



Celebrate St. Patrick's Day!

March 2014



Military Spouses of Newport

Monthly Newsletter

A monthly publication for members of Military Spouses of Newport.

Membership Eligibility: Membership is open to all spouses of all members of the U.S. Armed Forces associated with Newport Naval Station, as well as spouses of International Students, spouses of deceased service members, and civilian spouses GS-7 and above associated with the Newport Naval Station.

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Current Activities – Check out these fun events!



Trivia at Buskers Irish Pub!

Date: March 12, 2014
Time: 7:00pm
Where: Buskers Irish Pub
Address: 178 Thames St. Newport, RI 02840
Cost: Meal included in registration fee – cash bar
Dress Attire: Festive & Casual!

MILSPOUSE TRIVIA NIGHT OUT!

Join us for the Military Spouses of Newport monthly night out on the town at Buskers Irish Pub & Restaurant! It's St. Patrick's Day Trivia Night! Dress up in your favorite St. Patrick's Day outfit! Prizes awarded for the winning and best dressed teams!

Come and enjoy dinner out on the town with other military spouses. Members meet each month at a local restaurant or place to enjoy good food, and friends. This is a great chance to get out and make new friends! Everyone is welcome, no pressure to attend monthly, just come when you can. Feel free to bring a friend! Please register on-line.

March Welcome
Coffee! Come and
 find out what all
 the fun is about!



Date: March 12, 2014
Time: 9:30am – 11:00am
Location: Quarters A, Newport Naval Station
Cost: Free
Registration: Please register for this event.

Please join the Military Spouses of Newport for a cup of coffee and light refreshments as we welcome the new arriving class of Military Spouses to Newport. This is a great opportunity to meet other spouses stationed here at Naval Station Newport, and learn about the area, along with available volunteer opportunities!

Monthly Night
Out on the Town!
 Check out this
 local favorite!



Date: March 20, 2014
Time: 7:00pm – 9:00pm
Location: DeWolf Tavern Restaurant - 259 Thames Street, Bristol, RI 02809
Cost: Please pay for your meal!
Registration: Please register for this event.

We strive to meet the 3rd or 4th Thursday of each month at local restaurants and other fun places. We are a casual group and there is no pressure, just join us when you can. Friends are always welcome, too. Please register for dinner out so we know how big of a table to reserve.

Registration Information: Register for our events at - www.milspousenewport.org

Disclaimer: Military Spouses of Newport is a Non-Federal Entity. It is not part of the Department of the Navy or any of its components and it does not have Governmental status.

Save the Date, Club Events, & Notices:

Save the date!

April 2014 - Upcoming events!

Upcoming Social Events: We have planned some great activities coming up – check our website often for dates and information on future events!

Activities & Events:

- Restaurant Week:
 - Castle Hill Inn - 07 Apr 2014 12:30 PM
 - Diego's - 08 Apr 2014 12:30 PM
 - Midtown Oyster Bar - 09 Apr 2014 12:30 PM
 - Stoneacre Pantry - 10 Apr 2014 6:30 PM
 - Redlefsen's Rotisserie & Grill - 11 Apr 2014 12:30 PM
- Drink & Dabble - 08 May 2014 6:30 PM



Special Notice!

We Need Your Support!

Military Spouses of Newport is an all-volunteer organization run by military spouses attached to Naval Station Newport. We are in urgent need of new board volunteers for 2014 – 2015. Current board members will be stepping down from their positions in May 2014 this year. We are in need of new board member volunteers, and we will need all positions filled for the coming term. Please reach out to our president to volunteer.

Email: president@milspousenewport.org
Thank you for your support!

Special Event Notice – Beat the Sugar Craving Blues!

To learn more about how to beat those sugar cravings, come attend this free lecture! For more information and/or RSVP, please email njgabrielson@gmail.com

Date: March 26, 2014 / **Time:** 7:00 – 8:00 p.m.

Location: Ft. Adams Leasing Office. Jackson Rd. Newport.



MONTHLY BUNCO NIGHT!

Let it roll! Come out for a fun, friendly game of Bunco!

Theme – It's St. Patrick's Day!
Celebrate the Luck of the Irish!
Come out in your Festive Irish Outfits to bring good luck!



Please bring a food dish to share, and \$5 to play. We roll at 7:00pm!

Date: March 26, 2014 (Wednesday)
Location: Upper Green Lane Community Center
Time: 6:30pm – 9:30pm
Cost: \$5.00
Join us each month for a potluck dinner and a game of "Bunco"! Cash prizes for most Bunco wins, most snake eyes, and more! For more information, or to be added to the monthly e-vite please contact: Jessica at jcoffin83@gmail.com

The Ship's Bell

Location: Naval War College

Hours of Operation: Monday – Thursday 10am – 2pm

Come check out the Military Spouses of Newport Ship's Bell!

The Ship's Bell is open to anyone with a military ID (and guests that accompany them). The store is located at the War College next to the library. To visit our gift store simply check in with the quarterdeck, and they will direct you down the hall to the Ship's Bell. Come check us out – all proceeds from the store support Community Aid, Military Programs and Scholarships for graduating seniors of local military members. Please consider helping at The Ship's Bell Store: Your volunteer time helps to support our scholarships and charities program. Please contact theshipsbell@milspousenewport.org to volunteer.

We need volunteers! To volunteer, please contact the Ships' Bell!

Around Town!

Check out what's happening around town this month!

Newport Irish Heritage Month - Celebrate all that is Irish during this month – Come out and watch the Newport Saint Patrick's Day Parade!

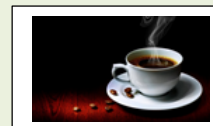
Date: March 15, 2014

Time: 11:00 a.m.

This is an annual event you won't want to miss! The 57th Annual Newport Saint Patrick's Day Parade. 2013 Grand Marshall will be George Jones. Find your best green attire, keep your eyes open for leprechauns, and join in the revelry to celebrate St. Patrick's Day in Newport! The parade begins at 11:00 a.m. at City Hall, runs through Washington Square, down Thames Street, and ends at St. Augustine's Church.

<http://www.newportevents.com>

Friday Coffee Group -



Come out with other military spouses for a cup of coffee! Each Friday we try and get together for a cup of coffee at our local favorite coffee shop. No need to RSVP – just come when you can!

When: Friday

Where: French Confection

Address: 72 E Main Rd, Middletown, Rhode Island

Time: 9:00am – 11:00am

Announcement!

Scholarships

Accepting scholarship applications now!

Every year, the Military Spouses of Newport sponsors scholarships for graduating high school students residing in the greater Newport area who are dependents of active duty, retired or deceased military personnel. We also offer a scholarship for spouses in post-secondary education, certification, or professional programs. If you meet all of the eligibility criteria, we encourage you to complete this application. This year's scholarships application period will be from January 10th - April 5th, 2014. Please read through the eligibility criteria and requirements and submit completed applications postmarked no later than April 5, 2014. Submit applications to - Military Spouses of Newport, Attn: Scholarships. PO Box 5115, Newport, RI 0284.

Charitable Contributions:

Each year "The Military Spouses of Newport" donates to non-profit organizations directly benefiting military families. Do you know of an organization in the Newport surrounding area that benefits Military families? Let them know that organizations should apply for funding for their most critical needs, whether support is being requested for continuing, existing, and exceptional programs, or undertaking new or expanded programs. We will gladly consider their request for assistance!

St. Patrick's Day Decorating! Simple, and easy to do!

Monthly Decorating Tip - Celebrate all things Irish!

Yarn-Wrapped St. Patrick's Day Vase:

Repurpose (and recycle!) a wine bottle into a pretty St. Patrick's Day craft. Start by wrapping bright green yarn or embroidery floss around the neck of the bottle, securing the loose end underneath the yarn as you go. End your wrapping an inch or so from the bottom of the bottle; secure with a dab of hot glue. Use a mix of different shades of green ribbon to tie on a seasonal tag. Perfect for flowers too!

Bells of Ireland Display:

Long stems of bells of Ireland in a green or white vase create a beautiful, classic St. Patrick's Day touch. Offset the vase with antique green books and vintage croquet balls, as Ireland is one of the founding countries of croquet.

Decorating ideas complements of Better Homes & Garden.



Recipe of the Month:



Beer-Baked Irish Beef Stew



Celebrate this month with an easy St. Patrick's Day stew you can prep and let simmer for a few hours. Easy to prep the night before and toss in the slow cooker when you get home, for a good down-home meal. Serve with hot boiled potatoes.

This recipe gets 4.0 out of 5.0 Stars!

Serving size: 6

Prep Time: 15 Mins.

Ingredients:

6 slices bacon, diced	4 large onions, cut into eighths
1/3 cup all-purpose flour	2 cloves garlic, chopped
1 teaspoon salt	1/4 cup minced fresh parsley
1/2 teaspoon ground black pepper	1 teaspoon dried rosemary, crushed
1 teaspoon ground allspice	1 teaspoon dried marjoram
2 1/2 pounds cubed beef stew meat	1 bay leaf
4 carrots, peeled and cut diagonally	1 (12 fluid ounce) can or bottle Irish stout beer

Directions:

Another really easy recipe, and this slow cooked stew goes great with some Irish Soda Bread!

1. Place the bacon in a large nonstick skillet, and cook over medium heat until crisp and brown. Remove the bacon pieces and set aside, leaving the drippings in the skillet.
2. Place the flour, salt, black pepper, and allspice in a large plastic zipper bag, and shake a few times to combine. Place the beef stew meat into the bag, and shake to coat the meat with flour mixture. Place the meat pieces in the skillet with the bacon drippings, and cook the meat until brown on all sides.
3. Remove the browned meat to a slow cooker, and add the carrots, onions, garlic, parsley, rosemary, marjoram, and bay leaf to the cooker.
4. Pour the beer into the skillet, and bring to a boil over medium-low heat, scraping all the browned bits of flavor from the bottom of the skillet. Pour the beer into the slow cooker, over the meat and vegetables. Cover, and cook on Medium setting until the meat is very tender, 4 to 5 hours. Before serving, remove the bay leaf, and sprinkle the stew with the reserved bacon pieces.

Compliments of www.allrecipes.com

Board Information & Volunteer Opportunities:

2013 – 2014 Board of Directors:

- ❖ President: Jennifer Luebbert
- ❖ Vice President: Natalie Blacketter
- ❖ Secretary: Cerry Rasmussen
- ❖ Treasurer: Annette Recavarren

Presidents Corner:

March 2014

Join the Military Spouses of Newport as we welcome the new arriving class on March 12th with a cup of coffee and light refreshments! This is a great opportunity to meet arriving Military Spouses, and say goodbye to those that are leaving in a few months.

Spring is just around the corner – and there is still plenty of time to enjoy our events before you head off to your new duty stations. We have three more months of exciting activities planned before summer arrives!

We look forward to seeing you over the coming months!

Jennifer Luebbert, President



Playgroup Coordinator Needed!

We are in need of a playgroup chair to assist with connecting other members looking for playgroups! Friday morning playgroup meets at 10:30 for story time at Barnes and Noble in Middletown. If you are new, don't be shy and introduce yourself. If you go often and see some new faces, please welcome them!

Military Spouses of Newport Board Meeting –

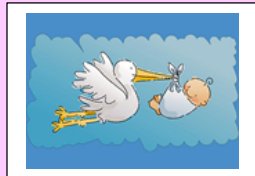
Date: March 12, 2014

Time: 5:30PM

Location: Buskers Irish Pub – prior to the Trivia event. This meeting is open to all members.

Meals for New Moms

We need your help!



Calling all members –

Help us welcome new babies of our members by bringing a meal to a new mom. We need volunteers to help make meals! Please lend your time to help a family by dropping off a meal or feel free to send a takeout meal instead. Sign up to be notified when the stork has arrived!

For more information contact: skylea2@yahoo.com

Contact Information:

Do you have any questions or want to volunteer? Please feel free to email us at: president@milspousenewport.org or [http:// www.milspousenewport.org](http://www.milspousenewport.org)

The Pink Book

Have you heard about the “Pink Book”? It is a directory of recommended services, products, and places that have been enjoyed by military families stationed here in Newport, RI. Printed versions are available at “The Ship’s Bell”. You can purchase online access to The Pink Book at www.milspousenewport.org. All of the proceeds benefit members, our scholarship fund, and the charities we support.

2014 – 2015 Volunteer Opportunities:

We are looking for members to fill the Board of Directors positions that are opening when the existing board steps down in May 2014. We need volunteers for the following positions:

- President
- Vice President
- Secretary
- Treasurer
- Socials Chair
- Membership Chair