photos by MC2 Jess Lewis/NWC Public Affairs)

# AROUND THE STATION...



Attached is a photo of the SAPR Dodge Ball champions from NAPS along with the battalion. The team (below) was presented with the championship belt at the tournament last Friday evening. The team name was Attention on Deck and was comprised of Midshipman Candidates Tristan Wallace, Tyger Goslin, Dominique Gates, Gary Theard, Jacob Richardson, Jamale Carothers, Thomas Lawley and Cadet Candidate Niles Harrell.



The annual SAPR Dodgeball tournament was held in Chafee Fitness Center last Friday (see below for combined teams-photo). NAPS took home the winners' belt and also received recognition for having the best uniform in the competition. (photos courtesy of MWR)



# BZ SHIPMATES...



Capt. Cory Howes, Naval Academy Prep School (NAPS) Commanding Officer, holds a monthly Town Hall and Awards ceremony to disseminate information and recognize the hard work and dedication of faculty and staff. The NAPS team got together last Friday and the following members were recognized:



NAPS tutor Professor Linda Taggart is presented with a Team Player Award.



NAPS math instructor Professor Matt Peebles is presented with a Team Player Award.



NAPS Company Senior Enlisted Leader, BUC (SCW) Mary Montigny is presented with the Team Player of the Month award.



NAPS math instructor Professor Jake Bray is presented with a Team Player Award.



NAPS corpsman, HM2 (FMF) Justin Pickul, is presented with the Good Conduct Medal (3rd Award) by Captain Cory Howes, NAPS Commanding Officer.



## Navy Lodge Program Announces Award Winners

The Navy Exchange Service Command's (NEXCOM) Navy Lodge Program announced its 2017 award winners during its annual worldwide Training and Strategy Workshop. The awards highlight outstanding guest service in a variety of different areas of the Navy Lodge.

"The Navy Lodge Program is an important quality of life benefit, one we are proud to deliver to our deserving Sailors and their families," said Rear Adm. Robert J. Bianchi (Ret), Chief Executive Officer, NEXCOM. "Our award winning associates and Navy Lodges provide exceptional, professional service and display true leadership by building connections and trust to support our Navy community. They have all been able to achieve success by finding creative solutions and delivering outstanding hospitality to our country's heroes."

The Edward E. Carlson Award is given each year to the Navy Lodge that is rated the highest in guest and associate satisfaction, operations, quality assurance assessment and financial performance. The Navy Lodge of the Year for 2017 is Navy Lodge Sasebo, Japan. Navy Lodge Norfolk, Va., won for the large category and Navy Lodge Fort Worth, Texas, won in the medium category.

Hospitality Awards were presented to the Navy Lodges that rated the highest by guests in a variety of areas of guest service including guest relations and building and room cleanliness. The grand winner is Navy Lodge Sasebo, Japan. Navy Lodge North Island, Calif., won in the large category and Navy Lodge Whidbey Island, Wash., won in the medium category.

The permanent change of station (PCS) Award was



Rear Adm. Robert J. Bianchi (Ret), Chief Executive Officer, Navy Exchange Service Command presents Katharine Hallgring with the 2017 Navy Lodge Marketer of the Year award. (photo courtesy of NEX)

given to the Navy Lodge with the greatest increase in room nights is Navy Lodge Hawaii while the winner of the Navy Lodge with the greatest increase by percentage is Navy Lodge Guantanamo Bay, Cuba.

Pamela Kimball, General Manager, Navy Lodge Norfolk, Va., was named Navy Lodge General Manager of the Year. Esperanza Manalaysay, Navy Lodge Guest Service Representative Supervisor, Navy Lodge San Diego is the Navy Lodge Associate of the Year. **Katharine Hallgring, General Manager, Navy Lodge Newport, R.I., is the Navy Lodge Marketer of the Year.**

## ....And since we're talking about it....

**BICYCLE HELMETS:** Remember that helmets are mandatory equipment while riding a bicycle onboard NS Newport and are strongly recommended for use everywhere else you may ride. Don't have a helmet yet? Plan to attend the MWR June 2 Bike Rodeo from 11 a.m. to 1 p.m. to learn more about the different types of helmets, bike safety skills and more. For more information call 841-3142.



**IN-WATER BOAT REPAIRS:** Please make sure you speak to the marina manager before undertaking any boat repairs that could result in spills into the bay. Oil/fuel/lubricant spills of any kind could result in EPA fines and actions so take precautionary measures beforehand. (Not just at our marina but anytime you are working on the water)

# FLEET & FAMILY SUPPORT CENTER



May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Ombudsman Basic Training, 0800 - 1600	<b>2</b> Ombudsman Basic Training, 0800 - 1500 SACMG, 1500	<b>3</b> Sponsor Training 1000-1100 Federal Employment, 1400-1600	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Transition GPS MWR Rec Center 0730 - 1700	<b>8</b> Transition GPS MWR Rec Center 0730 - 1700 Credit Management 1300-1430	<b>9</b> Transition GPS MWR Rec Center 0730 - 1700 Stress Management, 0900 - 1030	<b>10</b> Transition GPS MWR Rec Center 0730 - 1700 PFM Awareness Forum, 1000 - 1130	<b>11</b> Transition GPS MWR Rec Center 0730 - 1700	<b>12</b>
<b>13</b>	<b>14</b> Saving and Investing 1000 - 1130	<b>15</b> Anger Management 1430 - 1600	<b>16</b> Entrepreneurship: Boots to Business, Newport Chamber of Commerce, 0800 - 1600	<b>17</b> Entrepreneurship: Boots to Business, Newport Chamber of Commerce, 0800 - 1600 SAPR VA 0900-1100 and 1300-1500	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Communication for Life, 1300 -1430	<b>24</b> EFMP POC Training, 1000-1130	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Holiday	<b>29</b> FAPISAPR CDO, 0800-0900	<b>30</b> Staff Meeting, 1300	<b>31</b>	<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





## How to Create and Maintain Routines

Most children thrive with routine. Little people crave a sense of control, especially with regard to sleeping and eating. Routines are especially important for children who have difficulty with transitions. Whether you're Type A or a free spirit, take time to plan some routines for your family.

### Creating routines

Planning routines for your family doesn't mean scheduling every hour of the day in 10-minute blocks. It means establishing more order around things you already do, like feeding your kids or putting them to bed. Here are some suggestions:

**Be realistic.** If you get home from work at 6:00 p.m., don't schedule a 7:00 p.m. bedtime. Think carefully about your and your family's schedule to guide your timing.

**Be patient.** Routines require practice and time for your child to get used to them. Adjust expectations and be patient.

**Try to have meals together as a family as often as possible.** When doable, aim to have everyone eat at the same time. Make mealtime run more smoothly by having your kid set the table or do another pre-meal task.

**Ease into nap time and bedtime.** There's no on-off switch on your child. Gradually wind down by doing a diaper change, bathroom trip, bath or stories to help them slow down.

**Keep the same general structure.** Use the same sequence of events at nighttime – for example, bath-pajamas-stories-sleep – to avoid delay tactics and other games. Try to keep the weekend routine similar to the weekday as far as snacks and naps.

### Maintaining routines

Sticking to your routine may take a bit of discipline on your part. Use these tips to help you stay the course:

Remind yourself that your child probably looks forward to certain routines and relies on them for a feeling of security.

Know that well-established routines can help your child adjust during challenging times, like a deployment, PCS or new sibling.

Keep your routines simple. The more complex, the harder to maintain.

Let your partner or someone else run the bedtime routine once in a while so your child gets used to others handling the duty. This will come in handy if you're deployed or if you use a babysitter.

Be flexible. Your routine may need to be adjusted occasionally because of things outside of your control, like holidays, vacations, and daylight saving time.

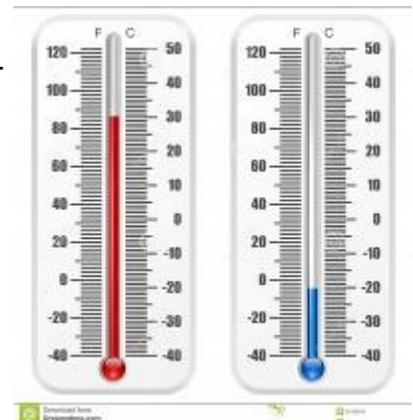
Don't be afraid to change your routines. As your child grows, you'll be able to ditch the nap, but you'll need to create a new routine for homework. Make small adjustments that best fit your family's changing schedule.

Check out Military OneSource for parenting-related information, tips and guidance to help your children and family build resilience. Call 800-342-9647.



### GENERAL ANNOUNCEMENT FOR INSTALLATION PERSONNEL:

Based on weather predictions for the next several weeks, Public Works plans to begin a shutdown of the base heating system tomorrow, Friday, May 4. As with turning on the heat, shutting down the system is done in phases and the LAST buildings to have heat secured include the child development center, teen center, fitness facilities and berthing facilities. Securing the main steam plant saves the Navy about \$20,000/day. Keep this in mind and perhaps have a light sweater handy for the cool mornings that may still be lurking in our future. Thank you for your support and doing your part to save taxpayer \$\$\$





## She said ‘no’ to the dress, and prom traditions

Last weekend, our youngest daughter, Lilly, went to senior prom. Three weeks before that, we had an epic mother-daughter argument in a TJ Maxx dressing room.

Having swapped gowns for proms and military balls my entire life, I understood Lilly’s insistence on borrowing formal dresses from friends. But this was Lilly’s senior prom. Whether she wanted it or not, I was determined to buy her a new gown all her own. As luck would have it, we found a rack of formal dresses at TJ Maxx, and Lilly took a heap of them into the dressing room. One by one, she wriggled into the garments, struggling with zippers and straps. She hated them all, except for one.

“I like it,” she said, head cocked sideways in the mirror. I tried to look apathetic. It seemed that every dress I liked, she hated. I knew better than to reveal an opinion, because Lilly would take the opposing view.

But this wasn’t just any dress. It was classic — fitted tea-length lace, with delicate straps and a unique hemline. Stunning. I clamped my lips together to contain my excitement, and tried to act nonchalant.

After rejecting a second bundle of dresses, Lilly put the lace dress back on for another look, while I busied myself rehangng the pile of discs.

“It’s cool ... different, you know?” Lilly said.

“Definitely, and very flattering.” *Oops.* In a moment of weakness, I let my opinion slip and jeopardized the entire process. I busied myself with a tangle of hangers and held my breath.

“Actually, I’ll just borrow a dress from Julia,” Lilly concluded, peeling the blue dress off and tossing it into the reject heap.

“C’mon, Lilly, you just said you liked it!” I pleaded, but revealing my fondness for the dress had been the kiss of death.

Everybody at school borrows dresses, Mom!”

“How is that possible?! If no one ever bought new dresses, there’d be none to borrow!”

“You just don’t understand!”

“Your mother wants to buy you a brand new dress, and somehow, this is a bad thing?! You’re right, I *don’t* understand!”

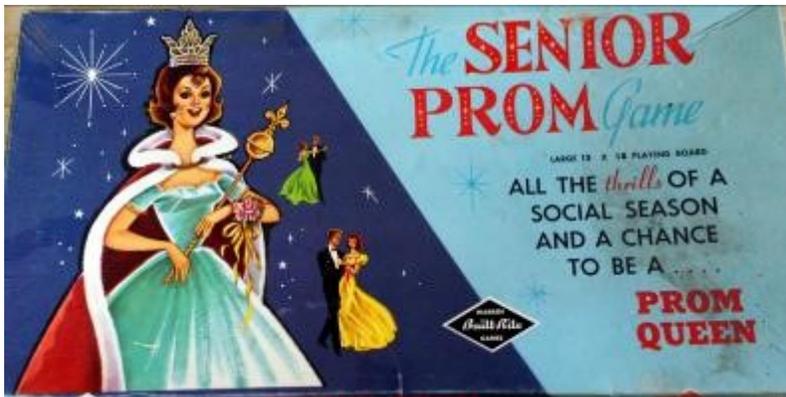
It went round and round like this, until I stormed out, dramatically proclaiming that I would never buy Lilly another thing as long as I lived.

On prom night, Lilly got ready at Julia’s house. I showed up at the school where the students were gathering for group photos, to see what she ended up wearing. I told myself that, even if she arrived in a burlap sack and a pair of Converse Chucks, I’d smile and take photos like a good mom.

I found Lilly’s girlfriends giggling excitedly on the school grounds, all of them radiant in colorful gowns. I spotted Lilly wearing one of Julia’s dresses. She approached sheepishly, but I had to admit, she looked lovely in the empire navy gown, her shimmering gold necklace reflecting her sandy blonde hair.

My eyes prickled, as I welled with middle-aged mom pride.

Just then, the boys arrived. I stood back to watch them like they were zoo animals. Lilly’s date, a football player, was milling about, chewing gum with his hands in his pockets. He was wearing an outfit — a jacket emblazoned with stars and no tie — that screamed, “I’m just here for a good time.” Although I had heard that he had a crush on Lilly, he did-



n’t bother to say hello to her. Worse yet, he didn’t say hello to *me*.

At midnight, Lilly came home reporting that she’d had a great time.

“Did you ever talk to your date?” I asked.

“Oh, sure, we ate dinner together. Then he left with his friends, and I danced a lot.”

“Your date left with his friends?!” I asked, incredulously.

Lilly assured me that this, along with girls borrowing dresses and boys wearing goofy jackets without ties, is perfectly normal teenage behavior today. Suddenly grateful for the hideous purple taffeta, tacky corsage, and awkward slow dances at my own 1984 senior prom, I breathed a sigh of parental surrender.

“And by the way, she said before going up to bed, “Nobody uses the term ‘date’ anymore, Mom. He was my ‘prom ask.’”

I stand corrected.

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

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Naval Health Clinic New England's Triad, Capt. Phillip Sanchez, Commanding Officer, (front center); Capt. Rachel Myaing, Executive Officer, (left) and HMCM Randy Swanson (right), have a group photo taken with the clinic's active duty members after the morning uniform inspection on April 30, 2018. (photo courtesy of NHCNE PAO)

## Sandal Season Alert!

The Naval Health Clinic New England (NHCNE) orthopedics team provided ingrown toe nail removal training to maximize corpsman capability through skillsets training to treat the most common cause of foot problems during deployment - ingrown toe nails. NHCNE continuously trains and learns in support of the warfighter, ensuring readiness, health and wellness for all entrusted to our care. Below fake toe shows the inflamed aggravated area being "treated." The best way to avoid ingrown toenails are to: Make sure socks, shoes and boots fit properly and are not too tight; avoid toe trauma or injury and when cutting your



toe nails, cut them straight across and not too short—avoid cutting them unevenly at the corners.

Above: NHCNE podiatrist, Lt. Mark Dreyer, along with the orthopedics team, lead the training session with 10 corpsman in attendance.

(photos courtesy of NHCNE Public Affairs)



## Naval Health Clinic New England (NHCNE) Honors Nurses during National Nurses Week

By Kathy MacKnight, NHCNE Public Affairs

NHCNE, a key component of the Military Health System, pays tribute to its nurse corps next week as part of the 2018 National Nurses Week observance.

National Nurses Week begins on National Nurses Day, May 6, and culminates May 12 on Florence Nightingale's birthday, who is widely known as the founder of modern nursing. For the U.S. military, it is an opportunity to recognize the contributions of the thousands of women and men serving as nurses since the American Revolution to the nearly 30,000 currently serving.

This year's theme – *Nurses: Inspire, Innovate, Influence* – embodies the profession that has been voted by the American public as the most ethical and honest profession in the country 16 years in a row, according to the annual Gallup poll on honesty and ethical standards.

During this week, NHCNE will hold command activities such as the Blessing of the Hands by LT Jimenez from the Chapel of Hope, a DAISY ceremony to recognize a nurse who has gone above and beyond in her duties, a dinner celebration, and a cake cutting, all to recognize and thank NHCNE's nurses.

For more than two centuries, military nurses have served America – on the water, in the air and on land – during peacetime and in conflicts stateside and abroad. The nurses within the Military Health System have played central, heroic roles in military medicine and provided unique contributions within military treatment facilities and clinics throughout the world. They ensure service members are medically ready to deploy anywhere around the globe on a moment's notice, and they play key roles in military medical research, psychological health, and many other areas within the full spectrum of the health care profession.

At the national level, the Military Health System kicks off the week with a ceremonial wreath-laying event at Arlington National Cemetery in Arlington, Va., May 7. It will be live-streamed via Facebook Live beginning at 1:30 p.m. Eastern Time, and anyone can join by linking into <https://www.facebook.com/MilitaryHealth/>.



Join the Military Health System's Nurses Week conversation and follow @MilitaryHealth's coverage of National Nurses Week by visiting <https://www.facebook.com/militaryhealth> and <https://twitter.com/militaryhealth> -- use the hashtags: #ThankUNurses, #NursesWeek, #MHS.

### About the Military Health System

The Military Health System is one of America's largest and most complex health care institutions, and the world's preeminent military health care delivery operation. MHS medical professionals save lives on the battlefield, combat infectious disease around the world, and care for 9.4 million beneficiaries in one of the nation's largest health benefit plans.

The missions of the MHS are:

- To ensure America's 1.4 million active duty and 331,000 reserve-component personnel are healthy so they can complete their national security missions.
- To ensure that all active and reserve medical personnel in uniform are trained and ready to provide medical care in support of operational forces around the world.
- To provide a medical benefit commensurate with the service and sacrifice of more than 9.4 million active duty personnel, military retirees and their families.

# MORALE, WELFARE & RECREATION



www.navymwrnewport.com

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

NAVSTANewportMWR

@NAVSTANPTRIMWR

### OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

**Mongolian Monday** Lunch Special All-you-can-eat  
\$8.50, 11 a.m.-1 p.m.

**Manic Monday** Crazy burger night-all burgers \$8,  
4-8 p.m.

**Trio Tuesday** Seaside Trio – stuffer, calamari &  
crook of chowder \$12, 4-8 p.m.

**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 served with  
potato, corn on the cob, sausage & onions, 4-8 p.m.  
\*\*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.

**MONDAY** Chili Cheeseburger with chips or fries  
\$7.50, 11 a.m.-7:30 p.m.

**TUESDAY** All-you-can-eat Mongolian Barbecue with  
a FREE fountain soda \$10, 4-7:30 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.-2 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 \$2.75 a game\*. Anyone  
55 or older bowl for \$1.25 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 \$1.25 per game\*, adults bowl for  
\$2.25 per game\*

**TUESDAY & THURSDAY LUNCHTIME POWER HOUR** -  
Unlimited bowling for up to one hour with shoes  
included for \$4 per person, 11 a.m.-1 p.m.

**WEDNESDAY** Xtreme Bowling...Glow-in-the-dark  
lights, flashy lights & turn up tunes...starts at 5-7  
p.m. (Saturday starts at 6 p.m.)

## #WEOWNFRIDAY

Calling all teens 13-17 years old, new to NAVSTA Newport, and members of our teen program, join us for FREE Bowling!

**Seaview Lanes Bowling Center**  
May 11 & 25, June 8 & 22, from 6-8 p.m.

Food and refreshments can be purchased at Seaview Lanes. Please preregister to participate by stopping by School Age Care, Building 1297 or call (401) 841-2883. Open to teens of active duty personnel, DoD civilians, and contractors.



## Animal Palooza

Saturday, May 12 - 11 a.m.-1 p.m.  
adjacent to the John H. Chafee Fitness Center

Come join us as we celebrate all things animal! Visit dog trainers, local shelters, an animal magic show, petting zoo, Save the Bay Traveling Touch Tank, make a wood craft with the Home Depot "Kid's Workshop", and much more!

Sponsored by For more information, call (401) 841-3142.

## 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.navymwrnewport.com](http://www.navymwrnewport.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.

## TELL US HOW WE ARE DOING!

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



## **FIRE SAFETY TIP:**

Spring is here and summer is around the corner, please help insure the safety of your friends and family by following the propane grill fire safety tips below:



- o Before using, read and follow the manufacturer's instructions.
- o Before each use, check hoses for signs of wear and tear, and ensure that the tank connection is tight.
- o Remove excess grease buildup from the unit to prevent flare ups.
- o The flame should be blue in color. An orange flame is an indication that there is an obstruction in the gas tubes that lead to the burners.
- o When igniting the grill, make sure the lid or cover is in the open position.
- o Never leave the unit unattended while cooking, and always keep children at a safe distance.
- o Always shut the tank off after each use.
- o Proper location and placement of the unit is very important. Keep the unit away from the sides or back of your home, as well as away from open windows.

## **APPLIED SUICIDE INTERVENTION SKILLS TRAINING**

There will be two workshops held this 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

## **NEWPORT NAVY CHORISTERS CONCERT**

The Newport Navy Choristers, under the direction of Lori McDowell, DTC(FMF), USN (Ret), will present their annual "Proudly We Sing" Concert on Friday evening, **May 18 at 7:30 p.m.** at Calvary United Methodist Church, 200 Turner Road, Middletown. This year the Choristers have chosen the Middletown Senior Center as their beneficiary. Tickets for the concert are \$12.00 for Adults, \$8.00 for Seniors and Children 11 years and under and \$25.00 for Families. Tickets can be purchased by calling the Middletown Senior Center at 401-849-8823, by any Choristers member or by purchasing them at the door.

## **BLOOD DRIVES**

Blood drives planned for May include:

**May 17**, Naval Health Clinic New England, 2nd floor command conference room from noon to 4 p.m.

**May 29**, Navy Supply Corps School Multi-purpose room 1/2 from 9 a.m. to 1 p.m.

*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 and remember, each donation helps save three lives.*



## **USPS OFFICE HOURS:**

The US Post Office located at 1900 Peary St., across from NS Newport command headquarters, has recently expanded their hours and are open Monday thru Friday from 9 a.m. to 2 p.m. and Saturday from 9 a.m. to noon. This full service post office also has PO boxes if you are interested—stop by or call (401) 8512-6972 for more information.



## **UPCOMING SPECIAL EVENTS:**

**May 6: Aquidneck Island National Police Parade, 11:50—2:40 p.m., Newport**

**May 10: NAPS Pass in Review**

**May 11: NAPS Graduation**

**May 28: Memorial Day (Federal Holiday)**

**May 28: Bristol Memorial Day ceremony & parade, 9:30 a.m., North Burial Ground**

**May 28: State of RI Memorial Day Ceremony, 1 p.m., Veteran's Cemetery, Exeter**

**Jun 9/10: RI National Guard Open House & Air Show featuring the Navy's Blue Angels, Quonset Point**

**15 Jun: NWC Graduation**



## **MILITARY LOUNGE AT PROVIDENCE AIRPORT**

Serving active military and veterans  
Open seven days a week from 0800 to 2000

Visit the Lounge for a snack, a coffee, or a soft drink, or watch some TV, while waiting for your flight. Look for us behind the Delta ticket counter on the airport departure level.



The Lounge service is provided by volunteers from the Rhode Island Military Organization (RIMO).

# 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.



**MEYERKORD DETOUR:** Traffic will be routed around Marine Corps Detachment Newport (MARDET) from April 23 to July 21 for steam line repairs **PLEASE DRIVE SLOWLY IN THAT AREA AND WHENEVER YOU ARE NEAR FORMATIONS.**

**LUCE AVE (Near NWC) CLOSURE** on Saturday, May 5 from 7 a.m. to 1 p.m. For camera installation.



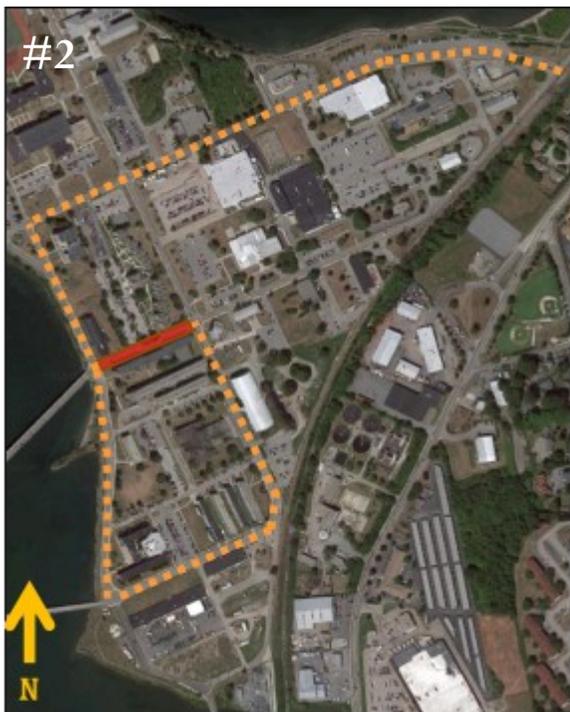
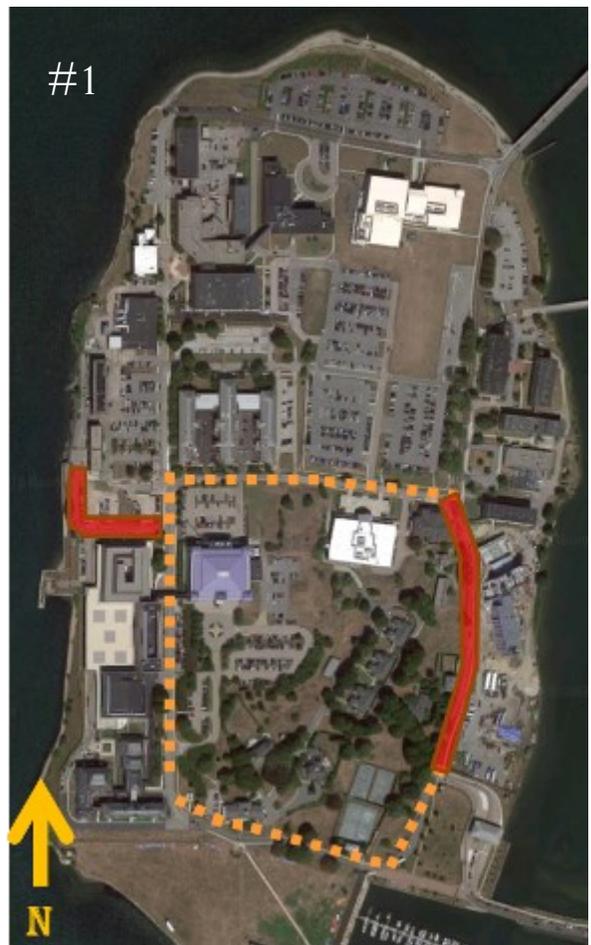
**CODDINGTON COVE:** Road repair work is underway in various locations down in the industrial and warehousing area of the base—please drive slowly and be looking out for lane closures, detours and flaggers.

## SPRING & SUMMER INSTALLATION ROAD REPAIRS:

NS Newport Public Works contracting and engineering are hard at work negotiating projects to mill and repave Perry Rd by the new Navy Gateway Inns and Suites building; **#1: (right)** The start date is scheduled to begin after the NWC graduation on June 15. Stay tuned for details—red lines indicate road work & orange dashes indicate proposed detour.

**#2: (below)** Mill and repave Perry St. between Elliot Ave to Meyerkord (below) should begin sometime in mid-June.

Additional projects are in the works for later this summer near Gate 17 and for repaving sections of Defense Highway—more details will follow as dates/details are worked out.



**INCREASED POLICE PATROLS**—please note that there have been reports of speeding in the housing areas. Moving vans and children outside playing in the warmer temperatures are a recipe for disaster if you are driving too fast. Additionally, Security is reminding everyone to use designated drivers. Memorial Day weekend is later this month and it signifies the start of the deadliest days of summer—let's watch out for each other! Stay safe.



**USAJOBS** **HOT JOBS** AS OF TUESDAY THERE WERE 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](http://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**

**OPPORTUNITY EXTENDED: Director – NMCRS Newport:** Navy-Marine Corps Relief Society (NMCRS) seeks a part-time (20 hrs/wk) experienced Director to manage operations at their Naval Station Newport office. Prior association with NMCRS, as an employee or a volunteer, will be a significant factor in evaluating a candidate's qualifications for this position (but is not necessary). 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 15, 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.



## Navy Celebrates 2018 Asian American, Pacific Islander Heritage Month

WASHINGTON (NNS) -- The Navy joins the nation in celebrating Asian American and Pacific Islander (AAPI) Heritage Month throughout May.

AAPI Heritage Month provides the Navy, and the nation, with the opportunity to honor the contributions that Asian American and Pacific Islanders have made to the country, reflect on the challenges that still face the AAPI community, and work to promote an environment that values inclusivity and pluralism. During AAPI Month, and throughout the year, the Department of the Navy celebrates the culture, traditions and ancestries of more than 56 ethnic groups, speaking more than 100 languages, that hail from Asia and the Pacific Islands, and recognizes the essential role of the AAPI community in our country's prosperity. This year, Navy commands are

encouraged to celebrate and reflect on the theme "Unite Our Vision by Working Together," which emphasizes the importance of embracing diversity and promoting unity.

Asian Americans and Pacific Islanders have a long legacy of service in the Navy, which dates back to the 19th century, and AAPI service members continue to leverage their skills, talents, perspectives and ideas on behalf of the mission. The Department of the Navy recognizes that our greatest asset is our people, whose diverse talents and skill sets are imperative to our success, and honors AAPI service members, as part of One Navy Team, as a demonstration of its commitment to fostering an actively inclusive workforce.

In accordance with ALNAV 007/18, Navy commands are encouraged to participate in AAPI Heritage



Month and all heritage celebrations and special observances throughout the year in recognition of the service and dedication of all Navy personnel, and the diversity of races, ethnicities and nationalities they represent.

For more information about AAPI Heritage Month, and to learn more about Asian American and Pacific Islanders' legacy of service in the Navy, visit <https://www.history.navy.mil/browse-by-topic/diversity/asian-americans-pacific-islanders-in-the-navy.html>.

## Navy Accepts Delivery of Future USS Tulsa (LCS 16)

From Program Executive Office, Unmanned and Small Combatants Public Affairs

MOBILE, Ala. (NNS) -- The Navy accepted delivery of the future USS Tulsa (LCS 16) during a ceremony in Mobile, Alabama, April 30.

Delivery marks the official transfer of LCS-16 from the shipbuilder, an Austal USA-led team, to the Navy. It is the final milestone prior to commissioning, which is planned for late 2018 in San Francisco.

"Today marks a significant milestone in the life of the future USS Tulsa, as transfer occurs to the Navy and she enters service," said Capt. Mike Taylor, LCS program manager. "I look forward to celebrating the commissioning of this fine ship alongside the crew later this year in San Francisco."

Tulsa is the 13th littoral combat ship to be delivered to the Navy and the eighth of the Independence vari-

ant to join the fleet. The Independence variant is noted for its unique trimaran hull and its large flight deck.

"We look forward to welcoming the future USS Tulsa and crew in San Diego later this year," said Capt. Matthew McGonigle, commander, LCS

Squadron One (COMLCSRON ONE). "Bringing a ship to life is no small task and I commend the crew for their hard work and dedication to their ship and to the LCS community."

COMLCSRON ONE supports the operational commanders with warships ready for tasking by manning, training, equipping and maintaining littoral combat ships on the west coast.

"To see Tulsa ready for delivery, words almost can't express the amazing work that Austal, Supervisor of Shipbuilding, Gulf Coast, and Program Executive Office Unmanned and Small Combatants, have done to get her to this point," said Cmdr. Drew Borovics, Tulsa's commanding officer. "Although there is still plenty of hard work ahead, we are at the point where Tulsa is ready for her crew, and I can say without hesitation that her crew is ready for Tulsa. Tulsa and her crew are 'Tough, Ready, and Able!'"





## VETERANS CALENDAR OF EVENTS:

**May 5:** 9 to 11 a.m.; US Senator Sheldon Whitehouse's "11th Annual Veterans Breakfast & Resource Fair", Portuguese Social Club, 131 School Street, Pawtucket. Guest speakers: Director Kasim Yarn, RI Office of Veterans Affairs, and Director E. J. McQuade, Veterans Benefits Administration, Providence Office. To RSVP and/or for more information, call Senator Whitehouse's office at (401)453.5294.

**May 11:** Military Spouse Day

**May 17:** 1 to 3 p.m.— "InnoVAtion to Implementation", a Research Day event in conjunction with National VA Research Week, May 14 thru 18. This event will take place at the Providence VA Medical Center, 830 Chalkstone Avenue, 5th Floor Auditorium. To confirm your attendance, your designee, or to obtain additional information, please contact Candace Shuman, Grants Manager, at 401.273.7199 X3872, or via email at [candace.shuman@va.gov](mailto:candace.shuman@va.gov) <<mailto:candace.shuman@va.gov>> .

**May 18;** 2:30 to 3 p.m.— "Soul Injury Ceremonial Workshop: An Opening for Peace ..... at Last", Community Task Force, Providence VA Medical Center, 830 Chalkstone Avenue. Point of contact is John DaSilva, Bereavement Coordinator, Beacon Hospice, at 401.438.0008.

**May 19:** 9 a.m. to 4 p.m. "Yellow Ribbon Event", 1/126th Aviation, Dare to Dream Ranch, 12 Snagwood Road, Foster, RI. Point of contact is Sergeant First Class Paul Panaikas at 401.275.1252, or via email at [paul.a.panaikas.mil@mail.mil](mailto:paul.a.panaikas.mil@mail.mil) <<mailto:paul.a.panaikas.mil@mail.mil>> .

May 21, 8:30 a.m.— "Prostate Cancer Support Group", Providence VA Medical Center, 5th Floor, Classroom #2, 830 Chalkstone Avenue. Point of contact is Chaplain Cottrell at 401.273.7100, Extension 2865. See attached flyer.

**May 25-28:** "Boots on the Ground for Heroes Memorial", Roger Williams Park, Providence, near the Temple to Music. Join Operation Stand Down for RI as it honors the service & sacrifice of all the US Service Members killed in action post 911 during the Global War on Terror. Approximately 7K boots with flags & name placards will be placed to mark the sacrifice of our brave men & women who gave their lives in service to this nation. Contact Dee DeQuattro at 401.383.4730 for more information and/or sponsorship questions.

**May 26,** noon to 2 p.m.— Congressman David Cicilline's Veterans' Barbeque, Slater Memorial Park Pavilion, 825 Armistice Boulevard, Pawtucket. Point of contact is Marie Magee at 401.729.5600, or via email at [marie.magee@mail.house.gov](mailto:marie.magee@mail.house.gov) <<mailto:marie.magee@mail.house.gov>> .

**May 27,** 6 p.m.— "Patriotic Concert by The Governor's Rhode Island National Guard 88th Army Band", Roger Williams Park, Providence, near the Temple to Music. Contact Dee DeQuattro at 401.383.4730 for more information and/or sponsorship questions.

**May 28,** Memorial Day

**May 28,** 9:30 a.m.—Bristol Veterans Council ceremony and parade, North Burial Ground Bristol

**May 28,** 1:30 p.m.—State of R.I. Memorial Day Ceremony, Veteran's Cemetery, Exeter

## JUNE Events:

**June 6,** 74th Anniversary D-Day (1944)

**June 9,** 7 a.m. to 1 p.m.—"VET SURF", Surf Clinic presented by AmpSurf New England, Narragansett Town Beach. Sign up to participate or volunteer at [ampsurf.org](http://ampsurf.org). All equipment (surfboards & wetsuits), surf instruction & lunch to be provided. For questions and/or more information email [AmpSurfNewEngland@gmail.com](mailto:AmpSurfNewEngland@gmail.com) <<mailto:AmpSurfNewEngland@gmail.com>> .

**June 9 & 10:** Rhode Island National Guard Open House & Air Show, Quonset State Airport, North Kingstown. For more information please visit [www.rhodeislandairshow.com](http://www.rhodeislandairshow.com), [facebook.com/riairshow](https://facebook.com/riairshow), and [twitter.com/riairshow](https://twitter.com/riairshow).

**June 14,** US Army Birthday & Flag Day

**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