



# Navalog

September 6, 2018 Edition

## NAVAL ACADEMY PREP SCHOOL GETS BACK ONTO THE GRIDIRON

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CPO SELECTEES ON THE MOVE

NUWC HOSTS ANTX

NWC CONDUCTS HUMANITARIAN RESPONSE WORKSHOP

WORK TO BEGIN ON BURMA ROAD NEXT WEEK



The Naval Academy Prep School football team opened their season on Saturday against national prep school powerhouse ASA College of Brooklyn, N.Y. Despite having only practiced together for two weeks the NAPSters showed their talent by sticking with the more experienced players from ASA for most of the game.



With eight minutes to go in the fourth quarter NAPS closed to within two scores of their tough opponent, but that was as close as they would get. ASA ended up winning the contest by a score of 36-10. The NAPS gridgers will be back in action on September 14 in Annapolis against the Navy Junior Varsity. Top photo shows #33 Midshipman Candidate (MC) Gavin Marts, running back, and his blocker #26, MC Make Maui making a hole on Nimitz Field. MC Daniel Davies, NAPS punter, prepares to send the pigskin down field and below, the team shows their respect during the playing of the National Anthem prior to the start of the game. NAPs Sporting events are open to anyone interested in attending so come out and cheer on the home team. Photos by Jon Dillworth

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## NWC, Brown and Harvard Conduct Third Civilian-Military Humanitarian Response Workshop

PROVIDENCE, R.I. – For the third straight year, the U.S. Naval War College’s (NWC) Civilian-Military Humanitarian Response Program (HRP) held the Civilian-Military Humanitarian Response Workshop August 16-17. The event was hosted this year at Brown University and was convened by HRP, the United Nations Office for the Coordination of Humanitarian Affairs (UN OCHA), Brown’s Humanitarian Innovation Initiative (HI2), and the Harvard Humanitarian Initiative (HHI).

“The humanitarian landscape is changing and we must learn how to make sense of what appears to be the new normal--more severe natural disasters, global disease outbreaks and urban conflict. The data tells us the risks are too significant to ignore,” said Brittany Card, assistant professor at NWC. “We’re generally in agreement, we can partner and prepare, or we can ignore these trends until they overwhelm us.”

Over 100 experts and officers from around the globe engaged in the two-day workshop designed to support civilians and militaries working together to develop solutions to some of the world’s most deadly crises.

“Coordination between all stakeholders during a major disaster or complex emergency is the cornerstone of effective humanitarian response,” said Adam Levine, associate professor of Emergency Medicine at the Warren Alpert Medical School and director of the Humanitarian Innovation Initiative at Brown



University. “This workshop provides a unique and critical opportunity for both civilian and military actors to build levels of trust and increase the flow of knowledge through respectful dialogue.

A wide range of U.S. and international participants attended from dozens of different organizations, agencies and militaries. While the workshop organizers were largely from academia, the subject matter of the event remained focused on some of the most pressing issues facing humanitarian field workers today. The workshop was also an opportunity for participants to raise important questions with the research community.

“The most important part of this event is that it helps bridge the divide between the practitioners in the field, the organizations that support humanitarian operations, and the

academics who seek to improve responses through evidence-based research,” said Beth Eggleston, Director of the Humanitarian Advisory Group who has been responding to humanitarian emergencies for over twenty years. “Keep in mind we’re facilitating this special dialogue between civilians and militaries from different nations and institutional mandates, so it’s not just a matter of getting the right people in the room, we have to fully understand the practical implications of those mandates and how that translates during operations.”

The organizers of the workshop embraced the tension that can exist between military, humanitarian and academic partners. These cultural challenges were actively explored throughout the event, and in some cases they resulted in powerful synergies.

### NAVSTA Newport Public Affairs Office

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

Also follow us on **Twitter:** [@NAVSTANEWPORTRI](https://twitter.com/NAVSTANEWPORTRI)



“Given the inextricable links between catalysts to instability such as resource scarcity, human conflict, and criminal behavior, events like this are a very rare opportunity,” said Dr. Hank Brightman, the EMC Informationist Chair at NWC. “It’s not the first thing you might think about, but this workshop gathered exceptional people with a wide range of insights on how to best mitigate corruption within the humanitarian space, particularly in areas where maritime security challenges are present.”

Lily Bui, a PhD candidate at the Massachusetts Institute of Technology who has worked extensively in the Pacific and Caribbean, focused her efforts on leading a working group exploring humanitarian responses to crises in increasingly urban settings.

“Urban crises are a new normal for future disasters and yet, the humanitarian sector is still learning how to address the complexity of urban environments,” said Bui. “This trend requires people in my role to reach out proactively to experts and other organizations so we have the data and techniques to prepare and respond effectively.”

Other participants saw the event as a natural outgrowth of increasingly frequent and intense disasters. Benjamin Davies, associate director of humanitarian research at NWC, characterized the event as, “a pragmatic step towards improving one of the most critical partnerships in a disaster.” However, Davies dismissed the idea of a fundamental separation between humanitarians and militaries in large-scale emergencies.

“This event was about coordination and maximizing the best of what each responder can do,” said Davies. “When you consider the scale and severity of the disasters and conflicts we’re looking at, it’s not a matter of if militaries and humanitarians are going to respond in the same space, it’s about how fast and effective they can be when they absolutely need to respond together.”

Michael Marx, senior civilian-military coordination advisor for the United Nations Office for the Coordination of Humanitarian Affairs, helped facilitate the event and noted the value of participation by diverse actors.

“This workshop has built trust and relationships within the humanitarian ecosystem since NWC began it in 2016,” said Marx. “The very unique aspect of this is the inclusion of the academic community to provide the evidence to inform good practice. Watching this network grow and deepen has only reinforced that these efforts are the key to advancing the sustained dialogue needed before during, and after emergencies.”

Many of the humanitarian participants characterized the workshop as a rare opportunity to develop and exchange expertise outside of disaster response operations. Having such well-respected co-conveners from academia as Brown, Harvard, and the Naval War College – and combining their efforts with UN OCHA and its mandate to lead humanitarian civil-military coordination during emergencies has proven to be a truly special collaboration.

“This workshop is really the best type of forum in which these issues might be addressed,” said Eggleston. “In disaster response, urgency often dictates our actions and we’re forced to have these critical conversations in the acute phase of the disaster when we all simply want to act out of reflex or our own experience. This workshop is a rare moment when we can meet, plan and learn from each other before the next crisis.”

The Humanitarian Response Program (HRP) is part of CMOW within the Naval War College. HRP works to improve the U.S. Navy’s and international militaries’ effectiveness in conducting humanitarian assistance and disaster response operations.

The NWC EMC Informationist Chair helped to underwrite the cost of this year’s workshop, and supported development of areas for further research focused on how to best combat corruption during complex emergencies.

*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)



## NUWC Newport Hosts Advanced Naval Technology Exercise

The Naval Undersea Warfare Center (NUWC) Division Newport hosted the 2018 Advanced Naval Technology Exercise (ANTX) Human Machine Interaction (HMI 18) August 30-31 at its Narragansett Bay Test Facility (NBTF) in Newport, R.I.

Rhode Island Senator Sheldon Whitehouse and Rhode Island Congressman James Langevin both visited the exercise and spoke to assembled dignitaries and participants on Aug. 30.

“Anyone who operates underwater can appreciate new technology that has enabled remotely operated vehicles to be so much more powerful and capable, whether it is computers or communications or planning systems,” said Whitehouse.

Langevin added, “ANTX showcases the importance of partnerships between Navy, academia, and industry in driving American innovation, which in turn enables our technological superiority on the battlefield. I can think of no better way to present technology development and innovative maritime systems – these are several things the Ocean State is very good at.”

Additional speakers included Senior Executive Service (SES) member Ron



**Divers from NUWC Newport’s Engineering and Diving Support Unit (EDSU) recover an unmanned autonomous underwater vehicle (AUV) during ANTX HMI 2018. (US Navy photo)**

Vien, division technical director at NUWC Newport; Capt. Michael Coughlin, NUWC Newport’s commanding officer; Rear Adm. John Tammen, the Navy’s Director of Undersea Warfare, and Dr. William Burnett, SES, Deputy Commander and Technical Director to the Commander Naval Meteorology and Oceanography Command (CNMOC) in Stennis, Miss. CNMOC was one of the government partners at ANTX HMI 18.

“We’re expanding the overarching goals of ANTX: collaboration, innovation, and fleet feedback,” said Vien.

ANTX is an annual multi-day event originally created by NUWC Division Newport to demonstrate future Navy technologies in action today. Naval Warfare Centers, universities, and industry partners were invited to showcase their latest unmanned systems and related technologies. ANTX provided a low risk environment in which scientists and engineers evaluated their technological innovations at the research and development level before they become militarized and integrated at the operational level thus providing a glimpse of tomorrow’s technologies.

ANTX HMI 18 was the largest ANTX event hosted at NUWC Newport

in terms of the number of participants, vehicles, and technologies since the exercise series began in 2015. This exercise involved more than 55 participants from industry, academia and government as well as Fleet personnel who provided critical feedback to participants.

Consistent with the human machine interaction theme, participants identified science and technologies that enable or achieve coordinated detection, localization, tracking, and/or targeting for undersea, surface, and air environments.

Langevin said, “It is critical to develop a wide array of weapons and sensors to overmatch our adversaries. UUVs present a variety of opportunities to protect our naval assets and project power and gather information and conduct operations in conjunction with the traditional fleet all over the world.”

“I look forward to ANTX every year. I’m so excited about what has been accomplished so far and the prospects for ANTX in the years ahead,” said Whitehouse. “This is a growth part, not just for the defense sector, but for the technology of our country. I want to make sure Newport stays at the forefront of it.”



**One of the experiments features at ANTX HMI 2018 was a system of systems approach to expeditionary mine warfare demonstrated by Teledyne Marine and its partners Charles River Analytics, Greensea, Marine Advanced Research, Plank Aerosols, Blue Isles Powerdocks, and Teledyne Caris. It featured two unmanned autonomous surface vessels (ASV) and an unmanned aerial vehicle launched from the larger ASV. (US Navy photo)**

# AROUND THE STATION...



Top Left: Chef Scott Cooper from Food Service Region Mid-Atlantic conducted four days of training for our Ney Hall Galley staff last week. "It was an absolutely tremendous training opportunity working with the Chef and the CS's (Culinary Specialists) had a great time," said Culinary Specialist Senior Chief Petty Officer Rufino Valdez, Ney Hall. (From Left to Right: CS2 Samantha Bracken, CS2 Chauncey Wilkins, CS1 Justice Agbozo, CS2 Lara Brandt, CSS3 Brandon Cosby, CS1 Barone Parker, CSS1 Miles Newton, CSCS Rufino Valdez)

Top Right: Chef Dave Britto shows CS2 Bayley cooking techniques. Training focused on Chef Scott Cooper teaching knife skills and then how to prepare vegetables to make a "Power Pasta" with lentil penne, black beans, spinach, roasted vegetables and pimienta ranch dressing.

Bottom Left: Chef Cooper teaches the CS's how to make falafel, pita bread, and hummus from scratch with different special sauce including tzatziki sauce, mango sauce sriracha sunflower seed pesto tomatoes, and other vegetables condiments.

Bottom Right: On Day Four, Chef Cooper conducted training to make pizza on flat bread and provided information on the American Culinary Certification with different levels of certification, mandatory course requirements, sites where you can take the written test and practical exams as well as how to apply for Navy COOL.



## DEPARTMENT OF THE NAVY

NAVAL STATION NEWPORT  
690 PEARY STREET  
NEWPORT, RHODE ISLAND 02841-1522

IN REPLY REFER TO:

5530  
Ser N00/460  
27 Aug 18

### MEMORANDUM

From: Commanding Officer, Naval Station Newport

Subj: VETTING REQUEST TIMELINE

Ref: (a) NAVSTANPTINST 5530.6C, Naval Station Newport Installation Access Control

1. An integrated and synchronized approach is required to ensure all unescorted, non-affiliated persons entering Naval Station Newport (NSNPT) have a valid purpose to enter, are identity-proofed, possess valid access credentials, and are successfully vetted. Because of the large volume of requests, processing unescorted access requests requires a significant amount of time, labor, and advanced planning.

#### **Vetting requests (for base access) require 5-full working days to process.**

2. For example, if base-access is requested for Wednesday (September 5, 2018) morning, the vetting request must be received at Pass and ID no later than the previous Tuesday (August 28, 2018) morning, since Monday (September 3, 2018) is a federal holiday. Requests received after normal Pass and ID working hours will not be processed until the following day, making the following working-day the effective receipt-date for calculating required lead time. Normal working hours for Pass and ID are Monday-Friday, 0700-1530.

3. Vetting requests that are submitted with less than 5 working days (from the date of submission to the date of desired access) overload the system and produce unpredictable overtime surges that are challenging to manage. Under normal circumstances, short-notice requests will not be accepted. Requests for exceptions to this policy must include a command-endorsed written request from the requesting command (on letterhead).

4. Vetting requests must be submitted to Pass and ID using SECNAV Form 5512/1. These forms can be obtained from your local administration officers.

5. Under normal Force Protection Conditions, and as an alternative to above, *Trusted-Traveler Escort* and *Senior Officer Event Request* protocols are available. Vetting is not normally required under these protocols. If short-notice requests for unescorted access fall less than five days from date of desired access, guests may still be granted access, but they must be constantly escorted by an authorized *Trusted-Traveler*, per reference (a). *Trusted-Traveler Escort* privileges provide the convenience of short-notice, streamlined access, but also place an added layer of responsibility on the sponsor to constantly escort their guests.

6. This Memorandum will be posted prominently in Pass and ID. Point of contact is CDR Al Lima, Base Executive Officer, he may be reached at (401) 841-3715, or [al.lima@navy.mil](mailto:al.lima@navy.mil).

I. L. JOHNSON

# ON THE MOVE WITH THE CHIEF SELECTS...



Chief petty officers (CPO) and CPO selectees assigned to various command at Naval Station Newport stand in formation as chief selectees prepare to do morning colors aboard USS Massachusetts (BB-59) last Friday. CPO and CPO selectees were on hand to conduct preservation work, as well as provide the selectees with leadership and training on Naval history as well as the heritage of the CPO community. (U.S. Navy photos by Mass Communication Specialist 1st Class Nardel Gervacio)



Fire Controlman 1st Class, Frederick Reed, of Pittsfield, Mass., assigned to Naval War College, and a chief petty officer (CPO) selectee conducts preservation maintenance aboard USS Massachusetts (BB-59). ←



Command Master Chief, Randy Bell, Surface Warfare Officers School Command conducts preservation maintenance aboard USS Massachusetts (BB-59). ↓





Capt. Ian Johnson, Commanding Officer, NS Newport, officially presented the Commander, Navy Region Mid-Atlantic 2018 Five Star Accreditation certificate to Janet Lamb, Galley Manager, and the staff on hand for the afternoon shift yesterday over at Ney Hall Galley. The 5-Star accreditation is the highest level in Navy food service evaluation. The 5-Star accreditation for food service excellence is centered on the review and evaluation of the strict standards set in place regarding the overall quality of food service including records, inventory, training, sanitation and food preparation. To be awarded the 5-Star accreditation a facility needs to receive at least 790 points out of a possible 820. Once a 5-Star accreditation is awarded, the facility will keep this rating for one year. The Ney Hall Galley team serve an average of 2,500 meals per day! BZ to all of the hard working military and civilian staff at Ney Hall!

## Can Do!



STG1 William Long;  
BU1 Patrick Long;  
Lt. Eric Negron-Ruiz, Asst. Public Works Officer, NS Newport; CE1 Randy Ramos and Cmdr. Steve Lepper, NS Newport Public Works Officer stand in the “PAO lineup” following an awards presentation held this afternoon inside building 690. Capt. Ian Johnson, Commanding Officer of NS Newport, presented Letters of Appreciation to the three SEABEE’s who arrived here in Newport from Little Creek, VA on August 15. These three, along with CE3 Paxton Boyd and CU1 Christopher Cavanaugh, came up on temporary duty in support of preparations for the International Seapower Symposium (ISS) taking place later this month. The 5-man team has been busy saving over \$58,000 of sustainment money for NS Newport by completing the O’Club/Dewey Field enhancements, sidewalk and curb repairs throughout the installation and supporting the shops to complete the ISS tracker. This team of SEABEES followed behind an earlier team of 4 who were busy doing grading work in various lots around the installation. The SEABEES are assigned to NAVFAC Mid-lant Self-Help and are part of a 17 person shop who support all of the commands in CNRMA based on availability and need. Lt. Negron-Ruiz briefed NAVFAC earlier this year regarding the installations plans to support ISS and the SEABEES came up to lend a hand. BZ shipmates.





## A New Location for the Naval War College Museum's 8 Bells Lecture Series

*Upcoming Schedule for the Naval War College Museum's 8 Bells Lecture Series, to be held at its new location at Fort Adams.*

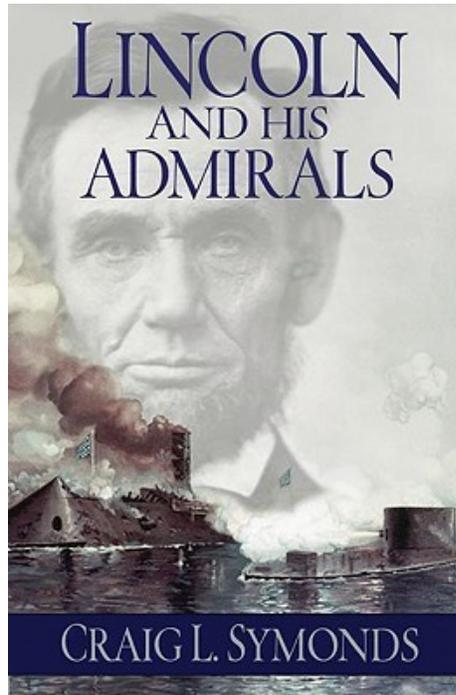
NEWPORT, RI— The Naval War College Museum's 8 Bells Lecture Series will resume this fall. The lectures will be hosted at the MWR McMacken Community Center at Fort Adams, 402 Monroe Road, Newport, at 12 noon. All lectures are free and open to the public, and no reservations are required. The Fall 2018 schedule is listed below:

**Thursday, October 4th:** *Lincoln and His Admirals*, by Craig L. Symonds.

Abraham Lincoln began his presidency admitting that he knew "but little of ships," but he quickly came to preside over the largest national armada to that time, not eclipsed until World War I. *Lincoln and His Admirals* unveils an aspect of Lincoln's presidency, revealing how he managed the men who ran the naval side of the Civil War, and how the activities of the Union Navy ultimately affected the course of history.

Beginning with a gripping account of the attempt to re-supply Fort Sumter--a comedy of errors that shows all too clearly the fledgling president's inexperience--Symonds traces Lincoln's steady growth as a wartime commander-in-chief. Absent a Secretary of Defense, he would eventually become de facto commander of joint operations along the coast and on the rivers. That involved dealing with the men who ran the Navy: the loyal but often cranky Navy Secretary Gideon Welles, the quiet and reliable David G. Farragut, the flamboyant and unpredictable Charles Wilkes, the ambitious ordnance expert John Dahlgren, the well-connected Samuel Phillips Lee, and the self-promoting and gregarious David Dixon Porter. Lincoln was remarkably patient; he often postponed critical decisions until the mo-

mentum of events made the consequences of those decisions evident. But Symonds also shows that Lincoln could act decisively. Disappointed by the lethargy of his senior naval officers on the scene, he stepped in and personally directed an amphibious assault on the Virginia coast, a successful operation that led to the capture of Norfolk. The man who knew "but little of ships" had transformed himself into one of the greatest naval strategists of his age.



Craig L. Symonds earned his B.A. degree at U.C.L.A., and his Masters and Ph.D. degrees from the University of Florida. In the 1970s he was a U.S. Navy officer and the first ensign ever to lecture at the Naval War College. After his naval service, Symonds remained at the War College as a civilian Professor of Strategy from 1974-1975. He is Professor Emeritus at the United States Naval Academy where he taught naval history and Civil War History for thirty years, and in 2017 he was appointed to a two-year term as the Ernest J.



King Distinguished Visiting Professor of Maritime History at the U.S. Naval War College. Symonds is the author of twelve books and the editor of nine others. In addition he has written over one hundred scholarly articles in professional journals and popular magazines as well as more than twenty book chapters in historical anthologies.

For more information, call Liz DeLucia, Director of Education, at 401-841-7276.

You can find out what's new at the Naval War College Museum on [Facebook](#) and by following their blog – [Soundings in Narragansett Bay's Naval History](#). One of nine official [Department of the Navy Museums](#), the Naval War College Museum collects, preserves, and exhibits artifacts and documents dating from the 1500s to the present day to interpret the naval history of Narragansett Bay, the Naval War College, and the history of naval strategy. Located in the historic Founders Hall built in 1820, the museum is open to the public although advance reservations are required. For more information, visit [www.usnwc.edu/museum](http://www.usnwc.edu/museum)

# FLEET AND FAMILY SUPPORT CENTER...



## SEPTEMBER IS SUICIDE AWARENESS AND PREVENTION MONTH

We all have stress in our lives, work, family, financial challenges... that is nothing new. Then if you add deployments, loss of loved ones, managing our children... the list can keep getting longer and stress can pile up sooner than we can find a way out from under it. Often, the difference between a healthy long life and suicidal behavior can be resilience and protective factors.

With each small challenge that we successfully navigate, we build resiliency skills and our experience pool. We gain tools and learn behaviors that create positive outcomes. Some of these key points are: **Healthy Relationships**. We need to be connected to people and have live, interactive relationships, as opposed to “friends” and “followers”. Makes sure you are reaching out and interacting with people every day. Build a network of reliable connections who you can reach out to if need be. One way you might do that is to: **Find your Purpose**: find out what brings you joy and motivates you. You will find people with common interests. **Learn to Keep an Even Keel**, making choices that help empower you during adversity. Protective Factors can be personal, environmental or external factors. These are resources and behaviors that buffer you from self-harm. Protective factors include: access to mental health care, a healthy eating and exercise regime, strong connections to family and friends, a sense of purpose and meaning.

Start building your resources and resilience skills – before you need them. Talk to the Licensed Clinical Social Workers at Fleet and Family, take a Life Skills education class, build your network and your tribe. Naval Station Newport FFSC 401-841-2833

Military Crisis Line: 1-800-273-TALK (press 1)  
Text 838255  
or live chat  
[www.militarycrisisline.net](http://www.militarycrisisline.net)

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
<p><b>Note: Parenting programs are offered individually or in a classroom, if enough participant information, 841-2283</b></p>				

## THE PRINCIPLES OF RESILIENCE

### Bending without Breaking

Predicting challenges, maintaining a sense of control, strengthening relationships, fostering trust and finding meaning are critical to building resilience and navigating stress.

**Predictability**  
**Be Ready**  
Negative outcomes are less likely when we prepare for expected challenges and plan for the unexpected.

**Controllability**  
**Keep An Even Keel**  
Controllability is about making choices that help restore a sense of empowerment during adversity – from emotional responses to problem-solving actions.

**Relationships**  
**Stay Connected**  
Loss of important relationships and a sense of belonging can increase stress and lead to cracks in one's foundation of resilience.

**Trust**  
**Know Who to Turn To**  
Presence of trust increases willingness to confide in others, utilize resources and address concerns before stress injuries occur.

**Meaning**  
**Find Purpose**  
A sense of purpose promotes healthy stress navigation, thoughtful decision making and better performance.

Follow Navy Operational Stress Control online

# MORALE, WELFARE & RECREATION



www.navymwrnewport.com

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NAVSTANewportRIMWR@gmail.com

Facebook: NAVSTANewportMWR Twitter: @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.

Sponsored by:

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



## New study aims to help military families grieve

It's so easy to be indifferent. I tend to become absorbed in my own daily minutia. Flossing my teeth, walking the dog, checking emails, paying bills, planning vacations, watching my latest shows — I often forget that there are thousands of families in our military community who are grieving.

According to an August 28 update of Department of Defense casualty statistics, nearly 7,000 active duty military members have died while serving in US overseas military contingency operations since September 11, 2001. But war-related casualties only account for about a quarter of all active duty military deaths since that fateful day. Military service, whether associated with an ongoing American war or not, is dangerous. Many more active duty service personnel — about 920 every year — die in circumstances not directly related to war.

Of the 15,851 active duty military deaths since 2006, 4,510 were war-related, but 7,857 were caused by accidents or were self inflicted, according to the Congressional Research Service. Another 2,650 deaths were attributed to illnesses or injuries, and 248 were undetermined.

Of course most military service personnel who die have families — parents, siblings, spouses and children. So regardless of the cause of death, the potential wake of grief left behind is exponential. Worse yet, bereavement for military families tends to become prolonged and complicated because deceased service persons are likely to be young and their deaths are often violent and unexpected. Studies have shown that military families can develop chronic, severe grief symptoms that last for years, including “persistent yearning and longing, preoccupation with the deceased or circumstances of the death, difficulty accepting the death, bitterness and anger related to

the loss, avoidance of reminders of the deceased or the death, and feeling life is meaningless without the deceased,” according to the International Society for Traumatic Stress Studies.

A new study is attempting to help. The Department of Defense Congressionally-Directed Medical Research Program awarded Uniformed Services University (USU) and Columbia University's Center for Complicated Grief a \$3 million, four-year grant to develop and test a mobile and web application to help military families cope with loss of a service member.

The study, “Stepping Forward in Grief,” is a follow-on to the National Military Family Bereavement Study (NMFBS), the first large scientific study on the impact of U.S. military deaths after 9/11 on surviving families. Results of the NMFBS indicated that family members experience grief differently than their civilian counterparts.

„Equipping military families with resources that address the unique circumstance of their loss is an important part of honoring their service and sacrifice,“ said retired Army Col. (Dr.) Stephen J. Cozza, co-principal investigator on the study and professor of Psychiatry at USU.

Cozza and fellow co-principal investigator M. Katherine Shear, M.D., professor of psychiatry at the Columbia University School of Social Work, spent the first two years of the study developing two digital applications — GriefSteps and WellnessSteps — which can be accessed through mobile devices and computers. GriefSteps offers users information and activities based on the Complicated Grief Therapy Model, designed to reduce grief symptoms and risk for long-term problems. WellnessSteps provides users activities and information related to stress management and



health maintenance to reduce overall stress.

Now that the apps have been launched, researchers are now recruiting subjects to participate in testing the applications. Over 200 participants have enrolled in the study so far, said Cozza. Eligible participants include spouses, ex-spouses, adult partners, children, siblings, or parents (biological, step, or foster) of service members who died while on active duty on or after September 11, 2001. Interested participants are asked to complete an eligibility survey, the link to which can be found on the study's home page, [www.stepsforwardstudy.org](http://www.stepsforwardstudy.org).

Since many like me have that tendency to be distracted by daily routines and forget those who suffer silently around us, I'm impressed that the U.S. government has acknowledged the unique problems facing these families, and has financially supported research aimed to help them. With any hope, the “Stepping Forward in Grief” study will find a way for those stuck in despair to break through and find peace.

*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*



## **HISPANIC HERITAGE MONTH SPECIAL MEAL AT NEY HALL GALLEY**

Ney Hall Galley will hold its monthly special meal open to anyone with routine base access and their escorted guests on Wednesday, Sept. 19. The menu will reflect this month's recognition of Hispanic Heritage Month. Lunch is served from 11 a.m. to 1 p.m. and costs \$5.60. More on the menu in next week's edition but plan now to attend.

## **UNIFORM SHIFT**

Get your winter uniforms out of storage and off to the cleaners before the rush. Winter uniform shift for military personnel assigned to commands in Newport is October 1.

## **DISCOUNTS FOR THE FAIRS:**

### **The Big E – Military Appreciation Day – Friday, September 14**

The fair runs from September 14 – 30. The Big E, also known as The Eastern States Exposition, is billed as "New England's Great State fair". It is the largest agricultural event on the eastern seaboard and the seventh-largest fair in the nation. The Big E is inclusive of all six of the New England states: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont. Each of the New England states are prominently represented at the fair. Military Appreciation Day - ID required for free admission for: Active duty and retired military personnel, Dependents of active duty military personnel, Veterans (no dependents). For more information, go to <https://www.thebige.com/Default.aspx>

### **The 99th Durham Fair, CT – Military Appreciation Day - Sunday, September 30 – 9 a.m. to 7 p.m.**

It's a large agriculture fair with a number of attractions. A military ID or VA ID is required for free admission. Other acceptable forms of ID for Veterans are a copy of a DD214 or proof of membership to any Veterans organization. Active duty military get in for free Thursday through Sunday. For more information, please go to <https://www.durhamfair.com/attractions/military-appreciation-day> <<https://www.durhamfair.com/attractions/military-appreciation-day>>

## **RHODE ISLAND CONNECTED WARRIORS – FREE YOGA CLASSES**

– Every Thursday from 6 to 7:15 p.m. at Camp Fogarty, Building 214, 2841 South County Trail, East Greenwich, Rhode Island. Attend three classes and get a free yoga mat. Yoga classes are free to service and family members, and veterans. Must have a valid military I.D. to attend. For more information, contact Lori at [Lori@lgcoach.com](mailto:Lori@lgcoach.com) <<mailto:Lori@lgcoach.com>>

**VETERAN TICKETS FOUNDATION** (Vet Tix) – is a national nonprofit that supports currently serving mili-

tary, veterans, and the military community with free community-based event tickets ranging from concerts to professional sports games. To sign up, go to [www.vettix.org](http://www.vettix.org) <<http://www.vettix.org>> .

## **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 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.

**FIRE SAFETY TIP:** Smoke detectors are a key part of a home fire escape plan. When a fire occurs, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly. Special smoke alarms for people who are hard-of-hearing or deaf are available. These special smoke alarms use strobe lights and bed shakers to alert.

## **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:**

12:05 p.m.: Roman Catholic Mass

6:30 p.m.: Woman of the Chapel Bible study

### **First & Third Friday of each month:**

9:30 a.m.: Women's Spiritual Support Group

**Fridays from noon to 3 p.m. the Muslim prayer room is available**

## **9/11 MEMORIAL CEREMONY**

Patriot Park outside McCarty Little Hall in front of the Naval War College at noon on Tuesday, Sept. 11. The event is open to anyone with routine base access and their escorted guests.



# 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:** Closed until further notice.

**Gate 17:** Open Mon-Fri from 6 a.m. to 6 p.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.



## 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.

**GATE 1 Closed Saturday, Sept 8, from 6 a.m. to 2 p.m. —Gate 17 will be open for installation traffic during this time.**

**Burma Rd./Defense Highway:**  
**Detour beginning Monday, Sept. 10 to Oct 12 for asphalt repairs—both lanes closed.—see below diagram.**

**ROAD CLOSED ACCESS ONLY TO VIGILANT ST.**

**DETOUR**

**USE GREENE LANE TO ACCESS BURMA ROAD SOUTH TO NAVAL BASE**

**ROAD CLOSED**

**ROAD CLOSED ACCESS TO WEAVER COVE ONLY**

**DETOUR**

**BURMA ROAD CLOSED USE GREENE LANE TO ACCESS NAVAL BASE**

## ROAD CLOSURE DEFENSE HIGHWAY

**DURATION:** September 10 to October 12, 2018  
**LOCATION:** DEFENSE HIGHWAY BETWEEN GREENE LANE AND STRINGHAM ROAD  
**PURPOSE:** TO MAKE REPAIRS TO ROAD ASPHALT ETC  
**TRAFFIC PLAN:** SEE ABOVE TRAFFIC CONTROL PLAN.



## MCPON visits with CPO Selectees; Conducts First All-Hands Call Aboard Constitution

By MC2 Mitch Meppelink and MC3 Casey Scoular, USS Constitution Public Affairs

BOSTON (NNS) -- Russell Smith, the Master Chief Petty Officer of the Navy (MCPON), held his first all-hands call aboard USS Constitution and visited with chief petty officer (CPO) selectees participating in CPO Heritage Week, Aug. 30.

Chief of Naval Operations Adm. John Richardson announced Smith as the 15th MCPON Aug. 29.

"I can't think of a better place to come for my first day as MCPON," he told the crew during the all-hands call. In response to questions about naval heritage, Smith recalled his favorite story about 'Old Ironsides' history — how the ship earned its nickname.

"Cannon balls bouncing off the hull. Huzzah! Her sides are made of iron! ...Standing tall in battle, resisting damage, and staying in the fight," Smith recounted.

Smith made the comparison to today's Navy — emphasizing readiness. "We have to be ready for the fight," Smith said.

MCPON's address resonated with the crew. "I felt very honored that within his first 24 hours as MCPON he came and spent time with us at

USS Constitution," said Seaman Kara Lawrence, assigned to USS Constitution. "He gave a lot of good advice from his previous experiences of being around Constitution as well. He talked about what we as junior Sailors can take away from being stationed here. He said we can use those experiences to guide us out in the fleet."

During the visit, Smith spent time with CPO selectees and observed several CPO Heritage Week activities, which demonstrate how leveraging humility, mutually beneficial mentorship relationships, advocacy, and collaboration leads to success in building and leading winning teams. Constitution, America's Ship of State, actively defended sea lanes against global threats from 1797-1855. The World's Oldest Commissioned Warship Afloat, Constitution embodies 220 years of maritime her-



Master Chief Petty Officer of the Navy Russell Smith speaks to crew members aboard USS Constitution during Chief Petty Officer Heritage Week. Chief Petty Officer Heritage Week is a week dedicated to mentoring the Navy's newest chiefs through naval history and heritage training aboard America's Ship of State, USS Constitution. (U.S. Navy photo by MC3 Peter Ticich /Released)

itage and unwavering service to her country. Now a featured destination on Boston's Freedom Trail, Constitution and her crew of active duty U.S. Navy Sailors offer community outreach and education about the ship's history and the importance of naval sea power to more than 500,000 visitors each year. Constitution is berthed at Pier One in Charlestown Navy Yard.



Legalman 1st Class Melissa Whitaker and Damage Controlman 1st Class Ryan Reffitt, chief petty officer selectees, pin collar devices on the 15th Master Chief Petty Officer of the Navy (MCPON) Russell Smith during the USS Constitution CPO Heritage Week. Chief of Naval Operations Adm. John Richardson announced Smith the MCPON Aug. 29. As the Navy's 15th MCPON, Smith will serve as the senior-ranking enlisted leader and advisor to the CNO. (U.S. Navy photo by MC1 Sarah Villegas/Released)



## CNIC's Ready Navy Program: 'Get Ready, Get Set, Prepare!'

WASHINGTON (NNS) -- September is National Emergency Preparedness Month. Commander, Navy Installations Command's (CNIC) Ready Navy Program educates Sailors and their families on how to be prepared when an emergency occurs. This year's overall theme is "Disasters Happen. Prepare Now. Learn How."

Each week in September will have a focused theme: Make and Practice Your Plan; Learn Life Saving Skills; Check Your Insurance Coverage; and Save For an Emergency.

"National Preparedness Month reminds us all of the importance of being prepared in the event disaster strikes," said Tim Alexander, CNIC Director of Operations. "For many of us, it is not a question of 'if' but a matter of 'when.' Having a well thought-out plan to execute when the time comes significantly improves the chances of a positive outcome."

Ready Navy is a proactive Navy-wide emergency preparedness, public awareness program. It is designed for the Navy community, to increase the ability of every person and family on or near Navy installations to meet today's challenges head on and plan and prepare for all types of hazards, ranging from hurricanes and earthquakes to terrorist attacks. By exploring the links on the Ready Navy site, you will:

- \* Be informed of potential hazards and what to do before, during, and after an emergency,
- \* Understand the steps to make an emergency plan that includes what to do, where to go, and what to take with you,
- \* Learn to build a kit to support basic needs for a minimum of three days, and
- \* Access tools and resources to help you and your family prepare for emergency situations that could arise at any time with no warning.

Navy Personnel and families are strongly encouraged to strengthen emergency planning at home, as well as at work, by reading and following the tips and information found at [www.Ready.Navy.mil](http://www.Ready.Navy.mil).

"Pull out your insurance policies and make sure they provide the right coverage for you," Alexander said. "Keep some amount of cash on hand, in small denominations; it is likely that credit and debit cards will not be usable for some period of time. Finally, consider taking a first aid or CPR class; you or your family's lives may depend on it!"

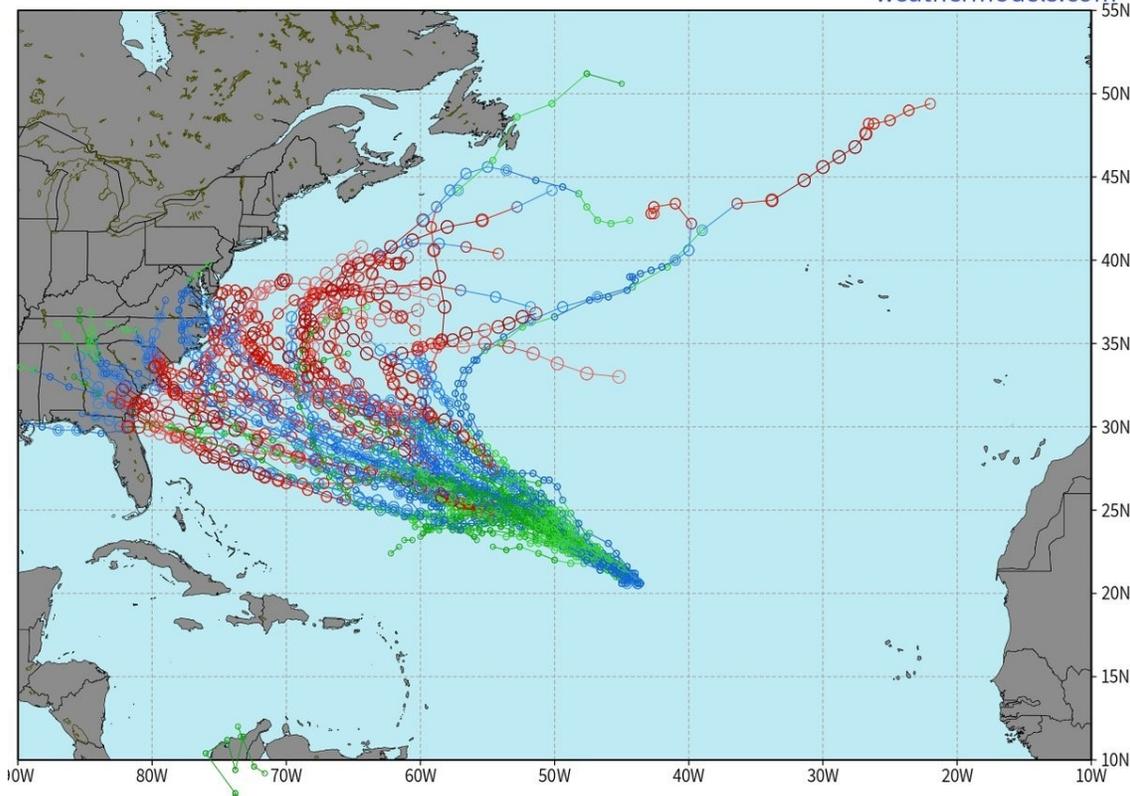
Commander, Navy Installations Command is comprised of approximately 53,000 military and civilian personnel worldwide responsible for the operations, maintenance and quality of life programs to sustain the Navy's fleet, enable the fighter, and support the family.

ECMWF EPS Tropical Cyclone Location 06L.FLORENCE --> Next [240] Hours  
INIT: 00Z05SEP2018 --> 00Z15SEP2018

o-o > 1010 hPa  
o-o 1000 - 1010 hPa  
o-o 980 - 999 hPa

o-o 960 - 979 hPa  
o-o 940 - 959 hPa  
o-o < 940 hPa

[weathermodels.com](http://weathermodels.com)



### STORM WATCH

Hurricane Florence (diagram at left) rapidly and unexpectedly intensified Wednesday to the season's first major (Category 3 or higher) hurricane, becoming the first Category 4 hurricane since Maria last year.

While weakening since back to a Category 2 storm, cautionary alarm bells are ringing that Florence may have some effect on the East Coast in about a week. Whether it is a direct hit, a graze or near miss is unknowable for an event so far into the future. The storm is still 1,900 miles from the East Coast (as of noon, Sept. 6)



## 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!!





Saturday, **September 8, 12:30 p.m. to 4:30 p.m.** “**Rhode Island Air National Guard Family Day**”, 143rd Air Wing, Quonset State Airport, 150 Airport Street, North Kingstown. Point of contact is Lori Hart at 401.267.3196 (office), 401.585.5571 (cell), or via email at lori.a.hart.civ@mail.mil <mailto:lori.a.hart.civ@mail.mil> .

Saturday, **September 8, 11a.m. to 2 p.m.** (see flyer on previous page) “**Bar-B-Que**”, sponsored by Ocean State Unit 118, Military Women Across the Nation, Bristol County Elks #1860,

Sunday, **September 9, 1 p.m.**, “**Officer Candidate School Class 61 Commissioning Ceremony**”, Quonset Air National Guard Base, Building P-1, Auditorium, North Kingstown.

Sunday, **September 9, 1 p.m.** **Historic Warren Armory “Clambake”** for the benefit of Armory Hall Restoration, Pete Sepe Pavilion, Hugh Cole Road, Warren. Point of contact is Ed Theberge at 401.245.5037.

Monday, **September 10, 12 noon**, “**Suicide Prevention Community Forum**”,(see flyer previous page) .

**Tuesday, September 11th, Patriot Day**

**Tuesday, September 11, 12 noon**, Rain Date Wednesday, September 12, “**Suicide Prevention Awareness Walk**”, (see flyer previous page)

**Tuesday, September 11, 4 p.m.** , “**2018 Old Glory Relay**”, Rhode Island State House, South Lawn (City Side).

**Friday (8 a.m.) thru Sunday (11 a.m. ), September 14, 15 & 16**, “**Annual Stand Down Outreach Weekend for Homeless & At-Risk Veterans**”, Diamond Hill State Park, 4097 Diamond Hill Road, Cumberland. For more information, go to [osdri@osdri.org](mailto:osdri@osdri.org) <mailto:osdri@osdri.org> , or call 401.383.4730.

**Saturday, September 15th, 9 a.m.** Refreshments, 10 a.m. speaker, “**Rhode Island National Guard Retirees’ Association Fall Quarterly Meeting**”, Schofield Armory, 705 New London Avenue, Cranston. Point of contact is Bob Urquhart at [boburquhart@cox.net](mailto:boburquhart@cox.net) <mailto:boburquhart@cox.net> . Guest speaker: Cory Bilodeau, Esquire, Tax Attorney; Topic: Personal Income Tax Update.

**Tuesday, September 18, 71st Birthday, US Air Force & US Air National Guard (1947)**

**Tuesday, September 18, 9 a.m. – 3 p.m.**, “**Free Dental Care on Aspen Dental’s Mouthmobile**”, Johnston Senior Center, 1291 Hartford Avenue, Johnston. Operation Stand Down RI has partnered with Aspen Dental <<https://www.facebook.com/AspenDentalJohnstonRI/?fref=mentions>> in order to provide dental services to 30 Veterans. Services include cleanings, fillings, extractions, and potentially further dental care needs if necessary. Aspen Dental’s MouthMobile team will be seeing patients from BY APPOINTMENT ONLY. To make an appointment, Veterans need to call Jessica Miller at 401.383.4730.

**Thursday, September 20, 11:30a.m.**, “**Last Roll Call Ceremony of Remembrance**”, previously “Interfaith Service of Remembrance”, Honoring Veterans – Supporting Loved Ones”, Providence VA Medical Center, 830 Chalkstone Avenue, 3rd Floor Chapel (Room 347). For more information call 401.273-7100, Extension 2865.

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

**Saturday, September 22, 10 a.m. to 2 p.m.** , “**Veterans’ Expo!**” “**Resource & Benefits Fair**”, Brockton VA Campus, 940 Belmont Street, Brockton, MA. For more information, go to [www.eventbrite.com](http://www.eventbrite.com) <<http://www.eventbrite.com>> and search for “Brockton Veterans Expo”, email [VABostonVets@va.gov](mailto:VABostonVets@va.gov) <mailto:VABostonVets@va.gov> , or call 857.364.5934. Parking at VA main lot.

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