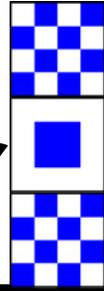




The **October 2011** Navigator



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

XO'S CORNER

October is Energy Awareness Month. If each person in the Department of the Navy changed one...just one incandescent light bulb for a Compact Fluorescent Light Bulb, we would reduce energy consumption by over 30 million kilowatts. Over the course of one year that's the equivalent of using 43 million fewer imported barrels of oil. And it's only one light bulb per person. Join with me in pledging to lower your personal energy and water consumption every day, because it makes sense for national defense.

Crime Prevention Briefings

NCIS, as part of the Navy's comprehensive crime reduction strategy, is offering Identity Theft Prevention Briefings following their annual Counterintelligence/Counterterrorism briefings.
4-6 Oct: U-40, 0900, 1030, 1300, 1430
11-13 Oct: Oceana Theater, 0900, 1030, 1300, 1430

Command PASS Coordinator Handbook

Navy Pay and Personnel Information Bulletin (PPIB) 11-29 has identified changes to the CPC Handbook. The CPC Handbook is designed to acquaint assigned CPC's with the PASS system and the importance of their role. As the on-site representative of PASS, CPC performance has a significant impact on the morale and welfare of their shipmates. It is the CPC's responsibility to provide the members of your command with pay, personnel, passenger transportation, educational services and other related support. Additionally, they are responsible for ensuring that the vital paperwork required to provide support is properly completed and sent to the right people on time. The CPC handbook can be downloaded as a PDF file from the [BUPERS/NPC WEBSITE](#).

Preparing Your Sailor for a Court Appearance

When a Sailor goes to court they represent not only themselves, but their command and the Navy. Being well prepared can make a big difference in the eyes of the judge. Here are five items that will go a long way in court.

1. Khaki representation to speak on their behalf to the judge
2. Good military bearing
3. Proper fitting uniform
4. Complete and proper uniform insignia
5. Self respect (represent yourself well)

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

Branch Medical Clinic Norfolk welcomes Medical Home Port!

Medical Home Port (MHP) is Navy Medicine's new Primary Care delivery initiative that is designed to improve access, quality, and communication. BMC Norfolk is implementing MHP throughout all of its Primary Care areas. One of the many benefits of this program is improved accessibility using the "Relay Health" system. Relay Health is a secure messaging system to help you connect directly with your MHP Team to include providers and support staff. Relay Health streamlines common patient communications like appointments, refills and referral requests, lab results and appointment reminders. Customized automatic messaging lets you easily direct questions to the most appropriate staff member.

To sign up you must be enrolled to BMC Norfolk. Please use the clinic registration form when you come for a visit or e-mail BMHCSewells-relayHealth@med.navy.mil. For more information, please call 953-8882/8741/8744.

Events of Interest

All Month: Domestic Violence Awareness
4-6 Oct: NCIS Crime Prevention Briefing, U-40 (0900, 1030, 1300, 1430)
5 Oct: PB4T / EMWG Meeting (1000)
5 Oct: Giant Voice Test (1200)
5 Oct: PSD Afloat CPC Meeting (1000)
5 Oct: Ombudsman Appreciation Dinner
Virginia Beach Conference Center (1800)
6 Oct: Clean the Station Day! (0800-1200)
7 Oct: Erev Yom Kippur Service
Commodore Levy Chapel (1900)
8 Oct: Yom Kippur Day Services
Commodore Levy Chapel (0930-Sunset)
8-9 Oct: Marriage Prep & Enrichment Seminar NSN Galley
8 Oct: Fleet Fest (0930-1630, Pier 14)
13 Oct: PSD Afloat CPC Meeting (1000)
11-13 Oct: NCIS Crime Prevention Briefing, NAS Oceana Theater (0900, 1030, 1300, 1430)
14 Oct: Hispanic Heritage Presentation C-9 Auditorium (0900)
18 Oct: Surface Force Women's Waterfront Symposium C-9 Auditorium (0800-1600)
19 Oct: PSD Ashore CPC Meeting (1000)
27 Oct: PSD Afloat CPC Meeting (1000)

Base Housing Information

The Housing Representatives are setting up an information table at NAVSTA NEX Food Court to assist service members and families concerning housing information. They are scheduled to be at NAVSTA NEX on the 3rd Wed of each month from 1000-1400. Housing Service Professionals will be available to answer any housing questions you may have including buying, renting or selling your home. Stop by to see them on **19 October**.

Links

[NSN](#)
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