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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.

Welcome new members; come join us for these fun events!

Sweet Berry Farm

Tour and Apple Picking

There is no sweeter way to spend a Saturday morning with your family, than **Apple Picking** at **Sweet Berry Farm** (Voted BEST local grower for 2011, 2012, 2013 and 2014 by Newport Life Magazine).



Please join us for a tour of the this magical farm that has brought so many great and unique memories to many families in New England.

The event is open to all MSoN members, their guests, and families. Children are welcome.

RSVP visit www.milspousenewport.org. ***There are several apple combinations in the registration list. All apple prices are for pick your own. If you would like to pick more apples, you can buy additional bags at the farm.***

When: September 20, 2015

Time: 10:00am – 12:00pm

Where: *Sweet Berry Farm*
915 Mitchell's Lane
Middletown, RI

Cost: **\$5.00** (per person 16 years and above) for special Farm Tour. This price does not include the **cost of apples**.

Please provide us with a 24 hour cancellation notification if you cannot attend.

Upcoming Events

September

- Ships Bell Tour
- Family Event—Apple Picking
- Dinner Night Out (TBD)
- Tea Cup Exchange

October

- Dinner Night Out (TBD)
- Newport Ghost Tour

November

- New Member Welcome Coffee
- Restaurant Week
- Spice & Tea Exchange

Upcoming Events

- **The Ships Bell Tour**, What is it? Where is it? Can I get in without my sponsor? Yes! Join us as we take a tour of the Ship's Bell then have lunch at the O'Club.

- **Dinner Night Out**, Each month we chose a different restaurant to visit and enjoy around the island.

- **Newport Ghost Tour**, Take a lantern-led evening stroll down historic Newport, Rhode Island's shadowy lanes and discover the ghosts, ghouls, and legends of our haunted city by the sea.

- **New Member Welcome Coffee**, Please join the Military Spouses of Newport for a cup of coffee and light refreshments as we Welcome new and prospective members to Newport.

- **Restaurant Week**, A three-course meal from some of the finest area restaurant without breaking the bank! From a steaming cup of chowder overlooking the harbor to fine dining in romantic restaurants, Newport & Bristol County restaurants offer an array of creative menus. \$16 for a three-course lunch and \$35 for a three-course dinner.

- **Spice and Tea Exchange**, Treats our members to an Open House featuring dishes made with custom blends from their store! Learn how and when to use spices to get the most flavor from your foods while enjoying the company of others who enjoy good cuisine!

Military Spouses of Newport

Welcome to the Military Spouses of Newport! We are a non-profit group that promotes friendship, cooperation and support among members through a range of cultural, charitable, social, and recreational activities.

Membership is open to all spouses of all members of the Armed Forces associated with Newport Naval Station, as well as spouses of International Student Officers, spouses of deceased officers, and civilian spouses GS-7 and above associated with Newport Naval Station.

Military Spouses of Newport operates The Ship's Bell, a gift shop at the Naval War College, where you can find a wide range of NWC items and other great gift ideas.

In addition, Military Spouses of Newport is a referral source for numerous special interest groups including Meals for Moms, Book Club, Knitting Group, Playgroup, Mahjong and more.

Now that the cooler fall weather is here, it's the perfect time to walk the trails and footpaths of the area...

1. Sachuest Point Wildlife Preserve, Middletown, Free.
2. Beavertail State Park, Jamestown, Free.
3. Fort Barton, Tiverton, Free
4. Weetamoo Woods, Tiverton, Free
5. Sakonnet Greenway Trail, Portsmouth-Middletown, Free
6. John H. Chafee Nature Preserve, North Kingston, Free

Or bike the beautiful networks of bike paths, offering more than 60 miles of off-road cycling in all regions of the state.

1. [Blackstone River Bikeway](#)
2. [East Bay Bike Path](#)
3. [Fred Lippitt Woonasquatucket River Greenway](#)
4. [Quonset Bike Path](#)
5. [South County Bike Path](#)
6. [Ten Mile River Greenway](#)
7. [Warren Bike Path](#)
8. [Washington Secondary Bike Path](#)

MSoN Monthly General Membership Meetings: The business of the club shall be conducted at monthly general membership meetings in which the Governing Board and Committee members will report and give updates for their specific duty. All MSoN members are welcome to attend. If you would like discuss an issue or topic during this meeting, you must first email president@milspousenewport.org with the information regarding your issue or topic to be discussed and have your name placed on the MSoN Meeting Agenda. The General Membership Meetings will begin on October 13th and be held every second Tuesday of the month at 5:30 pm at a location to be determined.



The Ship's Bell, formerly known as Davey Jones Locker, has been in operation at the Naval War College in Connelly Hall, for over 35 years and is solely staffed by volunteers. The mission and all proceeds from the store support community aid, military programs and scholarships for graduating high school seniors and spouses of local military members.

Shop Hours: Monday - Thursday from 10am - 2pm

The Ships Bell Items:

- Unique Naval War College Items
- Women's Clothing
- Newport Souvenirs
- Naval War College Prints
- The Pink Book
- Anchorbend Glassworks
- Jewelry and Pottery Handcrafted by Local Artists
- Infant & Children's Clothing
- Sanctioned NWC dress code clothing
- Items made locally and by military spouses

We are always looking for more volunteers.

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.

MSoN Activities – Get Involved!

We want to welcome our new and returning members. We are glad you joined, and we are excited about this upcoming year. Newport, Rhode Island is a great place to live with a variety of wonderful things to do.

Get involved – come join us for our monthly events, night out, and monthly Bunco get-together! Below is a listing of special interest groups and volunteer activities to keep you busy while you are living here. Check our website often for monthly events and activities!

www.MilSpouseNewport.Org



Special Interest Groups Get connected with others who share similar interests. We are pleased to be a referral source for the following groups.

Book Club:

The 2nd Tuesday each month – Lisa Cadwalader
Email: mson.eveningbookclub@gmail.com

The 2nd Monday each month – Patricia Poirrier /
Email: trish4000@cox.net

Bunco: Amanda Krivacs / Email:
Amanda.Krivacs@gmail.com

Knitting/Crochet (Fiber Therapy): Kathleen Woodhouse / Email: kwoodhou@aol.com

Home School Liaison: Melissa Robb / Email:
MARobb@cox.net

Mahjong: Caroline Medley / Email:
caro.medley@gmail.com

Aquidneck Island Moms Meetup: Jordan McVeigh/
Email: Jordsaire@gmail.com



Do you have some time each week or month that you could give? We would love to have you help – see below for details.

The Ship's Bell: The Ship's Bell is in need of a co-chair to help with purchasing and volunteers to work in the store two to three times per month - theshipsbell@milspousenewport.org

Scholarship Committee: The scholarship committee needs members to help formulate the scholarship application and read, evaluate and decide how to award our scholarships. There will be three to five meetings between January and early May, culminating in our Scholarship Tea in early June.

scholarship@milspousenewport.org

Charities: The charities committee needs members to help read, evaluate and decide how to award our charitable contributions. This committee meets in early spring, fall and winter months.
charities@milspousenewport.org

Meals for New Moms: 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. For more information contact: mealsfornewmoms@milspousenewport.org.

How often do you get to live by the beach?

Take advantage of all the beach has to offer and in New England you can find lots of Sea Glass. How about making a sea glass monogram? All you need is some sea glass, an old frame or small shadow box, burlap or fabric for the back of the frame and hot glue. Trace your monogram onto the fabric and then fill it in with sea glass and adhere with hot glue. Layer some sea glass pieces on top of one another to give a 3D effect. Once you are done, add your monogram to your frame and display for a beautiful New England feel!



www.thecountrychiccottage.net/2013/07/sea-glass-monogram.html

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It's a family affair.... It's the Big E!

There is no Massachusetts State Fair. But there is a Six-State Fair – the only one in America! Is it possible to set foot in all six New England states in one hour? Absolutely, if you visit the Avenue of States during The Big E, the only fair in the nation where more than one state participates. On this educational thoroughfare you'll see impressive replicas of each New England state's original state-house sitting on land actually owned by that state. Take a step inside and immerse yourself in the sights, sounds and tastes of quintessential New England.

Step inside each building to sample and buy local products, and find out what makes each state unique. See berries straight from the bog in Massachusetts, one of the few places on earth where cranberries grow! Enjoy the ever popular Maine baked potato with a dollop of sour cream and other tasty toppings. Shop for a wide array of local products stocked at the Connecticut General Store. Have a glass of cool, crisp New Hampshire apple cider. Browse fine Rhode Island jewelry. Bring home a block of zesty Vermont cheddar cheese.

A record number of visitors attended The Big E, in West Springfield, Mass. in 2014, breaking the Fair's all-time high attendance figure, with a final tally of 1,498,605. Will you attend this year? If you do make sure to visit all 6 New England States : [Connecticut](#), [Massachusetts](#), [Maine](#), [New Hampshire](#), [Rhode Island](#) and [Vermont](#).

The dates run from September 18th—October 4th. You can purchase your tickets in advance at www.thebige.com/tickets/ and if you enjoy concerts, check out this years lineup—Brett Eldredge, Jana Kramer, Alabama, Kansas 2015 Tour, Ace Frehley, Bridgit Mendler, and Jacob Whiteside. For more information visit www.thebige.com.

Recipe of the Month



Did you know that we have 2 Orchards right here on Aquidneck Island?

Rocky Brook Orchard— has 35 different apple variety to choose from. They are located on Wapping Road Middletown, RI.

Sweet Berry Farms— are picking Summer Golden Apples right now. They are located on 3rd Beach Road Middletown, RI.

Homemade Applesauce Recipe

INGREDIENTS

1. 4 apples, cored and chopped. Leave the peeling on the apples to add extra nutrients and added color to your apple sauce.
 2. $\frac{3}{4}$ cup water
 3. $\frac{1}{4}$ cup sugar
 4. $\frac{1}{2}$ teaspoon cinnamon
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1. Combine all ingredients in a medium sauce pan.
 2. Bring to a boil over medium heat. Cover and reduce heat to low and simmer for twenty minutes.
 3. With immersion blender, blend applesauce until smooth.
 4. Serve warm or cold.

2015 Annual August Welcome Social

This year our event was held at the beautiful Rotunda at Easton's Beach in Newport, RI on August 20th.

We had 9 Base Organizations in attendance, along with our Newport Hospital, JF3 Salon & Spa, our VIP level sponsors, and Dr. Sunjay Patil and First Command Financial, our Gold level sponsors.

A Little Café catered our event with delicious foods and Atlantic DJ Services provided our music for the evening.

We are super excited to report that this years event had an 85% attendance. Everyone had a wonderful time and many spouses left with some amazing raffle prizes, which were donated from businesses from around Aquidneck Island.

Capt Dennis Boyer, Naval Station Newport's Base CO and his wife, Dr. Carrie Davis-Boyer were in attendance as our special guests. Capt Boyer welcomed our guests and gave excellent information about our base.

Thank you to all who attended this years event. We hope you had just as much fun as we did.



MSoN 2015-2016 Board and Committee Members

President : Stacey Benson

Vice President : Ashley Schelcher

Treasurer: Kaitlin Krozel

Parliamentarian : Libby Jamison

Advisors: Carrie Davis-Boyer

Mercedes Welch

Charities & Scholarships : Jessica Mathis

Hospitality : Jamie Stowers & Gina Butler

Socials : Deborah Oliver

Meals for New Moms : Christina Peterson

Membership : Amanda Krivacs

The Pink Book : Donna Ridolfi

Website & Newsletter : Libby Jamison & Stacey Benson

The Ships Bell : Mykel Lockwood