



# Navallog

September 13, 2018 Edition

## HIGHLIGHTS

33 GRADUATES FROM NAVAL WAR COLLEGE

WWII VETERAN FOUND, REMAINS RETURN HOME

NUWC ENGINEERS EARN BRONZE MEDAL



Rear Adm. Jeffrey A. Harley, president, U.S. Naval War College (NWC) bows his head during the closing remarks following a wreath laying at a ceremony to commemorate the 17th anniversary of the 9/11 attacks. The ceremony served as an opportunity to pay tribute to all those who lost their lives and honor the fallen NWC students and alumni killed in the terrorist attacks of Sept. 11, 2001. (U.S. Navy photo by Jaima Fogg/Released)

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## Naval War College honors victims of 9/11 attacks

Story by MC2 Jess Lewis, U.S. Naval War College Public Affairs

NEWPORT, R.I. – U.S. Naval War College (NWC) hosted a remembrance ceremony commemorating the seventeenth anniversary of the Sept. 11, 2001 terrorist attacks.

The event took place in the college's Spruance Auditorium and honored those who gave their lives in the attacks. The event also paid special tribute to three NWC students and eight alumni who were killed.

Rear Adm. Jeffrey A. Harley, NWC's president, gave remarks at the ceremony and noted that the events on Sept. 11 once again impressed on us that life is a precious gift.

"Seventeen years ago today our country and its citizens were forever changed," said Harley. "Just as the attack on Pearl Harbor 60 years earlier changed the course of the country, so too the events of Sept. 11, 2001 changed our country and ourselves."

John E. Jackson, a professor in

*Story continued on page 2*



## 9/11 Ceremony: Continued from page 1

NWC's College of Distance Education was the master of ceremonies for the event.

"Today marks the 17th anniversary of the cowardly attacks on the World Trade Center, the Pentagon, and the grassy field in Pennsylvania," said Jackson. "Much has happened to the world since this fateful day, and it is highly appropriate that we pay our respects to these patriots and the others who have perished in this long fight."

During the ceremony, Jackson gave brief remembrances of each honoree and a bell was rung by members of the Newport-area chief petty officer selectees. They also formed an honor guard for a wreath-laying at the memorial, accompanied by taps played by a musician from Navy Band Northeast.

The 11 lost members of NWC community honored at the ceremony were Capt. Gerald DeConto, a 1998 graduate of NWC; Lt. Cmdr. Robert Elseth, who went through NWC's Fleet Seminar Program; Capt. Lawrence Getzfred, who graduated in 1990; Angela Houtz had just begun her Fleet Seminar Program course; Lt. Cmdr. Patrick Murphy, who studied at NWC's Fleet Seminar Program; Lt. Jonas Panik, who was studying at the college's Fleet Seminar; retired Capt. Jack Punches, a 1985 graduate; Cmdr. Robert Schlegel, also from the Fleet Seminar Program; Cmdr. Dan Shanower, a Fleet Seminar student; Army Lt. Col. Kip Taylor, a 1998 graduate; and retired Capt. John Yamnicky Sr., a 1967 graduate.

Relatives of DeConto attended the



**Navy Choristers sing the National Anthem at U.S. Naval War College's (NWC) ceremony to commemorate the 17th anniversary of the 9/11 attacks. The ceremony served as an opportunity to pay tribute to all those who lost their lives and honor the fallen NWC students and alumni killed in the terrorist attacks of Sept. 11, 2001. (U.S. Navy photos by Jaima Fogg/Released)**

event.

"As in many years past, the DeConto family is here with us today to remember a life cut short too early to insidious terrorism," said Harley. "We are honored to have you here today. The DeConto family's presence ties all of us to the personal and emotional aspects of this event."

Harley went on to say that more than five million men and women



have joined the military since the attacks on that fateful day.

"If you wonder how best to preserve the legacy of those we lost that day, look no further than the next generation," added Harley.

**NAVSTA Newport Public Affairs Office**

PAO Office Line: (401) 841-3538

Base Condition Line: (401) 841-2211

**E-Mail: [NWPT>ContactUs@navy.mil](mailto:NWPT>ContactUs@navy.mil)**

Capt. Ian L. Johnson, Commanding Officer

Lisa Rama, Public Affairs Officer

Kalen Arreola, Public Affairs Specialist



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## Naval War College Graduates 33 from the Maritime Advanced Warfighting school

NEWPORT, R.I. (NNS) -- U.S. Naval War College's (NWC) Maritime Advanced Warfighting School (MAWS) graduated 33 during a ceremony held at the college on Sept. 7. Rear Adm. Jeffrey Harley, NWC's president, delivered remarks to the graduates.

"Today, we celebrate the 19th student group to graduate from our Maritime Advanced Warfighting School," said Harley. "The Navy, our sister services, DOD, and the U.S. government truly need and must have more strategic thinkers and planners just like you."

The purpose of the course is to teach naval and joint operational planning and leadership skills to selected active duty officers for follow-on assignment to numbered fleet, service component or joint force operational staffs. MAWS is a peer school of the Army School of Advanced Military Studies, the Marine Corps School of Advanced Warfighting, and the Air Force School of Advanced Air and Space Studies.

Harley continued on to say how

the students provided real world and timely support as well as developed exceedingly competent and thorough plans to address extreme challenges in the Pacific and Europe-Africa Theaters of Operations.

MAWS students complete an integrated syllabus including core courses, Theater Security Decision Making, Strategy and Warfare, and Joint Maritime Operations; three elective courses tailored to operational art theory, operational planning process, and major operations/campaigns; and a three-month capstone planning project in direct support of Navy and joint operational commanders. MAWS graduates are awarded with a Master of Arts degree in Defense and Strategic Studies, a NWC diploma, Joint Professional Military Education Phase I certification, and designation as joint operational planners.

As a Chief of Naval Operations-directed, 13-month, advanced warfighting curriculum, MAWS started at NWC in 1998. Following the Sept. 7 graduation, MAWS will have graduated 5 students to include

62 Army, 342 Navy, 56 Marine Corps, 71 Air Force, four Coast Guard service members, and six Defense Intelligence Agency analysts.

The September 2018 MAWS graduates commenced their studies in August 2017. They will be assigned to operational planner tours either immediately or following warfare community assignments.

NWC is an upper-level professional military education institution educating and developing leaders, helping define the future of the Navy, supporting combat readiness, and strengthening maritime partnerships.

Established in 1884, NWC is the oldest institution of its kind in the world. More than 50,000 students have graduated since its first class of nine students in 1885 and about 300 of today's active duty admirals, generals and senior executive service leaders are alumni.

Get more information about the U.S. Navy Facebook or Twitter. For more news from Naval War College, visit [www.navy.mil/local/nwc](http://www.navy.mil/local/nwc).



## Three NUWC Division Newport engineers win NDIA Bronze Medal

NEWPORT, R.I. — Three Naval Undersea Warfare Center (NUWC) Division Newport employees were recently awarded the National Defense Industrial Association (NDIA) Bronze Medals.

Robert McGovern, Darlene Sullivan and Joan Turner have each won the 2018 award. The NDIA Bronze Medal is an annual award that recognizes outstanding individual achievements in science or engineering in the field of undersea warfare (USW).

Robert McGovern of Richmond, R.I., chief engineer for Sensors and Systems Assessments for the Sensors and Sonar Systems Department, has served as a trusted advisor for NUWC Newport and external Navy organizations for more than 33 years.

As a recognized USW sensors and sonar systems authority, the performance analyses that McGovern has conducted have informed many mission-related decisions over several decades.

He also provides mentorship to several younger analysts, working side-by-side with them as they learn modeling and simulation. McGovern is contributing to a better understanding of all sonar systems performance on surface ships and submarines.

In the realm of USW electromagnetics (EM), Darlene



**From Left to Right: Robert McGovern, Darlene Sullivan, Joan Turner (U.S. Navy Photos Provided By Naval Undersea Warfare Center Division Newport)**

Sullivan of Portsmouth, R.I., has built a reputation as an authority over her 28-year career at NUWC Newport and is highly regarded as a capable leader.

As director, USW Electro-magnetic Maneuver Systems, she leads technical and programmatic initiatives in USW EM across multiple warfare and systems centers. She works with the Navy enterprise to assess future mission needs in the area of USW EM and electro-magnetic maneuver warfare systems and develops technological plans to address those needs.

Joan Turner of Kingston, R.I., who has an impressive 37-year Navy career, is a nationally recognized expert in anti-submarine warfare analysis in the USW Engineering

and Analysis Department. Recently, she has been involved in a surface ship torpedo defense study examining potential torpedo defense capabilities on littoral combat ships. This groundbreaking study will examine the performance of systems and sensors that have never before been fully assessed and will result in a unique performance simulation capability.

She has demonstrated a sustained commitment to finding solutions to some of the Navy's most complex challenges.

The winners will be presented their NDIA Bronze Medals on Sept. 18 during the annual Undersea Warfare Division Fall Conference held at the Naval Submarine Base in Groton, Conn.

*NUWC Division Newport, part of NAVSEA, is one of two divisions of the Naval Undersea Warfare Center. NUWC Division Newport's mission is to provide research, development, test and evaluation, engineering and fleet support for submarines, autonomous underwater systems, undersea offensive and defensive weapons systems, and countermeasures. NUWC's other division is located in Keyport, Wash.*



| September 2018 |                               |   |   |     |
|----------------|-------------------------------|---|---|-----|
| Mon            | Tue                           | Wed                                     | Thu                                       | Fri |
| 17             | 18                            | 19<br>Career Technical Track, 0800-1600 | 20<br>Career Technical Track, 0800-1600   | 21  |
| 24             | 25<br>FAP/SAPR CDO, 0800-0900 | 26                                      | 27<br>Communication for Life, 1300 - 1430 | 28  |



## Speaking About Suicide

Romeo and Juliet made suicide romantic, many cultures have thought it honorable, and current events have made suicidal ideations normal.

While we should be open and communicative about suicide prevention, we do need to be deliberate about how we speak about suicide.

**Avoid Judgmental language:** if we are trying to encourage behavior

change, certain words can actually discourage people from seeking help or speaking up. For example, “Stigma” can be a judgmental word that can lead to feeling of shame or weakness. Try using less explicit terms like “barriers” to reduce the negative connotations.

**Avoid Glamorizing deaths by suicide:** stating someone found “peace” through death by suicide can glamorize it, make it desirable, or

seem like an escape. Instead, separate the person’s positive life accomplishments from their final act.

**Use objective terms:** Terms like “death by suicide” and “non-fatal suicide attempt” are more easily understood because they are more objective. Words like “Committed” can criminalize the act and “successful” or “failed” can make the act sound desirable.



#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  |
|--|--|--|---|---|--|---|
| 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 a Navy chaplain unless 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/GYH20Calculator">bit.ly/GYH20Calculator</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> . |



## Supporting Your Child's Education at Home, School

Supporting a child's education is one of your most important responsibilities. By cultivating a love of learning and knowledge at a young age, you can set up your child for success. Here are some strategies to help you build a foundation of learning for your child.

### Nurture learning at home

Learning doesn't stop when the school day ends. A child absorbs as much or more at home and through his or her experiences as through a textbook. Try some of these tips to encourage learning at home:

- Keep to a routine. Make homework part of the routine by sticking to the same spot and time of day. Make sure your child has a quiet place to study.

- Monitor homework. Check your child's homework every night, not just to see whether it's done, but also for quality. Help your child carve out chunks of time to tackle larger projects.

- Praise your child's efforts. Children learn best by positive reinforcement. Whenever you have an opportunity, praise your child for a job well done.

- Encourage learning at home. If your child is interested in insects, buy an ant farm. Talk about something in the news or a book he or she just read. Fostering full-time learning is one of the best ways you can equip your children for life after graduation and future success.

### Build a relationship with your child's school

Your relationship with the school will demonstrate to your child and the school's staff the importance you attach to education. Even if you relocate often or are temporarily deployed, there are ways you can build a relationship



## MILITARY ONE SOURCE

with the school and your child's teachers to help your child perform as well as possible:

- Meet the teacher. Allowing your child's teacher to put a face with your name is a great way to show your investment in your child's education.

- Attend events. Being present at back-to-school nights, school board meetings, open houses and school fairs can help both you and your child feel more connected to the school.

- Volunteer. There are dozens of ways to give your time to your child's school, so it's just a matter of finding a way to volunteer that suits your schedule.

- Join the parent/teacher group. Attending PTA/PTO meetings can be a great way to stay in the loop about what's happening at the school and how you can get involved.

### Tap into support and

### resources

Providing the best possible education for your child is not a one-person job. Be sure to tap into the support and resources of your military community.

- Home-schooling resources are found on your installation, such as school liaison officers; child, youth, and teen programs; and activities through your installation's Department of Defense Education Activity, or DoDEA, school.

- The Head Start Program teaches reading, math and other developmental skills to your 5-year-old or younger child before starting school. If you are stationed overseas, Sure Start is open to command-sponsored military children who meet specific age requirements and other criteria.

- Military OneSource education consultants can assist you with questions about your child's education. These one-on-one sessions are free, confidential, and can provide you with referrals to in-home tutors and tutoring centers in your area as well as public and private school information. Call



www.navymwrnewport.com

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### OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

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

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

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

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

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

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

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

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

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

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

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

\*\* Weekly specials & special nights are from 5-9 p.m. & not available for take-out \*\*

### COMMUNITY RECREATION CENTER, BUILDING 656

OPEN TO ALL PATRONS WITH BASE ACCESS.

Kitchen closes an hour before closing time.

Monday-Thursday: 11 a.m.-9 p.m.; Friday: 11 a.m.-10 p.m.; Saturday: 4-11 p.m.; Sunday: 1-8 p.m.; Federal Holiday: 12-6 p.m.

**MONDAY** - 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.

## Inflatable Fun Festival

Saturday, September 15 • 10 a.m.-2 p.m.  
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## 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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Sunday 1-7 p.m.  
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ANDROID APP ON Google play

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# THE MEAT & POTATOES OF LIFE

## Fast Food, Slow Study

It was an ordinary morning. Or so we thought. The dog was napping in the kitchen corner, my son was making a sandwich, and I was folding laundry. But this day would live in infamy.

My son's plate clunked onto the glass turntable of our microwave. He slammed the door, and began punching the buttons necessary to melt cheese on his roast beef sandwich. A series of beeps sounded, and then he pressed "Start."

BOOM!

"Hayden! What was that?!" I bellowed, instinctively lurching to his rescue despite nearly losing bladder control. The noise had come from the microwave that came with our house. It had not given us any problems since we bought the property, but something was most definitely wrong. After the alarming boom, the appliance emitted an ominous grumble and refused to operate. We tried every troubleshooting recommendation in the manual, and called an appliance repair guy for advice, but nothing worked.



MOLINARI

We were forced to face facts: Our microwave had blown her magnetron, and she was terminal.

My son and I looked at each other with panic as if contemplating the end of the universe. "What does one do without a functioning microwave?" I wondered with fear. "Sure, we have a range and an oven, but they're mainly for Thanksgiving. We'll starve by the time November rolls around! In the meantime, how am I supposed to reheat my coffee when it goes cold? We'll never survive!"

Unable to cope with the thought of life without instant gratification, we ran straight to the store. My husband had received a \$500 Lowe's gift card as a work bonus, so we upgraded to an impressive model



Stock Photo

known as the "Whirlpool Smart Microwave and Convection Oven with Scan-to-cook Technology."

"We have arrived!" I thought, remembering the years living in military base housing and cheap rentals, making due with sub-standard microwaves. Never mind that I didn't know exactly what made this newfangled appliance "smart" and had no idea how to cook by convection, I was ecstatic that we could finally afford "fingerprint-resistant stainless steel."

After a painful month of using our son's pizza sauce-splattered college microwave that had been stored in a spidery corner of our basement, our new microwave arrived. I felt a little guilty watching the Lowe's installers do their work, because I had been the kind military spouse who installed faucets, hung ceiling fans, and replaced dryer heating elements when my husband was deployed. But when I saw that it took two men and a huge set of drill bits to hang the microwave and wall bracket, I realized that the pro-install saved us from a crooked appliance.

When they were done, I thanked the installers and gave them a modest tip. I found my cold coffee for the test run. Placing the cup onto the sparkling clean turntable and closing the fingerprint-resistant stainless steel door, I noticed that the display panel lit up like the cockpit of a Growler.

Searching the glowing words and icons, I spotted a keypad. I punched in 1-0-0, but was stymied about what to do next. A message appeared,

"Press start or cancel." On the display, I saw "Connect," "Steam/Simmer," "Convect," "Defrost," "Warm Hold," "Accupop," "Potato," "Vegetable," "Reheat," "Auto Cook," "Remote Enable," and "Kids Menu," but no "Start." I was afraid to punch any buttons for fear that I might inadvertently initiate an electronic warfare attack on my neighbors, so I grabbed the manual.

An hour later, I found the start button — it was the square icon with an arrow in the middle, duh! — but I was more confused than ever. According to the manual, if I had the wherewithal to figure out the instructions, my smartphone could control the microwave remotely, I could program it to cook in Kosher Consumer-Friendly Mode, and I could set it to automatically know the difference between tomato soup and Hot Pockets.

I knew I would never use 90% of the microwave's fancy features. Had we spent \$500 just so we could melt cheese? I may have been outsmarted by an appliance, but sipping steaming hot coffee, it felt like it was worth every penny.

*Lisa's syndicated column appears in military and civilian newspapers including Stars and Stripes, and on her blog at [themeatandpotatoesoflife.com](http://themeatandpotatoesoflife.com) and can be contacted at [meatandpotatoesoflife@gmail.com](mailto:meatandpotatoesoflife@gmail.com) or on Twitter: [@MolinariWrites](https://twitter.com/MolinariWrites) or 'like' her on Facebook at: <https://facebook.com/TheMeatandPotatoesOfLife>*



## **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 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.

## **DISCOUNTS FOR AREA FAIRS**

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

This event is 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, Connecticut 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>.

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

### **Every Thursday from 6 p.m. to 7:15 p.m.**

Located 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).

**VETERAN TICKETS FOUNDATION** (VetTix) – is a national nonprofit that supports currently serving military, 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).

## **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 OF THE WEEK**

With the Fall season almost here, now maybe the time to have your home's chimney and fireplace cleaned and inspected. NFPA requires chimneys, fireplaces, and vents to be inspected at least once a year. Cleaning, maintenance, and repairs shall be done if necessary. Even if you don't use your chimney often, animals may build nests in the flue or there may be other types of deterioration that could make the chimney unsafe to use. A faulty fireplace, faulty chimney, nests, and/or excess creosote build-up can cause a structure fire, which can cause death, injury, or property damage. Protect your family, have your fireplace and chimney inspected and cleaned today by a certified chimney sweep!

## **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, Room 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.**



# Budget for Baby Workshop



Expecting a baby is an exciting time for a family. Planning for the financial impact of a baby is an important part of your preparations. Start your planning with our free Budget for Baby workshop.

The workshop will help you develop a family budget, give you tips on how to save money, and introduce you to other expectant Navy and Marine Corps parents.

Workshop attendees receive a free Junior Sea Bag, including a baby blanket handmade by a Society volunteer.

**September 26, 2018, 10:30 a.m. to 12:30 p.m.**  
**690 Peary St. Newport, RI 02841**

Space is limited so call us at 401-841-7342 to register!

## **Tobacco Cessation Class**

**SEPTEMBER 20<sup>th</sup>, 2018**

**2 p.m. to 3:30 p.m.**

**Naval Health Clinic  
New England**

Call the Health Promotion and Wellness Nurse Educator at  
401-841-6778 to Register.





# STONEWALL KITCHEN

## Sampling

### TASTE OF NEWPORT

When September 18<sup>th</sup>

10:00 – 16:00

Products Jams, Sauces, Spreads





## GATE HOURS:

**Gate 1:** Open 7 days-a-week/24-hours-a-day for routine traffic.

**Gate 2:** Open for a.m. commute Monday through Friday from 6:30 to 8:30 a.m. to alleviate Gate 1 backups.

**Gate 10:** Closed until further notice.

**Gate 17:** Open Monday through Friday 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.

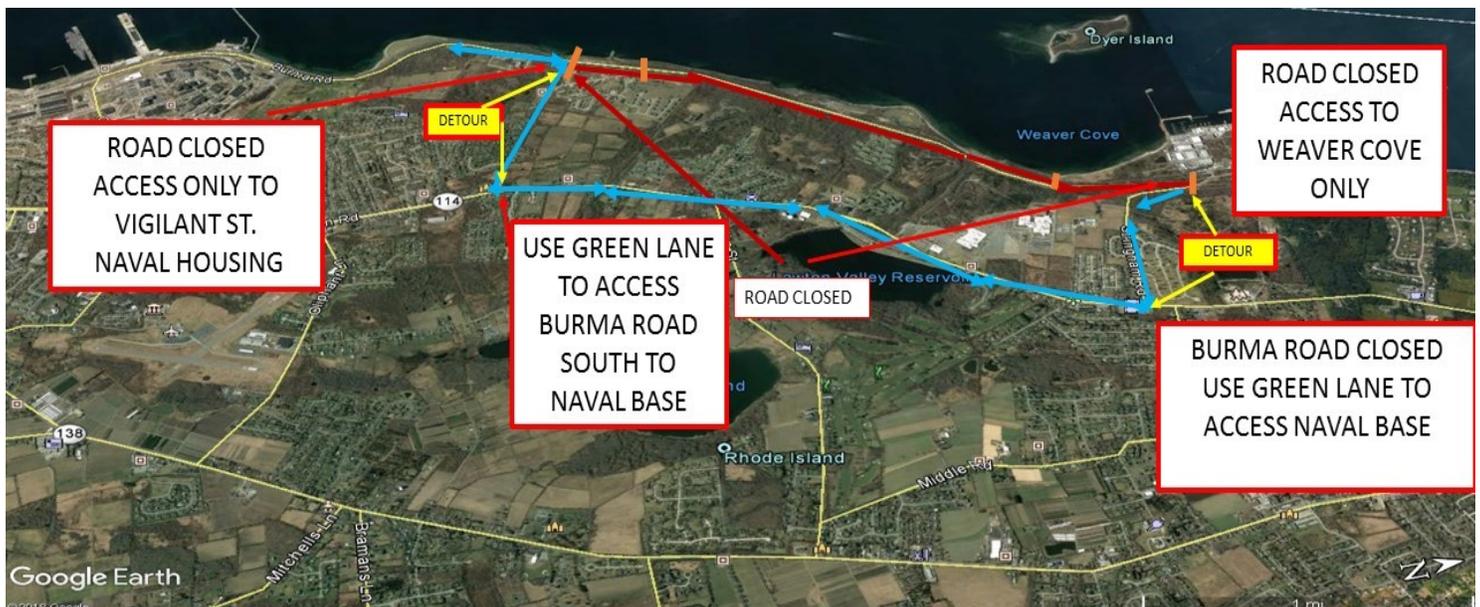


## ONGOING CONSTRUCTION

**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.**

**Defense Highway (Burma Road)—detour from Sept. 12 to Oct 12 for asphalt repairs—both lanes closed between Greene Lane & Stringham Road. Please note, access for Carr Point Recreational Area and RV Storage is still open but please access it from the north (Stringham side of the closure). The majority of the road work is on the north bound lane. Weaver Cove Boat Launch is also open.**

**Please try and limit access to the facilities during the work day so that the contractor is not held up. Thank You.**



**THERE WERE 133 JOBS ON WWW.USAJOBS.GOV THIS MORNING AND 77 OF THEM WERE WITH COMMANDS AND DEPARTMENTS HERE ON THE NAVAL STATION! DO YOU KNOW SOMEONE LOOKING FOR A JOB???? DIRECT THEM TO THIS WEBSITE OR TO THE NAVY EXCHANGE COMMAND SITE! GREAT JOBS!**

## USAJOBS



# USS Rhode Island Returns from Sea Trials

KINGS BAY, Ga. (NNS) -- USS Rhode Island (SSBN 740) returned to Naval Submarine Base Kings Bay, Ga., Sept. 12, after successfully completing their first at-sea period in two-and-a-half years.

The 15 days at sea tested every aspect of the boat's integrity after its 33-month Engineered Refueling Overhaul (ERO) at Norfolk Naval Shipyard in Portsmouth, Va.

The EROs are a complex, major shipyard availability during which the submarine will be refueled and upgraded before returning to support the country's nuclear deterrence strategy, extending the life of the submarine more than 20 years.

"I am very proud of the crew's performance over the past three

years," said Cmdr. Nirav Patel, the commanding officer of Rhode Island. "The crew accomplished amazing feats to deliver our strategic asset. Everyone is very excited to be back on the waterfront."

Preparing for sea trials requires the crew to work long days including fast cruises, where the boat stays inport but the crew drills like they are at sea, testing their ability to respond in scenarios like damage control and combat systems drills.

Sea trials recertifies the hull at test depth and also tests and certifies their tactical weapons and propulsion systems. The crew also continues to work on the proficiency and training.

Rhode Island will undergo more

system upgrades and certifications to be ready for a full patrol in about one year. The crew will soon complete a crew split, where the boat divides into a submarine's usual "blue" and "gold" crews, from their one "green" crew that was maintained during their shipyard period.

"The crew performed admirably and put in a lot of hard work to battle through sea trials without issues," said Master Chief Yeoman David Wright, Rhode Island's chief of the boat. "It was a great feeling having the boat out to sea and watching the crew operate underway."

Get more information about the Navy from U.S. Navy [facebook](#) or [twitter](#).



The Ohio-class ballistic-missile submarine USS Rhode Island (SSBN 740) is moored at its homeport at Naval Submarine Base Kings Bay, Ga., following the completion of sea trials. Rhode Island recently completed a 33-month Engineered Refueling Overhaul, which will extend the life of the submarine for another 20 years. The boat is one of five ballistic-missile submarines stationed at the base and is capable of carrying up to 20 submarine-launched ballistic missiles with multiple warheads. (U.S. Navy photo by Lt. Katherine Diener)



## Communication is key during an evacuation

NORFOLK (NNS) -- Many Navy personnel and civilian employees, and their families, have evacuated to safe havens in advance of Hurricane Florence. Some may be asking, "Now that I am safe, what is the next step?"

Military personnel and civilian employees should contact their supervisors upon safe arrival at their respective safe haven location and stay in touch on a regular basis. Letting your command know that you have arrived safely takes just minutes and it's a big part of the overall command plan during an emergency. Additionally, keep your chain of command informed about your whereabouts during a storm or evacuation.

Establish a daily reporting routine. Some commands may require something as quick as a text message to your immediate supervisor at a pre-designated time each morning to report on your

status, while others may have an assigned central phone line to contact the command. Take the time to understand what your specific command's reporting requirements are before you evacuate.

All members of a family should have an emergency point of contact in case they cannot reach each other. A trusted relative living outside of the affected area is an excellent choice. A local point of contact should also be established. These names and phone numbers should be programmed into all family member cell phones, and written copies should be with each family member as well.

Additionally, all evacuated personnel and family members should log into the Navy Family Accountability and Assessment System (NFAAS) website upon arriving at their safe haven location to update their status. A NFAAS app is available through your mobile app

store for download at no cost to all active duty personnel, family members, and DoD and NAF civilians. You can also muster at the NFAAS website at <https://navyfamily.navy.mil> or call (877) 414-5358.

NFAAS is used to manage and monitor your well-being during the recovery process. Sailors and families should only enter a needs assessment in NFAAS if there is an actual pressing need. The system allows families to assess their needs in 19 categories including: medical, missing family locator, transportation, housing and personal property, financial, employment, child care, education, legal services, and counseling.

Continue to monitor your command's Facebook page for updated news. When you receive the "all clear" and are able to return back to work, contact your chain of command for reporting procedures.



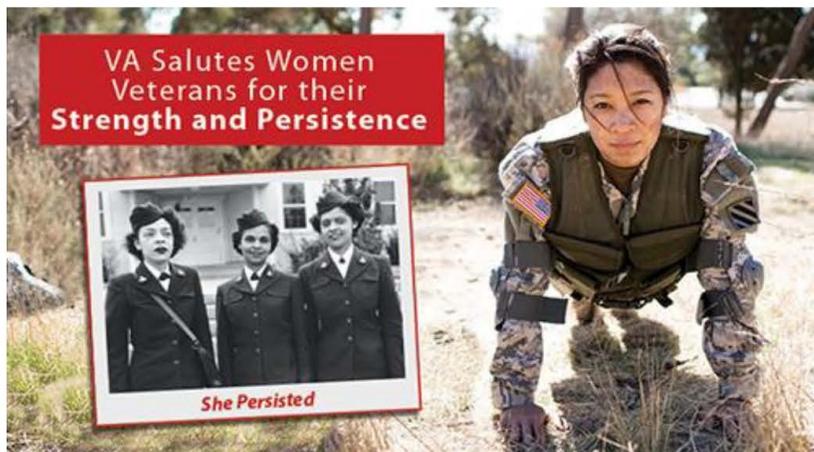
**Friday (8 a.m.) thru Sunday (11 a.m.), Sept. 14, 15 & 16, "Annual Stand Down Outreach Weekend for Homeless & At-Risk Veterans,"** Diamond Hill State Park, 4097 Diamond Hill Road, Cumberland. For more information, go to [osdri@osdri.org](mailto:osdri@osdri.org), or call (401) 383-4730.

**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). Guest speaker: Cory Bilodeau, Esquire, Tax Attorney; Topic: Personal Income Tax Update.

**Tuesday, September 18, Celebrating the 71st Birthday, U.S. Air Force & U.S. 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 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



## WOMEN VETERAN NETWORKING GROUP

**Third Thursday of the Month**

**11:00AM – 12:00PM**

**PROVIDENCE VA MEDICAL CENTER**

**Next meeting will take place in a different space**

**3<sup>rd</sup> Floor – E327**

**September 20th**

Questions: call Tonya McConnell, Women Veteran Program Manager  
(401) 273-7100 ext. 6191

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 Veterans Affairs Campus, 940 Belmont Street, Brockton, Mass.

For more information, go to [www.eventbrite.com](http://www.eventbrite.com) and search for "Brockton Veterans Expo," email [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**



# Bristol Post Office to be Dedicated to 1st Sgt. P. Andrew McKenna, Jr.



**What:** The dedication of the Bristol Post Office to 1<sup>st</sup> Sergeant P. Andrew McKenna, Jr.

**Who:** The Honorable Jack Reed, US Senator  
 The Honorable Sheldon Whitehouse, US Senator  
 The Honorable James Langevin, US Congressman  
 The Honorable David Cicilline, US Congressman  
 The Honorable Gina Raimondo, Governor  
 General James McConville, Vice Chief of Staff of the US Army  
 Colonel Patrick Colloton, 7<sup>th</sup> Special Forces Group  
 Sgt. Major Calvin Boersma, served with Andrew  
 USPS District Manager David Mastroianni, Jr.  
 Bristol Postmaster Sabir Sahil

**When:** Sunday, September 16, 2018 1:30 pm

**Where:** Bristol Post Office  
 515 Hope Street  
 Bristol, CT

**Background:** First Sergeant P. Andrew McKenna, Jr., a proud son of Bristol, earned a Silver Star, a Purple Heart, and five Bronze Stars (one with V for Valor) during his 17 years in the military. He completed five tours of duty in Afghanistan and one in Iraq. He was killed in action on August 7, 2015 in Afghanistan while fighting to defend Camp Integrity, as leader of a quick reaction force. It was his sixth deployment overseas. His heroic actions ensured the safety of 300 people in the Camp. To learn more about Andrew, click here: <https://www.armytimes.com/news/your-army/2015/08/12/green-beret-killed-in-afghanistan-recommended-for-silver-star/>



## Remains of Rhode Island man who fought in WWII identified

PROVIDENCE, R.I. (AP) — The Defense Department says the remains of a U.S. serviceman killed in World War II have been identified as a Rhode Island man.

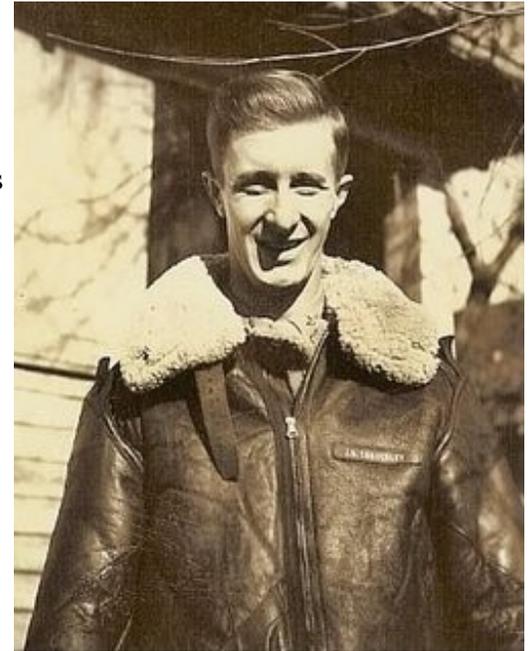
The Defense POW/MIA Accounting Agency announced Wednesday (9/5/2018) that Army Air Forces 1st Lt. John D. Crouchley Jr. of Providence was identified through DNA and other evidence.

Crouchley was 26 when his plane was shot down and crashed during a combat mission over Romania. Nine crew members parachuted safely and were captured as prisoners of war in Belgium. They subsequently returned to duty while only Crouchley remained unaccounted for.

Because the crash occurred in enemy territory, American personnel couldn't conduct an immediate search.

Defense analysts surveyed the crash site in Bulgaria in 2010. It was excavated last year.

Officials estimate nearly 73,000 U.S. service members who fought during WWII are still missing.



1st Lt. John Dudley "Dud" Crouchley, Jr., S/N 802172, U.S. Army Air Corps, was born on September 4, 1917 in Providence, Providence County, Rhode Island. He enlisted in the U.S. Army Air Corps on March 17, 1942 at Providence, Rhode Island. At the time, he was single and had no dependents. He was later commissioned and assigned to the 828th Bomb Squadron (Heavy), 485th Bomb Group (Heavy). The squadron saw combat in the Mediterranean Theater of Operations (MTO) and European Theater of Operation (ETO) from May 10, 1944 to Apr 25, 1945. 1st Lt. Crouchley died on June 28, 1944. He is remembered on the Tablets of the Missing at the American Battle Monuments Commission's Florence American Cemetery and Memorial.





## EPA presents 2018 Merit Award to Wenley Ferguson, Save The Bay's director of habitat restoration

PROVIDENCE, R.I. – Save The Bay is pleased to announce that Wenley Ferguson, director of habitat restoration, was recognized today at the 2018 Environmental Merit Awards ceremony of the U.S. Environmental Protection Agency's New England regional office. Ferguson was among 28 recipients across New England honored for their work to protect New England's environment.

“New England is rich with individuals, businesses, and organizations that exhibit their strong commitment to local communities and to a clean and healthful environment. EPA is very proud to recognize these meaningful accomplishments,” said EPA New England Regional Administrator Alexandra Dunn.

Since 1990, Ferguson has used her expertise, can-do spirit, and collaborative nature for her work protecting habitat, assessing water quality and generally restoring Narragansett Bay and its watershed. “The Save The Bay family is so proud of Wenley,” said Save The Bay's director of advocacy and policy, Topher Hamblett. “She is an incredibly knowledgeable, passionate advocate for Narragansett Bay and the environment as a whole.

“For nearly 30 years, Wenley has been setting a great example for all of us, demonstrating how to be a good steward of our natural resources,” said Hamblett. “She has inspired so many people to action. I can think of no one more accomplished and more deserving of this award.”

Ferguson's many projects have included salt marsh, anadromous fish, and coastal buffer restoration projects and restoration monitoring. Working with many partners, she has documented the impacts of sea level



**Ferguson inspects plant life in Seapowet Marsh in Tiverton, R.I. in April 2018.**

rise on the region's salt marshes, and developed techniques to protect marsh health as sea level rises.

Ferguson works to protect marsh migration corridors through easements and removing barriers to their upland migration. She has put projects in place to regrade eroding coastal banks, and has removed or relocated infrastructure vulnerable to flooding and public access.

Ferguson also works with community groups and schools to install rain gardens and complete other projects that filter storm water. She initiated projects to remove pavement from roads that lead right up to the waters' edge, and replace the pavement with soils and plants that help protect coastal neighborhoods from flooding and erosion. She involves community volunteers in monitoring, planting and maintenance of these “green infrastructure” projects.

An effective advocate for

Narragansett Bay and its environment, Ferguson has tackled challenges to its ecological health, mobilizing citizens to protect and restore the Bay.

Each year, EPA New England recognizes individuals and groups in the six New England states who are distinguished by their work to protect or improve the region's environment. The merit awards, given since 1970, honor individuals and groups who have shown ingenuity and commitment.

The Environmental Merit Awards, given for work or actions done in the prior year, are awarded in the categories of individual; business (including professional organizations); local, state or federal government; and environmental, community, academia or nonprofit organization. Also, each year EPA presents lifetime achievement awards for individuals.