For many enlisted servicemembers and officers, good communication and teamwork is essential to doing our jobs and extends to taking care of our families. Naval Station Great Lakes (NSGL) honored the contributions and sacrifices of the military spouses with an appreciation breakfast at the community center in housing May 15.

The breakfast included a buffet with pancakes, danishes, eggs and fruits, along with Girl Scout Cookies for snacks and a raffle for gift cards. After opening remarks and the invocation, NSGL Commanding Officer Capt. Raymond Leung stood in front of the audience for a speech and thanked them for being able to attend the breakfast. He also took time to thank his wife Michelle for her constant support throughout his career.

NSGL Commanding Officer Capt. Ray Leung posed with area ombudsmen at the Military Spouse Appreciation Breakfast. (MC3 Ivana Campbell)

SPOUSES, continued on next page
Spouses enjoyed a pancake breakfast. (MC3 Ivana Campbell)

*SPOUSES, continued from previous page*

"My wife and I work as a team so I can do my job as the base commanding officer and she knows what I have to do," said Capt. Leung. "I know that without her love and sacrifices, life would be so much harder, so I am so happy that she and all the other spouses help us take care of it all."

Mrs. Michelle Leung then stood up to give a speech of her own, including her feelings and experiences as a Navy spouse.

"I know that sometimes having someone you love go on 8 or 9 month long deployments can be extremely difficult, but, know that you are not alone," said Michelle. "I was able to get through the toughest times because of people like you all, fellow military spouses, working together and supporting each other."

After the breakfast, the group gathered for a group photo before heading home.
May 17, 2019 Award Winners at

The Recruit Graduation Review

ACADEMIC EXCELLENCE AWARD
SR Alexandra Fichtler, Div. 205
Pompton Plains, New Jersey

NAVY CLUB OF THE UNITED STATES MILITARY EXCELLENCE AWARD
SR Isaiah Duenas, Div. 206
San Diego, California

MILITARY OFFICERS ASSOCIATION OF AMERICA AWARD
SR Lane McAdams, Div. 208
Colorado Springs, Colorado

THE MILITARY ORDER OF THE WORLD WARS AWARD OF MERIT AWARD
SR Bianca Morrow, Div. 206
Stawood, Michigan

UNITED SERVICE ORGANIZATIONS SHIPMATE AWARD
SR Samuel McCrocklin, Div. 208
Marble Falls, Texas

NAVY LEAGUE AWARD & RECRUIT REVIEW COMMANDER
SR Samson Ambrosekawawai
Div. 928
Honolulu Hawaii

www.bootcamp.navy.mil
Around the Station

San Diego Educators Visit Great Lakes

By Brian Walsh, TSC Public Affairs, and John Sheppard, NSGL Public Affairs

Educators from the San Diego area had the opportunity to tour Great Lakes, see a recruit graduation, and meet with Capt Ray Leung, Naval Station Great Lakes Commanding Officer.

(John Sheppard)

Naval Station Great Lakes, Recruit Training Command, (RTC), Training Support Center (TSC) Great Lakes, Surface Warfare Officer Unit (SWOSU) Great Lakes and Center for Surface Combat Systems Unit (CSCSU) Great Lakes hosted an Educator Orientation Visit (EOV) for San Diego area educators May 7-10.

The purpose of the visit was to demonstrate the training used at RTC, TSC, SWOSU and CSCSU that provided 24-hour supervision, leadership, training and professional development of accession Sailors prior to their arrival to the Fleet.

“Our main goal is to provide Navy awareness to the educator’s communities that are located within our recruiting district to help them understand the benefits of students exploring careers in the Navy, or any armed service branch,” said Erin Abram, education service specialist for Navy Recruiting District San Diego. “It opens their eyes to what is available in career and education paths.”

The educators arrived on May 7 and were briefed by OS1 Brittny Hadley during a session at the Port O’Call.

On May 8, the educators visited RTC. They had the opportunity to interact with instructors at marksmanship training and seamanship training before meeting with the RTC commanding officer, Capt. Erik Thors.

Later in the day, they had lunch in the USS Triton galley, saw damage control training at the USS Chief, and water survival training at USS Indianapolis combat training pool.

On May 9, the day began with a tour of the student indoctrination’s Life Skills training. Sailors arriving on board from boot camp attend the training before any rate-specific courses. Subjects taught in the course cover sexual assault intervention, military pay and entitlements, healthy relationships, navigating stress, operations security, banking and financial management service, and responsible alcohol use.

“It was nice to see that the Navy implements life skills into the program,” said Juan Morante, college career counselor at Woodbridge High School, Irvine, Calif. “It is gratifying to us because a lot of times we worry about these students. Yes, for many, they are going to start making money for the first time. Knowing that they will be educated on budgeting, investments, credit and

See EDUCATORS, next page
smart ways to spend their money is a big weight off our shoulders when helping them in their career choice to join the Navy."

Their next stop was at Center for Surface Combat Systems Unit (CSCSU) Great Lakes at the Gunner’s Mate “A” School’s Fire Arms Training Simulator and Electronics Technician/Fire Controlman “A” school T1 RADAR partial task trainer.

At SWOSU Great Lakes, command leadership led a tour of the training facilities of Basic Engineering Common Core (BECC). BECC is a 13-day course where students learn engineering principals and theory. It balances Computer Based Training CBT training with hands-on training labs, instructor-led classroom training. They also visited the SICLOS Lab, and Purifier Lab and LPD 17 Maintainer Course where students gain knowledge and skills to maintain engineering control systems in the fleet.

“The biggest reason I am here is to gain the knowledge of what happens after boot camp,” Morante said. “I find that a lot of our students are intimidated by recruiters on campus. Students would come to me and ask what if I want to join the Navy. All I would know is that they would have to go to boot camp and refer them to a recruiter for more information. That would push them off a bit from continuing for information on Navy service. So, being able to see the Navy schools in detail will allow me to tell our students what to expect. Seeing what Sailors go through in their individual schools is like getting a college education if you think about it.”

The TSC portion of the visit concluded at the galley for lunch with Coalition of Sailors Against Destructive Decisions (CSADD). CSADD Sailors promote positive choices and develop leadership through organizing local social networks, facilitating discussion, producing visual messages, promoting community involvement and hosting recreational events.

That evening, the educators went to “pizza night” at RTC and interacted with recruits who were about to graduate from boot camp.

“Having the opportunity to show high school educators what the Navy is all about is invaluable,” said Culinary Specialist 2nd Class Sunni Gallegos, recruiter at Navy Recruiting Station Santa Ana, Calif.

“A lot of times it is difficult to explain what happens after boot camp. Bringing them to Great Lakes allows them to see that there is more to Navy service than just the physical part of it. They get to see the large number of career paths a Sailor can take. They also get to see that our best Sailors use the best curriculum, utilizing cutting edge technology to train students in a career that they can use in the Navy or out if they choose not to stay in the Navy,” said Gallegos.

The following day, the educators had the opportunity to witness a boot camp graduation and speak with Capt. Ray Leung, Naval Station Great Lakes commanding officer.

“This tour we visited Training Support Center, the Learning Sites and Recruit Training Command. The educators were able to see where their students will be going immediately after high school graduation. For that reason, I feel that this is one of the best tours out of all the tours available,” said Abram.
Great Lakes eBulletin

SAFETALK Suicide Prevention Training is conducted every Wednesday at 1300 in the Fellowship Hall at Bldg. 3. All are welcome; large groups please coordinate ahead of time. Call 847-688-4461 ext. 338 for more information.

Around the Station

Have Fun Instead of Getting Hurt This Summer

Aviation Ordnancemen Second Class Barry Wyatt receives a Navy and Marine Corps Achievement Medal from NSGL Commanding Officer Capt. Raymond Leung during the awards ceremony before the brief.

(MC3 Ivana Campbell)

NSGL Safety Director Ross Johnson made the safety brief fun and informational.

(MC3 Ivana Campbell)

By MC3 Ivana Campbell, NSGL Public Affairs

As summer approaches, the Naval Station Great Lakes Safety Office spoke with Sailors about common hazards of the season with a Safety brief at Ross Theater May 14.

Topics included driving safely and avoiding distracting behavior while behind the wheel, recognizing signs of heat fatigue and proper hydration, suicidal awareness, healthy eating and practicing operational risk management.

"We worked together to put this slideshow presentation and brief because we want to make sure everyone has a happy summer experience," said Ross Johnson, NSGL Safety Officer. "My hope is that we inspired people to observe possible risky behaviors and come up with an effective plan so they can spend their summer having fun instead of getting hurt."

Aviation Ordnancemen Second Class Barry Wyatt receives a Navy and Marine Corps Achievement Medal from NSGL Commanding Officer Capt. Raymond Leung during the awards ceremony before the brief.

(MC3 Ivana Campbell)
Slice, Slice Baby!

MWR’s midday Pizza Race a hit with Great Lakes runners

The Captain’s Cup took off at 11 a.m. on May 9 with the Pizza Race.

Around 125 runners enjoyed a few slices of pizza and a smoothie after a two-mile run through main side.

The overall male winner was BM2 Michael Drake and the female overall winner was FCSA Megan Sheehey. The fastest team was USS North Carolina.

More events are listed on the MWR Facebook page.

—MWR Great Lakes
WASHINGTON (NNS) -- The Navy has implemented a two-step resolution process for housing residents who have issues or concerns with their current residences.

The process pertains to all Navy housing options – Public Privatized Venture (PPV), community, government-owned or leased, family and unaccompanied.

“Our goal is to simplify the approach to reporting and resolving housing issues going forward,” said Greg Wright, Commander, Navy Installations Command housing director. “Sailors and families should report deficiencies to the property managers immediately. If the issue is not resolved, they need to notify the Navy Housing Service Center or their command, who will advocate on their behalf.”

For PPV housing, the first step is to report any issue to the local PPV property manager. If the issue is not resolved in a timely manner or of quality standards, residents are asked to contact their local Navy Housing Service Center (HSC), which directly reports to the installation commanding officer, or the service member’s chain of command.

For government-owned or leased housing, residents with suggestions, concerns or complaints can first contact their local maintenance trouble desk. If your housing issues remain unresolved, contact your Navy HSC or chain of command.

For Sailors living in unaccompanied housing units, the first step to have your concerns addressed is to follow local guidance and contact Navy housing staff. If the issues are not fixed, then contact your unaccompanied housing manager or report your concerns to your chain of command.

“While we work to better understand the extent of the problem, we are moving forward with some immediate actions to help our Sailors and their families address their unresolved issues,” Wright said. “When problems are reported, they will be resolved as quickly as possible.”

To find your local Navy Housing Service Center, visit www.cnic.navy.mil/ContactHousing.

—From Commander, Navy Installations Command Public Affairs
TSC Great Lakes Commanding Officer Captain David Dwyer awards the Sailor of the Month award to GMSA Austin Wheeler of the USS North Carolina (BEQ 631) May 9. (TSC Public Affairs)

HOW CAN WE HELP?

PRIVATIZED HOUSING RESOLUTION PROCESS
ANY RESIDENT SUGGESTION, CONCERN OR COMPLAINT IS IMPORTANT!

STEP 1
REPORT ISSUE
CONTACT YOUR LOCAL PPV PROPERTY MANAGER

FIND YOUR LOCAL HSC: cnic.navy.mil/ContactHousing

STEP 2
ISSUE UNRESOLVED
CONTACT YOUR LOCAL NAVY HOUSING SERVICE CENTER (HSC) OR YOUR CHAIN OF COMMAND

NS Great Lakes Housing Office, 1710 Cavin Drive, Bldg. 8100, Great Lakes, IL 60088
Hours: Mon-Fri 0800-1600, Call (847) 688-3440 x 134, email GreatLakesHousing@navy.mil.
News You Can Use

**Fire hydrant flushing** will be performed on 18-19 May from 0600 to 1700. Fire hydrant flushing will include all fire hydrants base wide, as well as all housing areas at Great Lakes, fire hydrants located at RTC and Camp John Paul Jones, and fire hydrants at the Federal Health Care Center.

Each hydrant on base will be flushed for approximately 5-15 minutes. Flushing is necessary to ensure clean safe potable water out of the water distribution system.

As a result of the flushing, you may experience discolored water on these days. If you do notice discolored water, run your water for 5 to 15 minutes until it clears up.

Exercise caution when laundering whites during these times to prevent discoloring of laundry items.

For your safety, if you are traveling by vehicle or on foot, do not attempt to cross the path of any hydrant water flow, it may seem harmless but injuries or property damage could result.

If you have any questions or concerns feel free to contact PWD Maintenance Shop Supervisor Eugene Shackleford at 847-204-6338 or eugene.shackleford@navy.mil.

—Public Works Department Great Lakes

**CPR training** is on offer every month by the Fire Department. Fire Warden, general fire safety and Fire Extinguisher Training can be arranged for your command. For further information contact Chief Lanaville at 847-688-3829 or jeffrey.lanaville@navy.mil

**Universal Training Precautions**: The U.S. Navy has released NAVADMIN 108/19 alerting the fleet of the importance of universal training precautions (UTP) to reduce the risk of exercise-related collapse and death during physical exercise, to include the Physical Readiness Test and command physical training. Please read the following article to get more details shipmates! Learn the personal risk factors for exercise-related collapse. More: [https://www.navy.mil/submit/display.asp?story_id=109555](https://www.navy.mil/submit/display.asp?story_id=109555)

—Naval Safety Center

**Official Photos**: Officers now have another way to submit their official photographs to their Official Military Personnel File (OMPF), Navy leaders said May 13.

Now officers can upload their photo through MyNavy Portal (MNP). Navigate to [https://my.navy.mil](https://my.navy.mil) go to “MyRecord,” “Other Record Sites of Interest,” and there the “Officer Photograph” tile can be found. When clicked, an electronic Officer Photograph form (NAVPERS Form 1070/884) opens and photos can be uploaded directly into the form and then submitted to the OMPF.

Along with this new capability, the new Officer Photograph form will require members to use their DOD ID rather than their Social Security Number. This is in accordance with the Navy chief information officer’s SSN reduction plan.

A tutorial for this new application can also be found on MNP under the Officer Photograph link. Traditional mailed submissions remain acceptable as an alternative.

—From Navy Personnel Command Public Affairs

**The votes are in!** MWR will be showing *How to Train Your Dragon 3: The Hidden World* on Friday, May 24 at 8 p.m. for our outdoor movie this month.

This movie will be shown down by the Lakefront. We will be set up in between the Marina (BLDG 13) and Nunn Beach.

Grab your blanket, bring some popcorn, and come enjoy a FREE movie under the stars.

Questions? Give us a call at 847-688-5417.

—MWR

**Fire Safety Tip**: Make a Home Escape Plan. Draw a map of your home showing all windows and doors. Discuss the plan with everyone in your home. Know at least two ways to get out of every room, if possible. Make sure that all windows and doors open easily. Have an outside location to meet that is a safe distance from your home.

—CNRMA Fire & Emergency Services
**Register your vehicle:** Remember to register your vehicle at the Visitor Control Center. The Visitor Control Center is located in Bldg. 6130 adjacent to the Naval Station Great Lakes Main Gate. Vehicle registration is conducted during normal working hours. Call 847-688-5648 or 2407 for more information.

**CPR training** is on offer every month by the Fire Department. Fire Warden, general fire safety and Fire Extinguisher Training can be arranged for your Commands. For further information call 847-688-3829.

**Obey the speed limit:** The Great Lakes Police Department aggressively enforces all traffic regulations on federal property. If you receive a traffic ticket on any installation property with a mandatory court appearance, you must appear in traffic court on the date specified on the citation. Failure to appear will result in the revocation of your base driving privileges. Additionally, military personnel could be subject to UCMJ action. If you are a civilian or are nonbase affiliate and receive a federal magistrate citation, the magistrate’s court will notify you of your court date. If you have questions regarding traffic citations, call 847-688-5555, ext. 233. The courtroom is inside the Visitor Control Center in Bldg. 6130.

—NSGL Public Affairs

**Navy Implements Change to Education Program Announcements:** The Navy announced that education program information, application processes and deadlines will be announced through personalized notifications to eligible Sailors in NAVADMIN 106/19, May 10.

In an effort to reduce administrative distractions, education program announcements will no longer be disseminated through NAVADMIN messages. Instead, these announcements will now be delivered to individuals by notifications within MyNavy Education, according to the Fiscal Year 2020 (FY20) Navy Strategic Education and Academic (SEA) Plan.

To receive the most up-to-date education program information, Sailors are strongly encouraged to login to MyNavy Education to update their profile and email addresses. Each Sailor can provide up to two email accounts, including work and personal addresses, to which the MyNavy Education system will send an email alert when a new notification is available.


The FY20 SEA Plan replaces the legacy Graduate Education Quota Plan and reflects the Navy’s efforts to shift from quota-based approaches to talent management. The plan aims to ensure the highest performing Sailors are encouraged and placed in selective graduate level programs that will enhance our warfighting capabilities and sustain our maritime superiority.

The FY20 SEA Plan provides over 1,200 opportunities for degree and non-degree programs across the full spectrum of communities and ranks.

—Chief of Naval Personnel Public Affairs

**Do Not Feed Wildlife:** The Public Works Department Environmental Division (PWD-EV) would like to remind all tenants to please refrain from feeding the wildlife in Naval Station Great Lakes. The Illinois Department of Natural Resources has stated in annual reminders that “wild birds and animals can become habituated to people when they are provided food. Do not leave pet food outside at night, clean up under bird feeders, and secure garbage lids to keep raccoons and other wildlife out. Nuisance animals can become dangerous to people.” It is also illegal to feed wild deer and other wildlife in areas where wild deer can be present. This includes feeding the Canada Geese that are prominent on the Installation. An increase in deer populations congregating in public areas can facilitate the spread of disease. Please continue to enjoy observing wildlife at a distance to minimize safety risks.

—PWD-EV
Join the National Museum of the American Sailor on Saturday, May 18 at 1 p.m. for a special first-person portrayal of President Abraham Lincoln. In this program, renowned actor George Buss will recount the Navy’s participation in the Anaconda Plan, joint Army-Navy operations, and the innovation of ironclad ships.

When we think of the Civil War, our first thoughts are of battles like Gettysburg and the role of both Union and Confederate armies. But did you know that the Union Navy was essential to President Lincoln’s strategy for winning the war? Lincoln believed that a full blockade of the Confederate ports and Northern control of major rivers were key elements to winning the war. The Union Navy provided the means and the skill to put Lincoln’s plan into action. Actor George Buss delves into all of this and more in “Mr. Lincoln’s Navy.”

“Mr. Lincoln’s Navy” is on Saturday, May 18 at 1-2 p.m. The event is free and suitable for all ages. The National Museum of the American Sailor is located just outside the Main Gate, in Building 42. The street address is 2531 Sheridan Road, Great Lakes. Want more naval history? Stop by the museum Monday-Saturday, 9 a.m. – 5 p.m. Or visit www.history.navy.mil/nmas to learn about upcoming museum events, tours, and more.

—National Museum of the American Sailor
Each year, thousands of service members make sacrifices to defend our country and the freedoms Americans enjoy. As a country, we support and thank all military men and women for their service, with special gratitude reserved for those who lose their lives not only in combat, but also to suicide, training accidents, mishaps or illness.

In 2018, we lost 184 active-duty Sailors. The loved ones they left behind are our Gold Star families.

While the nation has become more familiar with the term “Gold Star,” many still do not realize the difference between the lapel pins’ designation. The Gold Star recognition first appeared on flags in 1918, when families pinned a gold star over the blue service star hanging in their window to indicate that their loved one had been killed overseas while serving in the U.S. military.

In 1947, Congress approved the design, manufacture and distribution of the official Gold Star Lapel Button. The Gold Star Lapel Button symbolizes service members who lost their lives in combat operations. This pin features a gold star on a purple background. The lapel button for next of kin of deceased personnel was later introduced in 1973 to symbolize active-duty service members who lost their lives in non-combat operations. This pin features a gold star on a gold background surrounded by laurel leaves.

Honor in military service is associated with recognizing the worth of someone’s courage and commitment — to highly value something, to appreciate and cherish it. This is why the Navy Gold Star Program has declared the month of May as Gold Star Awareness Month. This designation gives the program an opportunity to host events that pay tribute to the service members we have lost and provide their surviving family members with opportunities to connect with one another. It also allows us and the community to honor and recognize their heroes and the Gold Star families left behind so they know their service member will not be forgotten.

During the month of May, anytime you see someone wearing the gold star or next-of-kin lapel pin, please remember that he or she has lost a loved one who selflessly served our nation. Take that moment to honor and remember all of our Gold Star Families who have committed and sacrificed so much to our great nation.

Remember, behind every gold star pin there are stories of fallen service members and strong survivors.

For more information on the Navy Gold Star Program please visit www.facebook.com/navygoldstar or www.navygoldstar.com or call 1-888-509-8759. At Great Lakes, call Julie Boesel at 847-688-3603.
**FFSC Training Calendar**  
**May 2019**  
**Naval Station Great Lakes**

Hours of operation are: Mon-Fri, 0730-1600  
Call (847) 688-3603 x100  
Classes are free – Registration Required  

**Navy Gold Star Awareness Month**  
and  
**Military Spouse Appreciation Month**

### EVENTS

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<tr>
<th>EVENTS</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Spouse Appreciation Breakfast</td>
<td>Wed 15 May</td>
<td>0900-1100</td>
<td>Great Lakes Community Center</td>
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### LIFE SKILLS

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<tr>
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<tbody>
<tr>
<td>Stress Management 101</td>
<td>Wed 1 May</td>
<td>1300-1400</td>
<td>FFSC, Bldg.26</td>
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<tr>
<td>Building Effective Anger Management Skills</td>
<td>Mon-Tues, 6-7 May &amp; 20-21 May</td>
<td>0900-1200, 0900-1200</td>
<td>FFSC, Bldg.26</td>
</tr>
<tr>
<td>Personal Communication</td>
<td>Thurs 2 May</td>
<td>1300-1400</td>
<td>FFSC, Bldg.26</td>
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### NEW PARENT SUPPORT

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<th>CLASS</th>
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<th>TIME</th>
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<tbody>
<tr>
<td>Play Group</td>
<td>Tues 21, &amp; 28 May</td>
<td>1000-1100</td>
<td>Great Lakes Comm. Ctr.</td>
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### DEPLOYMENT/OMBUDSMAN SUPPORT

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<tr>
<td>Married in the Military</td>
<td>Wed 1 &amp; 29 May</td>
<td>1100-1200</td>
<td>FFSC, Bldg. 26</td>
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<tr>
<td>CLASS</td>
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<tr>
<td>Career Planning</td>
<td>Tues 7 May</td>
<td>1300-1500</td>
<td>FFSC, Bldg. 26</td>
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<tr>
<td>Job Search Strategies</td>
<td>Tues 14 May</td>
<td>1300-1500</td>
<td>FFSC, Bldg. 26</td>
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<td>Interviewing With Confidence</td>
<td>Tues 21 May</td>
<td>1300-1500</td>
<td>FFSC, Bldg. 26</td>
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<tr>
<td>Effective Resume Writing</td>
<td>Tues 28 May</td>
<td>1300-1500</td>
<td>FFSC, Bldg. 26</td>
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<tr>
<td>Federal Employment System</td>
<td>Wed 15 May</td>
<td>0900-1200</td>
<td>FFSC, Bldg. 26</td>
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<tr>
<td>Retirement TGPS</td>
<td>Mon-Fri, 29 Apr-3 May</td>
<td>0800-1600</td>
<td>Bldg. 617</td>
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<tr>
<td>Separation TGPS</td>
<td>Mon-Fri, 13-17 May</td>
<td>0800-1600</td>
<td>Bldg. 617</td>
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<td>Pre- Separation Seminar</td>
<td>Mon 6 &amp; 20 May</td>
<td>0800-1600</td>
<td>Bldg. 617</td>
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<td>Accessing Higher Education</td>
<td>Wed-Thurs, 8-9 May</td>
<td>0800-1600</td>
<td>Bldg. 617</td>
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<tr>
<td>Capstone</td>
<td>Fri 10 May</td>
<td>0800-1600</td>
<td>Bldg. 617</td>
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Visit the FFSC weekdays in Building 26 for these services...
- Individual Financial Counseling
- Family Employment Readiness
- Life Skills Education Classes
- Resume Writing
- Resource Room
- Client Computers available Mon-Fri 0730-1530
- Exceptional Family Member Program
- Ombudsman Program
- Navy Gold Star
- Family Advocacy Program
- SAPR Briefs
- IA Support
- Relocation Office
- New Parent Support
- Individual, Couple, Family, and Child Counseling

Domestic Violence: 1-800-799-7233
Child Abuse Hotline: 1-800-25ABUSE(22873)
SAPR Hotline: (847)489-8196

Safe Helpline.org

The Center

Great Lakes eBulletin 15
MyNavy Family App

MyNavy Family App combines the strength of more than 22 websites to connect Navy spouses and families to information and resources when and where they need it.

download today at applocker.navy.mil

Developed by the Navy community for the Navy community.

Connecting Navy families to accurate information and resources to help them flourish while living the Navy lifestyle.

- Accurate and timely information for spouses and families
- Minimizes acronyms, user friendly tools
- Useful links to popular Navy sites like the Navy Exchange, Commissary, and the Fleet and Family Support Center
- Employment resources
- Spouse mentoring support
LEISURE WITH LIBERTY

LET IT BE WILD, NOT DEFLED
Join Liberty at the Loft as they teach every day, sustainable practices.

DIY Recycling
THURSDAY, MAY 2 @ 7PM
Repurpose old household items into cool projects!

Volunteer Trip: Community Garden
SATURDAY, MAY 11
Departs 9:45am Free!
All participants get a certificate documenting their hours. Sign up by 12:30pm on 5/10. Max 14 people.

Leave No Trace
MONDAY, MAY 13 @ 7PM
Learn how to protect the environment in this ethics workshop.

SELF CARE
Put yourself at the top of your to-do list and join Liberty in learning simple, self-care steps through basic yoga, nutrition, & spa recipes.

DIY Spa
SATURDAY, MAY 11 @ 7PM
Make your own face masks and bath bombs.

Tranquil Tuesday
TUESDAY, MAY 21 @ 6:15PM
Stop by the 2A Fitness Center to enjoy an introductory yoga class.

Nutrition 101
THURSDAY MAY 30 @ 7PM
Come with us to the NEX as we show you how to find healthy food alternatives.

SUSTAINABILITY
Turn your trash into treasure as Liberty teaches everything you need to know to grow a garden.

Composting
WEDNESDAY, MAY 1 @ 7PM
Learn how to compost with Liberty.

Volunteer Trip: Forest Preserve
SATURDAY, MAY 18
Departs 8:45am Free!
All participants get a certificate documenting their hours. Sign up by 12:30pm at 5/17. Max 14 people.

DIY Greenhouse
FRIDAY, MAY 31 @ 7PM
Come by the Loft to help build a greenhouse and plant seedlings.

CSADD/LIBERTY EVENTS
Flag Football Night
TUESDAY, MAY 14 @ 6:30PM
Head over to Constitution Field at 6:30pm to join in our flag football game.

Bowling Night
TUESDAY, MAY 14 @ 6:30PM
Come play two free games of bowling on us! Stop by the Epicenter from 6:30 - 8:30pm to participate.

Movie Night @ Epicenter
TUESDAY, MAY 28 @ 6:30PM
Sit back and relax while you enjoy a free showing of Glass.

Barracks Bash
WEDNESDAY, MAY 29 @ 5PM
Kick off your summer with a little fun in the sun! We'll have inflatables, games, and more! Location: Gailey Field.

MAY 4TH BE WITH YOU
SATURDAY, MAY 4
EPICENTER; 5pm
Star Wars fans, you already know what day it is! MWR is hosting an epic day full of activities, such as a movie marathon, pub trivia, Storm Trooper Bowling, and more. Head over to the Epicenter at 5pm to enjoy the festivities. All standard food, drink, and bowling prices apply.

SLICE, SLICE BABY 2 MILE PIZZA RUN
THURSDAY, MAY 9
Gym 4; 10:30am; FREE; Register by May 8
Need to choose between eating or walking on your lunch break? Don't! Join this MWR Captain's Cup Run and enjoy a few slices of pizza at the time! Come run with every pizza your heart. Captain's Cup Teams must register in advance at Gym 4. Individuals can register at Gym 4, Gym 440 or the 2A Fitness Center. See website for details.

MOUNTAIN BIKING TRIP
SUNDAY, MAY 19
Lake Geneva, Wi; 9am-5pm
$15 per person (includes transportation, bike rental & campfire lunch)
Register by 12:30pm on 5/18
Interested in trying a new sport? We have some pretty wicked mountain bike trails! Join us for a day outdoors on the trails along with some outdoor cooking!

DERBY DAY
WEDNESDAY, MAY 22
Ziegemier Street; 5pm; FREE
Register by May 10
Do you have the need for speed? Put your skills to the test and create a derby car for our annual Derby Day event!

LEISURE RECREATION EXPO
WEDNESDAY, MAY 15
Port O' Call, B140; 11am-1:30pm
Stop by to get brochures, maps and great ideas for how to spend your liberty time. Just by attending you will be entered for the chance to win a number of amazing prizes! The Grand Prize is (1) airline ticket!

For more information on all trips and programs please call 847-688-2214.

Great Lakes MWR
COMMUNITY RECREATION

MAY TRIPS, ACTIVITIES & CLASSES

SATURDAY, MAY 4

STAR WARS DAY
EPICENTER; 3-5pm; $10 per person
Register by May 2
Star Wars fans, you already know what day it is! MWR is hosting an epic day full of activities to commemorate one of the best movie franchises in history. Event is for youth & families, all hands activities begin at 5pm.

TUESDAY, MAY 7

SUMMER DOOR HANGER
EPICENTER LIVE@$25 Room
6-8pm; $15 per person
Register by May 3
Need a last minute Mother's Day gift or looking to spruce up your home? Join us in channeling all of our summer vibes on a beautiful statement piece for your front door! Recommended for ages 6 and up, with adult supervision.

THURSDAY, MAY 9

SLICE, SLICE BABY
2 MILE PIZZA RUN
Gym 4; 10:30am; FREE
Register by May 8
You had me at "Pizza"! Need to choose between eating or PTing on your lunch break? Don't do both. Join this MWR Captain's Cup Run and enjoy a few slices of pizza at the finish! Come run with every pizza your heart. Captain's Cup Teams must register in advance at Gym 4. Individuals can register at Gym 4, Gym 440 or the 2A Fitness Center. See website for details.

WEDNESDAY, MAY 15

LIBRARY CRAFT TIME
Liberty Bldg. 8190
9am-Noon; FREE
Register by May 8
Stop by the library for a kid-friendly story time and create a craft to take home! Recommended for ages 6 and under. Registration not required.

SATURDAY, MAY 18

FAMILY FUN & FIT
FOAM FUN RUN & SUMMER BASH
Community Center, Bldg. 8190
9am-Noon; FREE
MWR is switching it up this month! Our run will be held out in Forestal Village. Come celebrate the end of the school season with a fun run followed by an awesome after party full of all kinds of yard games, inflatables and airbrush tattoos!

MOUNTAIN BIKING TRIP
Lake Geneva, WI
9am-5pm; $15: E1-E6 Personnel
$20: All Other Eligible Patrons
Register by 12:30pm on May 17
Interested in trying a new sport? We have some pretty wicked mountain bike trails! Join us for a day outdoors on the trails along with some outdoor cooking!

WEDNESDAY, MAY 22

DERBY DAY
Ziegemier Street
5pm; Register by May 10
Do you have the need for speed? Put your skills to the test and create a derby car for our annual Derby Day event! Kits must be purchased from an MWR recommended source.

THURSDAY, MAY 23

STRING ART NIGHT
Marina 6-8pm; $15
Register by 12:30pm on May 16
Join the MWR team for a craft that the whole family can partake in! Choose from two different designs. Craft recommended for children ages 8 and up with adult supervision.

FRIDAY, MAY 24

OUTDOOR MOVIE NIGHT
Lakefront
8-10pm; FREE
Summer is upon us and you know what that means! Outdoor movie season has begun! Grab a blanket, some popcorn, and join us for our first outdoor movie of the summer down by the lake!

LADIES GOLF NIGHT
Veterans Memorial Golf Course
4-6pm; $20 per person
Ladies, don't miss this! Grab a friend and register for our PGA Golf Pro's group golf lessons. Program includes 45-minute golf instruction, followed by some fun activities and two complimentary drinks. Register today at Veterans Memorial Golf Course.

To register for Community Recreation programs, email your name & phone number to CommunityRec@mwr.com and a MWR staff member will contact you.
More details: WWW.MWRGL.COM or Download our App
or contact Community Recreation at the Rental Center (813) 647-368-5417

Great Lakes eBulletin 21
Emergency communications ... be ready!

In the event of an emergency, Naval Station Great Lakes provides real-time alerts to the Navy community throughout the life cycle of the incident or crisis through: Giant Voice, a voice announcing system using exterior speakers; Computer Desktop Network System (CDNS), an administrative broadcast across Navy computer networks that overrides current applications, reaching all Navy users almost instantly; AtHoc – dissemination via text message and email; Great Lakes Hotline: 847-688-2459; Facebook, www.facebook.com/NavalStationGreatLakes; and Twitter, @navstaglakes.

We will be testing our mass communications on the first Tuesday of each month – 9:45 a.m. for all messages and 10 a.m. for Giant Voice siren. That will be the only time we’ll be testing. All other times that you hear the Giant Voice system siren or voice, please take cover immediately. We ask that you then check your cellphone for the AtHoc message, which will give you the information that you need. AtHoc messages will generally be sent three different ways: via text message, and personal and work emails. Messages provide official updates on base delays and early departures, as well as other notifications that may affect the base. Anyone, including government contractors, can sign up to receive messages.

Registering for AtHoc is easy using your NMCI computer. Click on the Purple Globe to register.

1. NMCI users: Right-click on the Purple Globe icon (bottom right corner on desktop).
2. Select “Access Self Service.”
3. Select the “My Info” tab and update your last name, first name and display name, and save.
4. Select the “Devices” tab and enter your work and personal contact information in the appropriate mandatory and optional device fields. Fill in as many fields as possible. Many times, text messages to personal cellphones and personal email addresses are the quickest to receive notifications. (Note: Your ability to receive alerts on home phones, cellphones, pagers, and email addresses depends upon information entered into the mandatory and optional device fields.)
5. SAVE.
6. Update your profile any time you have a change.

The base Twitter feed can be used by anyone with internet access, and will have the same information as AtHoc. Simply go to twitter.com/navstaglakes. If you have a Twitter account, click the “Follow” button. If not, bookmark the page and return to it in case of emergency. The base Facebook page will have the same information as Twitter, and can also be found by anyone with internet access at www.facebook.com/NavalStationGreatLakes.

Click on the “Like” button if you have a Facebook account.
Interested in Motorcycle Safety?

Naval Station Great Lakes has a unique training opportunity for motorcycle operators. Research shows rider education is the most critical aspect of motorcycle safety. Active duty military personnel, DoD civilian employees, Military Reservists/National Guard, Dependents of active duty military personnel and Retired military are authorized to register and take the courses. There is no charge for the course.

Basic Rider (BRC)
The Basic Rider Course is a 16 hour program that teaches basic motorcycle operational skills and advanced skills such as swerving, braking, cornering, and riding strategies. It includes: classroom and on-cycle instruction with quality, personalized coaching and several hours of practice riding. Instructors are certified by the Motorcycle Safety Foundation (MSF).

- Apr: 9th-10th, 16th-17th, 23rd-24th, 30th-May 1st
- May: 14th-15th, 20th-21st, 28th-29th
- June: 11th-12th, 25th-26th
- July: 8th-9th, 30th-1 Aug
- Aug: 5th-6th, 13th-14th, 20th-21st
- Sept: 10th-11th, 16th-17th, 24th-25th
- Oct: 1st-2nd, 8th-9th, 15th-16th, 21st-22nd

Basic Rider Course 2 (BRC-2)
Also known as Experienced Rider Course (ERC). Riders use their own bikes to hone their mental strategies to a razor-sharp edge and practice their handling cycle techniques.

- Apr: 18th & 22nd
- May: 8th & 12nd
- June: 4th & 10th
- July: 7th, 21st, & 28th
- Aug: 10th, 15th & 23rd
- Sept: 12th & 26th
- Oct: 3rd & 17th

Military Sport Bike or Advanced Rider Course (ARC)
This course includes a fast-paced classroom segment with several interactive activities to improve perception and hazard awareness. Range exercises enhance both basic skills and crash avoidance skills. Improving braking and cornering finesse is emphasized.

- Apr: 8th x 2
- May: 16th x 2
- June: 5th x 2
- July: 10th x 2, 29th x 2
- Aug: 13th x 2
- Sept: 3rd x 2, 21th x 2
- Oct: 23rd x 2

For more information:  847-688-2035 ext 413
To Register: www.navymotorcyclerider.com
Every individual onboard NAVSTA GL is a sensor for observation and reporting. Increased vigilance can make the difference in defeating a terrorist attack and reporting criminal activity. Reporting of suspicious activities enables the installation to react immediately to thwart any potential crime, subversive or terrorist related event.

Everyone onboard NAVSTA GL is responsible to be cognizant and aware of their surroundings and report ANY suspicious activity. All members, employees, and residents are encouraged to carry or keep in their possession below “Crime Stoppers Watch Card”!

**NSGL Crime Stoppers Watch Card**

*Awareness is key! Everyone is a “sensor”*

**DO: OBSERVE AND REPORT:**
- Unusual or suspicious activity or suspected surveillance
- Unusual questions or requests for information relating to capabilities, limitations or operational information
- Unusual vehicles driving around and operating in or around the installation
- Unusual phone calls, messages or emails
- Unusual contacts on or off base
- Any suspected criminal or suspicious behaviors on or around NSGL
- Any possible compromise of sensitive information

**DO NOT:**
- Discuss any aspect of military operations or planning
- Talk about military capabilities or limitations
- Discuss Force Protection measures, capabilities or posture
- Disclose any information related to any command/unit deployments

**REPORT ANY SUSPICIOUS ACTIVITY IMMEDIATELY!**

YOUR CALL MAY SAVE LIVES OR THWART AN ATTACK!

Contact NSGL Emergency Local Dispatch Center (LDCC) 
(847) 688-6902/3430

**Naval Security Force Police**

**Physical Security/Antiterrorism Division**

“Crime Stoppers”

(847) 688-5555 Ext. 347/348
EVERY DAY WALKING CHALLENGE 2019

Join us!

- This program is for workforce members of DoD and VHA at Great Lakes, Ill. Request to enroll by sending an email from your government account to david.reid@va.gov.
- Program participants will receive helpful email messages throughout the month.
- Participants who are successful in the challenge will receive a certificate through email.

Walking Works.
Walking can be highly effective for managing your weight. It is safer than some other forms of exercise, and it can be done almost anywhere.

1-Mile Walking Challenge.
The challenge is to walk one continuous mile (or 20 minutes continuously) every day, May 1 through May 31.

Get Ready
All participants should walk in accordance with their current ability. Participants who have been inactive should get medical clearance to participate. The goal is to walk at least one continuous mile daily, to build consistency in walking programs.

Captain James A. Lovell
Federal Health Care Center
HOUSEHOLD CHEMICAL WASTE COLLECTION EVENT

Saturday, May 18, 2019
8:00 AM to 2:30 PM

Vernon Hills
Metra Train Station
Route 45 and Ranney Avenue

Accepted Materials: Aerosol Products I Antifreeze & Motor Oil I Fertilizers/Herbicides/Pesticides I Fluorescent Light Bulbs/CFLs I Furniture Stripper & Varnishes I Gasoline & Kerosene I Household Batteries (Lithium & Rechargeable only) I Household Cleaners Oil-Based Paints & Paint Removers I Prescription and over-the-counter medicines and supplements (people & pet) - NO DEA Controlled Substances.

Not Accepted: Latex paint, DEA Controlled substances, business wastes, farm chemicals, propane tanks, lab chemicals, lead-acid and alkaline batteries, explosives, medical wastes, construction/demolition debris, fire extinguishers, smoke detectors and household electronics.

SWALCO also offers Year-round HCW Public Drop-off Events at our Gurnee, IL facility By appointment only on the second Saturday and the fourth Monday of every month (some exceptions apply). Set-up your preferred time now at www.swalco.org.

HCW collections sponsored by SWALCO (Solid Waste Agency of Lake County) are for Illinois Residents ONLY. If you would like to learn more about SWALCO programs and services, visit www.swalco.org or call 847-336-9340.

Visit the SWALCO website at swalco.org or call 847-336-9340.