



# Navalog

Dec. 23, 2016 Edition

## Hospital Corpsman Honored by Navy League

SPECIAL POINTS OF INTEREST:

CARING AND SHARING SUCCESS WITH ELKS LODGE #1899

TOBACCO CESSATION CLASS

NAVAL WAR COLLEGE "CALL" FOR PAPERS

SEA FACULTY ADVISOR A FIRST



Honoring the Newport Naval Complex 2015 Blue Jacket of the Year, **Hospitalman 3rd (HN3) Class James A. Gizzi**, Naval Heath Clinic New England (NHCNE), Dec. 15, are, from left, Capt. Philip Sanchez, Commanding Officer, NHCNE; Mike Slein, Navy League; HN3 Gizzi; HN Heather Richards; Tom Feeney, Newport Navy League President and Capt. Dennis R.D. Boyer, Commanding Officer, Naval Station Newport.

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*By Lisa Woodbury Rama,  
NAVSTA Public Affairs Officer*

The Newport County Council of the Navy League of the U.S. hosted an awards ceremony and luncheon last Thursday at the Mainstay Inn in Middletown in honor of The Newport Naval Complex 2015 Blue Jacket of the Year.

The Honoree, Hospitalman Third Class (HN3) James A. Gizzi, has been promoted since the board convened for his selection earlier in the year and was accompanied at the luncheon by members of his leadership team including his commanding officer, Capt. Philip Sanchez, Naval Health Clinic New England, (NHCNE) Newport.

“The Newport Naval Complex Junior Officer and Enlisted Service Member of

the Year” boards were held in March and were comprised of the Executive Officers for the Junior Officer Board and the Command Master Chiefs or Senior Enlisted members of the Naval Station Newport tenant commands whose service members were appearing before the board.

HN3 Gizzi enlisted in the Navy in June 2012 and following his Basic Recruit Training and medical training, he went on to serve at Camp Lejeune Expeditionary Medical Detachment prior to reporting to NHCNE. Using off duty education and the Navy’s tuition assistance program, he earned an Associate’s Degree in Health Sciences from Kaplan University in September 2015. His accomplishments and stellar performance resulted in his being named the NHCNE “Blue Jacket of the Year for 2015” prior to his being se-



HN3 Gizzi receives a Certificate of Recognition from Tom Feeney, President, Navy League.



HN3 Gizzi receives a Proclamation from the City of Newport presented by Mayor Harry Winthrop.

lected for the Navy League recognition.

Some highlights from HN3 Gizzi's nomination packet include: His contributions to the high tempo Immunization Clinic at NHCNE that supports the delivery of exceptional care to 30,000 beneficiaries; His ability to independently assess patient needs for vaccinations, conduct patient interviews and follow physicians' orders consistent with the Centers for Disease Control Advisory Committee on Immunization Practice guidelines has made him the go-to corpsman; He provided noteworthy front desk support and exemplary customer service while checking in patients which helped educate more than 1,3901 patients on benefits and risks of vaccines which led to numerous complimentary customer evaluation comments. As the division's Regulated Medical Waste Petty Officer, he supervised the proper stowage of all sharps and biohazard bags and the proper handling and disposal of 63 medical waste containers – with zero discrepancies. As an engaged Division Safety Petty Officer, he managed division safety training and maintained the division Hazardous Material Program.



HN3 Gizzi's former Commanding Officer, Capt. Maureen Pennington, noted "Petty Officer Gizzi is a top-notch leader whose commitment to excellence, profes-

sionalism and concern for the welfare of others is unsurpassed. His daily contributions and positive demeanor represent the caliber of Sailor that the Navy and military community needs among its ranks."

Following the meal, the Honorable Harry Winthrop, Mayor of Newport, read a proclamation declaring last Thursday, Dec 15, as HN3 Gizzi Day in the City of Newport. Rich Rainier, Capt., USN, (ret) and administrator for the town of Portsmouth presented Gizzi with a town tile and town challenge coin. Mike Slein, Navy League event coordinator, presented a tile from the town of Middletown on behalf of Town Councilwoman M. Theresa Santos. In addition to the presentation of awards, there was a "Memory Book" given to Gizzi which includes letters of congratulations from elected officials from R.I. and his home state of Illinois. He also was presented a cash award from The Honorable J. William Middendorf II, former Secretary of the Navy and resident of Little Compton.

The Newport County Council Navy League hosts recognition ceremonies for the selectees annually. They partner with various civic groups and present honorees with gifts donated by businesses and organizations throughout the community.

For more information about the Navy League of Newport County go to [www.newportnavyleague.us](http://www.newportnavyleague.us)

NAVSTA Newport Public Affairs Office  
Office# 841-3538

E-Mail: [NWPT\\_ContactUS@navy.mil](mailto:NWPT_ContactUS@navy.mil)

Capt. D.R.D. Boyer, Commanding Officer

Lisa Rama, Public Affairs Officer

Bob Krekorian, Deputy Public Affairs Officer

Alexis Chaung, Staff

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Base Condition Line: 841-2211



We are always looking for content to share with our community and welcome emailed .jpg images; png formats and word documents—please do not send PDF

formatted content.

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



## SEA Names First-Ever Faculty Advisor of the Year

By SEA Public Affairs

U.S. Navy Senior Enlisted Academy (SEA) Faculty Advisor Senior Chief Petty Officer (SW/AW) Jessica Hauptman, a 21-year active-duty and Reserve Navy veteran, and former corpsman, was recognized by the academy's leadership and peers during a routine staff meeting.

"It is quite humbling," Hauptman, a two-year member of the SEA staff, said. "I am amongst outstanding senior enlisted leaders, whether they are FA (faculty advisors) or students. These are leaders and mentors I look up to; it is because of them I received this awesome title."

SEA Director Master Chief Petty Officer (AW/IW/SS/SW) Richard Curtis explained the important role Hauptman played in earning her selection.

"Three words - - initiative, attitude, and determination," Curtis said. "She is a well-rounded senior leader who is passionate about teaching, leading, and setting the example."

Part of setting that example, Hauptman established the command's first-ever Reserve Unit specifically designed to augment and support the SEA staff. In this position, she leads eight senior chief and master chief Reserve instructors located across the United States.

This is the first time in the SEA's more than 30-year history a staff member has earned this title.

SEA Deputy Director Master Chief Petty Officer (SCW/FMF) Del Terrell explained the importance of establishing the Faculty Advisor of the Year (FAOY) program.

"We, as senior enlisted leaders, ask



Senior Enlisted Academy (SEA) Director Master Chief Petty Officer Richard Curtis Jr., Command Master Chief, presents SEA Faculty Advisor **Senior Chief Petty Officer Jessica Hauptman** with a Certificate, Dec. 14, upon her selection as SEA's Faculty Advisor of the Year for 2016.

*Photo provided by SEA*

not to be recognized for what we do on a daily basis because we are ingrained that this is our job 24 hours a day seven days a week," he said.

"However, it is important for us as leaders who are in these positions to recognize personnel that continue to make that extra degree of difference, not because they want the recognition but because they want to make people, the Command, the Navy, the Department of Defense and our families better for the future. We continue to grow every day and having the FAOY program is another way to say 'thank you' for what you do."

"It's also important to consider that this is not a normal command," said SEA Lead Faculty Advisor Master Chief Petty Officer (SS/DV) Zach Montello.

"The SEA didn't have an awards program. Unlike most commands, generally the only awards our staff members usually receive are transfer

and retirement awards. This was established to recognize our staff outside of that norm," Montello said.

Hauptman, who is a personal trainer and massage therapist in Denver when not on active orders to the SEA, said her time at the command has helped shape her outlook in both her uniformed and civilian lifestyles.

"Other people's experiences motivate me to be successful. I listen, learn, and focus on becoming a better version of me," she said. "I truly believe that if you enjoy your job, it will show. I've been [an SEA FA] for two years and wouldn't ask for anything else. 'Do' because you want to, 'smile' because you mean it, and 'adapt' as needed."

SEA provides senior enlisted leaders education in communication skills, leadership and management, national security affairs, Navy programs, and physical fitness.

SEA is the Navy's only Professional Military Education (PME) institute for our senior enlisted force. With a capacity of supporting over 1,200 students annually, SEA is attended by active and reserve personnel from the U.S. Navy, Air Force, Army, Army National Guard, Coast Guard, and Marine Corps, as well as International Service partners.

SEA has been successful in preparing senior enlisted leaders for positions of greater responsibilities since 1981. Graduation from the SEA has long been a requirement before assuming Command Master Chief or Chief of the Boat positions. Furthermore, for senior chiefs selected in March 2016 and beyond, graduation from a Service SEA is a prerequisite for promotion to master chief.



## Looking forward to a Fitter You?

Are you going to resolve to get into better shape for 2017?

The Chafee Fitness Center staff are standing by to help everyone succeed with some special events lined up in January including:

### **The 2017 Get Fit Incentive Program –**

This program starts on Jan. 3, 2017 and goes throughout the year. It is a cross training program that rewards participants with prizes for distance logged throughout 2017 in running, swimming, biking and rowing.

Prizes are given at certain mileage logged for their respective activity. Top overall prizes will be awarded at the end of the year.

### **Aquidneck Island Challenge –**

Jan. 9 to Apr. 30, the 2<sup>nd</sup> Annual Aquidneck Island fitness challenge will start and end at Naval Station Newport. You will have to travel around Aquidneck Island using various types of fitness activities. You have 16 weeks to accomplish this challenge. And win great prizes!

### **Group Exercise Programs**

begin again on Jan. 4, and include 37 different classes taught by certified instructors - LesMills Body Pump, Spin, Kick Boxing, Yoga, Water Fitness and many more exciting formats to help you stay fit for the new year! In fact, Chafee Fitness is hosting two Les Mills Body Pump 100 kickoff events, Jan 19 from 5:30 to 6:30 p.m. and Jan. 21 from 8 to 9 a.m. If you're not sure what classes to take, join the New Year, New You class sampler on Sat., Jan. 28 from 8 to 10 a.m. to try a sampler platter of healthy exercise options!!

### **Stop in at the gym and check out the schedule.**

The **ShipShape Program** kicks off Jan. 3 and is offered at The Chafee Fitness Center instructed by Leslie Johnson, Public Health Educator, Naval Health Clinic New England, (NHCNE) Health and Wellness, and Certified Fitness Training Staff. ShipShape is the official Navy weight management program designed to assist Active Duty and Reserve military service members, beneficiaries and government civilians with making healthy behavior changes in order to lose weight. The eight session program meets on Tuesdays from 2:30 to 3:30 p.m.



and focuses on three essential components for weight loss: mindset, nutrition, and physical activity, to register contact Leslie at [leslie.b.johnson3.civ@mail.mil](mailto:leslie.b.johnson3.civ@mail.mil) or 841-6771.

**A Youth Fitness program** is being held on Jan. 7, 14, 21 and 28 from 9 to 10 a.m.. This four week program is for kids ages 10-14 to learn basics of strength and endurance training. The class is free and limited to 8 participants so register your child soon and make sure they come prepared to workout while having fun!



### **Intramural Basketball League -**

For those of you who love to compete in team sports, the Intramural Basketball league kicks off Jan. 9 and runs through March 24 and intramural Bowling starts up on Jan. 12. Get a team together and stop by the fitness center front desk to register- or if you don't have a team but would like to play then submit your name and the staff will connect you with other players!

### **Are you a swimmer?**

Well there is a Master Swim Program is each Tuesday & Thursday from 5:30 – 7:00pm. - Master levels range from novice swimmers to advanced and there is also an Adult Learn to Swim class each Wednesday from 6 to 7 p.m. for those of us who either can't swim for

20 feet or have been swimming for 20 years and would like to work on technique. All levels welcome. The fitness center is open to Active duty, retirees, dependents and DOD Civilians so come on down and take advantage of the expertise and state of the art facility we have right here on board Naval Station Newport.

Happy 2017 to all of you! Let's keep healthy habits, security and taking care of each other a priority for all of us this coming year. If you're traveling – be safe and we'll see you next year!



## Naval War College Seeks Papers on Women, Peace, and Security

By Daniel Marciniak, NWC Public Affairs

Naval War College is issuing a "call for papers" in preparation of its 5th annual Women, Peace and Security Conference to be held August 2017 at the college.

In an effort to gather theoretical and practical ideas from a wider audience not normally represented in a limited conference format, the conference series chair is soliciting papers from academics, researchers, military personnel, non-governmental organizations, and individuals who have an interest or experience in issues pertaining to WPS.

"Conferences have limited room for participants," said Mary Raum, NWC professor and chair of the WPS Conference series. "To have available, online and in the networked world, some quality thoughts on components of WPS from thinkers and practitioners who have a direct tie to the subjects being discussed is an invaluable resource."

"This call for papers will allow for a broader reach in exchanging ideas and enable us to network on a global scale -- a first step for formalizing the sharing of ideas allied with conference precepts," Raum added.

Since the inception of the U.S. National Action Plan on WPS in 2011, NWC has been at the forefront of exploration into national and international issues involving WPS, working toward the goal of empowering women in conflict prevention and peace.

According to Raum, the conference continues to grow in perspective and scope to ensure the participation and inclusion of ideas from sister services and international partners across the globe.

"Any person tasked with protecting the national interest must be aware

of the linkages between the security of women and the security of states," said Raum. "They should also be aware of the broad-level interconnections of the role of WPS with military, economic, and social freedoms around the globe."



In support of the conference theme, "The Next Decade: Amplifying the Women, Peace and Security Agenda," those with an interest or experience in WPS issues are encouraged to submit a paper on one of the following subjects:

- Department of Defense programs and issues (with particular interest in the Pacific hemisphere, peace and support operations, security force training, education, and international joint programs).
- Female populations and international piracy.
- Cyber violence, internet recruiting and links to female terrorism.
- Sexual violence and human trafficking.
- Gender and policy (to include discussions on the post-election dynamics of the "next four years").
- Humanitarian aid and disaster relief.
- Academic programs in the field of WPS.
- International security (with partic-

ular emphasis on Russia, China, and inclusive security inequalities).

"Being a contributor to this call for papers will allow for an additional avenue of exchange between theorists and practitioners in academia, military, and non-governmental organizations," said Raum. "These ideas are important for better operationalizing WPS components in the most meaningful way possible."

Proposals must be submitted by June 1, 2017.

Papers should be in the English language only and saved as a Word document. The maximum word count is 3,000 words, double spaced with a 12-pitch font. Submissions should be emailed to [mary.raum@usnwc.edu](mailto:mary.raum@usnwc.edu) with the subject line heading, "WPS Call for Papers: Last Name."

Selected papers will be published and accessible via the NWC website at <http://www.usnwc.edu>.

For more information, visit <http://www.navy.mil/>, <http://www.facebook.com/usnavy/>, or <http://www.twitter.com/usnavy/>.

**Navy Band Northeast** performs hundreds of concerts annually throughout an 11 state area that includes New England, New Jersey, Delaware, Pennsylvania, and New York



Find their calendar at:

[www.usnwc.edu/nybandnortheast](http://www.usnwc.edu/nybandnortheast)

Find them on Facebook:

[www.facebook.com/NavyBandNE/](http://www.facebook.com/NavyBandNE/)

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## Naval War College to Hold Lectures Open to All

By Lisa Woodbury Rama, NAVSTA Newport Public Affairs Officer

Naval Station Newport is teeming with experts who spend their days teaching, training and assisting our future leaders at the various schools that comprise the Navy's Center of Excellence for Officer & Senior Enlisted Education and Training.

Rear Adm. Jeffrey Harley, President of the Naval War College (NWC), has experts on his staff sought after for their in-depth knowledge on topics ranging from the connections between Women, Peace & Security to U.S. Naval Power in the Pacific to the Phenomenon of Feral Cities to name a few.

These topics are just some of those that will be discussed in a new series of free and open lectures directed to spouses, partners and significant others of military and civilian employees assigned to all of the commands here on the base.

The lecture series is being offered based on interest from spouses who asked the NWC leadership for access

to some of the academic lectures that their student spouses receive.

Rear Adm. Harley asked for faculty volunteers and enough came forward to hold the lectures every-other-week beginning Jan. 10 through June 6' from 4:30 to 5:45 p.m. in Pringle Auditorium at the College.

Those interested in attending should just show up at the quarterdeck of Spruance Hall, the main entrance to the Naval War College, and they will be directed down the Felix De Weldon Walkway to Pringle Auditorium.

No reservations are required and there should be ample parking in the student parking lot near McCarty Little Hall.

A complete schedule of lectures is below and will be published each week as the series proceeds. The lectures are not limited to spouses of students at the college – anyone with an interest in the topic can show up and learn!

"This is a very unique opportunity being offered to those of us with installation access and I'm going to encourage many of my junior Sailors

to take advantage of it," said Capt. Dennis R.D. Boyer, Commanding Officer of Naval Station Newport.

**The scheduled lectures are:**  
**Jan 10 – Women, Peace & Security**

**Jan 24 – 100 Years Ago – America and the Great War**

**Feb 7 – Hedging Obama's Nuclear Bet**

**Feb 21 – U.S. Naval Power in the Pacific**

**Mar 7 – Civil Military Relations**

**Mar 21 – ISIS and Current Conflicts in the Middle East**

**April 4 – Robotics and Unmanned Systems**

**April 25 – Female Literacy, Education and the message of Malala Yousafzai**

**May 9 – Humanitarian Assistance/Disaster Response**

**May 23 – The Phenomenon of Feral Cities**

**Jun 6 – NWC Curriculum and its impact on fighting past & future wars**

Mark your calendars now and start something new in 2017!

## Middletown Superintendent Selected to Lead MIC3

From Middletown Public Schools Dept.

LEXINGTON, Ky. — The Military Interstate Children's Compact Commission (MIC3), a national association that ensures the uniform treatment of military children transferring between states and school districts, has elected Rosemarie Kraeger, Middletown Public Schools Superintendent, as the organization's executive committee chairman, 2016-2018.

Kraeger is the Rhode Island MIC3 Commissioner. The election was held during the annual business

meeting, Oct. 26-28, in Florida. The meeting focused on organizational development and strategic planning.

"Our strategic planning places emphasis on our commitment to successful educational transitions for all the children of our service men and women," Kraeger said.

MIC3 was developed by the Council of State Governments' National Center for Interstate Compacts, the U.S. Department of Defense, national associations, federal and state officials, the department of education of each state, school administrators

and military families.

MIC3 is a governmental entity operating under the Interstate Compact on Educational Opportunity for Military Children.

This meeting was well attended with over 90 participants, including Commissioners and Ex-Officio members, as well as over 40 school personnel, military school liaison officers and members representing all branches of service, and the United States Public Health Service.

For more information about MIC3, visit: [www.mic3.net](http://www.mic3.net).



Holiday cheer is in the air at the NAVSTA Newport headquarters building atrium when members of the **Navy Band Northeast's Brass Quintet** stopped by, Dec. 16 at noon to deliver some holiday caroling for visiting patrons and NAVSTA staff and employees. From left, musicians MU1 David Paff, baritone horn; MU1 Dan Smith, trombone; MU1 Connor Hailey, tuba; MU1 Alicia Sowders, trumpet; and MU1 Geoff Scheusner, trumpet. *Photo by Bob Krekorian, Public Affairs*



Kristine Gamache, installation CFC coordinator, organized a bake sale, Dec. 16, in the building 690 atrium with all proceeds going to the Combined Federal Campaign (CFC); a total of \$98 was realized from the bake sale. Naval Station Newport commands have raised \$237,883; this is 55 percent of last year's contribution. Please consider the CFC for your year end charitable contribution.

*Photo by Bob Krekorian, Public Affairs*



South Kingstown Elks Lodge #1899 and sailors gathered at the Chapel of Hope on Dec. 20 to pack boxed dinners for the Caring and Sharing program. Sixty-three boxes were distributed to sailors' families throughout the tenant commands onboard NAVSTA Newport with an addition 451lbs of food being donated to the MLK Food Pantry in Newport. Military personnel featured top left to bottom right: HN Oliver Warren, BMC Americo Medina, RP1 Michael Robart, RP3 Kenneth Riddick, LN1 Ashley Proctor, HM3 Isabella DeSouza, and HM1 James Robertson.

*Photo by ET3 Alexis Chaung, NAVSTA Public Affairs*

Right Center, Construction Manager **Candace Brodeur**, NAVFAC Newport Public Works, recently passed her examination certifying her as a Professional Engineer (PE). Travis Germano, PE, NAVFAC Newport Public Works supervisory construction manager, credits her with managing her extremely high workload and putting in the time to insure she passed stating, "this is a tough test and the stamp of credibility is a big deal within our facilities/infrastructure industry, particularly for our engineers."



## **COMBINED FEDERAL CAMPAIGN (CFC) FOR 2016 "MAKE IT POSSIBLE":**

Please consider CFC for your year end charitable contribution. CFC was implemented as a BENEFIT only for federal employees. This means that the CFC is not part of your job and is in no way a requirement, but merely a safe, efficient, and effective way to donate to the charity or charities of your

choice in your community, country and/or internationally.

You have been so generous in years past and it has been an honor working with you to make the CFC so successful. Your charity and your community are eternally grateful for the career you have chosen and the selfless giving you have shown through yearly charitable donations. The campaign ends Dec. 31. Please consider pledging. If I can be of any assistance to you, or if you have any questions, please do not hesitate to email:

[Emily.gilmore@bostonabcd.org](mailto:Emily.gilmore@bostonabcd.org) or call me at (617) 348-6228.



Lisa Smith  
Molinari

## Misty and Mindful under the Mistletoe

I'll admit it. I'm a sap, a spineless, simpering, soft-hearted, sentimental fool. I'm one of those people who tears up at the slightest little things — a tidbit of news, an earnest child, the national anthem playing in the distance, a touching television commercial.

And when the holidays roll around, I'm schmalztier than ever.

The kids are mortified with embarrassment and Francis thinks I need to get my hormones checked. But how can I be expected to hold back the waterworks during the holidays?

With all the old movies that transport us to our childhoods, the aroma of baking cookies, the spontaneous generosity of folks dropping change into red buckets outside grocery stores, the snow globes with their softly suspended scenes, the familiar songs we hum while wrapping gifts, and the thousands of tiny twinkle lights.

This week, I blubbered while watching "It's a Wonderful Life" for the millionth time, I felt a lump in my throat anticipating our college kids coming home, and I got slushy after seeing a video of dogs snuggling with babies on Facebook.

But the hardest yank on my heartstrings came while Francis and I were watching the Navy Band Northeast's holiday concert on base.

There we were, nestled all snug in our auditorium seats and holiday sweaters, feeling Christmassy and patriotic all at once. When one musician took the stage in his dress cracker jacks and belted out a perfect medley of classic carols, my tear ducts were primed and ready for action.

Between sets, heart-warming video shorts were projected onto a screen behind the stage. The audience

laughed at a segment featuring young Navy plebes botching the words to "Feliz Navidad," and "Awww"ed in unison at clips of military brats sending sweet holiday messages to deployed moms and dads.

One small boy in a crooked Santa hat said, "Dad won't be home for Christmas. So, we're going to my



cousin's house. My cousin's house is ... [big brown eyes searching for the right words] ... really small." Then, after an adorable pause, the boy lit up, smiled and said, "But it's really cozy!"

The darling innocence of this boy — this military child accustomed to making the best of hard times — knocked my emotions off balance. One more tug, and I knew I was a goner.

So, I sat quietly, flush from the collective heat of the festively-garbed crowd gathered in the auditorium, praying that the director would instruct the band to play "Grandma Got Run Over By a Reindeer" to jerk me away from the emotional cliff. But the next video clips of surprise reunions with deployed servicepersons had me groping for a tissue in my purse.

I realized that in the military, we take for granted that loved ones will be deployed during holidays, birthdays, graduations and special occa-

sions. It is part and parcel of our unique lifestyle. When Francis was on a yearlong deployment, we adjusted during the holidays. We got together with friends and extended family members to fill the void. When he was standing the watch during other holidays, we pivoted to accommodate his schedule. There were no tears - it was military life.

According to the Department of Defense, roughly 220,000 American military service persons were deployed and away from their loved ones last December, in more than 100 countries and on every continent. This staggering figure does not even include the thousands more military personnel that will be on duty this week, sitting in silos, standing on watch floors, guarding gates, on the job, protecting and defending while we are home enjoying our families.

So, now, after 23 years as a military spouse, I see the nobility in military families' sacrifices during the holidays. I honor their strength and positivity in the face of hardship. Without shame or embarrassment, I shed a tear, or a bucketful, when I think of how blessed Americans are to have an all-volunteer force of military men and women who serve so that the rest of us, snug and safe with our loved ones, can be home for Christmas.

This year, I might be misty under the mistletoe, but I am grateful for the gift that is the United States Military.

*Lisa's syndicated column appears in military and civilian newspapers including Stars and Stripes, and on her blog at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com) and can be contacted at [meatandpotatoesoflife@gmail.com](mailto:meatandpotatoesoflife@gmail.com) or on Twitter: [@MolinariWrites](https://twitter.com/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.

## Programs Scheduled for January 2017

- Jan 5: Resume Writing, 2 to 4 p.m.
- Jan 9-13: SAPR VA Training, 8 a.m. to 4 p.m.
- Jan 17: Thrift Savings Plan, 10 to 11:30 a.m.
- Jan. 17, 24, 31: Parenting, Love & Logic, 1 to 2:30 p.m.
- Jan. 18: New Spouse Orientation, 1 to 2:30 p.m.
- Jan. 18: Homebuyers' Seminar, 6 to 8 p.m.
- Jan.19: Family Advocacy Training for Command Leadership, 8 to 9:30 a.m.
- Jan 23: Smooth Move, 9:30 to 11 a.m.
- Jan. 24: Anger Management, 1 to 2:30 p.m.
- Jan. 25 -26: Accessing Higher Education, 4 to 6 p.m. (MWR Classroom)
- Jan. 26: SAPR VA Refresher Training, 9 to 11 a.m. or 1 to 3 p.m.
- Jan. 30: Develop your Spend Plan, 2:30 – 4 p.m.
- Jan. 31: FAP/SAPR Training for CDO's. 8 to 9 a.m.

**SUBMIT YOUR  
TUITION  
ASSISTANCE  
REQUEST EARLY!**

**FOR MORE INFORMATION, VISIT  
NAVYCOLLEGE.NAVY.MIL**



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

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



## **Surviving the Holidays Financially**

Although the holiday season is well underway, 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](http://www.risalutes.com)



# MORALE, WELFARE, & RECREATION



www.navywmrnewport.com

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### OFFICERS' CLUB, BUILDING 95

Closed from Saturday, December 17 - Monday, January 2.

### 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.

Holiday hours are posted on MWR Facebook page and  
www.navywmrnewport.com.

## AUTO SKILLS CENTER CAR WASH OPEN 24/7

**COIN OPERATED CAR WASH \$3! LOCATED IN BAY 8, THE AUTOMATED SYSTEM INCLUDES OPTIONS FOR FOAM WASH, RINSE, SPOT FREE RINSE, WAX AND DRYING.**

## STOCKING STUFFERS

WACHUSETT MOUNTAIN, PROVIDENCE BRUINS,  
NEWPORT COUNTY DINNER CLUB,  
& ISLAND CINEMAS 10  
Discounted tickets available at Seaview Lanes

## 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.

## ORDER ON OUR WEBSITE DineOnTheGoMidlant.com

Or download the app!

OR order from the MWR Newport Facebook page

Community Recreation Center, Building 656  
Order online or from our app...pick-up at Seaview Lanes or get it delivered (on base only)!

**ORDER ONLINE HOURS**  
Monday-Thursday 4-7:30 p.m.  
Friday 4-8:30 p.m.  
Saturday 1-9 p.m.  
Sunday 1-7 p.m.  
Federal Holidays 12-5 p.m.

**On base delivery only!**

**DELIVERY HOURS**  
Friday 4-8:30 p.m.  
Saturday 1-9 p.m.  
Sunday 1-7 p.m.

POWERED BY: ChowNow

## TO GO!

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!

ORDER ON OUR WEBSITE  
DineOnTheGoMidlant.com

Download the app!

OR MWR Newport Facebook Page!

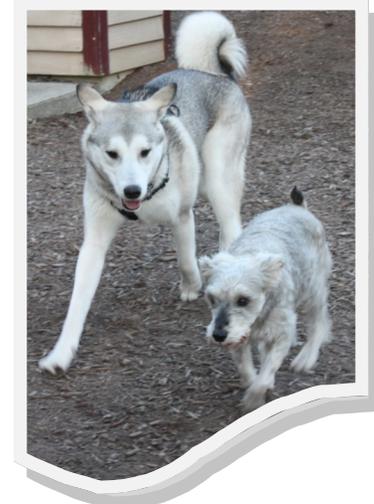
POWERED BY: ChowNow



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

**Treatment Facility**

EDUCATION SERVICES OFFERED:  Diabetes Nutrition  Tobacco Cessation  Contact us to schedule a class or appointment: (401) 841-6777 Health Promotion and Wellness Clinic 43 Smith Road Newport, R.I. 02841	<h2>January 2017</h2> <p>NAVAL HEALTH CLINIC NEW ENGLAND HEALTH PROMOTION &amp; WELLNESS CLINIC</p> <p><i>Join the January Challenge. Commit yourself to making at least one healthy change to your lifestyle.</i></p>
	January 3: <b>Chair Exercise Class</b> 9:30 a.m.-10:15 a.m. <b>Weight Management Support Group</b> 11:00 a.m.-12:00 p.m. <b>Ship Shape</b> 2:30 p.m.-3:30 p.m.
	January 4: <b>Diabetes Support Group</b> 9:00 a.m.-10:00 a.m.
	January 9: <b>Food, Fitness and Healthy Heart</b> 12:00 p.m.-1:00 p.m.
	January 10: <b>Chair Exercise Class</b> 9:30 a.m.-10:15 a.m. <b>Weight Management Support Group</b> 11:00 a.m.-12:00 p.m. <b>Ship Shape</b> 2:30 p.m.-3:30 p.m.



## 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/](https://facebook.com/newportvetclinic/) 

### 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.



**Convenient, complete patient access.**

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

# AT THE CHAPEL

## CHAPEL OF HOPE SERVICES

### 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 is 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 (SUNDAY):

**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.**



# AT THE MUSEUM



## Naval War College Museum announces new exhibit

By Liz DeLucia, U.S. Naval War College Museum

U.S. Naval War College Museum is hosting a new exhibit, "This is No Drill: The United States Enters World War II," that will be on display until June 1, 2017.

The exhibit is inspired by the "urgent" radiogram that went out to all U.S. Navy ships near Hawaii on Dec. 7, 1941, stating "AIRRAID ON PEARL HARBOR X THIS IS NO DRILL."

Rear Adm. Husband E. Kimmel, then-commander in chief of the Pacific Fleet, sent the message moments after Japanese aircraft began dropping bombs on the U.S. naval base at Pearl Harbor.

Less than two hours later, more than 2,400 people had lost their lives and many more were wounded in the attack that pushed the United States into World War II.

The exhibit occupies the museum's art gallery on the first floor and features artifacts related to the events at Pearl Harbor. Artifacts include a metal fragment of USS Arizona; a diorama by Robert D. Bracci entitled, "Last Liberty," which depicts Arizona's crew preparing to go ashore for what will turn out to be their final evening of rest and relaxation; a Royal Navy Volunteer Reserve uniform worn by American Alex Cherry; and models of Japanese naval aircraft used in World War II.

For more information or to schedule a tour, contact 401-841-4052 or visit <https://www.usnwc.edu/museum>.

Join us on **Jan. 5**, at noon, for the Naval War College (NWC) Museum's **8 Bells Lecture** at the Seamen's Church Institute (SCI), 18 Market St. in downtown Newport, to learn about, "Designing Gotham: West Point Engineers and the Rise of Modern New York 1817-1898," by Jon Scott Logel, Ph.D. Logel, Associate Professor in the War Gaming Department, Center for Naval Warfare Studies, NWC, presents his findings on the critical role of select Union soldiers turned New York engineers and their creation of Victorian New York. It's the story of an urban transformation.

This monthly lecture series is free and open to the public; and no reservations are required. Parking, first come first served, is available in the lot next to SCI; or the Mary St. lot, free for Newport residents; and metered parking also. Bring a friend.

# NOW HEAR THIS...

## HOLIDAY NOTES/EVENTS:

### 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. NEX extended store hours: **Dec. 22-23**, 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 Year's Day observance).

### Commissary

Holiday hours: open 9 a.m. to 7 p.m. Dec. 21-23, Christmas Eve: open 9 a.m. to 4 p.m., Christmas Day: CLOSED, New Year's Eve: open 9 a.m. to 6 p.m., New Year's Day: CLOSED



### PSD/ID Card Section Info

The NAVSTA Newport DEERS/ID Card Section will be closed Dec. 26 due to the Federal holiday. **The will be processing customers Dec. 27-30, 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](mailto:byron.c.mckenzie.civ@mail.mil) or at [bmckenzi@bu.edu](mailto: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.



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.

**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](http://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.

## Choristers Seeking New Members

The Newport Navy Choristers will open their 2017 season with a first rehearsal on Jan. 3, 7 to 9:30 p.m., in Perry Hall, Room 100. The Choristers will be under the direction of new director Lori McDowell, a retired CPO, who replaced Joann Loewenthal, who retired in May 2016 after directing the chorus for 20 years. Rehearsals are scheduled every Tuesday. The Choristers are composed of active duty military, retirees, reservists, and their dependents 16 years and older. For more information, all Pat McGue, 401-849-1135.

## 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.



# HOT JOBS

There are **ALWAYS** jobs available within the commands and departments onboard Naval Station Newport and most can be found at the [USAJOBS.gov](http://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](http://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](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](http://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](https://nexcom.taleo.net/careersection/nexcom_external_hourly_cs/default.ftl)





## Navy Leaders Bring Back Rating Titles

*By Chief of Naval Operations Public Affairs*  
 WASHINGTON (NNS) -- On Dec. 21, the Navy announced that effective immediately, Sailors may continue to be addressed by their Rating Titles. Chief of Naval Operations (CNO) Admiral John Richardson, with the support of Secretary of the Navy (SECNAV) Ray Mabus and Master Chief Petty Officer of the Navy (MCPON) Steve Giordano, made the announcement in NAVADMIN 283/16. "Our Navy needs to be a fast-learning organization - that includes Navy leadership," Richardson wrote in the NAVADMIN. "The Design for Maintaining Maritime Superiority states that our most junior teammate may have the best idea and that we must be open to capturing that idea. We have learned from you, and so effective immediately, all rating names are restored." "The SECNAV, MCPON and I, along with other Navy leadership, have had the opportunity to speak with thousands of Sailors during our travels throughout the fleet. The feedback from current and former Sailors has been consistent that there is wide support for the flexibility that the plan offers, but the removal of rating titles was unnecessary and detracted from accomplishing our major goals." The rating modernization working group will

continue its work on the substantive portion of the rating modernization effort. "As we looked at rating modernization effort over the past few months, we saw that we could still achieve the positive results we want without changing rating titles right now," said the Navy's Chief of Personnel Vice Adm. Robert Burke. "However, modernizing our industrial-age personnel system in order to provide Sailors choice and flexibility still remains a priority for us. Our personnel system has not fundamentally changed since the 1970s, and just like our ships, aircraft and weapons systems, it needs updates to keep pace with a rapidly changing world. We must not shy away from adapting to meet the needs of a 21st century Navy -- including the way we manage our people." "As we move forward into the execution stages of the rating modernization, more and more Sailors will have multiple occupational skill sets or ratings," Burke continued. "Before we get there, we will need to tackle the issue of managing rating names. We will involve Sailors throughout the Fleet and leverage the Rating



Chief of Naval Operations Adm. John Richardson and Master Chief Petty Officer of the Navy Steven Giordano discuss the recent rating modernization update during an all-hands call in the Pentagon. (U.S. Navy photo by MC2 Huey D. Younger Jr./Released)

Modernization working group to figure out how to best do that." Sailor 2025 is a set of initiatives collectively aimed at modernizing the personnel system, improving the training process and improving career readiness of the Navy's Sailors. The program has been a major focus of effort for SECNAV and CNO as they seek to better prepare the workforce for the current and future operating environment. Sailors have a direct line to provide input to the Rating Modernization working group to make sure their ideas are heard. Send them to:

[NavyRatingMod.fct@navy.mil](mailto:NavyRatingMod.fct@navy.mil)



SASEBO, Japan (Dec. 21, 2016) Religious Program Specialist 1st Class Justin Robison, from Avon, Ind., assigned to amphibious assault ship USS Bonhomme Richard (LHD 6), plays Santa during a volunteer service project at Emukae Kindergarten. Bonhomme Richard, forward-deployed to Sasebo, Japan, is serving forward to provide a rapid-response capability in the event of a regional contingency or natural disaster. (U.S. Navy photo by MC2 Diana Quinlan/Released)



# Tobacco Cessation Class

January 12<sup>th</sup>, 8 a.m. to 9:30 a.m.

NHCNE

McWilliams Conference Room

Call 401-841-6778 to register.



### 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](http://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



## VA Study Finds EEG Can Help Tell PTSD and Mild Traumatic Brain Injury Apart

From U.S. Dept. of Veterans Affairs

A recent VA study points to a possible breakthrough in differentiating between post-traumatic stress disorder (PTSD) and mild traumatic brain injury (mTBI), otherwise known as a concussion.

The two disorders often carry similar symptoms, such as irritability, restlessness, hypersensitivity to stimulation, memory loss, fatigue and dizziness.

Scientists have tried to distinguish between mTBI and PTSD in hopes of improving treatment options for Veterans, but many symptom-based studies have been inconclusive because the chronic effects of the two conditions are so similar. If someone is rating high on an mTBI scale, for example, that person may also rate high for PTSD symptoms.

The researchers used electroencephalogram, or EEG, a test that measures electrical activity in the brain. The size and direction of the brain waves can signal abnormalities.

Analyzing a large set of EEGs given to military personnel from the wars in Iraq and Afghanistan, the researchers saw patterns of activity at different locations on the scalp for mTBI and PTSD. They saw brain waves moving slowly in opposite directions, likely coming from separate places in the brain.

The researchers emphasize that these effects don't pinpoint a region in the brain where the disorders differ. Rather, they show a pattern that distinguishes the disorders when the EEG results are averaged among a large group.

"When you're looking at an EEG, you can't easily tell where in the

brain signals associated with TBI and PTSD are coming from," said Laura Manning Franke, Ph.D., the study's lead researcher and research psychologist at the Hunter Holmes McGuire VA Medical Center in Richmond, Virginia. "You get kind of a coarse measure – left, right, anterior, posterior. We had a different distribution, which suggests that different parts of the brain are involved. In order to determine what patterns are tracking their TBI and PTSD, you need an average to do that," Franke added.

The study linked mTBI with *increases* in low-frequency waves, especially in the prefrontal and right temporal regions of the brain, and PTSD with *decreases* in low-frequency waves, notably in the right temporoparietal region.

The differences in the levels of the waves may explain some of the symptoms of the two disorders, suggesting a decline in responsiveness for someone with mTBI, for example, and more anxiety for someone with PTSD.

Franke also noted that more low-frequency power has also been linked to cognitive disorders such as Alzheimer's disease and less low-frequency power to problems such as drug addiction.

Additionally, spotting distinct patterns of mTBI and PTSD in separate parts of the brain is key for two reasons: the possibility these conditions can be confused with each other is reduced. That can help improve diagnosis and treatment and the patterns show that electrical activity appears to be affected long after combat-related mTBI, suggesting long-term changes in neural communication, the signaling between

cells in the nervous system.

"That could help, in part, explain the reason for persistent problems." The study included 147 active-duty service members or Veterans who had been exposed to blasts in Iraq and Afghanistan. Of those, 115 had mTBI, which accounts for nearly 80 percent of all traumatic brain injuries. Forty of the participants had PTSD, and 35 had both conditions.

Despite the new findings, Franke and her team believe more work is needed to better explain the differences in the patterns of both conditions in the brain's electrical activity. Researchers need to analyze the differences in scans from larger numbers of patients.

Meanwhile, though, she said she hopes the research will play a role in helping medical professionals better diagnose someone's condition through an individual EEG—whether that person has PTSD, a brain injury, or a combination of the two.

"That's the holy grail," said Franke. "We want to use the EEG to differentiate the problems, but also to predict recovery and be able to measure how people are doing in a more biological way than just measuring symptoms, although those are still relevant. But symptoms are also problematic because they're influenced by so many things that aren't the disease that we're interested in."

For more information about VA research on PTSD and TBI, visit [Posttraumatic Stress Disorder](#) and [Traumatic Brain Injury](#).

Information about Franke's study may be found at the [International Journal of Psychophysiology](#)