

Naval Station
Newport



LEISURE TIMES

Your information for MWR, Child & Youth Programs, Galley, Fleet & Family Support Center, Family Housing, Navy Gateway Inns & Suites at Newport, R. I.



Haunted Trail

Carr Point Recreation Area

Burma Road/Defense Highway

Oct. 6, 13, 20 & 27 • 6 to 9 p.m.

Military \$5 per person

Public \$8 per person

Children 3 & under free

Open to the Public



Olympic
Physical Therapy
& Foot Orthotics



The Navy nor any other part of the federal government
officially endorses any company, sponsor, or their products or services.

Haunted Trail, Arts & Crafts, Entertainment & more!

For more information, call MWR Special Events at 841-3127.



For more information,
call ITT at 841-3116 or
stop by Wednesday through
Friday, 10 a.m. to 6 p.m.

BOSTON BUS TRIP

Saturday, October 13

Round-trip transportation to Boston, leave
NAVSTA at 9 a.m. and return at 6 p.m.
Spend the day as you please. Cost is \$15
per person. Sign up before
Friday, October 5 at ITT.

KING RICHARD'S FAIRE

Weekends: September 1-October 21
Including Labor & Columbus Day Holidays
Adults: \$19.50

PLIMOTH PLANTATION

Plymouth, MA
Adults: \$23 Child \$12.50

NEWPORT YACHTING CENTER

Oktoberfest

Sunday, October 7 only
Noon to 8 p.m.
tickets are \$16.50 each

MARK YOUR CALENDAR UPCOMING TRIPS

Sign ups start on Wednesday, October 3

Macy's Thanksgiving Day Parade
Thursday, November 22
\$51 per person

Radio City Music Hall
Christmas Spectacular
Friday, December 14
\$115 per person or just shop in New York
City \$51 per person



656 Whipple Street Newport, RI 02841

The information contained in this issue was current at the
time of publication. Activities, events and hours of
operation are subject to change.

All events are open to patrons with base
access unless otherwise noted.

For more information, visit
<https://www.cnic.navy.mil/Newport>,
email kelly.conner1@navy.mil to be added to the
MWR Email Blast list or call (401) 841-4992.

Looking for a job? Check to and see what we're hiring for
at <https://www.cnic.navy.mil/cnrma/about/jobs/nsnewport>

Are you on Facebook? Become a "fan" of
Naval Station Newport RI's page

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officially endorses any company, sponsor, or their
products or services.



GOLF TOURNAMENT

THURSDAY,
OCTOBER 11

NEWPORT NATIONAL GOLF CLUB

Check-in at 7 a.m.
Shotgun start at 8 a.m.

\$50 per eligible patron*
(active duty personnel, retirees, eligible family
members, reservists and DoD employees)

\$75 per guest*

* Price includes green fees, golf cart
(course condition permitting) and food.

Full team payment is due upon registration and
accepted at Gym 109, Monday through Friday
from 8 a.m. to 4 p.m. Limited availability and ID's will
be checked at registration as well as tournament day.

• Door Prizes •

Register at Gym 109 or for more information,
call Greg at 841-3420.



Recreation Center, Building 656

ENLISTED CLUB ALL HANDS LUNCH

The E' Club is open to all base patrons! Order lunch in the E' Club or Seaview Lanes Monday through Friday starting at 11 a.m.

ALL-YOU-CAN-EAT LUNCH SPECIALS

Tuesday - Soup & Salad \$5.75
 Wednesday - Pizza & Salad \$6.75
 Thursday - Taco Bar, \$6.50

MONDAY & FRIDAY SPECIALS

Check the white board for \$5 wrap with fries special!
 Bud & Bud Light, 16 oz. can for \$2.50!

CPO CLUB

The CPO Club is now open every night but Tuesday and holidays.

SEAVIEW LANES BOWLING CENTER

REGULAR RATES

Bowling \$3.50* - Shoe Rental \$2.25*

XTREME BOWLING

Music, flashing lights, everything glows in the dark...\$4* on Saturday nights 8 to 11 p.m.

MONDAY

Active duty military bowl for \$1 per game* 11 a.m. to 5 p.m.

TUESDAY

Free shoe rental from 11 a.m. to 5 p.m. League bowling starts at 6 p.m.

WEDNESDAY

Bowl one game*, get one game free 11 a.m. to 5 p.m. League bowling starts at 6 p.m.

THURSDAY

1st game* is \$3, 2nd game* is \$2, 3rd game* is \$1. All three games must be bowled at one time for special pricing 11 a.m. to 8 p.m.

FRIDAY

Bowl for \$2 per game* 11 a.m. to 5 p.m. League bowling starts at 6 p.m.

SUNDAY

Free shoe rental from 4 to 8 p.m. Anyone 55 and older bowls for just \$1 per game* (valid ID required)

COLUMBUS DAY OCTOBER 8

Military bowl for \$1 per game*, non-military bowl for \$2 per game* from noon to 6 p.m.

HALLOWEEN OCTOBER 31

Wear orange and your shoe rental is free from 11 a.m. to 5 p.m.

* All rates are per person

**Looking for a place for an event?
 Call 841-2194 to book a class social, meet & greet, icebreaker, pre-graduation event, retirement party, etc.**

OUTDOOR RECREATION RENTAL

Going camping?

ORR has you covered!

Tents, sleeping bags, flash lights, party grills, backpacks, coolers, camp chairs, lanterns & air beds!

Stop by today to check out our extensive selection of camping gear!

Call 841-2568 for more information. ORR is open Monday, Tuesday, Thursday and Friday 3 to 6 p.m., Saturday 9 a.m. to 1 p.m., and Sunday 10 a.m. to 1 p.m.

Free movies at the Recreation Center. Call Seaview Lanes at 841-4293 to see what's playing!



The Recreation Center will be the only place on base to catch all the

gridiron action! Watch in Seaview Lanes, E' Club, CPO Club & Liberty!

Beer & Food Specials plus giveaways!

Sun	Mon	Tue	Wed	Thurs	Fri
Madden Tourn. prizes! Enjoy NFL Sunday Ticket!	Billiards Tournament 6 p.m. Prizes	Movie Night Free Popcorn!	Free Pizza Night while it lasts!	Coupons for free shoe rental in Bowling!	Texas Hold'em Tourn. 6 p.m. Movie on the lawn!
			6 th - New England Aquarium Trip 13 th - Larz Anderson Auto Museum Oldest car collection in America	20 th - Quonset Aviation Museum Trip 27 th - Factory of Terror Trip	

The Liberty Center has eight computers and free wireless Internet access! Check out the billiards, foosball and ping-pong tables, three flat screen televisions for Xbox, Xbox 360, PlayStation 2, PlayStation 3 and Wii video systems, a TV lounge and dining area. There is a movie room where free movies from the Navy Motion Picture Service are shown - see movies six weeks before they're out on DVD!

This facility is alcohol-free and is open to active duty military personnel and reservists who are single or unaccompanied. For more information, call 841-3054 or visit the Liberty Center at building 656.

FITNESS & SPORTS

Gym 109 Front desk
841-3154

Pool 307
841-6628

Kettlebell & TRX Bootcamps

Session Two November 5-December 10

Sign ups for session two start on October 24. Limited to first 14 patrons, advanced sign up required. TRX will bring you from the basic squat and plank to the atomic push up by week six. In Kettlebell bootcamp by week six you will have learned how to clean, clean and press, jerk and snatch the bell.

Renegade Row Push-up Competition

Wednesday, October 31 6 a.m. to 7 p.m.

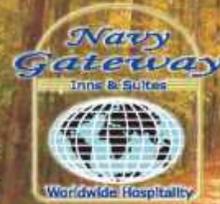
Want a perfect way to earn a Halloween Treat? Come into Gym 109 and see how renegade row pushups you can complete. Women will be required to use 10 lbs. dumbbells and men 20 lbs. dumbbells.



Wherever
you're headed...

Navy Gateway Inns & Suites
may already be there.

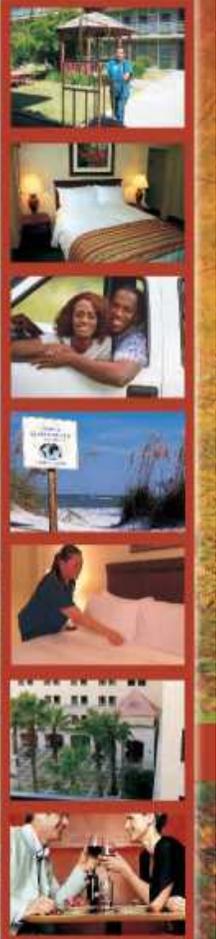
A long weekend is ideal for an out-of-town trip or having friends and family come to visit. If you are a NAP or DoD employee, active duty, or retired military, you are eligible to stay at Navy Gateway Inns & Suites facilities. And you can sponsor friends and family to stay there, too.



Creating comfortable guest services for
those we serve: Today and Tomorrow.

Navy Gateway Inns & Suites

Make your reservations today by calling
1-877-NAVY-BED (1-877-628-9233)
or visiting www.dodlodging.net



*Don't know
what to do?
Stay up-to-date
with MWR events!*

TXT²CONNECT

TXT **NPTMWR** to **30364**

*Connect to MWR's great offers,
contests, events, sales and more!*



Once your text is
entered, you will receive
weekly updates.

Standard carrier message and data rates may apply.
Text STOP to cancel. Text HELP for help.



You can do it.
We can help. SM

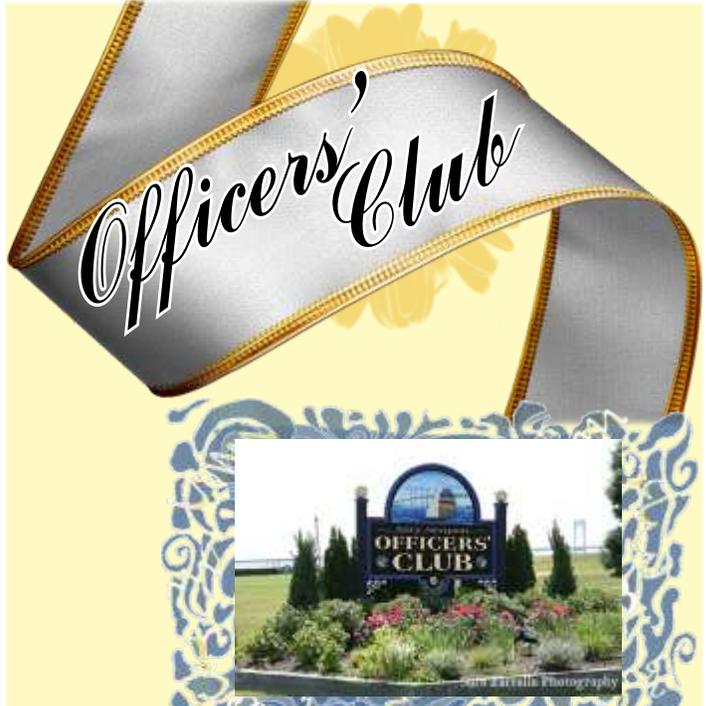
ARMED FORCES VACATION CLUB
by Endless Vacation Rentals

GREAT VACATIONS starting at

\$349
*USD Per Week/Per Unit
When you book online

Over 200,000 weekly vacation rentals available in more than 100 countries.

Search for available destinations at www.afvclub.com use installation number 163



The Commissioned Officers' Club, on Naval Station Newport offers a gorgeous setting for your event. A full range of catering services



Harbor Island Conference Center (HICC), our sister venue is also available for hosting meetings & social events



Guests are not subject to Sales Tax, resulting in an 8% savings! Parking is complimentary for you and your guests

For more information, contact Wendy or Shawna at (401) 841-1442. Active duty brides or grooms receive 10% off room rental!



All workshops are held at the Fleet and Family Support Center, building 1260 (next to the Navy Federal Credit Union), unless otherwise noted. Registration is required and may be made by calling (401) 841-2283. Active duty personnel, retirees, family members, reservists and DoD employees are welcome. All programs require a level of scheduling, staffing and purchasing of course material, so please register early.

October Programs & Workshops

1st-5th – Transition Assistance Management Program (TAMP), 8 a.m. to 4 p.m.

Designed to assist service members leaving the military to prepare for transition to civilian life. To be held at the Morale, Welfare and Recreation conference room, Building 656. Information on veterans' benefits, health care options, job-search techniques, disability claims, and much more will be offered. Spouses are encouraged to attend.

2nd – New Spouse Orientation to the Military, 9:30 to 11:30 a.m.

This workshop will offer information for new spouses on the military lifestyle, benefits and services available to them, and tools to assist them in maintaining a state of preparation for deployment or other military-related separation. This program is offered for all new spouses or those spouses who have never lived near a military installation before.

8th – FFSC will be closed for Columbus Day.

9th – Resumes That Work, 11:30 a.m. to 1 p.m.

A resume is one of your most important tools when looking for a job. Learn how to prepare an effective resume that will get you an interview. This workshop will cover what to include on your resume, which format to use, and other resume writing tips.

9th – Reading Your Credit Report, 2:30 to 4 p.m.

Credit reports are used not only by banks, loan companies, and credit card companies, but also by rental property agencies, potential employers, and can be part of a job security clearance process. Bring a copy of your credit report, available at www.annualcreditreport.com, to the class and find out how to read the report, understand it, and correct any errors you may find.

10th – Exceptional Family Member Program Point of Contact Training (EMFP POC), 8 to 10 a.m.

The training has been mandated by CNIC that each command on the base have a EMFP POC. The training will highlight the EFMP history, program purpose and enrollment requirements, categories, procedures and the role of the command EFMP POC in this process. The main goal is to increase awareness and benefits of the Exceptional Family Member Program. For additional information or to register please call Kristen Swenson, EFMP Liaison, NAVSTA, at (401) 841-2148.

11th – Acing the Interview, 11:30 a.m. to 1 p.m.

This workshop will provide information on getting ready for an interview, the interview itself, different types of interviews, and more. Call (401) 841-2283 to register.

15th-19th – Sexual Assault Prevention & Response (SAPR) Victim Advocate Training, 8 a.m. to 4 p.m.

Victim advocates provide information, support, guidance and reporting options for victims of sexual assault. The training covers the roles and responsibilities of victim advocates. Trained victim advocates are placed on the installation-wide watch bill on a rotating basis. Victim advocates are designated by command and screened by the Naval Station Newport Sexual Assault Response Coordinator.

22nd – Goal Setting, 1 to 3 p.m.

Learn the importance of goal setting and how to examine life's priorities and develop a life plan.

23rd – How to Financially Survive the Holidays, 2:30 to 4 p.m.

This workshop is designed to help service members plan for increased holiday expenses and develop strategies to avoid overspending and accumulating excessive debt. The program is appropriate for all individuals, even those who do not celebrate the holidays can benefit from this class. The money management tips offered in this class apply year-round as well as special occasions when additional spending occurs.

24th – Communication: We Can Work it Out, 1 to 3 p.m.

Repeated and unsuccessful attempts to solve recurring problems with our partners wears us down. This workshop identifies factors which get in the way of legitimate problem-solving and introduces skills that can move us beyond our 'stuck' spots toward real, collaborative problem-resolution.

24th – Homebuyers' Workshop, 6 to 8 p.m.

Purchasing a home is a complex task. There are many questions that need to be answered before you take that big step. Come and learn about your options and how to decipher real estate lingo. You will meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options. Home-buying information for all areas of the United States is available at this workshop.

25th – Thoughts & Feelings Seminar: Problem Solving, 1 to 3 p.m.

Learn the five steps of problem solving, SOLVE, which is State your problem, Outline your goals, List your alternatives, View the consequences and Evaluate your results.

29th – Step Parenting, 1 to 3 p.m.

This presentation was developed for parents of blended families, provides insight to each member's possible struggles as well as guidelines for encouraging blended family bonding and long term success.

30th – Sexual Assault Prevention & Response (SAPR) Victim Advocate Refresher Training, 9 a.m. to noon

SAPR Victim Advocates are dedicated volunteers who provide effective and appropriate support and guidance for victims of sexual assault. The Advocates serve on a watch bill to provide response 24/7 to victims of sexual violence. Each Victim Advocate participates in a minimum of 30 hours initial SAPR training and 10 hours are required refresher training thereafter.

30th – Disaster Preparedness for Families, 1 to 2:30 p.m.

Do you and your family know what to do in case of an emergency? Preparing in advance could keep an emergency from becoming a disaster for you and your family. Learn some simple steps to help you and your family be prepared.

31st – Stress: Unwind Your Clock, 8 a.m. to noon

This workshop will focus on a variety of physical, mental, and behavioral approaches for managing stress. The workshop will include the role of nutrition and exercise in managing stress.



November Programs & Workshops

5th-7th – Ombudsman Basic Training, 9 a.m. to 4 p.m.

8th – Network to Land that Job, 11:30 a.m. to 1 p.m.

8th – Surviving Infidelity, 1 to 4 p.m.

12th – FFSC will be closed for Veterans Day

13th – Sexual Assault Victim Advocate Refresher Training, 9 a.m. to noon

13th – Ombudsman Assembly Meeting Hosted by Naval Academy Prep School, 6 to 8 p.m.

14th – Homebuyers' Workshop

15th – Take the Mystery out of Federal Employment, 11:30 a.m. to 1 p.m.

19th – Communication: Blinded by a Blizzard, 1 to 3 p.m.

20th – Sponsor Training, 9:30 to 10:30 a.m.

20th – Addictive Behavior, 1 to 3 p.m.

21st – Caring for Aging Parents, 1 to 3 p.m.

22nd – FFSC will be closed for Thanksgiving

27th – How to Financially Survive the Holidays, 2:30 to 4 p.m.

28th – A Day at the Beach When the Cold Wind Blows: Guided Imagery for Relaxation, 8 a.m. to noon.

29th – Thoughts & Feelings Seminar: Testing Core Beliefs, 1 to 3 p.m.

Housing Referral Office

Homes are available for rent to a selected list of affiliated groups. Furnished homes are now available for bachelors to share!



- *Active duty military*
- *Military retirees*
- *Active guard & reserve*
- *DoD employees*
- *Unaccompanied military families*

Communities offer a wide-range of recreational amenities.
For more information, call 841-2232.

Ney Hall Galley

MEAL PRICES		MONDAY-FRIDAY	
Breakfast	\$2.45	Breakfast ..5:30 a.m. to 7:30 p.m.	
Lunch & Dinner	\$4.55	Lunch	11 a.m. to 1 p.m.
		Dinner	4:45 to 6:30 p.m.
PHONE NUMBERS		WEEKENDS & HOLIDAYS	
Galley Office	841-1083	Breakfast	6 to 8 a.m.
Food Service Officer	841-2048	Lunch	11 a.m. to 1 p.m.
Menu recording	841-4445	Dinner	4:45 to 6:30 p.m.

The galley is not open to retirees or civilians.
***Rations-in-kind customers eat for free with valid ID card**

FFR Directory

Area code for Rhode Island is 401

AUTO SKILLS CENTER	building 1285	841-3026
Monday - Wednesday	closed	
Thursday & Friday	11 a.m. to 7 p.m.	
Saturday	9 a.m. to 5 p.m.	
Sunday	10 a.m. to 5 p.m.	
CHILD AND YOUTH PROGRAM		
CHILD DEVELOPMENT CENTER	building 1376	841-4562
Monday - Friday	6:15 a.m. to 5:30 p.m.	
Weekends & Holidays	closed	
CHILD DEVELOPMENT HOME	building 1376	841-1953
SCHOOL AGE CARE	building 1297	841-2883
Monday - Friday	6:15 a.m. to 5:30 p.m.	
Weekends & Holidays	closed	
TEEN CENTER	building 1297	841-2043
Thursday (ages 9 - 18)	5:30 to 8 p.m.	
Friday (ages 9 - 18)	10 a.m. to 4 p.m.	
FLEET & FAMILY SUPPORT CENTER	building 1260	841-2283
Monday - Friday	7:30 a.m. to 4 p.m.	
Weekends & Holidays	closed	
GYM 109	building 109	841-3154
Monday - Thursday	5 a.m. to 9 p.m.	
Friday	5 a.m. to 7 p.m.	
Saturday	7 a.m. to 5 p.m.	
Sunday	9 a.m. to 4 p.m.	
Holidays	9 a.m. to 5 p.m.	
Thanksgiving & Christmas Day	closed	
HARBOR ISLAND CONFERENCE CENTER	building 684	res: 841-1442
MWR AMERICA'S CUP CAFÉ	building 684	841-2108
Monday - Friday	6:30 a.m. to 2 p.m.	
Weekends & Holidays	closed	
HOUSING REFERRAL OFFICE	building 690	841-2232
Monday - Friday	8 a.m. to 4:30 p.m.	
Weekends & Holidays	closed	
LEISURE BAY	building 1255	841-2088
INTERNET CAFÉ/COFFEE SHOP/TICKET EXPRESS		
Monday - Friday	drive thru opens at 6:30 a.m.	
Monday - Friday	9 a.m. to 8 p.m.	
Weekends & Holidays	8 a.m. to 6 p.m.	
ITT OFFICE	building 1255	841-3116
Saturday - Tuesday & Holidays	closed	
Wednesday - Friday	10 a.m. to 6 p.m.	
MARINA	building 1397	841-3283
Monday - Friday	Noon to a half hour before sunset	
Weekends & Holidays	8 a.m. to a half hour before sunset	
MWR NWC CAFÉ	Hewitt Hall	841-4655
Monday - Thursday	6:30 a.m. to 3 p.m.	
Friday	6:30 a.m. to 2 p.m.	
Weekends & Holidays	closed	
NAVY GATEWAY INNS & SUITES	building 1312	841-7900
NEY HALL GALLEY	building 292	841-4445

OFFICERS' CLUB	building 95	841-1442
CATERING	building 95	841-1442
TOPSIDE RESTAURANT	building 95	841-1444
Monday - Friday	11 a.m. to 9 p.m.	
Saturday	4 to 10 p.m.	
Sunday & Holidays	closed	
POOL 307	building 307	841-6628
Monday - Thursday	6 to 8 a.m., 10:30 a.m. to 1:30 p.m. & 3 to 6 p.m.	
Friday	10:30 a.m. to 1:30 p.m. & 3 to 6 p.m.	
Saturday	8 a.m. to 1 p.m.	
Sunday & Holidays	closed	
RECREATION CENTER	building 656	
RECREATION MANAGER	building 656	841-2194
BOWLING CENTER	building 656	841-4293
Monday - Thursday	11 a.m. to 8 p.m.	
Friday	11 a.m. to 10 p.m.	
Saturday (Xtreme 8 to 11 p.m.)	1 to 11 p.m.	
Sunday	1 to 8 p.m.	
Holidays	noon to 6 p.m.	
BUSINESS OFFICE	building 656	841-3294
Monday - Friday	8 a.m. to 4:30 p.m.	
Weekends & Holidays	closed	
CHIEFS' CLUB	building 656	841-1117
Monday, Wednesday & Thursday	4 to 9 p.m.	
Tuesday & Holidays	closed	
Friday & Saturday	4 to 10 p.m.	
Sunday	1 to 8 p.m.	
ENLISTED CLUB	building 656	841-2575
Monday - Thursday	11 a.m. to 9 p.m.	
Friday	11 a.m. to 10 p.m.	
Saturday	4 to 11 p.m.	
Sunday	1 to 8 p.m.	
Holidays	noon to 6 p.m.	
GRAPHICS/MARKETING	building 656	841-4992
Monday - Friday	8 a.m. to 4:30 p.m.	
Weekends & Holidays	closed	
HUMAN RESOURCES	building 656	841-7697
Monday - Friday	7:30 a.m. to 4 p.m.	
Weekends & Holidays	closed	
LIBERTY CENTER	building 656	841-3054
Monday - Thursday	4 to 8 p.m.	
Friday	4 to 10 p.m.	
Saturday	noon to 10 p.m.	
Sunday	noon to 8 p.m.	
Holidays	noon to 6 p.m.	
MWR ADMINISTRATIVE OFFICE	building 656	841-2643
Monday - Friday	8 a.m. to 4:30 p.m.	
Weekends & Holidays	closed	
MWR SPECIAL EVENTS	building 656	841-3127
OUTDOOR RECREATION RENTAL	building 656	841-2568
Monday - Friday	3 to 6 p.m.	
Saturday	9 a.m. to 1 p.m.	
Sunday	10 a.m. to 1 p.m.	
Holidays	closed	



O'Club Topside
 Monday-Friday 11 a.m. to 9 p.m.
 Saturday 4 to 10 p.m.
 Sunday & Holidays Closed
**For more information,
 call (401) 841-1442.**

*All Hands
 Thanksgiving Day
 Buffet*

Thursday, November 22
 Seating times are from noon to 4 p.m.

Adults: \$27
 Children (ages 8-12): \$12
 Children (ages 4-7): \$6
 Free for children (3 & under),
 however a ticket is still needed.

Tickets may be purchased at the ITT Office,
 Building 1255 or call 841-3116 Wednesday
 through Friday 10 a.m. to 6 p.m.

Thanksgiving tickets go on sale Wednesday,
 November 7, open to all who have base access.



*All Hands
 Leftovers Lunch*

Friday, November 23
 11 a.m. to 3 p.m.

All-You-Can-Eat Thanksgiving Day meal
 including dessert and drinks (soda or coffee)
 while supplies lasts.

\$8 per person

Open to all that have base access,
 no ticket needed.

For more information,
 call the O'Club at 841-1442.



WEEKLY SPECIALS
 Details call 841-1442.

KIDS EAT FREE
at the Officers' Club!!

Tuesday Nights
5 to 8 p.m.
 with the purchase of
 one adult meal
 for children 12 & under

One (1) free kid's meal from the Kid's Menu per one (1) adult meal purchase. Adult meal consists of purchase of either Entree Salad, Sandwich, Burger or Entree or Special Entree from the Topside Menu.

Wednesday \$10 Steak Night

**8 OZ. GRILLED ANGUS
 NY STRIP STEAK**
STARTING at 5 P.M.

Lobster Night Thursdays

**World Famous Lobster Night at the
 Naval Station Newport Officers' Club!**

**Enjoy a steamed lobster or lobster dinner
 below market price...starting at 5 p.m.**

Friday Wing Night

30¢ Wings 4-6 p.m. Dine in Only

**Wings sold in increments of 10.
 Order Buffalo, BBO, Garlic Parmesan
 or Teriyaki Wings.**

Wine Tasting

Friday, October 26
 Wine paired with assorted delicacies. Live music
 from 5:30 to 8:30 p.m. featuring Linda Alber.

National Fluffernutter Day

Tuesday, October 9
 In celebration of National Fluffernutter Day, the
 first 100 customers to order lunch will receive a
 free Fluffernutter Whoopie!

National Chocolate Cupcake Day

Thursday, October 18
 In celebration of National Chocolate Cupcake Day,
 the first 100 customers to order lunch will receive a
 free Chocolate Cupcake!