



The Newport

Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

November 7, 2019

HIGHLIGHTS

8 Bells Lectures
Are Back!

USCG Commandant,
Sen. Jack Reed

Important News
from NHCNE

MWR Holiday Hours

Thanksgiving Meal

And More!

First Warrant Officer 1 Graduates in Decades Hailed at LDO/CWO Academy



Students of graduating class 20010 of Limited Duty Officer/Chief Warrant Officer Academy (LDO/CWO) at Officer Training Command, Newport (OTCN) in Rhode Island, reaffirm their oath on Nov. 1, 2019. The LDO/CWO Community supports the war-fighting capability and readiness of Naval Forces through leadership, technical proficiency and experience. (U.S. Navy photo by Darwin Lam)

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By Darwin Lam
Office Training Command Public Affairs
Naval Service Training Command

NEWPORT, R.I. (Nov. 1, 2019) (NNS) -- The first eight Navy Warrant Officer 1 (WO1) Sailors in decades graduated from the Limited Duty Officer/Chief Warrant Officer (LDO/CWO) Academy at Officer Training Command, Newport (OTCN), Nov. 1.

The new warrant officers are Benjamin Nichols, Jonathon Wynn, Brent Gray, Ryan Snyder, Devan Sorenson, Nicholas Drenning, Kevin

Koller, and Brian Ruzin.

"I'm enthusiastic for this new program because we can pave the way for the future of the Navy's cyberwarfare efforts," said Warrant Officer Devan T. Sorenson, from Bozeman, Montana. "The unique world of this career field is modeled like a meritocracy where it is a collaborative environment to be effective. The evolution of technology outpaces the training so it is important to stay current."

Continued on next page



WO1 Continued

“Our expertise comes from the enlisted ranks and we can better assist officers to make those necessary decisions through our experience,” said Warrant Officer Ryan C. Snyder, from Hollis, New Hampshire. “It is essential to be innovative and always strive to be the subject matter experts in this fast-paced field of cyberwarfare.”

The LDO/CWO Academy is a four-week course designed to prepare these prior enlisted Sailors for their new roles in the wardroom per the Navy’s Officer Professional Core Competencies.

The class officers at the schoolhouse develop these newly commissioned officers morally, mentally, and physically, and imbue them with the highest ideals of honor, courage, and commitment in order to prepare them for the Fleet.

Additionally, the academy will prepare these officers to become effective leaders by developing fundamental skills in leadership, written and oral communication, career management and administration.

“The new WO1 program opens up more advancement and designator opportunities,” said Cmdr. Zeverick L. Butts, the Director of the LDO/CWO Academy. “These new students bring unique skillsets and

Congratulations to the WO1 graduates:

Benjamin Nichols
Jonathon Wynn
Brent Gray
Ryan Snyder
Devan Sorenson
Nicholas Drenning
Kevin Koller
Brian Ruzin



perspectives, increasing the dynamic interaction in the classroom for problem solving.”

The eight WO1s along with the 45 LDOs and CWOs of class 20010 graduated during a ceremony on Nov. 1, 2019. Graduates of this academy, nicknamed “Mustang University,” will join the LDO/CWO community to support the war-fighting capability and readiness of Naval Forces through leadership, technical proficiency and experience.

NAVADMIN 140/18 announced

the implementation of the WO1 pay grade (W-1) for cyber warrant officers, and solicited applications for the FY-19 and FY-20 WO1 Cyber Warrant Selection Boards, the first since 1975. The rank was reinstated through the Cyber Warrant Officer In-Service Procurement Selection Board as the result of increasing threat of cyberwarfare on the modern battlefield.

To be eligible, E5 and above applicants must be in the Cryptologic Technician Networks (CTN) rating, possess at least one of the following Interactive On-Net (ION) Operator naval enlisted classifications (NEC): H13A, H14A, H15A, or H16A, and meet time-in-service requirements.

Officers appointed as cyber WO1 incur a six-year service obligation from the date of appointment, shall serve a minimum time in grade of 3 years and must complete a minimum of 12 years of time in service prior to promotion and commissioning to Chief Warrant Officer 2.

The distinctive insignia worn on the WO1 cover of two cross-fouled anchors makes them easily recognizable in place of the traditional officer badge worn by other Naval Officers.

Headquartered in Newport, Rhode Island, OTCN oversees Officer Candidate School, Officer Development School and Limited Duty Officer/Chief Warrant Officer Academy.

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Operational and Exercise Impacts are often

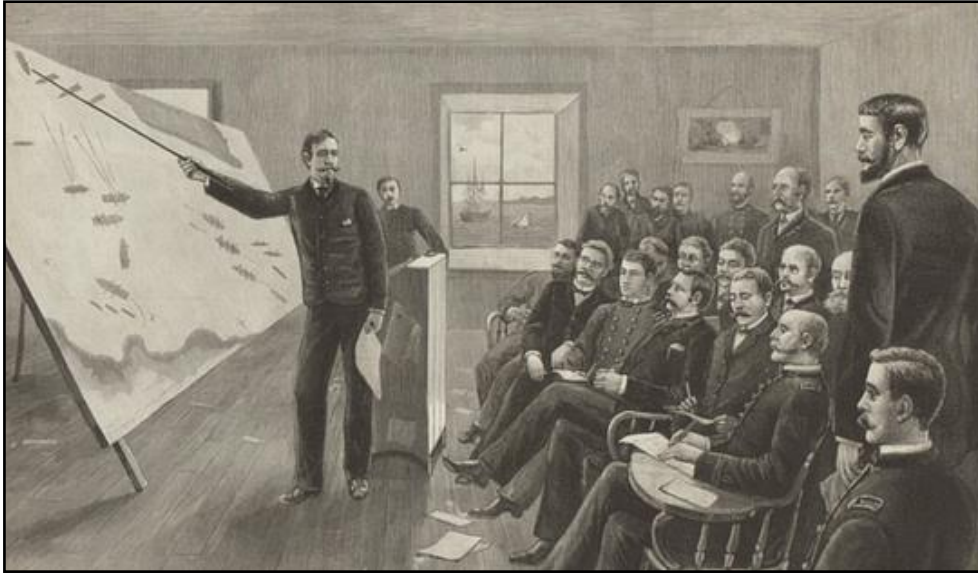
communicated to the public first using the installation social media outlets:

- **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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Naval War College Museum's 8 Bells Lecture Series Resumes This Fall



8 BELLS LECTURE SERIES



Naval War College Museum

NEWPORT, RI— The Naval War College Museum's 8 Bells Lecture Series will resume this fall. The lectures will be hosted at Sail Newport, at 72 Fort Adams Drive, Newport, R.I.

As always, lectures begin at noon, but this year they will take place on the second Friday of the month, November through March. All lectures are free and open to the public, and no reservations are required.

Friday, Nov. 8: Fan in Chief: Richard Nixon and American Sports, 1969-1974, By Nicholas Evan Sarantakes.

While in office, President Nixon did a lot more than just throw the first baseball of the season; he was a genuine baseball and football fan, and his interest and engagement in American sports had an impact on the culture of the nation. In this in-depth study, Sarantakes argues that sports are central to understanding Richard Nixon.

Friday, Dec. 13: The Great Marianas Turkey Shoot: The U.S. Navy and Victory in the Pacific, by Craig L. Symonds.

Though June of 1944 much of the world's attention was focused on events in Normandy where the long-awaited Allied invasion of Europe had just occurred.

Friday, Jan. 10: The Leadership Genius of Admiral Chester Nimitz, by Captain Mark Brouker, USN (Retired).

This fascinating lecture is a case study of tremendous leadership. Admiral Chester Nimitz brilliantly led the largest Naval force in the history of warfare – 2 million men and 1,000 ships – to victory over the empire of Japan in World War II. What was the key to this overwhelming victory? How did Admiral Nimitz create such profound loyalty?

Friday, Feb. 14: African Americans in the Union Navy, by Chuck Veit.

For those familiar with the story of the African American regiments in the Army during the Rebellion, the history of black sailors in the Union Navy offers a surprising and refreshing contrast. Secretary of the Navy Welles mandated that all enlisted men be treated fairly no matter the color of their skin, and enforced this order throughout all aspects of naval life.

"The Navy has not been in the habit of examining a seaman's complexion before shipping him; 'Can you fight?' is the only question." This is a much-overlooked aspect of the black contribution to the Northern war effort, and deserves to be better known.

Friday, Mar. 13: The British Battle of the Atlantic, 1939-1941, by Evan Wilson.

Famously, Churchill claimed, "The only thing that ever really frightened me during the war was the U-boat peril." From 1939 until the United States entered the war, Britain's isolation left it vulnerable to the German U-boat campaign.

Too often, historians have been more alert to the weaknesses in British defenses than to the difficulties faced by the Germans. This lecture will examine the fundamental problem that the Germans faced in the first years of the Battle of the Atlantic.

You can find out what's new at the Naval War College Museum on Facebook and by following their blog – Soundings in Narragansett Bay's Naval History.

The Naval War College Museum collects, preserves, and exhibits artifacts and documents dating from the 1500s to the present day to interpret the naval history of Narragansett Bay, the Naval War College, and the history of naval strategy.

Located in the historic Founders Hall built in 1820, the museum is open to the public, although advance reservations are required. For more information, visit <https://usnwc.edu/NWC-Museum>.

USCG Commandant, Sen. Jack Reed Visit NAVSTA Newport



Prichard Field, just west of Kay Hall in Training Country, was transformed from an athletic field into a landing zone for two USCG MH-60 helicopters last Friday when Sen. Jack Reed (D-RI) arrived with USCG Commandant Admiral Karl Schultz (and their staffs) for a visit to Pier 2 and some of our USCG Cutters homeported here in Naval Station Newport. Sen. Reed and Commandant Schultz arrived from the USCG Academy in New London where they had been addressing the current class. (Photo by Jim Lowrimore, NAVSTA Newport)

Thanksgiving Meal

Ney Hall Galley

New England Clam Chowder
Salad Bar
Waldorf Salad
Potato Salad
Shrimp Cocktail
Oven Roasted Turkey
Baked Ham
Turkey Gravy
Raisin Sauce
Cranberry Sauce

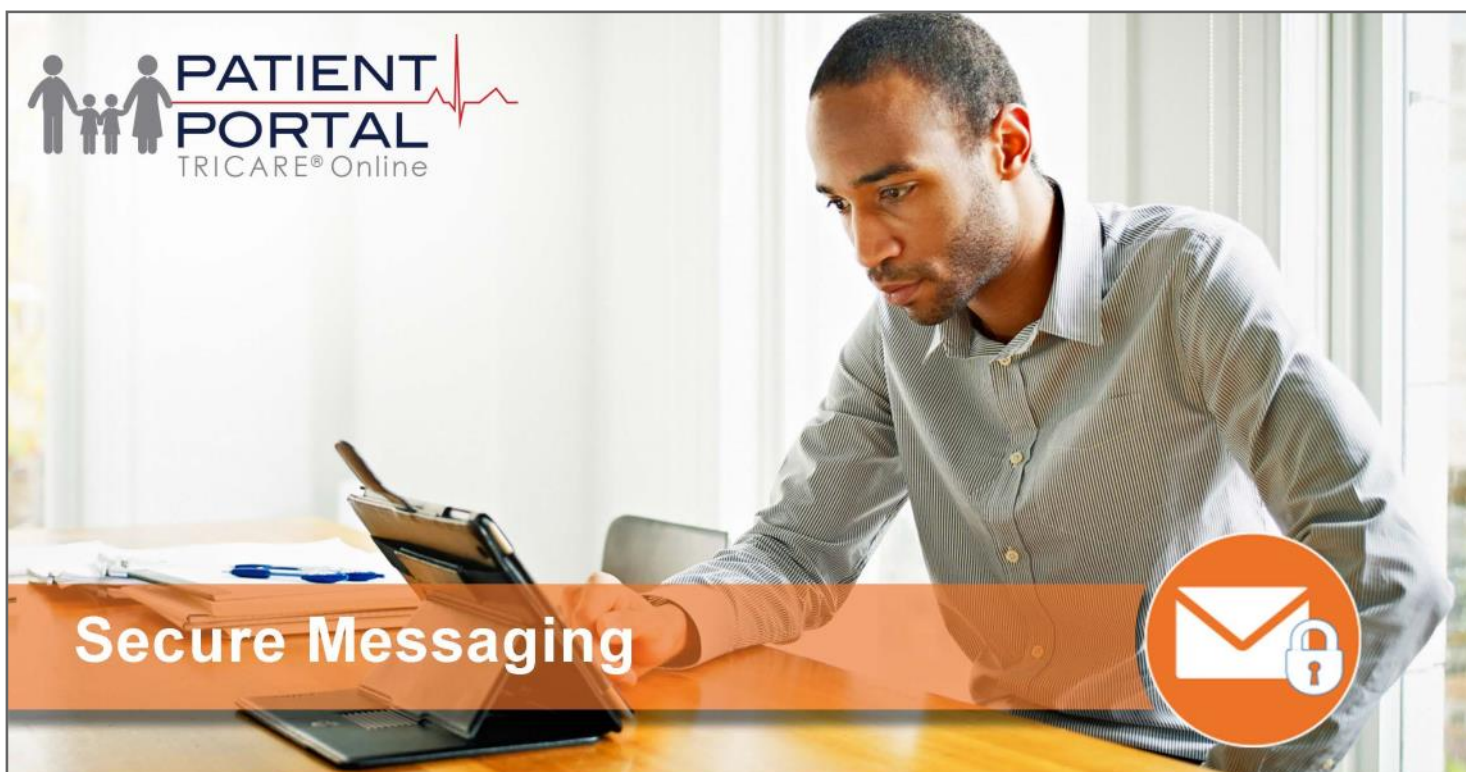
Corn Bread Stuffing
Mashed Potatoes
Sweet Potatoes
Black Eyed Peas
Green Bean Casserole
Corn on the Cob
Assorted Hot Rolls
Assorted Desserts
Egg Nog



Monthly Special Meals are open to all those with base access and their guests. This is a cashless facility; debit or credit cards only.

Hours are 2 p.m. - 4:30 p.m.

Nov. 28 - \$9.10



What is TRICARE® Online (TOL) Patient Portal Secure Messaging?

TOL Patient Portal Secure Messaging (SM) is a robust messaging capability which allows you to securely communicate with your health care team for advice on minor medical issues, chronic disease management, test results, appointment requests, medication renewals and other health care needs.

Who can access TOL Patient Portal Secure Messaging?

TOL Patient Portal Secure Messaging is accessible by Military Health System patients who receive care at a military hospital or clinic.

What are the Key Capabilities of TOL Patient Portal Secure Messaging?

TOL Patient Portal Secure Messaging provides access to standard and customizable templates for you to communicate securely with your health care team, broadcast messages for patient education and clinic administrative notifications and a large, peer reviewed patient education library.

How does TOL Patient Portal Secure Messaging help improve my health care experience?

TOL Patient Portal Secure Messaging allows you to communicate with your health care team at your convenience, whenever you want and wherever you are. You can easily access TOL Patient Portal Secure Messaging from any device, e.g., smart phone, tablet, or desktop computer. TOL Patient Portal Secure Messaging helps save time and money by eliminating trips to the military hospital or clinic. TOL Patient Portal Secure Messaging also reduces unnecessary appointments and stress by providing the ability to communicate virtually with your health care team.

Who do I contact if I have questions or experience technical issues with TOL Patient Portal Secure Messaging?

TOL Patient Portal Secure Messaging provides dedicated support for all end-users. Please contact the TOL Patient Portal Secure Messaging Help Desk at 1-866-309-4138.

Visit the TOL Patient Portal at www.TRICAREOnline.com

How do I access TOL Patient Portal Secure Messaging?



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



1. Go to www.TRICAREOnline.com and click "Log In."
2. Log in with your **DS Logon Premium (Level 2)**, **DoD CAC** or **DFAS myPay credentials**. If you do not have DS Logon credentials and would like to, click "Need An Account."
3. Click on the "Secure Messaging" icon.
4. Link your accounts by entering your Secure Messaging username and password and clicking **LINK**. **Before** linking accounts, be sure your Secure Messaging demographic information matches your DS Logon account information. You will then be taken to your Secure Messaging Home Page. When you select Secure Messaging from TOL PP in the future, you'll go directly to Secure Messaging without having to sign-in again.
5. You can still access TOL Patient Portal Secure Messaging directly at <https://tolsecuremessaging.com> with a **username/password**, **DS Logon** or **CAC**.

QUICK REFERENCE CODE LINK



SIGN UP FOR TOL PATIENT PORTAL NEWS



Sign up to receive the TOL Patient Portal News and Events emails
<https://public.govdelivery.com/accounts/USMHS DHSS/subscribe/new>

TOL PATIENT PORTAL CUSTOMER SERVICE



TOL Patient Portal Customer Service Available 24/7/365
 1-(800) 600-9332

OCONUS Telephone Numbers located at "Contact Us"

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Visit the TOL Patient Portal at www.TRICAREOnline.com



June 2019

Navy Public Health Center Participates in 2019 Tobacco Free Days Event

Kathy MacKnight
Public Affairs Officer
Navy Health Clinic New England
From the Navy and Marine Corps
Public Health Center

The Navy and Marine Corps Public Health Center (NMCPHC), along with Veterans Affairs, the Office of Personnel Management, and other Department of Defense (DoD) organizations are partnering with the Centers for Disease Control and Prevention (CDC) to host a Facebook event in support of the 2019 Tobacco Free Days, November 4-18.

Tobacco Free Days is a two-week Facebook event sponsored by the CDC that offers tools to help individuals quit all forms of tobacco.

"The Tobacco Free Days Facebook event offers active duty Service members, retirees, veterans, civilian employees and their loved ones free resources and tools to help them quit all forms of tobacco," said Dr. Mark Long, health promotion tobacco program manager, NMCPHC.

Participants will receive information and tips to help them through their "quit journey," including planning and preparing to quit, setting a quit date, learning how to deal with triggers and cravings, and much more.

"Last year, the Tobacco Free Days event was a huge success," said Long. "We had numerous participants and many quit using tobacco during the Facebook Event."

According to Long, the success of the event is especially noteworthy, given the fact that tobacco use is currently higher among military service members than the rest of the U.S. population.

Individuals interested in participating in the 2019 Tobacco Free Days Facebook event can register online at: facebook.com/cdctobaccofree/.

For more news from Navy and Marine Corps Public Health Center, visit <http://www.navy.mil/local/nmcpHC>.



Need professional medical advice after hours?

With TRICARE's Nurse Advice line you can access a team of registered nurses 24 hours a day, 7 days a week, 365 days a year for immediate health care advice.

The Nurse Advice Line can provide a variety of guidance to include education regarding medical concerns, self-care tips, or recommendations for Urgent Care or Emergency Room use.

Please continue to contact Naval Health Clinic New England during regular clinic hours (M-W-F 0730-1600, Tues. & Thurs. 0730-1800, closed Federal Holidays and Weekends) by calling **1-888-NAVYMED**.

Make informed decisions about your health care by calling **TRICARE's Nurse Advice Line!**

1-800-TRICARE

TRICARE® and Federal Benefits

OPEN SEASON 2019

Nov. 11 - Dec. 9, 2019

TRICARE and FEDVIP Open Season is an annual period when you can enroll in or change your health care plan and enroll in FEDVIP vision plans for the next year, for any reason.



www.tricare.mil/openseason19



NHCNE Hosts COPD to Prepare for Flu Season



A Seasonal Influenza Vaccine Closed Point of Distribution (CPOD) Exercise was held November 6 at the OTCN Kay Hall Gym. Approximately 45 Naval Health Clinic New England (NHCNE) staff members set up the immunization stations and readied individual vaccines starting at 0330 in order to administer the first of the vaccines starting at 0500 to tenant command military personnel and first responders. The goal of the CPOD exercise was to rapidly meet annual requirements in a compressed period of time.





Veteran suicide rate is complicated, but solution shouldn't be

Last month, another US military veteran took his own life on a Veteran's Administration campus. This is the sixth veteran suicide in the public areas of Florida's Bay Pines VA facility in the last six years. This latest incident is also part of the ever-growing rate of veteran suicides each year, and part of a nationwide increase in suicides among all adults.



Lisa Molinari

Is the increase in veteran suicides a direct result of the surge in the US's overall adult suicide rate?

Unfortunately, it's not that simple.

The suicide rates announced in the latest Veterans' Administration report are the result of a complex evaluation of age, gender, finances, US population increase, veteran population decrease, military duty status, treatment status, changes in study criteria, and other variables. The rising veteran suicide rates must be analyzed in context with so many other factors, it's almost impossible to draw meaningful conclusions from the data.

Despite sincere efforts to address the crisis — Trump signed an executive order in 2018 allowing all veterans to receive mental health care during the high-risk first year after separation, and an interagency task force was established in March to tackle the issue — the fact remains that 17 "Title 38 Veterans" and four active duty, reserve and guard members kill themselves every day. That's one death every minute and eight seconds.

In news stories about the rash of veteran suicides on VA campuses across the US, experts postulated that suicide victims blame the VA. Eric Caine, director of the Injury Control Research Center for Suicide Prevention at the University of Rochester, told the Washington Post after a series of VA parking lot

suicides last year, "These suicides are sentinel events. It's very important for the VA to recognize that the place of a suicide can have great meaning. There is a real moral imperative and invitation here to take a close inspection of the quality of services at the facility level."

Caine's theory might be a desperate shot at simplifying the veteran suicide conundrum; however, veterans themselves pointed fingers at the VA before pointing weapons at themselves.

Veterans Crisis Line



1-800-273-8255
PRESS 1

"I dared to dream again. Then you showed me the door faster than last night's garbage," posted Army veteran John Toombs in 2016 before hanging himself outside the Murfreesboro, Tenn. VA hospital, where he had been kicked out of treatment for not following instructions.

Two years later, investigators found a suicide note near the uniformed body of Marine Colonel Jim Tuner outside Florida's Bay Pines VA facility. "I bet if you look at the 22 suicides a day you will see VA screwed up in 90%," Turner wrote before turning a rifle on himself.

The following April, three more veterans killed themselves at VA campuses. One victim shot himself in

the crowded lobby of a Texas VA outpatient clinic, which was seen by most as an obvious message.

Despite the blame some have placed squarely on the VA, there are no easy answers. In fact, figures show that the rate of suicide in VA medical centers is lower than the private sector. After the VA made prevention its top clinical priority, the rate of suicide in VA hospitals has dropped more than 80 percent and 419 of 466 suicide attempts in 2019 on VA campuses were stopped.

However, of the 17 veterans who kill themselves every day, 10.4 don't use VHA services at all.

So far, promising improvements in VA care have not resulted in real progress in the overall crisis. No matter how many experts weigh in, no matter how many task forces are created, no matter how many variables are studied, no matter how many veterans kill themselves on VA campuses, no one can make any sense of this complex trend.

Instead of putting any more resources toward unraveling the impossible tangle of causes and variables, perhaps the government should fund simple, common-sense preventative measures: Standardize VA quality control and bring low-rated facilities up to par. Institute more outreach to at-risk veterans who do not use VHA. Give VA staff better training in suicide prevention strategies.

It may not be that simple, but it's time to stop trying, and simply start doing.

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

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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 - Special house pizza with pepperoni, sau-
sage, ham, bacon, black olives, mushrooms, onions &
peppers. Small \$9.00 Large \$16.00

TUESDAY - Chicken & Rice Bowl with grilled chicken
breast, Mexican rice, corn, black beans, lettuce &
tomato served in an edible bowl \$8.00.

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

JAMMIN' BURGER - Eight ounce Angus Jamaican
Jerk seasoned burger topped with steak, onions, bacon
& Provolone cheese served with fries or chips \$8.50.

GARLIC PARM WINGS - A full pound of wings tossed
in garlic, butter and Parmesan cheese \$7.25.

TERIYAKI PINEAPPLE CHICKEN SPINACH WRAP
- White or wheat wrap filled with carrots, red onion,
spinach, diced chicken breast and Monterey Jack
cheese served with chips or fries \$8.00.

CHICKEN PARM PASTA - Breaded chicken breast
with red sauce and Provolone cheese served with
garlic bread \$7.50.



Up to the challenge of learning something
new? The Community Recreation Center is
offering monthly learning experiences.



HOLIDAY WREATH MAKING

Friday, November 15

Join our class on holiday wreath making, we supply everything you
need to create a wreath for your door, mantle or where you
choose to spruce-up your holiday season! Cost of the class is
\$10.00 per person. The class will be held in Community
Recreation Center and starts promptly at 6 p.m.

Register at Seaview Lanes Bowling Center no later than Tuesday,
November 12. Any questions, please call Theresa at (401) 841-3093
for more details.



RHODE ISLAND ADVENTURES (RIAD) ARE YOU READY FOR AN ADVENTURE?

Freeport, Maine - Saturday, November 16

Outlet shopping in Maine!

Get an early start on holiday shopping or simply enjoy yourself in lovely Freeport! Over 100
stores and outlets with plenty of restaurants along the way! Cost of this trip is \$5 per person
(\$2.50 per person for Liberty eligible-active duty personnel E1-E6 or active duty personnel
attending Officer Training Command Newport, OTCN, or NAPS). Transportation will leave
Seaview Lanes Bowling Center promptly at 7:30 a.m. and arrive in Freeport around

11:30 a.m. We will leave Freeport at 5:30 p.m. and arrive back to
base around 9 p.m.

Space is limited so reserve your spot today at Seaview Lanes
Bowling Center by Tuesday, November 12. For more information,
call (401) 841-3093.



GOTickets Trips to NYC!

Macy's Thanksgiving Day
Parade Bus Trip
Thursday, November 28

New York City
Shopping Bus Trip
Friday, December 6

Radio City Christmas
Spectacular Bus Trip
Friday, December 6

The trip costs \$59 per person
and departs the NEX parking
lot at 5 a.m., drop off in New
York City for parade viewing.
Board the bus at 2 p.m. to
return to the NEX parking lot
approximately at 6 p.m. Sign
up deadline is Thursday,
November 21.

The trip costs \$59 per person
and departs the NEX parking
lot at 6 a.m. and drop off will
be at Bryant Park. The day is
yours to enjoy New York City!
Board the bus at 6 p.m.,
return to NEX parking lot ap-
proximately at 11 p.m.. Sign
up deadline is Friday,
November 29.

The bus departs the NEX
parking lot at 6 a.m. and
drop off will be at Bryant
Park. Enjoy the day in New
York City before you see the
Rockettes show at 2 p.m.
and after too! Board the bus
at 6 p.m. to return to NEX
parking lot approximately at
11 p.m. Sign up deadline is
Friday, November 29. Cost is
\$137.00 per person.

For more information or to sign up for GOTickets Trips, call (401) 841-2094.

November Holiday Hours are posted online: www.navywmrnewport.com

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



November 2019 Holiday Hours of Operation for the Department

	Monday, November 11	Wednesday, November 27	Thursday, November 28	Friday, November 29	Saturday, November 30	Sunday December 1
MWR Admin	CLOSED	8 a.m.-4:30 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Auto Skills	CLOSED	CLOSED	CLOSED	CLOSED	9 a.m.-5 p.m.	10 a.m.-5 p.m.
Child Develop. Center & School Age Care	CLOSED	6 a.m.-6 p.m.	CLOSED	6 a.m.-6 p.m.	CLOSED	CLOSED
Community Recreation Ctr.	12-6 p.m.	11 a.m.-9 p.m.	CLOSED	11 a.m.-10 p.m.	12-11 p.m.	1-8 p.m.
Seaview Lanes	12-6 p.m.	11 a.m.-9 p.m.	CLOSED	11 a.m.-10 p.m.	12-11 p.m.	1-8 p.m.
Liberty Center	12-6 p.m.	4-8 p.m.	12-4 p.m.	4-10 p.m.	12-10 p.m.	1-8 p.m.
John H Chafee Fitness Center	9 a.m.-5 p.m.	6 a.m.-7 p.m.	CLOSED	7 a.m.-7 p.m.	8 a.m.-4 p.m.	8 a.m.-4 p.m.
Pool	10 a.m.-2 p.m.	6-8 a.m.; 10:30 a.m.-1 p.m.; 3-6 p.m. (Open Swim)	CLOSED	8 a.m.-1 p.m. (Open Swim) & 3-6 p.m.	8 a.m.-12 p.m.	9 a.m.-12 p.m.
Leisure Bay Internet Coffee Shoppe	8 a.m.-6 p.m.	9 a.m.-3 p.m. Drive Thru 6:30 a.m.-3 p.m.	8 a.m.-6 p.m.	9 a.m.-8 p.m. Drive Thru 6:30 a.m.-8 p.m.	8 a.m.-6 p.m.	8 a.m.-6 p.m.
O' Club	CLOSED	11 a.m.-6 p.m.	CLOSED	11 a.m.-3 p.m.	CLOSED	CLOSED

November class schedule:

Nov 4: Credit Management, 0900-1000: Learn how to read your credit report and correct any errors you may find.

Nov 5: Anger Management, 1500-1630: Learn some ways to manage your anger, and change your life for the better.

Nov 6: Saving & Investing, 1300-1400: Explore how to use saving and investing to achieve financial security.

Nov 13: Communication Skills for Life, 1400-1530: Learn how discussions can go awry, and steps to take to keep them on track.

Nov 13-14: Entrepreneurship: Boots to Business, 0830-1600, BankNewport Building: Create a feasibility analysis that may serve as the basis for future business planning efforts and develop an action plan to launch a new venture.

Nov 18: SAPR-C Training, 0900-1000: Training for new Civilian employees needs to be completed in person. Discusses reporting options, resources and intervention strategies. Contact Allison Agnello, SARC at 401-841-4426.

Nov 19: Holiday Stress Management, 0830-1000: Holidays bring a lot of fun into our lives, as well as additional stressors. Learn how to manage these and not only survive this Holiday season, but thrive.

Nov 19: EFMP POC Training, 1000-1130: This training will highlight the EFMP history, program purpose and enrollment requirements, categories, procedures and the role of the command EFMP POC in this process.

Nov 20: How to say "No", 1400-1530: It's all about boundaries. Why do you need them, how to have the discussion with people you love, work for, strangers, and why it's so hard to do?

Nov 20: Homebuyers Workshop, 1800-2000: Hear first-hand about qualifications for mortgages and other financial options.

Nov 21: SAPR POC Training, 0800-1600: POC's maintain program compliance for the command.

Nov 25: How to Financially Survive the Holidays, 1000-1100: Designed to help service members and their families plan for increased holiday expenses and develop strategies to avoid overspending.

Nov 25: FER: Financial Preparedness, 1400-1500: Information needed to effectively prepare for an emergent situation.

Nov 27: Sponsor Training, 1430-1530: Designed for those who will act as sponsors or department representatives selecting sponsors.



OVERVIEW:

- November class schedule for Fleet and Family
- How to Financially Survive the Holidays Article
- Local and National resources

The Fleet and Family Support Center newsletter is created monthly. All Active Duty, family members, Reservists, National Guard, retirees, and DoD employees are welcome to attend any of the classes we offer. For more information, please call (401) 841-2283.

If you are interested in an email subscription to this monthly newsletter, send a request to FFSC_NWPT@navy.mil

@FFSCNSNewport





FIRE SAFETY TIP OF THE WEEK

Did you Know? For each year from 2014 to 2016, an estimated 2,400 residential building fires were reported to fire departments in the U.S. on Thanksgiving Day and caused an estimated 5 deaths, 25 injuries and \$19 million in property loss. Turkey fryers are the main culprit.

Here are 5 dangers of deep frying a turkey. 1) Turkey fryers can easily tip over spilling hot oil across a large area. 2) An overfilled cooking pot will cause oil to spill over when the turkey is placed inside. 3) A partially frozen turkey will cause hot oil to



splatter. 4) Turkey fryers can easily overheat and start a fire. 5) The pot, lid and handles of a turkey fryer can get dangerously hot and cause burn injuries.

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.

US ARMY VETERINARY FACILITY HAS REOPENED

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.

UPCOMING BLOOD DRIVES:

Naval Supply Corps School on Nov. 5 from 9 a.m. - 2 p.m. in MPR 1+2; Naval Academy Preparatory School on Nov. 7 from 2:30-8 p.m. in Perry Hall Rm 100; Dec. 12 Naval Undersea Warfare Center from 9-4 p.m. BLDG 990.

COMBINED FEDERAL CAMPAIGN

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/ offerings) and find those with programs that support your chosen causes. Whatever your charity, every little bit makes a difference for those in need.



KING HALL AND THE SMART CLINIC TRANSITION TO AN APPOINTMENT-BASED SYSTEM

On November 1, 2019, Naval Branch Health Clinic New England's (NHCNE), Student Medical Unit, which is comprised of King Hall Medical and the Sports Medicine and



Reconditioning Team (SMART) Clinic, transitioned to an appointment-based clinic to improve access to care and reduce delays in returning students to training.

Prior to the transition, students would be seen on a walk-in basis which resulted in long wait times to see a provider and the clinic was unable to predict the daily patient demand and work flow.

The scheduling process at King Hall is a hybrid version of the scheduling system used at NHCNE Homeport which allows walk-in

appointments for daily sick-call and scheduled appointments for all non-acute services.

The new schedule priorities acutely ill patients with symptoms onset within the last 48 hours between the hours of 0630-0840 at King Hall Medical and 0630-0800 for the SMART Clinic.

All patients that are not acutely ill will be seen by appointment which can be scheduled by visiting the clinic or by calling the King Hall Front Desk at 401-841-4170.



NOW HIRING

For The Holiday Season

- We are seeking multiple positions of Sales Clerk and Cashier Checker
 - Seasonal / Regular Full & Part Time Positions Available
 - Must have HS Diploma or GED
- Contact Scarlett Minnehan at scarlett.minnehan@nexweb.org
 - www.navyexchange.jobs— APPLY TODAY

• COME JOIN OUR TEAM!

VETERANS DAY EVENTS ...



**SUNDAY, NOV. 10, 244TH
BIRTHDAY, US MARINE CORPS (1775)**

**SUNDAY, NOV. 10, "US MARINE
CORPS BIRTHDAY DINNER/DANCE",**
Social 6PM, Ceremony 6:30 p.m.,
Dinner 7PM, Coventry/West Greenwich
Elks Hall, 42 Nooseneck Hill Road, West
Greenwich. Point of contact is Jane
Deptula at 401.825.6685, or via email at
janie.deptula@gmail.com.

**MONDAY, NOV. 11, 10 AM, "NON-
DENOMINATION SERVICE"** Rhode
Island Veterans' Home Chapel, 480
Metacom Avenue, Bristol.

**MONDAY, NOV. 11, 8:30 AM,
"Wreath Laying at the Honor Roll
Garden" next to the Burnside Building,
400 Hope Street, Bristol.**

**MONDAY, NOV. 11, 10:45 A.M.,
"INFANTRY LODGE ASSOCIATES:
ARMISTICE DAY CEREMONY",**
Squantum Association Sports Club, 947
Veterans Memorial Parkway,
Riverside. Point of contact is Brigadier
General (Retired) Tom Frazer at
401.943.1730, or via email at
tmfrazer@aol.com.

**MONDAY, NOV. 11, 11 A.M.
VETERANS DAY CEREMONY**
American Legion Newport Post 7
and the Veterans of Foreign Wars,
Conover-Leary Post 406 will host a
ceremony to be observed on the lawn
of Newport City Hall. **Guest speaker is
Sgt. Robert Wolfe, USMC, Instructor,
Marine Corps Detachment Newport.**

**MONDAY, NOV. 11, 11:30 AM,
"Annual Veterans' Day Ceremony,"**
Rhode Island Veterans' Home, 480
Metacom Avenue, Bristol.. Guest
speaker is Michael Coughlin,
Commanding Officer, Naval Undersea
Warfare Center—Division Newport.

**MONDAY, NOV. 11, 11 AM,
"VETERANS' DAY CEREMONY,"** Town of
Warren, Town Commons/State Street,

collation and fellowship to follow at the
Methodist church across the street.

**TUESDAY, NOV. 12, "SECOND
ANNUAL NATIONAL DAY OF PRAYER
FOR VETERANS",** Providence VA
Medical Center, Main Building, Chapel,
3rd Floor, Room 347, 830 Chalkstone
Avenue. Point of contact is Chaplain
Rotunda East, Chief, Chaplain Service,
at 401.273.7100, Extension 2865, or via
email at rotunda.east@va.gov.

**SATURDAY, NOV. 16, "RHODE
ISLAND NATIONAL GUARD MILITARY
BALL."**

Twin River Casino Hotel, 100 Twin
River Road, Lincoln. Tickets go on sale
Friday, Sept. 6. Like Us on Facebook at
www.facebook.com. Military
Ball. Tickets: [https://
rimb19.eventbrite.com](https://rimb19.eventbrite.com).

**VETERANS DAY (MONDAY, NOV
11) GATE HOURS:**

- Gate 1: Open
- Gate 2: Closed
- Gate 7: Closed (Per NHCNE CDO not open)
- Gate 17: Closed
- Gate 23: Open
- Gate 32: Not open



You are cordially invited to join
The Honorable Gina M. Raimondo
Governor of Rhode Island
for the
Annual Veterans Day Ceremony
Hosted by the
Rhode Island Office of Veterans Services
Monday, November 11, 2019 at 11:30 a.m.
Rhode Island Veterans Home
480 Metacom Avenue, Bristol, Rhode Island



Lt. Governor McKee's Office in partnership with the Rhode Island National Guard's Family Assistance Center, the United States Postal Service, and the Rhode Island Chapter of the American Red Cross present the

17th Annual Operation Holiday Cheer Initiative

RI Army National Guard Armory
541 Airport Road Warwick, RI 02886

Donation Drop-Off: Saturday, November 16th 8:30am – 11:00am

Pack & Ship: Sunday, November 17th 8:30am – 11:00am

Operation Holiday Cheer is for
all active service members
from any branch of the military.

Do you have a loved one serving in the military?

Are they originally from Rhode Island?

Would you like them to receive a care package during the holiday season?

Please contact the Lt. Governor's Office with the information requested below.

Service Member's Full Name
Rank
Unit
Mailing Address

Your Full Name
E-mail Address
Phone Number

Point of Contact

Tabatha Dube
Executive Secretary to Lt. Governor McKee
Tabatha.dube@ltgov.ri.gov
(401) 222-2371

Please send information in by November 1, 2019.

Coventry-West Greenwich Elks Lodge #2285 Free Luncheon for Veterans



"So long as there are Veterans, the Benevolent and Protective Order of Elks will never forget them"

November 16, 2019

Social Hour: 1:00 PM

Luncheon: 2:00 PM

VETERANS ARE FREE/GUESTS \$15.00

Keynote Speaker: Kasim Yarn, Director Veterans Affairs
Music By: 88th Army Band

**TICKETS ARE LIMITED ~ MUST BE RESERVED OR
PURCHASED BY NOVEMBER 10th ~
RESERVE YOUR SEATS or TABLE NOW! NO WALK-INS**

CONTACT: ELKS LODGE (after 4pm) 401-397-3700



I AM NOT INVISIBLE

Photography project **date change**

Providence VA Medical Center

WE ARE NOT INVISIBLE



New Date is Friday November 15th 9:00 AM- 11:00 AM

Providence VAMC 5th floor classroom 3

"I Am Not Invisible" is a project aimed at raising awareness of the military service of women and the visibility of women as Veterans. The Women Veterans Program invites women Veterans of all ages and eras to join us in this celebration in honor of your service to our country.

Portraits taken during the event will be displayed at VA locations and on social media to recognize the contributions of women Veterans.

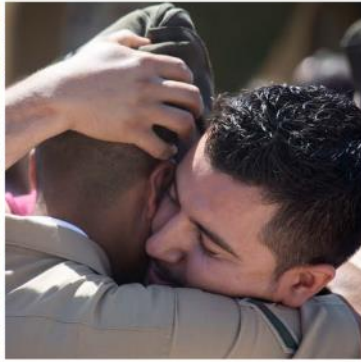
(A digital copy of photos will be provided after the event)

Come for the portrait session and to meet other women Veterans.

Contact
Tonya
Maselli
McConnell,
Women
Veteran
Program
Manager
with any
questions.

Pre-registration is very much appreciated.
(401) 273-7100 ext. 6191





NATIONAL VETERANS AND MILITARY FAMILIES MONTH

Ways You Can Help Celebrate

Each November, the military community observes National Veterans and Military Families Month. We celebrate military families' contributions and convey our respect and appreciation for the sacrifices they make to support their service members. As we approach the season of gratitude, consider ways you can support the spouses, partners, siblings, parents, children and others who stand strong behind our service members and veterans.

Additional Information & Resources

<https://militaryonesource.mil/military-family-appreciation>



Encourage military families to get the kit
The Department of Defense and Military OneSource are recognizing military families and transitioning veterans with free Military Family Appreciation Kits. Kits are available to the military service members and their immediate family members as well as to veterans within 365 days of their post separation date.



Point military families toward a helpful hub

At MilitaryOneSource, we're celebrating military families – spouses, partners, parents, co-parents, children, extended family members and even friends. We'll recognize the important role each person plays and offer resources to help every family member thrive, all month long.
<https://militaryonesource.mil/military-family-appreciation>

Pass along relevant resources

Throughout November, we'll highlight resources and services for military families on Military OneSource and Spouse Education and Career Opportunities social channels. Follow along and share posts you think will be helpful to families in your community.

This month and all year long, Military OneSource consultants are available 24/7 to connect service members and their spouses to info, answers and support – everything from confidential counseling to specialty consultations on child care, relationships, spouse employment, relocation and more. See all the ways we can help military families at <https://militaryonesource.mil/military-family-appreciation>.



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