



The Newport

Navalog

May 8, 2020

HIGHLIGHTS

Military Spouse
Appreciation Day

Woman Searches
for Long Lost
Nurse

Fleet & Family
Resources for Families
During COVID-19

REMEMBER:

Follow Our
Facebook
Page for
Real-Time
COVID19
Updates

KEY LINKS

DEPARTMENT
OF DEFENSE
[www.defense.gov/
Explore/Spotlight/
Coronavirus](http://www.defense.gov/Explore/Spotlight/Coronavirus)

CNRMA
[www.cnrc.navy.mil/
regions/cnrnw
/om/COVID-19.html](http://www.cnrc.navy.mil/regions/cnrnw/om/COVID-19.html)

NS NEWPORT
[www.cnrc.navy.mil/
regions/cnrma/installations
/ns_newport/news/
covid-19-navsta-newport
-r-i-updates.html](http://www.cnrc.navy.mil/regions/cnrma/installations/ns_newport/news/covid-19-navsta-newport-r-i-updates.html)

CNO Message to the Fleet

By Chief of Naval Operations
Adm. Mike Gilday

WASHINGTON -- The Coronavirus Disease 2019 (COVID-19) Pandemic brought an invisible enemy to our shores and changed the way we operate as a Navy. The fight against this virus is a tough one. But our Sailors are tougher, and each of you plays a critical role in defeating this virus.

We have embraced the challenge of COVID-19 and are learning, adapting, and improving by the day and by the hour. There is no better example of this than our actions and response on the USS Kidd (DDG 100).

As we continue to learn about this virus and how to mitigate its risk, the widespread public health measures you are actively practicing--physical distancing, face coverings, minimizing group events, frequent hand-washing, sound sanitation practices, a questioning attitude on how we are feeling -- must be our new normal. We must harden our Navy by continuing to focus on the health and safety of our forces and our families. The health and safety of our Sailors and their families is, and must continue to be, our number one priority. Fleet operations depend on it.

As the forward deployed force of our country, we have a duty to ensure we are ready to respond. We cannot simply take a knee or keep everyone in port until this enemy is defeated. We are America's away team. The uncertainty caused

by COVID-19 makes our mission of protecting America at sea more important than ever. That is why the U.S. Navy continues to operate forward every day.

As state and local officials begin to re-open communities, we must continue to focus on the health and safety of our Sailors and their families. It is vitally important for every individual to take personal responsibility to minimize risk to themselves, to their loved ones, as well as to the members of our team who may be more susceptible.

Each fleet, region and installation will be on a conditions-based timeline to open. OSD and service guidance will be released to assist commanders in making these decisions. When we entered this pandemic, we quickly closed down services to minimize interactions and the spread of the disease.

We will need to take a measured approach to opening up these services to prevent a recurrence of the disease. I expect local commanders to understand area conditions and to communicate prudent expectations and guidance up and down the chain of command. I trust our Sailors to follow these guidelines.

Each of us must continue to practice and follow all public health measures necessary to minimize risk to our force and our families. Take responsibility. Show courage in speaking up if you see shipmates falling short.



continued on next page



CNO Message Continued

We have obligations for operational readiness and stringent requirements for health protection measures.

Continue to gather lessons learned at all levels, and prepare for another wave of COVID so that

we can minimize the impact and be prepared, if that happens.

While I know we are asking a lot of our Sailors and families right now, with measures such as extended deployments and pre-underway Restriction of Movement (ROM) periods, these sacrifices are necessary to maintain

a healthy force around the world. I appreciate your commitment to selfless service. I know our Sailors' ability to adapt and respond has been nothing short of amazing and I am grateful. Your resiliency gives us all hope and assurance during these uncertain times.

A Message from CNO and Mrs. Gilday on Military Spouse Appreciation Day

Shipmates, my wife, Linda, and I wanted to take a moment to say thanks to all military spouses on Military Spouse Appreciation Day, May 8.

Let's take time together to applaud the service, dedication and support of military spouses, and recognize spouses for the daily sacrifices and challenges they overcome, especially now during the Coronavirus.

For the past 25 years, Linda has been a constant source of strength. Despite moving around the world, she has maintained a successful career in both the public and the private sectors, supported me every step of the way, and she's been an incredible anchor for our family.

Like countless military families around the world, the love, resourcefulness, and support from



spouses make a career of naval service worthwhile.

For all the responsibilities military spouses carry, both seen and unseen, a heartfelt thank you. We could not do it without you.

We'll see you in the fleet!

Watch the full video now at <https://www.dvidshub.net/video/751422/cno-and-mrs-gilday-military-spouse-appreciation-day-message-2020>.

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Operational and Exercise Impacts are often communicated to the public first using the installation social media outlets:

- FB: [Facebook.com/NAVSTANewport](https://www.facebook.com/NAVSTANewport)
- Twitter: [@NAVSTANEWPORTRI](https://twitter.com/NAVSTANEWPORTRI)
- Instagram: [@navstanewportri](https://www.instagram.com/navstanewportri)
- LinkedIn: [LinkedIn.com/company/navstanewport](https://www.linkedin.com/company/navstanewport)

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In Search of a Nurse: A Letter to the Public Affairs Office

Editor's note: Every so often a letter or a phone call comes to the Public Affairs Office looking for assistance in researching some event that took place here; finding a person that they served with here or even looking for what happened to the ship that they served on here "way back when." What follows is an especially warm tribute to nurses, in this case, one very caring Navy nurse who served her in 1959. In this time of stress, I feel it is worth sharing. I hope you enjoy it.

Hi Lisa,

Thank you for trying to help me find the nurse in my picture. Both of my parents are deceased now. I was so surprised to find this picture looking through photographs.

My father was Chief Petty Officer Robert G. Lutz, he was stationed at Naval Station Newport when I was born. My mother's name is Patricia Edison Lutz and I am Karen A. Lutz. I was born in the Newport Navy Hospital on February 5, 1959. I was 11 weeks



premature and weighed only 2 pounds and 12 ounces. My mom told me I was only 15 inches long and could fit in a shoebox. There were no Neonatal Intensive Care Units back then but my mom always told me how nice this nurse in the picture was. I was in the hospital for a while and my mom said this nurse went out of her way to spend extra time caring for me. She said that the doctors did not expect me to live and that I was administered last rites at two days old.

Obviously, that was not what

God wanted for me.

I am not sure how long my father was stationed in Newport but I know that after there we were transferred to Great Lakes, Illinois, he retired in 1962 and we moved to St. Louis, Missouri where my parents were from.

Thank you for taking the time to help me solve my wonderful mystery nurse picture. I could not believe I found it, especially after how my mother had always spoken so highly of her. I am sure she was very instrumental in my health outcome - you can just tell by the way she is holding me how much she loved and cared about being a nurse and the babies she was taking care of in your hospital. I am sure all of the nurses who worked there were.

Thank you so much. I am sure you do not get many private messages like this one but if this nurse is still alive and sees this, I would love to thank her myself. I am attaching the photo again for an easy reference.

Karen

Fire Safety Tip

By Michael A. Routh
Assistant Fire Chief
Fire Prevention Division
Navy Region Mid-Atlantic
Fire & Emergency Services HQ

Did You Know? If using a disposable mask, always follow the manufacturer's recommendations.

CDC guidance states cloth masks should be cleaned in a washing machine. Using a microwave to kill germs may or may not work, is hazardous and can cause the mask to

breakdown and ignite. Also, some disposable masks have a metal strip to form to your face, and the metal could spark in the microwave causing the microwave to catch fire.

Using a conventional oven is a fire hazard. Left in the oven too long, or left unattended masks will ignite and start a fire.

It's not recommended to drape/suspend masks over the top of boiling water to sanitize it. This can cause the elastic bands to stretch and come closer to the heat source and possibly igniting.



Upcoming Events and Observances

Friday, May 8, Military Spouse Appreciation Day (Friday before Mother's Day)

Sunday, May 10, Mother's Day

Wednesday, May 13, 382nd Birthday, Rhode Island National Guard (1638)

Monday, May 25, Memorial Day

Saturday, June 6, 76th Anniversary D-Day (1944)

Sunday, June 14, 244th Birthday, US Army (1775) & Flag Day

Saturday, July 4, Independence Day

Wednesday, July 22, 6:35 PM, "Newport Gull's Military Appreciation Night", sponsored by Raytheon, Cardines Field, 20 America's Cup Avenue, Newport. Flyer with more information to follow.

Monday, July 27, Korean War Armistice Signed (1953)

Saturday, August 1, 8:30 AM – 1 PM, "Calling All Veterans." The Ryan Center at the University of Rhode Island, 1 Lincoln Almond Plaza, Kingston. RI Elder Info is hosting this resource fair for Veterans of all ages to provide information on vital community resources to all Veterans, their families, and the community. FREE ADMISSION! For more information, call 401.585.0509, email deb@rielderinfo.com, or visit rielderinfo.com. Original date: Saturday, May 9.

Saturday, August 1, 6 PM, "2020 Veterans Oldies Dinner Dance," Kelley-Gazzerro VFW Post 2812, 1418 Plainfield Street, Cranston. RSVP by July 28. No tickets sold at the door. Point

of contact is Ray Denisevich at 401.644.8066, or via email at raymond.denisevich@gmail.com. All proceeds benefit distressed and homeless Veterans and their families.

Saturday, August 1, Rhode Island Army National Guard Presents "Leapfest 2020" International Parachute Competition, 3119 Ministerial Road, West Kingston (Rain Date Sunday, August 2). For more information go to www.facebook.com/Leapfest, www.leapfest.com, www.instagram.com/Leapfest.

Sunday, August 2, Gulf War Begins (1990)

Tuesday, August 4, 230th Birthday, US Coast Guard (1790)

Friday, August 7, 11 a.m.- 3 p.m., "Rhode Island National Guard Annual Summer Reunion/ Luncheon", Quonset Officers Club, Lieutenant James Brown Road, North Kingstown. Point of contact is Bob Antonelli at 401.996.3764, or via email at bob02909@cox.net.

Saturday, August 15, VJ Day Anniversary (1945)

Wednesday, August 26, Women's Equality Day

Saturday, August 29, 104th Birthday, US Marine Corps Reserve (1916)

Monday, September 7, Labor Day

Friday, September 11, Patriot Day

Tuesday, September 15, 430 PM – 6 PM, "Martha's Vineyard Veteran Town Hall" Providence VA Medical Center & Providence VA Regional Office, American Legion, 34 William Street, Vineyard Haven,

Massachusetts.

Friday, September 18, 73rd Birthday, US Air Force & US Air National Guard (1947)

Friday, September 18, National POW/MIA Recognition Day (Third Friday in September)

Saturday, September 26, 78th Birthday, US Army Military Police Corps (1941)

Saturday, September 26, 9AM Refreshments, 10AM Speaker, "Rhode Island National Guard Retirees' Association Quarterly Meeting", Schofield Armory, 705 New London Avenue, Cranston. Point of contact is Bob Urquhart at boburquhart@cox.net. Guest speaker to be determined.

Sunday, September 27, Gold Star Mother's Day (Observed Last Sunday of September)

Tuesday, September 29, 121st Birthday, National Veterans' of Foreign Wars (VFW) (1899)

Wednesday, September 30, 8AM – 430PM, "Be There for Service Members, Veterans, and Families: Strengthening Our Community Conference", Southbridge Conference Center, Southbridge, Massachusetts. For more information, contact Shara Katsos, at 781.687.3216, or Becky Dreifuss at 781.687.2176. To register, go to: <https://www.eventbrite.com/e/bethere-for-service-members-veterans-families-strengthening-communities-tickets-88494693009>. Original Date: Tuesday, April 14th.

Monday, October 12, Columbus Day

Tuesday, October 13, 245th Birthday, US Navy (1775)



HAZARD COMMUNICATION

HAZCOM: WHAT'S IN YOUR WORKPLACE?

NANOMATERIALS

These are not materials brought from the planet Ork, nor is it part of the Orkan greeting “nanu nanu.”

Nanos are the measures of tiny particles on atomic & molecular scales. One can get a sense of the nano-scale looking at examples at www.nano.gov/nanotech-101/what/nano-size, as well as how and for what nanotechnology is used.¹

Because nanomaterials are so small, their routes of entry into the body may take place in ways that have not yet been determined, unlike larger particles of the same materials, which is where the unknown hazards lie.

Employers should assess worker exposure to nanomaterials to identify the control measures needed and determine if the controls used are effective in reducing exposures by identifying and describing processes and job tasks where workers may be exposed to nanomaterials.²

Because the research and use of nanomaterials continues to expand and information about potential health effects and exposure limits for these nanomaterials is still being developed, employers should use a combination of the following measures and best practices to control potential exposures: Engineering and Administrative controls, PPE and Medical Screening and Surveillance.²

¹ “Nanotechnology 101.” *National Nanotechnology Initiative*, www.nano.gov/nanotech-101. Accessed 31 Jan 2020.

² “Working Safely with Nanomaterials.” Fact Sheet 3634, Apr. 2013, www.osha.gov/Publications/OSHA_FS-3634.html. Accessed 31 Jan 2020.

A pictogram is an ideogram that conveys its meaning through its pictorial resemblance to a physical object.



HOW TO BE HAZCOM-PLIANT

For 11 years, Hazard Communication has been in the Top Three, and for the last eight years, has been in the 2nd place position in OSHA's Top Ten violations.³ This is not the consistency which is good.

How can YOU be sure to be compliant? Make sure your command is using the steps outlined in 29 CFR 1910.1200. Reviewing FY19 citations from OSHA, we can marry them up with paragraphs out of the OPNAVINST 5100.23 Series.

The most violated HazCom standard was 1910.1200(e)(1): “Employers shall develop ... a written hazard communication program which at least describes how ... labels and other forms of warning, safety data sheets, and employee information and training will be met.”

That is the basics of the standard, and the other top four violations were specifics on the three key elements of the citation:

- Labels & other forms of warning
- Safety Data Sheets (SDSs)
- Employee Training

One of the major objectives of the GHS is to have easily understood labels which includes symbols, signal words or hazard statements. This includes nine easily recognizable Pictograms and Hazards which can be found at:

www.osha.gov/Publications/HazComm_QuickCard_Pictogram.html

HCS VS. GHS: What is the difference between Hazard Communication Standard (HCS) and Global Harmonized System (GHS)?

Between 1983 & 1989, the HCS was adopted for all industries where employees were potentially exposed to hazardous chemicals.⁴ OSHA incorporated GHS into the HCS; full compliance was required in 2016. Stressing employee understanding, the standard became known as “Right to Understand” instead of “right to know.”

⁴ *Ibid.* ghs-101-history-ghs.

Solely the dose determines that a thing is not a poison.

*Paracelsus
Father of Toxicology*

HAZCOM-PLIANT CONT'D

The next step to standardizing information available to supply personnel, safety, workers and emergency responders is the required 16-part format which details how to identify what the material is, what the hazards are, how to deal with First Aid, to storage, spills and fire-fighting information, and more.

Perhaps the most essential part of the citation to key in on is the employee training. Without effective employee training, hence knowledge and awareness, all the signs and labels will mean nothing. Training must occur prior to an employee's use and exposure to the HazMat. Identification of not only the material and what PPE is needed should be covered, but the information on the SDS: What can this do to harm me or my family? What do I do if I, or a co-worker, is accidentally exposed? What if there is a spill or fire? What other hazards are there? Where should this be stored properly?

Ultimately, personnel with the proper information can protect themselves, the environment and their commands when they are Hazard Communication compliant.

³ Druley, Kevin. “OSHA's Top 10: 2019 Most Cited Violations.” *Safety + Health*, Dec 2019, p. 41.



GUIDANCE FOR CLEANING & DISINFECTING

PUBLIC SPACES, WORKPLACES, BUSINESSES, SCHOOLS, AND HOMES



SCAN HERE FOR MORE INFORMATION

1 DEVELOP YOUR PLAN

DETERMINE WHAT NEEDS TO BE CLEANED.

Areas unoccupied for 7 or more days need only routine cleaning. Maintain existing cleaning practices for outdoor areas.

DETERMINE HOW AREAS WILL BE DISINFECTED. Consider the type of surface and how often the surface is touched. Prioritize disinfecting frequently touched surfaces.

CONSIDER THE RESOURCES AND EQUIPMENT NEEDED. Keep in mind the availability of cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants.

2 IMPLEMENT

CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER prior to disinfection.

USE THE APPROPRIATE CLEANING OR DISINFECTANT PRODUCT. Use an EPA-approved disinfectant against COVID-19, and read the label to make sure it meets your needs.

ALWAYS FOLLOW THE DIRECTIONS ON THE LABEL. The label will include safety information and application instructions. Keep disinfectants out of the reach of children.

3 MAINTAIN AND REVISE

CONTINUE ROUTINE CLEANING AND DISINFECTION.

Continue or revise your plan based upon appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water prior to disinfection. Routinely disinfect frequently touched surfaces at least daily.

MAINTAIN SAFE PRACTICES such as frequent handwashing, using cloth face coverings, and staying home if you are sick.

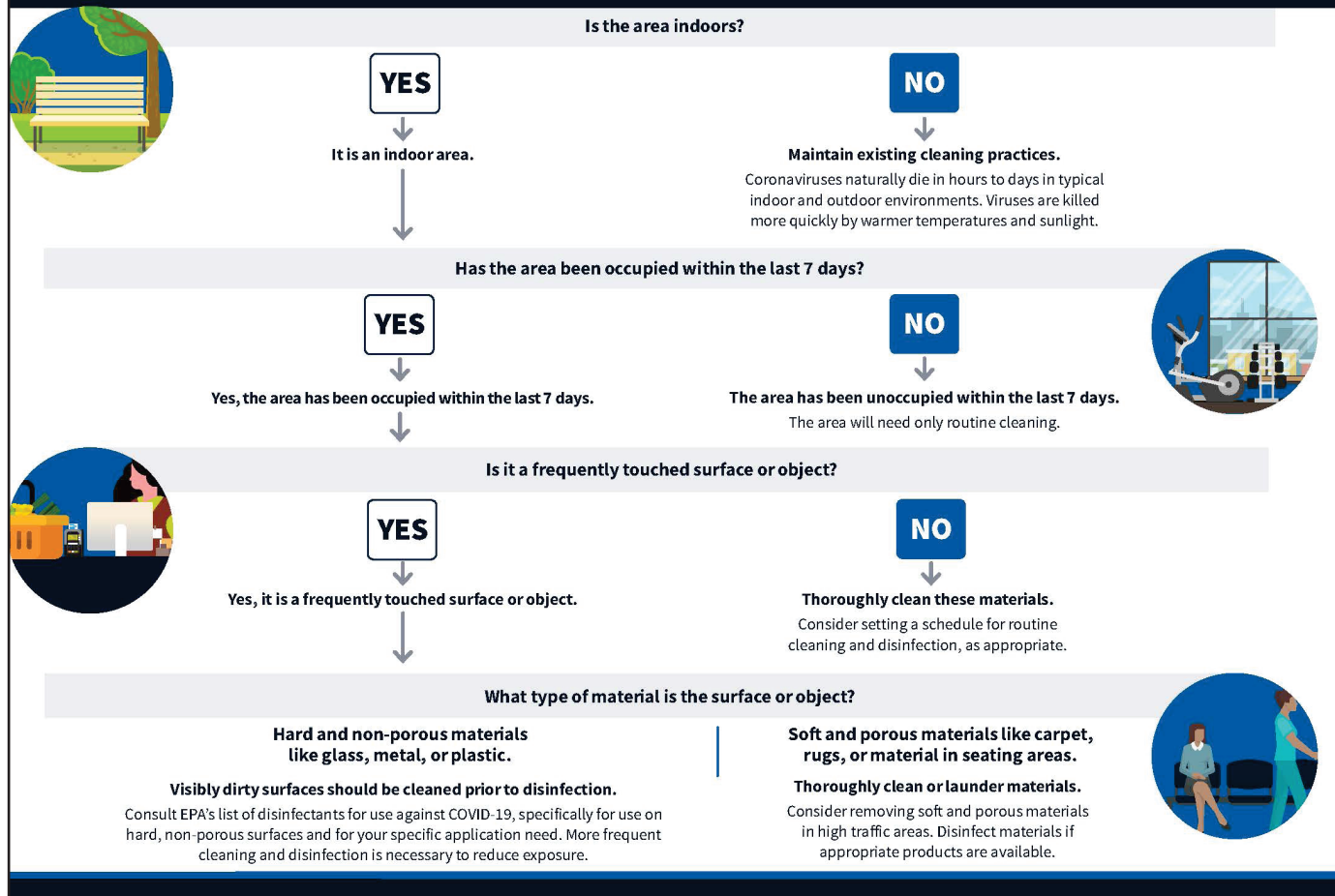
CONTINUE PRACTICES THAT REDUCE THE POTENTIAL FOR EXPOSURE. Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

Follow guidance from state, tribal, local, and territorial authorities.

MAKING YOUR PLAN TO CLEAN AND DISINFECT

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.

Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.





FFSP COPING WITH COVID-19 INFORMATION AND REFERRAL RESOURCES

Your Next STEPS
If you or your family are experiencing challenges, there is local, region and national support to help.

YOUR LOCAL FFSC



WE ARE STILL OPEN.
Virtual services are available. View the FFSC Directory at https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html.

MILITARY RESOURCES



MILITARY ONESOURCE
www.militaryonesource.mil
800-342-9647



FAMILIES OVERCOMING UNDER STRESS (FOCUS)
www.focusproject.org/covid19

MORE SOURCES OF HELP



WELCOME TO CNIC PORTAL
MyNavyFamily.com

MY NAVY FAMILY
Download the mobile app



DOD SAFE HELPLINE
Safehelpline.org
877-995-5247



CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)
www.consumerfinance.gov
855-411-2372



NATIONAL SUICIDE PREVENTION LIFELINE
suicidepreventionlifeline.org
1-800-273-8255



CONNECT WITH A NAVY CHAPLAIN
855-NAVY-311
Text: navy11@navy.mil



Permanent Change of Station: Your Money and the Move

Moving is part of the adventure that comes with military life and service to country. New locations are exciting, but permanent change of station (PCS) moves can bring financial uncertainty such as new or unexpected expenses as well as interruptions to a spouse's income. Taking charge of your PCS move ahead of time can make it more predictable and less stressful, even in times like these. Here are some resources to help you feel more in control of your money and the move.



Getting started is as easy as - one, two and three!

- 1. Get Help.** When you have questions about money and the move, you have a support network at your service. Speak with a Command Financial Specialist (CFS) at your unit or a Personal Financial Manager (PFM) at your local FFSC or online. You can also connect with a representative at Military OneSource for guidance.
- 2. Make Smart PCS Financial Moves.** The PCS Counselee Checklist lists the top financial concerns of a PCS move. This checklist provides a blueprint and handouts to help you plan, organize and make informed financial decisions before, during and after your move. You can download handouts like the Spending Plan Worksheet, PCS Expense Worksheet and Five Rules for Buying a House. Before your next move, it is especially important to know your new pay and entitlements, understand the fundamentals of creating and managing a spend plan, as well as how to manage debt and credit during a move. Get started on the checklist [here](#).
- 3. Create a custom PCS checklist.** Military OneSource's [Plan My Move](#) website creates a custom checklist and calendar for your move. This resource is filled with information about the tasks you need to complete and how to complete them. This checklist asks where you are now, where you are moving to and allows you to tailor the checklist to your family's unique needs.

Take advantage of the support and resources available to help you make good decisions about your money and the move!

Do you want some one-on-one help? Even under current conditions, Fleet and Family Support Center PFMs are ready to assist you via telephone or virtually to talk through your move strategy or financial challenges. Find help at the FFSC near you. To find the location nearest to you, click on the [FFSC Directory](#).

Be ready! Hurricanes

BEFORE

- Cover windows with storm shutters or plywood.
- Tune in for local information.
- Know how to turn off your gas, electricity, and water in case you need to evacuate.
- Make an emergency kit.

AFTER

- If your home has damage, do not reenter until it has been examined by a building inspector for safety.
- Prevent mold growth by airing out rooms and disinfecting. [More information](#)
- Tap water may not be safe to drink. Listen to local warnings. [More information](#)
- Throw away food that may be unsafe. [More information](#)
- Prevent carbon monoxide poisoning. Use generators, stoves, and grills outside and away from windows and doors.
- Designate a shelter area if you can't evacuate. Rooms without windows are best.

Public Health Preparedness and Response
Centers for Disease Control and Prevention

Hurricane Preparedness Is Possible

National Hurricane Preparedness Week runs from May 3 to May 9, 2020. Many people think hurricanes affect only those living along the coast. In fact, they can cause damage hundreds of miles from the shore. This is an excellent time to prepare yourself and your family to be ready for a hurricane or any natural disaster. To prepare for a hurricane, follow the tips in the graphic featured on this page. If you would like more information on what you should include in your emergency supply kit or how to make a family emergency plan, visit <https://www.cdc.gov/disasters>.

Remember: Hurricane season begins May 15 in the north Pacific region and on June 1 in the Atlantic and Caribbean. There are steps that you can take before, during and after a storm to stay safe!



Navy Exchange Service Command Associates Screened for COVID-19 Symptoms

From Navy Exchange Service Command Public Affairs

Virginia Beach, Va. -- Beginning May 1, all Navy Exchange Service Command (NEXCOM) civilian and military personnel and its affiliated contractors began receiving a health screening and temperature check prior to working in any facility which includes Navy Lodges and NEX retail stores worldwide.

“Our NEXCOM team of 14,000 strong continues to support our Navy, our Sailors and military families, working 24/7 creating new and innovative methods to provide in this challenging environment,” said retired Rear Adm. Robert J. Bianchi, CEO, NEXCOM.

“While our teams are working hard around the world, the health and safety of our associates and patrons remains my priority, and the health screenings and temperature checks should help ensure it.”

The health screening includes a questionnaire which asks the person’s travel history and any potential contact with anyone affected with COVID-19.

It also includes questions pertaining to any current COVID-19 symptoms the person may be experiencing. Once each facility receives its hands-free thermometers, temperature checks will be added to the screening process.

Any NEXCOM associate or contractor that has a temperature of 100° (37.8°C) or higher will be



Beginning May 1, all Navy Exchange Service Command (NEXCOM) civilian and military personnel and its affiliated contractors began receiving a health screening and temperature check prior to working in any facility which includes Navy Lodges and NEX retail stores worldwide. NEXCOM is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office. (U.S. Navy photo by NEXCOM Public Affairs/Released)

directed to go home and contact their supervisor and healthcare provider. They can return to work once they have no signs of a fever or illness.

NEXCOM’s six business lines have been industrious and determined to get Sailors and their families what they need in this ever-changing environment.

NEXCOM is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office.



Navy Band Northeast Supports Virtual Events Across Region

VIRTUAL NEW JERSEY NAVY WEEK MAY 11 - 15

SCHEDULE OF EVENTS

Monday at 11am

Introducing NBNE at New Jersey Navy Week

Tuesday at 11am

Jack Tar Brass Band Performance

Wednesday at 1:15pm

Spanish language interview with members of NBNE (hosted by Navy Community Outreach)

Thursday at 10am and 1pm

Educational Masterclasses with NBNE (detailed schedule coming soon)

Friday at 11am

Rhode Island Sound Performance

**SEE ALL EVENTS AT
[FACEBOOK.COM/NAVYBANDNE](https://www.facebook.com/NAVYBANDNE)**

