



# Making Waves

## Director's Corner

Shipmates,

By the end of October, I began receiving numerous resident comments from the CEL Survey HHR initiated at the beginning of the month. First, I want to say thanks for the support shown and the time you all have taken out of

your busy schedules to sit down and complete the survey! This survey, believe it or not, is an important tool used in assessing our performance. It allows the residents to give an honest and unbiased opinion covering a wide variety of issues and

concerns. In the next newsletter, I will break down the topics individually, and I will respond accordingly. Stand by!!

Enjoy your Thanksgiving Holiday!!

The Director



November 2011  
Volume 4 Issue 11  
November is  
National  
Diabetes  
Awareness  
Month

### Inside this Issue:

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### Reasons to be Thankful

- Your Health, Family, Friends, Your Job, Your Life and the country we live in and who keeps us safe.
- Family is what thanksgiving is all about.. Be thankful for all members of your family. Family doesn't have to be perfect in order to be thankful for them.
- Home is a word that alone makes people feel blessed and thankful. Many people are homeless with no family or friends, and no place to call home. Be thankful for your home no matter the size.



## Bottom Line Up Front



"Shipmates and Navy families, As we honor the birth of the United States Navy 236 years ago, I would like to express my deepest gratitude to all Sailors, civilians and family members for their service and dedication to our great Navy team.

Our traditional maritime requirements, counter-piracy efforts and the many non-traditional missions we have adopted in support of overseas contingency operations are making a difference every day.

On any given day, we have at least 150 ships and 25 submarines underway, and let's not forget about our Sailors who are boots on ground. That's more than 40,000 Sailors who are deployed, on station around the world executing our Navy's core capabilities of the maritime strategy.

From our beginning in 1775 with just six frigates to our present-day highly diversified, modern Fleet with a total of 285 deployable ships and submarines, our Navy is the best it has ever been. Our Navy has remained steadfast and ready for 236 years, and we continue to be ready to answer every call our nation makes thanks to your outstanding dedication and selfless support.

I also want to say "thank you" and express my sincere appreciation to our Navy families for your continued love and support of your Sailor and our Navy. You are the cornerstone of a Sailor's readiness and your role is vitally important.

Please take a moment to remember the thou-

sands of our Shipmates who are deployed around the world vigilantly standing the watch, and those who have gone before us in service to our great nation.

Happy birthday shipmates ... you look pretty darn good to be 236 years old!

HOOYAH!!"

### Enlisted Retention Board (ERB) Resources

**BLUF: Don't miss out because you're not informed. Examine all the materials available to better your opportunity.**

The Enlisted Retention Board (ERB) convened prompting Navy Personnel Command (NPC) to create a new one-stop shopping ERB Web page linked on their homepage website, [www.npc.navy.mil](http://www.npc.navy.mil). The site is helpful to both commands and to Sailors and contains links to guidance and policy, quota information, timelines, frequently asked questions, ERB news stories and videos.

The economy has prompted record high retention and low attrition among active duty Sailors. An estimated 3,000 Sailors will not be retained on active duty. For those separating, extensive transition assistance will be in place in addition to the impressive VA Benefits and GI Bill for our veterans who've served honorably.

### Minimalist Footwear Authorized

**BLUF:** You wanted flexibility ... now it's here. NAVADMIN 238/11 authorized the wearing of minimalist footwear with the Navy Physical Training Uniform (PTU) during command/unit

directed Physical Training (PT), individual PT, and activities to include the semi-annual Physical Readiness Test (PRT). Minimalist footwear is defined as shoes that allow the foot to function naturally without providing additional support or cushioning. Any shoe that is marketed as minimalist or barefoot-like footwear (current types such as the Vibram Five Fingers, Nike Free Shoes, INVO-8 Shoe, and Feelmax) are authorized for wear with the PTU.

For more information on uniforms and uniforms policy, visit the Navy Uniform Matters Web site at: <http://www.public.navy.mil/bupers-npc/support/uniforms/pages/default2.aspx>.

### Latest Revisions to Post-9/11 G.I. Bill

**BLUF: Stay up-to-date with your Post 9/11 G.I. Bill benefits ... changes took effect Aug. 1. Look for more changes in October.**

Revisions to the Post-9/11 G.I. Bill policy were released Aug. 4, providing Sailors, veterans and their families updated information on their educational benefit options.

Changes include:

- All public school in-state tuition, fees are covered.
- Annual tuition has been capped at \$17,500 for private and foreign schools.

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### Being Discharged Soon?

If you are; there are some things you should know. First, you need to complete a Notice to Vacate with our Leasing Department and second, you need to see the bookkeepers regarding your final rent payment. The primary reason behind this...PSD will stop your allotments 30 days prior to your discharge date and due to this fact, you will receive your BAH in your check. Remember, your BAH covers your PPV rent and normally comes to us via allotment. Since the BAH will be in your checking account you need to pay your PPV rent directly! If you vacate without properly settling your account and if we don't hear from you within 45 days, your account will be turned over to Norfolk General District Court for collections. As a note; you are entitled to and will receive your BAH until the last day on active duty. **It is your responsibility to ensure your rent is paid prior to being discharged.** HHR bookkeepers are available to answer any of your questions.

They can be contacted Monday – Friday, 0730 – 1600 at 757-402-4230/33/34.

### 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 pre-inspection and set the date for 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.



To create and use the ACCWAY account, you **MUST** use the same email address you provided to the leasing department at lease signing.

**“THIS IS THE EMAIL ADDRESS ON YOUR LEASE.”**

### Transferring From Ship to Shore or Vice Versa...

Please remember to bring a copy of your transfer orders to the Leasing Office when you check into your new Command. **If you fail to do so, your BAH will be stopped as this changes your PSD designation.** We can only restart it with a copy of your orders and this can take up to 30 days to process.

### How to Submit an Online Service Request

Go to <https://www.accway.com>. This website will take you to the “Welcome to the American Campus Communities Resident Portal.”

1. If you have not already created an account, click “DON'T HAVE AN ACCOUNT YET” under Log In.
2. 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.
3. Upon completion of creating your new account, check your email! Receive confirmation of your new pass word.
4. Log back on to <https://www.accway.com> and access the portal using your new pass word.
5. Your general lease information will appear on your home page. Go to the Service Request tab.
6. 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.

#### **NOTE**

**The Resident Portal is NOT for emergency work orders.** You must submit emergency works orders by calling the Service Desk at (757) 402-4245 / 4253



**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.



### Guests must be

**accompanied by their  
sponsoring resident at all  
times. You are responsible  
for your guest.**

**Do not give your room key to  
anyone.**

### Fire Alarms

When fire alarms sound  
you must leave the  
building.

Do not disarm the fire  
alarm, it is  
against the  
law.





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

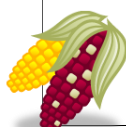
**Tom Weber**  
**Director of Housing Operations**

**Larry Herndon - AGM / REALTOR®**  
 757-305-9287  
 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 Mon - Fri 0730 - 1600



**ACTIVITIES**

**Mary McQuesten - Activity Director**  
 757-233-4291  
 mmcquesten@studenthousing.com

**MAINTENANCE**

**Ben Banks - Facility Manager**  
 Iowa Estates - 757-282-6082

**Todd Spencer**  
 Norfolk - 757-402-4218  
 Newport News - 757-327-0357  
 Hours Mon - Fri 0700 - 1530

**SERVICE DESK**

**Yolanda Strand - Service Desk Manager**  
 J 53 757-402-4245 / 4246  
 NH-141 757-402-4252 / 4253 3pm-7am  
 Newport News 757-534-7710  
 Iowa Estates 757-228-5232 / 233-3302

**LEASING**

**Holley Ayres - Leasing Manager**

Bldg. Miller Hall (U-16)  
 1274 Cowan Street  
 757-402-4247 / 4248 / 4256  
 Mon -Thurs 0730-1700

Fri 0730 - 1600  
 Sat 0800 - 1200

Please arrive 1 hour prior to closing to allow time to complete paperwork for lease signings

**SECURITY**

U-16, U-20, SP-29  
 757-592-2248  
 Monday - Thursday 1600 - 0730  
 Friday 1600 to Monday 0730

**Naval Base Emergency**

444-3333

Continued from page 1

- Tuition payment tiers now apply to active duty personnel.
- The post-9/11 G.I. Bill will now only pay the net cost for tuition and fees - that is, it will only pay what scholarships, grants and loans do not cover.
- Housing stipends will not be paid during semester breaks.
- Monthly living stipend will be paid based on rate of pursuit.
- Entrance exam fees may now be reimbursed.
- Active duty members and spouses can receive book and supply stipend entitlements.
- Non-degree programs, on-the-job training, apprenticeship training, flight programs and correspondence training are now eligible for benefits.

For a complete list of revisions please read NAVADMIN 235/11, and more information on these changes can be viewed on the Post 9/11 GI Bill website at [http://www.gibill.va.gov/benefits/post\\_911\\_gibill/Post911\\_changes.html](http://www.gibill.va.gov/benefits/post_911_gibill/Post911_changes.html).

**IMPORTANT MESSAGE FOR FEMALES**

This is from the Norfolk Police Department, please read this message very carefully.

This message is for any lady who goes to work, college or school or even driving or walking the streets alone.

If you find a young person crying on the road showing you their address and is asking you to take them to that address... take that child to the POLICE STATION ! ! No matter what you do, DON'T go to that address. This is a new way for gang members to rape women. The initiation process takes place at night around midnight to 2am. Main occurrences have happened throughout various locations on or near Tidewater Dr., Hampton Blvd., Granby St., and Newtown Rd. Please forward this message to all ladies & guys so that they can inform their sisters & friends and family.

**Our 1 message may save a life.**

**Thanksgiving Trivia**

1. When Neil Armstrong and Edwin Aldrin sat down to eat their first meal on the moon, their foil food packets contained what?
2. What Jewish holiday could be associated with Thanksgiving?
3. The custom of watching football games on Thanksgiving Day also evolved during the early decades of the 20th century. Many Americans digest their holiday meal while watching football games on television. Traditionally, which two National Football League (NFL) teams host games on Thanksgiving Day?
4. What is the turkey trot?
5. Who gobbles in the turkey family?



**Thinking about going back to school?**  
**Start planning now!**

**Navy College Office, Naval Station Norfolk**  
**Annual Education Open House**  
**On 16 November 2011, 1000 - 1400**  
**Navy College Office in Bldg. IE (Concord Hall)**  
**All Active Duty, Reservists, Retirees, family members**  
**and Naval Station Norfolk Civilians**  
**are welcome to attend.**  
**For info call: 444-7453 or 7454**

## Resident Recognition

HomePort Hampton Roads would like to recognize Kelley Williams stationed at HS-5 in Norfolk, VA. Kelley has been a resident of HomePort Hampton Roads for 15 months at our Iowa Estates property and loves living here.

She plans on starting college at the University South Florida in January after her EAOS to become an Environmentalist.

Kelley enjoys playing volleyball, going out with her friends and studying for school. Her favorite sports teams are the Tampa Bay Buccaneers and Florida State Seminoles. Kelley's Mom, Dad, Sister and Brother must be happy she is coming home.

Thanks for your support Kelley



## Kelley Williams

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

## Sudoku Puzzle

## Staff Birthdays

### Happy Birthday from HHR!

Octavious Gallop - 11/3

Linda Espinosa - 11/6

Cachetta McCaskell - 11/8

Shaun Monroe - 11/9

Heather Sihab-Mansour - 11/12

Gilbert Armijo - 11/15

Mary Davis - 11/14

Enrico Alcantara - 11/20

Emery Loomis - 11/20

Catarino Briones - 11/25



## BALANCE



### FINANCIAL FITNESS PROGRAM

#### Avoiding a Financial Holiday Hangover

It is easy to hand the store clerk your credit card when doing your holiday shopping because it is probably done in the spirit of being generous. However, when the holiday bills start rolling in, it is not the sweet spirit of generosity that hits you, but rather the bitterness of buyer's remorse that can overwhelm you.

#### Make a list

Decide before you head for the mall exactly who you plan on buying a gift for and set a budget for each person on the list.

#### Check it twice

Total the amount that you will spend on all the holiday gifts. While \$20 here or \$50 there may not seem like too much to spend, when you look at the total amount spent for the twenty people on your list ( $\$20 \times 20 \text{ people} = \$400$ /  $\$50 \times 20 \text{ people} = \$1000$ /

$\$100 \times 20 \text{ people} = \$2000$ ) you get a better picture of how this will affect your total budget. Perhaps there are ways to reduce your list or cut back on expenses. Maybe Grandpa doesn't really need a battery operated holiday tie after all!

#### Understand the Cost of Debt

For example, if you plan on charging \$1500 this holiday season and your credit card charges a 14% interest rate and requires that 3% of the balance be repaid monthly, you will find that it takes you 3 years and 7 months to pay off this credit card and you will wind up paying \$410 in interest!

#### Smart Shopping

In addition to arming yourself with a list and a budget you can also choose to shop with cash or debit cards which will eliminate the dreaded credit card bills later. Because the pleasure of the spending transaction and the pain of the payment transaction are one in the same (not separate like when using a credit card) the reality of money spent will be immediate. Studies show folks spend less when using cash versus credit..

Avoiding a financial holiday hangover starts with awareness. Knowing exactly who you need to buy for and how much you have to spend will help guide you this season. Understanding the cost of debt may influence you to use cash for most or all of your holiday purchases. The joy of the season does not need to lead to a fiscal headache in the New Year.

If you have any questions about the cost of debt or household budgeting BALANCE Financial Fitness can help—888-456-2227— the service is free and confidential.



# CNIC-Financial Service Center Presents Free Security Community Shred Day

**What:** CNIC-FSC is sponsoring a Shred-it Event to raise awareness and to help prevent identity theft. You are invited to attend this event with a limit of 4 paper boxes\* or paper bags (no plastic bags please) shredded for **FREE!** You carry in and hand your documents for shredding to the Shred-it representative up in the truck.

Here you will be able to witness the secure shredding process of your

**Personal Identifiable Information (PII) documents!**

**When:** Tuesday 08 Nov @10am-12pm

**Where:** Z133 Loading dock (Behind Building)

**Why:** Were asking participants to bring and donate non-perishable food items that will be donated to the Food-bank of Southeastern Virginia. For a list of items needed please see attached below for more information contact

J.J McPherson @ 443-4115



## Foodbank of Southeastern Virginia

Phone: 757-627-6599

**Warehouse:** 800 Tidewater Drive

Norfolk, Virginia 23504

**Hours of Operation:** Mon.- Fri. 8am-4:30pm

### Foodbank Top Ten Wanted Lists:

#### Most Wanted

Peanut Butter - Juice - Cereal  
 Chunky Soups - Pasta - Pasta Sauces  
 Canned Meats - Mac & Cheese - Canned Tuna  
 Canned Vegetables

#### Senior Citizens

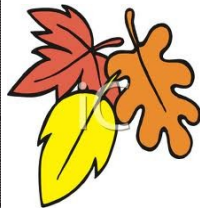
Pudding cups/ Fruit Cups/ Jell-O cups  
 Crackers - High Fiber Cereal - Canned Tuna  
 Sugar free snacks - Canned Chicken  
 Small packets of dried milk - Canned Chicken  
 Small cans of vegetables - Low Sodium can soups  
 Small jars of peanut butter & jelly - Dried fruit



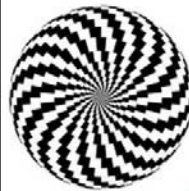
Help Support the  
**Foodbank of Southeastern Virginia**  
 Can you help someone in need?  
 How great would it be if everyone gave  
 one item on this list?



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



Sudoku  
 Solution



## Back by Popular Demand Hypnotist Bryan McDaniel

A FUN AND  
 HYPNOTIC STAGE  
 PRESENTATION  
 WITH A STRONG  
 MESSAGE OF  
 HOLIDAY SAFETY  
 SURE TO BE  
 REMEMBERED BY  
 ALL



Pre-Holiday 2011  
 Safety Stand Down



Contact  
 Sewells Point  
 Safety to  
 reserve seats.

322-2917/28

21 Nov 0900-1030 & 1330-1500 @ Bldg C-9

### Trivia Answers

- A. Roasted turkey and all the trimmings
- A. Shabuoth
- A. Detroit Lions & Dallas Cowboys
- A. A ragtime dance
- C. Only tom turkeys

Happy Thanksgiving!





All events are free to HomePort Hampton Roads Residents



Congrats to all the prize winners in October. Thanks for your support!



Free Bowling 2nd Tuesday Every month Pierside Lanes



Happy Thanksgiving



Farewell to Master Chief Jefferson from the service desk assistants at Newport News and Master Chief Nailon. Nicole Whitaker, Shaneka Moore, Karena Dixon, Angela Taylor, Brandy Lowery, Rudi Church We will miss you!





# November 2011



Norfolk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 Daylight Savings Time Ends Fall Back 1 Hour	7 Monday Night Football Snacks & Drinks Bldg. U-16 & U-20 8:00 p.m.	8 Election Day GET OUT and VOTE Free Bowling, pizza Pierside Lanes 6:30 p.m.	9 Cooking 101 & Fleet & Family Career Management Mid Rise 5:30 p.m.	10 Breakfast on the Go! Bldg. J-53 6:00 am CA & RAB Mtg. Mid Rise 4:00 p.m.	11 VETERANS DAY	12 Wii Bowling Food & prizes Bldg. U-20 7:00 p.m.
13 Pool Tourney food & prizes Cole Village 3:00 p.m.	14 Monday Night Football Bldg. NH-156 8:00 p.m.	15 PAYDAY	16 Cooking 101 & Fleet & Family Relo/Welcome HR Mid Rise 5:30 p.m.	17 Breakfast on the Go Bldg. U-20 6:00 a.m.	18	19 Movie Night Bldg. SP-29 8:00 p.m.
20 XBOX 360 Call of Duty Bldg. NH-141 5:00 p.m.	21 Wii Bowling Free pizza Prizes Bldg. J-53 7:00 p.m.	22 New Residents Meeting Bldg. J-53 & Mid Rise 7:00 p.m.	23	24  Happy Thanksgiving	25	26
27 Free Pie & Ice Cream Bldg. U-16 2:00 pm to 4:00 pm	28	29 Bingo Food & prizes Bldg. U-16 7:00 p.m.	30	Happy Thanksgiving From HomePort Hampton Roads		