



Navalog

U.S. Naval War College Graduates 1,535

June 21, 2018 Edition

INSIDE THIS EDITION

TRAFFIC UPDATES: ROAD WORK UNDERWAY AROUND BASE

NUWC ANNOUNCES NEW INITIATIVE

SUPPLY CORPS GRADUATES READY FOR SEA



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Students of U.S. Naval War College's (NWC) 2018 graduating class participate in a commencement ceremony at NWC last Friday afternoon on Dewey Field. The graduating class of 2018 included 323 resident students of the Navy, Marine Corps, Air Force, Army, Coast Guard, federal civilian employees and 103 international students. Additionally, 1,109 students completed coursework through NWC's College of Distance Education programs. Top right, Musician 3rd Class Cristiana Villalva from Navy Band Northeast sings the National Anthem and, bottom left, faculty file into the tent for the festivities. (photos by MC1 Jaima Fogg/Released)

By: MC2 Jess Lewis, U.S. Naval War College Public Affairs

NEWPORT, R.I. – U.S. Naval War College (NWC), Newport, RI, graduated 1,535 students during a ceremony held June 15 at Dewey Field on board Naval Station Newport in Newport, Rhode Island.

Secretary of Defense James N. Mattis delivered the commencement address to the graduates.

“Congratulations to all of you graduates on your achievements here today and to the families that stood by you as you burned the midnight oil here at a school known for its intellectual rigor,” said Mattis.

TODAY'S THE FIRST DAY OF SUMMER—STAY SAFE AND DON'T BE A STATISTIC!



During the ceremony, graduates were presented with Master of Arts degrees in National Security and Strategic Studies or Defense and Strategic Studies. International graduates were awarded an NWC diploma.

There were 151 graduates from the College of Naval Warfare, the senior-level course; and 172 from the College of Naval Command and Staff, the intermediate-level course. These students are members of the Navy, Marine Corps, Air Force, Army, Coast Guard or civilian government employees.

NWC's Naval Command College and Naval Command and Staff College graduated 103 international officers. The College of Distance Education graduated 1,109. These students completed requirements through the Fleet Seminar Program, web or CD-ROM-based courses.

In his remarks, Mattis talked about the history of NWC as well as the legacies left behind by some of NWC's founding leaders.

"I am confident that you are going to carry forward that legacy of what those officers found here or brought to this school as you take your intellectual firepower forward and tackle the security problems of our time," added Mattis.

The education received will serve graduates as they continue in military or government service.

"All the students here worked hard for 10 months, and in the process, we became very good friends," said Marine Corps Maj. Beth-Anne Canero, an NWC graduate. Learning everything from fierce security decision-making, through classes in Mahan and Naval theory warfare tactics, really makes us a more well-rounded officer to go lead at a higher level, and in my case, the Marines, in the future."

Degrees are accredited by the New England Association for Schools and Colleges. International graduates represented 69 nations to include: People's Democratic Republic of Algeria; Argentine Republic; Commonwealth of Australia; Republic of Azerbaijan; People's Republic of Bangladesh; Belize; Republic of Benin; Federative Republic of Brazil; Republic of Bulgaria; Canada; Republic of Chile; Republic of Colombia; Republic of the Congo; Republic of Cote d'Ivoire; Republic



Secretary of Defense James N. Mattis is presented with a U.S. Naval War College (NWC) Master of Arts Degree in National Security and Strategic Studies by Rear Adm. Jeffrey A. Harley, NWC's president during a commencement ceremony at NWC. U.S. Navy photo by Edwin L. Wriston/Released)

of Croatia; Kingdom of Denmark; Dominican Republic; Arab Republic of Egypt; Republic of Estonia; French Republic; Georgia; Federal Republic of Germany; Republic of Ghana; Hellenic Republic; Republic of Guatemala; Republic of Haiti; Republic of India; Republic of Indonesia; Republic of Iraq; State of Israel; Italian Republic; Japan; Hashemite Kingdom of Jordan; Republic of Kenya; Republic of Korea; State of Kuwait; Republic of Latvia; Lebanese Republic; Republic of Lithuania; Malaysia; Islamic Republic of Mauritania; United Mexican States; Montenegro; Kingdom of Morocco; Republic of Mozambique; New Zealand; Federal Republic of Nigeria; Kingdom of Norway; Sultanate of Oman; Islamic Republic of Pakistan; Republic of Peru; Philippines; Republic of Poland; Romania; Kingdom of Saudi Arabia; Republic of Senegal; Republic of Singapore; Republic of Slovenia; Republic of South Africa; Kingdom of Spain; Taiwan; United Republic of Tanzania; Democratic Republic of Timor-Leste; Togolese Republic; Tunisian Republic; United Arab Emirates; United Kingdom of Great Britain and Northern Ireland; United States of America; and Socialist Republic of Vietnam.

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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!

AROUND THE STATION...



NWC is a one-year resident program that graduates about 600 resident students and about 1,000 distance learning students each year. Its primary mission is to educate and develop future leaders. Additional missions include: helping to define the future Navy and its roles and missions, supporting combat readiness, strengthening global maritime partnerships, promoting ethics and leadership throughout the force, contributing knowledge to shape effective decisions through our Maritime History Center, providing expertise and advice to the international legal community through the Stockton Center for the Study of International Law. Students earn Joint Professional Military Education (JPME) credit and either a diploma or a master's degree in National Security and Strategic Studies or Defense and Strategic Studies.



Secretary of Defense James N. Mattis (left); Rear Adm. Jeffrey A. Harley (right), president, U.S. Naval War College (NWC) and Bill Obenshain (center right), Naval War College Foundation present the Alfred Thayer Mahan Award to Milan N. Vego, a NWC professor during a commencement ceremony at NWC. (U.S. Navy photo by Edwin L. Wriston)

Established in 1884, U.S. Naval War College is the oldest institution of its kind in the world. More than 50,000 students have graduated since its first class of

nine students in 1885 and about 300 of today's active duty admirals, generals and senior executive service leaders are alumni.



Secretary of the Navy Richard V. Spencer was on the installation last week for events taking place at some of the major commands. He took time out for an unscheduled stop at Nimitz Field last Tuesday afternoon where he met with the 197 members of Officer Development School (ODS) Class 18040. SECNAV Spencer spent over thirty minutes with the future leaders during the informal Q&A session. ODS is one of the five separate Officer Accession/Indoctrination programs overseen by Officer Training Command Newport. (photo courtesy of OTCN)

BZ NWC GRADUATES...



Secretary of Defense James N. Mattis; Rear Adm. Jeffrey A. Harley, president, U.S. Naval War College (NWC) and Bill Obenshain, Naval War College Foundation, present the McGinnis Family Award for Outstanding Performance in Nonresident Education to Coast Guard Lt. Nicholas M. Monacelli during the commencement ceremony at NWC.

Secretary of Defense James N. Mattis; Rear Adm. Jeffrey A. Harley, president, U.S. Naval War College (NWC) and Bill Obenshain, Naval War College Foundation, present the Rear Adm. Joseph C. Strasser International Leadership Prize for NWC's Naval Staff College to Royal navy of Oman Lt. Cmdr. Adil Mahfoodh Salim Al-Naimi.



Secretary of Defense James N. Mattis; Rear Adm. Jeffrey A. Harley, president, U.S. Naval War College (NWC), present the Rear Adm. Joseph C. Strasser International Leadership Prize for NWC's Naval Command College to Royal navy Cmdr. Joe Dransfield.



Secretary of Defense James N. Mattis; Rear Adm. Jeffrey A. Harley, president, U.S. Naval War College (NWC) and Thomas Feeney, president, Navy League of the United States Newport County Council, present the Stephen B. Luce Award for Distinguished Graduate of the College of Naval Warfare to Marine Corps Lt. Col. Jason A. Borovics (above left photo) and the William S. Sims Award for Distinguished Graduate of the College of Naval Command and Staff to Air Force Maj. Max W. Yates (right). (All photos on this page by U.S. Navy photographer Edwin L. Wriston/Released)



NUWC Division Newport partners with Rhode Island consortium to foster faster undersea technology development

Naval Undersea Warfare Center (NUWC) Division Newport announced Monday a three-year landmark agreement with the Undersea Technology Innovation Consortium (UTIC) of Middletown, R.I., to provide cutting-edge undersea and maritime technologies. The agreement provides the Navy with Other Transaction Authority (OTA) designed to make delivery of these technologies and related prototypes faster and more efficient than traditional federal acquisition requirements might normally permit.

NUWC Newport Commanding Officer Michael Coughlin was joined by Sen. Jack Reed, Rep. Jim Langevin and UTIC Executive Director Molly Donahue Magee in making the announcement at a media event at NUWC.

“This will streamline priorities,” said Reed, the ranking member of the Senate Armed Forces Committee. “We’ve got to be quicker, faster and tap into small business innovation. This arrangement will allow this.”

“There is no better place to do this than in Rhode Island,” said Langevin, a senior member of the House Armed Services and Homeland Security Committees. “The state is widely known for our excellence in the development of maritime and undersea technologies. This agreement will make the process more efficient and reliable.”

UTIC has estimated that the agreement may provide a minimum of \$20 million to be distributed annually to technology companies through the management firm Advanced Technology International.

Langevin and Reed commended NUWC and UTIC for facilitating the collaboration and cooperation necessary to ensure Rhode Island remains well positioned to develop the next generation of undersea technologies. This award establishes the state as the Department of Defense (DoD) focal point for undersea and maritime technology innovation with particular focus on undersea vehicles, sensors and sonars, payloads, communications, electronic warfare and applicable enabling technologies such as quantum computing and advanced materials.

The Other Transaction Authority (OTA) three-year agreement allows for extensions on options for up to 10 years to engage industry and academia for a broad range of prototyping activities. OTAs allow for much greater speed, flexibility and accessibility in performing prototyping activities as they are not standard procurement contracts, grants or cooperative agreements



and are generally not subject to all the federal laws and regulations that apply to government procurement contracts. Their core purpose is to accelerate access to, and adoption by, certain select agencies within government. An OTA grants access to innovative technologies from companies that otherwise would have no interest in dealing with the complexities of a standard procurement relationship with the government.

As a team, UTIC and ATI, will manage the OTA

through a strong and innovative technology consortium, said Molly Donahue Magee, executive director of UTIC and the Southeastern New England Defense Industry. Headquartered in Middletown, the consortium-based model welcomes participation by organizations - both traditional and non-traditional - who have technologies

that can contribute to undersea and maritime domain applications.

“We invite all companies large and small to join us to be a part of our consortium team,” Magee said.

The ultimate goal is to deliver the needed innovative solutions to the men and women of our armed forces via a faster process.

“It takes several years to develop, qualify and field state-of-the-art weapon system technologies and even more for new undersea systems” said Coughlin. “Often, by the time a technology is ready for fielding, the original requirement or threat has changed. This joint effort recognizes the challenge and has embraced this innovative process that facilitates better communication and collaboration while most importantly delivering needed capability faster. This collaboration will ensure undersea superiority for our Navy!”

For more information on the award, visit www.underseatech.org or email undersea@underseatech.





Navy Supply Corps School Newport to certify 30 students 'Ready for Sea'

By Lt. Stephen Astafan, NSCS

Last Friday, June 15, Navy Supply Corps School (NSCS) Commanding Officer, Capt. Doug Noble, certified 30 students of the Basic Qualification Course (BQC) 2nd Battalion (Bn.) "Charlie" Company, and BQC-NR (Naval Reserves) 94th Company "Ready for Sea" at a graduation ceremony held at the NSCS Wheeler Center. The ceremony featured Mr. Michael T. Madden, Vice Commander of Naval Supply Systems Command as the



Students from 94th Company Naval Reserves with the Commanding Officer CAPT Noble, Executive Officer CDR Bill Barich, and Reserve Program Instructor LT Jay McMurtrey.



Students from 2nd Battalion, Charlie Company, with the Commanding Officer Capt. Noble, and Executive Officer Capt. Ed Pidgeon.

keynote speaker.

Charlie Company has been quite active in the local community; volunteering nearly 500 hours of community service during the BQC. The students dedicated their time to numerous causes including the Martin Luther King Jr. Memorial Torch Run, donating blood to the Red Cross Blood Drive, participating in the city-wide Newport St. Patrick's Day parade, as well as many other personal endeavors such as visits to local senior centers. Charlie Company's Intramural Volleyball team, 'The Empire Spikes Back' made a deep run into the playoffs but fell short of the base-wide NS Newport Championship. Additionally, the graduating class was able to participate in the 223rd Supply Corps Birthday Ball!

The BQC is an in-depth 22-week course encompassing the major areas of a shipboard supply department including repair parts, consumables, provisions, retail sales, and disbursing. These skills are necessary to keep both equipment and sailors operating effectively. Additionally, BQC graduates learned the tenets of

Navy Cash operations and off-ship bill pay, along with lessons in ethics and leadership.

The BQC-NR is a hybrid resident and distance learning 15-month curriculum providing Direct Commissioning Program officers with the fundamental technical and managerial knowledge necessary to function effectively as Supply Corps officers within the Navy Reserve. Upon graduation of the BQC and BQC-NR, 2nd Battalion and 94th Company graduates will bring awaiting units their newfound logistical knowledge and motivated enthusiasm to provide their Sailors with creative solutions and vision, while embodying the Supply Corps officer motto of "Ready for Sea".



1st Battalion Students enjoy the 223rd Supply Corps Birthday Ball, Aloha!



1st Bn in the 62nd Annual St. Patrick's Day Parade.



Charlie Company Volunteers at the local Senior Center



Morale, Welfare & Recreation held their annual Flag Day fun run on June 14 with 243 military, civilian employees and family members participating in the three mile run or 1.5 mile walk that began at 8:45 on the Weenachasset Foot Bridge. The first male across the finish line was Ralph Lufkin, 16:43, from the Surface Warfare Officer's School (SWOS) ; Second male was Derek Rowe, 17:09, Air Force Strike Command; First female was Bryanna Gilbert, 21:58, with Navy Supply Corps School; Second female: Sarah Miller, 22:20, SWOS and third female was Marta Gortad, 24:41, SWOS. Photos courtesy of MWR

The Navy Marine Corps Relief Society reports the final 2018 Active Duty Fund Drive (ADFD) report for NS Newport:



2018 Funds raised: \$62,703 (2017 Funds raised: \$46, 635)
34 % Increase from last year with an average of \$26.05 per capita donation and 100% contact made by the 52 ADFD volunteers. Thus far in 2018, \$80,775 has been given out in assistance via the Newport office to Soldiers, Sailors, Airmen and Marines and their families (last year there was a total of \$57,775 disbursed).

Currently there are 34 Office & Thrift Shop volunteers! [BZ NMCRS](#)



STOVE AWAY SCHEDULE FOR NEXT WEEK:

Friday, June 22 - BREAKFAST: NAVFAC HQ, Building 1 parking lot
11:30 a.m.-1 p.m. - LUNCH (Asian): John H. Chafee Fitness Center, backside of building
Monday, June 25 - BREAKFAST: CLOSED
11:30 a.m.-1 p.m. - LUNCH (Philly): BREAKFAST: John H. Chafee Fitness Center, backside of building
Tuesday, June 26 - 7-8:30 a.m. - BREAKFAST: John H. Chafee Fitness Center, backside of building
11:30 a.m.-1 p.m. - LUNCH (Mexican): NAVSTA HQ, Building 690 parking lot
Wednesday, June 27 - 7-8:30 a.m. - BREAKFAST: NAVFAC HQ, Building 1 parking lot
11:30 a.m.-1 p.m. - LUNCH (Philly): NAVSTA HQ, Building 690 parking lot
Thursday, June 28 - 7-8:30 a.m. - BREAKFAST: John H. Chafee Fitness Center, backside of building
11:30 a.m.-1 p.m. - LUNCH (Mexican): NUWC Commercial Acquisition, Building 11
Friday, June 29 - BREAKFAST: NAVSTA HQ, Building 690 parking lot 11:30 a.m.-1 p.m. - LUNCH (Asian): John H. Chafee Fitness Center, backside of building



Yeoman 3rd Class Adam Velazquez is pinned to second class petty officer by Yeoman 1st Class Robert McCormick (left) and Yeoman 2nd Class Bruno Calderon (right) during a frocking ceremony held at U.S. Naval War College (NWC) ON June 5. During the ceremony, four NWC sailors were promoted to first or second class petty officer. (U.S. Navy photos by MC2 Class Jess Lewis) ←

Sonar Technician Surface 2nd Class Jacqueline Sawyer is pinned to first class petty officer by Capt. Tamara Graham during the June 5 frocking ceremony. →



Builder 2nd Class William Bell is pinned to first class petty officer by Master Chief Equipmentman Nathan Kimball during the ceremony held June 5. ←



Quartermaster 3rd Class Moise M. Monestime is pinned to second class petty officer by Quartermaster 1st Class Jessie Jowers during the frocking ceremony. →



Ms. Jacqueline Conway was recognized as the NS Newport Junior Civilian of the Quarter, 1st Quarter, 2018 by Capt. Ian Johnson, NS Newport Commanding Officer at a informal recognition ceremony held June 8 at the Chafee Fitness Center. Ms. Conway is a recreation/fitness specialist with MWR known and respected for her dedication and hard work.





Ticks and Tick-Borne Diseases

By Preventive Medicine Department, NHCNE
Source: Navy Entomology Center of Excellence and Center for Disease Control

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

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

Personal protective measures to prevent tick bites: Avoid Direct Contact with Ticks

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

Repel Ticks on Skin and Clothing

- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.
- The Environmental Protection Agency (EPA) has an online tool to help you select the repellent that is best for you and your family (<https://www.epa.gov/insect-repellents/find-repellent-right-you>).

Find and Remove Ticks from Your Body

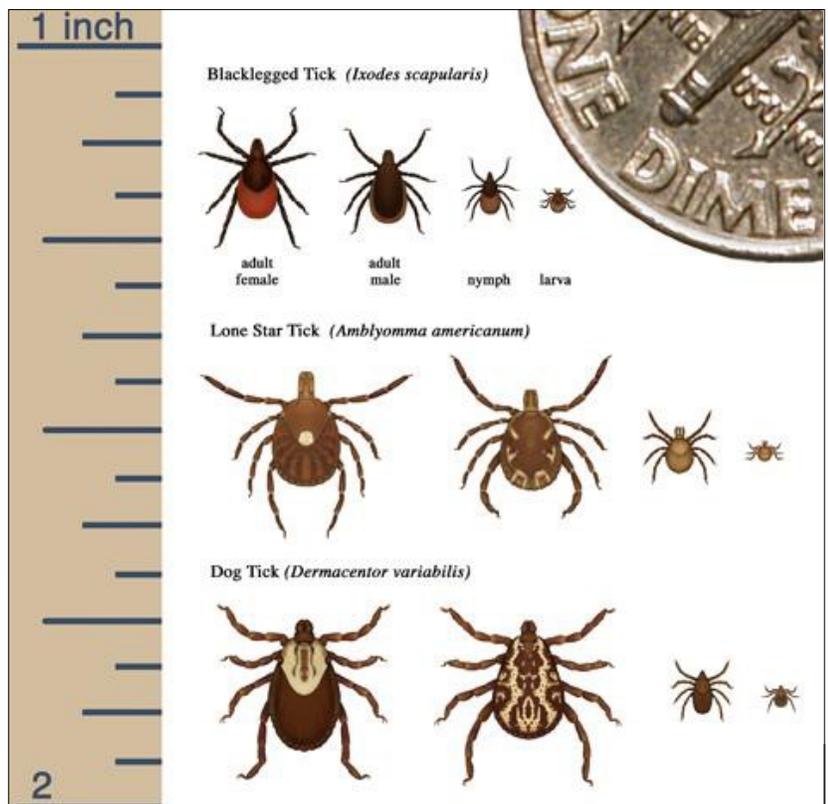
- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around

the waist, and especially in their hair.

- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
- If the clothes are damp, additional time may be needed.
- If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

If bitten:

1. Grasp the tick's mouthparts against the skin, using pointed tweezers.
2. Pull back slowly and steadily with firm force until tick is removed. DO NOT squeeze the body of the tick or apply any substance, including petroleum jelly, finger nail polish, or a lighted match to the tick, while it is attached. These methods are ineffective.
3. If possible, save the tick, by placing it in a clean, dry jar, vial, small Ziploc plastic bag, or other sealed container, for future identification (at Preventive Medicine Department, NHCNE) should you later develop disease symptoms.
4. Discard the tick after one month if no disease symptoms occur.





Moving with Pets

When you're preparing for a military move, having a pet can add another layer of complexity, particularly if you're moving overseas. But you know the drill: spend some up-front time planning and preparing, and you can ease some of the stress of relocating for both you and your pet.



Pet moving tips

Before your move, make sure you bring your pet to the vet. Making sure your pet is healthy and has updated immunizations can make a domestic or overseas move go smoother. You'll want to prevent the chances of your pet getting lost as you make your move. Before moving, consider some tips for keeping track of your pet in unfamiliar territory:

- * Give your pet an identification tag. The tag should display the name of your pet, your cellphone number and the phone number of an emergency contact.
- * Take a picture of your pet so that you can show people what it looks like should it get lost during the move.
- * Consider having your veterinarian insert an identification microchip under your pet's skin.

Traveling in the car

Make the move easier on your pet. Spend time with your pet in the vehicle. Introduce it well beforehand to the crate that you intend to use during the move. Show your pet that traveling can be fun. Try the following tips:

- * Offer your pet a reward whenever it gets into the vehicle.
- * Take your dog, for example, on short drives to the park so that it associates car travel with a happy destination.
- * Put the pet's crate you plan to use inside your home or backyard, leave the door open and put a treat inside the crate.
- * Teach your dog to respond to a bathroom command such as "go potty" or "go outside." Make sure you give your cat access to a litter box.

Moving to another state

- * Visit the U.S. Department of Agriculture's Animal and Plant Health Inspection Service's website <<https://www.aphis.usda.gov/aphis/pet-travel/pet-travel-home-page>> to see if there are rules for bringing animals into the state to which you have been assigned.
- * There may be a limit to the number of pets that you can have on a military installation. Look up the

regulations for your installation before you start to pack.

- * Call a friend and ask if he or she can watch your pet on moving day.
- * Seek out pet-friendly hotels along your travel route before moving day.
- * Don't forget to take your pet's health certificate and proof that it has current vaccinations.
- * Put your pet's food, water, bowls, leash, toys, bedding, plastic bags and medication in one bag.
- * Feed your pet three to four hours before the trip and give it a light meal when you stop for the night.
- * Stop at rest areas and give your pet some water as well as a chance to run around. Give your cat access to a litter box.

Moving to another country

Prepare to move your pet in advance of an overseas trip. You can save yourself and your pet a lot of hassle and potential heartache by understanding the ins and outs of rules of your destination country. Different nations have different rules and quarantine requirements associated with the relocation of cats, dogs and other types of pets.

- * Contact the consulate or embassy in the country to which you were assigned to learn about the rules for bringing in pets.
- * Many overseas destinations require that pets have microchips with a number that matches the number on the health certificate.
- * Check the airline travel requirements for pet crates before buying a crate.
- * Write your name, your pet's name and your destination address on the crate. If your pet is unfriendly, then put a warning on the crate.
- * Ask your airline if you need to reserve a space on the flight for your pet.
- * Some countries may require your pet to be quarantined for an extended amount of time before it can live with you. The cost associated with that quarantine can be pricey. The Department of Defense may reimburse you for up to \$550 <<http://www.defensetravel.dod.mil/site/faqpet.cfm>> if you are an active-duty member moving to a country where the quarantine period is mandatory.
- * The Department of Defense will not reimburse you for the relocation cost associated with moving your pet from one country to another.

Help ease the stress your family and pet might experience during a major move by knowing what to expect before you begin to pack. Various transportation rules and health regulations could impact you and your pet, and you will want to be prepared to deal with them when they arise. Each installation has its own rules regarding pets. Contact your new installation to get specific information before your move.



Realizing it's not all about me

"Honey, my job is a priority," my husband reminded, after saying that he would not be home to help me pack for our family vacation. Every summer, Francis' work seems to get in the way of our annual beach trip. It's become tradition for me to do all the planning, packing, dog-kenneling, kid-nagging, and driving to North Carolina, while Francis shows up late "because he has to work."

This year, Francis was not only going to arrive at the beach after I've made beds and chilled beverages, he was also departing early "for work," leaving me to clean, re-pack, and make the twelve-hour drive home.

So, I was feeling sorry for myself.

"Military spouses are expected to do everything," I thought while wrestling the heavy mower down the steps of our shed. The grass was so long, I had to stop every lap to empty the clippings. My nails were stained green, a flying bit of mulch speared my shin, and I stepped in dog doo ... twice.

"I'm too old for this," I grumbled to myself.

At one point, I saw my 80-something-year-old neighbor, Sandy, waving a crumpled tissue at me from her side of the fence.

"How have you been?" I asked after silencing the mower.

"I have a problem with my teeth," she said, oddly. She went on to explain that her dog, a huge labradoodle named Zoey, had chewed up her bridge. I noted gaps in her molars as she spoke.

"Oh, I just love your dog," she said, looking over at our yellow lab. "What's her name again?"

"He's male, and his name is Moby." I had told her this many times before.

"You know," she said, gesturing excitedly to the street with her hand, "she got out and came over to my kitchen door one day!" Sandy had also told me this before, about how smart our dog must be to have found Zoey's house. "Your dog loves Zoey. What's her name again?"



We went around in circles like this a few more times, talking about the same things we always talked about — our dogs, which pine trees shed too many needles, Sandy's old house in Connecticut. I glanced down at my watch. Still so much to do to get ready for vacation. I tried to make a break for it.

"Hey, could you come over with your dog so I can show you my cabin?" Sandy pleaded. She had asked to show me her little log house several times since we moved to the neighborhood a year ago, but I had always avoided it. This time, guilt got the better of me.

We entered Sandy's kitchen door, and she giggled when Moby lapped from Zoey's bowls. She shuffled me through her tiny kitchen, an unused guest bedroom, and the log living room. Home Shopping Channel was on the television. A dusty ceramic Christmas tree sat on the mantle with cards from her grown children who lived out of state. Sandy told me to climb the stairs to the loft to see the dollhouse that she had put there in case grand-

children ever visited. They were too old for dolls now.

Having seen her cabin, I poised myself to make an exit. "Sit for a minute, would you?" Sandy gestured to a creaky wicker settee and smiled widely despite the gaps in her molars. "I'll open the window so we can smell the sea."

Sandy talked more about her old house in Connecticut, her grown children, and the dogs, before she asked me if I wanted to see her doll house. I explained that I'd already seen it.

"Oh, yes ... what's your name again?" I wrote my name, address, phone number and "Moby (male dog)" in large block letters on an index card Sandy retrieved from a kitchen drawer.

"You can bring Zoey over to play at my house next time," I told her.

Walking home, I remembered the board games I needed to pack, the damp grass I needed to cut, the laundry I needed to finish, and the 12-hour drive I had to make to the beach with the kids.

And I was grateful.

(p.s.—BZ to Lisa Smith Molinari for winning a national first place award for print humor from the National Society of Newspaper Columnists!)

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

www.themeatandpotatoesoflife.com

and can be contacted at meatandpotatoesoflife@gmail.com

or on Twitter: [@MolinariWrites](https://twitter.com/MolinariWrites) or

'like' her on Facebook at: <https://facebook.com/TheMeatandPotatoesofLife>

MORALE, WELFARE & RECREATION



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OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

Monday-Friday: 11 a.m.-10 p.m. Saturday: 3-10 p.m.
Sunday & federal holidays: closed

Monday ~ Mongolian - Choose from a variety of veggies, noodles/ rice, proteins and sauces to create your own signature dish ~ 12.00

Tuesday ~ Rhode Island Style Chicken - Half roast chicken, pasta with marinara, French fries & salad bar ~ 13.00

Cajun Shrimp & Lobster Cavatappi - with baby spinach, Cajun peppers, tomato basil cream ~ 22.00

Cavatappi Primavera - with tomatoes, artichokes, olives, goat cheese in a roasted garlic butter ~ 14.00

Wednesday ~ Fried Fisherman's Platter - Fried clams, scallops & fish served with French fries and coleslaw ~ Market Price

Baked Seafood Casserole - Scallops, fish, shrimp, topped with a buttery cracker crumb, served with baked potato and seasonal vegetable ~ 22.00

Thursday ~ Boiled Lobster - New England favorite! Steamed and served with potato, corn on the cob, sausage & onions ~ Market Price

Lobster Mac & Cheese - A creamy blend of pasta & cheese and loaded with buttery lobster ~ 18.00

Friday ~ Prime Rib - 12 oz. thick cut, served with baked potato & seasonal vegetable ~ 24.00

Cioppino - Clams, mussels, fish & shrimp blended together in a classic fennel broth, served with crusty bread ~ 24.00 *Add pasta for 2.00 extra

** Weekly specials & special nights are from 5-9 p.m. & 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-Thursday: 11 a.m.-9 p.m.; Friday: 11 a.m.-10 p.m.; Saturday: 4-11 p.m.; Sunday: 1-8 p.m.; Federal Holiday: 12-6 p.m.

MONDAY - Triple-Fried Burger with a fried egg, fried mozzarella and fried pickle served with fries or chips \$8.25, 11 a.m.-7:30 p.m.

TUESDAY - 1 lb (8-10 pieces) East West Wings \$6.75, 4-7:30 p.m.

WEDNESDAY - All-you-can-eat Pizza & Salad Buffet \$7.25, 11 a.m.-1:30 p.m.

THURSDAY - Free fountain soda with lunch purchase, 11 a.m.-1:30 p.m.

THURSDAY SUNSET SOCIAL - Enjoy the sunset from our decks with \$5 food & drink deck specials, 4-7 p.m.

FRIDAY - All-you-can-eat Mongolian Barbecue with free fountain soda \$9, 11 a.m.-1:30 p.m.

MOVIE ON THE DECK - Black Panther on Saturday, June 2, 8:30-11 p.m.

TROPICAL DECK SOCIAL ON FRIDAY, JUNE 15 - Warm breezes and tropical treats, complete with steel drums starting at 6 p.m. Frozen drink and food specials throughout the evening!

Family Bowling Event

Seaview Lanes Bowling Center

Sunday, June 24 • 12 - 2 p.m.



Bowling special - \$1 per game* & \$1 shoe rental*

\$3 lunch special - 2 chicken fingers, pineapple chunks & a juice box *per person

- Arts & Crafts
- Games
- Disney Moana Movie

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

Teddy Bear PICNIC

Community Recreation Center Deck

Saturday, June 30 • 11 a.m.-1 p.m.

Grab your stuffed best friend (a parent too) and come down to Building 656 for our annual Teddy Bear Picnic! Come enjoy your favorite picnic foods with your stuffed friends and a reading of Winnie the Pooh!

Tickets are required - \$3 per person, children under 3 are free but still require a ticket. Tickets can be purchased at Seaview Lanes until Wednesday, June 27, space is limited. Details call (401) 841-4293.



MISSOULA CHILDREN'S THEATRE

A PRODUCTION OF MCT, INC.



Calling all Naval Station Newport Youth & Teens who are entering 1st grade through 12th grade!

Open to military and DoD civilian dependents.

Auditions will be held on Monday, July 23 at the Officers' Club, Building 95. The audition session begins promptly at 10 a.m. and lasts until 12 p.m. Youth should come and be ready to have a good time! Please be aware that everyone must stay the entire two hours of the audition session. No advance preparation is necessary, but a smile never hurts at an audition!

Rehearsals will begin Monday, July 23 after auditions for those selected to be cast members. Rehearsals will take place during the week from 10 a.m. to 12 p.m. and 12:30 to 2:30 p.m. Specific rehearsal times will be dependent on casted roles. Youth and teens should bring a packed lunch on Monday, July 23 if they are selected as a cast member. If selected to be a cast member, youth must have a clear schedule for the entire week (July 23-27) and be able to attend all rehearsals and performances required for that role.

Performance Date: Friday, July 27 at 3:30 & 6 p.m.
at the Officers' Club, Building 95
For more information, call School Age Care at (401) 841-2883.



National Endowment for the Arts
arts.gov



FIRE SAFETY MESSAGE:

Practice your Home Fire Drill at night and during the day with everyone in your home. Practice twice a year and practice using different ways out. Teach your children how to escape on their own in case you cannot help them and the importance of immediately responding to the alarm.

LIFE SAVING SKILLS:

The NAVSTA Fire Dept. will be hosting their **NEXT CPR** Training for base personnel who are interested in becoming certified in CPR. This training is free of charge and all participants will receive an American Heart Association CPR Card upon completion. The department can support group class requests if desired up to a maximum of 12 students per group. Scheduled classes will begin at 9 a.m. and end at 11:30 a.m. Installation personnel are highly encouraged to take advantage of this opportunity. **The next class is scheduled for June 29th.** For more information email: Miguel.m.saul@navy.mil.



Facts and statistics of CPR

- Effective CPR provided by a bystander immediately will help in increasing the chances of survival of a cardiac arrest victim.
- 95% victims of cardiac arrest die prior to reaching a hospital or medical care facility.
- CPR aids in maintaining vital flow of blood that to the brain and heart. It also aids in increasing the duration of electric shock provided via a defibrillator, thereby, making the process more effective.
- If a bystander does not perform CPR, the survival chances of a victim will decrease 7% in every single minute of delay.
- Within 5 - 6 minutes after a victim has experienced cardiac arrest and within that time span, no CPR is performed, followed by defibrillation, the victim might further suffer from brain death crisis.
- More lives can be saved; with proper knowledge and training in performing CPR because death from cardiac arrest is not at all inevitable.
- CPR is not only meant for resuscitating a victim of cardiac arrest. 7 million people, including children and adults suffer disabling injuries every year in their homes or within similar environments. This is caused by accidents that might require the use of CPR.
- In US alone, a life is lost because of a combination of accidents and heart attacks, every 34 seconds!
- As per studies, 45% heart attacks occur amongst people under 65 years of age.
- As per AHA, 1 in 6 men and 1 in 8 women, above 45 years of age have had stroke or heart attack.

SUMMER CONCERT SERIES AT THE O'CLUB:



Fridays from 5:30 to 8:30 p.m.

- June 22: Sure Thing - 4 piece Swing, Motown, R&B
- June 29: Becky Chace Band—Acoustic, Country, Blues, Rock, Pop
- July 6: Lounge Duo/Trio—Pop & Jazz
- July 13: The Vegas Lords—Rock
- July 20: Blackstone River Boys- Country, Bluegrass, Folk & Celtic
- July 27: The Natick's—Rock
- August 3: The Big Payback—Classic Hits
- August 10: Greg Hodde's Blue Reign—Blues, Rock & Metal
- August 17: Sure Thing - 6 piece Swing, Motown, R&B
- August 24: The Teledyne's—Blues, Country & Swing
- August 31: Blackstone River Boys- Country, Bluegrass, Folk & Celtic

Saturdays from 6 to 9 p.m.:

- June 23: Russell Partridge—Acoustic
- June 30: Matt Kearns- Classical, Jazz, Rock, Pop
- July 7: Outcry—Classic Rock
- July 14: Two Across—Acoustical
- July 21: Liz Boudreau Trio—Country, Rock, Top 40
- July 28: Chet Matteson Duo- Rock, Blues
- August 4: Acoustical Groove—Rock
- August 11: Acoustical Groove—Rock
- August 18: Lounge Dou/Trio—Pop & Jazz
- September 1: Changes In Latitude—Jimmy Buffet Tribute Band

- Officer's Club events are open to active duty personnel, retirees, reservists, eligible family members, DoD civilians and contractors with base access. The Officer's Club is open to ALL Hands—stop in for some great food and great live entertainment with a million\$\$\$\$\$ view!

SOME THINGS
DON'T ADD UP

	DRUNK DRIVING

DEPARTMENT OF TRANSPORTATION deptrans.co/drinkawareness



REGION LEGAL SERVICE OFFICE CLOSED FOR TRAINING:

The Region Legal Service Office Mid-Atlantic Detachment Groton, Branch Office Earle and Branch Office Newport legal assistance offices will be closed for training from **June 27-29**. Personnel requiring emergent legal assistance during this time period should contact the RLSO MIDLANT Command Duty Officer at 757-650-0701. Legal assistance will resume normal operations on Monday, July 2 at 8 a.m.. Personnel requiring legal assistance services can call 860-694-3315 to schedule an appointment, or come to the legal assistance department in the basement of BLDG 84 during normal walk-in hours 8 a.m. to 3 p.m. Monday- Thursday and 8 a.m. to 1 p.m. on Friday.

VET CLINIC OPEN TUES/WEDNESDAYS

The U.S. Army Newport Veterinary Clinic, in building 1255 Whipple St., adjacent to Leisure Bay, is open Tuesday and Wednesday from 9 a.m. to 3 p.m. Pets are seen by appointment only so please call them during their open hours at: (401) 841-3994 to schedule an appointment or for information. Only active duty military personnel, their dependents, Reservists, National Guard members and retired military personnel are authorized to use the Veterinary Clinic. The Clinic offers wellness exams, minor sick call exams, routine vaccinations, pet supplies, including flea and tick prevention and Health Certificate preparation and exams. Check them out on Facebook at: <https://www.facebook.com/newportvetclinic/>

MISSOULA CHILDREN'S THEATRE—THE PIED PIPER

Calling All Naval Station Newport Youth & Teens who are entering 1st grade through 12th grade!

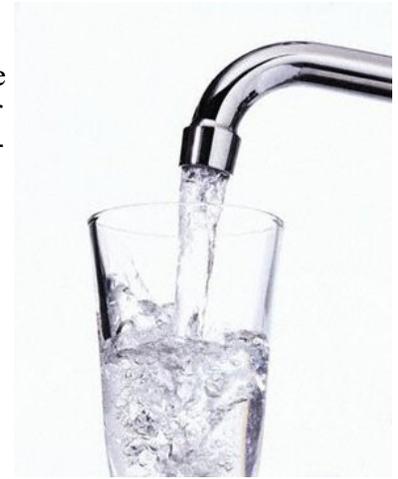
Open to military and DoD civilian dependents. Auditions will be held on Monday, July 23 at the Officers' Club, Building 95. The audition session begins promptly at 10 a.m. and lasts until 12 p.m. Youth should come and be ready to have a good time! Please be aware that everyone must stay the entire two hours of the audition session. No advance preparation is necessary, but a smile never hurts at an audition! Rehearsals will begin Monday, July 23 after auditions for those selected to be cast members. Rehearsals will take place during the week from 10 a.m. to 12 p.m. and 12:30 to 2:30 p.m. Specific rehearsal times will be dependent on casted roles. Youth and teens should bring a packed lunch on Monday, July 23 if they are selected as a cast member. If selected to be a cast member, youth must have a clear schedule for the entire week (July 23-27) and be able to attend all rehearsals and performances required for that role. Performance Date: Friday, July 27 at 3:30 & 6 p.m. at the Officers' Club, Building 95

For more information, call School Age Care at (401) 841-2883.

This MWR event is open to children ages 5-18 years old of active duty personnel, retirees, reservists, and DoD civilians with base access.

FLUSH THE PIPES!

If you work in a building that has sinks or toilets that are hardly ever used—make a point of running the water or flushing them periodically—it will help to keep the water system clear of sediments that contaminate the system. The plumbing and water distribution system for most of the base is old so it's always a good idea to flush the system by letting water run from the tap before using it for drinking



or cooking any time the water in a faucet has gone unused for more than six hours. To learn more about NS Newport's water quality—go to: https://www.cnrc.navy.mil/regions/cnrma/installations/ns_newport/om/environmental_support.html and click on the tab along the left side of the page for Drinking Water.

UPCOMING SPECIAL EVENTS:

June 29: Officer Candidate School Graduation

July 4: Bristol 4th of July Parade Celebration

July 18: Military Appreciation Night at the Gulls, Cardine Field, Newport

July 20: Officer Candidate School Graduation

July 23 & 24: Naval Academy Prep School Class of 2019 Open House and Induction Day

August 4: Save the Bay Swim

August 25: **NS Newport Salute to Summer Concert & Fireworks onboard NS Newport's Dewey Field**



HURRICANE SEASON PREPAREDNESS - [HTTP://WWW.NHC.NOAA.GOV/INDEX.SHTML](http://WWW.NHC.NOAA.GOV/INDEX.SHTML) (weather)

NAVY FAMILY ACCOUNTABILITY AND ASSESSMENT SYSTEM (NFAAS) WEBSITE - [HTTP://WWW.NAVYFAMILY.NAVY.MIL](http://WWW.NAVYFAMILY.NAVY.MIL) (to update personal contact information)

NEW WEBSITE FOR ID CARD APPOINTMENTS - [HTTPS://RAPIDS-APPOINTMENTS.DMDC.OSD.MIL](https://RAPIDS-APPOINTMENTS.DMDC.OSD.MIL)



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.



CONSTRUCTION UPDATE:

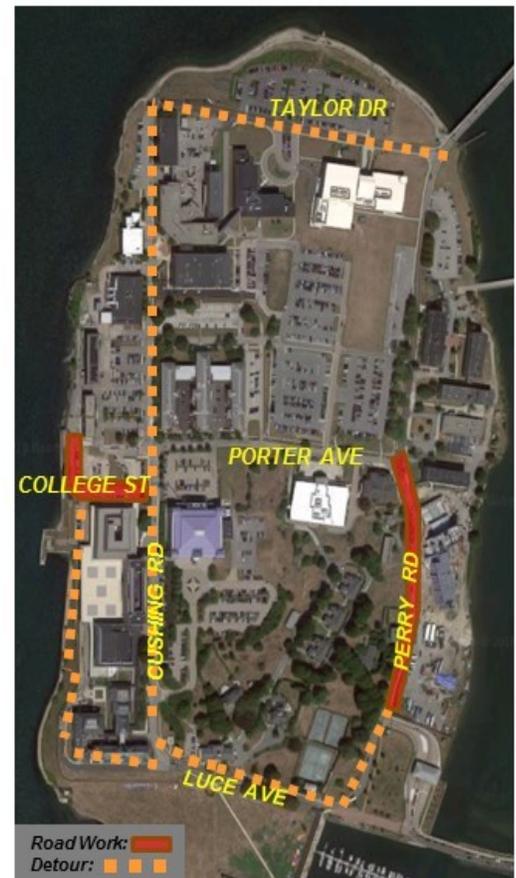
1. *Coasters Harbor Island—see below—work will continue through July 31*
2. *Coddington Point—One lane closure in front of Officer Training Command's main building (Nimitz Hall) from June 25 to June 28. Please be on the look out for flaggers as work on the point will continue.*



Coasters Harbor Island



- Scope:
 - Repave Perry Rd (Gate 1 to Crosswalk North of Porter Ave)
 - Repave College St near NWC (North of Hewitt Hall, B991)
- Timeline: 18 Jun – 31 Jul
- Impacts:
 - Perry Rd Detour as depicted to the right
 - Perry Rd Sidewalk closed – use alternative sidewalk
 - Gate 1 closed for ~5 days to repave Perry Rd & Gate 1 intersection – Dates TBD
 - ❖ Gate 2 will be Primary 24/7 Gate while Gate 1 is closed.
 - College St Detour
 - Adjusted traffic flow to two-way traffic on Luce Ave.
- POC: ENS Binal Rana, Construction Manager, 841-1762



HOT JOBS!



HOT JOBS AS OF TODAY THERE ARE **170 RHODE ISLAND BASED FEDERAL JOBS LISTED ON USAJOBS.GOV**—MANY OF THEM ARE POSITIONS LISTED RIGHT HERE ON THE INSTALLATION—SEE BELOW OVERVIEW AND GO TO: **WWW.USAJOBS.GOV**

There are so many benefits to working on the base: Free parking; access to the Officer's Club and Recreation Center; access to the outdoor facilities; Naval War College Museum access; access to events with free entertainment; family events; joining a team focused on the security and defense of America. Veterans have hiring preference but all qualified applicants are encouraged to apply.

NGIS Front Desk Assistant/Night Auditor
MWR Sales Clerk/Sales Assistant
NGIS Custodial Worker
MWR Sailing Instructor
MWR Groundskeeper
Physicians
Program Manager
Scientists
Logisticians

Accountants
Interior Designers
Financial Management Analysts
Engineering Technicians
Quality Assurance Specialists
Architects
Chemists
Administrative Support & Much, Much, More! Check now!

USAJOBS®



APPLY NOW AT www.NavyExchange.jobs

1. CLICK **GO** HOURLY JOBS

JOB NUMBER	JOB TITLE
1800004L	SALES CLERK - FULL TIME
1800010Z	NAVY LODGE - OVERNIGHT GSR
1800013T	SEWING MACHINE OPERATOR
1800014B	NAVY LODGE - GSR
18000151	SALES CLERK - PACKAGE STORE
18000152	SALES CLERK - SEASONAL
1800015M	SALES CLERK - CONSUMABLES
1800017O	CUSTOMER SERVICE CLERK
1800017P	CASHIER CHECKER - FULL TIME
1800017Q	CASHIER CHECKER - PART TIME
1800018Y	UNIFORM PRESSER - SEASONAL
180001M8	SALES CLERK - HOUSEWARES
180001O7	FABRIC WORKER/TAILOR

2. ENTER JOB NUMBER OR SEARCH BY CITY/STATE

3. CLICK ON **SEARCH FOR JOBS**

Located on Naval Station Newport
1250 Hacker Ave, Newport, RI 02841



SECNAV Censures Three Naval Officers

WASHINGTON (NNS) -- Secretary of the Navy Richard Spencer has issued Secretarial Letters of Censure to now-retired U.S. Navy Rear Adm. Richard Wren, now-retired U.S. Navy Capt. Timothy Conroy, and U.S. Navy Capt. Charles Johnson, based on findings regarding each of those officers' improper interactions with and acceptance of gifts from Glenn Defense Marine Asia (GDMA), a defense contractor and prohibited source.

Secretary Spencer determined that Rear Adm. (Ret.) Wren, between 2007 and 2010, repeatedly and improperly accepted gifts from Leonard Francis and GDMA, a prohibited source, while serving as Commander, Carrier Strike Group Five (CSG-5) and Commander, U.S. Naval Forces Japan, in the Seventh Fleet area of operations. Secretary Spencer also determined that in 2015, Rear Adm. (Ret.) Wren made a false official statement to mislead investigators about the nature of his relationship with Mr. Francis. Finally, in light of the nature and circumstances of those gifts and his interactions with GDMA/Mr. Francis, Secretary Spencer also determined that Rear Adm. (Ret.) Wren's personal behavior constituted conduct unbecoming an officer. Rear Adm. (Ret.) Wren retired from the Navy in 2011.

Secretary Spencer determined that Capt. (Ret.) Conroy, over several months in 2008, repeatedly and improperly accepted gifts from GDMA/Mr. Francis, while serving as the Chief of Staff, Carrier Strike Group Seven (CSG-7), in the Seventh Fleet area of operations. In light of the nature and circumstances of those gifts and his interactions with GDMA, Secretary Spencer also determined that Capt. (Ret.) Conroy's personal behavior constituted conduct unbecoming an officer. Capt. (Ret.) Conroy retired from the Navy in 2010.

Secretary Spencer determined that Capt. Johnson, between 2004 and 2010, repeatedly and improperly accepted gifts from Leonard Francis and GDMA, a prohibited source, while serving in a number of leadership positions, in the Seventh Fleet area of operations. In light of the nature and circumstances of those gifts and his interactions with GDMA, Secretary Spencer also determined that Capt. Johnson's personal behavior constituted conduct unbecoming an officer. Finally, Secretary Spencer determined that in 2014, Capt. Johnson made false official statements by failing to disclose his relationship with Mr. Francis when required to do so. Capt. Johnson is currently serving in the Navy on active duty.

The foregoing officers' conduct was examined as part of the joint investigation led by the Department of Justice (DOJ) and reviewed by the Navy Consolidated Disposition Authority (CDA) for GDMA matters. In each case, Secretary Spencer has determined that the officer's conduct was contrary to the Standards of Eth-

ical Conduct, the Joint Ethics Regulation, U.S. Navy Regulations and the Uniform Code of Military Justice. The laws and standards that these three officers violated represent the ethical rules that bind all federal employees, as well as long-established ethical standards of the naval service.

"It is incumbent that naval officers, particularly those placed in positions of great trust and responsibility, be held to the highest standards of both personal and professional behavior. Rear Adm. (Ret.) Wren, Capt. (Ret.) Conroy and Capt. Johnson, while serving in such positions, each disregarded those standards and engaged in conduct that reflected unethical and improper personal behavior and set poor standards of leadership. Each officer's conduct is an embarrassment to the thousands of officers, Sailors and civilians who do the right thing every day," said Spencer.

GDMA is the subject of an ongoing federal fraud and bribery investigation, which was initiated by the Naval Criminal Investigative Service (NCIS). In March 2014, the Secretary of the Navy directed the appointment of a CDA to act as an independent authority to review GDMA matters forwarded by the DOJ to the Department of the Navy after the DOJ has declined to press criminal charges in the federal judicial system. The purpose of the CDA is to review the GDMA-related conduct of Navy members and determine what, if any, disciplinary or administrative actions are warranted and available.

The GDMA investigation continues, led by DOJ and supported by NCIS and DCIS. The United States Attorney's Office for the Southern District of California in San Diego and the Department of Justice Criminal Division in Washington, D.C., are leading the prosecution.



An MH-60S Sea Hawk helicopter assigned to the Black Knights of Helicopter Sea Combat Squadron (HSC) 4 fires flares during an aerial change of command near the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson is currently underway in preparation for the ship's participation in the Rim of the Pacific (RIMPAC) Exercise 2018. (photo by MC3 Dylan M. Kinee)



Navy Releases New Parental Leave Program

WASHINGTON (NNS) -- Navy announced the establishment of the Military Parental Leave Program in NAVADMIN 149/18, released June 21. The new program increases parental leave and combines the current family leave policies into one. The Military Parental Leave Program also aligns the Navy with recently released Department of Defense guidance pertaining to changes about parental leave.

Under the new program, parental leave for the secondary caregiver increases from, 10 days to 14 days, and consolidates Adoption Leave MILPERSMAN 1050-420, Paternity Leave MILPERSMAN 1050-430 and Maternity Leave MILPERSMAN 1050-435 into the Military Parental Leave Program MILPERSMAN 1050-415 that will be published at a later date.

The program applies to all active duty Sailors. Reserve Sailors who were performing active duties, or mobilized more than 12 continuous months, and are the parents of a qualifying birth or adoption on or after Dec. 23, 2016 are also eligible.

The three family leave categories under the Military Parental Leave Program are:

- * Maternity Convalescent Leave is a six-week (42 days), non-chargeable leave period for the Sailor who gives birth, commencing the first full day after a Sailor is released from the hospital following a birth.
- * Primary Caregiver Leave is a six-week (42 days) non-chargeable leave period for the parent who gives birth or is designated with primary responsibility for caring for the child or children following a birth or adoption.
- * Secondary Caregiver leave is a two-week (14 days) non-chargeable leave period for the parent not designated with primary responsibility for caring for the child following a birth or adoption.

Details about the leave periods are described in NAVADMIN 149/18.



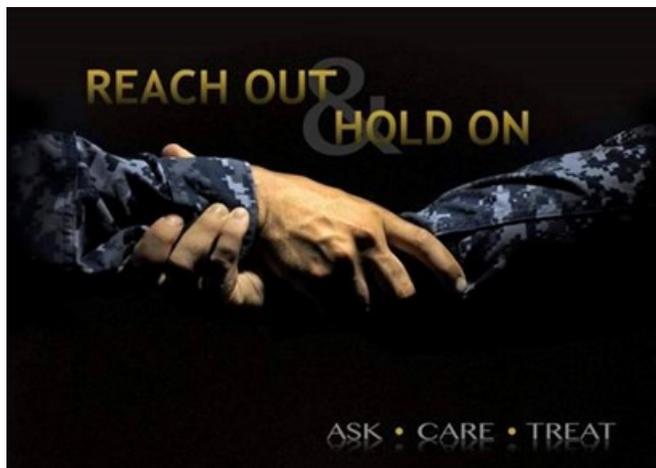
Chief Gas Turbine Systems Technician (Electrical) Robert Dragstredt, assigned to the Ticonderoga-class guided-missile cruiser USS Lake Champlain (CG 57) meets his baby for the first time upon returning from a regularly scheduled deployment last May. Champlain was deployed with the Carl Vinson Carrier Strike Group in the U.S. 7th Fleet and 4th Fleet areas of operation. (U.S. Navy photo by MC3 Class Morgan K. Nall)

Based on a command's readiness requirements, members on or within three months of a deployment will normally have to defer executing Primary and Secondary Caregiver Leave until return of the deployment. Commanding Officers, in extenuating circumstances and where operational requirements allow, may authorize members to take parental leave.

Navy's parental leave program supports Sailor 2025's goal of removing obstacles that negatively influence a Sailor's decision to stay Navy when they are looking to start or raise a family.

Sailor 2025 is the Navy's program to more effectively recruit, develop, manage, reward and retain the force of tomorrow. It consists of approximately 45 living, breathing initiatives and is built on a framework of three pillars - a modern personnel system, a career learning continuum and career readiness.

More information on Sailor 2025 can be found at <http://www.navy.mil/local/cnp/mptestratdesign.asp>
For complete details on the parental leave program read NAVADMIN 149/18 at www.npc.navy.mil





Upcoming Veteran Events:

Sail to Prevail: June 23/24, 10 a.m. 60 Fort Adams Drive, Newport. For further details, call 401.849.8898, or email allie@sailtoprevail.org <mailto:allie@sailtoprevail.org>

Armed Forces Day at McCoy Stadium, Sunday, June 24—Veterans enter free—events being at 12:30. For more information or to participate, email: bprovost@pawsox.com or call (314) 606-4476.

Legislative Leap! Sunday, June 24, 9a.m., “Legislative Leap”, Skydive Newport, 211 Airport Access Road, Middletown. Points of contact are Representatives McLaughlin at 401.741.1834, Azzinaro at 401.596.1434, and Vella-Wilkinson at 401.528.1733.

RIFC Honor Flight Hub Red, White & Blue Bowl, July 21 from noon to 3 p.m. at Lang’s Bowlarama. Email: bbenjamin@rihonorflight.com or call (401) 345-7905 for more information.

Run to Homebase: Saturday, July 28, “9K/5K at Fenway Park, Boston”. SEE FLYER AT RIGHT

R.I. National Guard Summer Reunion: Friday, August 3, NS Newport Officers’ Club, Naval Station Newport; \$28.50 per person, spouses and guests welcome; cut-off date July 30, early responses greatly appreciated; make checks payable to Bob Antonelli and mail to him at 9 Hurlburt Avenue, Johnston, RI 02919. Questions/concerns please call Bob at 401.996.3764 (cell).

Joint VA Town Hall Meeting, Wednesday, August 8, 5:30 to 7 p.m., Providence VA Medical Center, 5th Floor Auditorium, 830 Chalkstone Avenue. This open house is hosted by both the Providence VA Medical Center and the Providence VA Regional Office. Veterans, patients, Families and community partners are invited to attend, ask questions, and tell the VA how there’re doing. It’s also a perfect time to learn about what’s new in Veterans’ health care and benefits. Point of contact is Win Danielson at 401.457.3369, or via email at Winfield.DanielsonIII@va.gov <mailto:Winfield.DanielsonIII@va.gov> .

Waves for the Brave 2018: August 19 – Adaptive Surf Clinic”, Nantasket Beach, Hull, Massachusetts. To register and for questions/more information, contact Jenny McLaughlin at 774.826.1955, or via email at jenny.mclaughlin@va.gov <mailto:jenny.mclaughlin@va.gov> , or Randi Woodrow at 857.364.4863, or via email at randi.woodrow@va.gov <mailto:randi.woodrow@va.gov> . This is a VA Boston Healthcare Systems event.

Salute to Summer Concert & Fireworks—August 25, NS Newport—gates to the public open at 5 p.m.

RI National Guard Retirees’ Assn. Fall Quarterly Meeting: Saturday, September 15, 9 a.m. Refreshments, 10 a.m. Speaker., Schofield Armory, 705 New London Avenue, Cranston. Point of contact is Bob Urquhart at boburquhart@cox.net <mailto:boburquhart@cox.net> . Guest speaker: Cory Bilodeau, Esquire, Tax Attorney; Topic: Personal Income Tax Update.

Tuesday, September 18, 71st US Air Force Birthday (1947)

Friday, September 21st, National POW/MIA Recognition Day

Sunday, September 30th, Gold Star Mother’s Day

Monday, October 1st, 2019 Federal Employees Dental & Vision Insurance Plan (FEDVIP) Rates Available

Saturday, October 13th, 243rd US Navy Birthday

Vietnam Memorial Moving Wall Parade & Escort, Nov 1, Ponaganset H.S., CONTACT Chris Stanley at : cstanley@fgschools.com or call (401) 338-6015 for more information.

WaterFire Salute to Veterans, Saturday, Nov. 10, Providence States House/Basin Area (www.waterfiresalutetoveterans.org)

Saturday, November 10th, 243rd US Marine Corps Birthday (1775)

Sunday, November 11th, Veterans Day

Monday, November 12th – Monday, December 10th, Federal Employees Dental & Vision Insurance Plan (FEDVIP) Open Season

Thursday, December 13th, 382nd Army National Guard Birthday



Run for a family whose warrior has fallen

The Run is a unique fundraising event ending with the unforgettable experience of crossing home plate at historic Fenway.

Register and donate today.



runtohomebase.org