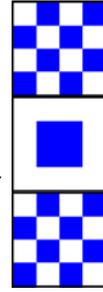




The *March* 2013

Navigator



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

CO's Comments

Leadership,

NAVSTA Norfolk's updated traffic instruction is close to implementation, which will enforce stricter penalties for speeding, texting while driving and reckless driving on base. There are far too many Sailors and civilians getting hit on base due to individuals not following the established driving rules and regulations. Please continue to stress the importance of responsible driving on base to your commands - remember it is a privilege and not a right. Future law breakers will soon find their on base driving privileges revoked for a period of time making commutes to and from work a bit more challenging. Thank you for the support. V/R, Killer

No No-Shows Please!

Branch Health Clinic NAVSTA Norfolk needs your help in reducing a high level of no-shows among our active duty personnel. Patients need to reschedule appointments they cannot be present for.

In January, there were 187 no-shows who missed their appointments at the medical clinic, 160 of those active duty. This equals \$16,082 in health care services available and wasted. In February, there have been up to 100 no-shows A WEEK!

For each appointment unused, it is a waste of precious government funds and there is another active duty or dependent who could have used that appointment. The government and the Department of Defense expect us to maximize resource utilization, and reducing no-show appointments would help us support those goals. When a member needs to reschedule, they should do so! Call the medical front desk at 953-9000 or the dental front desk at 953-8526.

Make the Drops to Watts Connection

Approximately four percent of the nation's electricity consumption is used moving or treating water and wastewater. Considerable amounts of energy also go to heat water for bathing, shaving, cooking, and cleaning our homes, dishes, and clothes. In homes with electric water heaters, one-quarter of the households' electricity is used to heat water.

Given how closely related saving water is to saving energy, one of the best ways to save energy across the country and in our own homes is to use water more efficiently by installing water efficient plumbing fixtures and accessories such as WaterSense labeled faucet aerators.

Q-area ball field construction

The Q-Area ball fields (near the carrier piers) will be under construction until mid-July. This may impact commands using this area for command PT and PFA testing. For those commands using the Q-Area ball fields as their primary PT location, we recommend the following alternatives:

- The main parade field along Gilbert Street (At the flag pole and Mermaid.)
- The McCormick Sports Complex inside of Gate 5.

Towel Service at Gyms

In order to provide consistent customer service and uniform application of program standards across the Region, we have adopted the appropriate level of towel service at all of our fitness facilities. As a result you will now notice a shift from the larger towels to the smaller ones. ALL Fitness Centers in NRMA will issue these towels. "Shower" sized towels are no longer available.

Events of Interest

- 25 Feb-1 Mar: Exercise Solid Curtain/ Citadel Shield
- 6 Mar: EM Working Group Meeting (1000, Bldg B-30)
- 6 Mar: Monthly Giant Voice test (1200, Includes Take Cover siren test)
- 7 Mar: E-6 Exam (CEP-58)
- 10 Mar: Daylight Savings Time begins (shift clocks forward 1 hour)
- 12 Mar: Statewide Tornado Exercise (0945-1000)
- 13 Mar: Funding a College Education Briefing (1130, Call 489-3329 for a quota)
- 13 Mar: Chef Irvine visit to Galley (0730-1300)
- 14 Mar: E-5 Exam (CEP-58)
- 15 March: St. Patrick's Day 5K Fun Run (1130, N-24 Gym)
- 21 Mar: E-4 Exam (CEP-58)
- 21-22 Mar: ESO/CCC Workshop (Call 444-7453/7454 for a quota)
- 22 Mar: Women's History Month Observance (1000, C-9) Observance lunch to follow at Galley
- 6 Apr: ARLINGTON Commissioning
- 19 Apr: Lt. Dan Band Concert (Parade Field)

Links

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