



Navalog

Dec. 16, 2016 Edition

SPECIAL POINTS OF INTEREST:

NBNE CONDUCTOR EARNS PRESTIGIOUS OPPORTUNITY

TRAFFIC ADVISORIES

HOLIDAY HAPPENINGS/HOURS/ANNOUNCEMENT
NAVY SUPPLY SCHOOL GRADUATION

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Harpist **Arilyn Mitchell**, daughter of Chief Petty Officer Brian Mitchell (CSS), plays holiday carols, French and Baroque music at the Newport Commissary for patrons on Dec. 14. A member of the Boston Philharmonic Youth Orchestra, she regularly performs at the Newport Hospital, Navy Exchange and Naval Health Clinic New England Newport, among other public places. The **Military Tree** (right), a military themed holiday tree, is on display at the commissary through Dec. 24. Commissary employees: Siony Wagonblott, Sue Gonzalez, Justin Albano, Gloria Cercina, Diane Saez, Flot Pena, Suhaib Alkhiaifat, Michael Arhen and other baggers set up some ornaments on Dec. 9. Regular patrons are encouraged to bring a military themed ornament for the tree. Tenant commands are encouraged to provide an ornament representing their command. Children's gifts have been donated by commissary employees and baggers. Santa will visit on Dec. 17, 1 to 4 p.m. For more information, call Sue Gonzalez, 401-841-2111. Also at the commissary is a Caring and Sharing cart where donated food items can be dropped off. Some suggested items are: canned vegetables, gravy, stuffing, boxed potatoes, cranberry dressing, and pie filing. For additional details call PO3 Kenneth Riddick at (401) 841-2234 or email him at Kenneth.riddick@navy.mil. Photo by Alexis Chaung, NAVSTA Public Affairs

The Dec. 23, 2016 issue of the Navalog will be the final issue for this calendar year. We want to thank our loyal readers, subscribers and contributors for staying tuned in as we have told, as best that we can, the Navy in Newport story. CY 2016 also marked our transition to a digital format. The first issue for 2017 will be published on January 13.



The Naval Academy Preparatory School (NAPS) track team traveled to Boston to start their season on Saturday Dec. 3. They came away with some good season opening performances. Most notably **Eric Hughey** took 1st place in the men's 400-meter running an exceptional time of 48.74 seconds. **Clay Thompson** took 4th place in the men's 60-meter hurdles with a time of 8.28 seconds. The NAPS 4 x 400-meter men's relay team consisting of **Clay Thompson, Christopher Meacham, Nelson Quintana** and **Eric Hughey** took 3rd place running 3 minutes, 24.50 seconds. In the men's 200-meter, **Austin Pierce** finished 5th running 22.82 seconds. This team will be back in action after the holiday break. *Photo by Mark Donahue, NAPS*



Officer Candidate School Class 05-17 studies navigation at Callaghan Hall on Dec. 12.

Photo by Officer Candidate Alexander Funke, OTCN

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Operational and Exercise Impacts are often communicated to the public first using the installation Facebook Page—'like' us at: www.facebook.com/NAVSTANewport to stay informed!



Navy Band N.E. Bandmaster Selected for Masters Program

By Bob Krekorian
NAVSTA Newport Public Affairs

Lt. Gregory Fritz, Bandmaster Director of Navy Band Northeast (NBNE) was recently informed of the acceptance of his application to attend Arizona State University next August to start a one year postgraduate school program for bandmasters. Fritz was the only selectee for this program from among all of the Navy bandmasters who applied.

Upon completion, he will be awarded a Master of Music degree in Conducting. This will be the next natural step for Lt. Fritz who has surrounded himself with music since boyhood.

He heard the sound of drums at home growing up in Cincinnati, Ohio.

His father, who served as a Navy Radarman 2nd Class, had a set of drums and was always practicing as a band member getting ready to perform at the next wedding reception.

Lt. Gregory Fritz, inspired by this father, played drums (percussionist) in his high school band.

“At the time I never thought of pursuing music as a profession,” said Fritz. He took the suggestion from an aunt to pursue a music career.

He graduated high school and went on to attend the University of Akron where he earned a bachelor’s in Music Education in 1995.

For three years, he was the assistant director at Washington High School in Massillon, Ohio. He conducted a concert band, jazz band and marching band, as well as teaching music theory to aspiring students.

He enlisted in the Navy in 1998 and served 12 years as a percussionist. His duty stations included the U.S. Navy Steel Drum Band, Navy Band

New Orleans, Navy Band Great Lakes and Sixth Fleet Band.

In 2002, he graduated University of New Orleans receiving a master’s in Education Administration.



Lt. Gregory Fritz, Bandmaster Director, Navy Band Northeast

Photo by Edwin Wriston, NWC Staff Photographer

He was commissioned in 2010 after completing the Limited Duty Officer/Chief Warrant Officer Academy, Officer Training Command, Newport. His initial officer assignment was to the U.S. Navy Band, Washington, D.C.

He was assigned as Director, NBNE in November 2014.

“As the director, I’m charged with leading and administrating this organization,” Fritz said. “I walked into a great situation here. If I can leave the unit better than when I arrived I will have done something right.”

A part of his day to day routine is to respond to requests for musical support from an 11 state area of operations in the Northeast that includes New York, New Jersey, Delaware, and Pennsylvania.

Partnerships with public schools are an important part of the NBNE mis-

sion. A visit to a school with a band will include some of the school’s best young musicians sitting in with NBNE musicians.

“We are on the road a lot,” Fritz said. “We do community outreach tours to inform the public about what their Navy is doing and to honor our veterans and their families.”

Being on the road also means that NBNE is delivering a Navy message of patriotism.

“We are able to reach citizens in the small towns and communities that do not have any interaction with Navy personnel. We go there and tell the Navy story.

“People will sometimes come up to me telling me how much they appreciate the band’s public recognition of those who served. I have had Vietnam veterans approach me and say that they never got a welcome home or public recognition for their service until now. That kind of expression has been very moving to me.”

His enlisted musician experience has contributed to his appreciation for the professional military musicians that have graduated from the Naval School of Music.

“The quality of musicians we hire is very high. A vast majority of those who are assigned to Newport have music degrees, some at the master’s and doctoral level. That stamp of approval from the School of Music is one last step before Sailors are assigned to a band,” Fritz said.

“My job is to rehearse and conduct the band. Individual Sailors are responsible for the never ending commitment to honing their craft.”

“My graduate school goal is to become better at what I do. I want to better serve the phenomenal Sailors that I stand in front of.”



Coastal Riverine Squadron EIGHT Holds Change of Command

By Lt. Daniel Denton,
CORIVRON 8 Public Affairs

Friends, family and staff looked on as Capt. Daniel A. Daglio turned over command of the Coastal Riverine Squadron EIGHT (CORIVRON 8), Naval Station Newport, to Capt. Edwin N. Smith in Kay Hall, Dec. 3, 2016.

Rear Adm. Darren Hanson, Deputy Commander Navy Expeditionary Combat Command (NECC), was the guest speaker for the event and spoke about the flexible work of Riverine Warfare and particularly Reserve Riverine Warfare.

Capt. Robert Cepek, Commander, Coastal Riverine Group TWO was also in attendance and presided over the Change of Command between Captains Daglio and Smith.

Daglio thanked his family, friends and the CORIVRON 8 Sailors for their support.

“Leading this distinguished Squadron for the past two years has been a great honor for me. The Sailors, Officers and Chiefs have built upon the legacy of operational excellence at CORIVRON 8,” Daglio said.

Daglio was commissioned through the Holy Cross NROTC program in

1990. He took over as the Executive Officer of CORIVRON 8 in December 2012 and as Commanding Officer in December 2014.

He is staying in Newport to serve as the Commanding Officer of the Naval War College Reserve Support Unit.



During the course of his tour as commanding officer, Daglio guided the development of Coastal Riverine Force training to support the ever-changing requirements of High Value Unit Escort missions across the Force.

He oversaw the successful mobilization and demobilization of 105 Sailors to support Joint Task Force Horn of Africa and Shipboard Security in the 5th Fleet Area of Respon-

sibility, two successful New York Fleet Weeks (2015/2016), the Star Spangle Banner Extravaganza in Baltimore in 2015 and Baltimore Fleet Week in 2016.

The squadron also won the NECC Battle-E in 2014 as well.

In his remarks, Smith praised Daglio.

“Captain Daglio has established a culture of excellence that is evident in every facet of the command,” he said. “I am honored to serve the fine Sailors here at Coastal Riverine Squadron Eight and continue the Squadron’s legacy as the premier Anti-Terrorism/Force Protection provider to the fleet.”

Smith graduated from the University of Arizona in 1995 with a Bachelor of Arts in Political Science and received his commissioned from the University’s Navy Reserve Officer Training Program.

In 2005, he received his master’s in Business Administration from Everest University. His previous command tours include Alpha Company Commander, CORIVRON 8, and his last tour as Commanding Officer of Cargo Afloat Rig Team Three, Alameda, Calif.

Wreaths Across America—SNA Newport—Saturday!

The Surface Navy Association - Newport is kicking off our Wreaths Across America event for the 3rd year! We will join with local organizations, including the Military Spouses of Newport, American Heritage Girls, Boy Scouts, American Legion, VFW, and many more to lay 300 wreaths on veteran gravesites in Island Cemetery and the Newport Common Burial Ground.

Please join us on Dec. 17 at noon at Island Cemetery, 30 Warner St. Newport, RI in your Service Dress Uniform, (optional). If you would like to donate wreaths, please follow the link to WAA's secure website. They are \$15 each. However, if you donate 2 through SNA-Newport, then WAA will throw in an extra one. That's 3 for \$30! Drive ends 30 November. WAA Link: bit.ly/SNAWAA



Have you pledged yet?

The website with links to myPay and CFC is at: <http://rimactcfc.org/about-ri/> or see your command representative.

COMBINED FEDERAL CAMPAIGN (CFC) FOR 2016 “MAKE IT POSSIBLE”: If you have any questions, please email: Emily.gilmore@bostonabcd.org or call (617) 348-6228.



U.S. Navy Senior Enlisted Academy Team Green from Class 202 played five on five basketball at Chafee Fitness Center on Dec. 13 for command PT. The Senior Enlisted Academy is the Navy's Flagship Enlisted Professional Military Education Institution providing courses to select senior enlisted from the U.S. Navy, U.S. Army, U.S. Air Force, U.S. Marine Corps, U.S. Coast Guard, and allied/coalition nations.



Navy Band Northeast held their fun filled holiday concert last Sunday, Dec 11 at 3 p.m. inside Spruance Auditorium at the Naval War College. It was a wonderful way to kick off the holiday season and Santa swung by to greet those attending.

Navy Band Northeast performs hundreds of concerts annually throughout and 11 state area.

Find their calendar at:
www.usnwc.edu/navybandnortheast

Find them on Facebook:
www.facebook.com/NavyBandNE/

Follow them on twitter:
[@NavyBandNE](https://twitter.com/NavyBandNE)





Navy Supply Corps School Newport Certifies 47 Students ‘Ready for Sea’

By Lt. Jason Potvin, PAO
Navy Supply Corps School

Navy Supply Corps School (NSCS) Commanding Officer, Captain Doug Noble certified 47 students of the Basic Qualification Course (BQC), Class 16-040, 4th Battalion Echo and Foxtrot Companies, “Ready for Sea” at a graduation ceremony held, Dec. 9, at the NSCS Wheeler Center.

Vice Adm. William A. Brown, SC, USN, served as the graduation’s guest speaker.

Brown currently serves as the Director for Logistics (J4) on the Joint Staff. As the J4, he is responsible for integrating logistics planning and execution in support of joint operations to drive joint force readiness and to advise the Chairman of the Joint Chiefs of Staff on logistics matters.

Prior to his assignment as the Joint Staff J4, he served as the Commander, Fleet and Industrial Supply Centers, San Diego, and fleet supply officer at U.S. Fleet Forces Command in Norfolk, Va. He also served as the USTRANSCOM deputy commander, U.S. Transportation Command, Scott Air Force Base, Illinois, and USTRANSCOM director of Strategy, Policy, Programs and Logistics (J5/4).

His initial sea tour was aboard USS John F. Kennedy (CV 67), with follow on tours afloat as supply officer aboard both USS Leftwich (DD 984) during Operation Nimble Archer and aboard USS George Washington (CVN 73) during Operation Southern Watch in 2000.

Brown’s graduation address emphasized four ways to achieve success in the graduate’s first tour afloat: “safety, service, accountability, and mission of the ship.”

Brown, on leadership, highlighted the importance of integrity and trust in leading today’s sailors.

BQC is an in-depth 22-week curriculum encompassing the major areas of an afloat supply department to include food service, supply management, retail operations, disbursing management, Navy Cash, personnel administration and leadership.

The course prepares Supply Officers for their first operational tour by providing students with the personal and professional foundations for success.

This diverse group of students included 10 prior enlisted Sailors with backgrounds in Aviation, Submarine, Surface, and Expeditionary communities – collectively they bring over 78 years of experience back to the Fleet.

NSCS expects 4th Battalion graduates will offer their future commanding officers increased flexibility and enhance Supply Corps officers’ reputation for being naval officers first, and accountable officers always.

The students successfully balanced academic performance with community service in and around Newport during their time at NSCS.

Academically, 4th Battalion finished with a class grade point average (GPA) of 96.7.

Offsite, the students logged 890 volunteer hours supporting the Special Olympics, Rotary Club, Ocean Beach Clean-up, Save the Bay, Habitat for Humanity, Newport Marathon, Salvation Army Thanksgiving, and many more events.

The top graduates in each curriculum were recognized by NSCS leadership with professionalism awards.

Ensign Nia Chandler, Foxtrot Company, reporting to USS

Sampson (DDG 102), was the BQC 4th Battalion Honor Graduate with an overall GPA of 99.44.

Chandler was awarded an Officer’s sword by National Industries for the Blind; Supply Management Excellence Award; and Navy Exchange Service Command Ship’s Store Award.

Ensign Andres Bole, Foxtrot Company, reporting to USS Makin Island (LHD 8); and Lt.j.g. Spencer Wilson, Foxtrot Company, reporting to USS Pennsylvania (SSBN 735) Gold, were awarded the Food Service Excellence Award.

Ensign Bryan Prohaska, Echo Company, reporting to USS Harry S. Truman (CVN 75), was awarded the Leadership and Management Excellence Award.

Ensign Bryan Neely, Echo Company, reporting to the USS Halsey (DDG 97), was awarded the Defense Finance and Accounting Service Excellence Award; Military Officers of America Association Professionalism Award; and Newport County Council of the Navy League Volunteerism Award.

Lt. Ryan Matlock and CPO LeDezman Johnson were recognized as Instructors of the Battalion. Echo Company students Ensign Matthew Eslinger, reporting to USS Chancelorville (CG 62); Ensign Ngoc Nguyen, reporting to USS New Orleans (LPD 18); and Ensign Pamela Velez, reporting to PCU Gerald Ford (CVN 78), were recognized as Distinguished Graduates.



BRAVO ZULU SHIPMATES



Gen. David L. Goldfein (left), chief of staff of the Air Force, awards **Air Force Maj. Ethan E. Sabin** with the Distinguished Flying Cross medal. Sabin was honored for his acts of heroism to the United States as an A-10C pilot, 354th Expeditionary Fighter Squadron, 451st Expeditionary Operations Group, 451st Air Expeditionary Wing, Kandahar, Afghanistan on Oct. 5, 2009. *Photo by Petty Officer 2nd Class Jess Lewis, NWC*

Surface Warfare Officers School (SWOS) Commanding Officer Capt. Scott Robertson recognized Cmdr. Stephen Payseur with a Meritorious Service Medal upon his retirement on Dec. 9 after **35 years of faithful service**.



SWOS Commanding Officer Capt. Scott Robertson recognized Lt. Matthew Hays with a Navy and Marine Corps Achievement Medal on Dec. 9. →



SWOS Commanding Officer Capt. Scott Robertson recognized Lt. Todd Strong with a Navy and Marine Corps Achievement Medal on Dec. 9. →



Navy Supply Corps School (NSCS) Commanding Officer Capt. Doug Noble had the honor of presenting Ens. Keshia Monahan with the Military Outstanding Volunteer Service Medal on Dec. 6 at the NSCS Schoolhouse.



Senior Enlisted Academy Class 202 Graduates Today

From the Senior Enlisted Academy

The Senior Enlisted Academy (SEA) graduated 136 students of SEA Class (CL) 202 in a ceremony, Dec. 16, at Beirut Memorial Auditorium, Marine Corps Detachment, Newport, Bldg. 1112, at Naval Station Newport.

Master Chief Petty Officer Andrew D. Thompson, Force Master Chief, Navy Installations Command, was the guest speaker.

The 12-week course is comprised of a nine-week distance learning phase followed by a three-week in-residence program. Facilitated seminars in both distance learning and in-residence phases is the primary method of curriculum delivery.

Congratulations to the following service members, representing the 131 U.S. Navy; 1 U.S. Marine Corps; 2 U.S. Air Force; 1 U.S. Coast Guard; and 1 Liberian coast guard.

SEA Class 202 graduates:

SCPO Steven Adams
SCPO Marcus Aguirre
SCPO Kenneth Angenend
SCPO Manuel Aponte
SCPO Chris Armantrout
CPO Christian Baatz
SCPO Joshua Bangert
SCPO William Bare
CPO Justin Birch
SCPO Ramon Bouche
CPO Kimberly Bray
CPO John Broderick
MCPO James Brownson
SCPO Robert Butcher
SCPO Gerald Campbell
SCPO Armando Carrillo
MCPO Anthony Cash
SCPO Robert Cindric
SCPO Jorge Cruz
SCPO Kimberly Darling
SCPO Jody Davis
SCPO Paul Davis

SCPO Terry Davis
SCPO Geordane Deleon
SCPO Joseph Dennis
SCPO Timothy Devlin
SCPO Gary Dodge
SCPO Charles Doss
SCPO Gene Douglas
CPO Nick Downs
SCPO Michael Drake
SCPO Tracy Durbin
SCPO Raymond Erich
SCPO Corey Evans
SCPO Brian Faul
SCPO William Feliton



SCPO Brian Fletter
SCPO Thomas Flomo, Liberian coast guard
CPO Timothy Foote
SCPO Jovan Gates
CPO Brian Georger
SCPO Martin Glass
SCPO Katrina Hall
SCPO LaShala Hall
SCPO Jered Hanschen
SCPO Troy Haynes
SCPO Ryan Helbick
SCPO John Hendrick
SCPO Antonio Herring
SCPO William Hibbert
CPO Rodney Hopes
SCPO Darryl Hopson
SCPO Tarah Horney
SCPO Melissa Hubenak
SCPO Frank Jackson
SCPO Johnny Johnson
SCPO Michael Johnson
SCPO Detrick Jones

CPO Stacey Jones
CPO Melissa Kazmar-Vaughan
1stSgt Steven Keller, USMC
CPO Latoya Kirkland
CPO Larrissia Koulavongsa
CPO LeeAnn Krueger-Weeden
CPO Brady Labrum
SCPO Donald Langford
SCPO Christopher Lawrence
SCPO Banny Lazareno
CPO Christy Lewis
CPO Alonda Locklear
SCPO Justin Loftis
SCPO Justin Malmberg
SCPO Andrea McCormick
SCPO Harold McMillan
CPO Remington Messing
CPO Amagouno Minta
SCPO Derek Monks
SCPO Brian Moore
MCPO Brian Morris
SCPO Phillip Morris
CPO Thomas Najewski
SCPO William Neiman
SCPO Douglas Nelson
SCPO Timothy Newell
SCPO James Northrop
SCPO Renante Ochoa
CPO Anthony Osborne
SCPO Ferdinand Pallesco
MSgt Tracy Passerotti, USAF
SCPO Carrie Perz
CPO Scott Petersen
SCPO Savario Polito
CPO Shara Polk
SCPO Shelton Rainey
CPO Jeremy Ralston
SCPO Matthew Rayburn
SCPO Sean Rennells
SCPO Sara Reynolds
SCPO Bradley Rhineland
SCPO Joshua Rice
SCPO Jay Richards
SCPO Vilma Rodriguez
SCPO Nathan Rose
SCPO Gary Rosenberg
SCPO Jonathan Rothman
SMSgt Jeffrey Scobee, USAF
SCPO Tyree Scott





→
SCPO Jeruel Simsuangco
SCPO Lee Skinner
SCPO Travis Skipper
SCPO Jeffrey Skogen
SCPO William Spittle
MCPO Jeremy Stahl
SCPO Joshua Strauch
SCPO Henderson Susmerano
YNC Lindsay Taylor, USCG

SCPO James Theis
CPO Lewis Thomas
SCPO Luis Torres
CPO Troy Tracy
SCPO David Travis
SCPO Dale Vinson
SCPO Scott Vlaming
SCPO Austin Von Loh
SCPO Jason Wahl
CPO Brad Wallen
CPO Robert Wandell
MCPO Benjamin Wash-
ington
CPO Chere' Watson
SCPO Kevin Wilkinson
SCPO Aaron Williams
SCPO Richard Williams
SCPO Stephen Williams
SCPO John Woods
SCPO Lance Workman
SCPO Andrew Zalewski

Safety Note:

Keep what you've earned over the holidays and designate a driver to stay sober if you are heading out for holiday cocktails after work. Orange Cab and Airport Shuttle each have drivers authorized to come onto the base. Don't make a decision you'll regret. Stay Safe.



56 New Department Heads Complete Training at SWOS

From Surface Warfare Officers School Public Affairs

The Navy's newest department heads completed training during a ceremony at Admiral Michael Mullen auditorium at the Surface Warfare Officers School (SWOS), Naval Station Newport Dec 1.

Fifty-six surface warfare officers successfully completed their 27-week course to become department heads afloat.

Rear Adm. Roy Kitchener, commander, Expeditionary Strike Group 2, guest speaker for the event, looked to his own experience as a department head for words of encouragement for the graduates.

"My department head tours were the most effectively challenging and personally rewarding jobs I've had," said Kitchener.

Distinguished graduates included: Lt. Andrew Bartholomeaux who received the Arleigh Burke Award, as selected by his classmates as the individual possessing the strongest leadership, industry and perseverance.

He best exemplified the fighting spirit of Admiral Burke's famous squadron, the 'Little Beavers' - Destroyer Squadron 23.

He also received the City of Newport Award for demonstrating the highest qualities of professionalism and leadership.

Lt. Samuel Graessle received the Newport County Council of the Navy League Award for academic excellence as the top graduate for the class, as well as the Top Gunner award, given to the prospective department head with the highest grade



point average in the tactical action officer curriculum.

Lt. Jethro Ramos was selected for the Top Snipe award, as the prospective engineering officer with the highest grade point average in the engineering curriculum.

Many of the graduates will arrive at their respective ships within the week to begin their 18 or 36-month tours.



Lisa Smith
Molinari

A Christmas Carol, Redux

Thanksgiving was over, to begin with.

I awoke at midnight from a strange dream of being chased by a mashed potato monster, but I couldn't run, due to the weight of my own enormous thighs.

Then, suddenly, a form appeared at the foot of my bed wearing a floor-length polyester tartan skirt, a white ruffled blouse with huge tab collar, a crocheted vest, and a Christmas tree pin.

"Hi, like, I'm the Ghost of Christmas Past, and I'm here to take you on a pretty groovy trip back to the 1970s," the apparition said, twirling a segment of her long hair. No sooner did I grasp the ghost's macramé belt than we were whisked on metal roller skates to the home of my youth.

It was Christmas 1974, and my brother and I were decorating the tree with tinsel, careful not to rest the silvery plastic strips on the hot bubble lights, while our mother wrote a shopping list which included fruitcake, tea towels, Avon perfume, Barbies, Tonka trucks, and ribbon candies - gifts she would buy our family members with the money she saved in her Christmas account.

Mom served us cocoa in Santa mugs with icky mincemeat cookies, as we waited for "The Year Without a Santa Clause," which our console television might pick up if the antennae were turned just right. We lay contentedly on the green shag rug listening to a Burl Ives record, gazing up at our tree and its Styrofoam egg carton star.

I reached out, trying in vain to re-experience my youth, but was wrenched from my trance when a bubble light scorched my arm. "Ouch!" I exclaimed, and was upon

my own bed, surrounded by nothing but darkness and a faint tapping sound.

There, I saw the second apparition, her thumbs poking at an iPhone. "Hey, how's it going," she said, "I'm the Ghost of Christmas Present, but gimme a sec, I've gotta answer this."

Finally, the specter proclaimed, "Alrighty, touch my yoga pants and let's do this thing, because I've got carpool duty in a couple hours." I grabbed her spandex waistband and was transported to scenes of unimaginable chaos.



First, we saw my three-page Christmas list, which included gifts for the school lunch ladies, the ukulele instructor, and our neighbors. Next, we joined a stampede of Black Friday shoppers poised to pepper spray each other over the last Play Station 4 at Walmart. At Starbucks, we paid \$5 for Mocha Peppermint Chai Teas and \$300 for gift cards. Then we dashed off to mail out 150 photo cards and letter inserts with exaggerated superlatives about our kids and the dog.

Then, we ate, and ate, and ate. Gallons of hot dip and platters of cookies. We washed it all down with cartons of egg nog which, according to the sell-by date, would still be edible come Valentine's Day.

Finally, the Ghost dropped me in front of our HDTV virtual fireplace glowing beside our artificial tree with its economical LED lights. Exhausted, I pleaded, "Have mercy! Haunt me no more!"

Just then, a figure approached from the shadows. "Are you the Ghost of Christmases yet to come?!" I yelped in fear. The apparition only handed me a small high tech device. With a swipe, I activated a holographic Christmas tree and started micro-waving a vegan Tofurkey dinner. In mere nanoseconds, I live streamed

Christmas greetings to friends of friends of friends on Facebook.

But then, the Spirit pointed a long finger at the futuristic device. On the screen appeared countless images of pale people alone in the dark clicking buttons on Christmas. "Oh, no Spirit!" I cried, clutching at his robes, "I will heed these lessons and honor Christmas in my heart!"

I awoke in my own bed, and rushed excitedly down the stairs, shouting to my daughter, "Turn off that virtual fireplace before you dot another i, Lillian Molinari!" To my husband, "Off with you to the Winn Dixie for the fattest turkey in the freezer case!" I ripped up my three-page shopping list, put on my Sinatra holiday CD, and resolved to always keep Christmas well.

And lest I forget, God Bless Us, Every One!

Lisa's syndicated column appears in military and civilian newspapers including Stars and Stripes, and on her blog at www.themeatandpotatoesoflife.com and can be contacted at meatandpotatoesoflife@gmail.com or on Twitter: @MolinariWrites or 'like' her on Facebook at: <https://facebook.com/TheMeatandPotatoesofLife>

FLEET & FAMILY SUPPORT CENTER



Workshops: Registration is required, and may be made by calling 401-841-2283.

19 Dec: How to Financially Survive the Holidays, 9:30 to 1100 a.m. Designed to help service members and their families plan for increased holiday expenses and develop strategies to avoid overspending.

21 Dec: Anger Management, 3 to 4 p.m. Learn some ways to manage your anger, and change your life for the better.

21-22 Dec: Technical Training, 8 a.m. to 4 p.m., in Bldg. 656, MWR Conference Room. Career Technical Training is for you if you are interested in a trade or technical field that may require a certificate or license.

Programs Scheduled for January 2017

Jan: Resume Writing, 2 to 4 p.m.

9-13 Jan: SAPR VA Training, 8 a.m. to 4 p.m.

17 Jan: Thrift Savings Plan, 10 to 11:30 a.m.

17, 24, 31 Jan: Parenting, Love & Logic, 1 to 2:30 p.m.

18 Jan: New Spouse Orientation, 1 to 2:30 p.m.

18 Jan: Homebuyers' Seminar, 6 to 8 p.m.

19 Jan: Family Advocacy Training for Command Leadership, 8 to 9:30 a.m.

23 Jan: Smooth Move, 9:30 to 11 a.m.

24 Jan: Anger Management, 1 to 2:30 p.m.

25 -26 Jan: Accessing Higher Education, 4 to 6 p.m. (MWR Classroom)

26 Jan: SAPR VA Refresher Training, 9 to 11 a.m. or 1 to 3 p.m.

30 Jan: Develop your Spend Plan, 2:30 - 4 p.m.

31 Jan: FAP/SAPR Training for CDO's, 8 to 9 a.m.

Fleet and Family Support Center
Naval Station Newport
(401) 841-2283



Surviving the Holidays Financially

Although the holiday season is just beginning, holiday financial planning continues even after the holidays are over. Take the time to note which techniques and strategies were effective in helping you stick to your holiday spending plan. Calculate what you spent this year and divide that amount by 12. This will be your monthly savings goal.



Did you spend more than you planned? Review your spending plan and make changes so that you can afford the additional holiday debt. Try to pay more than the minimum monthly payment. Remember to be aware of potential financial safety issues year round, but particularly during the holiday season. Identity theft and unauthorized charges are becoming epidemic in our society.

Financial Safety Tips:

- Maintain control of your debit cards, credit cards, checkbook and identifying information (such as Social Security number and date of birth).
- Only carry the cards you plan to use.
- Know with whom you are doing business, especially online or over the phone.
- Share information with companies only where you have initiated the contact.
- Review all statements upon receipt to verify that all the transactions are accurate.
- Immediately report any "missing" cards or unrecognized transactions.

Resources to assist you:

- Command Financial Specialist (CFS)
- Fleet and Family Support Center (FFSC)
- Navy-Marine Corps Relief Society (NMCRS)
- Defense credit unions

It's never too early to start saving! Begin now so that you will have the cash for all your expenses next holiday season.

RI Salutes Program

Get discounts everyday by showing your Military/Dependent ID card at local retailers, restaurants and hotels throughout RI wherever you see this sign. For a complete listing of businesses participating in this program go to www.risalutes.com



Happy Holidays from the Staff of your Fleet and Family Support Center!

MORALE, WELFARE, & RECREATION



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OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

WEEKLY SPECIALS: begin at 5 p.m. unless indicated

Weekly specials and special nights are not available for take-out

MONDAY

½ price appetizers* from 4 - 6 p.m. *Appetizers are those items listed under "Appetizers" on the dinner menu; some exclusions may apply.

TRIO TUESDAY

Seaside Trio - Crock of Chowder, Stuffed and ½ order of Calamari

PASTA NIGHT WEDNESDAY

Rigatoni, Meatballs & Garlic Knot

LOBSTER THURSDAY

Traditional Boiled Lobster OR O'Club Lazy Style, both served with potato, corn on the cob, sausage & onions. **below market prices**

TGIF FRIDAY

Wing Buffet! 4 - 6 p.m. ~ Choose from Buffalo, BBQ, Garlic Parmesan, Teriyaki or Sweet Chili

SATURDAY

50% off all entrees* from 4 - 7 p.m.

*Entrees are those items listed under "Entrees" on the dinner menu; no sharing or split plates please.

COMMUNITY RECREATION CENTER, BUILDING 656

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

ALL HANDS LUNCH

Open to all base patrons! Order lunch in the E'Club or Seaview Lanes, weekdays starting at 11 a.m.

TUESDAY

Free fountain soda with a lunch purchase, 11 a.m.-1:30 p.m.

WEDNESDAY

All-you-can-eat Pizza and Salad buffet, 11 a.m. - 1:30 p.m., Pasta dinner special, 5 - 7:30 p.m.

THURSDAY

All-you-can-eat Taco Buffet, 11 a.m. - 1:30 p.m.

FRIDAY

Barbecue Pulled Chicken Sandwich with chips or fries, 11 a.m. - 1:30 p.m.

SEAVIEW LANES BOWLING CENTER

SUNDAY

Discounted bowling, priced per game*.

MONDAY

Discounted active duty military bowling, priced per game* 11 a.m. - 8 p.m.

MONDAYS-FRIDAYS 11 a.m.-3:30 p.m.

Discounted bowling for children and adults, priced per game*.

GROUP BOWLING PARTIES

Monday-Friday, priced per person, includes two games of bowling, shoe rental, pizza and soda. Call (401) 841-2094 to book your party.

BOWLING LEAGUES

There are bowling leagues on Tuesday and Friday nights. There will be limited lanes available after 5 p.m.

*per person

NFL SUNDAY TICKET
at the Community Recreation Center...
Every TV...
Every Sunday...
Open to all patrons with base access.

BAKER'S DOZEN
Having a holiday party and need food? Buy 12 large pizzas and get one large one-topping pizza free. Book in advance by calling (401) 841-2094. Not available on Wednesdays before 2 p.m.



NAVY RECREATION

Cookies & Cocoa Family Bowling Event

Sunday, December 18, 12-2 p.m.
Seaview Lanes Bowling Center

Come join us and bowl for a discounted price, per game (per person), discounted shoe rental, lunch special (hot dog, chips and a choice of soda or juice box). Make awesome arts & crafts, enjoy the reading circle, cookie & cocoa special and watch *How the Grinch stole Christmas* movie at 12:30 p.m.!

For details, call (401) 841-4293.




[f NAVSTANewportMWR](#)
[@NAVSTANPTRIMWR](#)
www.navymwrnewport.com

TEEN CENTER OUTDOOR RECREATION ORIENTATION

Thursday, December 29
5 or 6 p.m.
for ages 13-18
at the Teen Center
Building 1297, second floor

Our teen program is being revamped to offer new activities and excursions for teens at Naval Station Newport!

Come join us to get information and refreshments. Register with School Age Care by calling (401) 841-2883.






STOCKING STUFFERS

WACHUSETT MOUNTAIN, PROVIDENCE BRUINS, NEWPORT COUNTY DINNER CLUB, & ISLAND CINEMAS 10

Discounted tickets available at Seaview Lanes



ORDER ON OUR WEBSITE
DineOnTheGoMidlant.com

Download the app!

OR MWR Newport Facebook Page!

Can't get away from the office?

Don't want to lose your parking spot?

Let us bring lunch to you!

Order your custom sandwich, salad or snack by 9:30 a.m. via our Dineonthego app, website or MWR Facebook page. We'll make it fresh, and bring it to your choice of location: John H Chafee Fitness Center, Naval War College Café, Leisure Bay Coffee Shoppe, or Teen Center by 11 a.m. Just show your ID and you are on your way with a quick lunch made just the way you like it!



Available on the App Store



Get it on Google play



POWERED BY:  ChowNow





Call 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week

 <p>EDUCATION SERVICES OFFERED:</p> <p>Diabetes Nutrition</p> <p>Diabetes Support Group</p> <p>Food Fitness & Healthy Heart</p> <p>Pregnancy Nutrition</p> <p>Ship Shape</p> <p>Contact us to schedule a class or appointment:</p> <p>(401) 841-6777</p>	<p>December 2016</p> <p>NAVAL HEALTH CLINIC NEW ENGLAND HEALTH PROMOTION & WELLNESS CLINIC</p> <p><i>NMCPHC Monthly Observance</i></p> <p>“Impaired Driving Prevention Month”</p>
	<p>December 19th: Food, Fitness & Healthy Heart 12:00 p.m.-1:00 p.m.</p>
	<p>December 20th: Chair Exercise Class 9:30 a.m.-10:15 a.m.</p> <p>Weight Management Support Group 11:00 a.m.-12:00 p.m.</p>
	<p>December 27th: Chair Exercise Class 9:30 a.m.-10:15 a.m.</p> <p>Weight Management Support Group 11:00-12:00</p>
	<p>HAPPY HOLIDAYS</p> 

NHCNE Hours of Operation
Naval Health Clinic New England (NHCNE), Newport, will be closed for all services on Saturday, Dec. 24; and Saturday, Dec. 31. **Starting Jan. 7, 2017, NHCNE, Newport, services for primary care and ancillary services of laboratory and radiology will be closed on Saturdays.** Only the NHCNE Pharmacy will be open on Saturdays from 8 a.m. to noon.



Veterinary Clinic

Great companion pets are seeking homes as the holiday season approaches. Consider searching for a pet online or at your local shelter. As pets age, they will need regular preventative vet care to stay in good health.

The U.S. Army Newport Veterinary Clinic, located in Building 1255 Whipple Street next to Leisure Bay, is open Mondays, Tuesdays, and Fridays from 8 a.m. to 4 p.m. Pets are seen by appointment only. **Call 841-3994** to schedule an appointment or for information.

Only Active duty military personnel, their dependents, reservists, members of the National Guard, and retired military personnel are authorized to use the Veterinary Clinic.

The Newport Veterinary Clinic offers wellness exams, minor sick call exams, routine vaccinations, pet supplies, including flea and tick prevention, and Health Certificate preparation and exams. Follow them on Facebook at:

facebook.com/newportvetclinic/



Convenient, complete patient access.

Need to message your Primary Care Doctor for a non-urgent matter? Register for secure, fast messaging at relayhealth.com to schedule appointments, refill prescriptions, request a referral, and more!

AT THE CHAPEL

CHAPEL OF HOPE SERVICES (SUNDAYS)

Weekday Special Services:

NAPS Bible Study is Monday at 6 p.m. **Protestant Women of the Chapel (PWOC)** is on Tuesdays at 6:30 p.m. A weekly **Catholic mass** is on Wednesdays at 12 p.m. **The Muslim prayer** room will be available every Friday from 12 p.m. to 3 p.m. at the Chapel of Hope. There are many resources for service members to talk to that offer confidentiality, i.e. Medical, Fleet and Family counselors. These resources offer a limited form of confidentiality and certain topics must be reported when disclosed to them. Navy Chaplains are an exception to this rule and offer 100% COMPLETE confidentiality to all service members. A Chaplain is available 24 hours a day, between 7:30 a.m. to 4 p.m. Monday-Friday, call 841-2234. To speak to a Chaplain after hours call (401) 862-8457.

Weekend Services:

7:45 a.m. Protestant Liturgical Service (weekly Communion)

9 a.m. Catholic Mass, Chapel of Hope

9 a.m. Open Bible Study at Perry Hall Room 100

10:30 a.m. Protestant Contemporary Service

Join us for our Christmas Eve service at 6 p.m. It is open to all denominations.



Caring and Sharing

This program helps families in need enjoy a traditional Christmas meal.

Please donate non-perishable traditional Christmas items in the box.

We, and families in need, count on your donations!! Donation boxes are at your commands and you can donate until Monday, Dec. 19 at the Chapel!!



Suggested items are: Canned vegetables, gravy, stuffing, boxed potatoes, cranberry dressing, pie filling, etc...



Please contact your command representative for additional details or call PO3 Riddick at (401)841-2234 or email: kenneth.riddick@navy.mil



NLT Dec. 11– ALL NOMINATIONS EMAILED TO CMDCM King at: paul.a.king@navy.mil



THANK YOU FOR MAKING A DIFFERENCE!!



HAPPY HOLIDAYS!



NOW HEAR THIS...

HOLIDAY NOTES/EVENTS:

Wreaths Across America—R.I. Veterans Cemetery

The annual Wreaths Across America ceremony at R.I. Veterans Cemetery, 301 South County Trail, Exeter, R.I., will be held, Dec. 17, at noon. The ceremony will include a dedication of the wreaths, followed by the laying of more than 1,622 wreaths at the grave markers. R.I. Office of Veterans Affairs Director Kasim Yarn and Brig. Gen. Chris Callahan, R.I. National Guard Adjutant General, will deliver remarks. The event is open to anyone interested in attending.



Navy Exchange

The hottest gifts and brands at a fantastic value are at the Navy Exchange. Take advantage of the **Military Star Card** offer and the **Scratch-off** to save even more. Even deeper discounts at the BIG 3-day holiday sale **Dec. 16-18**. We have items up to 75 percent off. NEX extended store hours: **Dec. 16-17**, closing 8 p.m.; **Dec. 18**, closing 6 p.m.; **Dec. 19-23**, closing 8 p.m.; **Dec. 24**, closing 5 p.m. Please join us or check out our great deals online.

Ney Hall Galley Holiday Hours/Info

Ney Hall Galley will operate normal hours during the holiday stand down periods with the exception of December 25 and 26, and January 2.

December 25; Breakfast 6 to 7:30 a.m.; Lunch 11 a.m. to noon; Christmas Dinner 2 to 5 p.m.

Christmas Dinner is open to all personnel with routine base access and their guests, this includes retirees and DoD civilians. Price for dinner will be \$9.05 the traditional holiday menu will be published next week.

December 26 and January 2 will be holiday hours for meal service: Breakfast 6 to 8 a.m.; Lunch 11 a.m. to 1 p.m. and Dinner 4:45 to 6:30 p.m.

NAVSTA Security Pass and ID Office Holiday Season Operating Hours

In observance of the upcoming Federal holidays, the Naval Station Newport Pass and ID Office will be closed Monday, Dec. 26 (Christmas Day observance) and Monday, Jan. 2 (New Years Day observance).

Navy-Marine Corps Relief Society

Holiday hours: closed Dec. 23-26 in observance of Christmas, and Dec. 30-Jan. 2 for the New Year holiday. To contact our office e-mail:

newport.office@nmcrs.org

PSD/ID Card Section Info

The NAVSTA Newport DEERS/ID Card Section will be **processing customers Dec. 19-23, 7:30 a.m. to 4 p.m.** All walk-ins must be completely processed by 4 p.m., and they only accept customers that they can completely process prior to this time. Please visit their web site at <http://rapids-appointments.dmdc.osd.mil> to schedule an appointment during the non-student priority periods. Thank you for your cooperation.

On-Base Blood Drives Scheduled in January 2017

The Rhode Island Blood Center will hold blood drives at Naval Station Newport in January on the following dates:

-Jan. 16: Chafee Fitness Center, 2nd Floor, 3:30 to 7:30 p.m.

-Jan. 19: Naval Health Clinic New England, Command Conference Room, 11 a.m. to 4 p.m.

-Jan 19: Officer Training Command, noon to 4 p.m., Bloodmobile, Nimitz Hall lot.



January is National Blood Donor Month. All donors will receive a \$5 Dunkin Donuts gift card.

Remember anyone with routine base access can stop by and donate!

MLK Torch Run on Jan. 16

The 32nd annual torch run to pay tribute to the late civil rights leader Dr. Martin Luther King Jr. will take place on Monday Jan. 16, 2017. The run will begin at 9 a.m. from Patriots Park, located at the intersection of West Main Road and Route 24 in Portsmouth. Participants will run 8.5-miles south, while carrying the torch, down Route 114 as part of a day-long observance of the holiday.

Runners will travel through Portsmouth, Middletown and Newport, before reaching the finish line at the Thompson Middle School, where the Navy Band Northeast's brass quintet will perform. They are looking for volunteers to participate in this event. Please contact Byron McKenzie at byron.c.mckenzie.civ@mail.mil or at bmckenzi@bu.edu if interested.





NEX Gives Back to Students with it's A-OK Rewards

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. The A-OK Student Reward Program invites all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be at the end of December 2016.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Homeschooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in 1st through 12th grade.

Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services. *Since the program's inception, NEXCOM has awarded \$611,000 in savings bonds and \$110,000 in monetary awards to students with the help of its generous vendor partners.*

Military Spouse Scholarships Available

The National Military Family Association (NMFA) spouse scholarships and professional funds program is accepting applications now through Jan. 15, 2017.

Simply answer some survey questions and complete a short essay to be considered.

Awards range from \$500 to \$2,500. Go to www.militaryfamily.org or <http://www.militaryfamily.org/spouses-scholarships/scholarships.html> <<http://www.militaryfamily.org/spouses-scholarships/scholarships.html>> for more info and to apply.

TRAFFIC

ATTENTION FAST DRIVERS!

NAVSTA POLICE are now issuing Federal Traffic violation tickets that will result in monetary fines or you can contest them by going to federal court in Providence. This is in addition to running the risk of having your driving privileges on the base suspended by the Commanding Officer—Please slow down and remind your colleagues to do the same.



DON'T DRINK & DRIVE!

There are plenty of options for getting around over the holidays without sitting behind the wheel after you have been enjoying some alcoholic beverages with friends and family. Here on Aquidneck Island, Orange Cab (401-737-2868); Bizarros Transportation (774-930-2416) and Airport Taxi (401-841-0030) all have drivers who have been cleared

to drive onto the installation - so just specify you want to be picked up or dropped off on the base when you call for the cab.

Scheduled lane closures:

Peary St In front of bldg. 447, one lane closures Dec 21-23 from 9 a.m. to 3 p.m.—expect flaggers and sidewalk closure.

Elliot Avenue: Through—Dec 31: Between the intersection of Peary St. and south of the Senior Enlisted Academy is CLOSED for vehicle traffic. The sidewalk and jogging trail will remain open.

Gate 23 NUWC & CDC Bushnell St. through Dec 23 expect periodic work in the area as ongoing maintenance continues—plan accordingly for delays.

Stringham Road: Expect lane closures for utility work Mondays-Fridays beginning **Oct. 17 through Dec. 31, 7 a.m. to 3 p.m. daily.**

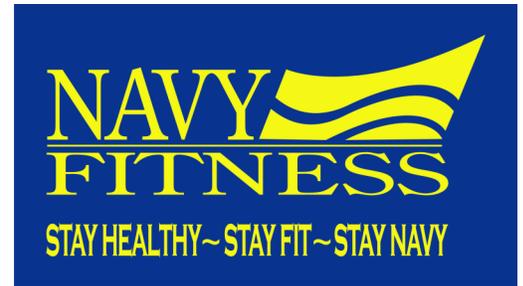


Gate Hours: Following are routine gate hours:

- Gate 1: Gate 1 is open 7 days a week/24 hours a day for routine traffic. (see exception at right)
- Gate 2: Open for morning commute Mon-Fri, from 6:30 to 8:30 a.m. to alleviate Gate 1 backups - incoming traffic only.
- Gate 17: Open Mon-Fri from 6 a.m. to 6 p.m.
- NHCNE Gate 7: Open Mon-Fri 6 a.m. to 6 p.m.
- NUWC Gate 23: Open Mon-Fri, 24/7, for commuters.
- NUWC Gate 32: Open Mon-Fri, 6:30 to 9 a.m. and 3:30 to 5:30 p.m., for commuters.

NAVSTA Newport Traffic Instruction 5100.1G is available online at: http://www.cnic.navy.mil/regions/cnrma/installations/ns_newport/news/navy-instructions.html look under the tab labeled "NAVSTA instructions."

There are **ALWAYS** jobs available within the commands and departments onboard Naval Station Newport and most can be found at the USAJOBS.gov website. NAVFAC Public Works Newport has 28 vacancies. Additional opportunities for veterans are listed with the Rhode Island Dept. of Labor, www.showyourstripes.com and dozens of other sites—stop by Fleet & Family Support Center and spruce up your resume.



The Navy Lodge is looking for a Housekeeping attendant and NGIS is looking for a custodial worker and front desk associate! Apply at:

https://nexcom.taleo.net/careersection/nexcom_external_hourly_cs/default.ftl

If you're interested in a job with the federal government, visit USAJOBS.gov, the official one-stop source –type in “Newport, RI” into the location to find a job near you!

The Navy Exchange is hiring for:

- Supervisory personalized services
- Sales Clerk
- Sales Clerk at the Package Store
- Sales Clerk—part time
- Navy Lodge Maintenance Worker (seasonal)
- Sales Clerk (minimart) - FULL TIME
- Sales Clerk—seasonal
- Supervisory Sales Clerk
- Sales Clerk—Electronics– FULL TIME

Looking for something to do? Come join our sales team and learn about what we can do for you! https://nexcom.taleo.net/careersection/nexcom_external_hourly_cs/default.ftl





Secretary of the Navy Announces Need for 355-ship Navy

WASHINGTON (NNS) -- The Secretary of the Navy announced the results of the 2016 Force Structure Assessment (FSA), a year-long effort which began in January that was conducted to evaluate long-term defense security requirements for future naval forces today at the Pentagon in Arlington, Virginia.

The 2016 FSA recommends a 355-ship fleet including 12 carriers, 104 large surface combatants, 52 small surface combatants, 38 amphibious ships, and 66 submarines. The assessment will be one input to the Navy's FY-2018 30-year shipbuilding plan. The current proposed Navy budget is seen as a bridge to this larger Navy, with shipbuilding on an upward glide slope towards 308 ships.

Navy leadership is confident that, if funded, this plan is executable, as each ship class called for in the FSA has an active shipbuilding line already up and running.

"To continue to protect America and defend our strategic interests around the world, all while continuing the counter terrorism fight and appropriately competing with a growing China and resurgent Russia, our Navy must continue to grow," said Secretary of the Navy Ray Mabus. "All of the analysis done to date, inside and outside of the Navy, recognizes, as we have for nearly the last eight years, the need for a larger Fleet. That is why, working with Congress and our partners in industry, we have successfully reversed the decline in

shipbuilding that occurred from 2001-2009, putting 86 ships under contract over the last seven years. Maintaining this momentum, and the cost-saving business practices we have established, will be critical to ensuring the Navy is able to achieve the FSA-recommended fleet size and is positioned to maintain the global presence the Navy and Marine Corps uniquely provide our nation."

The update reflects changes in the strategic environment since the last update in 2014. Future updates will continue to take into account changes in the environment, defense guidance and technology.

The 2016 FSA was not constrained by budget control act funding levels.

SECNAV Releases New Operations Security (OPSEC) Guidance

By James Magdanenski, Dir. Naval OPSEC Spt Team

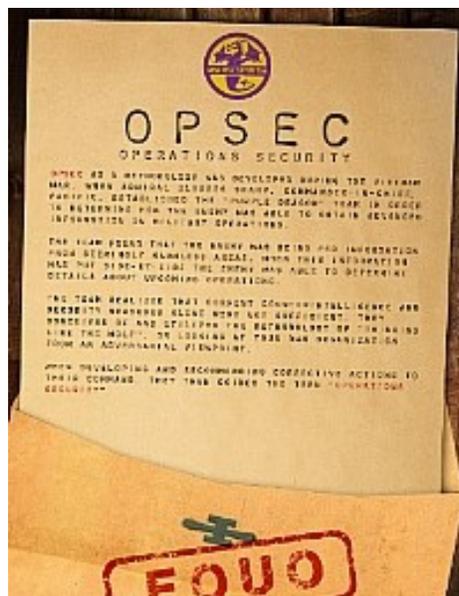
NORFOLK (NNS) -- The Secretary of the Navy (SECNAV) Ray Mabus just issued [ALNAV 072/16](#) to accompany the Department's new Operations Security (OPSEC) policy, which was released May 5.

The ALNAV is intended to spread the broad-reaching implications of the new policy to the widest possible operational audience and communicated the provisions to personnel outside the traditional information warfare community.

For example, Navy units and commands that fail to maintain an effective OPSEC program are automatically disqualified from earning a "Battle E" or other operational awards.

Lt. Cmdr. Josh Segal, the department's program manager, stated "Today we face a whole host of new threats and we are our own worst enemy. We have very sophis-

ticated adversaries who watch our every move, with the proliferation of smart phones and social media; we need to be significantly more vigilant in what we say and do."



Other significant highlights in the OPSEC policy (SECNAVINST 3070.2) and ALNAV include spe-

cific Commanding Officer responsibilities and accountability requirements for all higher commands to provide oversight of subordinate programs.

The new OPSEC policy includes two useful resources: a self-inspection tool and a DON Critical Information List (CIL). The self-inspection tool is intended to facilitate an internal assessment to determine compliance with Department of Defense (DOD) and Department of the Navy (DON) standards, as well as, provide higher level commands the ability to evaluate the effectiveness of subordinate programs. The DON Critical Information List (CIL) provides an overview of what the SECNAV considers "critical information" across the Department. Each Command is still expected to develop their own CIL based on local and specific operational threats.



Stacks of games, crafts and puzzles at the Providence VA Medical Center warehouse Dec. 13, 2016, waiting for VA social workers to pick them up and deliver them to Veteran families in need. In all, an estimated \$60,000 worth of toys and games were collected by VA employees, volunteers, Veterans, and a private donor wishing to be identified only as "Sailor Clause," who collected toys from organizations across Fall River, New Bedford and the surrounding area. (Providence VA Medical Center photo by Winfield Danielson)

Giving Tree Provides Gifts for Veteran Families in Need

PROVIDENCE, R.I. - The Providence VA Medical Center distributed an estimated \$60,000 worth of toys, bikes and games provided by VA employees, volunteers, Veterans and other donors to Veteran families in need during the week of Dec. 14, 2016.

"What better way to serve Veterans than helping to bring them the joy of happy children during the holidays?" asked Donna Russillo, chief of the Voluntary Service at the Providence VAMC, who coordinated the toy drive.

The drive began with a "Giving Tree" placed in the medical center's 5th floor, e-wing elevator lobby Nov. 29. Decorated with paper ornaments identifying the ages, genders, sizes and wish-lists of the children of Veterans, VA staff members could choose a family to sponsor, either individually or as part of a group. The sponsor then contacted the referring social worker listed on the ornament and arranged to provide the unwrapped gifts.

Simultaneously, a private donor wishing to be identified only as "Sailor Clause" collected toys, bikes and games donated in memory of Jeanine Arseneault of New Bedford, Mass., who passed away Nov. 6, from drop-boxes at organizations across Fall River, New Bedford and the surrounding area. The Dirty River Group, a Fall River motorcycle club, helped collect and deliver the items, which were brought to the Providence VAMC warehouse Dec. 12, where social workers and other VA staff could select gifts for the Veteran families with whom they work.

"The Giving Tree is one of those things that helps make the Providence VA Medical Center a special place for both Veterans and employees," said Dr. Susan MacKenzie, director of the Providence VAMC. "It's an honor to help brighten the holidays for Veteran families who have sacrificed so much in service to our nation."

Veterans, Caregivers Needed for Research Study

Are you a Veteran, age 18-70 years old who has been hospitalized overnight at least once in the past 5 years?

Do you have a caregiver, such as a spouse, significant other, family member or close friend that knows you well and that you see regularly?

If yes, you may qualify for a research study at the Providence VA Medical Center (PVAMC). If you are invited to participate, you and your caregiver will each be asked to take part in one 1.5 hour visit at PVAMC or over the telephone.

Parking is free, and all volunteers will receive a \$30 gift card for participating.

For more information, call 401-640-3235.

VA National Cemetery

The Department of Veterans Affairs (VA) now provides eligibility determinations for interment in a VA national cemetery prior to the time of need. Through the

Pre-Need Determination of Eligibility Program, upon request, individuals can learn if they are eligible for burial or memorialization in a VA national cemetery.

Interested individuals may submit VA Form 40-10007, Application for Pre-Need Determination of Eligibility for Burial in a VA National Cemetery, and supporting documentation, such as a DD Form 214, if readily available, to the VA National Cemetery Scheduling Office by: toll-free fax at 1-855-840-8299; email to Eligibility.PreNeed@va.gov; or mail to the National Cemetery Scheduling Office, P.O. Box 510543, St. Louis, MO 63151.

Information on VA burial benefits: www.cem.va.gov, or by calling VA regional offices toll-free at 800-827-1000.

To make burial arrangements at any open VA national cemetery at the time of need, call the National Cemetery Scheduling Office at 800-535-1117.

**Veterans
Crisis Line**



1-800-273-8255
PRESS 1