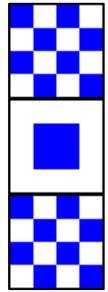




The June 2013

Navigator



Check out NSN on [Facebook](#) for updates and events! Search: Naval Station Norfolk

Events of Interest

- 1 Jun: [Clean the Bay Day](#) (0900-Noon)
- 2 Jun: [Breezy Point Triathlon](#)
- 4 Jun: [EMWG Meeting](#) (1000, B-30)
- 5 Jun: [Battle of Midway Commemoration](#) (1000, C-9)
- 5 Jun: [Test Giant Voice](#) (Noon)
- 6-7 Jun: [Marriage Enrichment Seminar](#)
Call the Chapel to register 444-7361.
- 7-9 Jun: [37th Harborfest](#) (Town Point Park)
- 13 Jun: [PSD Afloat Atlantic CPC Training](#) (1000, W-130 Conf. Room)
- 14 Jun: [Flag Day](#)
- 16 Jun: [Father's Day](#)
- 19 Jun: [Funding a College Education Brief](#) (1130, Bldg. IE) Call 363-3944 for reservations.
- 21 Jun: [DMV to Go](#) (0900-1600, C-9)
- 21 Jun: [T.G.I. Fitness Challenge](#) (0805, Parade Grounds)
- 27 Jun: [PSD Afloat Atlantic CPC Training](#) (1000, W-130 Conf. Room)
- 4 Jul: [Independence Day Holiday](#)
- 14 Jul: [Bastille Day](#)

NSN Liberty Programs

There is no end to "Summer Fun" with NSN Liberty Programs. Sign-up for the Liberty Shuttle to:

- 8 JUN: Busch Gardens
- 9 JUN: Virginia Beach
- 24 JUN: Lynnhaven Mall
- 14-16 JUN: Go Camping and Whitewater rafting at Adventures on the Gorge in West Virginia
- 20 JUN: Movie Under the Stars and hotdog cookout
- 21 JUN: First Day of Summer Luau
- 22 JUN: Hang gliding and kayaking in OBX
- 25 JUN: Bowling and Pizza

NOTE: Liberty Programs are for active duty and their guest age 18 and older
For more information contact Liberty Program Coordinator, [Elizabeth Amaya](#) (444-0301/4033)

TRICARE Pharmacy Home Delivery

With TRICARE Pharmacy Home Delivery, picking up your prescriptions is as easy as picking up your mail. Home delivery allows patients to receive up to a 90-day supply of medication at one time and automatically refills prescriptions. Delivery is free for standard shipping. Go to the link above or call to 1-877-363-1433 to enroll. The program has multiple quality checkpoints to ensure accuracy and safety. Enroll now!

Efficient Refrigerators Save More Energy

Did you know the average refrigerator built after July 1, 2001 is approximately 30 percent more efficient than one built in 1993, and nearly 60 percent more efficient than one built in 1980? In addition, productivity improvements and competition between retailers and manufacturers has actually brought the cost of refrigerators down over time, while they became more efficient. This alone should be enough reason to consider replacing an old watt-hungry refrigerator with an efficient new ENERGY STAR model. There are benefits for the energy-conscious.

- 1) Efficient compressors and motors run quieter and turn on and off less often.
- 2) Since efficient units gain heat from their surroundings more slowly they won't project as much heat into your kitchen, making your home more comfortable during hot summer periods.
- 3) Newer units have better insulation, which means the new efficient units will warm up much more slowly during power outages than older units. This alone is less inconvenience and loss of valuable contents.

Be sure you properly recycle the old refrigerator. The last thing you want to do is move an energy dinosaur in the garage to keep a few sodas cold.

TRAFFIC ALERT: JAMESTOWN CRESCENT

The [City of Norfolk is replacing a deteriorated culvert along Jamestown Crescent](#) in the Larchmont neighborhood through fall 2013. Commuters should be on alert for intermittent lane closures on Jamestown Crescent between Bolling Ave. and Magnolia Ave. through mid-June. Around 14 June, this portion of Jamestown Crescent will be closed completely to all traffic through 21 August. Traffic between Colley Ave. and Hampton Blvd. will be detoured onto 35th Street.

Comments or feedback encouraged:

Contact [NSN PAO](#).

Visit our [Facebook Page!](#)

CO's Comments

Leadership,
Due to the impending furlough, we've updated the mission impacts for supporting the operational readiness of the Fleet, our warfighters and their families. Despite these challenges, my priority remains continued exceptional support to these critical mission areas. Please help us support this endeavor by communicating early and often. Smart, well planned out preparation and execution will ensure success. Thank you for the continued support! V/R, Killer

Monthly DMV 2 GO Visit

- The next date for the DMV mobile vehicle is 21 June at C-9. With the latest technology, the wireless office on wheels offers all DMV services:
- Apply for or renew your driver's license-take road and knowledge tests; get your picture taken.
 - Apply for or renew your ID card - available for adults and children.
 - Reinstate driving privileges.
 - Get a copy of your driving record.
 - Obtain vehicle titles, license plates, decals or transcripts,
 - And much more!

TRAFFIC ALERT: HAMPTON BLVD.

The [City of Norfolk's Water Main Replacement Project](#) continues a 12-inch water main construction project under north bound Hampton Blvd. from the Lafayette River Bridge to West Little Creek Road. The project's 3-month schedule requires 24-hour closure of the north bound median lane. Be on alert for traffic impacts within the high-lighted project area, with consideration of alternate routes as necessary.

Links

- [NSN](#)
- [Navy News](#)
- [The Flagship](#)
- [FFSC](#)
- [Safety News](#)
- [MWR](#)
- [Family Housing](#)
- [Environmental](#)
- [CPO Scholarship fund](#)
- [NMCRS Education](#)

Info

- [SNA](#)
- [ANA](#)
- [NSL](#)
- [HR Navy League](#)
- [USO HR](#)
- [Navy College Office](#)
- [Military Child Education Coalition](#)
- [Hampton Roads Naval Museum](#)