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## Resident Recognition

HomePort Hampton Roads would like to recognize Lonnie Barnes from Belzoni, Mississippi. Lonnie comes from a family of eight children of which he is the second to the oldest.

Lonnie has been in the U. S. Navy for one year and is currently attached to VAW120. Lonnie has lived in PPV housing Mid-Rise apartments since February 2010 and says he loves having his own place. In his spare time he enjoys hanging with friends, bowling, mentoring or just "chillin". His favorite team is the Pittsburgh Steelers.

Lonnie plans on becoming an Aircraft Engineer.

Thanks for your support.

HomePort Hampton Roads wishes you the best.



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## **MCPON Tours Norfolk PPV Project**

Once SN Blizzard a resident at Camp Allen heard that MCPON West along with Force Master Chief Williams were touring HomePort Hampton Roads PPV he snapped to attention for a chance to meet and have a photo taken for bragging rights.

SN Blizzard is stationed on FFG52 and has been a resident with HHR since December 2009.



## Employee Recognition

HomePort Hampton Roads would like to say thanks to Arceli Wesley (Celia) our porter from U 16. Celia is originally from the Philippines, she has been in the states for 25 years and resides in Chesapeake. Celia's husband of 11 years is in the Navy. She also has two sons. Celia enjoys gardening and taking care of everyone. Celia welcomes all with her beautiful smile. She takes great pride in her job and it shows.

We are all very lucky to have her touch our lives.

Thanks for all your support!

Great Job Celia!



**Arceli Wesley (Celia)**

# Resident Life



## Mexican Manicotti

**Preparation Time:** 15 minutes

**Microwave Time:** 31 to 37 minutes

1 pound ground turkey  
1 small yellow onion, diced  
1 tablespoon chili powder  
1 can refried beans  
1/2 tablespoon cumin  
1/2 tablespoon paprika  
1 8-ounce package manicotti shells, uncooked  
1 cup water - 1 3/4 cups salsa  
1 cup sour cream - 1/4 cup black olives, sliced  
1/2 cup shredded Monterey Jack cheese  
1/4 chopped green onions



Crumble and separate the ground beef, and place in a microwave-safe bowl with the chili powder and onion. Cook on high for 6 1/2 to 9 minutes until the meat is completely browned (Stirring at about 4 and 6 minutes to make sure the meat cooks evenly). Drain the grease. Mix the refried beans, cumin and paprika into the cooked ground beef.

Grease a microwave-safe baking dish. Fill the uncooked pasta shells with the ground beef mixture, and place the shells into the baking dish. Mix together 1 cup water with the salsa, and pour the mixture over the manicotti. Loosely cover the dish with microwave-safe plastic wrap, and microwave on high for 10 minutes. Remove from the microwave, and very slowly pull back the plastic wrap (BE CAREFUL! Avoid steam burns!). Turn the shells over, replace the plastic wrap, and return to the microwave for 15 minutes, until manicotti is fully cooked, and most of the liquid from the salsa/water has been absorbed.

Remove from microwave, again being cautious when removing the plastic wrap. Cover with cheese, and let sit for about 3 minutes until cheese melts on top (if necessary return to microwave for 1 to 2 minutes). Top with sour cream, green onions, and black olives – enjoy!

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## HOW TO BUDGET YOUR MONEY

**Create a budget every time you get money.** For most people, this is once every two weeks. Sometimes it's weekly, sometimes it's monthly. Either way, it's a regular interval, and it's the best time to decide how you're going to spend your money. Make it a rule that you don't spend *any* of your paycheck money until you've worked out your budget.

**Make a list of all the things you'll need to pay for until the next paycheck, such as:** Rent/mortgage - Utilities - Vehicle payments - insurance - maintenance (e.g. oil changes, tire rotations) - Debt (credit card payments, [student loans](#), doctor's bills) - [Gas](#) - Tuition, school supplies - Food/[groceries](#) - Health insurance

**Anticipate how much you'll need to pay for each and write that amount next to the corresponding item on the list.** You can also opt to pay for a fraction of something that isn't going to be due until after the next paycheck. For example, if your rent is \$800 due on June 1, you just got paid \$700 on May 12, and your next paycheck will be \$700 on May 26, it may be wise to set aside \$400 from this paycheck for rent so that you only need to take \$400 out of your next paycheck to pay for rent.

**Add up all of the amounts (we will call this your regular expenses) and subtract it from your paycheck amount.** Do you get a negative number?

Then you are living way beyond your means. If you have money leftover, split that money up into a few groups: [Flex money](#). This should be about 10-20% of your regular expenses. It's for if something you need to pay for turns out to be slightly more expensive than you anticipated. This can happen with utilities, or if gas prices suddenly go up, or you get a flat tire.

[Savings](#). Ideally, this should be about 30% of your paycheck, although even 10% (if you do it consistently) is pretty good. Build up enough savings for an emergency fund (about 4-6 times your regular expenses), then start [saving money](#) to invest.

[Spending money](#). This is whatever is leftover after you subtract flex money and savings money. It's what you'd spend on things like clothes, eating out, movies, gifts, and anything fun, basically. If you start to cry when you realize how little fun money you have, then you need learn [How to Reduce Your Expenses](#).

Put everything but your spending money out of reach. Leave everything in the bank except your spending money. Use cash only for your spending money not debit or credit cards. Don't carry all your spending money with all at once. You will keep better track of your fun money using cash.

### Example Budget

Regular Expenses:  
Rent \$300  
Utilities \$50  
Food \$50  
Credit card \$50  
Total - \$450

**Paycheck: \$ 741.56**

Leftover after regular expenses - \$291.56

Savings \$74  
Flex Money \$58  
Total - \$132

Leftover after savings and flex money is

**Your Spending Money \$159.56**



# Director's Corner



Shipmates,

Let us talk Fire Alarm Pull Stations.....

Fire alarm pull stations are strategically located in all HHR buildings. Their one specific purpose - to inform the Fire Department of an emergency, a ***FIRE EMERGENCY***.

Where the failure to respond could lead to the possibility of loss of property and or loss of LIFE. Therefore, I ask the question....why would someone intentionally pull the fire alarm? What is there to gain? Nothing is the answer, absolutely nothing. Those individuals responsible for these pranks are violating a federal law and face prosecution if apprehended.

**It may be tempting to pull a fire alarm, but are the consequences really worth it to play a joke? Here are some things to consider before maliciously pulling a fire alarm:**

- pulling a fire alarm falsely **is a felony** leading to people being arrested.
- pulling a fire alarm falsely **can kill people!** The fire department has to come to the building where you pulled the alarm and cannot get to a real fire on time to save people.
- pulling a fire alarm falsely **is an inconvenience** for people in the building. They have to do a meaningless evacuation of the building.
- pulling a fire alarm falsely **leads people to ignore** the alarm.

As true Shipmates and United States Sailors, help us in stopping this practice. If you see this happening, report it by any means available at your disposal. If you want to stay anonymous, use our contact tab on the HHR website ([www.homeporthr.com](http://www.homeporthr.com)). In the required fields, fill in with "N/A" and use the comment section to explain the problem/situation then submit. There is no means available of finding the sender. You will stay anonymous I guarantee it.

Bottom Line Up Front: Do the Right Thing! Do not jeopardize the safety of yourself and others. Do not falsely pull the Fire Alarm; they are there to protect you!

## Did you know?

- **Did you know:** A jumbo jet uses 600 gallons of fuel to take off.
- **Did you know:** The average American drinks about 600 sodas a year.
- **Did you know:** The average person falls asleep in seven minutes.
- **Did you know:** The first Ford cars had Dodge engines.

## New Resident Information

**Rent** – Needs to be paid on time. You may receive the rent money in your check even though you signed up for an allotment. Do not spend this money for anything other than your rent. Stay in contact with bookkeeping during your first few weeks to verify how you will be getting the money. Delinquent payments affect your credit rating and will hurt you in the future. 757-402-4233/4234/4230

## Have an idea, tip or suggestion?

You can use the HomePort Hampton Roads (HHR) web site [www.homeporthr.com](http://www.homeporthr.com) click on the link **Contact Us** to provide HHR your ideas, comments and suggestions. The system requires you to provide your contact information. If you want to be contacted please fill in all required form fields on the Guest Card. If you want to remain anonymous put NA in all the required form fields and type your input into the comment section.



## How to Submit an Online Service Request

1. Go to <https://www.accway.com>. This website will take you to the "Welcome to the American Campus Communities Resident Portal."
2. If you have not already created an account, click "DON'T HAVE AN ACCOUNT YET" under Log In.
3. Enter the personal information requested. Be sure to enter the email address stated on your application, your last name, date of birth and the last four digits of your social security number.
4. Upon completion of creating your new account, check your email! You should receive conformation of your new password.
5. Log back on to <https://www.accway.com> and access the portal using your new pass word.
6. Your general lease information will appear on your home page. Go to the Service Request tab.
7. Enter the information regarding your service request and click "SUBMIT SERVICE REQUEST" at the bottom of the page.

Your service request has been submitted!  
Enter as much detail as possible when submitting a service request on line. If you have any questions refer to the "Resident Portal FAQ" sheet or call Service Desk at 757-402-4245/4253.



## **Move-out Policy**



When moving out of PPV Housing you are required to give HHR a 30 day written Notice of Intent to Vacate in person. They will then schedule your pre-inspection and set the date for your final inspection.

You will be responsible for any damages or cleaning needing to be done. Upon check out you will turn in your access card, room key and parking permit. HHR staff will coordinate the suspension of the allotment.

This process should ensure your pay will not be affected after you move out.

Leasing office is located in building U 16 Miller Hall, 1274 Cowan Street.



## **Tame your instincts**

Returning a bitter remark might make you feel better, but following impulses can work against you. Here are three times when you should take a step back.

### **You want Revenge.**

Righting a wrong could give you a momentary feeling of power, but you might regret speaking hastily. Sleep on it, then reassess. If you still want to confront someone, stick to the facts. Give the person a chance to explain: you might find they intended no malice.

### **You want to vent.**

Hashing out a problem with friends can help you find a solution. But paying too much attention to a particular dilemma can make it a bigger issue than it is, and you might feel worse. Instead, ask a friend to let you vent for one minute.

### **You want to lie.**

(a little). A fib might spare a pal's feelings, but if it means someone could get hurt, tell the truth. If your friend confides that she doesn't always buckle her toddler into their car seats, tell her putting her kids in the seat isn't enough. Their safety comes first.

## **HOMEPORT HAMPTON ROADS Community Assistants**

Bryce Edgeman - Newport News  
Kurt Jefferson - Newport News  
Andy Shelton - Cole Village  
Ian Tallman - Cole Village  
Robert Cedillo - Bldg. U-20  
Butch Dwyer - Bldg. U-20  
Hector Medina - U-20  
Michael Singleton - Bldg. SP-29  
Calvin Crawford - SP-29  
Heather Moore - SP-29  
Matthew Huff - NH-141  
Chad Varney - NH 141  
Joe Mack - Bldg. J-53  
Patrick Reynolds - Bldg. J 53  
Jackie Ramey - Bldg. U-16  
Patricia Dennis - Bldg. U-16  
Lyle Treese - Bldg. U 16  
Michael Malig - Camp Allen  
Brian Roberts - Mid Rise  
Raymond Marquis - Mid Rise  
Ron Campbell - Mid Rise

**Here to Help!**



**NOTICE**



**PER YOUR LEASE  
NO GUNS OR WEAPONS  
OF ANY KIND ARE  
ALLOWED ON  
HHR PROPERTIES.  
VIOLATIONS ARE  
SUBJECT FOR  
EVICTION**

**Overnight Guests at  
HomePort Hampton  
Roads properties must  
be at least  
16 years old**



**HomePort Hampton Roads  
1274 Cowan Street  
Norfolk, VA 23511  
WWW.HOMEPORTHR.COM**

**Tom Weber  
Director of Housing Operations**

**Larry Herndon - AGM**  
757-402-4255

lherndon@studenthousing.com

**Taco Villarrial - AGM**  
757-402-4217

avillarrial@studenthousing.com

### **BOOKKEEPING**

Sandra Barnes 402-4233  
Gloria Woodmore 402-4234  
Vickie Osborne 402-4230  
Hours 7:30 am - 4:00 pm  
Monday - Friday

**Mary McQuesten - Activity Director**  
757-402-4231

mmcquesten@studenthousing.com

### **MAINTENANCE**

**Ben Banks - Facility Manager**  
**Jim Vick - Facility Manager**  
Norfolk - 757-402-4238  
Newport News - 757-327-0357  
Hours - 0700-1530 M-F

### **SERVICE DESK**

**Yolanda Strand - Service Desk Manager**  
J 53 757-402-4245 / 4246  
NH-141 757-402-4252 / 4253  
Newport News 757-534-7710  
Camp Allen 757-270-0011

### **LEASING**

**Holley Ayres - Leasing Manager**  
Bldg. U 16 Miller Hall  
1274 Cowan Street  
757-402-4247 / 4248 / 4256  
M-F 0730-1600  
Sat 0800 -1200

### **SECURITY**

U-16, U-20, SP-29  
757-592-2248  
Monday - Thursday 4 pm - 7:30 am  
Friday 4:00 pm to Monday 7:30 am

**Naval Base Emergency** 444-3333

Check out calendar of events back cover.  
**Resident Advisory Board Meeting is the  
2nd Thursday of the month at  
Bldg. U-16 1530**

What would you like done?  
Ideas & Suggestions welcome.



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| ALLEN BIKS           | 1-Jun |
| ANGELA GIBSON        | 1-Jun |
| CHRISTOPHER MCNERNEY | 1-Jun |
| MIRACLE MCGOWAN      | 1-Jun |
| PAUL LAMBACHER       | 1-Jun |
| SHAUN ACKLEY         | 1-Jun |
| AMY HOOKS            | 2-Jun |
| BRITTANY GILCHRIST   | 2-Jun |
| JADE DALEY           | 2-Jun |
| JORDAN STREATER      | 2-Jun |
| SORSHA WILLIS        | 2-Jun |
| AARON KELLER         | 3-Jun |
| DELIRICO ROWE        | 3-Jun |
| ELISHA CARLWELL      | 3-Jun |
| JORDAN DELANEY       | 3-Jun |
| KADEEM ANDERSON      | 3-Jun |
| MEGGAN MCIVER        | 3-Jun |
| SANDY TOVES          | 3-Jun |
| JOSHUA YOUNG         | 4-Jun |
| PAUL DOUGLAS         | 4-Jun |
| TIMOTHY HOSTETTER    | 4-Jun |
| DALE EDWARDS         | 5-Jun |
| JACK SACH            | 5-Jun |
| JERRY WHITLEY        | 5-Jun |
| LANCE CARTER         | 5-Jun |
| BILLY ROBINSON       | 6-Jun |
| CARL ROBINZINE       | 6-Jun |
| COURTNEY SALMON      | 6-Jun |
| DALLS THOMPSON       | 6-Jun |
| JOSEPH OCONNELL      | 6-Jun |
| MITCHEL LEMPENICH    | 6-Jun |
| OMALEE BARTLETT      | 6-Jun |
| PORTIA RICHARDS      | 6-Jun |
| TERRY BLACKWELL      | 6-Jun |
| DONALD GIERACH       | 7-Jun |
| GLEN SCOTT           | 7-Jun |
| JEREMY HENDRIX       | 7-Jun |
| MARY BAILEY          | 7-Jun |
| ANTONIO JACKSON      | 8-Jun |
| CHRISTOPHER ANDERSON | 8-Jun |
| ETHAN KEMPF          | 8-Jun |
| LOGAN CHAPLE         | 8-Jun |
| NICHOLAS SPROUSE     | 8-Jun |
| THEODORE OLSON       | 8-Jun |
| WHITNEY WATKINS      | 8-Jun |
| ANTONIO RICARDEZ     | 9-Jun |
| BRIAN COBURN         | 9-Jun |



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| CHARLES BUENAVENTURA | 9-Jun  |
| KEIKLAN BENNETT      | 9-Jun  |
| STEPHANIE MCPEEK     | 9-Jun  |
| ARNOLD HODGES        | 10-Jun |
| BRIAN MITCHELL       | 10-Jun |
| CORY REYNOLDS        | 10-Jun |
| DAVID WORTH          | 10-Jun |
| DON AUSEC            | 10-Jun |
| JESUS ANGULOLIMON    | 10-Jun |
| SAMUEL STAPLES       | 10-Jun |
| CRENSHAW MITCHELL    | 11-Jun |
| DEREK ROUSE          | 11-Jun |
| ERIK KISTLER         | 11-Jun |
| IAN PETERSEN         | 11-Jun |
| JACKIE WILSON        | 11-Jun |
| JENA SKROSHY         | 11-Jun |
| JOHN TAYLOR          | 11-Jun |
| KATRINA BUI          | 11-Jun |
| ROBERT DRUMMOND      | 11-Jun |
| ADAM ROSSON          | 12-Jun |
| DANIEL ENGLISH       | 12-Jun |
| ERIC TORRES          | 12-Jun |
| GRETCHEN STRELOW     | 12-Jun |
| HEEBEUM PARK         | 12-Jun |
| JOHN HURST           | 12-Jun |
| KENNETH PONNIE       | 12-Jun |
| PHILLIP POOLE        | 12-Jun |
| RUBEN CHAVEZ         | 12-Jun |
| SARAH BREST          | 12-Jun |
| VINCENT LUKE         | 12-Jun |
| CHRISTOPHER PEARRE   | 13-Jun |
| DESIRAE FOREMAN      | 13-Jun |
| JONATHAN MALLORY     | 13-Jun |
| LARRY FAVORES        | 13-Jun |
| LONNIE BARNES        | 13-Jun |
| MATTHEW PARENTEAU    | 13-Jun |
| ANDREW SHIFFLETT     | 14-Jun |
| ASHLEY CAMPOS        | 14-Jun |
| ATOM YOUNG           | 14-Jun |
| CRAIG LINZMEIER      | 14-Jun |
| JEFFREY AMODEO       | 14-Jun |
| MICHAEL CAESAR       | 14-Jun |
| ANTHONY FRAZIER      | 15-Jun |
| BRIAN CASTILLO       | 15-Jun |
| DOUGLAS CLARK        | 15-Jun |
| KRYSTLE VANDERPLUYM  | 15-Jun |
| ROBERT FLINCHUM      | 15-Jun |

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| TIMOTHY DAWSON      | 15-Jun |
| CODY JACOBSON       | 16-Jun |
| EARNEST HIGHTOWER   | 16-Jun |
| JOEL MOORE          | 16-Jun |
| KEVON STEWART       | 16-Jun |
| LUIS MAELA          | 16-Jun |
| NHAN TRAN           | 16-Jun |
| RYAN BROWAR         | 16-Jun |
| ANDREW SCOTT        | 17-Jun |
| GABRIEL GUTIERREZ   | 17-Jun |
| LUIS SANCHEZ        | 17-Jun |
| SARA SALDANA        | 18-Jun |
| TUCKER ROLISON      | 18-Jun |
| TYLER STEPHANY      | 18-Jun |
| CHRISTOPHER WALTERS | 19-Jun |
| JARMAL JACKSON      | 19-Jun |
| LETASHAS ORINCE     | 19-Jun |
| MICHAEL OLCOTT      | 19-Jun |
| PATRICIA DENNIS     | 19-Jun |
| TYLER SPEED         | 19-Jun |
| ALAN KIERNAN        | 20-Jun |
| AMY MEEKHAM         | 20-Jun |
| ANTHONY COX         | 20-Jun |
| BETHANY BEIST       | 20-Jun |
| BRIAN SHEPPARD      | 20-Jun |
| HECTOR LOPEZ        | 20-Jun |
| NATHAN HARLSON      | 20-Jun |
| RATSAMY SOPHABMIXAY | 20-Jun |
| TREELE TALBERT      | 20-Jun |
| TRISTAN PRICE       | 20-Jun |
| ANTHONY DOBSON      | 21-Jun |
| CALEB BROWN         | 21-Jun |
| JEKENDRA BEISTLE    | 21-Jun |
| JENNIFER BLANDON    | 21-Jun |
| JESSICA HARRIS      | 21-Jun |
| JUSTIN NIX          | 21-Jun |
| TONEY CHARLES       | 21-Jun |
| TRACY THATCHER      | 21-Jun |
| WILLIAM MORGAN      | 21-Jun |
| ANDREA MACHUCA      | 22-Jun |
| ASHELY DARLINGTON   | 22-Jun |
| CHARLES BARBAROTTA  | 22-Jun |
| CONSTANCE WOODSON   | 22-Jun |
| EDWIN CASTILLOTTE   | 22-Jun |
| JOSHUA GIBSON       | 22-Jun |
| JOSHUA GONZALEZ     | 22-Jun |
| KENNETH KREUTZER    | 22-Jun |

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| CHARLES JENNINGS   | 23-Jun |
| KATRINA LEBLANC    | 23-Jun |
| THOMAS MURPHY      | 23-Jun |
| BENJAMIN BARNES    | 24-Jun |
| CESAR GODINA       | 24-Jun |
| DASHAWN DENNIS     | 24-Jun |
| JAMES LAWSON       | 24-Jun |
| JEREME FULLER      | 24-Jun |
| SAVANNAH GREEN     | 24-Jun |
| CHRISTINA LOPEZ    | 25-Jun |
| EVELYN BAUTISTA    | 25-Jun |
| SALVADOR ESCOBAR   | 25-Jun |
| ARTHUR HOPWOOD     | 26-Jun |
| BROOKE PARLEE      | 26-Jun |
| JAMEY AMPARO       | 26-Jun |
| SARA BLACKBURN     | 26-Jun |
| ANDREW FRAZIER     | 27-Jun |
| ARIEL WHITFIELD    | 27-Jun |
| ERIK YBARRA        | 27-Jun |
| NICHOLAS CIAMPOLI  | 27-Jun |
| TRACY SIERRA       | 27-Jun |
| ALBERT BENNETT     | 28-Jun |
| ALEXIS TOBAR       | 28-Jun |
| BRIAN LANGE        | 28-Jun |
| CAROLINE PETTY     | 28-Jun |
| CHARITY HUGHES     | 28-Jun |
| CORISSA BANKS      | 28-Jun |
| DAVID WOLERY       | 28-Jun |
| JEROME GAVINO      | 28-Jun |
| JOHN CLARK         | 28-Jun |
| MARIA GARCIA       | 28-Jun |
| NICOLE WOODS       | 28-Jun |
| SILIANG WANG       | 28-Jun |
| TIFFANY HENDERSON  | 28-Jun |
| ALESHA STOCK       | 29-Jun |
| BREAUNNA JARRETT   | 29-Jun |
| DAVID BIBEL        | 29-Jun |
| ELISE CHRISTIANSEN | 29-Jun |
| JONNAMEA ACOSTA    | 29-Jun |
| KEELHAN KESIC      | 29-Jun |
| KEVIN GRAHAM       | 29-Jun |
| CHELSIR WOLFGAM    | 30-Jun |
| DANIEL SHOCK       | 30-Jun |
| HANG LI            | 30-Jun |
| JAYSON MENDOZA     | 30-Jun |
| SAMUEL ACEVEDO     | 30-Jun |
| STINSON SCOTT      | 30-Jun |



## Making Waves

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| 3 | 7 | 8 | 6 | 5 | 2 | 4 | 1 | 9 |
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| 8 | 5 | 6 | 3 | 2 | 9 | 7 | 4 | 1 |
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## FREE CONCERT GLORIANA CONCERT



Thursday June 3rd  
Naval Station Norfolk  
Gates open at 5 p.m.



### Local Events in June

Fountain Fun - June 1-30  
TGIF - June 4, 18 & 25  
1st Annual Harborfest:  
Seafood Sampler - June 10  
34th Annual Norfolk Harborfest  
June 11 - June 13  
5th Annual Bayou Ball - June 24  
21st Annual AT&T Bayou Boogaloo  
and Cajun Food Festival  
June 25-June 27  
Best of Open Mic - June 27  
For more info 757-441-2345 or  
[www.festevents.org](http://www.festevents.org)

### Attention Residents Camp Allen Manor Homes and Mid Rise

Monthly Health and Safety  
Inspections will be conducted  
in June in the following  
Buildings in Camp Allen  
Complex.

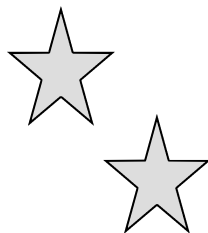
#### Manor Homes

8180, 8060, 8052, 8044,  
8036, 8028, 8020, 8012,  
8004, 8104, 8116, 8132,  
8144, 8152, 8128, 8112,  
8160, 8168

#### Mid Rise

2nd, 4th and 6th floors  
Jim Vick - Facility Manager

Summer is Here!



A question getting asked a lot is why it takes so long to get paid after someone makes rank. The answer is, the Navy frocks its enlisted Sailors, meaning they are allowed to wear the next paygrade before they are actually advanced. It is about money, but the actual pay date is that last increment to get paid. Officers do not frock and get advanced when their pay date is determined. The frocking letter a Sailor gets really defines the process of being given the opportunity to receive various privileges without pay until the pay date. The Navy is not required to pay anyone early and could wait to advance and pay all at the same time.

### New Policy for the Execution of General Military Training (GMT) for FY10 and FY11

**It is leadership's responsibility to ensure these critical core topics are taught and understood by every Sailor for a healthy work environment... Ship, Shipmate, Self.**

#### Online Career Tools

**This PDF is essentially a user manual for the top online career tools.  
Sailors should become familiar with these tools.**

**Here's a Career Toolbox link providing a summary of all online tools:  
<http://www.npc.navy.mil/CareerInfo/StayNavyTools/CareerTools/>**

HOOYAH Shipmates  
MCPON



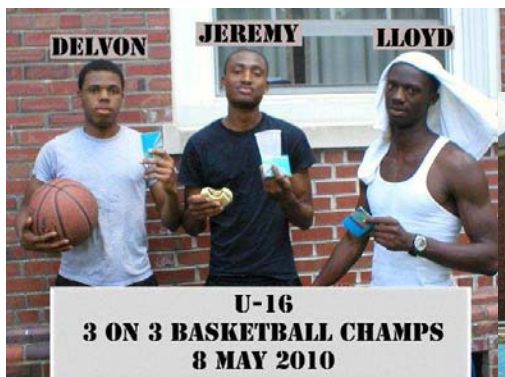


## Pool Tournament Newport News

Cookout  
J 53



**FREE BOWLING  
2ND TUESDAY EVERY MONTH  
PIERSIDE LANES**

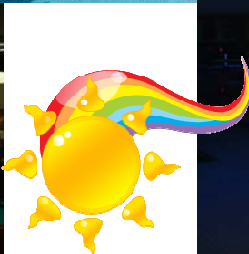
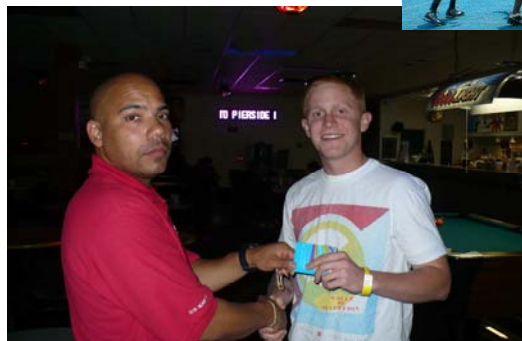


**U-16  
3 ON 3 BASKETBALL CHAMPS  
8 MAY 2010**

*Come join the Fun!  
Come join the Fun!*



**All events are free  
to HomePort  
Hampton Roads  
Residents**



## Community Assistants



**HOMEPORT HAMPTON ROADS IS NOW ON FACEBOOK**



# JUNE 2010



## NORFOLK

| Sun   | Mon  | Tue  | Wed  | Thu   | Fri  | Sat  |
|---|--|--|--|---|--|--|
|   |  | 1  | 2<br>Breakfast on the Go<br>J 53<br>5:00 a. m.   | 3   | 4  | 5<br>3 Point B Ball<br>Shootout &Cookout<br>NH 156<br>3:00 p.m.        |
| 6   | 7  | 8 Free Bowling<br>Pierside Lanes<br>free pizza, soda<br>PRIZES<br>6:30 p. m. | 9<br>Breakfast on the Go<br>NH 142<br>5:00 a. m. | 10<br>CA/ RAB Meeting<br>U-16 3:30 p. m.                    | 11   | 12<br>Volleyball 2 on 2<br>free hotdogs, prizes<br>SP 29<br>5:00 p. m. |
| 13 Resident<br>Appreciation<br>Cookout<br>Cole Village<br>1:00 p.m. | 14 Resident<br>Appreciation<br>Cookout<br>SP 29<br>4:30 p.m. | 15<br>New Residents<br>Meeting<br>All Buildings<br>7:00 p. m.                | 16   | 17 Resident<br>Appreciation<br>Cookout<br>J 53<br>4:30 p.m. | 18<br>Cooking 101<br>free samples<br>Mid Rise<br>5:00 p. m | 19   |
| 20 Resident<br>Appreciation<br>Cookout<br>Camp Allen<br>1:00 p.m.   | 21   | 22 Resident<br>Appreciation<br>Cookout<br>U 16 & U 20<br>4:30 p.m.           | 23<br>Breakfast on the Go<br>SP 29<br>5:00 a. m. | 24<br>Bingo<br>free food, prizes<br>NH 141<br>7:00 p. m.    | 25   | 26 3 on 3 B Ball<br>Tournament<br>Cookout<br>U 16<br>4:00 p.m.         |
| 27 Horseshoes<br>free cookout<br>prizes<br>NH 156<br>4:00 p. m.     | 28   | 29   | 30<br>Breakfast on the Go<br>U 20<br>5:00 a.m.   |   |  |  |