



- Pg 1 Notices
- Pg 2 Resident Life
- Pg 3 Director's Corner
- Pg 4 Contacts & Info
- Pg 5 Birthdays
- Pg 6 Photos
- Pg 7 Photos
- Pg 8 Calendar

ACTIVITIES ALLEY

Thanks to all our HomePort Hampton Roads residents who joined in on all or some of the activities HHR sponsored. It was a pleasure to meet and get to know each of you. 2009 was a very busy year for HomePort Hampton Roads activities and we know 2010 will be even better..

We provide a variety of activities from bowling to cookouts, Wii games and Rock Band to mention a few. Our activities are for all of our residents, (yes you can bring a guest) and there is no cost to you.

We sponsor the events, provide the food and prizes, and all we need from you is your participation. So make a New Year's resolution to get out of your room, join in the fun, make new friends, play a few games and just relax!

Let me know what events you would prefer. With your input we can offer so much more. Look forward to seeing you at the events.

If you have any questions or suggestions please feel free to email or call: mmcquesten@studenthousing.com 757-402-4231 Check the monthly newsletter for events and dates.

Mary McQuesten - Activities Director



*The Staff at
HomePort
Hampton
Roads
would like to
Wish you and
your family a
Happy and
Safe New
Year*



Resident Life

Chicken Lettuce wraps like P.F. Changs – lettuce wraps are delicious and a unique appetizer that many people enjoy.



My re-creation of this appetizer from P.F.Changs. The P.F. Changs version contains mushrooms and sits on a bed of fried mung bean noodles, but if you don't have all of those ingredients at home you can try this one.

- 3/4 lb. ground chicken
- 1/4 C. chopped fresh basil or 1T dried basil
- 2 Tbsp. soy sauce
- 2 Tbsp. fresh lime juice
- 2 large garlic cloves, finely minced
- 1 large jalapeno chili, chopped fine
- 1 tsp. garlic chili sauce or hot pepper sauce such as Tabasco
- 1 Tbsp. sesame oil
- 2 Tbsp. Vegetable Oil
- Boston lettuce leaves
- Chopped green onions (optional)
- Roasted peanuts, chopped (optional)

Combine first seven ingredients in a bowl and stir to blend well. Heat both oils in a heavy medium sized skillet till hot but not smoking. Add chicken mixture and sauté until chicken is just cooked through (about 5 minutes). Transfer chicken mixture to a platter and arrange lettuce leaves around edges. Serve, passing the chopped green onions and/or chopped roasted peanuts if you are using these.

Hershey's Brownies – why make brownies out of a box? Make home made brownies at home.



- 1/2 C. flour
- 1/3 C. cocoa
- 1/4 tsp. baking powder
- 1/4 tsp. salt
- 1 stick butter or (1/4 lb.)
- 1 C. sugar
- 1 tsp. vanilla
- 2 large eggs
- 1 C. walnuts, broken into pieces

Preheat oven to 350 degrees. Line a 9" square pan with foil and butter the foil. Sift together flour, cocoa, baking powder, and salt. Melt butter in a 10 – 12 c saucepan over moderate heat. Stir in sugar and vanilla, and add eggs one at a time. Stir in dry ingredients, and stir in nuts. Spread smoothly in prepared pan. Bake 20 – 25 minutes, or until toothpick inserted in the center just barely comes out clean.

Cool in pan 15 minutes. Cover with rack and turn pan over. Remove pan and foil lining. Cover with a cutting board and turn back over again.

Let stand until cool. Cut into 16 squares.

Your health & well being

Your health & well being

Avoiding unnecessary stress

Because stress is unavoidable, it is important to find ways to reduce or prevent stressful incidents and decrease your negative reactions to stress. Where can you start?

- * Managing time - schedule time for yourself.
- * Prioritize your time, don't be afraid to delegate.
- * Managing your commitments by not over committing.
- * Build healthy coping strategies.
- * Balance personal, work and family obligations.
- * Get enough sleep, that is when your body recovers.
- * Eat a balance diet for a nutritional defense against stress.
- * Get moderate exercise throughout the week.
- * Having a social support system helps, turning to family members, friends, colleagues or a professional counselor to help reduce stress.

S O D U K O P U Z Z L E					2				
		4	5				9	6	
	1		7		8				
			1		9	5			
	8	6		7		3		4	5
				8	4		1		
					2		4		1
	9		8				5	3	
				5					

E034

Director's Corner

Shipmates,

2010 is upon us! It's time to look forward and work towards those pesky New Year's resolutions we all make during this time of year. Our New Year's resolution is to improve on the quality of service we provide. I appreciate all the inputs we received from the CEL survey. Thank you for taking the time to fill them out. We are always looking to hear from residents on how to improve our service and make their stay with us more pleasant.

Here are a few friendly reminders:

1. Parking & Parking Stickers – To prevent vehicle towing at Camp Allen, Cole Village and Newport News, residents are required to obtain a parking permit sticker from the leasing department. Place it on your back windshield. This will save you a \$100.00 dollar towing charge. Also, only park in HHR designated spaces.
2. Possession and consumption of alcoholic beverages is restricted to personnel 21 years of age or old. Please drink responsibly and most important...DON'T DRINK and DRIVE!
3. You are accountable for the safety and welfare of your guests as stated in your lease agreement. Guests may stay a maximum of 14 days out of a 30 day period (must be accompanied at all times). The minimum age for overnight guests is 16 years of age. Guests will not sleep in the common area. Lastly and most importantly, DO NOT distribute or otherwise loan the guest your apartment key or access card.
4. Last but not least – **Weapons on Base** – It is illegal and in violation of Naval Station Norfolk policy to possess and/or stow firearms, fireworks and other dangerous weapons onboard the station or any federal property. Weapons include, but are not limited to; pistols, rifles/shotguns, BB/pellet guns, paint ball guns and switchblades. Save yourself some heartache, rent an off-base stowage locker.

Again from my staff and I, we wish you a happy and prosperous new year!

Respectfully,
Tom Weber

Happy New Year from Navy College

Navy College Office, Naval Station Norfolk, 1680 Gilbert St., Bldg. I-E (Concord Hall), Norfolk, VA 23511 (757) 444-7454

IT'S NOT TOO LATE TO REGISTER FOR CLASSES

If you have been thinking of going to college, but have not enrolled in January classes, it is NOT too late. While many schools close down for the holidays, you can still enroll. Many colleges continue their registration period after the New Year. If you would like some help in deciding on an education goal, contact Navy College today. We will be open during the holidays with the exception of the Federal holidays. We have educational counselors who can assist you in planning your education. Call our office at 444-7453/ DSN 564-7453 or E-mail us at nco.norfolk@navy.mil to make an appointment. Make it your resolution to pursue your education!



One week after his Facebook page, www.facebook.com/mcpon, surpassed ten thousand "fans", Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West used the Web site to announce his intent to further leverage social media as a significant communications device.

West, in a note he posted to Facebook Dec. 7, said he anticipates another thousand fans by Christmas, and that the response he's received from Sailors and Navy families has been surprising and encouraging. He also said that the real value of social media is the opportunity to share ideas.

West unveiled his public Facebook page June 25 and has been aggressive in tackling subjects Sailors around the Navy tell him they are most concerned with.

"We've discussed the wear policy for the NWU and your feedback made its way to our CNO. We've discussed women aboard submarines and the debates on that subject have been enlightening and well-spoken. Almost every decision or new policy released or considered in the last half-year has been brought up here and discussed. I find that is immensely gratifying, and I hope it continues."

MCPON wrote that he hopes for even more interaction in the coming months, but pointed that it has never been his intent to use Facebook, or any form of social media, to subvert a Sailor's standard chain of command. West said that many times the responses he provides to Sailors' questions are short and to the point.

"Many times the answer I give you will boil down to, 'Ask your CMC' because we have to ensure your command is aware and engaged at their level for the issue. Other times, we'll do the research and provide a response because we know your question is something that falls outside the normal lane of your local leadership."

"I believe we are on the cutting edge of military communication," said West. "We are all breaking new ground, and I appreciate your role in that."

Personal Safety

Keep your personal safety in mind. Avoid going out at night alone. Ask a friend to go out with you, there is safety in numbers. Now is a good time to check the locks on doors and windows in your home. Repair or replace those that are not working properly. When leaving the malls, ask a security officer to walk you out to your car. Avoid leaving items in the back seat in plain view, place items inside the trunk instead, or cover them up with a blanket. For further Physical Security/Crime Prevention assistance please contact Lloyd.bynum@navy.mil john.m.peck2@navy.mil or priscilla.cuffee@navy.mil

**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 - Maintenance Supervisor
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
Cole Village 757-769-7084

LEASING

Holly 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

BASE OPERATOR

444-0000

Naval Base Emergency

444-3333



**FREE NORFOLK ADMIRALS
HOCKEY TICKETS**



Tickets are free for HomePort Hampton Roads residents.

Free Tickets available at the following locations:
Buildings U 16, J 53, NH 141 or Newport News
402-4245 / 402-4253 / 534-7710
Limit 2 per resident while supply last.

U. S. Navy Slang

2MC - Engineering loudspeaker circuit

Bag: Flight suit

Target: any ship or boat on the surface

WESTPAC: deployed to western Pacific areas

Working Party: When there is loading of supplies

USS Lounge chair: where you go to retire

Watch: A period of duty, usually 4 hour duration

PQS: Personnel Qualification Standards

Mid-Watch: Watch from 0000-0400



6	8	3	9	5	2	7	1	4
2	4	5	1	3	7	9	8	6
1	9	7	6	8	4	3	5	2
4	7	1	2	9	5	8	6	3
8	6	9	7	1	3	2	4	5
5	3	2	8	4	6	1	7	9
7	5	6	3	2	8	4	9	1
9	2	8	4	6	1	5	3	7
3	1	4	5	7	9	6	2	8

S
O
D
U
K
O

S
O
L
U
T
I
O
N

HAPPY BIRTHDAY

JANUARY 2
 Rebecca Davila
 Keith Dominick
 Lashawna Wills
 Seth Baty
 Steven Giles
 Daniel Wesner

JANUARY 3
 Jonathan Soto
 Anthony Stoute
 Anthony Herring
 Brian Beaudon

JANUARY 4
 Andrew Davis
 Adam West
 Brandon Madden
 Jenna Meny
 Brandon Compo

JANUARY 5
 Cinoarmine Giammarino
 Robert Jurzak

JANUARY 6
 Vanity Latoyia Wright
 Leonardo Leal
 Jessie Arguenta
 Karen Oliva
 Clarence Kollie
 Tariq Ramadan
 Jevanie Pitter
 Christopher Connell

JANUARY 7
 Anthony Bossoletti
 Ryan Prather
 Matthew McQueary

JANUARY 8
 Shawn Spaulding
 Tanisha Latonya Williams

JANUARY 9
 Orazio Coco
 Vincent Cortez
 Angela Vandrell
 Deemarkee Aytche
 Franz Saintfleur
 Troy Edwin Borcuk
 Dustin Maley

JANUARY 10
 Chang Ye

John Fernando Taan
 James Phillip Hay
 John Fernando Taan
 James Phillip Hay
 Diana McFadden

JANUARY 11
 Xun Liu
 Tabatha Almader
 Marcel Cochran
 Mariah Gallman
 Christopher Sutton

JANUARY 12
 Stephanie Goldstein
 Erin Watson
 Stephen Dioszeghy
 Juan Jose Majialua
 Henry Chaney
 Ryan Deppe

JANUARY 13
 Eugene McBride
 Douglas Randall
 Nicholas Mack
 Clay Long

JANUARY 14
 James Leisure
 Miguel Agimudie
 Danielle Piggsstone

JANUARY 17
 Kenneth Danter

JANUARY 18
 Ang Li
 Jose Alberto Pando

JANUARY 19
 Luis Herrera
 Matthew Martin
 Malachi McPhail

JANUARY 20
 Michael Beal
 Charles Larimore

JANUARY 21
 Shane Lichtefeld
 Michael Pritt

JANUARY 22
 Devin Watters
 Richard Allen Wolsifer
 Jacob James Lemke
 Chad Verbitsky

Aaron Wilson
 Norman Newson
 Brandon Rainey
 Trenard Simon
 Marcelle Hazzard
 Christopher Miller

JANUARY 23
 Rhyan Belisle
 Ronald McLeod
 Gregory Alexander

JANUARY 24
 Lawrence Broderick
 Brandon Batman
 Brandon Goins
 Colin Sanderson

JANUARY 25
 Omar Douglas Broome
 Tasshawnda Glover
 Sharise Gladney
 John Richard MacDavitt

JANUARY 26
 Jerome Marks
 Kenneth Howard
 Rickey Streeter
 Randall Rocheleau

JANUARY 27
 Kyle Bailey
 Paul Schreiber
 Kenneth Bryan
 Marina Samuels
 Nathan Neitsch
 Sean Fisher
 Ronald Estoque

JANUARY 28
 Justin Boulware
 Michael Joseph Klaus

JANUARY 29
 Cameron Johnson
 Andrew Wallace
 Michael Allen

JANUARY 30
 Krystal Noel
 Alonzo Peacock
 Chelsea Clebi
 Ashley De Armitt

JANUARY 31
 Timothy Hartman
 Parker Carter

BIRTHDAYS IN JANUARY



Holiday Dinner & Bowling Event



**HomePort
Hampton
Roads
Free events,
Free food,**





JANUARY 2010



Norfolk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6 Breakfast on the Go Bldg. J 53 5:00 am	7	8	9 Bldg. SP 29 Wii Bowling Free Pizza & Prizes 7:00 pm
10 Cole Village Rock Band Free food & prizes Rec Center 4:00pm	11	12 Free Bowling Pierside Lanes NOB 5 6:30 pm Rock Band, Pool Free pizza, prizes	13 Breakfast on the Go Bldg. U 16 5:00am	14 RAB Mtg. 3:30 pm CA Mtg. 3:30 pm	15	16
17	18	19 New Residents Meeting 7:00 pm Birthday Cards	20 Breakfast on the Go Bldg. NH 141 5:00am	21	22 8 Ball Pool Tourney Free food & Prizes Cole Village 7:00 pm	23 Bldg. U 20 Spades Tourney Free food Prizes 7:00 pm
24 Bldg. U 16 Wii Sports Free Pizza & Prizes 7:00 pm	25	26	27 Breakfast on the Go Bldg. U 20 5:00am	28 Bldg. NH 156 Wii Tennis Free Pizza & Prizes 7:00 pm	29	30
31						