

Making Waves



February 2023

Volume 16 Issue 02



FROM THE DIRECTOR

What is an MCA, anyway?

Our Military Community Assistants are employees of HomePort Hampton roads, and their primary duty is to improve your experience as a resident.

MCAs reside in each of our properties, and they are “the local tour guides” provided for your use. MCAs host all of the resident life events you see on the calendar each month. MCAs can also help you find the amenities, place a trouble call, or even explain how HomePort Hampton Roads can serve you better.

You can easily identify an MCA by the bright orange shirt they wear at each event. If you have not met the MCAs in your building, please stop by one of our many events and introduce yourself.

Speaking of events – we are always looking for ideas for new, exciting events! If you have an idea of an event you think your shipmates would enjoy, please share it with an MCA – they make things happen!

As always, stay safe!
The Director

RESIDENT RECOGNITION

“PPV provides a chance to study in peace.”



HomePort Hampton Roads would like to take a moment to recognize Robert Chacon. Coming to Hampton Roads all the way from the West Coast, Robert has been in the Navy for 3 years. With the goal of being a SAAR Swimmer, PPV provides Robert a chance to study in peace. You can find Robert gaming or working out! He has hopes PPV will one day add jet skiing to the activities list! What activities would you like HomePort Hampton Roads to include on the events calendar?

Congratulations to All our Bowling champions!



Join us *Valentine's Day*
February 14, 2023
for Bowling!
5:30 p.m. - 8:00 p.m.
Pierside Lanes Inside Gate 5
For your chance to win prizes!
Free to residents
Plus One Guest
Pizza & sodas provided



NO MAIL DELIVERY TO PPV HOUSING!

FOLLOW US ON SOCIAL MEDIA



@HOMEPOROTHAMPTONROADS

STAY UP TO DATE!



Marchello Calhoun
Minute to Win
It Winner

Julian EscobedoMartinez
Pool Tournament

Reese Selbach
Cornhole Winner

Resident Paintings from Paint Night at J-53

Make sure you're checking out the Event Calendar for more fun events!



Macaroni & Cheese in a Mug



Ingredients

- 1/3 cup whole grain elbow macaroni
- 1/3 + 1/4 cup water (if you have a stronger microwave, you may need more water)
- 1/3 heaping cup shredded cheddar jack cheese
- 2 teaspoons milk

Instructions

1. In a microwave safe {big} mug or bowl, put whole grain elbow macaroni and water in microwave for 6 minutes, stirring at 4 minutes, 2 minutes, and 1 minute.
2. The pasta should be cooked and there will be a tiny bit of thick pasta water in the bottom. Leave the water.
3. Add the heaping cup of cheddar jack cheese. Return to the microwave for 30 to 45 seconds.
4. Stir well, adding a small splash of milk.

★ STAFF SPOTLIGHT ★

Meet Mitchell



Mitchell Joyner
Maintenance
Porter

Mitchell, a native of Hampton Roads was raised in Chesapeake, Virginia and loves it so much he still calls it home! He started his journey with HomePort Hampton Roads one year ago where you will may see him in the halls of Iowa Estates. He enjoys basketball and groovin' to music from the early 2000's. When he isn't enjoying basketball on his day off you may find him catching some zzzz's! Say "hi" if you see Mitchell in the hall. HomePort Hampton Roads appreciates your hard work Mitchell.

MCPON Honea's Priorities for Sailors

Courtesy of: [MCPON Honea's Priorities for Sailors - USNI News](#) 11/13/2022

MCPON 16 Priorities

Warfighting Competency

Build Combat Teams

Technical Competency is backbone of building teams that can fight and win during combat conditions — we have to keep our systems 100% ready so we can fight our adversaries, and when we take damage, we will restore as much capability as quickly as possible to remain in the fight and win. To maintain our readiness, I expect every Sailor to perform their best and continuously improve their knowledge and skill sets. My goal is to ensure our principles, basic standards of technical competency development, and how we value technical expertise (via assignment and promotions) align to the CNO's NAVPLAN.

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Professional/Character Development

Build Teams that Out-Think our Adversaries

We must develop leaders with strong character, diverse perspectives, and resilience throughout our Navy at every level of leadership. We must recruit, retain, and effectively manage the talent of a diverse workforce to unleash their full potential at any given moment.

To be part of a winning team, my expectation is that every Sailor understands what their role is and the importance they play. My goal is to ensure professional and character development is incorporated at multiple points throughout a Sailor's career, at the right time, in the right manner.

Quality of Life

Build Stability into the Lives of our Sailors and their Families

Our Sailors are the most important element to us retaining our asymmetric advantage against our adversaries. Behind those successful Sailors are their families, and we cannot overlook that important element. We need one another. We are one Navy family, and my expectation is that everyone knows their role in that family while away from home. My goal is to advocate for all quality of life initiatives to ensure Sailors and their families are taken care of so we can continue to focus on the mission.



Feb 7th: New Resident Brief @ 6:00 p.m.
Do you have questions about PPV policies?

Feb 11th: UFC 284 @ 5:00 p.m.

Feb 14th: Free Bowling @ 5:00 p.m.

Feb 18th: Meatballs & Mario Kart @ 5:00 p.m.

Feb 27th: Ice Cream &
 Screams Horror Movie @ 6:00 p.m.

(See Event Calendar on back page for details)

FIRE SAFETY!

Do NOT tamper with Smoke Detectors! You will be charged up to **\$300.00** per smoke detector.

Do NOT deploy Fire Extinguishers Unless in an Emergency.

This is a felony and you will be prosecuted!
 There will be a **MINIMUM** charge of **\$75.00** per Extinguisher, plus clean up fees.

Do NOT damage/remove Exit signs, those are provided to safely evacuate in case of Emergency, think of your shipmates!
 There is a charge of **\$65.00** per Exit Sign damaged/removed, plus reinstallation fees

Fire Pull stations are only to be activated in an Emergency!

**** Reminder: When the alarm sounds, you MUST vacate the building! ****

Naval Station Norfolk Worship Schedules

Protestant Worship: Sunday—1030

Jewish Shabbat Program: Friday—1145

Islamic Prayer: Friday—1300

Catholic Mass: Monday—1130, Tuesday—1130, Sunday—0930, 1st Saturday of the month—0930



Suicide & Crisis Hotline

If you or someone you know is struggling or in crisis, help is available

Call or Text 988

GOOD TIMES WITH GOOD PEOPLE

**FEBRUARY 2023
NORFOLK VA**



**RESIDENT
EVENT CALENDAR**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Any HHR Resident can attend any HHR event!!!		1 HOT DOG SOCIAL U-20 @ 5:00 p.m.	2	3 HOT DOGS & CRIBBAGE COLE VILLAGE @ 6:00 p.m.	4
5 ICE CREAM SOCIAL SP-29 @ 5:00 P.M.	6	7 NEW RESIDENT BRIEF @ 6:00 p.m. IOWA ESTATES CLASSROOM FOR OFF BASE & U16 LOUNGE FOR ON BASE	8 NACHOS AND POOL COLE VILLAGE @ 6:00 p.m.	9 PIZZA & POOL IOWA ESTATES @ 5:00 p.m.	10 PIZZA & DOGS SOCIAL J-53 @ 6:00 p.m.	11 UFC 284 & PIZZA IOWA ESTATES @ 5:00 p.m.
12 HOT DOGS & POOL NH-156 @ 6:00 p.m.	13 PIZZA & POOL U-16 @ 5:00 p.m.	14 BOWLING PIERSIDE LANES 5 p.m. - 8 p.m. RESIDENT+1	15	16 PIZZA SOCIAL SP-29 @ 5:00 p.m.	17 HOT DOGS & HORSESHOES U-16 @ 5:00 p.m.	18 MEATBALLS & MARIO KART IOWA ESTATES @ 5:00 p.m.
19	20 WASHINGTON'S BIRTHDAY	21	22	23 POPCORN @ A MOVIE IOWA ESTATES @ 5:00 p.m.	24	25 COOKING 101 IOWA ESTATES @ 2:00 p.m.
26 PIZZA & SPADES!! U-20 @ 5:00 p.m.	27 ICE CREAM & SCREAMS HORROR MOVIE J-53 @ 6:00 p.m.	28 BURGERS & POOL NH-156 @ 6:00 p.m.		HomePort Hampton Roads 1274 Cowan St. Norfolk, VA 23511		24-Hour Service Desk Norfolk @ 757-233-3302 757-228-5232 or NH @ 757-534-7710

EMERGENCY MAINTENANCE WORK ORDERS

Should be made by calling the 24-Hour Service Desk at 757-233-3302 / 228-5232 or 757-534-7710 for Newport News.
"Our commitment is to address any regular work order within 24 hours."

ALWAYS FUN & FOOD AT EVERY EVENT!

GOOD TIMES WITH GOOD PEOPLE

**FEBRUARY 2023
NEWPORT NEWS VA**



**RESIDENT
EVENT CALENDAR**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Any HHR Resident can attend any HHR event!!!		1	2	3	4
5	6	7 NEW RESIDENT BRIEF @ 6:00 p.m. IN LOUNGE	8	9	10 MOVIE NIGHT & SANDWICHES @ 6:00 p.m.	11
12	13	14 BOWLING PIERSIDE LANES 5 p.m. - 8 p.m. RESIDENT+1	15	16	17	18
19	20 WASHINGTON'S BIRTHDAY	21	22 GRAB & GO BREAKFAST @ 5:30 a.m. 	23	24	25
26	27 SPADES & PIZZA!! @ 6:00 p.m.	28		24-Hour Service Desk 757-534-7710 or Norfolk @ 757-233-3302		HomePort Hampton Roads 1274 Cowan St. Norfolk, VA 23511

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