

Great Lakes Bulletin

MAY 6, 2022

SERVING "THE QUARTERDECK OF THE NAVY" FOR 104 YEARS

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DOD Celebrates Military Spouse Appreciation Day

Story by David Vergun, DoD News

This year's Military Spouse Appreciation Day is May 6.

Traditionally, it is the Friday before Mother's Day, building on the idea that 92% of military spouses are female, C. Eddy Mentzer, associate director of military community support programs for the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy, said.

Although the commemoration is only for a day, installations around the globe have a variety of spouse appreciation events throughout the month, as do many military

and veteran service organizations.

Military OneSource has a variety of events on various days in May. Mentzer said the premier Military OneSource event this month is a three-day virtual symposium specifically designed for the military spouse community, scheduled for May 10 to 12.

Activities planned for that virtual symposium include:

- Sesame Street for Military Families
- Career building skills
- Discovering your talent
- Personal branding



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- Job search tips
- Finding the right balance in life
- Tips on thriving in the workplace
- Money-saving ideas
- How to become an entrepreneur
- Guide to stronger relationships

“With a million military spouses across the active and reserve components, that’s a million individual stories,” Mentzer said, referring to the unique life experiences of each of those spouses.

“That’s something as a department that we have to really recognize. While we can’t solve every challenge, we have to listen to those unique individual stories,” he said.

Military spouses are important for several reasons, Mentzer said, including manning the home front when the service member is deployed and providing moral and emotional support.

Knowing that the military is taking good care of spouses and families has a major impact on troop morale and readiness, he said. It also factors in their decision on whether to reenlist.

Mentzer can speak authoritatively about military spouses because he’s been one for 21 years and still is. He has also been at the forefront of military family readiness for more than 30 years as a federal civilian, spending more than a decade working in the office of the secretary of defense.

His wife, Eries, an Air Force colonel, is the wing commander of Maxwell Air Force Base in Alabama. They have one child, Jaxson, who is 11.

“One of the things we talk about quite often is focusing on having complementing, not competing careers. And you know, it is doable. It’s not easy. We’ve each had to make sacrifices. But we’ve also been able to achieve quite a great deal,” he said.

Mentzer mentioned that military life must have rubbed off on Jaxson, whose goal is to be a military broadcast journalist. He turns 12 this month so in just a few years that goal will be within reach.

Visit the Military Spouse Appreciation Month page for resources and information and to register for the symposium.

About Military Community and Family Policy

Military Community and Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our service members, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These Defense Department services can be accessed 24/7/365 around the world.

More About Military Spouse Appreciation Day

On April 17, 1984, President Ronald Reagan established Military Spouse Appreciation Day with Proclamation 5184, recognizing the countless sacrifices and contributions made by military spouses since the days of the Continental Army and Navy.

In 1999, Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month to recognize the many sacrifices military spouses make as they put their personal and professional aspirations aside for their service member.

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★ FLEET ★ FIGHTER ★ FAMILY





NEXCOM Provides Critical Assistance in Times of Crisis

Story by Navy Exchanges Services Command Public Affairs

The worldwide NEXCOM Enterprise is comprised of a workforce totaling over 16,000 among seven separate business lines— the Navy Exchange (NEX), Navy Lodge Program, Navy Gateway Inns & Suites, Ships Store Program, Navy Clothing and Textile Research Facility, Uniform Program Management Office and Telecommunications Program Office. Each of these businesses has unique capabilities that provide the U.S. Navy community with distinctive and critical response efforts following events such as hurricanes, wildfires, snowstorms, U.S. Navy ship incidents, pandemics and other humanitarian efforts.

As a Navy command, NEXCOM stands ready to support the U.S. Navy and its military members wherever and whenever it is called upon around the world. “We are a worldwide command with a value-added mission and purpose,” said Capt. Craig Abraham, Deputy Commander Military Services at NEXCOM. “NEXCOM’s mission essential capabilities, tactical business model and global locations, provide our Navy with a timely response and strategic support following any type of crisis.”

In the past few years in particular, NEXCOM contributed much needed services and products to help sustain and support first responders, the military community and the Fleet following U.S. Navy ship accidents while underway, the fire aboard USS Bonhomme Richard (LHD-6), countless natural disasters, and humanitarian efforts. NEXCOM’s support included food, lodging, personal care items, internet services and uniform availability.

As an example, NEXCOM was there to lend a hand when the USS John McCain (DDG-56) and USS Fitzgerald (DDG-62) were involved in collisions at sea. NEXCOM provided lodging for displaced Sailors, made Navy uniforms available for those Sailors who needed replacements and the NEX Yokosuka Flower Shop created the memorial flowers for those Sailors who made the ultimate sacrifice.

In 2020, during the fire aboard USS Bonhomme Richard, NEXCOM headquarters, along with NEX San Diego, provided water, sports drinks and ice as well as snacks to the first responders. In coordination with Naval Base San Diego leadership, NEX San Diego delivered 4,450 meals as well as a

personal care items to emergency responders and displaced Sailors.

In the aftermath of natural disasters, like Hurricane Katrina in 2005, Hurricane Irma in 2017, Hurricane Michael in 2018 and the earthquake at Naval Air Weapons Station China Lake, Calif., in 2019, NEXCOM ensured all of its business lines were utilized to assist. Following Hurricane Katrina, NEXCOM provided free phone banks, delivered gasoline and deployed five Military Retail Facilities (MRF) to provide much needed food, drinks, electronics and health and comfort items. Also, NEXCOM's Uniform Program Management Office instituted an emergency Deferred Payment Plan that allowed Sailors to purchase up to \$500 worth of uniform items and pay for them over a 12-month period, interest free. After Hurricane Michael, NEXCOM sent a MRF to assist the mission essential personnel and NEXCOM's Telecommunication Program Office established Wi-Fi hotspots. In addition, Navy Lodge Pensacola, Fla., made rooms available for those displaced due to the storm. In 2015, NEXCOM was also at the ready when Naval Support Activity Mid-South, Tenn., was hit

with unprecedented rain and flooding. NEXCOM provided emergency supplies, including diapers, dog food, gasoline and lodging.

Most recently, NEX Bahrain and NEX Naples, Italy, teams assisted in the Afghan humanitarian effort. NEXCOM personnel coordinated support with their respective installations to ensure the daily needs of individuals who evacuated Afghanistan were met with essentials like health and comfort items, masks, water and baby products.

"NEXCOM is uniquely qualified to support our Navy and our patrons during times of crisis," said Abraham. "Our seven business lines can offer a wide variety of products and services such as lodging, fuel, food service, telecommunications and more. Through the course of our retail business, we have contracts with a variety of businesses that are invaluable when supplies are needed in an emergency situation. We also have stock on-hand in our NEX locations and distribution centers that we can quickly mobilize to send to where it is needed."



Drive Smart! Exercise Motorcycle Safety

Ross Johnson, Naval Station Great Lakes Safety and Occupational Health Manager, is reminding Sailors here to take advantage of the free motorcycle safety courses offered on the installation.

Sailors, Marines and Department of Defense civilians are eligible to take motorcycle safety courses, designed to help riders develop and maintain the skills needed to safely operate a motorcycle.

The 16-hour Basic Rider Course is mandatory for all active 4 duty Sailors who plan to operate a motorcycle, regardless

of if they plan to ride on or off-base. For riders who have yet to purchase a motorcycle, the course has several motorcycles for riders to train on.

Beyond attending the required training, active duty riders are required to wear the proper personal protective equipment, whether riding on or off-base. Riders must wear long pants, long-sleeved shirt or jacket, a Department of Transportation approved helmet, protective eyewear, full-fingered gloves and above-ankle shoes, and preferably, steel-toed boots.

Driver Patience and Courtesy is the word this Summer along Buckley Road

Illinois Department of Transportation (IDOT) has awarded a road repair contract to Peter Baker and Son Company of Lake Bluff, IL to repair and resurface Buckley Road from US Route 41 (Skokie Hwy) eastward to the Bobby Thompson Expressway near the Great Lakes Train Station. The work will begin in early May and is scheduled to be completed by the end of August, 2022. Besides pavement grinding and overlay placement, there will be subgrade pavement patching, handicapped accessibility sidewalk, curb and gutter improvements, and drainage structure repair work along the roadway. Driving through the area must be done with safety in mind for the workers, pedestrians, and other drivers using the road.”

Great Lakes Mustang Association Recruiting Brief

The Great Lakes Mustang Association is holding a recruiting opportunity in Ross Theater (BLDG 321) on Wednesday, May 11, 2022 from 1400 to 1600. This meet and greet, question and answer session will allow you to obtain valuable information about the Limited Duty Officer and Chief Warrant Officer (LDO/CWO) program. In preparation of the FY 24 LDO/CWO In-Service Procurement Board, come out and learn what it may take to be a commissioned Officer. Also, become knowledgeable of the community you are interested in applying to. There will be different designations available to share their experiences. This is a great opportunity the receive mentorship and develop relationships for your future!

National Employee Health & Fitness Day 2022 1-Mile Walk

Calling all FHCC and NAVSTA Tenant commands' staff! Join your peers for a walk in honor of National Employee Health & Fitness Day. Check-in and walk your heart out from 1100 to 1200 at the turf track on the northeast corner of Luce and Bronson Streets on the main side of Naval Station Great Lakes. Help raise awareness for healthy, active lifestyles! Event ends at 1300 the same day. Wellness materials and lunch coolers available while supplies last.

For more information, contact the James A. Lovell FHCC Health Promotion Coordinator, David Reid., at (847) 688-1900 x89195 or david.reid@va.gov.



Gym 2A - The Loft

Mon - Fri: 5 a.m. - 1 p.m.

Gym 440 - The Fieldhouse

Mon - Fri: 6 a.m. - 6 p.m.

Gym 4 - Courts Plus

Mon - Fri: 11 a.m. - 7 p.m.

Sat & Sun: 9 a.m. - 5 p.m.

Check out the latest events and activities from our MWR at

www.facebook.com/NavyLifeGL/

and on their website at

www.navylifegl.com

For tickets and travel, call 847-688-5417



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How to build your own Disaster Preparedness Kit

Story by Sharon James, Fleet and Family Support Center Great Lakes



As we get into the late spring and summer months, disasters that are caused by the weather can hit at any time. To fully prepare your family for an emergency, create one or more emergency kits, well in advance of a crisis, that include enough supplies for at least three days. If you live in a disaster-prone area (hurricanes, floods, earthquakes), consider extending your capability to five days.

Because emergencies can happen with little to no advance notice, you may need to evacuate quickly and may not have time to gather or shop for supplies. It is recommended that you not only have kits at home, but portable versions that you can maintain in your car or at work. These kits will enable you and your family to respond to an emergency quickly and will be useful whether you must shelter in place or evacuate. These can be put in a tote or a bag large enough to hold the supplies that you would need for yourself and your family.

Below is a list of items that you would need at the minimum:

- Necessary Items:
- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food to support everyone in the household for at least three days (Include canned goods with low salt and high liquid content.)
- Manual can opener
- First aid kit
- Prescription medications—enough for at least three days
 - Dust masks or cotton t-shirts for every member of the household to help filter the air

- Personal sanitation supplies—items such as moist towelettes (one container for every two people in the household), garbage bags, and plastic ties
- Flashlight—one flashlight for every two people in the household
- Battery-powered or hand-crank radio
- All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- Extra batteries—sizes and quantities based on flashlights, radios, and other items in kit
- Money (at a minimum, \$100 in local currency, small denomination bills)
- Wrench or pliers for turning off utilities
- Local maps and your family emergency plan
- Your command muster information
- Important personal and financial documents—printed copies or electronic copies on a durable storage media such as a thumb drive and stored in waterproof container

Each kit should be put together with the needs of the families in mind. Throughout the year, your kit should expand and evolve depending on your family's needs, the season, and the situation. Also, during this time, at least once a month, you should inventory your kit to make sure that everything is intact or has not spoiled. Especially with our children and fur babies as well. For additional information, please visit <https://www.ready.navy.mil/>.

For additional information, contact FFSC at 847-688-3603.