



*The Newport*

# Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

December 5, 2019

## HIGHLIGHTS

NAPS Sports  
Dominates USMAPS

NAVFAC Skilled Trade  
Apprenticeship Is A  
Success

Pearl Harbor  
Remembrance

MilitaryOneSource  
Resources

And more!

## NAPS Sweeps U.S. Military Academy Prep School Over the Weekend



**NEWPORT—Naval Academy Preparatory School Midshipmen Candidate Tobias Weaver finds a hole behind strong blocking by Midshipmen Candidates Lionel Murtezi (right), Danielson Massanai (center) and Ahmad Bradley (79).**

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By Mark Donahue  
Naval Academy Preparatory School  
Public Affairs

NEWPORT - The Naval Academy Prep School's (NAPS) football and basketball teams squared off against their archrivals from the U.S. Military Academy Prep School (USMAPS) Nov. 22 and 23.

The basketball team led things off with a dominating win over USMAPS by a score of 89-80 in front of an energized and decidedly pro-Navy crowd in Gym 302. The NAPS basketball team's

season is off to a great start with 6 wins and 1 loss. The one loss came to national prep powerhouse Putnam Science of Connecticut. Watch NAPS in action on Tuesday, Dec 10 in Gym 302 when they face off against Rhode Island rival CCRI.

The NAPS football team made it a clean sweep on Saturday with a 20-13 victory over USMAPS reclaiming the 1st Lt Frank Reasoner trophy which is held by the winning team each year in this rivalry.

The football victory by NAPS snapped a 3-year losing streak and closed out a successful season.



# NAPS Dominates Army Basketball Game



**NEWPORT**—Midshipmen Candidate Horace Broadnax (12) positions for two points in the paint against swarming U.S. Military Academy Prep School (USMAPS) defenders during the annual NAPS Army vs. Navy games . Supporting NAPS players are Ejai Washington (34) and Austin Inge (1). NAPS took the victory with a concluding score of 80-89 over the USMAPS.

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Operational and Exercise Impacts are often

communicated to the public first using the installation social media outlets:

- FB: [Facebook.com/NAVSTANewport](https://www.facebook.com/NAVSTANewport)
- Twitter: [@NAVSTANewportRI](https://twitter.com/NAVSTANewportRI)
- Instagram: [@navstanewportri](https://www.instagram.com/navstanewportri)
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*The Newport*  
**Navalog**  
SEASIDE COMMAND AND ACTIVITIES, NEWPORT, RI



## NAVFAC Skilled Trade Apprenticeship Builds Solid Foundation for Future Leaders, Applicants Wanted

By Kalen Arreola  
NAVSTA Newport

NEWPORT — If you asked the young apprentices working at Navy if they thought they would ever be getting paid to work full time—while getting a degree free of charge—they would probably laugh.

The recent high school graduates working aboard the installation in the Navy Facilities Command say they found out about the program through teachers, friends and advisors, but admitted they were shocked that an opportunity like this exists.

“In high school, my senior year, I was in carpentry. I got accepted into UMASS Dartmouth, but was like—oh that is a lot of money! My carpentry teacher’s boss said he knew people here... I could work here and also go to school,” said Monica Teres, electrician. “I see this as a win-win.”

The new apprentices are working full time, and start school in January of 2020. The New England Tech degree that usually takes 18 months, is spread out over the course of four years so the workload is easier to handle.

“At the end of my senior year, the coordinator for the tech program asked if anyone wanted to do this program... I was the only one to follow through,” said . “They are going to pay me, and pay for school, I was thinking it’s a no brainer.”

The Intern/Apprentice Program incorporates a balance of both academic and on-the-job training.

Although the program was developed with high school students in mind, there truly is not an age limit on who can apply. The program helps to jumpstart a career in trade work by gaining practical experience working alongside mentors.

After high school graduation and enrollment in a college or Technical Education Center, students are hired



**The Navy Facilities Command Apprenticeship Program gives trade school enrolled students a chance to work full time, receiving full benefits, while earning their degree, which is paid for by the program. Pictured above from left to right are: Matthew Sweisford mentored by Dave Simmons; Monica Teves, mentored by Chris Ethier; Cody Harney, mentored by Timothy Dostie; and Colby Silvia, mentored by John Troutman.**

and can obtain Certificates or Associates Degrees.

All apprentices receive full federal benefits that a regular full-time employee would receive.

**In order to apply, dust off that resume and follow these steps:**

1) Read through the announcement *CAREFULLY* and tailor your resume to the position to which you are applying.

Resumes should include any of the following as applicable to your situation:

- Your Contact Information
- Certifications and Licenses you have (date and location earned)
- The name of the company/organization where you received experience
- The date ranges you were with each company/organization

### QUALIFICATIONS

- Be in good academic standing (determined by school)
- Be a U.S. citizen
- Be 16 years or older
- Maintain half-time academic course load status
- Work a full-time or part-time schedule during the year.

Email NAVFAC\_MLHRO  
@navy.mil (Add  
'Apprenticeship' and desired  
trade in the email subject line.

Apprentice Coordinator:  
Tom Harrington  
(757) 341-1063  
thomas.a.harrington@navy.mil

## Dec 7, 1941, A Date Which Will Live in Infamy

Navy History and Heritage Command

World War II came to the United States of America on Sunday morning, 7 December 1941, with a massive surprise attack by the Imperial Japanese Navy. "Like a thunderclap from a clear sky," Japanese carrier attack planes (in both torpedo and high-level bombing roles) and bombers, supported by fighters, numbering 353 aircraft from six aircraft carriers, attacked the U.S. Pacific Fleet at Pearl Harbor in two waves, as well as nearby naval and military airfields and bases. The enemy sank five battleships and damaged three; and sank a gunnery training ship and three destroyers, damaged a heavy cruiser, three light cruisers, two destroyers, two seaplane tenders, two repair ships and a destroyer tender. Navy, Army, and Marine Corps facilities suffered varying degrees of damage, while 188 Navy, Marine Corps, and U.S. Army Air Force planes were destroyed. Casualties amounted to: killed or missing: Navy, 2,008; Marine Corps, 109; Army, 218; civilian, 68; and wounded: Navy, 710; Marine Corps, 69; Army, 364; civilian, 35. Japanese losses amounted to fewer than 100 men and 29 planes.

Sailors, Marines, and Soldiers fought back with extraordinary courage, often at the sacrifice of their own lives. Those without weapons to fight took great risk to save wounded comrades and to save their ships. Pilots took off to engage Japanese aircraft despite the overwhelming odds. Countless acts of valor went unrecorded, as many witnesses died in the attack. Fifteen U.S. Navy personnel were awarded the Medal of Honor — ranging from seaman to rear admiral — for acts of courage above and beyond the call of duty, ten of them posthumously.

Among the Sailors recognized with our nation's highest award for

valor were Chief Water Tender Peter Tomich onboard the ex-battleship *Utah*, who sacrificed his life to prevent the boilers from exploding, enabling boiler room crews to escape before the ship capsized. Another was Chief Boatswain Edwin J. Hill, who cast off the lines as the battleship *Nevada* got underway, swam through the burning oil to get back on board his ship, where he was killed by Japanese strafing after being credited with saving the lives of many junior Sailors.

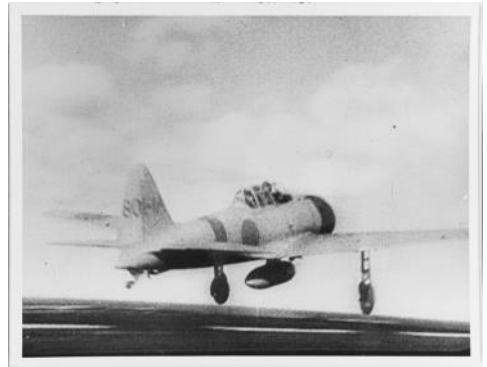
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***December 7, 1941 a date which will live in infamy the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan. President Franklin D. Roosevelt***

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Ensign Francis Flaherty and Seaman First Class J. Richard Ward, onboard the battleship *Oklahoma*, sacrificed their lives to enable turret crews to escape before the ship capsized. Onboard the battleship *California*, Chief Radioman Thomas J. Reeves, Machinist's Mate First Class Robert R. Scott and Ensign Herbert C. Jones stayed at their posts at the cost of their lives to keep power and ammunition flowing to the antiaircraft guns as long as possible. Rear Admiral Isaac C. Kidd and Captain Franklin Van Valkenburgh onboard the battleship *Arizona*, and Captain Mervyn S. Bennion onboard the battleship *West Virginia* directed the defense of their ships under heavy fire, until the ships were sunk and they were killed.

Japanese forces were astonished at the quick reaction and intensity of



U.S. antiaircraft fire. That more Japanese aircraft were not shot down had nothing to do with the skill, training, or bravery of our Sailors and other service members. Rather, U.S. antiaircraft weapons were inadequate in number and capability, for not only had the Japanese achieved tactical surprise, they achieved technological surprise with aircraft and weapons far better than anticipated — a lesson in the danger of underestimating the enemy that resonates to this day.

While damage to the U.S. Pacific Fleet's battle line proved extensive, it was not complete. The attack failed to damage any American aircraft carriers, which had been providentially absent from the harbor. Our aircraft carriers, along with supporting cruisers and destroyers and fleet oilers, proved crucial in the coming months. The Japanese focus on ships and planes spared our fuel tank farms, naval yard repair facilities, and the submarine base, all of which proved vital for the tactical operations that originated at Pearl Harbor in the ensuing months and played a key role in the Allied victory. American technological skill raised and repaired all but three of the ships sunk or damaged at Pearl Harbor. Most importantly, the shock and anger that Americans felt in the wake of the attack on Pearl Harbor united the nation and was translated into a collective commitment to victory in World War II.





## PEARL HARBOR: By the Numbers

"December 7, 1941 - a date which will live in infamy - the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan....Always will we remember the character of the onslaught against us. No matter how long it may take us to overcome this premeditated invasion, the American people in their righteous might will win through to absolute victory."

- President Franklin D. Roosevelt, in his speech delivered to Congress Dec. 8, 1941

### 15

Number of  
U.S. Navy  
Medal of  
Honor  
Recipients



### 51

Number of  
Navy Cross  
Recipients



\* Note: L.L. Jackson C. Pharris' Navy Cross was later upgraded to a Medal of Honor June 25, 1948

### 3

Number of  
Total-Loss  
U.S. Navy  
Ships



USS Arizona (BB 39)



USS Oklahoma (BB 37)



USS Utah (AG 16)

### 2,008

Number of U.S. Navy  
Personnel Killed in Action

### 218

Number of U.S. Army  
Personnel Killed in Action

### 109

Number of U.S. Marines  
Killed in Action

### 68

Number of Civilian  
Casualties

### 18

Number of  
U.S. Navy  
Ships  
Repaired  
and  
Returned  
to Service

Ships Sunk, Raised, and Repaired:

- USS California (BB 44)
- USS West Virginia (BB 48)
- USS Oglala (CM 4)
- USS Sotoyoma (YT 9)
- Floating Drydock YFD 2

Ships Damaged and Repaired/Rebuilt:

- |                            |                        |
|----------------------------|------------------------|
| - USS Maryland (BB 46)     | - USS Helm (DD 388)    |
| - USS Nevada (BB 36)       | - USS Helena (CL 50)   |
| - USS Tennessee (BB 43)    | - USS Honolulu (CL 48) |
| - USS Pennsylvania (BB 38) | - USS Raleigh (CL 7)   |
| - USS Cassin (DD 372)      | - USS Curtiss (AV 4)   |
| - USS Downes (DD 375)      | - USS Vestal (AR 4)    |
| - USS Shaw (DD 373)        |                        |

### 1

Number of U.S.  
Navy Ships  
Sunk, Raised,  
Repaired...and  
Present at Tokyo  
Bay During  
Japan's Formal  
Surrender  
Sept. 2, 1945



USS West Virginia (BB 48)

Approaching drydock at Pearl Harbor Navy Yard  
June 8, 1942, just over six months after she was sunk in  
the Japanese air raid on Pearl Harbor.

### Watch it on YouTube



Visit <https://www.youtube.com/watch?v=xZtlnznZuII>  
(case sensitive) for an overview of the attack on Pearl Harbor.

Source: Naval History and Heritage Command Infographic  
by Annalisa C. Underwood  
NIIHC Communication and Outreach Division  
[www.history.navy.mil](http://www.history.navy.mil)



# Navy Medicine Significantly Reduces Opioid Prescriptions for Sailors, Marines and Families

By Angela Ciano,  
US Navy Bureau of Medicine  
and Surgery

After years of work, Navy Medicine achieved a 44% decrease in opioid prescriptions for Sailors, Marines and families between the years of 2013 and 2018, with 15% of the decrease taking place in 2017 and 2018 alone.

“This is a milestone achievement,” said Deputy Surgeon General, Rear Adm. Terry J. Moulton. “We are a couple steps closer in our work to reduce the opioid crisis, and we won’t stop the hard work yet.”

Prior to the crisis, prescribing opioids was standard practice for controlling moderate to severe pain. Research and substantial evidence of addiction and overdose, including many deaths has forced the health care industry, including Navy Medicine, to rethink the way opioids are used and prescribed.

Using research, Navy Medicine instituted several programs and changes to decrease the overall number of opioid prescriptions and better monitor patients on long-term opioid therapy.

One such program signed March 14, 2018, by Rear Adm. Moulton, was the long-term opioid therapy safety program instruction. This instruction established policies and training designed to enhance the safety of long-term opioid therapy patients.

Navy Medicine also implemented the Navy’s Comprehensive Pain Management Program (NCPMP) that supports the readiness mission by ensuring active duty Sailors, Marines and their families are receiving the appropriate level of care. The program also ensures those individuals have alternative

pharmacologic treatment to ensure improved qualities of life.

Between 2017 and 2018 long-term opioid therapy patients saw a 24% reductions of opioid prescriptions at seven Navy military treatment facilities.

The NCPMP continues to proactively mitigate the risks of opioid use for patients suffering from chronic pain. Through the long-term opioid therapy safety initiative, the NCPMP has employed a strategic approach to address the challenges posed by pain.

Navy has not identified a broader opioid abuse problem within its patient population. In 2015 and 2016, opioid misuse among active duty service members was 7.5 to 10 times lower than the rate of the general U.S. population.



Navy Medicine is a global health care network of 63,000 personnel that provides health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.

## HOLIDAY HOURS AT NAVAL HEALTH CLINIC NEW ENGLAND (NHCNE)

### CHRISTMAS HOLIDAY

**Tuesday, December 24: 0730-1600**

**(Acute appointments)**

**Wednesday, December 25: CLOSED**

**Thursday, December 26: 0730-1600**

**(Acute appointments)**

### NEW YEARS HOLIDAY

**Tuesday, December 31: 0730-1600**

**(Acute appointments)**

**Wednesday, January 01: CLOSED**

**Thursday, January 02: 0730-1600**

**(Acute appointments)**

**Reminder: The clinic is CLOSED on weekends.**



# YES! THAT'S A TOBACCO PRODUCT

You may think using some of these products is harmless, but remember,  
**THERE IS NO SUCH THING AS A SAFE TOBACCO PRODUCT.**



**Cigarettes**  
(including menthols)



**Cigarillos, little cigars  
and cigars**



**Pipes**



**Smokeless tobacco**  
(including chewing tobacco,  
snuff, chew, dip and snus)



**Dissolvables**  
(including lozenges, orbs,  
sticks and strips)



**Heated tobacco products**  
(including IQOS, TEEPS,  
PAX, TECH and Glo)



**All e-cigarettes**  
(including vape pens, e-pipes,  
e-cigars, tank devices, mods and  
mod pods, rechargeable e-cigarettes  
and disposable e-cigarettes)



**Hookah and  
water pipes**

**OTHER TOBACCO PRODUCTS NOT PICTURED INCLUDE:**  
roll-your-own tobacco, bidis and kreteks, nicotine gels and future tobacco products

## REMINDER

## ONLY USE TOBACCO PRODUCTS IN DESIGNATED TOBACCO USE AREAS

**Learn more:** [Tricare.mil/UCanQuit2](https://Tricare.mil/UCanQuit2)

**Contact us:** [dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil](mailto:dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil)



**QUIT TOBACCO**  
[TRICARE.mil/UCanQuit2](https://Tricare.mil/UCanQuit2)



# 10 Smart Tips for Military Families to Save on Holiday Spending

From Military OneSource

Holidays mean spending, but you've got the discipline to keep it reined in this season. Celebrating with your family doesn't have to lead to debt, and here's how to make it a great holiday and maintain financial control.

## CONTROL YOUR CASH

Check out these ways to tame the holiday frenzy:

- **Make (and stick to) a budget.**

Money can fly out of your wallet fast for gifts, special meals, decorations and travel. Plan ahead of time how much you're going to spend on each category, and then stay in that range.

- **Take inventory.** Don't rush out to buy wrapping paper before checking to see if there's a forgotten stash of a dozen rolls shoved into the back of a closet. The same is true for presents you may have hidden too well last year.

- **Shop secondhand for decorations.** Thrift stores and garage sales usually have loads of holiday decorations as people upgrade, downsize or realize their decorations somehow multiplied when they weren't looking.

- **Consider budget-friendly alternative gifts.** Homemade gifts are a great option if you're crafty or a whiz in the kitchen, or even if you aren't either of those, but can follow online directions. Coupons for your "services," like babysitting, can also make good presents.

- **Make your own holiday cards.** You can save money (and trees) by using e-cards to send greetings to your loved ones instead of traditional cards. Many websites offer free or inexpensive e-cards, some with options to add videos or slideshows.



- **Plan holiday meals early.**

Knowing what you're going to cook well in advance lets you shop the sales for the non-perishable items you'll need. It also helps spread the higher food costs over a couple of paychecks instead of just one.

- **Use your smart phone while shopping.** Many retailers can send coupons right to your phone when you walk into their stores, which is handy (if not a little creepy). You can also use your phone to compare prices to make sure you're getting the best deal.

- **Consider traveling on the holiday itself.** You could score a much cheaper airline ticket by flying on the holiday instead of in the days before. Plus, arriving on the big day conveniently gets you out of a lot of meal-prep duty.

- **Search hotel rates and airfares online.** Take advantage of websites that compare airfares and hotels so you get the best deal. Many will also alert you to price drops. Another bonus: Those online reviews can help you avoid a vacation you remember for all the wrong reasons. Be sure to check out special travel options for service members on lodging and flights.

**MILITARY**  
**ONE**  
**SOURCE**

**your holiday travel plans are flexible,** consider Space-available passenger transportation, or Space-A travel. This program allows you to fly for free or very low cost on military flights if there is room for you. Schedules change and restrictions apply, [so learn more about Space-A Travel](#).

There are a lot of ways to save money at the holidays. Check out other budget-friendly tips from Military OneSource, or take advantage of [free financial counseling](#) available in person, by phone or by video chat.





## Welcome home! You're in the basement now...

Many of us can pinpoint the time in our lives when we returned to our childhood home seeking the comfort of preserved memories, only to find that our bedrooms had been converted into something else. The TV room, the sewing room, the storage room, the den. This happened to me after I went away to college, and I never saw it coming.

My expectations were not based on a bratty notion that my parents were obligated to maintain my bedroom for me in perpetuity. Rather, I had assumed my parents would preserve my room for me because they had done this for my older brother. In fact, his bedroom had become a veritable shrine. His old comic books, photographs, trophies, football helmet, and Naval Academy paraphernalia were displayed lovingly on shelves and dressers, awaiting his much-celebrated return.

Based on this, I believed naively that my parents would enshrine my room, too.

I was wrong.

No sooner did I turn 18 when the slow transition began. Home on a break, I noticed that my posters had been replaced by framed watercolor prints. My cartoon cat bedding swapped for floral comforters. My juvenile white-lacquered bedroom set exchanged for a lovely golden pecan dresser, end tables and desk. The whitewashed antique chifforobe was gone, along with the stuffed animals that graced its Contact-papered shelves.

At first, I was touched by the improvements. How sweet that my parents wanted things to be nicer for me when I came home for visits! But as time went on, the secret new purpose for my old bedroom would eventually become clear.

Small, barely noticeable changes continued through my college years and even after law school. But the transformation was so subtle, I

couldn't see what was happening. My bulletin board crammed with camp ribbons, high school dance corsages, photos and memorabilia disappeared one year.

My swimming trophies found their way onto a shelf in the closet the next. The creaky olive-upholstered recliner that smelled of cat pee was substituted for a dainty pastel wingback. The drab braided rug vanished, replaced by luxurious cream cut pile.

The night before my wedding in the fall of 1993, reality finally hit.

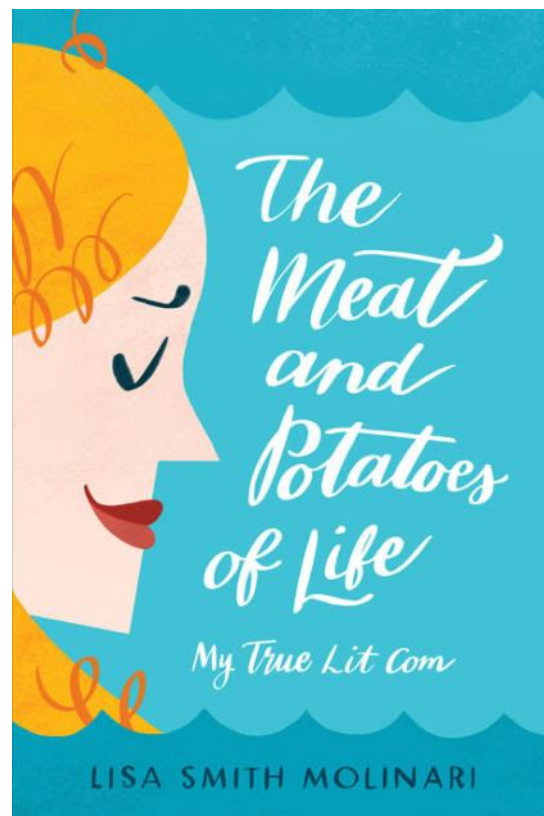
I had been instructed by my mother to sleep on the old couch in the basement, dictated by a line of logic that made perfect sense at the time. My aunt and uncle from Kentucky needed to sleep on the double bed in my brother's room. My brother and his wife and baby from Seattle needed to stay on the twin beds in my bedroom, which had recently been outfitted with a crib. That left the old basement couch for me, which only made sense.

But as I flopped to and fro on the brown plaid upholstery hoping I wouldn't have bags under my eyes at my wedding the next day, it finally occurred to me — my bedroom wasn't mine anymore.

It was the guest room, and it had been for a very long time.

I didn't cry. I didn't punch my pillow. I didn't curse my parents. I went to sleep. The next day, I went to the neighbors' house to shower because our bathroom was occupied, then I put on my white dress and I got married.

Like a lobster in a cool pot of water, I didn't know the flame had been turned on. Before I knew what was happening, the boiling point had been reached, and I was cooked, done, all grown up. Ready to leave the cozy security of my parents' three-bedroom-one-and-a-half-bath brick



1950s ranch and create my own home.

Next week, our adult children — Lilly (19), Anna (21), and Hayden (24) — will be home for the Thanksgiving holidays. Hopefully, Hayden won't notice my husband's suits in his closet, and that his collection of Rubik's Cubes have been stashed under the bed. We won't tell Anna about our future plans to turn her room into our master bathroom. And we're banking on Lilly never realizing that her bedroom has been the guest room all along.

Although, the basket of hotel toiletries on her nightstand might be a dead giveaway.

Lisa's syndicated column appears in military and civilian newspapers including Stars and Stripes, and on her blog at [themeatandpotatoesoflife.com](http://themeatandpotatoesoflife.com). She can be contacted at [meatandpotatoesoflife@gmail.com](mailto:meatandpotatoesoflife@gmail.com).





www.navywmrnewport.com

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## OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS.

Kitchen closes an hour before closing.  
Monday-Wednesday, & Friday: 11 a.m.-6 p.m.,  
Thursday: 11 a.m.-8 p.m. Saturday, Sunday &  
federal holidays: closed

Thursday ~ Boiled Lobster ~ A New England  
Favorite, steamed and served with potato, corn on  
the cob, sausage and onions ~ Market Price

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

\*\* Weekly special is available from  
5-8 p.m. and not available for take-out \*\*

## COMMUNITY RECREATION CENTER, BUILDING 656

OPEN TO ALL PATRONS WITH BASE ACCESS.

Kitchen closes an hour before closing.  
Monday-Thursday: 11 a.m.-9 p.m.; Friday: 11 a.m.-  
10 p.m.; Saturday: 12-11 p.m.; Sunday: 1-8 p.m.;  
Federal Holiday: 12-6 p.m.

### DAILY SPECIALS

MONDAY – Philly Cheesesteak Caesar Salad -  
Traditional Caesar salad topped with steak,  
mushrooms, onions and Provolone cheese \$8.00.

TUESDAY – Spicy Loaded Cauliflower - Deep fried  
spicy battered cauliflower topped with spices,  
Monterey Jack cheese served with chipotle ranch  
dipping sauce \$7.25.

WEDNESDAY – All-You-Can-Eat Pizza & Salad  
Buffet \$7.25, 11 a.m.-1:30 p.m.

THURSDAY – Hawaiian Steak Platter - Grilled  
marinated steak, white rice, Hawaiian macaroni  
salad & coleslaw with a FREE fountain soda \$9.50,  
11 a.m.-1:30 p.m.

FRIDAY – All-you-can-eat Mongolian Barbecue with  
a FREE fountain soda \$10.50, 11 a.m.-1:30 p.m.

### MONTHLY SPECIALS

SUPER MUSHROOM SWISS BURGER - Two 8 oz  
Angus beef burgers overloaded with mushrooms,  
Swiss cheese and bacon served with chips or fries  
\$10.00.

ALFREDO BACON WINGS - A full pound of wings  
tossed in house-made Alfredo sauce and bacon  
crumbles \$7.25.

GOODFELLA GRINDER - Sweet Italian sausage,  
Provolone cheese and house-made Bolognese  
sauce, served on a grinder roll served with chips or  
fries \$8.00.

OPEN FACED TURKEY SANDWICH - Fresh turkey,  
house-made stuffing, cranberry sauce and mayo  
topped with turkey gravy on a choice of wheat or  
white bread \$8.25.

Presented by  
 **Jingle Bell Jog**

**Friday, December 6 Starts at 11:45 a.m.**

Join the MWR Fitness Staff for a lunchtime 3 mile run or 1.5 mile walk,  
start/finish is on Weenachasett Street at Building 34. Prizes will be  
awarded for top three finishers, top three finishers with the best  
holiday-themed outfits and largest command participation. Register at the  
John H. Chafee Fitness Center by Thursday, December 5.  
For more information, call (401) 841-7354.

**BARRY'S  
AUTOMOTIVE GROUP**

**FIRST  
COMMAND**  
Get Spurred Away

**Crystal Spring**  
CRYSTAL SPRING

**Santa is coming to town for Breakfast**

**Saturday, December 7th at the Officers Club • Seating times available: 9, 9:30 & 10 a.m.**

• Breakfast Buffet • Arts & Crafts • A complimentary picture with Santa •

Presented by

Tickets: Adults: \$20, Children (4-12): \$10, Children (0-3): Free  
Tickets may be purchased at the O'Club, Monday-Friday 8 a.m.-5 p.m.  
For more information, call (401) 841-1442.

Presented by  
 **Pictures with Santa**

**Saturday, December 14, 11 a.m.-1 p.m.**  
**Seaview Lanes Bowling Center, Building 656**

A complimentary picture with Santa, arts & crafts & hot cocoa bar! Parents  
you can also take pictures with your own camera too! \$6 bowling special -  
one game of bowling, shoes, slice of pizza, chips and a juice box/fountain  
soda! For more information, call (401) 841-3093.

**BARRY'S  
AUTOMOTIVE GROUP**

**The  
French Confection**

**NAVY  
FEDERAL  
Credit Union**

Come watch the  
**ARMY vs. NAVY  
Football Game**

**Saturday, December 14 at 3 p.m.**

**Community Recreation Center, Building 656** **Officers' Club, Building 95**

**Every TV will be broadcasting the game! Doors open at 12 p.m. We'll have food and drink specials along with the regular menu! For more information, call Community Rec Center at (401) 841-3093 or Officers' Club at (401) 841-1442.**

**MERRY MOBILE**

Be on the lookout... 'Tis the season to stop around the base handing out FREE goodies!  
Starting after Thanksgiving, Monday-Friday with the last day will be December 24.

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





## December 2019-January 2020 Holiday Hours of Operation for the Department

	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Tuesday, December 31	Wednesday, January 1	Thursday, January 2
<b>MWR Admin</b>	<b>CLOSED</b>	<b>CLOSED</b>	8 a.m.-4:30 p.m.	8 a.m.-4:30 p.m.	<b>CLOSED</b>	8 a.m.-4:30 p.m.
<b>Auto Skills Ctr.</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>Child Development Ctr. &amp; School Age Care</b>	6 a.m.-6 p.m.	<b>CLOSED</b>	6 a.m.-6 p.m.	6 a.m.-6 p.m.	<b>CLOSED</b>	6 a.m.-6 p.m.
<b>Community Rec Center</b>	11 a.m.-5 p.m.	<b>CLOSED</b>	11 a.m.-9 p.m.	11 a.m.-9 p.m.	12-6 p.m.	11 a.m.-9 p.m.
<b>Liberty Center</b>	11 a.m.-5 p.m.	12-6 p.m.	4-8 p.m.	4-8 p.m.	12-6 p.m.	4-8 p.m.
<b>Seaview Lanes</b>	11 a.m.-5 p.m.	<b>CLOSED</b>	11 a.m.-9 p.m.	11 a.m.-9 p.m.	12-6 p.m.	11 a.m.-9 p.m.
<b>John H. Chafee Fitness Center</b>	<b>Dec 21 &amp; 22</b> 8 a.m.-4 p.m. <b>Dec 23</b> 6 a.m.-7 p.m. <b>Dec 24</b> 7 a.m.-1 p.m.	<b>CLOSED</b>	<b>Dec 26 &amp; 27</b> 6 a.m.-7 p.m. <b>Dec 28 &amp; 29</b> 8 a.m.-4 p.m. <b>Dec 30</b> 6 a.m.-7 p.m.	6 a.m.-5 p.m.	12-5 p.m.	<b>Jan 2 &amp; 3</b> 6 a.m.-7 p.m.
<b>John H. Chafee Fitness Center Pool</b>	<b>Dec 21</b> 8 a.m.-12 p.m. <b>Dec 22, 24</b> 9 a.m.-12 p.m. <b>Dec 23</b> 6-8 a.m., 10:30-1 p.m. & 3-6 p.m.*  *OPEN SWIM	<b>CLOSED</b>	<b>Dec 26, 27, 30</b> 8 a.m.-1 p.m., 3-6 p.m. <b>Dec 28</b> 8 a.m., 12 p.m. <b>Dec 29</b> 9 a.m.-12 p.m.	8 a.m.-4 p.m.	12-3 p.m.	<b>Jan 2 &amp; 3</b> 8 - 1 p.m. & 3-6 p.m.
<b>OPEN SWIM December 24-January 2</b>						
<b>Leisure Bay Internet Café Coffee Shoppe</b>	8 a.m.-2 p.m.	<b>CLOSED</b>	9 a.m.-8 p.m.	8 a.m.-2 p.m.	<b>CLOSED</b>	9 a.m.-8 p.m.
<b>Drive thru is open at 6:30 a.m. for all days listed as open.</b>						
<b>O' Club</b>	<b>CLOSED from Saturday, December 21- Monday, January 6</b>					

## TRAFFIC REMINDERS

Be on the look out for joggers and marching units while on the installation and reduce speed accordingly.

Obey all of the speed limits and road signs....



There has been an increase in drivers speeding and not coming to complete stops at intersections that have STOP signs. Failure to adhere to these traffic standards can result in revocation of driving privileges on the installation, temporary or permanent.

## ANNOUNCEMENT

A traffic study is underway to possibly put four-way stop signs at the intersection located at the end of Toner Bridge as you exit Coaster Harbor Island (the Chafee Fitness Center is ON Coaster Harbor Island).

## HOT JOBS

Could you use a little extra income? Jobs for the 2020 Census offer competitive wages that are paid weekly. Authorized expenses, such as mileage, are reimbursed for employees doing fieldwork.

Every 10 years since 1790, the United States has undertaken the momentous task of counting all of its residents. This is your chance to play a role.



- Decennial census data are used to determine your representation in Congress, as well as how funds are spent for roads, schools, hospitals, and more. Help ensure that everyone in your community is counted in the next decennial census.
- Temporary positions for the 2020 Census feature flexible hours—a perfect fit if you are looking to earn a little extra money, even if you already have other commitments.
- <https://census.gov>

## NORMAL GATE HOURS

Naval Station Newport typically uses two main gates, 1 and 17:

- **Gate 1** - Main Gate, located at the end of Training Station Road in Newport - open 24 hours day/7 days a week, unless holiday hours are in effect.
- Gate 2 - 3rd St. Extension is open Mon-Fri from 6:30 to 8:30 a.m. for inbound traffic only.
- Gate 10 - Closed until further notice.
- **Gate 17** - North Gate, located on Defense Highway in Middletown - open Monday - Friday from 6 a.m. - 6 p.m.
- NHCNE Gate 7 - Weekdays from 6 a.m. to 6 p.m.
- NUWC Gate 23 - Open 24/7 for commuters.
- NUWC Gate 32 - Weekdays from 6:30 - 9 a.m. & 3:30 - 5:30 p.m.

Naval Station Newport Pass & ID Office is located in Cloyne Court, west of Gate 1 on Training Station Road.

The hours are Monday - Friday from 7 a.m. to 3:30 p.m.

ALL CHANGES TO GATE HOURS ARE POSTED ON SOCIAL MEDIA.

Follow us on [facebook.com/navstanewport](https://facebook.com/navstanewport).





## **NEY HALL GALLEY**

### **NEW BREAKFAST HOURS**

Effective immediately, Galley breakfast hours are 6:00-8:00 a.m. daily.

### **MWR EXCESS EQUIPMENT AVAILABLE ONLINE**

Excess equipment is available for bid and purchase equipment on the govdeals.com website.

Items ranging from retired gym equipment to vehicles to food service equipment and a multitude of things in between.

Visit the govdeals.com website, and do a location search by zip code 02841 to see the Naval Station Newport listings. Equipment is sold as-is and buyer is responsible for transportation.

Check back regularly as we update more and different items. Create a Painting like a pro

### **PAINT A MASTERPIECE**

**Friday, December 13, 6:30p.m.**

Join MWR and Mermaid Masterpieces for a two hour, step-by-step painting tutorial!

Becky from Mermaid Masterpieces will teach you how to create a wonderful Newport holiday themed painting. Cost of the class is \$20.00 per person. The class will be held at the Officers' Club and starts promptly at 6:30 p.m.

### **US ARMY VETERINARY FACILITY**

You must call the Groton, Conn. facility at (860) 694-4291 to make appointments.

Clinics will be held on Tuesdays from Noon-7 p.m. and Wednesday 9 a.m.-3 p.m. by appointment only. The vet clinic is open to active duty personnel and retirees only.

### **ID CARD REMINDER: DON'T LET IT EXPIRE BEFORE YOU RENEW IT!**

If you currently have a CAC card, retiree ID card or dependent ID card – do yourself and the team at the ID Card office a favor and don't let it expire beforehand. A current card can be one of the forms of ID used to reissue a card. Appointments can be made for replacement cards up to 30 days ahead of time by going to <https://rapids-appointments.dmdc.osd.mil>.

### **PERSONALLY IDENTIFIABLE INFORMATION (PII)**

REMINDER: To protect your privacy and the privacy of others, please review DON CIO's policy on the Privacy Act Cover Sheet.

UPDATE: All materials printed on a government printer MUST BE SHREDDDED. Even if you know the document does not contain PII. This is for all installation tenants.

### **COMBINED FEDERAL CAMPAIGN !FINAL MONTH!**

This year's Combined Federal Campaign (CFC) has begun, and you're invited to join the hundreds of thousands in the federal government who pledge through CFC year after year.

CFC's mission is to promote and support philanthropy through a program that is employee-focused, cost-efficient and effective in providing federal employees the opportunity to improve the quality of life for all.

Check out the list of participating charities ([cfc.giving.opm.gov/](http://cfc.giving.opm.gov/) offerings) and find those with programs that support your chosen causes. Whatever your charity, every

little bit makes a difference for those in need.

### **8TH ANNUAL HOLIDAY FOR HEROES PAJAMA PARTY**

**Saturday, Dec, 14 from 1-4 p.m.**

Open to all currently serving military & their dependents. Military ID Required. Don't be shy wear your pjs!

Free + Food + Entertainment + Crafts + Prizes + Gifts + Photos with Santa + Annual Ugly Sweater Contest

Please register by December 11 at [www.h4h19.splashthat.com](http://www.h4h19.splashthat.com). POC: [Luisa.m.young2.civ@mail.mil](mailto:Luisa.m.young2.civ@mail.mil).

### **NAVY CHORISTERS: CHRISTMAS IN SONG HOLIDAY CONCERT**

The Newport Navy Choristers, under the direction of Lori McDowell, DTC(FMF), USN (Ret), will present their holiday concert, "Christmas in Song" on Friday, 13 December 2019 at 7:30 PM at St. Lucy's Church on 909 West Main Road in Middletown, RI.

This concert is part of the city-wide "Christmas in Newport" Celebration. For more information regarding the Navy Choristers' concert or to purchase tickets, contact Armando Heredia at 401-848-0622 or Dee St. Denis at 508-617-8669 or [lingkodtimog@gmail.com](mailto:lingkodtimog@gmail.com). Tickets can also be purchased by any Choristers member. Tickets will also be available at the door.

### **DECEMBER HOLIDAY CONCERT AT SPRUANCE HALL**

This free, ticketed event has already been "sold out." There are no more seats available to reserve for this show. We look forward to seeing you Dec. 15!



## Undesignated Sailors Now Have Clear Path to Ratings

Navy Personnel Command  
Public Affairs

MILLINGTON, Tennessee (NNS) -- Any undesignated Sailor will now be approved for a rating based on the billet they're selected for in MyNavy Assignment, the Navy announced Dec. 3.

According to NAVADMIN 275/19, Professional Apprenticeship Career Track (PACT) Sailors can now use MyNavy Assignment (MNA) to apply for billets within ratings they're qualified for, as determined by Career Waypoints (C-Way). MNA, a new Sailor interface to the Detailing Marketplace, will replace the current Career Management System – Interactive Detailing (CMS-ID) on Dec. 5, and give Sailors access to enhanced career management capabilities and an improved graphic user interface.

As part of ongoing Sailor 2025 initiatives, these efforts to modernize the Navy personnel system improve the PACT Sailor designation process by making detailing and rating designation easier, allowing a PACT Sailor the ability to apply for their rating and duty station simultaneously. PACT Sailors will follow the same basic order-negotiation process in MNA as other fleet Sailors. At 12 months before their projected rotation date (PRD), a PACT Sailor will apply for their next set of orders, which ties them to their new rating.

Before PACT Sailors enter their orders-negotiation window, commands must perform Career Development Boards for those Sailors and report their career and PACT intentions in C-Way. "Command leadership engagement is critical to both the success of PACT program implementation and to ensure viable career paths for PACT Sailors," the message reads.

PACT Sailors begin their rating designation process 12 months prior



**ATLANTIC OCEAN (Dec. 1, 2019) Aviation Boatswain's Mate (Handling) 2nd Class Christopher Piotrowski signals to an F/A-18 Super Hornet on the flight deck of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) in the Atlantic Ocean, Dec. 1, 2019. (U.S. Navy photo by Mass Communication Specialist 3rd Class Victoria Sutton)**

to their PRD and remain eligible until they're selected for a rated requisition or until their End of Active Obligated Service (EAOS) plus any extensions (also referred to as Soft EAOS or SEAOS). PACT Sailors should submit up to seven applications each MNA cycle, and detailers will make job selections based on Sailors' PRD, training availability to meet the job requirements, and the needs of the Navy. PACT Sailors will obtain their rating when they execute their orders, or, for those with lengthy "A" schools, once they've completed training.

Once selected for orders, Sailors must obligate service to meet the tour length requirements for the rating selected. However, that obligated service may be deferred in some cases for Sailors to be eligible for a Selective Reenlistment Bonus. Those

Sailors who meet their obligated service requirements for the new rating, or incur a minimum of 24 months sea duty (whichever is greater), can be advanced to E4 with the approval of their commanding officer.

PACT Sailors will receive sea-duty credit for the time they served at sea. Sailors who decline to apply for designation will have their PRD adjusted to their SEAOS, remain in a PACT status for the duration of their enlistment, and not be eligible for reenlistment.

For more information, read the NAVADMIN at MyNavy Portal (<https://my.navy.mil>), contact the MyNavy Career Center (MNCC) Contact Center at 1-833-330-MNCC (6622) or via email at [askmncc@navy.mil](mailto:askmncc@navy.mil).





## Navy Announces Launch of New Assignment Interface

From Navy Personnel Command  
Public Affairs

MILLINGTON, Tennessee (NNS) -- An overhaul of how Sailors review and apply for billets — fundamentally changing the future of Navy detailing — was unveiled in NAVADMIN 276/19, released Dec. 3.

MyNavy Assignment (MNA), a new and enhanced Sailor interface to the Detailing Marketplace, will replace the current Career Management System – Interactive Detailing (CMS-ID) on Dec. 5.

Active duty and Full Time Support (FTS) enlisted Sailors will see these new and enhanced career management capabilities and an improved graphical user interface at launch. Reserve enlisted Sailors will see the changes in future upgrades.

“We based these changes on Sailor input from around the Navy,” said Rear Adm. Rick Cheeseman, director of the Career Management Department at Navy Personnel Command. “As we continue to transform our Navy, our goal is to increase transparency, flexibility, and choice for all Sailors and MyNavy Assignment is a huge step in the right direction.”

MNA is one of the key concepts in the revolutionary Sailor 2025 initiative designed to modernize the existing personnel system and provide more value to the Sailor through an improved user experience. While recent upgrades to CMS-ID were considered favorable, MNA is easier to use and allows Sailors to focus more on their career instead of just the process around billet assignment.

MNA is designed to help Sailors better understand the Detailing Marketplace and be easier to use. It accomplishes this goal by incorporating the following changes:

- An increased access window: MNA allows Sailors more time to view detailing options and will be available for Sailors throughout the entire detailing cycle, except for maintenance periods when new jobs are released.
- Expanded job search capability: Sailors will be able to search for all available vacant jobs as well as jobs with upcoming vacancies throughout the Navy.
- More job search tools: MNA expands job search filters to include the fields “All Jobs,” “My Preferences,” “Bookmarks,” “Saved Searches,” “By Qualification,” and “Rate.”
- Bookmark capability: Sailors will be able to bookmark up to 100 jobs for future viewing and comparison.
- Improved application process: MNA increases the number of applications a Sailor can submit during an application cycle from five to seven. It also includes an application tracker providing Sailors a status of their application.
- Professional Apprenticeship Career Tracks (PACT) Sailor assignments: PACT Sailors will view, apply and compete for billets leading to rating designation. These Sailors will see a tailored billet list based on individual eligibility. NAVADMIN 276/19 provides specific details on the new PACT designation process.
- MyResume: MNA expands Sailors’ capability to highlight skillsets for detailers and prospective commands. The resume will include data used in assignment decisions, and Sailors will have the ability to add text, highlighting their experience and accomplishments at their current and past commands, as well as

general comments to help market themselves for desired billets.

- Access to personal information: MNA will provide Sailors easier access to their personal information, improved duty preferences, assignment history, and MyResume.
- Enhanced messaging tools: MNA will feature community notes from detailers and messages about new detailing policies or programs on the homepage.
- Improved help, tutorial and tips: At launch, MNA is the first step to incorporate feedback from Sailors into the assignment process.

“MyNavy HR is committed to improving our assignment process,” said Cheeseman. “We’ve already begun work on future updates to improve this process for Sailors and commands.”

For more information, read the NAVADMIN at MyNavy Portal (<https://my.navy.mil>) or contact the MyNavy Career Center (MNCC) Contact Center at (833) 330-MNCC (6622) or via email at [askmncc@navy.mil](mailto:askmncc@navy.mil).



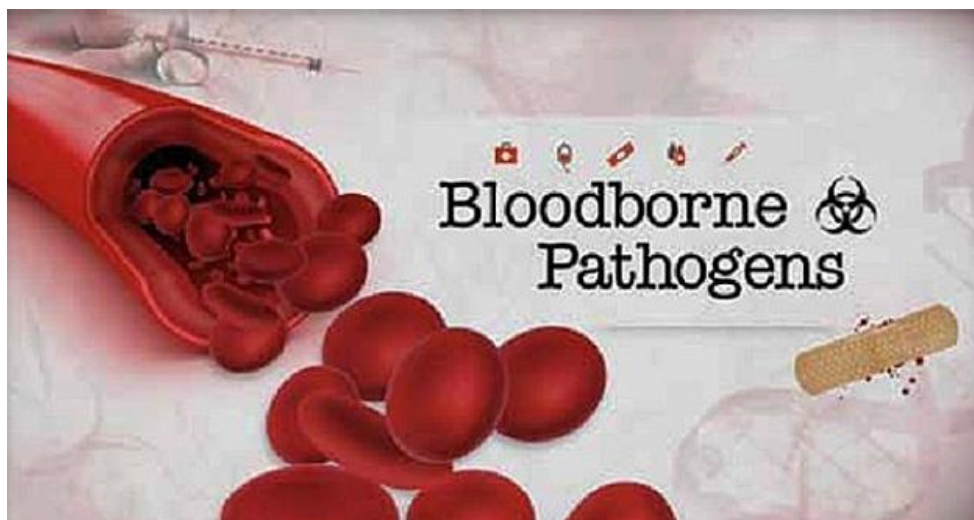


# Bloodborne Pathogens Occupational Exposure

Bloodborne pathogens are microorganisms such as bacteria or viruses that are carried by our blood and can cause diseases in persons. NAVSTANPTINST 5100.11(series) details the local guidance for an Exposure Control Panel with reference to the OPNAVINST 5100.23(series) and OSHA 29 CFR 1910.1030 (Bloodborne Pathogens).

Occupational exposure to blood and other potentially infectious materials can be minimized or eliminated by utilizing work practice controls, personal protective equipment and other provisions in the work setting. An occupational exposure to Bloodborne Pathogens occurs most commonly through a needle stick injury, however, exposure may also occur when a Bloodborne Pathogen comes in contact with mucous membranes, through a cut in the skin, through your eyes or mouth. It is important to know the ways exposure and transmission are most likely to occur in your particular situation.

NAVSTANPTINST 5100.11 (series) identifies certain job classifications as reasonable to anticipate the possibility of an occupational exposure, which



include: Fire Fighters, Emergency Medical Technicians, Paramedics; Security Department Personnel; MWR Child Care Workers; MWR Recreation Pool Lifeguards; NEX Barbers and Beauticians and NGIS Housekeeping Staff. All of the foregoing are required to use Universal Precautions when handling any material with potential contamination.

All employees identified with a possibility of exposure are enrolled in the Blood and Bodily Fluids exposure medical surveillance program (monitored by NAVSTA Safety using ESAMS). This includes annual training on

Bloodborne Pathogens and a baseline physical exam. It also includes the opportunity to receive the Hepatitis B vaccination. There is no periodic frequency for subsequent testing however a follow up exam is required after an exposure to potentially infected materials.

Employees should immediately report any incident to their supervisor regarding a possible exposure. Additionally, all departments should develop a site-specific exposure control plans that details their unique needs to protect personnel in their specific workplace.

## Special Chapel Services

### Christmas Eve

Combined Candlelight Service Dec. 24 @ 4pm

**Christmas Day** Catholic Mass Dec. 25 @ Noon





## RALLY FOR WOMEN WARRIORS



WEDNESDAY, DECEMBER 11, 2019  
6:30PM

PROVIDENCE VA MEDICAL CENTER  
5<sup>th</sup> FLOOR CLASSROOM

Sponsored by Military Women Across the Nation Unit  
#158

Please contact Dora Vasquez-Hellner 401-212-6377 or  
Michele Diamond with questions 401-273-7100 Ext. 6185

## Joint Base Cape Cod FIRST RESPONDERS WEEKEND



INCLUDES TICKET + TRAVEL MUG FOR EVERYONE IN  
THE GROUP!

YOUR CHOICE OF P-BRUINS GAME

**FRI. DEC 6**  
7:05 VS. BINGHAMTON

**SAT. DEC 7**  
7:05 VS. UTICA

**SUN. DEC 8**  
3:05 VS. HARTFORD

AT THE DUNKIN' DONUTS CENTER

**\$15 PER PERSON** **FIRST RESPONDERS  
WEEKEND  
SPECIAL OFFER**

**CELEBRATE AND HONOR LOCAL FIRST RESPONDERS!**

PURCHASE INSTRUCTIONS

Visit: [www.ProvidenceBruins.com/JBCC](http://www.ProvidenceBruins.com/JBCC)  
or Contact Anthony Pontrelli at:  
(401) 680-4713 or [Pontrelli@pseagency.com](mailto:Pontrelli@pseagency.com)

PROVIDENCE BRUINS HOCKEY AT THE DUNKIN' DONUTS CENTER

## 8TH ANNUAL Holiday for Heroes

SATURDAY, DECEMBER 14TH  
1:00PM TO 4:00PM

PLEASE REGISTER BY DECEMBER 7TH  
[WWW.H4H19.SPLASHTHAT.COM](http://WWW.H4H19.SPLASHTHAT.COM)

OPEN TO ALL CURRENTLY SERVING AND THEIR DEPENDENTS!  
MILITARY ID REQUIRED.



DONT BE SHY WEAR YOUR PJS!



FREE + FOOD + ENTERTAINMENT + CRAFTS + PRIZES + GIFTS +  
PHOTOS WITH SANTA  
ANNUAL UGLY SWEATER CONTEST

HAVE QUESTIONS? CONTACT:  
[LUISA.M.YOUNG2.CIV@MAIL.MIL](mailto:LUISA.M.YOUNG2.CIV@MAIL.MIL)

"PENDING FINAL FUNDING CERTIFICATION"





## Retreat for Military/Veteran Couples

Are you active military or a veteran looking to improve the relationship with your spouse or significant other? If so, this Camp Resilience retreat may be just right for you. The retreat will include workshops that focus on communication, teamwork, and other relationship skills, resolving conflicts, restoring balance, and increasing the resilience in the couples attending. Emphasis throughout the retreat will be placed on reducing the effects of PTSD, TBI, and other injuries on the couple's relationship functioning.

In addition to workshops, the retreat will also include exciting and challenging sports activities like snowshoeing, rock climbing at an indoor climbing wall, downhill skiing, yoga and water aerobics.

Lodging, meals and activities are all provided at no cost to the participants, but they must arrange their own transportation to/from Gilford, NH. Applications should be submitted not later than Jan 7<sup>th</sup>, 2020.



**WHO:** Military or Veteran Couples  
**WHEN:** Jan 21<sup>st</sup> - 24<sup>th</sup>, 2020  
**WHERE:** The Gunstock Inn  
 580 Cherry Valley Rd  
 Gilford, NH  
**APPLY:** <http://camp-resilience.org/apply/>

For more information about Camp Resilience go to <http://camp-resilience.org> or [www.facebook.com/CampResilience](http://www.facebook.com/CampResilience)

Send questions to [info@camp-resilience.org](mailto:info@camp-resilience.org) or call (978) 219-4003.