

Making Waves

01 February 2024 // Issue.2

Volume.17

Director's Corner

Shipmates,

Welcome home to the USS Gerald R. Ford battlegroup and Bravo Zulu on a very successful deployment! We here at HomePort Hampton Roads (HHR) appreciate what all the active duty military do every day to keep us safe.

I became the Director for HHR in 2007 at which time we took possession of 7 existing buildings from the Navy, 1315 beds. By the middle of 2010 we added 2367 additional beds through \$337M of new construction (Iowa Estates, Cole Village, Newport News). Through the end of December 2023 I have seen 39,837 residents depart and 41,761 residents check in, no small feat!

Just as I knew when it was time to retire from my Navy career, the time has come for me to retire from here and open the next chapter in my life. It has truly been an honor and pleasure to hold this position. I hope during my time we were able to make your stay in the Navy much more enjoyable knowing you had a comfortable place besides the ship/squadron to call home. I feel very confident the team here will continue to make your stay enjoyable.

I wish you all Fair Winds and Following Seas!

Stay safe!

Tom Weber

A FEW IMPORTANT FACTS AMERICAN HEART MONTH

 HEART DISEASE IS THE **#1** CAUSE OF DEATH IN THE U.S.
STROKE IS THE **#5** CAUSE OF DEATH IN THE U.S.
80% OF THESE DEATHS CAN BE PREVENTED WITH EDUCATION AND ACTION

 In the United States **2,200** die from heart disease, stroke, and other cardiovascular diseases **each day**.

 The AHA recommends at least 150 minutes of moderate physical activity each week

 Walking is the simplest and most effective form of exercise to achieve heart health.

IMPROVE YOUR HEART HEALTH WITH THESE 4 SIMPLE LIFESTYLE CHANGES

-  Aim to eat 4-5 servings of fruits and vegetables daily.
-  Avoid foods high in sodium and saturated fats.
-  Limit alcoholic beverages to 1 or 2 a day.
-  Quit smoking as soon as possible.

 If you have been diagnosed with high blood pressure, work with your doctor to control it. Take medication as prescribed and monitor your blood pressure regularly.

FREE PIZZA & SODA

FREE BOWLING

**RESIDENT +1 Guest
13 January 2024**

**Location: Pierside Lanes (Inside Gate 2)
1730 - 2000**

WIN PRIZES

SERVICE WORK ORDER SUBMISSION

Residents can call the 24-hour service desk anytime at (757) 233-3302 or use the rent café website

Community Corner

U-16 Paint A Rock-Friend Free Resident Event



**1ST Place Bowling Winner
Darius Thompson**



Staff Spotlight

Thomas Weber

HomePort Hampton Roads would like to thank Thomas Weber for his continued and valued leadership. After 26 years in the Navy he moved on to Transient Military Housing before coming to HomePort Hampton Roads in 2007; the last stop in his career. Mr. Weber leaves behind a wealth of knowledge to his team of successors. His legacy will positively impact the lives of sailors for years to come.

Never forget you are the *piece* that made the *difference*.



Resident Life

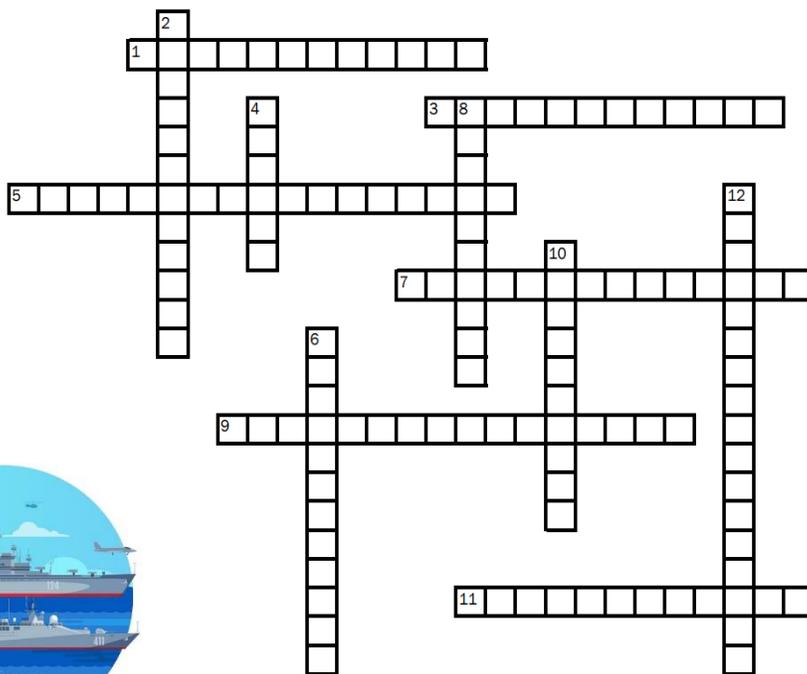
PRESIDENT'S DAY CROSSWORD

DOWN:

- 2. "Look Ahead"
- 4. "Teamwork, a Tradition"
- 6. "The buck stops here"
- 8. "We are Legend; Ready on Arrival: The First, the finest: Eight Reactors, None Faster"
- 10. "Vis Per Mare"- "Strength from the Sea"
- 12. "Qui Plantavit Curabit"- "He who has planted will preserve"

ACROSS:

- 1. "Peace Through Strength"
- 3. "Freedom at Work"
- 5. "I like Ike"
- 7. "Shall not Perish"
- 9. "Spirit of Freedom"
- 11. "Serve with Courage"



Be the first resident to email the correct answers to aeasmunt@americancampus.com and win a \$25 gift card.

HHR Leasing Office
(757) 402-4247/4248/4256
HHR Bookkeeping Office
(757) 402-4230/4233/4234



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

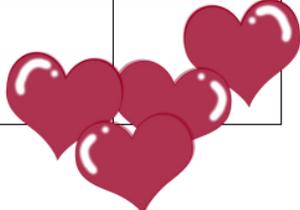
Protestant Worship: Sunday—1030
Jewish Shabbat Program: Friday—1145
Islamic Prayer: Friday—1300
Catholic Mass: Monday—1130, Tuesday—1130,
Sunday—0930, 1st Saturday of the month—0930



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

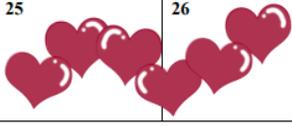
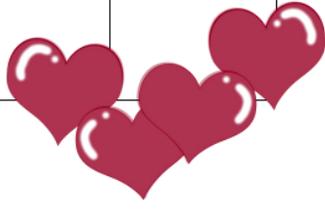
Always fun & food at every event!

FEBRUARY 2024 NORFOLK VA				RESIDENT EVENT CALENDAR			
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
HomePort Hampton Roads 1274 Cowan St. Bldg. U-16 Norfolk, VA 23511	24-Hour Service Desk Norfolk @ 757-233-3302 757-228-5232 or NN @ 757-534-7710			1	2 BILLIARDS & PIZZA COLE VILLAGE @ 1800	3	
4	5 BILLIARDS & SUBS SP-29 @ 1700	SMASH BROS & DONUTS NH-156 @ 1800 	7 UNO & CLEAN EATZ U-20 @ 1700	8  FOOSBALL & PIZZA J-53 @ 1700	COLORING & SNACKS U-16 @ 1700	MOVIE NIGHT IOWA ESTATES THEATRE @ 1800 	
 SUPER BOWL & PIZZA SP-29 @ 1630	12	13 BOWLING PIERSIDE LANES 1730 - 2000 RESIDENT+1	14 Any HHR Resident can attend any HHR event!!!		15	16 BILLIARDS & ICE CREAM J-53 @ 1700	17
18	19	20 HHR NEW RESIDENT BRIEF U18 2nd FLOOR LOUNGE For U18, U20, J53, SP29 IOWA ESTATES CLASSROOM For Iowa Estates & Cole Village @ 1800	21	MOVIE NIGHT U-16 @ 1800 	23 BILLIARDS & PIZZA U-20 @ 1600	24 SMASH BROS & PIZZA ROLLS IOWA ESTATES @ 1800	
GAME NIGHT NH-156 @ 1800 	26 CARDS & CLEAN EATZ COLE VILLAGE @ 1700	27	28 BILLIARDS & ICE CREAM IOWA ESTATES @ 1700	29 POKER & SANDWICHES IOWA ESTATES @ 1800			

Happy Mind • Happy life

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.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
24-Hour Service Desk 757-534-7710 or Norfolk @ 757-233-3302	HomePort Hampton Roads 1274 Cowan St. Bldg. U-16 Norfolk, VA 23511			ICE CREAM SOCIAL @ 1830 	2	3	
4	5 SPADES & PIZZA @ 1830	6	7	8	9	MOVIE NIGHT & POPCORN @ 1900 	
11	12	13 BOWLING PIERSIDE LANES 1730 - 2000 RESIDENT+1	14 Any HHR Resident can attend any HHR event!!!		15	16	17
18	19	20 HHR NEW RESIDENTS BRIEF IN THE CLUBHOUSE @ 1800	21	22	23	DOMINOES TOURNAMENT & HOTDOGS @ 1200 	
		27	28	29			

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