



The Newport

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Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Survivor offers Salute to Summer

Publicity photo courtesy MWR

The Chicago rock band Survivor, composed of lead vocalist Jimi Jamison, center, with Frankie Sullivan, Walter Tolentino, Billy Ozzello and Marc Droubay, will headline the Morale, Welfare and Recreation Department's Salute to Summer Concert and Fireworks Show on Saturday at Dewey Field, Naval Station Newport. Navy Band Northeast will open the evening program. Gate 1 opens to the public at 5 p.m. Story, Page 5



CNIC admiral visits NAVSTA

Vice Adm. William French, Commander, Navy Installations Command, visits Naval Station Newport and its tenant commands.

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Coast Guard caps training

Crews from 18 Coast Guard cutters are among 377 personnel from First Coast Guard District, Boston, that receive training at NAVSTA.

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Freebies help two smokers

Free nicotine gum and patches at NHCNE's Pharmacy help two government service employees to kick the smoking habit.

—Page 16

Vice Adm. French, CNIC, visits Newport commands

By **LISA RAMA**

NAVSTA Public Affairs Officer

Vice Adm. William French, Commander, Navy Installations Command (CNIC), was onboard Naval Station Newport last Monday with Force Master Chief (AW/SW) Christopher Engles for his first orientation visit to the installation since assuming command last February.

Capt. Douglas Mikatarian, NAVSTA com-



Lisa Rama/U.S. Navy photo

Lt. j.g. Timothy Palik, right, NAVFAC Newport Public Works, briefs Vice Adm. William French, third left, Commander, Navy Installations Command, and Force Master Chief Christopher Engles, second right, outside of the Nimitz Hall Replacement Barracks on Monday. Also on the tour was Cmdr. Ryan Tibbetts, far left, NAVFAC Newport Public Works Officer; and Capt. Douglas Mikatarian, second left, commanding officer, NAVSTA.

manding officer, and CMDR Don Ouellette, NAVSTA command master chief, accompanied French throughout the day beginning with a breakfast in Ney Hall galley with the R.I. Military Woman of the Year, Lt. Christie View assigned to the Surface Warfare Officers School Command; Hospital Corpsman 1st Class Anthony Barlow, Navy League Senior Service Member of the Year from Naval Health Clinic New England; Hospital Corpsman 2nd Class Rene Cortez, Navy League Junior Service Member of the Year from Officer Training Command Newport; and Master-at-Arms Seaman Stephanie West, the Navy League Service Member of the Year.

French then met with NAVSTA Newport department heads to discuss the challenges facing the command in the coming fiscal years.

"Across the Navy it's going to be a challenge with less money and more locations coming on-line," he said during a round

table discussion in Building 690. CNIC includes 11 Navy Regions, 70 installations and 127 Naval Operations Support Centers around the world with a mission to oversee the operations, quality of life and facilities management of these entities.

French toured the Fleet and Family Support Center, the Teen Center, Child Development Center, Combined Bachelor Housing, and Navy PPV Housing for site visits and to meet with local managers. He

also visited select construction projects that will improve NAVSTA's ability to support its customers – specifically the new Fitness Center to replace Gym 109 and new Nimitz Hall replacement barracks.

A key message throughout the stops focused on more efficiency while maintaining high quality service, and the issue of rising utility costs.

French was briefed by Cmdr. Ryan Tibbetts, NAVFAC Newport Public Works offi-

cer, on the proposed wind turbine project aimed at generating 9 megawatts of electricity and to significantly reduce NAVSTA's annual \$13 million electric bill. He visited the boiler plant and received a brief on its operation, and the newly installed back pressure steam generator, along with other cost savings initiatives underway at Public Works.

CNIC met with some of NAVSTA's largest customers over lunch with the commanding officers of the Naval Undersea Warfare Center, Naval Academy Prep School, Surface Warfare Officers School Command, Officer Training Command Newport, Center for Service Support and Naval Health Clinic New England.

The visit concluded with a walk-through of the newest Navy Command onboard Naval Station Newport, the Navy Supply Corps School, where he toured their facility and addressed the current Supply Corps Officer class.



Greg Kohlweiss/U.S. Navy photo

First Coast Guard District patrol boats, buoy tenders and icebreakers jam the north side of Pier 2 for a week-long 2012 Cutter Operations and Readiness Training (CORT) program at Naval Station Newport which concluded today.

First Coast Guard District caps off training at NAVSTA

By **BOB KREKORIAN**

NAVSTA Public Affairs Staff

Eighteen Coast Guard cutters from the First Coast Guard District, Boston, left Naval Station Newport today after the week-long 2012 Cutter Operations and Readiness Training (CORT) program.

The cutters Willow (WLB 202), Ida Lewis (WLM 551) and Tiger Shark (WPB 87359), stationed at NAVSTA Newport's Pier 2, participated in the training. The cutter Juniper (WLB 201), also stationed at NAVSTA, was deployed.

The cutters arrived overnight at Pier 2 last Sunday. A total of 377 Coast Guard personnel assigned to 29 craft from the First District area of operations.

"The basic objective of CORT is to increase the overall operational readiness of the First District's cutter fleet," said Lt. Cmdr. Michael Nalli, Chief of Cutter Manage-

Classroom training and seminars were held using facilities at the Officers' Club; Callahan Hall; the Lt. Michael P. Murphy Combat Training Pool, Buttercup Damage Control Trainer, the Fire Fighter Training School at Officer Training Command; and Port Operations.

"By centralizing the training, the District can achieve a tremendous cost

savings to the taxpayer," Nalli said.

The cutters represented all classes of vessels that operate in the district's area of operations, including two sizes of buoy tenders, icebreaking tugs, and two sizes of patrol boats.

The training let district staff update commanding officers and officers-in-

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Navalog

Capt. Douglas Mikatarian

Commanding Officer, Naval Station Newport

Lisa Rama

NAVSTA Public Affairs Officer

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NAVALOG Editor

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Yale, Holy Cross NROTC sample Navy life at OTCN

GREAT LAKES, Ill. (NNS) — The Naval Reserve Officers Training Corps (NROTC) unit at Yale University in New Haven, Conn., participated in its first freshmen orientation since 1972 at Officer Training Command (OTC) Newport, R.I. Aug. 12 to 18.

OTCN hosted 12 new midshipmen and staff from Yale and Holy Cross.

The Yale NROTC unit was part of a consortium with the NROTC unit at The College of the Holy Cross in Worcester, Mass.

An NROTC consortium is formed when two or more host units are located geographically close to one another. NROTC courses and professional instruction will be held on both campuses, however the units may share resources, as the Navy and Marine Corps deem appropriate, in order to maximize available funds and promote program consistency.

“The staff has worked diligently since the signing (May 26, 2011) and established a solid foundation

and partnership with Yale,” said Cmdr. James Godwin, commanding officer of the Yale/Holy Cross consortium. “We are looking forward to putting the first Yale NROTC officers into the fleet in 2016.”

Yale’s NROTC unit was one of the six original units established when the NROTC program started in 1926.

“The new Navy ROTC unit at Yale continues the university’s proud tradition of educating students **NJROTC, Page 14**



Bob Krekorian/U.S. Navy photo

Damage Controlman 2nd Class Justen Mitchell, center, gives instructions to midshipmen from the College of the Holy Cross-Yale University NROTC Consortium aboard USS Buttercup Damage Control Trainer, Aug. 16, during a damage control exercise. The midshipmen attended freshman orientation, Aug. 12-18, at Naval Station Newport.



Bob Krekorian/U.S. Navy photo

Chief-select Culinary Specialist Aaron Dow, far right, of Ney Hall galley, grills hamburgers at noon on Aug. 14 outside of the Navy-Marine Corps Relief Society Thrift Shop, at a ‘Burger Burn’ event organized by the Chiefs Select Fiscal 2013 group to kick off the opening of the Thrift Shop fall hours schedule.

NWC president joins outreach to emphasize Navy relevance

By **CMDR. C. McCARTHY**
NWC Public Affairs Officer

CINCINNATI (NNS) — The president of the Naval War College wrapped up a visit to Cincinnati on Aug. 14, meeting with business, civic and educational leaders and participating in a world-class military appreciation night as part of the Navy’s 50-50 outreach program.

The three-day visit by Rear Adm. John N. Christenson was designed to build on United States Navy efforts to increase Americans’ understanding of the

Navy’s mission, capabilities and relevance to national security by sending 50 Navy leaders to 50 cities around the nation.

Speaking with about 70 employees at Procter & Gamble headquarters, Christenson stressed how the Navy protects America, on, under, and over the sea. He carried the message to GE Aviation as well, where



Christenson

he engaged with leadership and toured part of an assembly line.

“We are a maritime nation,” Christenson said in a message to the audience at the Western & Southern Open Tennis Tournament Military Appreciation Night. “Seventy percent of the earth is covered by water, and 90 percent of the world’s trade travels by sea. Your United States Navy is forward and ready to defend our interests and protect our country.”

At an event hosted by the Greater Cincinnati-Dayton **PRESIDENT, Page 14**

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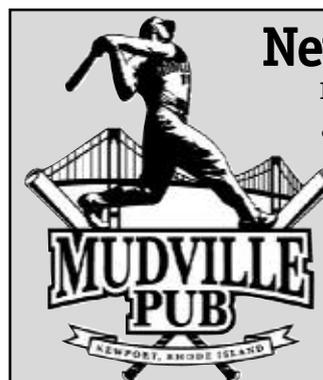
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Marine dies in Afghanistan, but son's education assured

PROVIDENCE — Lance Cpl. Abraham Tarwoe, 25, of Providence was killed last April 12 in Afghanistan and left behind a young wife and a 22-month-old son.

Since that tragic day, Tarwoe's widow Juah B. Kelly, has received strong support from family, friends and the U.S. Marine Corps. Last Wednesday, retired Col. Ed Fitzgerald presented a \$30,000 college scholarship check to Kelly on behalf of the Marine Corps-Law Enforcement Foundation to be put toward their son Avant's education.

The foundation is a non-profit organization founded in 1995 with a mission to encourage the spiritual, moral, intellectual and physical development of children through education. Since 1995, the foundation has provided assistance valued at over \$52 million for the children they serve. Each child age 18 or younger of an active duty Marine or federal law enforcement agent whose parent is killed or dies on active duty receives finan-



Lisa Rama/U.S. Navy photo

Retired Marine Corps Col. Ed Fitzgerald, left, holds the son of Marine Corps Lance Cpl. Abraham Tarwoe, 25, who was killed in action last April in Afghanistan, shortly after presenting a check to his widow, Juah Kelly, at a ceremony last Wednesday at the U.S. Marine Corps drill hall in Providence. Gunnery Sgt. Eric Cruz, right, the casualty assistance officer for Ms. Kelly, also presented a plaque to the family on behalf of the Patriot Guard Riders.

cial support for their future education. Following the check presentation, Cruz presented Kelly with a plaque on behalf of the Patriot Guard Riders.

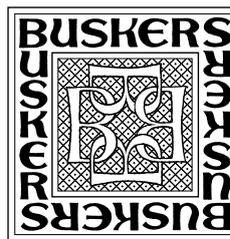
Tarwoe was born in Frehla, Liberia, in 1986 and

enlisted in the Marines in 2009 following high school in Newark, N.J.. He was assigned to 2nd Battalion, 9th Marines as a mortarman with 81 mm Mortar Platoon. He deployed twice **TARWOE, Page 14**



Lisa Rama/U.S. Navy photo

Mayla Ward, far left, and Erin Trost, far right, hold the ceremonial ribbon during last Thursday's ribbon cutting to celebrate the extensive renovation to the interior and exterior of Naval Station Newport's Chapel of Hope. Capt. Doug Mikatarian, Commanding Officer, Naval Station Newport, was joined by Bethany Collard, NAVFAC contract manager Steve Menard; Robert Banister of contractor KMP Construction; and NAVSTA Command Chaplain (Cmdr.) Carl Trost, holding the shears.



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Seminar examines personal finances

EDITOR'S NOTE: Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283.

FFSC will be closed Sept. 3, Labor Day holiday.

Do you have trouble managing and tracking your money?

The Fleet and Family Support Center will offer a workshop, Develop Your Spending Plan, on Aug. 28 from 2:30 to 4 p.m. Learn how you can reduce your checking account fees,

avoid bouncing checks, better manage your cash flow, and safeguard yourself and your money.

Here's a look at upcoming seminars and workshops:

Aug. 29 - Anger: The Way Out, 8 a.m. to noon

Sept. 4 - Smooth Move Workshop, 1 to 2 p.m.

Sept. 5 - Master Your Life, Master Your Anger, 8 a.m. to noon

Sept. 6 - Starting Your Own Business, 11:30 a.m. to 1 p.m.

Special events

Concert, fireworks at NAVSTA Saturday

The annual Salute to Summer Concert and Fireworks show will feature Navy Band Northeast opening for the 1978 Chicago rock band Survivor at Dewey Field, Saturday, Aug. 25, 5 p.m. The group's hits include "Eye of the Tiger," "High on You," and "I Can't Hold Back."

The public is invited to this free event as guests of Naval Station Newport's commanding officer.

Only Gate 1 will be open. Dewey Field will open for seating for military and DoD civilians with base access at 4 p.m. The general public may enter at 5 p.m.

There will be concessions and kid's area. Bring lawn chairs and/or blankets as seating is not provided.

Coolers, backpacks, pets, outside food and beverages are not allowed. For details call MWR Special Events at 841-3127.

After the concert, ALL traffic will exit North Gate 17. Pedestrians may exit through Gate 1 at the turnstiles.

Get Navy Ball tickets

Juan M. Garcia III, Assistant Secretary of the Navy for Manpower and Reserve Affairs, is the scheduled guest speaker at Naval Station Newport's Navy Birthday Ball, Oct. 5, from 6 p.m. to midnight, at the Officers' Club.

Tickets to the 237th anniversary celebration of the birth of the U.S. Navy are available through the MWR Information, Tickets and Travel Office or from command representatives. Ticket prices are: \$50 (E-7 and above, officers and civilians); \$45 (E-4 through E-6, to include OCS); and \$40 (E-3 and below, to include NAPS).

The cocktail hour will feature hors d'oeuvres and a cash bar. Dinner choices are Herb-seared N.Y. strip steak with grilled ratatouille; chicken breast en croute with grilled veggie and lentil ragu; or vegetarian gnocchi with peas, yellow peppers and tomato with butter herb garlic sauce. Dessert will be N.Y. style cheesecake.

Music for dancing will be provided by Navy Band Northeast.

The Navy Ball coordinator is Master-at-Arms 1st Class (SW) Alicia Rodriguez at Navyballcoordinator12@gmail.com.

tor12@gmail.com.

Join coastal cleanup

The Public Works Department is organizing Naval Station Newport participation in the 2012 International Coastal Cleanup (<http://www.oceanconservancy.org/our-work/marine-debris/2012-data-release.html>).

This year NAVSTA will coordinate volunteer efforts with Naval Undersea Warfare Center Division, Newport, on Saturday, Sept. 15, from 10 a.m. to noon.

Depending on the number of volunteers, two locations off Burma Road/Defense Highway are targeted, plus the Gate 1 area. A final determination will be made closer to the cleanup date.

Participation will help make Narragansett Bay cleaner and safer for all who use its resources. Refreshments will be available during the cleanup.

To participate, or for more information, contact Scott Mello at 841-2464 or scott.w.mello1@navy.mil; Tyler Lewis at 841-3919 or tyler.w.lewis@navy.mil; or Cornelia Mueller at 841-7561 or cornelia.mueller@navymil.

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Announcements

Peary Street intersection closed

As part of the ongoing utility/steam line project along Meyerkord Avenue, a section of Peary Road must be secured through Aug. 30. This outage will require traffic from both directions to detour over to Whipple Street.

The location of the work is on Coddington Point, at the intersection of Peary Street and Meyerkord Avenue.

For specific questions, contact Ray Cournoyer, FEAD construction manager, at 841-7625.

Free tickets for Red Sox game

BOSTON — The organization, Tickets for Troops, has donated 300 tickets to the Navy to the Boston Red Sox vs. Kansas City Royals game on Monday, Aug. 27, at 1:35 p.m. at Fenway Park.

The offer is for active duty members only.

To pick up tickets, go to Information, Tickets and Travel in Building 1255.

Check out what's going on at MWR, visit <https://www.cnic.navy.mil/Newport>

ID Card service restricted

The Naval Station Newport ID Card Section in Building 690, Naval Station Newport, will service Officer Development School (ODS) students only on Aug. 29 from 2:30 to 4 p.m. All walk-ins must be completely processed by 2:30 p.m. and the office will only accept customers that it can completely process prior to the class arrival.

Visit the website at <https://rapids-appointments.dmdc.osd.mil> to schedule an appointment or call 841-3021 for information.

New Chorister voices welcome

The Newport Navy Choristers rehearsals for the fall season begin Sept. 4 from 7 to 9:30 p.m. at Perry Hall, Room

100. If you love to sing and are active duty, reserve or retired from any of the military services, a civilian employee of the Department of Defense, or a military dependent age 16 and older, you are welcome at the rehearsal.

For information call 849-1135 or 849-4823 or visit www.newportnavychorister.org.

NOSC Welcome Social

The Newport Officers' Spouses' Club (NOSC) will hold its annual Welcome Social, Wednesday, Aug. 29, from 6:30 to 9 p.m., at the Officers' Club.

The event is open to all spouses of all members of the U.S. Armed Forces associated with the Navy in Newport, including spouses of international student officers, spouses of deceased officers, and civilian spouses GS-7 and above associated with Naval Station Newport.

For more information, contact Lauren Corkey at (757) 408-4328, or go to www.newportosc.org.

Pool 307 to close half day

The Morale, Welfare and Recreation Department's Pool 307 will be closed Friday, Aug. 31, from 6:30 a.m. to noon in order to conduct electrical work on the circuit. Pool patrons should plan accordingly.

MWR closes early for concert

In conjunction with the Salute to Summer Concert and Fireworks Show on Dewey Field, the Morale, Welfare and Recreation Department will close the following facilities on Saturday, Aug. 25:

Seaview Lanes Bowling Center, Enlisted Club, CPO Club, Outdoor Recreation Rental, Liberty Center, Auto Skills Center and Teen Center.

The following facilities will close early at 1 p.m.: NAVS-TA Marina and Sailing Center, the Leisure Bay Coffee Shop, and Gym 109.

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Contributed photo

The guided missile cruiser USS San Jacinto (CG 56) moves through the East Passage to Pier 2, Naval Station Newport on Aug. 13 for a week-long visit.



Visiting Sailors man paint rollers in local community service project

By **BOB KREKORIAN**

NAVSTA Public Affairs Staff

Ten Sailors, including five chief petty officer-selects from the guided missile cruiser USS San Jacinto (CG 56) performed a community service project, Aug. 16, at an assisted living group home during the ship's visit at Naval Station (NAVSTA) Newport.

The ship, a Ticonderoga-class cruiser, arrived Aug. 13 at Naval Station Newport's Pier 2 for a week-long visit and served as a school ship for the Surface Warfare Officers School.

The ship provided tours for students and staff from the Naval War College; Officer Candidate School (OTCN); Navy Supply Corps School; members of the Naval War College Foundation; and 35 youths, ages 9 to 12, from the NAVSTA Summer Youth Camp Program.

Twenty midshipmen from the Holy Cross-Yale NROTC Consortium attending a summer freshman orientation at Naval Station Newport toured the San Jacinto Aug. 16.

The volunteers painted the interior corridor walls and doors at the Anita Jackson House group home in Middletown, R.I. The facility has 14



Bob Krekorian/U.S. Navy photos

TOP PHOTO: USS San Jacinto crew members, front to rear, Hospitalman Ebony Maupin, Chief (sel.) Logistics Specialist Martina Gill, Seaman Tejon Robinson, Chief (sel.) Gas Turbine System Technician (Mechanical) Albert Andrews, and Cryptologic Technician 1st Class Michael Manelski paint the interior corridor walls, doors and trim for a community service project at the Anita Jackson House, an assisted living group home with 14 residents, in Middletown.

BOTTOM PHOTO: Gas Turbine System Technician (Mechanical) 1st Class Lee Davison, left, and Cryptologic Technical Technician 1st Class Michael Manelski tackle a wall together at the Anita Jackson House.

residents. The volunteers donated more than 50 man hours to finish the project.

"They were a great bunch of Sailors," said Kevin Murtough, controller, Newport County Community Mental Health. "They were very receptive and attentive to what they were doing," Murtough said.

"It's important that we give back to the community," said Chief-Select Operations Specialist Patricia Jones of Virginia Beach, Va. "These are the people we work for as we defend our country," she said.

Aviation Boatswain's Mate 3rd Class Brit Engbrecht of Redondo Beach, Calif., worked in human services prior to enlisting three years ago and expressed similar feelings about giving back to the community to those in need.

"Personally this project builds camaraderie, the spirit of teamwork, and demonstrates a good example to the younger Sailors," said Gas Turbine System Mechanical Technician Chief Select Albert Andrews of Queens, N.Y. "This project is about the Navy's core values of honor, courage and commitment," Andrews said.

"I like to volunteer during my free time. We are helping people in need and we hope this will brighten their day," said Seaman Tejon Robinson of Bronx, N.Y.

Navy seeks applicants for CMC/CSC program

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — The Navy is accepting applications for the Command Master Chief (CMC) and Command Senior Chief (CSC) program, officials said Aug. 15.

A selection board is scheduled in January 2013. NAVADMIN 247/12 outlines eligibility and application procedures. Applications are due Dec. 1.

"Hard-charging and highly motivated senior chiefs and master chiefs, including those in a frocked status, and who meet eligibility requirements are strongly encouraged to apply. We want our top performing master chiefs and senior chiefs to be the command leaders and members of the command triads of the future," said Navy Personnel Command (NPC) Force Master Chief (AW/SW/NAC) Jon Port.

The CMC and CSC programs are intended to ensure Sailors are effectively led and developed. Senior enlisted leaders selected for these programs are responsible for leading the alignment efforts of the chief's mess with the Navy

ethos, Navy core values, and the MCPON's mission, vision, and guiding principles.

CMCs and CSCs are also charged with ensuring active communication throughout the chain of command and report directly to their respective commander or commanding officer.

They advise their respective commander or commanding officer and provide input in the formulation, implementation, and

CMC/CSC, Page 14

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with the purchase of one adult meal for children age 12 and under.

One free kid's meal from the Kids Menu is allowed per one adult meal purchase. An adult meal consists of purchase of an entrée salad, sandwich,

burger or entrée, or special entrée from the Topside menu.

The offer is for dine-in only

WEDNESDAY: \$10 Steak Night: An 8 ounce grilled angus New York strip steak starting at 5 p.m.

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

FRIDAY: Fish Fry-Days every Friday night! Choose from your favorite fresh seafood, fried to order!

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LEISURE, Page 11

MWR Recreation Hours

 AUGUST	SUN	MON	TUE	WED	THU	FRI	SAT
GYM 109	9 a.m.-4 p.m.	5 a.m.-9 p.m. HOLIDAYS 9-5	5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-7 p.m.	7 a.m.-5 p.m.
POOL 307	CLOSED	6-8 a.m., 10:30 a.m.- 1:30 p.m., 3-6 p.m., HOLIDAYS CLOSED	6-8 a.m., 10:30 a.m., -1:30 p.m., 3-6 p.m.	6-8 a.m., 10:30 a.m., -1:30 p.m., 3-6 p.m.	6-8 a.m., 10:30 a.m., -1:30 p.m., 3-6 p.m.	10:30 a.m., -1:30 p.m., 3-6 p.m.	8 a.m.-1 p.m.
BOWLING CENTER	1-8 p.m.	11 a.m.-8 p.m. HOLIDAYS 12-6	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-10 p.m.	1-11 p.m.
LIBERTY CENTER	12-8 p.m.	4-8 p.m. HOLIDAYS 12-6	4-8 p.m.	4-8 p.m.	4-8 p.m.	4-10 p.m.	12-10 p.m.

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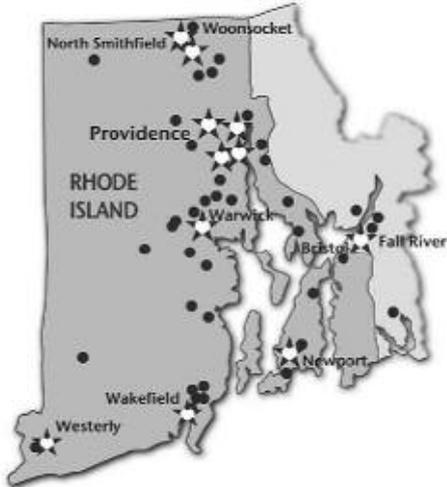
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Regular immunizations are key to prevention of serious diseases

By **LT. M. WESTCOTT**
Navy Nurse Corps

August has been designated as National Immunization Awareness Month. We all need immunizations (also called vaccines or shots) to help protect us from serious diseases. Infants, children, teens and adults of all ages need immunizations to keep the individual person healthy as well as the community.

As a general guideline, infants and children need a series of immunizations from birth to age 6. Pre-teens need recommended immunizations such as Tdap, HPV (Human Papillomavirus) and Meningococcal at age 11 or 12. College students, especially those living in dormitories, need to make sure that they are up to date on their immunizations which include the Meningococcal vaccine (prevents meningitis).

All adults need tetanus booster immunizations every 10 years and one

Tdap (Tetanus, diphtheria and pertussis). The Tdap vaccine is important because our immunity to pertussis decreases overtime. This has been one of many contributing factors to the recent outbreaks of pertussis or whooping cough. Any adult over the age of 18 should have a Tdap vaccine if they haven't had one, even if they recently had a TD booster. (Tdap can be administered regardless of interval since the most recent tetanus or diphtheria-containing vaccine).

Older adults and those with certain chronic illnesses and/or risk factors also need the pneumococcal immunization, which protects them from pneumonia. Adults who receive the pneumococcal vaccine before the age of 65 should receive another one time dose at the age of 65 or later if at least 5 years have passed since their previous dose. No further doses are needed for persons vaccinated at or after the age of

65. The shingles vaccine is another recommended immunization for the older adult. The CDC recommends persons 50 and over receive a onetime dose of the vaccine.

The CDC also recommends that everyone age 6 months and older receive the seasonal flu vaccine every year. Vaccine for the flu should be arriving at Naval Health Clinic New England (NHCNE) Newport and the other branch clinics in September. More information will follow as it becomes available.

Please talk to your health care provider to see which immunizations you and your family need. As we are getting ready for our children to go back to school or start for the first time, think about the health of your whole family. Prevention is the key and is part of living a healthy lifestyle.

Information on immunizations is available online at <http://www.cdc.gov/vaccines>.

Leisure

Continued from Page 9

ball season runs from Sept. 10 through Nov. 15.

The league is open to active duty personnel, retirees, family members, reservists and DoD employees age 18 and older. All games will be played at NAPS Field, Monday through Thursday at 5:30 and 6:30 p.m. For more information, call Greg O'Shea at 841-3420.

Liberty Center (Recreation Center Building 656, 841-3054)

Hours of operation are Monday to Thursday, 4 to 8 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.; Sunday, noon to 8 p.m.; and holidays, noon to 6 p.m.

August events

Tonight—Volleyball Game outside of Liberty Center.

Aug. 25 — Lake Compounce Amusement Park Trip. Sign up at Liberty.

Aug. 26 — Texas Hold'em Tournament, with prizes, 6 p.m. Also, free beach shuttle for Liberty Center patrons from noon to 4 p.m.

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Coast Guard

Continued from Page 2

charge on emerging issues, plus provided classes in leadership and management, administration, operations, publications, logistics management, and personnel management.

Training activities for cutter crews included cutter surface swim training, minor aids to navigation, food service, air conditioning and refrigeration, maritime law enforcement, maritime rules of the road, aids to navigation buoy deck training, and the Aviation Logistics Management Information System.

"An additional benefit of bringing the cutter crews together is the exchange of best practices for continued improvement," he said.

Other First District cutters that were moored alongside Pier 2 for training included:

—175-foot coastal buoy tenders: cutters Abbie Burgess (WLM 553) of

Rockland, Maine; Katherine Walker (WLM 552) of Bayonne, N.J.; and Marcus Hanna (WLM 554) of South Portland, Maine.

—140-foot icebreaking tug: cutter Penobscot Bay (WTGB 107) of Bayonne, N.J.

—110-foot patrol boats: cutters Bainbridge Island (WPB 1343) of Highlands, N.J.; Grand Isle (WPB 1338) of Gloucester, Mass.; Jefferson Island (WPB 1340) of South Portland, Maine; and Tybee (WPB 1330) of Woods Hole, Mass.

—87-foot coastal patrol boats: cutters Flyingfish (WPB 87346) of Boston; Moray (WPB 87331) of Jonesport, Maine; Ridley (WPB 87328) of Montauk, N.Y.; Thunderbay (WTGB 108) of Rockland, Maine; Chinook (WPB 87308) of New London, Conn.; Sailfish (WPB 87356) of Sandy Hook, N.J.; and Hammerhead (WPB 87302) of Woods Hole, Mass.



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Women's equality a benefit for Navy

Aug. 26 recognizes suffrage milestone by an amendment

The Women's Suffrage Movement that began in 1848 outlined key social, civil and political demands for women, and helped the cause of women's suffrage gain national prominence. After nearly 72 years of ceaseless campaigning, the 19th Constitutional Amendment was passed on Aug. 26, 1920, prohibiting state and federal agencies from placing gender-based restrictions on voting.

In 1971, New York Congresswoman Bella Abzug introduced, and had Congress sign, the designation of Aug. 26 as Women's Equality Day, recognizing the anniversary of suffrage and of women's continued

efforts toward equal rights.

There are nearly 65,000 women, active and reserve, serving in today's Navy. Additionally, nearly 50,000 women serve across our Navy in a wide range of specialties as civilian employees. These talented female Officers, Sailors and civilians are a key component of our total force, and they are an invaluable asset to the strength of our Navy.

All commands are strongly encouraged to increase their knowledge and awareness of Women's Equality Day through programs, exhibits, publications and participation in military and community events.

(Reference NAVADMIN 251/12 for further information and useful links).



MC1 Eric Dietrich/U.S. Navy photo

WELCOME TO CLASS OF 2013 -- Capt. Raymond Keledei, dean of students at the Naval War College (NWC), speaks as master of ceremonies during the 2012 Convocation in Spruance Hall last Monday. The Convocation celebrates the beginning of the academic year at the college. The college also recognized the Vice Chairman, Joint Chiefs of Staff, Adm. James Winnefeld with the 2012 Distinguished Graduate Leadership Award.



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I saw an ad for Get In Shape For Women and decided to give them a call. We set up an appointment for a free trial the next day. When I went in to the studio, I was given a tour and then we quickly got down to business. I could barely lift a 10 pound weight and I thought I was going to die on the treadmill. The worst part, though, was when I saw the number on the scale during the initial weigh-in. Surely that number was wrong!! Knowing deep down that scales don't lie, I decided right then and there that I was going to join Get In Shape For Women. That was, by far, the best decision I have ever made. I lost 12 pounds in the first month and quickly learned that my old exercise routine was not effective at all and my eating habits needed some big changes.

I love Get In Shape For Women! The staff is very knowledgeable about nutrition. The trainers are excellent - very supportive and encouraging. I love the fact that the workouts are appointments which can fit into any busy schedule. I'm in and out in one hour. I have lost a total of 25 pounds and 5% body fat in just six months and I feel terrific!

I strongly urge anyone who thinks that their clothes are shrinking or that the camera and scale are lying to give Get In Shape For Women a call and set up a free trial appointment. It will be the best thing you've ever done for yourself. I know it was for me. Thank you Get In Shape For Women!!

Beth Desvauz, 48, Accountant



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The Aft Lookout



NWC Museum Archives photo

The 16 U.S. battleships of the 'Great White Fleet' that had sailed around the world (1907-1909) and after a yard period for repainting, arrived in Narragansett Bay in 1910 as the Atlantic Fleet. During their stay, over 3,000 men of the fleet were treated to a traditional Rhode Island clambake. It took the Civic League of Newport three days to feed all of the men. Photographs of the event are on display in the Naval War College Museum.

NJROTC

Continued from Page 3

who serve our country's Armed Forces," said Yale University President Richard C. Levin. "From Lexington to Afghanistan, our students and graduates have contributed to the nation's defense, and the return of NJROTC will make it easier for the most talented young men and women who aspire to leadership in our military to gain a Yale education."

The curriculum for the week at OTCN and Naval Station Newport included physical training, uniform and room inspections, close order drill, basic seamanship, and damage con-

trol training.

Yale also joined other NJROTC units across the country with a new high-tech computer-based Mariner Skills Simulator (MSS) installed Aug. 9.

MSS provides future Navy officers navigational skills, even before stepping onto their first ship.

"Yale has been strongly supportive of facilitating the establishment of the NJROTC unit along with numerous programs for the military and veterans," said Godwin.

The NJROTC program was established to educate and

train qualified young men and women for service as commissioned officers in the Navy and Marine Corps. The NJROTC scholarship program fills a vital need in preparing mature young men and women for leadership and management positions in an increasingly technical Navy and Marine Corps.

For more information about NJROTC, visit www.nrotc.navy.mil

For more news from Naval Service Training Command, visit www.navy.mil/local/great-lakes.

CMC/CSC

Continued from Page 8

execution of policies concerning morale, welfare, job satisfaction, discipline, utilization, family support, and training of enlisted Sailors, as well as providing input and advice in matters affecting mission and operations as required.

"CMCs and CSCs are placed in a position like no other senior enlisted leaders. They are called upon to make hard calls on behalf of the command along with their commanders, and they are called upon to lead

their respective CPO messes and Sailors. If you have the desire to serve at the next level and be part of the command leadership triad, then step up and send in that application," said Port.

CMC and CSC selection boards convene annually at NPC. The board reviews and selects the best-qualified applicants for assignment into the CMC and CSC program.

Upon selection and receipt of orders for assignment as CMC, master chief

petty officers' ratings will be changed to CMDCM. Senior chief petty officers filling CSC billets will retain their source rating.

Master chiefs and senior chiefs selected into the CMC/CSC program will be assigned by the CMC detailer based on billet availability, experience, qualifications, and desires.

For more information, read NAVADMIN 247/12 and OPNAVINST 1306.2G available at www.npc.navy.mil.

President

Continued from Page 3

Region American Red Cross, Christenson also told business executives that another way the Navy protects America is through the world's best Sailors, with Cincinnati and Ohio continuing to be a source of quality service members and leaders.

With science, technology, engineering and mathematics (STEM) being important to the Navy's workforce both now and in the future, Christenson emphasized the significance of STEM education to the Navy with University of Cincinnati (UC) Senior Vice President for Academic Affairs & Provost, Dr. Santa Ono, and faculty from UC's FUSION Center. As a component of the Southwest Ohio Regional STEM Education Hub of the Ohio STEM Learning Network, the FUSION Center impacts pol-

icy and improves educational practice in PK-20 STEM instruction.

He likewise met with executives from KnowledgeWorks, a non-profit organization that is working with schools throughout the country to transform education and create conditions that allow innovation to flourish and better prepare youth for the future.

While in Cincinnati, he stopped at the Veterans Affairs (VA) Medical Center, where he spoke with leadership and thanked some of the staff members for their service to veterans. He also toured the Tele-ICU, a new capability that provides remote nursing coverage 24 hours a day for 72 intensive care unit beds between four VA Medical Centers in Ohio.

After speaking with members of Cincinnati's

Navy League and United States Naval Academy Alumni Association, Christenson's outreach visit concluded at City Hall, where he met with Cincinnati Mayor Mark Mallory and members of his staff.

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Tarwoe

Continued from Page 4

in support of Operation Enduring Freedom with Task Force 2d Battalion and died from wounds he sustained while conducting combat operations in Helmand Province.

Tarwoe and Sgt. Dennis P.

Weichel Jr. of the R.I. National Guard will both be memorialized at the Garden of Heroes ceremony at 11 a.m., Saturday, Sept. 15, at the R.I. Statehouse. This ceremony is open to the public.



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Naval Health Clinic New England

They're a couple of quitters

Pharmacy offers free nicotine gum, patches to help smokers

By **KATHY MacKNIGHT**
NHCNE Public Affairs Officer

Are you looking to quit tobacco and start a healthier lifestyle for your family members and you? Naval Health Clinic New England (NHCNE) has made it easier for you to accomplish this goal by offering free nicotine replacement products (2 mg nicotine gum; and 21 mg, 14 mg, and 7 mg nicotine patches) without a prescription.

These products are available at the NHCNE Pharmacy for all active duty members, retirees, and NAVSTA Newport federal service employees.

Two government service employees who have utilized the program are Dave Dorocz, director of Environmental Division, Naval Station Newport; and Ms. Becky Barlow, an environmental protection specialist. Both work in Building 1.

Dorocz used the nicotine gum and patches, and as of May 31 has been nicotine free. Previously he was a 2 to 3 pack-per-day smoker for almost two-thirds of his life, and has had "no problems" giving up cigarettes.

He readily admits that the ease of coming over to the pharmacy at NHCNE,

getting registered, and a few minutes later leaving with the gum and patches was a deciding factor to quit tobacco. He didn't have to make an appointment with his doctor, no prescription was needed, and the products were free.

On a financial note, he has already saved more than \$1,600 in just 2½ months, as a pack of cigarettes currently costs almost \$10.

Barlow's story is ongoing. She has substantially cut down on the number of cigarettes that she smokes a day with just the help of the gum. She has set the date of Sept. 5 — her birthday — as her quit date. No more cigarettes.

NHCNE staff follow-up with phone calls or emails with those using the nicotine replacement products. They have been supportive in Becky's more gradual approach to quitting because this method is working for her.

She has gone from 15 to 20 cigarettes per day down to 4 to 5 cigarettes a day. Barlow who is planning a vacation that involves an airline flight commented on how relaxing traveling will now be when she isn't preoccupied looking for a place that she can "grab a smoke" in and around the airport and before boarding



Kathy MacKnight/U.S. Navy photo

Environmental protection specialist Becky Barlow and Dave Dorocz, director of Naval Station Newport's Environmental Division, are two government service employees that have taken advantage of the free nicotine replacements at Naval Health Clinic New England Pharmacy.

the plane. Being the only smoker in her circle of friends, this is a good time for her to quit tobacco for good.

At local pharmacies and discount stores, the gum runs around \$60 for 170 pieces, and 14 patches cost approximately \$40.

In addition to the free products, NHCNE's Health Promotions staff offer Smoking Cessation classes. The staff will even come to your work space to conduct a class for interested NAVSTA employees who want to kick the habit. If interested, con-

tact them at the number provided below. However, if a federal service employee wants to get started now on a healthier lifestyle without tobacco, visit the NHCNE Pharmacy to talk to a pharmacist and get the free nicotine replacement products.

"Tobacco users who want to quit are crazy if they don't take advantage of this program," Dorocz said.

For more information about quitting tobacco or information on classes call 401-841-6774/6777.



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