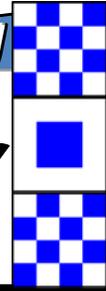




The September 2011 Navigator



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

XO'S CORNER

As we approach the 10th anniversary of 911 and mourn the victims who lost their lives on that tragic day, it is a reminder for us all to remain ever vigilant and report any suspicious activity both on and off Naval Station Norfolk. Remember, everyone is a sensor and your proactive involvement in reporting could be that key link to stifle a future incident or attack. Suspicious activity should be reported to security at 444-3333.

Post Irene repair and cleanup continues and I'd like to personally thank our tenant commands for supporting NSN in this monumental effort so we can get back to the business of safely supporting the Fleet as soon as possible!

NSN Fleet Fest

Naval Station Norfolk will hold it's inaugural Fleet Fest on 8 Oct. This event will be open to the general public as well as military members and their families. It will feature two ship tours, including USS Dwight D. Eisenhower (CVN-69) as well as a surface combatant, aircraft and helicopter static displays, active and static demonstrations, and a variety of food vendors, live music and displays.

Gate 2 will open to the general public at 0930. Event 1000-1600. Ship Tours will begin at 1100 and end at 1500.

Motorcycle Safety

Recently, Naval Station Norfolk approved and released a new Motorcycle Safety Instruction (NAVSTANORVAINST 5100.2) for all of our tenant commands. With riding season in full swing, we ask that everyone read and adhere to the policies set forth in this new instruction. Safe riders are happy riders! To register for a MSF Basic Rider Course, please go to the [Safety Center's website](#)

Physical Readiness

Program Policy Changes

(NAVADMIN 201/11) "The Medical Screening Process has been added as a required component of the PFA. No member is authorized to participate in the PFA without medical clearance. Medical clearance consists of: a) Current Periodic Health Assessment; b) Physical Activity Risk Factor Questionnaire and c) Pre-Physical activity questions."

Patients can walk-in from 0700-1100 Monday through Friday to start the PHA process (with their medical record). Please call the BMC Norfolk Deployment Health staff at 953-9042 for any questions.

In preparation for the Fall 2011 Physical Fitness Assessment, BMC Norfolk will host a PHA/Medical Readiness training session on Thursday, 1 September at 1300 for all Command Fitness Leaders. The training session will be held at BMC Norfolk (CD-2) in the Industrial Hygiene classroom. For more information please contact [HMC Sharp](#) at 953-9061

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

Links

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Events of Interest

- 1 Sep: E-6 Candidate Advancement Exam** Last names A-M at McCormack Gym, N-Z at N-24 Gym (0600)
- 7 Sep: PB4T / EMWG Meeting (1000)**
- 7 Sep: Giant Voice Test (1200)**
- 8 Sep: PSD Afloat CPC Meeting (1000)**
- 8 Sep: Military Saves training U-93**
- 8 Sep: E-5 Candidate Advancement Exam** McCormack Gym (0600)
- 8-9 Sep: Pre-marriage and Marriage Enrichment Seminar**
- 11 Sep: Prayer and Remembrance Ceremony for 9/11** Chapel, (0930)
- 14 Sep: Funding A College Education briefing.** Navy College Office, Bldg IE (Concord Hall), room 8. Call 489-3329 for a quota (1130)
- 15 Sep: Start of Hispanic Heritage Month**
- 15 Sep: E-4 Candidates Advancement Exam** McCormack Gym (0600)
- 16 Sep: CPO Pinning**
- 21 Sep: PSD Ashore CPC Meeting (1000)**
- 22 Sep: PSD Ashore CPC Meeting (1000)**
- 29 Sep: Troops to Teachers Info Briefing.** Navy College Annex (CEP-87), room 206
- 30 Sep: C2F Disestablishment**

Food For Thought

- Do you know who your FFSC Command Rep is?
- When was the last time command leadership inspected the rooms of your Sailor's who live in Government Barracks?
- When was the last time you had Life Skills training for your Sailors?

Chapel Renovations

NAVSTA Norfolk Chapel continues to undergo renovations. The exterior is complete! While the interior project is underway they will meet in the large upstairs classroom.

Treasure Shop

The Treasure Shop (U-53) re-opens for the season on Wed. 7 September. They sell a variety of items, including uniforms. Hours are Mon & Wed 1000-1400 and the 1st/3rd Saturdays. For September only, 10th and 17th from 1000-1400.