



Navalog

July 19, 2018 Edition

BATTER UP FOR THE MILITARY!

IN THIS ISSUE:

MILITARY APPRECIATION NIGHT AT THE GULLS!

NUWC HOSTS UTAP

SWOS DELIVERS DEPARTMENTEN HEADS TO FLEET

BZ'S & MORE



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Religious Programs Specialist 1st Class Michael Robart prepares to throw the ball in honor of the Navy (top left); Capt. Ian Johnson, Commanding Officer, NS Newport gets with Gully (top right); Corporal Melvin Segu, USMC, gets a grip on the ball while out on the mound (above right) and Boatswain Mate 3rd Class Jarod Holub lets one fly during the ceremonial first pitches preceding the game last night. The Army and Air Force also participated—see additional photos on pages 2 and 3. (event photos by Jon Dillworth and NS Newport PAO)

Raytheon hosted their annual Military Appreciation Night at the Gulls event last night in Newport's Cardines Field with uniformed personnel being recognized before and during the game. The Newport Gulls took on Plymouth and came out victorious with a final score of Gulls 5 and Plymouth 3. Ceremonial pitches were thrown out by active duty members of each of the five services—Staff Sergeant John Onyango, Operational Non-Commissioned Officer in Charge at the Sgt. Michael F.. Paranzino U.S. Army Reserve Center threw out the ball for the U.S. Ar-

AROUND THE STATION...



my; Religious Programs Specialist 1st Class Michael Robart, NS Newport Senior Enlisted Servicemember of the Year fired one across home plate for the U.S. Navy; Naval Justice School Student of the Month for June, Corporal Melvin J. Segu, USMC, threw out the ball on behalf of all Marines; Major Keith Meister, USAF, took the mound on behalf of the U.S. Air Force, Major Meister currently serves as the international operations officer with the Defense Institute of International Legal Studies, and rounding out the service pitches was Boatswain Mate 3rd Class Jarod Holub assigned to the U.S. Coast Guard Station at Castle Hill. In addition to the first pitches, servicemen and women, active and veteran, were acknowledged for their service and commitment including Capt. Ian Johnson, commanding officer of NS Newport who was on the field representing all of the men and women onboard Naval Station Newport; U.S. Army veteran Sergeant Adam Collins; Naval War College (NWC) Junior Sailor of the Year Yeoman 2nd Class Bruno Calderon; Senior Sailor of the Quarter Quartermaster 1st Class Jessie Jowers and Junior Sailor of the Quarter Legalman 1st Class Tamatha Schulmerich (recently promoted so BZ on that shipmate!) and the Surface Warfare Officer's School Command Senior Sailor of the Year Fire Controlman Aegis 1st Class Joseph Swartz. Sergeant Jared Franklin, originally scheduled to toss out the pitch but deferring the honor at the last moment to Corporal Segu, was on the field. Sgt. Franklin is an Instructor for the Aviation Logistics Tactical Information Systems School at the Marine Corps Detachment. Additional Navy representatives included Capt. Patrick Keyes, NWC Dean of Students who, with his family, host two of the players from the Gulls, Jayson Gonzalez and Jake Eder, both from Vanderbilt University. Raytheon hosts this event each year and was represented on the mound by Capt. Wade E. Knudson, U.S. Navy (ret). Navy Band Northeast provided ceremonial and official music for the game and a color guard from the R.I. National Guard presented the National Ensign. It was a beautiful night for baseball at Cardine Field and Gully the Gull was making the rounds to welcome everyone to the full house event. Go GULLS!

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AROUND THE STATION...



Top left clockwise: R.I. National Guard color guard members present the colors prior to the start of the game; Gully the mascot jumps into the all-terrain vehicle brought down for the event by the Guard; Staff Sergeant John Onyango, USA, makes sure that the catcher is fully prepared prior to his throw; honorees and additional representatives from all of the armed forces are introduced; RP1 Robart's son Jace makes friends with Gully; Major Keith Meister, USAF, readies for his pitch and members of Navy Band N.E. perform pre-game music and the National Anthem on the field.



High school internship program at NUWC Division Newport features 75 students from 27 schools and leads past interns to engineering careers

By NUWC Newport Public Affairs

This summer, 75 high school students from 27 schools are spending three weeks learning skills relevant to engineering as part of the Undersea Technology Apprentice Program (UTAP) held at the Naval Undersea Warfare Center (NUWC) Division Newport.

The internship program asks students to construct an underwater vehicle that can read instructions underwater and then pick up an object based off of those directions. With the help of scientists and engineers, the students learn what it is like to build, create and solve problems through engineering.

“What’s nice about this is they’re getting electrical, mechanical, physics, computer science – a whole bunch of different types of engineering exposure in a short period and more of a real-world working environment,” said Candida Desjardins, director of NUWC Newport’s Educational Outreach. “They have a budget, they have a tight deadline, and they have to think outside the box.”

Desjardins said instructors also incorporate real-world obstacles when deemed necessary as the students test the operability of their underwater vehicles. Instructors in the annual summer program have done everything from shaking the water tank, covering it to simulate darkness and putting dirt in it.

“Our new favorite twist is we actually put a bubble curtain inside the tank, which gives students a little bit of current that they have to deal with, and it’s a lot harder to read through the bubbles,” said Desjardins, who coordinates UTAP along with Dr. John DiCecco, of the Undersea Warfare Weapons, Vehicles and Defensive Systems Department. “When you are reading something you have to hold the vehicle steady and you have to be able to hover, so it’s a whole bunch of different variables.”

Scott Dickison, a biology teacher at Rogers High School in Newport, has had a number of students come through the UTAP and SeaPerch programs in the past 16 years. While recently checking on some of his students, Dickison praised the program.

“I love it. It’s hands on and it really builds skills students may not have much experience in,” Dickison said. “They have to engineer, they have to think and they



Undersea Technology Apprentice Program participants Monica Eires (from left), Nicholas McMaster and Meiling Zhao make adjustments to their underwater vehicle during the first of three summer high school internship sessions held at the Naval Undersea Warfare Center Division Newport on July 2. (U.S. Navy photo by David Stoehr, ICI Services)

have to commit.

“They make it middle school level but also challenging enough for upper-level kids, so they can grow with the program.”

One of those students, Jack Gomes, a rising senior at Rogers, said he had some experience with robotics before doing UTAP. He noted that his group’s biggest challenge was figuring out how to get its vehicle to resurface.

“It’s been fun because I did robotics in sixth or seventh grade, and then I didn’t do it again because I was busy with sports,” Gomes said. “This is fun because I get to try again, and it’s really fun to keep testing and modifying.”

Victoria Hathaway, an electrical engineer at NUWC Newport’s Undersea Warfare Weapons, Vehicles and Defensive Systems Department, has seen firsthand how the program can lead to a career in engineering.

“I had a really good experience in the program,” Hathaway, who started in UTAP as a rising junior at New Bedford High School in 2012, said. “I didn’t know anything about engineering at all.

“The application says if you like math and science, join up. I had no idea what I wanted to do yet, but then I tried it, and it kind of just clicked for me. I was like, ‘that’s what I want to do when I grow up.’” (cont.)

AROUND THE STATION...



She first heard about UTAP through announcements made at her high school during her sophomore year and elected to apply. She participated in the program for three summers, and after graduating high school in 2014 sought out other ways to remain involved at NUWC Newport.

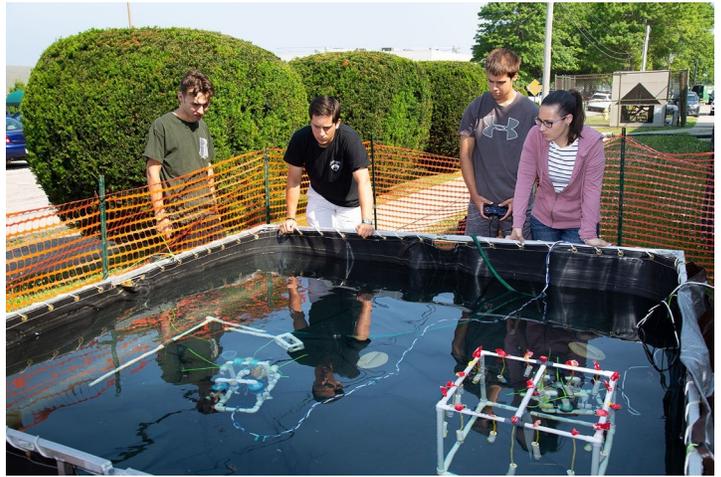
“After I finished UTAP, I asked if there are any college programs,” Hathaway said. “The following summer I did the Naval Research Enterprise Internship Program (NREIP). I did that in the summers of 2015 and 2016, and after that I did the Pathways 640, so this way I could try to get into NUWC officially.”

That opportunity came after Hathaway graduated from UMass-Dartmouth with a bachelor’s degree in electrical engineering in May. She was hired soon after and works on torpedo defense systems.

“It’s been an honor to watch a student like Victoria grow from a young high school student who wasn’t sure what to pursue in school to a college graduate with a degree in electrical engineering,” Desjardins said. “She works hard and is driven to a dream — it’s why what we do in outreach is so important.”

Hathaway also has had “just a little bit of an influence” in recruiting another participant for UTAP, she noted with a laugh. Her younger brother, Dylan, will be a freshman at UMass-Dartmouth in the fall and this year participated in a UTAP session at Newport from June 25 to July 13.

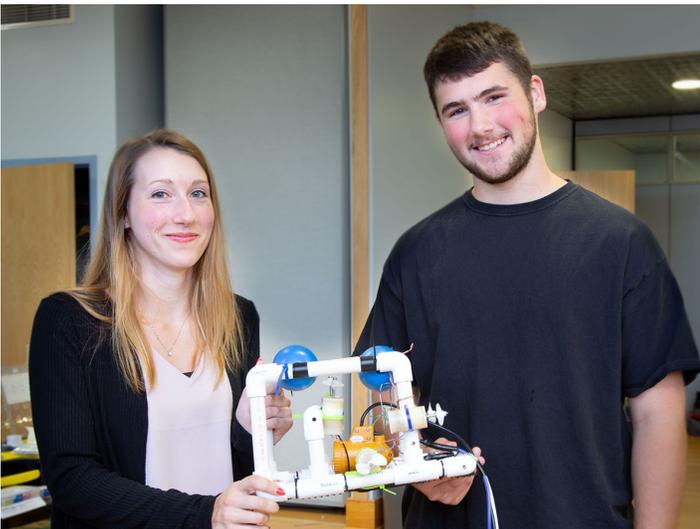
“She went ahead and introduced me to Candida right from the beginning,” Dylan Hathaway said. “I would love to work here because the people are great



Undersea Technology Apprentice Program students Noah Oikarinem (from left), Jack Gomes, Arthur Frias and Marielle Michno put their undersea vehicle to the test at Division Newport on July 2. (U.S. Navy photo by David Stoehr, ICI Services)

Two more sessions of UTAP will be held from July 16 to Aug. 3 and from Aug. 6-24. The session Hathaway and Gomes attended was exclusively for students from schools that have partnership agreements with NUWC Newport. Those schools are Greater New Bedford Vocational Technical High School; Diman Regional Vocational Technical High School; Dartmouth High School; New Bedford; and Rogers.

Applications for the annual program are posted on NUWC Newport’s website in mid-February at: <http://www.navsea.navy.mil/Home/Warfare-Centers/NUWC-Newport/Career-Opportunities/Internships/>.



Victoria Hathaway (left), an electrical engineer at NUWC Newport Division's Undersea Warfare Weapons, Vehicles, and Defensive Systems Department, and her brother Dylan, who participated in this year's Undersea Technology Apprentice Program, hold an underwater robot on July 2. Victoria Hathaway also participated in the program when she was in high school. (U.S. Navy photo by David Stoehr, ICI)



High school students receive a lecture on the physics of underwater vehicles from Dr. John DiCecco (left), of the Undersea Warfare Weapons, Vehicles and Defensive Systems Department, during the first of three Undersea Technology Apprentice Program sessions held at Division Newport on July 2. (U.S. Navy photo by David Stoehr, ICI Services)



SWOS Delivers Newest Department Heads to the Fleet

By MC1 Nardel Gervacio, SWOS NEWPORT, R.I. (NNS) -- Surface Warfare Officers School (SWOS) graduated 65 new surface warfare department heads, during a ceremony held onboard Naval Station Newport at the Admiral Michael G. Mullen Auditorium July 12.

The 27-week Department Head Course remains the flagship course at SWOS, designed to prepare graduates for tours as department heads on all class of ships within the fleet.

"It was a pretty intense course," said Lt. Marley Cassels of Columbia, Missouri, who is heading to USS Mustin (DDG-89) homeported in Yokosuka, Japan for her next assignment. "I'm excited to go back to sea because it's always a new adventure.

"You don't know what's coming other than what you heard from other people, but you are amped up at the same time because you spent the last 6 months trying to learn how to be the best tactical action officer you can be and now you can go and apply all those things."

The Department Head Course is divided into two major subdivisions. The first is tactical action officer, which focuses on areas such as undersea warfare, air defense, surface warfare, and expeditionary operations. The second is operations, readiness, training, and engineering, which explores the specifics of each student's prospective assignment.

"I felt I had some really good training on my first ship," said Cassels. "Then coming here, you get to go through some of the simulators, put things into action, and we delved a lot deeper on topics that we don't spend a lot time on during our first tours."

In his opening remarks, Capt. Scott Robertson, commanding officer of SWOS, welcomed family members and congratulated the graduates for their professional

milestone.

"My staff and I hope that you have been stretched professionally by this course, and I know each and every one of you have grown in your level of competency, and you are ready for the challenges ahead," said Robertson.

The graduates will report to their assigned ships within the coming weeks to begin their 18 or 36-month tours.

"It was very interesting to find out what I didn't know and how much there was to learn," said Lt. Ross Hammerer of Springfield, Virginia, who reports next to USS John Paul Jones (DDG-53) homeported in Pearl Harbor, Hawaii. "The course did a great job challenging me and giving as much instruction as they could in order to make us well prepared to go out and rejoin the fleet."

During the ceremony, Robertson reflected on the department head's role of boldly leading and delivering motivated, inspired Sailors to meet the mission.

"Learning the material, interacting with my staff members, practicing ship handling in the simulators are one facet in your preparation," said Robertson. "The other was to get you mentally ready for arguably the most challenging, but most rewarding, tours you will face as a surface warfare officer (SWO)."

The guest speaker for the event, Richard Callas, executive director of SWOS, also described the opportunities ahead of the graduates.

"Nowhere in your career will you have more responsibilities and more burdens placed on your shoulders as such a junior individual with just a couple of years of sea experience," said Callas. "SWOs are the toughest, strongest and most durable of any officer community in any service. We know how to organize and get things done. Be tough, keep charging every day."



Capt. Scott Robertson, commanding officer, Surface Warfare Officers School, addresses students during a graduation ceremony for Department Head Class 247. (photo by MC1 Class Nardel Gervacio)

Lt. Samantha Margolis received the Top Snipe Award as the prospective engineering officer with the highest grade point average in the engineering curriculum. Lt. Robert Jaindl earned the Top Gunner Award as the prospective department head with the highest grade point average in the tactical action officer curriculum and also the Newport Navy League Award for academic excellence as the top graduate. Lt. Scott Margolis was selected for the City of Newport Award for demonstrating the highest qualities of professionalism and leadership. The class chose Lt. Joseph Giuda for the Arleigh Burke Award for his leadership, industry and perseverance.

Approximately 275 students attend the Department Head Course each year.

Headquartered in Newport, Rhode Island, and overseeing nine learning site worldwide, SWOS readies sea-bound Sailors to serve on surface combatants as officers, enlisted engineers, and enlisted navigation professional to fulfill the Navy's mission to maintain global maritime superiority.



Stressed, Hardened, Tested, Ready! Naval ROTC Midshipmen Experience Battle Stations for the First Time



GREAT LAKES, Ill. (NNS) -- Naval Reserve Officers Corps (NROTC) midshipmen from across the United States participated in the first "Sea Trials" training program at Naval Station Newport, Rhode Island, June 2-11.

The Sea Trials training program is designed to build NROTC midshipmen proficiency in critical warfighting skills and evaluate the effectiveness of their training.

"This was an opportunity for the midshipmen to learn, train and test themselves," said Rear Adm. Mike Bernacchi, commander, Naval Service Training Command. "What we really wanted out of this event was to give NROTC Midshipman the opportunity to train for an extended period of time, develop the bond of being a team and to obtain real Navy qualifications like Fire Fighting, Damage Control Wet Trainer, 9mm and others all while doing it in a safe but stressful environment to help get them ready for the Fleet. We taught them new skills that they are going to need including the concept of warrior toughness to deal stress, and we tested them under considerable stress to ensure they could handle it, all while maintaining a safe training environment."

Throughout the 10 days, midshipmen were trained in firefighting, damage control, watchstanding, seamanship, navigation, force protection, swimming, physical fitness and military inspection by NROTC staff.

To help midshipmen endure the exhaustive training and testing schedule, and prepare them for an operational mindset, they were first trained in "Warrior Toughness," using Navy Special Operations techniques for managing and overcoming high mental and physical stress environments.

During their training, all 69 midshipmen earned level-1 qualifica-

tions in damage control and firefighting as well as the 9mm service pistol qualification.

At the culmination of Sea Trials, midshipmen faced a grueling all-day final exam called "Battle Stations," which pushed their limits and evaluated their physical, mental, emotional, and moral capabilities to overcome rigorous challenges in each skill. Coming together as a team to tackle each evolution, all 69 midshipmen successfully passed Battle Stations, but not without hurdles.

"I honestly did not know what to expect coming in and definitely did not expect the intensity from the drill instructors or the high stress events," said Midshipmen 2nd Class Joseph Ginnane, from Rochester University and Buffalo, New York. "My biggest takeaway from the week was learning how to react in high stress situations."

"There was an anxiety amongst us all coming in to the unknown," said Midshipmen 2nd Class Carissa Baldwin, from the University of Notre Dame and Camp Lejeune, North Carolina. "You could not get through any of the events without teamwork and that was continuously stressed by all the instructors."

Sea Trials runs in conjunction with the NROTC 2nd Class Summer Cruise. It provides midshipmen with necessary training that is required by the Navy Professional Core Competencies manual, and it aligns officer training curriculum to better develop naval warfighters with character and professional competence for service in the Fleet.

"We knew this training would help develop our midshipmen into tough and capable officers," said Captain Wayne Graddock, NROTC Sea Trials lead. "But we didn't know it would be this successful. For the first time ever, midshipmen are receiving realistic, tough, required

Fleet training, where they can compete and rank themselves against their peers; and I am looking forward to expanding this opportunity to all officers in training."

Sea Trials continues this month in Jacksonville, Florida, where more than 100 midshipmen from across the country will aim to achieve the same success as those who participated in the Newport program.

The NROTC program is supported by the commander of Naval Service Training Command (NSTC), Rear Adm. Mike Bernacchi and his NSTC staff at Naval Station Great Lakes, Illinois. NROTC was established to develop midshipmen mentally, morally and physically. The program also imbues in them the highest ideals of duty, loyalty and Navy core values in order to commission college graduates as Naval officers who possess a basic professional background, are motivated toward careers in the Naval service and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship and government.

NSTC supports 98 percent of initial officer and enlisted accessions training for the Navy, as well as the Navy's Citizenship Development program. NSTC's support also includes RTC, the Navy's only boot camp also at Naval Station Great Lakes, the NROTC program at more than 160 colleges and universities, OTC at Newport, and Navy Junior Reserve Officers Training Corps (NJROTC) and Navy National Defense Cadet Corps (NDCC) citizenship development programs at more than 600 high schools worldwide.



Naval Health Clinic New England (NHCNE) Hospitalman (HN) Ashley Arvin from King Hall was the selectee for the June Shipmate of the Month award. Hospitalman First Class (HM1) Nicholas Furey presented the award on behalf of the First Class Petty Officer Association who sponsors the award. HN Arvin's clinical insight and commitment to excellence in the Sick Call department and also during 3 immunization and 2 blood draw evolutions makes her a key player of the King Hall staff.



Mr. Robert Langa from Naval Health Clinic New England (NHCNE) Facilities Department was presented his civil service pin and certificate for 50 years of Government Service on July 12. NHCNE Commanding Officer, Capt. Marnie Buchanan, presented Bob with his milestone award during a ceremony at the NHCNE sun dial on the medical compound. (NHCNE photos by Kathy MacKnight, NHCNE Public Affairs Officer)



Cmdr. Jeremy Adams was awarded the Meritorious Service Medal for his achievements as the Public Works Officer here on NS Newport from June 2016 through this month. Cmdr. Adams led the team of 212 employees in executing \$254M in design, construction and facility services supporting the 51 tenant command on base. He developed robust infrastructure plans for the CNO's International Seapower Symposium in 2016 and 2018, hosting senior Naval Leadership from 110 countries executing \$27M in facility improvements in addition to guiding coordination efforts between five Seabee detachments, 108 shop personnel and NS Newport Staff. Cmdr. Adams is moving his gear from public works to the Naval War College where he will be a student. BZ PWO.



Ten Naval Undersea Warfare Center (NUWC) Division Newport employees — two individuals and eight members of three teams — have won the Assistant Secretary of the Navy (Research, Development and Acquisition) Dr. Delores M. Etter Top Scientists and Engineers for the Year 2017 Award.

Employees won in the following categories:

Dr. Jesse Belden, a research scientist in the Undersea Warfare Weapons, Vehicles, and Defensive Systems Department, received the Emergent Scientist Investigator Award. Belden of Barrington, R.I., specializes in projectile water impact, fluid-structure interaction, multiphase flow physics, 3-D and novel imaging, experimental methods for fluid flows and novel sensors. Belden is currently working on several projects that will have great benefit to the Navy in the areas of collective behavior, biofouling prevention, air-water interface and gas-water interface. In addition, Belden has been an outstanding mentor to high school and graduate students through his support of the Naval Research Enterprise Internship Program and the Science and Engineering Apprenticeship Program.

Dr. David F. Rivera, of the Undersea Warfare Electromagnetic Systems Department, received the Individual Engineer Award. Rivera, of Westerly, R.I., is being recognized for his many novel contributions to the development of antennas for submarines and other volume-constrained platforms. Among his innovative achievements over his 30-year career, he developed a novel class of antennas, one of which can be adapted to small sea-going platforms such as unmanned undersea vehicles. In the realm of electrical insulating and composite materials development, Rivera has investigated a new concept in insulator composites that may be applicable to antennas and other types of electromagnetic sensors. In recent years, Rivera has worked tirelessly to establish what is believed to be the Navy's first electromagnetics materials measurement laboratory.

This year, NUWC Newport had eight personnel on three winning teams:

The NUWC Newport Topside Team rapidly prototyped and demonstrated the Topside Command and Control software as a segment of the Theater Anti-Submarine Warfare Offset Project Team. This project responded to urgent combatant commander requirements for additional maritime intelligence, surveillance and reconnaissance capabilities. This effort yielded the Navy's first large-scale deployable systems prototype and included the use of NUWC Newport's Topside as its tactical command, control, and communications ar-

chitecture. NUWC Newport team members include: Peter Bodycoat, of Newport, R.I., from the Sensors and Sonar Systems Department; Dan Savaria, of Westport, Mass., and Patrick Ryll, of Tiverton, R.I., both of the Undersea Warfare Combat Systems Department; and Zachary Sawyer of North Kingstown, R.I., and Keith Wichowski, of Portsmouth, R.I., both of the Undersea Warfare Weapons, Vehicles, and Defensive Systems Department.

The Space and Naval Warfare Systems Center (SPAWARSYSCEN) Atlantic Integration & Interoperability (I&I) Team garnered recognition for leading the incorporation and assessment of information warfare capabilities in fleet-prioritized surface warfare and

mine warfare effects chains. Their work identified mission-critical gaps and system of system solutions across doctrine, organization, training, logistics, material, personnel and facilities. The team is leading the Naval Research and Development Establishment efforts supporting the OPNAV N2N6 undersea prototype, employing

advanced model-based system engineering concepts to decompose Theater Anti-Submarine Warfare requirements and drive digital solution concepts. Richard Medley, of Portsmouth, R.I. an engineer in the Undersea Warfare Mission Engineering and Analysis Department, contributed to the success of the SPAWARSYSCEN Atlantic I&I Team.

The Office of Naval Research Innovative Naval Prototype, Nemesis Engineering Leadership Team, achieved a first for the Navy through the demonstration of synchronized Electromagnetic Maneuver Warfare effects at sea. The team led the development of an interoperable architecture and systems of systems implementation. The team also served as the lead systems integrator/design agent for a development team comprised of industry, academia and government partners. As a result of these efforts, the Interoperable Application Framework provides interoperability and modularity to address open system architecture issues. Two NUWC Newport team members from the Sensors and Sonar Systems Department were key to the team's winning efforts: James Gannon of Coventry, R.I., and Joseph Muhitch of Exeter, R.I.

Award winners were honored at a ceremony at the Pentagon in Washington, D.C. on June 29.





Take Command: Changes Coming to the TRICARE Retiree Dental Program

Do you have TRICARE Retiree Dental Program (TRDP) coverage now? If so, then you need to know that the TRDP will end on Dec. 31, 2018. Not to worry — anyone who was in TRDP this year or would have been eligible for the plan, will be able to choose a dental plan from among 10 dental carriers in the Federal Employees Dental and Vision Insurance Program (FEDVIP). You'll be able to enroll in FEDVIP during the 2018 Federal Benefits Open Season, which runs from Nov. 12 to Dec. 10, 2018. Coverage will begin on Jan. 1, 2019.

Previously, FEDVIP was not available to Department of Defense

beneficiaries, but it will now be available to those who would have been eligible for TRDP. As an added bonus, they will also be able to enroll in FEDVIP vision coverage, along with most active duty family members.

More than 3.3 million people are currently covered by FEDVIP. You can choose from dental plans offered by 10 different carriers. To enroll in FEDVIP vision, you must be enrolled in a TRICARE health plan. You can decide if one of four vision plans meets your family's needs. TRICARE Young Adult enrollees are not eligible to enroll in FEDVIP vision.

You may only enroll in a FEDVIP plan outside of open season if you experience a Qualifying Life Event (QLE) that allows you to do so. Any election in a FEDVIP plan remains in effect for the entire calendar year.

For more information, visit the FEDVIP-TRICARE website at www.tricare.benefeds.com and sign up for email notifications. You'll get an email when new information is available and key dates approach. Future updates will include eligibility information, plans, carriers, rates, educational webinars and more.

Take COMMAND

☆☆☆ Enhance Your TRICARE® Experience

Did You Know?

THE TRICARE RETIREE DENTAL PROGRAM (TRDP) ENDS ON DEC. 31, 2018.

Not to worry! Eligible beneficiaries will have the opportunity to enroll in the Federal Employees Dental and Vision Insurance Program (FEDVIP) for coverage beginning in 2019.

To learn more and sign up for alerts, visit tricare.benefeds.com or tricare.mil/fedvip.



#takecommand

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FLEET AND FAMILY SUPPORT CENTER...



The Fleet & Family Support Center have the following classes scheduled. They do not represent all classes scheduled and available at FFSC. Please note that the August 8 Stress Class is meant for parents AND children to attend. Due to limited space, you must sign up beforehand to reserve a spot. Please call (401) 841-2283 to register. If you want a class or have a topic you wish to bring to your command at your schedule, please don't hesitate to call!

Class listing:

July 24, 1 p.m.— Anger Management

July 25, 5 p.m.— Ombudsman Assembly

August 8, 2 p.m.— Parents/Kids Stress Management (focused on Back to School)

Aug 15, 10 a.m.—Communication for Life

Aug 22, 10 a.m.— Anger Management

Sept 6, 9 a.m.— Stress Management

Sept 18, 2 p.m.— Anger Management

Sept 27, 11 a.m.— Ombudsman Appreciation Lunch at the Officer's Club and at 1:30 p.m., Communication for Life

Cora Smayda, LCSW, Counseling, Advocacy and Prevention, Child Counselor (401) 841-4499, cora.smayda@navy.mil and Anne Champney, Work, Family & Life Educator and Ombudsman Coordinator, 841-6923, anne.champney@navy.mil are standing by to assist.

Overcome Separation Anxiety During Deployment



Please join us for an Interactive Webinar! *Wednesday, August 1, 2018, 2:00PM-2:45PM EST*

Facilitated by: Tracie Romero and Kim Stimphil

Military OneSource is pleased to offer interactive webinars about topics important to you. Join us online each month to watch a panel of experts discuss healthy relationships, managing finances, coping with change, thriving as a military family and much more. Message us your questions and comments during the events or just sit back and learn!

Knowing your partner will soon be deployed can trigger anxious feelings. You can manage your anxiety by having the right tools to help. Listen to two experts as they discuss ways to manage anxiety before and after your partner deploys.

No registration is required. Just access the event at <https://connect.militaryonesourceconnect.org/iwebs/>

About the Discussion Leaders

Tracie Romero is a Navy veteran with a master's degree in clinical mental health counseling. Tracie's military experience allows her to understand the challenges faced when preparing and returning from deployment, discharging from the military and transitioning to civilian life. As a spouse of a naval officer, Kim Stimphil is able to understand the unique challenges that may arise for military families. She has a master's degree in counseling/psychology from the University of Central Arkansas.



A rigid-hull inflatable boat operated by Sailors assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 1 is recovered by the amphibious dock landing ship USS Harpers Ferry (LSD 49), July 15, 2018 in support of Rim of the Pacific (RIMPAC) exercise. Twenty-five nations, 46 ships, five submarines, about 200 aircraft and 25,000 personnel are participating in RIMPAC from June 27 to Aug. 2 in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity while fostering and sustaining cooperative relationships among participants critical to ensuring the safety of sea lanes and security of the world's oceans. RIMPAC 2018 is the 26th exercise in the series that began in 1971. (photo by MC3 Logan C. Kellums/Released)



Totally tubular: Memories of summer fun

You can call me Parent of the Year. I just gave my 17-year-old daughter permission to go “cliff diving” with her friends at a rocky outcrop overlooking the bay.

As counter-intuitive as this may seem for a parent, I smile when my children seek out the kind of old-fashioned, risky fun I had when I was a kid. Back before the internet made screens our main focus in life, we spent summers trying to figure out what to do for entertainment. Swimming holes, rope swings, junk yards and bridges were hot spots, but in a pinch, abandoned shopping carts, appliance boxes and other household objects would also do the trick.

One summer in the 1970’s, my older brother scored two large inner tubes. He called his friend, Tracy, to come over to help him figure out what to do with them. Tracy was in junior high school and wanted nothing to do with little sisters like me. So, I trotted barefoot up the hill to the neighbor’s backyard playhouse, picking newly-sprouted dandelions along the way.

About an hour later, there was a knock at the playhouse door.

“Hey, Lisa! C’meer! Wanna do something fun with me and Tracy?!”

Flabbergasted by this unusual turn of events, I threw the baby doll I was nurturing into the spider-webbed corner and ran out the door. “Whaddya wanna do?!” I yelled excitedly.

Tracy and Tray lead me to the side of the neighbors’ house where I saw the inner tubes lashed together, side by side, with twine. Grinning sideways at each other and down at me, my brother said, “Lisa, if you climb inside the tubes, we’ll roll you down the hill and it’ll be really fun!”

I couldn’t see red flags or hear alarm bells. All I knew is that my big brother finally wanted to play with me.

I crouched down and climbed into the center hole, gripping the metal valves like handles just as they instructed. With my chin on my chest and my legs criss-crossed, I fit snugly into the tiny space. Assuring me that the ride would be better than the Scrambler at the County Fair, they carefully shoved me off down the hill.

As the tubes took their first few rotations, I squealed with excitement. But then, I reached the drop off at the front of the neighbors’ property, and

hill after me.

I knew I had to save myself from certain disaster. As I slammed into the ground after a particularly high bounce, I allowed my foot to pop out of the ring. My toes immediately caught the grass, flipping the tubes like a quarter in a coin toss.

My wheel of terror teetered to a stop just before the spruces, and I burst out of the confining hole onto the grass. The entire universe spun around me. I could hear faint yelling coming closer, until Tracy’s silhouette appeared against the blue sky above me.

“Lisa! Lisa! Are you okay?!” Tracy panted, as a drop of spit began to ooze from his gaping mouth. Just before the elongating globule could detach itself, Tracy slurped and swallowed in the nick of time.

As the summers passed, my brother continued to bait me into painful judo flips, terrifying locked closets, and harebrained schemes, and I also found plenty of trouble all on my own. And now, as my teenage

daughter goes to jump off cliffs, I say a little prayer that no one breaks an arm, I accept the natural order of the world, and I understand that some things never change.



the cylinder spun wildly with the sudden acceleration. The natural undulations of the lawn sent the tubes airborne, causing them to change shape as they bounced on the ground. The circle distorted into an elongated oval with each impact, and my teeth clacked.

As the contraption flew down the hill toward a border of blue spruces, my initial squeals of delight turned into breathy screams of terror, and then into the silence of survival mode. From my cramped vantage point, I could see flashes of blue sky, the approaching spruces, grass, and Tray and Tracy screaming down the

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

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and can be contacted at

meatandpotatoesoflife@gmail.com

or on Twitter: [@MolinariWrites](https://twitter.com/MolinariWrites) or ‘like’ her on Facebook at:

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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 - Chourico, Peppers & onions on a sub roll with chips or fires \$8, 11 a.m.-7:30 p.m.

TUESDAY - Twin Chili Cheese Dogs with chips or fires \$6.25, 11 a.m.-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 - Top Gun on Saturday, July 7, 8:30-11 p.m.

HOST YOUR NEXT CLASS SOCIAL OR GROUP GET TOGETHER - At the club or one of our two decks.

For more information, call (401) 841-3054.

Saturday, July 21
8 a.m. - 7 p.m.

Boundaries: Southern: Castle Hill to Hull Cove
Northern: Sandy Point Light House on the East side of Prudence Island

Species/State Regulations:
- Striped Bass - length 28" one per person/per day
- Blue Fish - no minimum size fifteen per person/per day
- Fluke - 19" five per person/per day

Registration: Register for the tournament at the Coasters Harbor Island

Marina office. For more information, call (401) 841-3283.

Submitting Fish: If the fish is a keeper fish can be measured at the dock. If the fish is not a keeper and a participant still wishes to submit a fish, they can take a picture of it next to a ruler or tape to show the size. All fish must be submitted at the Coasters Harbor Island Marina office.

NAVSTA Paddle Fest 2018

Kayak, Bounce & Spartan-style Obstacle Course
Friday, July 27 Marina Pavilion 12-4 p.m.

Commands get your four person teams together, there's bragging rights & a trophy at stake!

WET & DRY BOUNCIES • CONCESSIONS

Command teams register at the John H. Chafee Fitness Center before Thursday, July 26.

For more information, call (401) 841-4038.

Sponsored by
US FAMILY HEALTH PLAN NAVY FEDERAL Credit Union

SLIDE INTO Summer

AT THE MARINA PAVILION SATURDAY, JULY 28 10 A.M.-2 P.M.

FREE Admission • Dry & Wet Bouncies • Supersoaker Arena
Carnival Games • Lawn Games • Food & Drink Concessions
Save The Bay Touch-A-Tank • Home Depot "Kid's Workshop"

Sponsored by
US FAMILY HEALTH PLAN LAUNCH

The Department of the Navy does not endorse any company, sponsor or their products or services.



DID YOU KNOW?

Drowning is the second leading cause of accidental death in the United States and accounts for approximately 4,000 deaths annually, half of which are children. Many would-be rescuers, both trained and untrained, become victims themselves. When swimming, always follow these basic safety rules: swim in designated areas supervised by lifeguards, swim with a buddy, and never allow anyone to swim alone. If you see someone in distress, REACH - THROW - ROW, then GO.

1. REACH: Victim(s) are located close to the shoreline and can be reached with an arm, leg or pole.

2. THROW: Victim(s) are too far away from the shoreline to be reached and must be thrown a life saving device.

3. ROW: Victim(s) are too far away from the shoreline to be reached or to have a life saving device thrown to them; rescuers must take a watercraft to the distressed swimmer.

4. GO: Rescuers must physically enter the water and swim to the victim(s). Only those trained rescuers, who are strong swimmers, should enter the water to rescue a distressed swimmer.

ONBASE FUND DRIVES!!!

GAS & GLASS FOR THE NAVY BALL—July 20: Stop by the NEX Gas Station between 10 a.m. and 1 p.m. and get help pumping gas and cleaning your win-

dows (**donations happily accepted**) - all proceeds will go to the 2018 Navy Ball Committee.

SUMMER CONCERT SERIES AT THE O'CLUB: Fridays from 5:30 to 8:30 p.m.

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.:

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!

RI BLOOD CENTER BLOOD DRIVE

July 26 from noon to 4 p.m. inside the Naval Health Clinic New England main building. Look for signs for the blood drive being set up inside the Command Conference Room. Remember, you do not have to be a member of the command to donate, just head over and drop off a pint.



UPCOMING SPECIAL EVENTS:

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

Join the
**RING Child & Youth Program and the
Wood Pawcatuck Water Association on
July 31st, 10AM-1PM
in Hope Valley, RI
for a
*Kayak Adventure!***

Military Youth Ages 10 and Up

Adult volunteers are accepted on a first come, first served basis. One per family.

Kayaks and life vests are provided and a lifeguard will be with us at all times.

Bring a water bottle, towel, and bagged lunch.

Upon registration, more details will be provided.

TO REGISTER:

ringsummer.splashthat.com
SPACES ARE LIMITED!

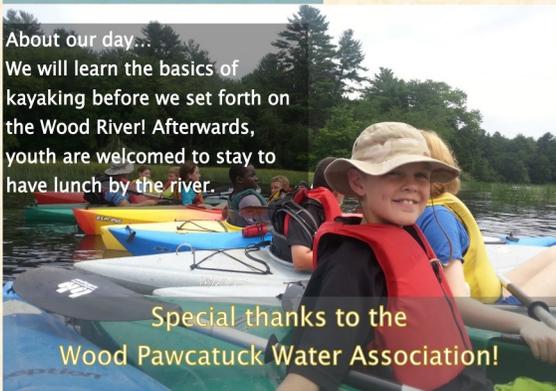
Please register by July 21, 2018.

Questions? 401-529-5848



About our day...

We will learn the basics of kayaking before we set forth on the Wood River! Afterwards, youth are welcomed to stay to have lunch by the river.



Special thanks to the
Wood Pawcatuck Water Association!



MARK YOUR CALENDARS

SALUTE TO SUMMER CONCERT AND FIREWORKS - AUG 25

Naval Station Newport, RI. – The Naval Station Newport Commanding Officer is pleased to announce that Naval Station Newport’s annual “Salute to Summer” concert and fireworks show will be held on the base, Saturday, August 25.

The concert is free and open to the public, and will feature performances by Middletown’s own Ben O’Connor, The Driftwoods, and Navy Band Northeast. Fireworks are scheduled to begin around 9:15 p.m.

Access and parking information will be announced at a later date. Guests will be encouraged to bring lawn chairs and blankets. Food and drink concessions will be available for refreshment purchases, and a children’s play area will be available until dusk. Guests must be prepared to present a picture I.D. upon entry to the base.

Coolers, outside food or drink, pets, glass bottles, banners or signs of any type, firearms and other weapons, defensive sprays (pepper spray) or chemicals, illegal drugs or paraphernalia, and drones will not be allowed on base. Strollers and small bags such as diaper bags, small backpacks or handbags will be permitted; however, they will be subject to search.

Sponsors 2017: US Family Health Plan; United Services Automobile Association; Sprint; Navy Lodge Newport; Coca-Cola of Southeastern New England, Inc.; and 3G Broadcasting, Inc. a/b/a WNMP-MIXX 99.3 FM & WADK -1540 AM. The Department of the Navy does not endorse any company, sponsor or their products or services.



HOT JOBS...

AS OF YESTERDAY, THERE WERE 156 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
Commissary Store Workers
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!

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TRAFFIC & COMMUTING



REGULARLY SCHEDULED 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.



SPECIAL GATE IMPACTS:

GATE 1: Gate 1 will be closed on Saturday, July 21 from 7:30 a.m. to 4 p.m. for maintenance. Gate 17 will be open for all traffic during this time period.

GATE 17: Gate 17 will be closed from Aug 5– 31. (see below)

CONSTRUCTION UPDATE:

- Coasters Harbor Island—Perry Rd work continues through July 31—traffic will be routed through NWC compound.**
- Training Country—Officer Training Command/Marine Corps Detachment Newport areas off Meyerkord Rd. Road detours will remain in place in support of the steam line replacement work through the end of November in various sections of the road.**



Coddington Cove



➤ Scope

- Replacing Gate 17 Hydraulic Vehicle Barrier (HVB)
- Repaving Peary St from HVB to Anderson Ave
- Estimated Timeline: 6 weeks in Aug / early Sep
- Impacts:
 - Gate 17 closed 4 weeks (4 Aug – 31 Aug).
 - **Detour during closure:**
 - ❖ Gate to Pier 1 (NW of Gate 17) –
 - Commercial Vehicles Inbound Only (0700-1445)
 - Outbound all vehicles (15-1800)
 - ❖ Gate 10 – No commercial vehicles, (M-F, 0600-1800).
 - Gate 17 Re-opened - 2 weeks of construction work while Gate is closed (1800-0600, weekends).





Senator McCain Joins USS John S. McCain Namesake

From U.S. 7th Fleet Public Affairs
FLEET ACTIVITIES YOKOSUKA, Japan (NNS) -- Secretary of the Navy Richard V. Spencer inducted U.S. Sen. John S. McCain III into the official namesake of the guided-missile destroyer USS John S. McCain (DDG 56) in a ceremony on board, July 12.

Commissioned in 1994, the destroyer already bears the names of Sen. McCain's father, Adm. John S. McCain, Jr., a former U.S. Pacific Command commander; and his grandfather, Adm. John S. McCain, a distinguished World War II carrier task force commander. Sen. John S. McCain, III, continued this proud legacy as a naval aviator during the Vietnam War. As a prisoner of war, he endured more than five years of captivity, representing America honorably and selflessly. The destroyer is the second ship named John S. McCain. A new SECNAV naming

notice officially honors three generations of dedicated service to the Navy and nation.

"Today, we add the story of Sen. John S. McCain to the spirit of the mighty vessel which already carries the legacy of his father and grandfather," said Spencer. "As a warrior and a statesman who has always put country first, Sen. John McCain never asked for this honor, and he would never seek it. But we would be remiss if we did not etch his name alongside his illustrious forebears, because this country would not be the same were it not for the courageous service of all three of these great men."

After retiring from the Navy, Sen. McCain continued national service in Congress, first as a representative and later as a senator from Arizona to this day. He took an active interest in the destroyer and its crew, visiting them most recently during a port vis-

it to Cam Ranh International Port in Vietnam on June 2, 2017. The ship had visited ports in Vietnam several times before over the years in honor of the McCain legacy.

"After SECNAV's remarks, the crew and guests observed colors," added Cmdr. Micah Murphy, McCain's commanding officer. "The flag we flew today, as well as the commissioning pennant that flew during Sen. McCain's visit in Vietnam last year, will be given to him to commemorate this historic occasion."

USS John S. McCain is forward-deployed to Yokosuka, Japan as part of the U.S. Seventh Fleet.



Navy Uniform Update Released

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy announced the expansion of hair styles for women along with several other uniform policy changes and updates in NAVADMIN 163/18, July 11.

Among the several hair style changes is the authorization for women to wear locks. The NAVADMIN provides specific and detailed regulation on how locks can be worn.

Women are also authorized to wear their hair in a single braid, French braid, or single ponytail in service, working and physical training uniforms. The ponytail may extend up to three inches below the bottom edge of the of the shirt, jacket or coat collar. The accessory holding the ponytail must not be visible when facing forward, and be consistent with the color of the hair. The hair cannot be worn below the bottom of the uniform collar where there are hazards such as rotating gear.

Women may now wear a hair bun that does not exceed or extend beyond the width of the back of the head.

Other uniform changes include the approval of the Navy Optional Physical Training Uniform (OPTU) that consists (Uniform, cont.)

of a navy blue high performance shirt and five-inch run-



WASHINGTON (July 10, 2018) Chief of Naval Operations Adm. John M. Richardson, center left, and Chief of Naval Personnel Vice Adm. Robert P. Burke, center right, and Sailors assigned to the Pentagon announce new grooming standards on camera during a live all-hands call. The event was held to answer questions from the fleet and to announce upcoming changes and updates to Navy policies. (photo by MC1 Raymond D. Diaz III/



ning shorts. The uniform is expected to be available at Navy Exchange Uniform and Customer Care Centers starting October 2018.

Navy is also developing a standard navy blue Physical Training Uniform (PTU) that will be phased into the seabag issue at Recruit Training Command in the next 12-18 months.

The Black Relax-Fit Jacket (Eisenhower Jacket) has been designated a unisex item and Sailors can wear the men or women's jacket sizing that best suits their uniform requirements.

To allow for greater visibility female Sailors have the option to wear identification badges on the right side above the pocket of their uniforms.

Wear testing of the improved female officer and chief Service uniform skirts and slacks will be complete this summer. Improvements include a straight line Service skirt, and redesigned khaki and white Service slacks with lower waist and reduced rise (waist to top of the inseam). These items are expected to be available at Navy Exchange Uniform and Customer Care Centers at the

end of the year.

An improved Black Leather Safety Boot (I-Boot 4) for optional wear with all Navy working uniforms and coveralls will be for sale at designated fleet concentration locations beginning this October. The boots were selected based on Sailor feedback and the 2017 Navy Boot Study.

New uniform policies are the result of fleet feedback and the ongoing efforts to improve Navy uniforms, uniform policies and Sailor appearance.

The Navy Uniform mobile app will be updated in late July. The update will include all of Navy Uniform regulation illustrations, policies and NAVADMINs. The expanded uniform app's goal is to provide one-stop uniform policy access and ability to submit uniform questions links to Navy Exchange on-line uniform sales via the app.

For complete on these uniform policy, details, guidance, and where to direct questions see NAVADMIN 163/18 at www.npc.navy.mil.

Press Statement on Harry S. Truman Carrier Strike Group Operations

By Adm. Christopher Grady, Commander, U.S. Fleet Forces Command

NORFOLK (NNS) -- The National Defense Strategy directs us to be operationally unpredictable while remaining strategically predictable. As such, select units from the USS Harry S. Truman (CVN 75) Carrier Strike Group (CSG) will return to Norfolk, Virginia, this week - a direct reflection of the dynamic force employment concept and the inherent maneuverability and flexibility of the U.S. Navy.

The Truman CSG has had an incredibly successful three months in the U.S. 6th Fleet area of responsibility. The ship accomplished every objective established for its crew, from striking ISIS in Syria to expanding partnerships and exercising with our friends and allies.

Let me be clear - all returning units are 100 percent mission capable and will remain in the sustainment phase of the Optimized Fleet Response Plan, which

means they will sustain warfighting readiness and be ready to surge forward or redeploy when called upon.

As with any in-port period, routine maintenance will be conducted on ships, aircraft and equipment, and Sailors will take the opportunity to continue advanced training, maintain warfighting certifications, as well as spend time with their families.

Editor's note: For more information, visit www.public.navy.mil/usff, www.facebook.com/usfleetforces, or www.twitter.com/usfleetforces.



STRAIT OF GIBRALTAR (June 28, 2018) The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) conducts a strait transit. Harry S. Truman is currently deployed as part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe. (photo by MC2 Thomas Gooley)



PROVIDENCE, R.I. - Amanda Morse, a Navy Veteran, Brandon, Vt., resident and patient of the White River Junction VA Medical Center, watches her drive from an Ottobock sit-to-stand sporting power chair Monday, July 16, 2018, at the Button Hole Golf Course in Providence, R.I., during the golf expo of the VA New England Healthcare System's ninth annual Summer Sports Clinic, hosted by the Providence VA Medical Center and the Boston VA Health Care System. This was Morse's first summer sports clinic. "This is amazing! We don't get a lot of recreation," she said. "It helps you realize you can still do the things you want to do." More than 40 disabled Veterans travelled to Rhode Island for the special rehabilitation-related sporting clinic, which runs July 16 through 19, and features adaptive sporting events including golf, archery, cycling, kayaking, sailing and deep sea fishing. (Providence VA Medical Center photo by Winfield Danielson)

PROVIDENCE, R.I. - Marine Corps Veteran Sheldon Pascor, a resident of Lynn, Mass., and patient of the West Roxbury VA Medical Center, leads volunteer David Fraley, from North Smithfield, R.I., along the Greenway Bike Path in Coventry, R.I., Tuesday, July 17, 2018, during the VA New England Healthcare System's Summer Sports Clinic cycling event, hosted by the Providence VA Medical Center and the Boston VA Health Care System. This was the second year Pascor participated in the special rehabilitation-related sporting clinic. "We need to appreciate everything VA does, and Veterans need to take advantage of all the services that are available," he said. "All the adaptive sports -- skiing, cycling, kayaking -- have been an incredible blessing in my life." Support for cycling was provided by Northeast Passage of Durham, N.H, Bike-On of Warwick, R.I., and the Coventry Department of Parks and Recreation. (Providence VA Medical Center photo by Winfield Danielson)

Upcoming Veteran Events:

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.

Bring Your TRICARE Benefit Questions to July 26 Webinar Have questions about your TRICARE benefit? Here's your chance to get some answers. Join TRICARE on Thursday, July 26, from 1 to 2 p.m. ET for the "Ask TRICARE" webinar. The Q&A webinar will include a panel of subject matter experts to answer your questions about TRICARE health care, pharmacy, and dental programs. Register today!

Read the full article here <<http://links.govdelivery.com:80/track?> Or go to: https://tricare.mil/coveredservices/benefitupdates/archives/07_12_18_benefites_webinar.

NAVY LEAGUE MILITARY APPRECIATION NIGHT AND ANNUAL MEETING, THURSDAY, AUG. 9—Not necessary to be a member of the Navy League or even affiliated with the sea services to attend. For more information call: 864-4028 or email: milappnight2018@newportnavyleague.us