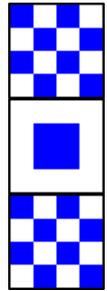




# The November 2014 Navigator



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

### WAAN ALERT UPDATE

Our capability to send Wide Area Alert Notifications (WAAN) to email addresses was suspended in July. Since then, the contractor has worked to resolve the issue for Secondary Work email addresses. Although the Primary Work email addresses are still not working, NMCI customers can put their work email address in the Secondary Work email box to receive alerts on their work computer.

To make this change, NMCI customers should access the Access Self Service portion of the "Purple Globe Icon" located in the lower right hand corner of the computer monitor and enter their Primary Work email address into the Secondary Work email field.

### Free NMCP App

Naval Medical Center Portsmouth has a new, free NMCP app available for iPhone, Android, and Windows Phone users! With the app, you will have easy access to important telephone numbers like the Nurse Advice Line, Hampton Roads Appointment Line, and NMCP's Guest Relationship Department; a portal for electronic messaging with your health care provider through Relay Health and stay up-to-date with the happenings at NMCP including important notifications. Patients, employees or active duty service members station at NMCP or in the Hampton Roads area, download the app today!

### Pre-Deployment Brief

Transient Personnel Unit Norfolk is hosting a quarterly Pre-Deployment Briefing at 1000, 6 Nov. in Bldg. J-50.

The briefing is designed for deployed units, whether imminent or downstream. Items to be discussed include limited duty, pregnancy, medical boards, administrative separations, regular separations, onward transportation, and discipline. For further information, please contact [Mr. Richard Green](#) at 444-3875.

### Events of Interest

- [Wounded Warrior Care Month](#)
- [1 Nov: Annual Retiree Summit and Career Fair](#) (0800-Noon, JEB LC Rockwell Hall)
- 2 Nov: Daylight Savings Time ends at 0200.** Turn your clocks back one hour.
- 4 Nov: Election Day**
- 5 Nov: Monthly Giant Voice Test** (1200)
- 5 Nov: EM Working Group Meeting** (1000, B-30)
- 6 Nov: TPU Norfolk Pre-Deployment Briefing** (1000, Bldg. J-5)
- 6 Nov: Flu vaccines** (0900-1500, LP-84A)
- 8 Nov: CFC Softball Tournament** (0730, McClure Field/CEP Fields/Q Fields) To register call 322-3433
- 11 Nov: Veterans' Day (Holiday)**
- 13 Nov: PSD Afloat Atlantic CPC Meeting** (1000, W-130)
- 13-14 Nov: Marriage Enrichment Seminar** (0800, NSN Chapel)
- 19 Nov: SNA Luncheon** (1130, Vista Point)
- 19 Nov: Navy College Office Annual Education Open House Education Fair** (1000 – 1400, Bldg. IE)
- 20 Nov: NSN Scramble the Leaves Golf Tournament** (0830, Sewells Point Golf Course). Call 677-6541 by 18 Nov. to register.
- 21 Nov: DMV2GO** (0900-1600, NEX)
- 27 Nov: Thanksgiving Day**
- 1 Dec: Operation Decorama begins**
- 1 Dec: Funding a College Education Briefing** (1130, Bldg. IE) reservations required (363-3944 or 489-3329)

### It's Too Hot. It's Too Cold.

The Navy has energy efficiency standards that apply to space temperatures: Cool to no lower than 78°F, and heat to no higher than 68 ° or 70°F. Since these are average temperature targets, different rooms might have different temperatures, especially in older buildings with large areas and few thermostats. Navy standards also exist for after hours, to adjust temperature set points to provide less heat in the winter and less cooling in the summer when the building is unoccupied.

It seems like opening windows should help if you're too warm, but it wastes energy when the heat or air conditioning is running. Your open window can confuse a thermostat that controls the heat supply to spaces that aren't benefiting from your outside air, and make it difficult to pinpoint the source of their temperature complaints (you).

The best things to do if you are too warm or too cold are 1) dress in layers and 2) let your supervisor and facility energy monitor know about your issues. Your building's climate control system may be in need of some attention, especially when everyone has the same complaint. If you tend to be cold, and sit in a colder area of the building, you might ask your supervisor if you can move to a location that's a better fit for your metabolism. If your energy team gives you permission to open windows temporarily while a condition is being resolved, be sure to shut them at night to minimize energy waste.

### 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](#)

Get the latest MWR information in the new [Naval Station Norfolk Sea and Air](#)

Comments or feedback encouraged: Contact [NSN PAO](#). Visit our [Facebook Page!](#)

### CAP Changes

Chief of Naval Personnel announced updates to the Command Advancement Program (CAP). These changes are based on Fleet feedback, empower the command triad to advance their top Sailors and are in alignment with ongoing performance-based initiatives.