



# Navalog

August 30, 2018 Edition

## New Skipper at the Helm of the Navy Supply Corps School



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- SALUTE TO SUMMER PHOTOS
- ASN VISITS NUWC
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The Navy Supply Corps School held a traditional Change of Command ceremony last Friday in front of the Wheeler Center. Capt. Doug Noble relinquished command of the school to Capt. Nick Rapley with Rear. Adm. Michelle Skubic, Commander, Naval Supply Systems Command and 48th Chief of Supply Corps the presiding officer. Above, Capt. Nick Rapley departs with the Official Party as the



new Commanding Officer of the Navy Supply Corps School. Left, Capt. Doug Noble was awarded the Legion of Merit by Rear. Adm. Michelle Skubic and Capt. Jonathan Haynes, Commanding Officer of the Center for Service Support during the ceremony. (story, more photos on page 2.)





## WELCOME ABOARD CAPTAIN NICK RAPLEY, SC

Prior to arriving to the Navy supply Corps School, Capt. Rapley served as Special Assistant (Congressional Liaison) to the Under Secretary of Defense for Acquisition and Sustainment, USD (A&S), the Office of the Assistant Secretary of Defense for Legislative Affairs (OASD(LA)). A native of Southern California, Nick Rapley enlisted in the Navy where he was selected for the Broadened Opportunity for Officer Selection and Training (BOOST) Program in 1989. He was commissioned as a Navy Supply Corps Officer after graduating from Norwich University in 1994 with a Bachelor of Science degree in Economics. Capt. Rapley holds a Masters of Business Administration from the University of Georgia and completed Stanford's Graduate School of Business Executive Program on Strategy and Organization (EPSO).

Shore and staff assignments include: Fleet Carrier Strike Group Readiness Officer, Commander Naval Air Forces-Atlantic, Norfolk, VA; Aviation Operations Directorate of NAVSUP Weapon Systems Support, Philadelphia, PA, as the H-60 integrated weapons support team director; OPNAV N41 Supply, Ordnance, and Logistics Operations Staff in Washington D.C., as Joint Logistics Engagement Action Officer; Navy Sup-



Rear Adm. Michelle Skubic, Capt. Jonathan Haynes, Capt. Doug Noble, and Captain Nick Rapley salute the National Ensign during the Change of Command Ceremony held at the Navy Supply Corps School Wheeler Center August 24th, 2018.

ply Corps School in Athens, GA, as Division Head for the Supply Officer Department Head Course, Advanced Management Program and International Officer Supply Course, and NAS Key West, FL as Aviation Supply Division Fuels and Food Service Officer. Operational tours include: supply officer, USS Nimitz (CVN-68), Everett, WA; principal assistant for logistics, USS Ronald Reagan (CVN-76); San Diego, CA; supply officer, USS Fletcher (DD-992), Pearl Harbor, HI; and assistant supply officer, USS Yorktown (CG-48), Norfolk, VA. He also forward-deployed to Afghanistan as a logistics enabler for Joint Special Operations combat mission in support of Operation Enduring Freedom.

Personal decorations include the Defense Superior Service Medal, Bronze Star, Meritorious Service Medal (four awards), Navy Commendation medal (five awards), Navy Achievement Medals (four awards) and various campaign and unit awards. He is a qualified Surface Warfare Supply Corps Officer, Naval Aviation Supply Officer and is a member of the Defense Acquisition Professional Community



Capt. Doug Noble and Capt. Nick Rapley transfer command of the Navy Supply Corps School at the Wheeler Center in Newport, Rhode Island.

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Capt. Ian L. Johnson, Commanding Officer  
Lisa Rama, Public Affairs Officer



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

Base Condition Line: 841-2211

Operational and Exercise Impacts are often communicated to the public first using the installation Facebook Page—'like' us at: [www.facebook.com/NAVSTANewport](https://www.facebook.com/NAVSTANewport) to stay informed!



## Assistant Secretary of the Navy Geurts visits NUWC Division Newport

The Honorable James F. Geurts, Assistant Secretary of the Navy (ASN) for Research, Development and Acquisition (RDA) met with some of Naval Undersea Warfare Center (NUWC) Division Newport's brightest minds as he toured the center on Monday, Aug. 27.

"I enjoyed the meaningful dialogue and look forward to the impact NUWC will have on delivering capabilities to our warfighters," said Geurts.

During his visit to Newport, Geurts challenged the command and industry to leverage their talent and focus on four areas to increase Naval capabilities.

"We must focus on delivering lethal capacity to the warfighter... We have to figure out how to get our agility and pivot speed up... We have to drive cost out... and how do we develop our talent to compete and win," he said.

As the Navy's acquisition executive, Geurts — who was confirmed by the Senate in November 2017 — has oversight of an annual budget in excess of \$60 billion and is responsible for equipping and supporting Sailors and Marines with the best platforms, systems and technology as they operate around the globe. Geurts opened his visit by meeting with Rear Adm. Moises DelToro III, NUWC Commander; Capt. Michael Coughlin, NUWC Division Newport Commanding Officer; and Ron Vien, SES, NUWC Division Newport Technical Director in the Undersea Warfare Rapid Innovation Center (USWRIC).

A group of NUWC Newport engineers and sci-

entists then demonstrated various projects on which they are working. Topics included machine learning; biologically-inspired sensor technologies; virtual reality and the Virginia Payload Tube; rocket propelled grenades (RPG) of the sea; submarine-launched unmanned aerial systems (UAS); and the live firing of a Harpoon cruise missile from a U.S. submarine during the 2018 Rim of the Pacific exercise.

Geurts also had the opportunity to tour the Newport's Unmanned Undersea Vehicle (UUV) Lab and speak with a representative from the Theater Anti-Submarine Warfare (ASW) Offset/TOPSIDE Team.

In addition to his tour of NUWC Newport, Geurts attended the Southeastern New England Defense Industry Alliance (SENEDIA) Defense Innovation Days at the Newport Marriott where he served as the keynote speaker.



ASN Guerts and DASN Bray are welcomed to NUWC Newport's Rapid Innovation Center. Left to Right; RADM Moises DelToro, Commander NUWC; James F. Geurts, Assistant Secretary of the Navy for Research, Development, And Acquisition; William P. Bray Deputy Assistant Secretary of the Navy for Research, Development, Test and Evaluation; Capt. Michael R Coughlin, Commanding Officer NUWC Division Newport; Marie Bussiere, Head NUWC's Department of Undersea Warfare Combat Systems Department (US Navy photo by Richard Allen, MRC)

*Newport Navy Ball Association Presents.....*

## 243rd Navy Birthday Ball

*Forged by the Sea*

Saturday, 13 October 2018 1800-2300  
Newport Marriott  
Live Music provided by Navy Band Northeast  
Cocktail hour Starts at 1800

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DINNER CHOICE

Stuffed Chicken / Honey Balsamic Glazed Salmon / Roasted Mushroom Gruyere Tart

O4 and above/ GS13 and Above	\$65.00
E7 - O3 / GS12 and Junior	\$60.00
E5 - E6 / OCS / NAPS	\$50.00
E1-E4	\$40.00

Attire: This will be a no cover event.  
Male / Military: Dinner Dress Blue or better / Civilian Attire: Black tie  
Females / Military: Dinner Dress Blue or better / Civilian Attire: Ball gown

Tickets available 20 August through 28 September; See your command Ball Representative for more details, or contact us at [navyballcoordinatornewport@gmail.com](mailto:navyballcoordinatornewport@gmail.com)

# SALUTETO SUMMER...



An estimated 8,000 guests attended the NS Newport annual Salute to Summer Concert and Fireworks celebration held on Dewey Field last Saturday. Headlining for the event was Navy Band Northeast's Rhode Island Sound and (below) Musician Third Class (MU3) Christiana Villalva, vocals; MU1 Colin Greggs, guitar; MU2 Leeland Rothrock, on Sax and keyboard; MU3 Cameron McIntyre on Bass Guitar; MU1 Gabe Giannelli on Drums and MU3 Gene Register on keyboard were amazing.



Capt. Ian Johnson, Commanding Officer of NS Newport officially welcomed the audience onto the installation prior to Rhode Island Sound taking the stage. The celebration kicked off early with the field opening at 2 p.m. for patrons with installation access. Bounciers, water slides, face painting, henna tattoos, magic shows, Explosive Ordnance Mobile Unit 12—Det. Newport, the Naval War College Museum; ring tosses; food and drink concessions and many other options available to attendees in the hours leading up to the fireworks which began just after sunset.

# SALUTETO SUMMER...



Ben O'Connor, left, began the live musical line up at 3 p.m. (left) and was followed by the Driftwoods who entertained the audience with Beach Boy classics and other hits from the 70's.



Petty Officer 3rd Class (retired) Jon Marshall who served onboard the USS Coral Sea (CVA 43) (right in photo on the left) with BU1 Dennis Radcliffe (retired), had his SEABEE Flag with him so all his buddies could find him on the field took advantage of the 2-4 p.m. block open to military and DoD ID holders. Below; Cassie Wonson, age 8 daughter of Col. Craig Wonson of the Naval War College, got her face painted by Shannon Maynard of Child and Youth Programs an unidentified child slides down the chute and fireworks.



# SALUTETO SUMMER...



The "Living Statue" was a big hit for the visitors to the event with the artist slowly changing positions every few minutes. (right) Cmdr. Bill Barich, executive officer, Navy Supply Corps School, meets Tweety the dove during a performance of Steve Brenner's "Brenner Family Magic Show." Steve brought along Charlotte the Chinchilla and an unknown piglet with him to entertain the audience. Cmdr. Barich's daughter's Kelsey (on his right) and Lily enjoyed meeting the animals almost as much as the XO did! Below left, Musician 1st Class Colin Greggs of Navy Band N.E.'s RI Sound tears up the strings during a performance of Prince's iconic "Purple Rain" and (below under general photo of the crowd) Lt. Theodore Coombs, Officer in Charge of Explosive Ordnance Disposal Mobile Unit 12, Det. Newport, operates the robot at their display that was set up on the field.



# ON THE MOVE WITH THE CHIEF SELECTS...



Ten of the eleven Newport command Chief Petty Officer (CPO) Selectees hit the uniform shop on Monday to invest in a whole new set of uniforms. Above left then clockwise: The selectees sing “Anchors Away” out in the parking lot before getting their shopping underway; CPO Selects Daniel O’Connell, NWC and Michael Robart, NS Newport, try on their Brooks Brothers Dress Blues; the Selectees also played a round of “Chief or No Chief” to test out their CPO knowledge; below right, CPO Select Scott Brady wraps up his purchases totally just over \$1,000. (don’t worry, there is a NEX payment plan set up for milestones such as this!); Below, CPO Selects Keith Foley, NOSC, left, and Ashley Coleman, NWC, right, cut the commemorative cake (tradition is that the youngest and oldest selectees cut the cake) Below left, CPO Ashley Coleman, NWC, is fitted for his dress blues and left, CPO Select Joe Stanco, NHCNE gets measured for his whites. **BZ to all of our Selectees!**





Capt. Ian Johnson, Commanding Officer, NS Newport, presented Navy Career Counselor 1st Class Esperanza Cailao with a Letter of Commendation for her selection as the NS Newport Senior Enlisted Sailor of the Quarter, 2nd Quarter, 2018 recently.



Earlier this month, Capt. Johnson stopped into the MWR office to present Shannon Maynard with her Letter of Commendation and oversized non-redeemable cardboard check for her selection as the NS Newport Senior Civilian of the Quarter, 2nd Quarter.



(Aug. 29, 2018) Chief of Naval Operations Adm. John Richardson, left, congratulates Master Chief Petty Officer of the Navy (MCPON) Russell Smith after announcing his selection as the 15th MCPON. Following a comprehensive review of potential candidates, Smith will serve as the senior-ranking enlisted leader and advisor to the CNO. (photo by MC2 Sarah Villegas/Released)



The 106th Navy Dental Corps birthday was celebrated on Wednesday, August 22, simultaneously at all four NHCNE clinic locations in Newport, Groton CT, Portsmouth NH, and Saratoga Springs NY. As tradition dictates, the most senior and most junior dental corps officers cut the cake and in Newport the honors went to NHCNE Executive Officer, Capt. Rachael Mya and Lt. John Davies. (photo by K. Macknight)

# FLEET AND FAMILY SUPPORT CENTER...



September 2018				
Mon	Tue	Wed	Thu	Fri
3	4 Consumer Awareness 1000 -1130	5 Car Buying 0900-1030	6 Stress Management, 0900 - 1030  Interviewing Process, 1400-1600	7
10 Military Pay Issues 0900-1030	11 Anger Management, 1400 - 1530	12	13 SAPR VA, 0900-1100 and 1300-1500	14
17	18	19 Career Technical Track, 0800-1600	20 Career Technical Track, 0800-1600	21
24	25 FAP/SAPR CDO, 0800-0900	26	27 Communication for Life, 1300 - 1430	28

**Note: Parenting programs are offered individually or in a classroom, if enough participant information, 841-2283**

Summer is passing, the leaves will be changing and soon the most wonderful time of the year will be upon us! For many this is an exciting time full of cheer and adventure. Some of us struggle with the Holidays and change of seasons; less sunshine and more stress can prove to be challenging. September is Suicide Awareness and Prevention month- Your #OneSmallAct could make the difference. Learn how to #BeThere for every Sailor. Call the FFSP 401-841-2283 and schedule your brief with Anne today. We encourage you to use the One Small Act a day calendar be it on social media, email a day or plan of the week and start a conversation. There are many resources available. Suicide is preventable, but it takes all of us.



**#BeThere for Every Sailor, Every Day.**

September is Suicide Prevention Month. Challenge yourself to 1 Small ACT each day to build healthy habits for yourself and be there for *Every Sailor, Every Day.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Like @U.S Navy Operational Stress Control on Facebook for small acts to help you navigate stress, prevent suicide and #BeThere for Every Sailor, Every Day.
2 Yoga can be a helpful self-care practice to de-stress, decompress and stay present in the moment. See how yoga helped this Sailor find clarity in her life at <a href="http://bit.ly/RechargeWithYoga">bit.ly/RechargeWithYoga</a> .	3 This Labor Day, remember that you are not alone. There are resources to help you navigate challenges 24/7. Bookmark this list: <a href="http://bit.ly/VCLBeThere">bit.ly/VCLBeThere</a> .	4 De-clutter to de-stress. Safely dispose of the leftover prescriptions in your medicine cabinet by putting them in a small bag with used coffee grounds and throwing them in the trash.	5 Need your phone to help you remember everything? Let it remind you to #BeThere. Set a 1 Small ACT weekly reminder to check-in on yourself and your friends.	6 At the end of the day, reflecting on the positive can put things into perspective. Get your journal (or start one) and write down three good things that happened today.	7 Download the Pier Pressure app to get a head start on safety if your weekend plans involve alcohol. Use it to check alcohol content in drinks, find a safe ride home and more.	8 Social media is a great way to keep up with friends and family, but sometimes it can be overwhelming. Try taking a break from it today to reconnect with yourself.
9 In your journal, reflect on an experience in your life that taught you an important lesson about having support or being supportive.	10 Did you know? Less than 1% of security clearances are revoked or denied for psychological health reasons. Share this fact with 2 friends today.	11 Share the Military Crisis Line number with a fellow Sailor today as a way to be there for Every Sailor, Every Day. 1-800-273-8255, Press 1.	12 Transform your life into what you want it to be by setting intentions. The week may be halfway over, but it's not too late to reflect on how you can make it better!	13 If you're dealing with additional stress, store your firearm unloaded with a gunlock in a secured safe, separate from ammo. Learn more at <a href="http://www.suicide.navy.mil">www.suicide.navy.mil</a> .	14 Plan a fun game night with your buddies. Relieve stress with friendly competition, jokes and laughs. Just don't flip any tables!	15 What is said to a Navy chaplain stays with you decide otherwise. Need to talk through something? Reach out to your nearest chaplain.
16 "Mountain pose" can help you stay grounded this week. Stand tall with your feet hip-width apart, hands by your sides and palms forward. Relax and breathe deeply.	17 Snacking under stress? Make healthy swaps, like almonds instead of M&Ms, to help rebalance your mood and increase your energy.	18 Noticed small changes in a friend's behavior? Identify signs and intervene: <a href="http://go.usa.gov/xRVyH">go.usa.gov/xRVyH</a> . You don't have to see every sign to ACT!	19 Get over the hump today by taking five minutes to breathe. Set a timer, close your eyes and breathe deeply, in through your nose and out through your mouth.	20 Yawning already? Plan for a 20-minute nap today if you can, or aim for 7-8 hours of sleep tonight. Avoid alcohol, caffeine and heavy meals close to bedtime.	21 Fit Friday! You don't need a gym to get in a good workout and relieve stress. Learn how to work out without equipment at <a href="http://bit.ly/MinimalistFitness">bit.ly/MinimalistFitness</a> .	22 Headed out? Notice how alcohol affects you psychologically and physically. Learn more about Mindful Drinking at <a href="http://bit.ly/SPMindfulDrinking">bit.ly/SPMindfulDrinking</a>
23 A 2013 poll found that 81% of Americans get Sunday Night Blues. Take some time today to journal about five things you are looking forward to this week.	24 Today, try a body scan. Starting with your feet and moving up, observe sensation in each part of your body. You can do this lying down, seated or standing.	25 Who is your Suicide Prevention Coordinator? No idea? Ask your unit leader and set aside time to connect with them.	26 Talking to someone who's "been there" can help you gain new perspective. Reach out to the BeThere Peer Support Center Call 1-844-357-PEER for free and confidential support.	27 Moderate dehydration can elevate feelings of anxiousness. Are you drinking enough water? Find out with this calculator: <a href="http://bit.ly/GYHH2OCALculator">bit.ly/GYHH2OCALculator</a> .	28 You've probably heard about mindfulness, but what about mindful eating? Really enjoy your lunch today by savoring the flavors, smells and textures.	29 Reach out and ACT if a friend makes concerning posts on social media that express feelings of hopelessness. Learn more at <a href="http://bit.ly/RecognizeSocialMediaRisk">bit.ly/RecognizeSocialMediaRisk</a> .

# MORALE, WELFARE & RECREATION



www.navywmrnewport.com

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

NAVSTANewportMWR @NAVSTANPTRIMWR

## OFFICERS' CLUB, BUILDING 95

### OPEN TO ALL PATRONS WITH BASE ACCESS

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** - BBQ Bacon Mushroom Cheeseburger Pizza - 8" \$7.50, 16" \$14.00, 11 a.m.-7:30 p.m.

**TUESDAY** - Chicken Taco Salad - mixed lettuce, corn, black beans, tomatoes, seasoned chicken & Ranch dressing \$7.25, 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** - Teriyaki Chicken Wrap - diced chicken, pineapple, lettuce, teriyaki sauce served with chips or fries \$6.25, 11 a.m.-7:30 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** - Ironman 3 on Saturday, September 1, 8 p.m.

## A Race to Remember...

Tuesday, September 11 at 6 a.m.

*It's a tribute, it's a celebration and it's away for us to remember our fallen heroes.*

Join the MWR Fitness Staff for a morning run or command PT. All individual runners, walkers and commands will preregister at the John H. Chafee Fitness Center prior to 8 September. Same day sign-ups will be at the Weenachasett Bridge. The 3-mile run or 1.5 walk will start and finish on the Weenachasett foot bridge. Prizes will be awarded for top three male and female finishers and to the largest command who participates. Breakfast and refreshments will be provided after the race. Commands must bring in a roster at the time of registration to the John H. Chafee Fitness Center. Open to patrons with base access.

Complimentary Dr. Scholl's Massage Gel Boot Insoles will be handed out, while supplies last!  
@SupportOurTroops.org

For more information, call (401)841-7354.

Presented by

Sponsored by

# Inflatable Fun Festival

Saturday, September 15 • 10 a.m.-2 p.m.

at the backside of the John H. Chafee Fitness Center

## FREE GAMES & INFLATABLES • CONCESSIONS

For more information, call (401) 841-4992.

Sponsored by:

# HEALTH & WELLNESS FAIR

Tuesday, September 25, 3-6 p.m.

## at the John H. Chafee Fitness Center

The fair will offer a wide variety of booths from exercise information, leisure activities, nutrition, preventative care, and local community services. The fair will offer base and local businesses products and services to help spread the word on available resources to improve the quality of life. To have your department or business included in the fair, contact MWR Sponsorship at (401) 841-3855.

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



## The last time

A few days ago, while dropping our youngest child, Lilly, off to start her freshman year of college, I realized that a certain phase of my life as a mother was coming to an end. Over the past 23 years, I have become accustomed to putting the needs of our three children before all else. I nurtured them as babies, guided them through their school years and multiple military moves, and saw each one of them off to college.

As I helped Lilly hang a poster in her dorm room a few days ago, it occurred to me that this would be the last time. The last time for all the things that have characterized an era of raising children. In an instant, my mind was flooded with an overwhelming rush of melancholy as I comprehended the end of this purpose-driven period of my existence.

*This is it, I thought, the last time...*

The last time I will hang a poster in a freshman dorm room, or fill a shower caddy with soaps and shampoos, or meet my daughter's fresh-faced resident advisor. The last time I will forget to bring a set of tools to put together the shelf unit we bought at Walmart, or drop the bedrail on my foot while lofting our daughter's bed, or watch my husband standing, arms crossed, in the dorm's coed hallway shielding his baby girl from the boys' prying eyes.

The last time I will argue with my daughter over whether or not a smoothie maker is a dorm room necessity, or lecture her about boys' intentions after midnight, or realize that she doesn't understand why she needs to separate the darks from the lights when doing her laundry.

The last time I will attend a first-year parent orientation session, otherwise known as the "Free Pen Grab," or embarrass my daughter by asking the campus tour guide if students are required to wear helmets when riding bikes, or wonder at the gluten-free, halal, allergy-friendly,



non-genetically modified choices at the newfangled college dining hall.

The last time I will struggle with the thought of my innocent child being lured into one of many fraternities that line the campus, or deny that she might dance with the brothers to base-heavy hip-hop music blasting from enormous speakers on game day, or cringe at the idea of her lounging on the ratty couch sitting on the fraternity's front porch, or scoff at the notion that she might enthusiastically engage in a game of beer pong on the red-Solo-cup-strewn fraternity house lawn.

The last time I will be duped into using a freshman orientation coupon to get a measly 5% off of a fortune's worth of sweatshirts, refrigerator magnets, fleece vests, car stickers, water bottles, hats, lanyards and mousepads at the college book store. The last time I will be surprised when the college staff informs me that, despite the fact that we are expected to pay all the bills for our child's tuition, room, board, books, wifi, parking, health services, printing, laundry, and other undefined fees, we will never have access to her college grades, health status, or disciplinary history.

The last time I will pray that my daughter won't have to shower in a stall beside a football linebacker

brushing his teeth in one of her dorm's gender-neutral bathrooms, or notice all the potential make-out spots along the sylvan campus paths, or witness her lock eyes with cute but full-grown lacrosse players, or sigh with reluctant acceptance at the bowls of complimentary condoms scattered about the dorm common areas, health center, and student union.

The last time I will meet my daughter in the dorm parking lot beside our minivan after freshman orientation to say farewell. The last time I will make her promise to call home every Sunday. The last time she will admit that she's a little scared. The last time I will assure her that the next four years will be some of the best years of her life.

And hopefully, the first time my daughter is the last one to let go when we hug good-bye.

*Lisa's syndicated column appears in military and civilian newspapers including Stars and Stripes, and on her blog at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)*

*and can be contacted at [meatandpotatoesoflife@gmail.com](mailto:meatandpotatoesoflife@gmail.com) or on Twitter: @MolinariWrites or 'like' her on Facebook at:*



## **MONDAY IS A FEDERAL HOLIDAY MWR LABOR DAY HOURS**

The following MWR Facilities will observe their holiday hours of operation on Monday, September 3:

Community Recreation Center 12-6 p.m.

Liberty Center 12-6 p.m.

Seaview Lanes Bowling Center 12-6 p.m.

John H. Chafee Fitness Center 9 a.m.-5 p.m.

John H. Chafee Fitness Center Pool 10 a.m.-2 p.m.

Leisure Bay (Internet Café & Coffee Shoppe) 8 a.m.-6 p.m.

Auto Skills Center; Child Development Center &

School Age Care; Teen Center;

MWR Admin, Officers' Club; Outdoor Recreational

Rental; and Teen Center

will be closed.

and services to help spread the word on available resources to improve the quality of life.

To have your department or business included in the fair, contact MWR Sponsorship at (401) 841-3855. Sponsored\* by: United Services Automobile Association (USAA) & US Family Health Plan

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

**DID YOU KNOW?** The leading cause of home clothes dryer fires is failure to clean them. Annually, or if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or contact a dryer lint removal service.

## **CHAPEL OF HOPE**

Telephone: (401)841-2234 (during duty hours) or (732) 300-7912 (after duty hours):

### **Worship Services—Sundays:**

7:45 a.m.: Protestant Liturgical Service  
- (weekly Communion)

9 a.m.: Catholic Mass

9 a.m.: Bible Study, Rm 100 Perry Hall

10:30 a.m. Protestant Contemporary Service

### **Tuesday:**

6:30 p.m.: Men's Bible Study

### **Wednesday:**

**EFFECTIVE 01 SEPTEMBER 2018**

**In observance of Labor Day,  
The NHCNE Newport  
Pharmacy will be closed on  
Saturday 01 September 2018.  
Normal Pharmacy business  
hours will resume on  
Tuesday 04 September  
from 0800 to 1800.**



## **NEWPORT COMMISSARY**

# **"SIDEWALK SALE"**

## **LABOR DAY WEEKEND**

**August 31 TO September 2nd**

**Merchandise 30% to 50% off  
our Already Low Prices!!!**



## **MWR HEALTH & WELLNESS FAIR TUESDAY, SEPTEMBER 25, 3-6 P.M. AT THE JOHN H. CHAFEE FITNESS CENTER**

The fair will offer a wide variety of booths from exercise information, leisure activities, nutrition, preventative care, and local community services. The fair will offer base and local businesses products

# TRAFFIC & COMMUTING



## 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 10:** Open Friday from 6 a.m. to 6 p.m. then closing until further notice.

**Gate 17:** **SCHEDULED TO REOPEN SEPT 4, 6 A.M.**

**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.



## **GATE 17 SCHEDULED TO REOPEN AT 6 A.M. ON TUESDAY, SEPT. 4:**

As of publication of this document, work has proceeded and plans are in place to reopen Gate 17 for business, as usual, on Tuesday morning at 6 a.m. following the Labor Day holiday weekend. Gate 10 will close at 6 p.m. on Friday and remained closed off until needed for operational support.

Work on Gate 17 included: Demo existing vehicle barriers; demo and remove existing pavement; demo existing roadway curbs; mill existing pavement; construct underground electric/comm duct bank; place base for barriers; place new vehicle barriers; install concrete at vehicle barriers; install trench drain; pull underground cabling; place new concrete curbs; place base for pavement; install electrical connections and panels for new barriers; install electric/comm to existing system; restore landscaping; re-pave the road; re-stripe the road



## **PEARY ROAD WORK SCHEDULED TO WRAP UP ON TIME**

The Peary Road work on Coddington Point has had traffic going left and right off of the Toner Bridge for the past few weeks and is scheduled to wrap up momentarily. The project completion date is the end of this month and it appears that the contractor is on target to hit their mark as well. As with the Gate 17 project, there was A LOT of work done on that road including repaving and improving the crosswalks and safety enhancements.



*Lots of work in under 30 days so BZ to Public Works and the contractors who executive this and thank you all for your cooperation during this period.*

## **ONGOING CONSTRUCTION:**

*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.*



## U.S. Navy Statements on Passing of Sen. John McCain

From the Office of the Navy Chief of Information

Secretary of the Navy Richard V. Spencer, Chief of Naval Operations Adm. John Richardson and the commanding officer of USS John S. McCain (DDG 56), Cmdr. Micah Murphy, released statements Aug. 25 on the death of Senator and Navy veteran John S. McCain III who died Aug. 25 at age 81.

### Statement by Secretary of the Navy Richard V. Spencer:

*"Today, the Navy and Marine Corps team lost a friend and one of our own when Senator John McCain passed. "From the Naval Academy to flight school and throughout his time as a prisoner of war in Vietnam, McCain displayed unfailing honor and duty to country. If that was the end of his service, he would still be renowned as a hero, but McCain's desire to serve didn't stop when his uniform came off. He continued to serve as a representative and senator from Arizona. Throughout his life, McCain never ceased serving our nation or fighting for what he believed. "My heartfelt condolences go out to the McCain family, their friends and loved ones. Everyone on the Navy and Marine Corps team shares this loss with all who had the fortune of knowing Sen. John McCain."*

### Statement by Chief of Naval Operations Adm. John Richardson:

*"The nation has lost a great patriot and warrior. Whenever we were in a tough spot, we knew Sen. McCain would be on our side with his characteristic toughness and integrity. The U.S. Navy mourns the loss of a true shipmate. Our prayers go with him and to his family, that they find consolation. May Sen. John McCain, who never flinched from a worthy fight, rest in a well-deserved peace."*

### Statement by USS John S. McCain (DDG 56) commanding officer Cmdr. Micah Murphy:

*"On behalf of the crew of USS John S. McCain, I offer our support and prayers to the McCain family, our gratitude to the senator for his years of service to our nation, and a heartfelt traditional Navy sendoff: 'Fair winds and following seas.' It is an honor to have our mighty warship carry on your name and continue your legacy."*

DDG-56's name honors three generations of dedicated service to the Navy and nation. Sen. McCain's father, Adm. John S. McCain, Jr. served as U.S. Pacific Com-



CAM RANH, Vietnam (June 2, 2017) Sen. John S. McCain III is piped aboard during a visit to the Arleigh Burke-class guided-missile destroyer USS John S. McCain (DDG 56) in Cam Ranh, Vietnam. McCain is a senator from Arizona and former Vietnam War POW. The ship is named after his father and grandfather, both former Navy Admirals. The U.S. Navy has patrolled the Indo-Asia-Pacific routinely for more than 70 years promoting regional peace and security. (U.S. Navy photo by MC3 Joshua Mortensen/Released)

mand commander. Sen. McCain's grandfather, Adm. John S. McCain was a distinguished World War II carrier task force commander.

Sen. McCain 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.

After retiring from the Navy, he continued national service in Congress, first as a representative and later as a senator from Arizona. Sen. McCain took an active interest in the destroyer and its crew, including a visit to the ship during a port visit 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.

**Editor's note:** This article was updated Aug. 26, 2018, to include Murphy's statement and background about DDG-56's namesakes.





## New Division Officers Graduate from SWOS (San Diego)

By Ensign Samuel Hardgrove

SAN DIEGO (NNS) -- A crowd of over 150 friends, family and shipmates gathered to celebrate the graduation of 121 Surface Warfare Officers School (SWOS) Basic Division Officer Course (BDOC) San Diego students Aug. 24.

BDOC is a nine-week course designed by SWOS to provide foundational classroom training in division officer fundamentals for prospective surface warfare officers.

The recently commissioned ensigns, from the U.S. Naval Academy, Naval Reserve Officers Training Corps and Officer Candidate School, accepted their certificates of completion amidst cheers, air horn blasts and even a guest dressed in an alligator costume during the ceremony attended by distinguished visitors and officers from their assigned ships.

“Thank you for supporting BDOC by being here,” said BDOC Officer-in-Charge Lt. Cmdr. Eric Madonia. “Your attendance is heartwarming and a sweet reflection of support, that you would come out and embrace these ensigns as they took their first steps towards their warships. “To the students, please understand that your professionalism in the fleet is the chief part of our success. Go make us proud.”

During BDOC, students learn the fundamentals of naval engineering, seamanship and shiphandling, navigation, maritime warfare, damage control and division officer fundamentals from experienced instructors, including SWOS Commanding Officer Capt. Scott Robertson and Commander, Naval Surface and Mine Warfighting Development Center, Rear Adm. David Welch.

USS Makin Island (LHD 8) Commanding Officer Capt. Dave Oden served as guest of honor.

“One day, you’ll head out to the vast ocean, past the sea buoy, and into harm’s way, trained and ready to go - ready to execute whatever mission the nation or the world requires,” said Oden. “The Navy trusts junior officers to do so many amazing things: drive a million-dollar warship, lead 20 junior-enlisted Sailors, just days after graduating BDOC and deploy to far-off locations, acting as ambassadors to the United States in countries around the world. The Navy will ask many things of you at a junior level because we believe and know that you can handle it. We trust that your preparation and teamwork will lead us to success.”

Beyond class instruction, BDOC students receive hands-on training in the Conning Officer Virtual Environment (COVE) simulator, at the gun range, in damage control trainers and aboard ships homeported in San Diego.

COVE is virtual-reality technology providing an immersive experience for students to practice the concepts of navigation and shiphandling.



SAN DIEGO (Aug. 24, 2018) Lt. Cmdr. Eric Madonia, Surface Warfare Officers School (SWOS) San Diego Basic Division Officer Course (BDOC) officer in charge addresses 121 graduating BDOC students and their guests during a ceremony Aug. 24 onboard Naval Station San Diego. (photo by Lt. Christine Amposta/Released)

Ensign Adam Osborn was recognized as the Shiphandler of the Class after competing with his peers in COVE. Osborn has orders to report to USS John C. Stennis (CVN 74).

“COVE does a great job of preparing Sailors to take the conn of their respective ships by allowing them to experience the handling of their platform in multiple different scenarios,” said Osborn. “My favorite part of COVE was trial-and-error without the stress of taking a less than perfect path. We were able to repeat situations and analyze how one track may have been better than the other.”

Ensign Tim Bowers was named the honor graduate for maintaining the highest GPA. He has orders to report to USS Mobile Bay (CG 53) and was presented with a set of binoculars by the San Diego chapter of the Surface Navy Association in recognition of his academic success.

BDOC graduates will report to ships stationed around the world or attend follow-on schools to further develop skills necessary to lead in the surface warfare community and begin the journey towards becoming qualified surface warfare officers.

Headquartered in Newport, Rhode Island, and overseeing nine learning sites worldwide, SWOS readies seabound Sailors to serve on surface combatants as officers, enlisted engineers, and enlisted navigation professionals to fulfill the Navy’s mission to maintain global maritime superiority.



## Suicide Prevention Community Forum

**When:** Monday,  
September 10th at 12  
Noon

**Where:** Classroom  
3, 5th Floor  
830 Chalkstone  
Avenue  
Providence, RI 02908

**Who:** VA  
Employees, Veterans  
& Families, and  
Community Partners  
are invited to attend



Join Director Dr. Susan Mckenzie and suicide prevention expert from MIRECC, Dr. Sarra Nazem for a community forum discussion on Suicide Prevention

Signs, Interventions, and VA Resources for Suicide Prevention will frame the discussion.

# VA



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

### Walk Information

**Date:** 9/11/2018

**Time:** 12:00 Noon

**Who may participate:**

- Veterans
- Family
- Staff
- Community



## Suicide Prevention Awareness Walk

### Department of Veterans Affairs

Come walk in the Suicide Prevention Awareness Walk **Tuesday, September 11th at 12 Noon**. Those that participate will receive refreshments, water bottle, bracelet, and other goodies.

The walk is around the VA hospital campus, starting at the back entrance to Davis Park.

Jeanne Smith,  
LICSW  
Suicide Prevention  
Coordinator  
Providence VA Medical  
Center  
401-273-7100 ext. 2154  
830 Chalkstone Avenue  
Providence, RI 02908

**(RAIN DATE: Wednesday, September 12th)**

## COME ONE, COME ALL TO THE ANNUAL COOKOUT! HOSTED BY THE OCEAN STATE UNIT 118!



UNIT 118 MEMBERS, ALL WOMEN VETERANS, & ACTIVE DUTY ARE WELCOME TO COME 8 SEPT 18 FROM 11:00 A.M. TO 2:00 P.M. TO ENJOY SOME FUN & FOOD. RAIN OR SHINE; HOPEFULLY SHINE! DEADLINE IS 1 SEPT 18 FOR HEADCOUNT. E-MAIL: [RASMTAZ62@YAHOO.COM](mailto:RASMTAZ62@YAHOO.COM) OR CALL 970-462-1125 PAT DENNY.



Directions: Bristol County Elks #1860- 1 Constitution St, Bristol, RI 02809

From the North: take I 95 South to Bristol, take the Warren exit, route I 36 to Metacom Ave, follow Metacom Ave to Constitution St. Take right onto Constitution St and follow it to the end. Elks Lodge is right there, & the Coast Guard Station on the left.

From Aquidneck Island: Go over the Mount Hope Bridge, bare left onto Hope St. take a left onto Constitution St and the Elks is at the end of the street, & the Coast Guard Station on the left. Hope to see you folks there!!





**Sept. 14-16, Operation Stand- Down Rhode Island's Stand- Down Weekend**, Diamond Hill State Park, Cumberland, R.I. An encampment for homeless and at-risk Veterans, featuring services such as medical and mental health care, financial assistance, housing, legal, DMV, employment and training services, and more.

**Sept. 20, 11:30 a.m. - 12:30 p.m. Last Roll Call - Ceremony of Remembrance**, 3rd floor chapel, room 347, main hospital, 830 Chalkstone Ave., Providence.



The Rhode Island World War One Centennial Commission  
Cordially invites you to attend a commemorative  
graveside ceremony honoring  
**Private Arthur Burton**  
Company K, 372nd Infantry Regiment, 93rd Division  
American Expeditionary Force  
to be held from 9:00 am to 10:00 am  
on Saturday, September 29, 2018  
at the Braman Cemetery on Farewell Street  
in Newport, Rhode Island

Please send R.S.V.P to Matthew B. McCoy at [riww1cc@gmail.com](mailto:riww1cc@gmail.com)

