



The Newport

Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

December 12, 2019

HIGHLIGHTS

Navy Takes Trophy at
NWC Flag Football
Match

Christmas Meal at
Ney Hall Galley

Keeping Joy in the
Holidays

SECNAV Awards
Wings of Gold to
Pensacola shooting
Victims

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NAPS Remembers Former Student Killed in Pensacola

By Mark Donahue
Naval Academy Preparatory
School Public Affairs

NEWPORT—The Naval Academy Preparatory School paused to memorialize Ens. Joshua Watson who was tragically killed in the line of duty in Pensacola on Friday morning December 6th. Ensign Watson was a member of the NAPS Class of 2015 / Naval Academy Class of 2019 and had just recently reported to NAS Pensacola to begin flight training.

The NAPS ceremony was held in Kay Hall and began with remarks from Captain Cory Howes, NAPS Commanding Officer, followed by a prayer from Chaplain Chris Adams. Coach Bryan Brouse, NAPS Athletic Director, shared his memories of Josh's year at NAPS including the trip they took together to Colorado Springs where Josh competed in the Junior Olympics rifle competition. English Professor Rich Flinn provided some insights into Josh Watson through some writing assignments which Josh submitted while at NAPS. The ceremony concluded with the Navy Hymn.



NEWPORT—Ens. Joshua Kaleb Watson, 23, from Enterprise, Alabama was killed during an active shooter incident at Naval Air Station Pensacola, Dec. 6, 2019. Watson graduated NAPS in 2015 and had just recently reported to NAS Pensacola to begin flight training. (U.S. Navy file photo/released)

The current NAPS Class of 2020 didn't know Josh Watson, but the ceremony left them with a poignant lesson in courage, service, devotion and honor from his sacrifice.



Navy Takes the Trophy at the Naval War College Army vs. Navy Flag Football Match

NEWPORT, RI — U.S. Naval War College (NWC) students, faculty and staff compete during NWC's annual Army/Navy flag football game at Naval Station Newport, Dec. 6.

The game, which was held ahead of the college football rivalry game between the U.S. Naval Academy and U.S. Military Academy, was won by Navy with a score of 28-0.

(U.S. Navy photos by Mass Communication Specialist 2nd Class Tyler D. John)



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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)
- LinkedIn: [LinkedIn.com/company/navstanewport](https://www.linkedin.com/company/navstanewport)

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The Newport
Navalog
SEMPER PARATUS AND ACTIVITIES, NEWPORT, RI



New Stockdale Conference Room Honors Former NWC President, War Hero and Ethics Icon

By Jeanette Steele, U.S. Naval War College Public Affairs

NEWPORT, R.I. (NNS) -- The U.S. Naval War College dedicated a recently renovated conference room to the late retired Vice Adm. James Bond Stockdale, who as college president from 1977 to 1979 introduced a military ethics course informed by his seven years as a prisoner of war in Vietnam.

The conference room, across the hall from the president's office, holds paintings, books and photographs depicting Stockdale's career, including the 1976 ceremony where he was awarded the Medal of Honor for his courage and leadership during captivity.

The room is another piece of evidence that Stockdale's legacy carries on in Newport, said Rear Adm. Shoshana S. Chatfield, the 57th president of the Naval War College.

"It is hard to overstate just how much of an effect President Stockdale had and Admiral Stockdale had on the United States Navy and our ideas about moral foundations, ethical behavior, philosophy and the profession of arms," Chatfield said during the Dec. 4 ceremony.

"I know that my own personal moral compass has been shaped to a significant degree by the example set by James Bond Stockdale," she said.

Stockdale's eldest son, James B. Stockdale II, said that nothing would make his father more proud than to see his life's work continuing.

"Dad would be positively honored, and he would be humbled. He was a realist, and when he left the War College, it was his earnest hope that his work might continue in some way," Stockdale said, who attended the ceremony.

"He would be grateful that so many took his words to heart and made them a part of their professional

and personal lives," he said.

Affectionately called the "Stockdale course," the Foundations of Moral Obligation class is still being taught 40 years after Stockdale's departure. In fact, it is one of the college's most popular elective courses.

Books on the shelves of the conference room include Stockdale's own work, "Thoughts of a Philosophical Fighter Pilot," and, with his wife, Sybil Stockdale, "In Love and War." Also represented are books that Stockdale credited with influencing him – in particular the work of Greek thinker Epictetus, whose ideas about Stoicism helped Stockdale endure his torture in captivity.

The room also houses a plaster bust of Stockdale by sculptor Felix de Weldon, a Newport artist known for creating the iconic Marine Corps War Memorial in Virginia.

Large photographs depict important moments in Stockdale's career. One shows Stockdale in the ready room of the aircraft carrier USS Oriskany (CV 34) before his plane was shot down during a mission over Vietnam.

Some of the items – such as a copy of the 1978 letter that Stockdale wrote to his first Foundations of Moral Obligation students – come from the collections of the college's John B. Hattendorf Center for Maritime Historical Research and the Naval War College Museum.

Professor Emeritus John Hattendorf was a young professor at the college when Stockdale served as president. He remembers the war hero well.

"Everything about him came through his experience as a prisoner of war," said Hattendorf, remembering the Medal of Honor citation that was on display at the Stockdale residence on campus.

"There was a very strong ethical and moral foundation that he was trying to get across."

College officials thanked the dozens of Navy employees who had a role in the renovation project. Carpenters and electricians from the facilities department did the majority of the labor, with help from Navy Seabees.

The graphics department provided the initial sketches for the renovation's look and helped prepare photographs for display. The audiovisual staff designed the layout for the equipment used to play the Stockdale interview and a slideshow of historical photos.

Professor John E. Jackson, who started on the faculty in 1980, oversaw development of the Stockdale displays.

"I'd like to acknowledge the many people who worked diligently to make this room something that reflects the degree of respect and admiration that we have for Admiral Stockdale," Jackson said.

"We truly treasure the relationship that has endured for decades between the college and the Stockdale family," he said.

ARMY vs. NAVY

Football Game

Sat, Dec. 14 at 3 p.m.

Community Rec Center, Building 656
& the Officers' Club, Building 95

Every TV will broadcast the game!

Doors open at 12 p.m.

Special food and
drink specials all day along with the
regular menu!

For more information, call
(401) 841-3093



U.S. Naval War College Launches Streamlined Program for Earning JPME-I Credit

By Jeanette Steele, U.S. Naval War College Public Affairs

NEWPORT, R.I. (NNS) -- U.S. Naval War College's College of Distance Education has launched a streamlined version of its online program for delivering professional military education coursework required by the Joint Chiefs of Staff.

The new Online Naval Command and Staff Program allows students to finish the intermediate joint professional military education requirement, known as JPME-I, in 10 months. The previous framework, called the Web-Enabled Program, usually took 18 months to two years to complete.

"The closure of the college's CD-ROM Program necessitated the development of a pathway to JPME-I certification in less than 12 months to satisfy the Navy's requirement for the joint education of its officer corps," said Dean of the College of Distance Education Walt Wildemann.

Officials said they were able to condense the time frame without sacrificing quality by doing away with administrative pauses and some redundancies in the coursework of the legacy Web-Enabled Program.

"The goal was to deliver JPME-I education in a shorter period of time while maintaining the graduate-level standards and professional military education career requirements," said Tim Garrold, deputy dean of the College of Distance Education.

Adding to the efficiency, students will now only register once for the program, instead of having to register three times – once for each core course – in the past. The new design is a single program made up of five blocks.

The first eight seminars in the new program started Nov. 15, and similar numbers will follow each quarter. The seminars, which accom-



modate 20 students each, are moderated by full-time and adjunct faculty members.

The online program is intended for Navy, Marine Corps and Coast Guard officers whose career commitments make them unable to complete the certification in residence at the War College or in the face-to-face classroom model of other College of Distance Education programs.

Eligible Navy unrestricted line officers, Marine Corps and Coast Guard officers receive the highest enrollment priority, followed by those services' staff corps officers. Based on availability, the program is also open to Navy Reservists, officers from other U.S. military branches, Coast Guard officers, federal civilian employees grades GS-11 and higher and U.S. Public Health Service officers.

Unlike the Naval War College's 10-month resident program and the non-resident Fleet Seminar Program, the online program is not accredited to award the Master of Arts degree in defense and strategic studies. However, the program fully covers the concepts and skills required for the award of JPME-I credit.

The program engages students in the complexities of the national secu-

rity and theater security arenas and develops their critical-thinking skills.

Successful students will gain an understanding of the fundamentals of U.S. national security policy and military strategy – and appreciate the relationships between the two. Students will also learn to plan and conduct military operations that achieve national-level goals and objectives.

The program also introduces students to the role of both political and military leaders in the formulation of policy, the planning of joint and combined military operations and the conduct of war.

Students who completed College of Distance Education core courses through the Fleet Seminar Program, the former Web-Enabled Program or the former CD-ROM Program will receive credit for the appropriate blocks of the new online program.

To submit an application for the Online Naval Command and Staff Program, or for more information, go to <https://usnwc.edu/college-of-distance-education/Online-Program>.

U.S. NAVAL WAR COLLEGE
Est. 1884
NEWPORT, RHODE ISLAND



Christmas Meal

At Ney Hall Galley

Mulligatawny Soup
Waldorf Salad
Potato Salad
Shrimp Cocktail
Oven Roasted Turkey
Baked Ham
Carved Prime Rib
Bread Dressing
Mashed Potatoes
Sweet Potatoes
Peas and Carrots
Green Bean Casserole
Italian Broccoli Pasta
Assorted Desserts
Egg Nog

December 25, 2019 // Hours are 1400-1630
Cost: \$9.10 // Credit/Debit card only
Open to all personnel with base access.

Navy Supply School Takes the Cake at MWR Turkey Burn-Win



Runners push towards the finish line at the MWR-hosted Turkey Burn-Off Nov. 9 at Naval Station Newport. (U.S. Navy photo/released)



Lt. Deirdre Leary from the Navy Supply School takes Women's first place winner with a finishing time of 19:41.



BRAVO ZULU



Lt. Cmdr. Rob Allen, also from the Navy Supply School, wins Men's first place with finishing time of 16:51.



Preparedness Empowers You
It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

Be Ready Navy!
I am. Are you?

Wide Area Alert Notification (WAAN) System Registration Instructions

In the event of an emergency, Navy's Wide Area Alert Notification (WAAN) system provides real-time alerts to the Navy community throughout the lifecycle of the incident/crisis or closure through:

4 Methods

- 1 Giant Voice (GV)—A voice announcing system using exterior speakers, commonly termed "Giant Voice"
- 2 Interior Voice (IV)—Interior speakers or sirens
- 3 Computer Desktop Notification System (CDNS)—An administrative broadcast across Navy computer networks that overrides current applications, thereby reaching all Navy users almost instantly. It works whenever you are logged in to your NMCI or One Net computer.
- 4 Automated Telephone Notification System (ATNS)—Interactive, community notification system capable of providing voice and/or data messages to multiple receivers—telephones, cellular phones, pagers, e-mail, SMS (Text), etc. ATNS requires registration.

Register Now

Bottom Line Up Front (BLUF)—It's a requirement.

- ALL military (active duty and Reserve), civil service, and contractor personnel with an NMCI or One Net user account are required to register their office email address and phone number; at minimum, in the WAAN. Registering personal emergency contact information also is strongly encouraged.
- Personnel are not automatically registered in the WAAN.
- Navy can't alert you, if they can't find you!

Benefits

- Registration enhances your safety and empowers you to react in times of crisis.
- Registration ensures that real-time alerts provide information to you and your family on what to do and where to go in an emergency.
- Registration allows you to find out about base closures due to weather or an emergency, before you show up.
- Registration permits you to be notified when it is clear/safe to return to the installation.





Wide Area Alert Notification (WAAN) System Registration Instructions



Click on the Purple Globe to Register

- 1 NMCI and One Net users—Right-click on the Purple Globe icon (bottom right corner on desktop).
- 2 Select "Access SelfService."
- 3 Select the "My Info" tab and update your Last Name, First Name, and Display Name and save.
- 4 Select the "Devices" tab and enter your work and personal contact information in the appropriate mandatory and optional device fields. (Note: Your ability to receive alerts on home phones, cellular phones, pagers, and e-mail addresses, depend upon information entered into the mandatory and optional device fields.)
- 5 SAVE.
- 6 Update your profile any time you have a change.

Need Assistance?

Contact the CNIC Support Center

- 888-264-4255
- DSII: 942-6597
- http://www.cnic.navy.mil/CNIC_HQ_Site/supportcenter/index.htm

Special Christmas Advent Chapel Services

Christmas Eve Combined Candlelight Service

Dec. 24, 2019 @ 4 p.m.

Christmas Day Catholic Mass

Dec. 25, 2019 @ Noon

ADVENT (Means "Coming"
or "Arrival" in Latin)—We
are:

Remembering Jesus 1st
Coming
Anticipating Jesus 2nd
Coming

REGULAR SERVICES

1172 Chaplains Way,
Newport, RI 02841

Chapel Contact

(401) 841-2234 (during hours)

Duty Phone

(401) 862-8408 (after hours
Mon-Fri 1630-0730, weekends)

Sunday 7:15 a.m. - Music
Rehearsal for Liturgical
Service
Sunday 7:45 a.m. - Liturgical
Protestant Service



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

Sunday 10 a.m. - Worship
Practice for
Contemporary Service

Sunday 10:30 a.m. -
Contemporary Protestant
Service

Sunday 11 a.m. - Music
Rehearsal for Catholic
Mass

Sunday 12 p.m. - Roman
Catholic Mass

Monday 5:30-7 p.m. - NAPS
Dinner & Bible Study

Tuesday 9:30-11:30 a.m. -
Women's Bible Study

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

Wednesday 12:05 p.m. - Roman
Catholic Mass

Wednesday 5:30 p.m. - Worship
Practice for
Contemporary Service
Wednesday 16:30 p.m. -
Women's Bible Study

Chapel of Hope Staff

RP3 Nate Harris
nathaniel.harris2@navy.mil

LPO:
RP2 Koby McDonald
koby.s.mcdonald@navy.mil

Staff Chaplain:
LTJG Christopher Adams
christopher.j.adam11@navy.mil

Command Chaplain:
CDR Richard Smothers
richard.c.smothers@navy.mil.



SAN DIEGO - Cmdr. Sebastian Stachowicz, a certified registered nurse anesthetist (CRNA), left, Hospital Corpsman 3rd Class Dwayne Dixon, a surgical technologist, center, and Hospitalman Gavin Clayon, a surgical technologist, right, all assigned to Naval Medical Center San Diego (NMCSD), assist surgeons during a laparoscopic surgery that utilized a robotic surgical system in one of the hospital's 10 operating rooms, Nov. 25, 2019. (U.S. Navy photo by Mass Communication Specialist 3rd Class Jake Greenberg)

**Interested in helping NHCNE improve
your patient experience?**

NHCNE is forming a Patient and Family Partnership Council (PFPC). If you have ideas or interest in helping us improve our services and work well on teams, please consider joining the PFPC.

We are seeking motivated patients and family members to join our team, dedicated to making a positive impact on our patient experiences throughout NHCNE.

The PFPC will meet on a quarterly basis.

Location: NHCNE Newport

For details, please call: (401)-841-3878

or email: katherine.orourke.civ@mail.mil



Keeping Joy in the Holidays

The holiday season is a time to celebrate and enjoy family and festivities. While family gatherings, gift shopping and social activities can be fun, they also might leave you feeling overwhelmed.

We would like to help make this holiday season peaceful and joyful for you and your family.

Manage increased stress

Military OneSource has resources to help you embrace the joy of the season and to keep stress at a minimum.

Meet with a counselor to discuss ways to keep the holiday season joyful, such as:

- Setting realistic expectations
- Sharing family responsibilities
- Balancing work, school and social activities
- Making time for rest and personal time

Cope with being far from loved ones

Talk with a counselor about ways to cope with being away from family over the holidays. You can meet with a counselor wherever you are, via video, phone or online chat.

Get parenting tips

Discuss ways to create a memorable holiday for the kids, manage their expectations, and get creative gift and activity ideas.

Work through loss

The holidays can be difficult when you are dealing with the death of a loved one, a divorce or declining personal health.

Counselors can offer you support and ways to cope and help you prepare for a future of new experiences.

Rediscover the joy this holiday season. Non-medical counseling is available in person, by phone, video or online chat.

Call Military OneSource at 800-342-9647 or [chat with us online](#) to schedule an appointment with a licensed counselor.

MILITARY ON SOURCE



The Dog Had Laser Treatment? Where's Mine?

By Lisa Smith Molinari

From a plastic chair beside a burbling aquarium tank occupied by one lonely sucker fish, I relayed our dog's recent behavior to the veterinarian. "Moby's been acting ... well, funny. He's walking stiffly, favoring his left side, whining a lot, and he won't get up for anything except meals, of course. He is a lab, after all."

The assistant distracted Moby with treats while the vet did several tests and drew a vial of blood. While pumping antibacterial gel into her hand from an enormous jug sitting near the examining room sink, she broke the news. "Mrs. Molinari, your big guy here has cervical disc inflammation that is causing him pretty severe pain. This kind of condition warrants aggressive treatment, so we'll put him on steroids, Gabapentin, muscle relaxers and strict bed rest. Next week, once the pain subsides a bit, we'll do X-rays and start physical therapy."

Before we were released to wait for medications and paperwork in the lobby, the veterinarian's assistant wheeled a suitcase-sized machine into the examining room. She explained that a bit of laser therapy could help to reduce Moby's disc inflammation. We all donned protective glasses to protect our eyes, and she flipped the switch. Moby sat obediently, looking somewhat humiliated by the dog goggles that made him look like something out of a Snoopy the Flying Ace comic strip, while the assistant ran the humming laser wand up and down his stout neck.

After being given instructions on home care, we went out to the lobby. I sat on a bench with two old ladies stroking a cat with cataracts, listening to surprisingly loud baritone squeals emanating from a crate containing a tiny pink and grey pig, when a sudden wave of déjà vu washed over me like a lukewarm flea shampoo.

The veterinarian's words seemed so familiar... Where had I heard them before?

Later at home, freshly-medicated Moby slept soundly on his kitchen dog bed, while I relayed the news to my husband, Francis, over cups of coffee.

"He got a laser treatment?" he asked incredulously. "How come I can't get lasered? For criminy's sake, I got diagnosed with bulging discs at the VA two years ago and I can't even get a shot of cortisone without making a federal case! I'm still waiting on the PT referral I requested weeks ago. But our dog had laser therapy ten minutes after arriving at the vet? Something is wrong here!"

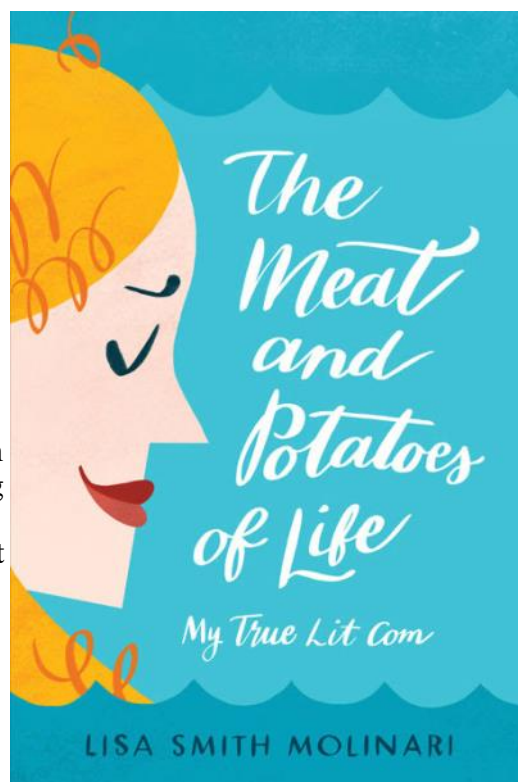
I shrugged nonchalantly and went back to scribbling my holiday To Do list, accustomed to Francis griping about his sciatica. But then it hit me.

Just like Moby, Francis acted strangely. He walked with a limp, favoring his left side. He groaned, moaned, winced and whined at the slightest movement, especially if others were watching. A look of self-pity had taken up permanent residence on his face. He was prescribed — you guessed it — Gabapentin, among other medications. And he only got up from his lounge chair for meals.

Come to think of it, even without spinal ailments, Francis and Moby had become so similar, kindred spirits, like minded, simpatico. They both lived for every meal, shed body hair around the house, yawned too much, scratched inappropriately, and were driven by their bodily functions.

The déjà vu I had experienced at the veterinarian's office was legit. *How had I missed the obvious parallels?*

Despite my husband's tendency toward narcissism, the sight of our people-pleasing lab, in a drugged stupor, tugged Francis' attention away from his favorite subject — himself — for a moment.



"Poor guy ... what else did the vet tell you to do?"

"She said we need to make sure he sleeps a lot. He should only get up for meals and quick potty breaks. If he's feeling better in a week or two, we'll start physical therapy which entails some kind of massage and exercises with treats for rewards," I told Francis.

He leaned against the counter, staring intently at Moby, snoring softly from his cozy kitchen nest. "Sheesh," he said after several beats of silence, "I want those doctor's orders."

I glanced at my lengthy holiday To Do list, and thought, "Don't we all."

Lisa's syndicated column appears in military and civilian newspapers including Stars and Stripes, and on her blog at themeatandpotatoesoflife.com. She can be contacted at meatandpotatoesoflife@gmail.com.



www.navywmrnewport.com

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

f NAVSTANewportMWR

@NAVSTANPTIMWR

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
US FAMILY HEALTH PLAN

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.

Presented by
US FAMILY HEALTH PLAN

elf

FAMILY BOWLING EVENT

Seaview Lanes Bowling Center Sunday, December 15, 12-2 p.m.
Bowling & Lunch Specials • Arts & Crafts • Games • Elf movie

MILITARY ONE SOURCE

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

LEISURE BAY INTERNET CAFE

Building 1255
Monday-Friday (drive thru opens at 6:30 a.m.)
Store opens 9 a.m.-8 p.m.
Weekends & Holidays 8 a.m.-6 p.m.

STOP BY & CHECK OUT OUR GRAB & GO CONVENIENCE CENTER

- Gourmet Sandwiches
- Pastries
- Fresh Fruit
- Sushi (on Wednesdays)
- & more

CATERING NOW AVAILABLE!

HAVE YOURSELF A *merry little* MOMENT

PEPPERMINT MOCHA
CARMEL BRULÉE latte
ROASTED WHITE CHOCOLATE MOCHA

STARBUCKS

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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.



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.



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 SHREDDED. Even if you know the document does not contain PII. This is for all installation tenants.

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. POC: 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. 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!

PICTURES WITH SANTA

Saturday, December 14, 11 a.m.-1 p.m.

Seaview Lanes Bowling Center, Building 656

A complimentary picture with Santa and parents you can also take pictures with your camera too! Arts & Crafts, bowling and food specials too!

NEY HALL GALLEY CHRISTMAS MEAL Saturday, December 25, 2-4:30 p.m.

Ney Galley is hosting it's annual Christmas Dinner featuring savory salads, shrimp, turkey, ham, prime rib and ALL of the fixings. Don't forget the egg nog, by gawd. The meal is open to all personnel with base access. Credit/debit cards only.



Navy Announces Merger of Combat Systems LDO/CWO

From Chief of Naval Personnel
Public Affairs

WASHINGTON (NNS) -- The Navy announced the merger of limited duty officer (LDO) and chief warrant officer (CWO) Surface Ordnance designators into the Surface Electronics (LDO/CWO) designator to form a combined combat systems designator in NAVADMIN 280/19, Dec. 9.

As the Navy continues to modernize career readiness in support of Sailor 2025, the growing surface fleet requires a pool of highly skilled combat systems/weapons subject matter experts who are in place to meet the technical requirements of tomorrow.

The merger of these designators—what is essentially an officer's job specialty similar to an enlisted rating—will result in a more robust and flexible personnel inventory to meet mission requirements.

The merger will 'right-size' the

total talent inventory into a single community, now allowing detailers to assign combat systems technicians to either electronics or ordnance billets from a combined pool of experienced officers.

Likewise, it allows for a broader range of source ratings—GM, ET, FCA, FC, MN, IC, & STG—to commission as Surface Electronic LDO/CWOs.

"This merger will create a single and more robust technical talent pool while streamlining the training pipeline requirements for a single combat systems centric community," said Vice Admiral John Nowell, Chief of Naval Personnel. "This will help mitigate imbalances between what were previously two separate designators without diluting technical leadership."

Current surface ordnance LDO/CWOs should expect to be converted



to surface electronic LDO/CWOs respectively within one month of the release of NAVADMIN XXX/19.

Applicants that have submitted applications to the FY-21 (CY-20) LDO/CWO In-service Procurement Board will be considered for

selection to the 616X/618X or 716X/718X designator as applicable.

Announcement results and commissioning documents will reflect 618X/718X.

A list of frequently asked questions is located on the MyNavy Portal at <https://www.mnp.navy.mil/group/career-planning>.

For more news from the MyNavyHR Team, follow us on Facebook at <https://www.facebook.com/usnpeople/>, Twitter at <https://twitter.com/usnpeople> or visit <https://www.navy.mil/cnp/index.asp>.

Acting SECNAV Posthumously Awards Wings of Gold to NAS Pensacola Shooting Victims

From Naval Air Training Command
Public Affairs

PENSACOLA, Fla. (NNS) -- The Navy posthumously awarded Wings of Gold Dec. 10 to all three Sailors killed during the Dec. 6 shooting at Naval Aviation Schools Command aboard Naval Air Station Pensacola, Florida.

Acting Secretary of the Navy the Honorable Thomas B. Modly proclaimed Ensign Joshua K. Watson as a naval aviator, and Airman Mohammed S. Haitham and Airman Apprentice Cameron S. Walters as naval aircrewmen, Dec. 10.

"It is my honor today to present the Wings of Gold to the families of

these three American heroes who were among the first to respond to horrific attacks upon our own naval family and tragically, were also our Sailors who made the ultimate sacrifice in protecting their brothers and sisters in arms," said Modly.

"Although this authorization pales in comparison to their immense bravery in the line of fire, this winging represents the symbolic achievement of the coveted goal that all three came to Pensacola to accomplish: to join the long line of naval aviators, flight officers, and aircrewmen who have served the cause of freedom so valiantly for over a century.

Airman Haitham, Airman Walters, and Ensign Watson represent the

highest virtues of naval aviation, and undoubtedly belong in that great fraternity of selfless service to our Navy, our Department, and our Nation."



CNO Gilday Releases Guidance to the Fleet; Focuses on Warfighting, Warfighters, and the Future Navy

WASHINGTON (NNS) -- Chief of Naval Operations (CNO) Adm. Mike Gilday released his initial guidance to the Fleet, Dec. 4.

The guidance was issued via a fragmentary order (FRAGO) and is intended to simplify, prioritize, and build on the foundation of “A Design for Maintaining Maritime Superiority 2.0,” issued by Adm. John Richardson in December of 2018.

“Mission One for every Sailor – uniformed and civilian, active and reserve – is the operational readiness of today’s Navy,” said Gilday. “A ready Navy – ready to fight today – with a commitment to training, maintenance, and modernization will ensure a Navy for ready for tomorrow.”

While Gilday said that the Navy’s strategic direction focused on Great Power Competition is sound, this guidance focuses the Navy’s efforts across three areas that are vital to achieving success now and in the future: warfighting, warfighters, and the future Navy.

Warfighting: A Navy that is ready to win across the full range of military operations. We must have a Fleet that is manned, trained, equipped, integrated, and ready to meet requirements of our senior leaders at any time. Alongside the Marine Corps, the Navy will deliver decisive Integrated American Naval Power.

Warfighter: A Navy that is world-class. We must recruit, educate, train, and retain America’s most talented men and women. Our people – uniformed and civilian Sailors – are our asymmetric advantage.

Future Navy: A Navy fully prepared to fight and win. Our Navy will be equipped with the right capabilities and numbers to meet the challenges of a complex and competitive maritime environment. We will look at what is required to operate forward, build the Fleet to match, and train together until we achieve integrated combat power across the force.

“Together with the United States Marine Corps, our Navy is the bedrock of Integrated American Naval Power,” said Gilday. “I am confident that we will maximize the Navy we have today while delivering the Navy that our nation needs and will rely upon tomorrow – and we will do so with urgency.”

The guidance also focuses on building alliances and partnerships to broaden and strengthen global maritime awareness and access.

“Combined with a robust constellation of allies and partners who de-



sire to build and strengthen the international economic order, we are operating towards the same end - continued security and stability that results in a free and open maritime commons,” said Gilday. “We will continue to partner and stand shoulder-to-shoulder with all nations who share a mutual respect for and adherence to international law as well as a vision of free and open maritime commons.”

To read Fragmentary Order 01/2019 in its entirety, click [here](#).



CNO FRAGO

WARFIGHTING / WARFIGHTERS / FUTURE NAVY

MISSION ONE FOR EVERY SAILOR IS THE OPERATIONAL READINESS OF TODAY'S NAVY.



NUWC Headquarters engineer receives Meritorious Civilian Service Award

From Naval Undersea Warfare Center Public Affairs

Gene Hackney, associate director, Undersea Warfare for Advanced Concepts at the Naval Undersea Warfare Center Headquarters in Newport, Rhode Island, was presented with the Department of the Navy Meritorious Civilian Service Award during a ceremony held on Oct. 28. The award presented by Don McCormack, Executive Director, Naval Surface and Undersea Warfare Centers, is the third highest U.S. Navy honorary award and recognizes meritorious civilian service resulting in high value or benefit to the Navy.

Hackney is a resident of Stonington, Connecticut. His citation, signed by Vice Adm. Charles A. Richard, commander, Submarine Force Atlantic, reads:

“For meritorious service while serving as the Non-Traditional Acoustic Communications Technical Liaison in support of commander, Submarine Forces, from May 2014 to April 2019. Mr. Hackney consistently performed his duties in an exemplary and highly professional manner. He has been the catalyst in coordinating and socializing this enabling technology resulting in an operationally proven Non-Traditional Acoustic Communications family of systems available for immediate operational employment well in advance of standard acquisition processes. His expertise was critical to the successful execution of multiple, worldwide, at-sea developmental and demonstration events, including the coordination and execution of an emergent demonstration that enabled timely support to ongoing real world



submarine operations against a target of opportunity. His keen managerial abilities in developing, creatively repurposing, and integrating highly technical systems at an operational scale were vital to the operational success of this key emerging capability. Mr. Hackney's exceptional professionalism, sound judgment, initiative and loyal devotion to duty reflected great credit upon himself and were in keeping with the highest traditions of the United States Civil Service.”

NUWC Newport is a shore command of the U.S. Navy within the Naval Sea Systems Command, which engineers, builds and supports America's fleet of ships and combat

systems. NUWC Newport provides research, development, test and evaluation, engineering and fleet support for submarines, autonomous underwater systems, undersea offensive and defensive weapons systems, and countermeasures associated with undersea warfare.

Currently celebrating its 150th anniversary, NUWC Newport is the oldest warfare center in the country, tracing its heritage to the Naval Torpedo Station established on Goat Island in Newport Harbor in 1869. Commanded by Captain Michael Coughlin, NUWC Newport maintains major detachments in West Palm Beach, Fla., and Andros Island in the Bahamas, as well as test facilities at Seneca Lake and Fisher's Island, N.Y., Leesburg, Fla., and Dodge



RALLY FOR WOMEN WARRIORS



WEDNESDAY, DECEMBER 11, 2019
6:30PM

PROVIDENCE VA MEDICAL CENTER
5th 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

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or Contact Anthony Pontrelli at:
(401) 680-4713 or 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

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



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PHOTOS WITH SANTA
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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 7th, 2020.



WHO: Military or Veteran Couples
WHEN: Jan 21st - 24th, 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

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