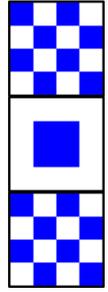




# The April 2013 Navigator



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

### Events of Interest

- 1-30 Apr: SAPR Line of Courage Clothesline** (Gilbert St. near Parade Field)
- 2 Apr: 120<sup>th</sup> CPO Birthday Anchor Leadership 5K Run** (1300, JEB)
- 3 Apr: EMWG Meeting** (1000, B-30)
- 3 Apr: Monthly Giant Voice Test** (Noon)
- 5 Apr: Goatlocker Challenge
- 6 Apr: ARLINGTON Commissioning**
- 9 Apr: Tornado Exercise with Take Cover siren** (1045-1100)
- 9 Apr: SAPR Leadership Symposium** (0900-1200, C-9)
- 10 Apr: SAPR Command Liaison Training** (0800-1600, U-111)
- 12 Apr: SAAM Softball Game** (1130-1600, McClure Field) NSN vs. NSA HR
- 12 Apr: Hampton Roads Chamber of Commerce Military Recognition Reception** (1500-1700, Norfolk Waterside Marriott)
- 15-19 Apr: SAPR VA Basic Training** (0800-1600, FFSC Norfolk)
- 17 Apr: Funding a College Education Brief** (1130, Bldg. IE) Call 489-3329 for an appointment.
- 18 Apr: Wounded Warrior Ride**
- 19 Apr: Clean the Station Day** (0800)
- 22 Apr: DMV 2 Go** (0900-1600, NEX parking lot)
- 24 Apr: Navy College Education Fair** (1000-1400, Bldg. IE)
- 27 Apr: NSN SAPR Night at the Norfolk Tides** (1915, Harbor Park)
- 30 Apr: HURREX 13 Brief** (0900-1030, Bldg C-9)

### April is Sexual Assault Awareness Month

### April is Month of the Military Child and Child Abuse Prevention Awareness Month

### No-Shows Still a Challenge at BHC

We need your help! Many active duty personnel are failing to show up for their appointments at BHC NAVSTA Norfolk. Please impress upon your people if they are unable to make their appointment, they need to call to reschedule. With scarce government resources, it is unconscionable that 60 to 100 appointments a WEEK are wasted due to no-shows. For every appointment not used, there is another active duty or dependent who could have been seen in their place.

Patients should reschedule 24 hours prior to their appointments (or as soon as possible) by calling either their health care team, the Medical Front Desk at 953-9000, or the Dental Front Desk at 953-8526. Encourage your Sailors to save these numbers on their cell phones for future reference.

In April, the medical clinic will be maximizing appointments to meet the additional demands of PFA screenings. The clinic is also faced with the possible decrease of more than 100 appointments due to staff furloughs.

### XO's Comments

Leadership,  
As you all know, April has been designated as the Month of the Military Child and Child Abuse Prevention Awareness Month, as well as Sexual Assault Awareness Month. In support of these worthy causes, NSN will be conducting several events to help raise awareness. April 1-30 we will display the SAPR Line of Courage where 145 t-shirts representing the 145 SAPR cases NSN managed in 2012 will be displayed along Gilbert Street in a clothesline fashion to bring awareness to the issue of Sexual Assault. On 9 April we will have the SAPR Leadership Symposium at 0800 in the C9 Auditorium. Command Leadership Triads are invited to attend this symposium to hear the most recent trends, best practices and updates from a panel of expert members. As always, thank you for your support of NSN. V/R Bob

### Links

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

### Info

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

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

### Monthly DMV 2 GO Visit

The next date for the DMV mobile vehicle is 22 APR. 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!

### Homeport City Stars

The Homeport City Stars awards program is a unique program ONLY offered to Naval Station Norfolk commands!

This year's program is already in full swing so please consider nominating a deserving sailor from your command! Commands can select Sailors for their outstanding service and MWR will provide special entertainment vouchers redeemable at all available Norfolk businesses. All packages are valued at \$360.00 and awardees can choose local Norfolk entertainment which can be specifically tailored to their requests.

So don't wait, if you have questions or want more information on this fantastic program please contact [Nhare Payson](#) at 444-2013.

### The Right Light – Only Where You Need It

It's convenient when the first person in the office turns on all the lights and nobody else has to think about light switches until the end of the day, but it isn't necessarily energy efficient. Take a look around your work area and see if there are lights that are switched on, but really don't need to be. Many offices, shops, warehouses and other facilities can easily reduce lighting without affecting productivity. Turn off as many unnecessary lights as possible. Use task lighting instead of overhead lighting, and light only those areas that are needed at the time.

According to the California Energy Commission, providing the right lighting can save up to 15 percent on your lighting bill. Across the Department of the Navy, that could be a savings of up to \$55 million!