

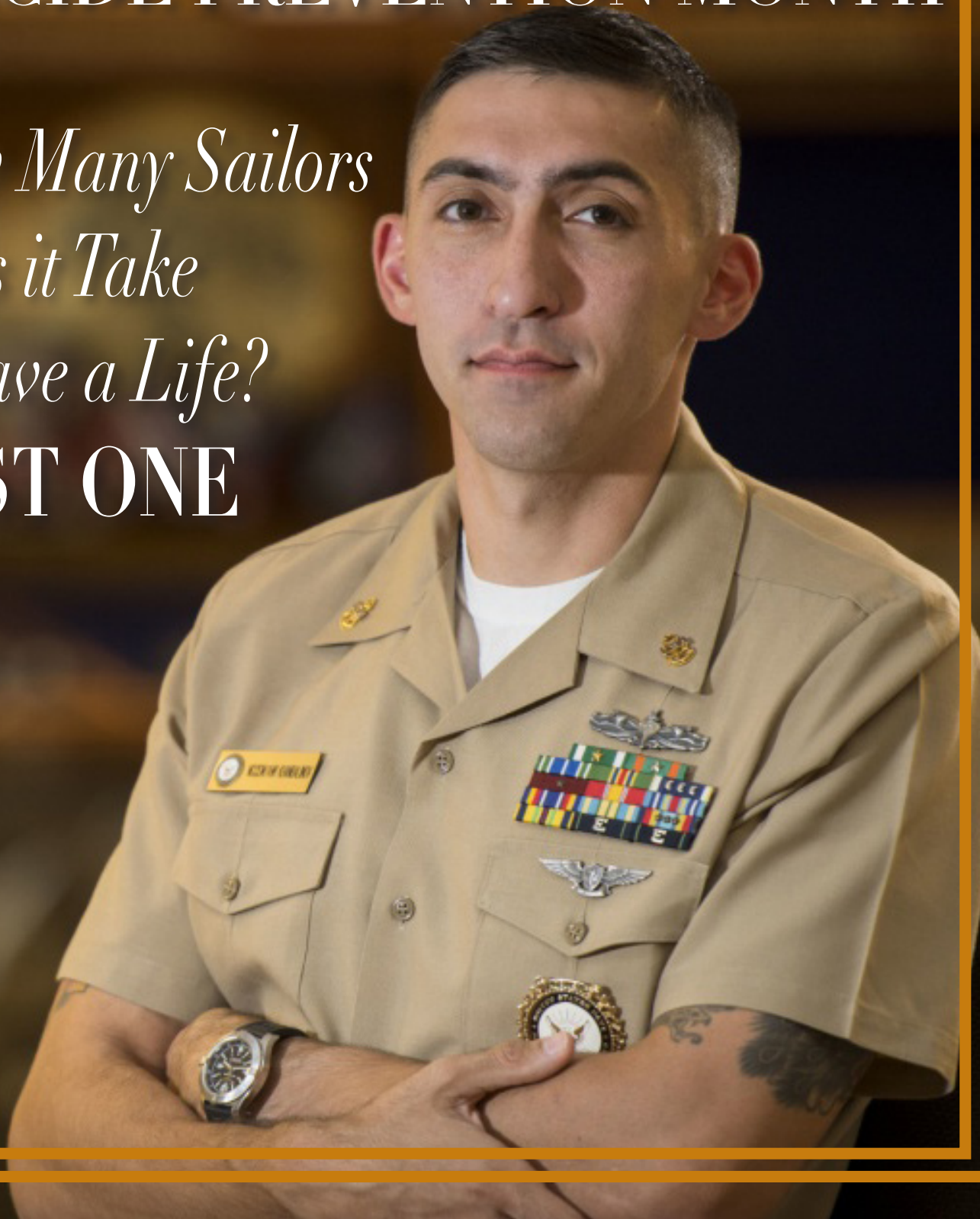
THE Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

SEPTEMBER 2019 : VOLUME 78 NO. 9

SUICIDE PREVENTION MONTH

*How Many Sailors
Does it Take
to Save a Life?*
JUST ONE



Naval Support Activity Mid-South Leadership



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CAPT Alonza Ross



Executive Officer
CDR Michael Mosi



Command Master Chief
CMDCM Maria Strader

Installation Program Directors



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The Captain's Corner

I have said it before, but it bears repeating: the safety and security of this installation is my top priority as your commanding officer.

The missions accomplished here at Naval Support Activity Mid-South are important to me, the Navy and the nation. Ensuring that the personnel, residents, and beneficiaries on this installation are safe and secure is vital to the success of those missions.

Our security forces are made up of masters-at-arms, civilians, Reservist and auxiliary personnel from our tenant commands. They put their lives on the line every day to ensure that adversaries don't gain access to the installation.

From seaman to chief petty officers, when they are standing at the gate I am entrusting them to keep us all safe. Regardless of rank, they have been ordered to allow no one to pass without proper authority.

As our team works tirelessly at this duty, I ask for your help in keeping the installation safe and secure as well.

As you enter the installation each day through our entry control points, please follow the directions of all signs and posted



speed limits. But most importantly follow the directions of our personnel manning the gates.

We conduct a variety of antiterrorism measures at different times. This is not meant to inconvenience you, but to ensure we keep our enemies guessing. We appreciate your patience and cooperation as we strive to provide a safe and secure environment.

It's easy to get complacent, but we must be vigilant in our efforts.

Capt. Al Ross
Commanding Officer,
NSA Mid-South

Navy Chief Saves Life Through Social Media

By: MC2 Zachary Eshleman

MILLINGTON, Tenn. (NNS) – In a digital world filled with “internet trolls” and “keyboard warriors,” it can seem hard to make a meaningful difference, but one Navy chief petty officer is striving to be a light in the darkness.

Chief Navy Counselor Grant Khanbalinov has chosen to reach out and be a lifeline for people he has never met. He uses his face, name and position as a Navy chief petty officer to spark the conversation about mental health and to get Sailors the help they need. Why does he do this?

“No matter where you are in the world,” said Khanbalinov, “whether you’re stationed on a ship overseas or in the cubicle down the hall, people need a human connection. It makes a difference.”

Khanbalinov currently works as the national social media trainer at Navy Recruiting Command, where he travels around the country to teach recruiters how to use social media to their advantage. The position was created specifically for him when he was working as a recruiter in Navy Recruiting District (NRD) Philadelphia. At the time, his leadership noticed all the ways he was improving his relationship to the community by embracing all types of social media, and how it was improving his productivity. They decided his ideas, tactics and keen understanding of social media needed to be spread throughout Navy recruiting.

However, his social media savvy was put to the test when he was scanning through Reddit, his favorite website. He spotted a post from a Sailor describing how he was going to commit suicide on his ship after it got underway. Khanbalinov said he knew there was no time to waste, and judging by the wording, this person was going to die if no one stepped in. “My first thought was just ‘we need to find this guy,’ if it’s not too late already,” he said. But this wasn’t a simple task.

Reddit is a site where anyone can post anything, and it’s anonymous, so Khanbalinov had to solve the problem with some creativity. He looked back at all the posts this person had ever made, and deduced the amount of time the Sailor had been in the Navy, their rank and the type of ship they were stationed on. Then Khanbalinov contacted Navy Personnel Command, and based on these and other



MILLINGTON, Tenn. (July 07, 2019) Chief Navy Counselor Grant Khanbolinov works as the social media training manager at Navy Recruiting Command. (U.S. Navy photo by Mass Communication Specialist 2nd Class Zachary S. Eshleman/Released)

factors, put together a list of 13 possible ships. He then contacted the Chiefs Mess on each ship, and within five hours of the initial post, the Sailor was located and received the care he needed.

Suicide prevention is something Khanbalinov has taken on as a personal mission because he has first-hand experience with its effects. “When I got back from a deployment in 2012, I started having some mental health issues,” he said. “I didn’t realize I was spiraling until someone on the outside looking in came to me and said ‘you have a problem.’”

He said after this wake-up call he went to get help, and he was able to get better. He wants to show other people it’s okay to seek care. There were no repercussions to his career, and he didn’t have to leave his ship, but he says many Sailors don’t know all the options available to them; they internalize their problems and just try to deal with it themselves.

“I think in the Navy we’re ingrained with this tough mindset that we don’t need help, and it’ll get better,” he said, “but it won’t. Mental health is not like a broken bone or a scab that will heal over time. It only gets worse when it’s left alone; you have to go see a professional.”

He saw this mentality in his own life and in the culture he was raised in. He was born in the former Soviet Union before his family moved to New York. As an immigrant, he says he was raised to be very tough, and to just push through things on his own, but the realization of how necessary getting help can be is something he wants to pass on.

Khanbalinov thinks a large part of the solution to mental health issues is communication. “When I have a junior Sailor working for me, I want them to feel completely comfortable coming to talk to me about anything,” he said.

“And the more you talk about suicide the less stigmatized it will be, and Sailors will get help right away.” To help promote this, he’s building a website to become a simple, consolidated source containing information about where to get help, testimonials, and healthy habits to reduce stress if it is becoming too much. The website will expand beyond Sailor-specific use and have information that benefits anyone who visits the page.

In the spirit of open communication, Khanbalinov’s Reddit username, /u/grantmkhan, is his actual name, a rarity on this anonymous platform, and he routinely posts videos of himself speaking in uniform about mental health and suicide, for everyone to see. This is just another way he’s trying to normalize the conversation. “If I go out and make these posts and people attack me or talk bad about chiefs, that’s fine if people don’t like it,” he said, “but if one person reads or watches my posts and goes to get the help they need – it’s well worth it. That’s why I do it.”

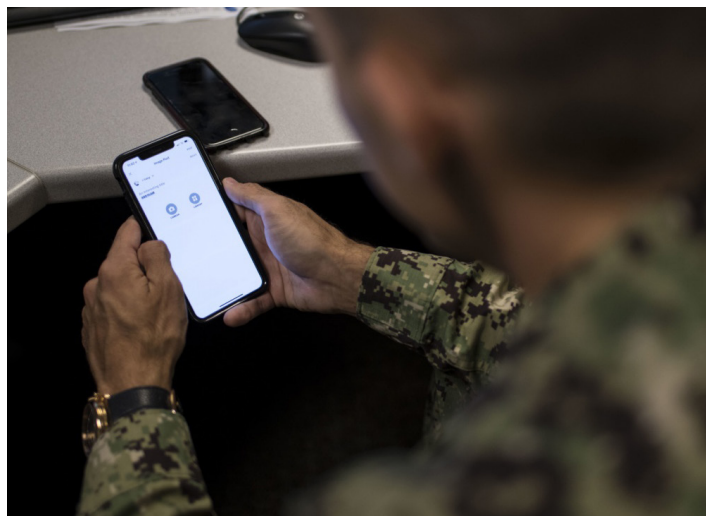
On June 3, 2019, Khanbalinov received a Navy and Marine Corps Commendation Medal from Rear Adm. Brendan R. McLane, commander, Navy Recruiting Command, for saving the Sailor with suicidal intentions, and for saving another person who was unresponsive in a grocery store. He used CPR to restart the man’s heart before the police arrived.

While Khanbalinov has been recognized for saving two lives, the number of people his posts have affected may be countless. To him life is precious and helping preserve it is a way of life.

Recently, he reached out to a fellow chief who was struggling with depression, anxiety and post-traumatic stress disorder. He knew there was something wrong and when the Sailor texted Khanbalinov a note with suicidal ideations, he immediately found the chief and took him to the hospital.

“I lost a close friend close to me last year, and I wasn’t going to lose another Sailor to suicide,” said Khanbalinov. “I just responded. I don’t judge or hesitate to take action, because you never know if it is a cry for help or something that person will follow through with.”

The Navy has many resources for Sailors who struggle with mental health, but if someone were to ask Khanbolinov he would gladly tell them that talking to people, whether online or face-to-face is the most effective thing you can do to help someone.



MILLINGTON, Tenn. (July 07, 2019) Chief Navy Counselor Grant Khanbolinov uses his phone to create a new post on Reddit. (U.S. Navy photo by Mass Communication Specialist 2nd Class Zachary S. Eshleman/Released)

“I don’t think you will find another job in the civilian market that takes their employees’ mental health more serious while providing all the benefits that the Navy has to offer,” said Khanbalinov. “We are all in this together, and I try to remind people the important thing is that ‘you’re not alone.’ We take care of each other and that’s just what I’m doing.”

Khanbalinov mission in life is to improve the lives around him. While his first passion is saving lives, his second is offering a better life to people through naval service. For the last five years as a Navy recruiter, he has dedicated his career to giving people the opportunity to join the Navy.

Khanbalinov joined the Navy in 2008 as an electrician’s mate. Though he had no military ties through family or friends, he said he sought out a local recruiter because he wanted to make a difference by serving in the military. Eleven years later, he can rest assured that he is making a difference through every click of the mouse, stroke of the keyboard and his resolve to help anyone he finds in need.



CNO Thanks Navy Personnel, Recruiting Command During Final Visit

MILLINGTON, Tenn. (NNS) -- Chief of Naval Operations, Adm. John Richardson visited Naval Support Activity (NSA) Mid-South, Navy Personnel Command (NPC) and Navy Recruiting Command one final time August 2 before his upcoming retirement.

The CNO, along with the Master Chief Petty Officer of the Navy (MCPON) Russell Smith, met with senior leaders and staff from the MyNavy HR team to thank them for their efforts in supplying quality recruits and expertly assisting Sailors in their careers during his tenure as CNO.

“It’s great to be here in the heart and soul of the gold line of effort in the design to maintain maritime superiority,” said Richardson. “That line of effort which talks about how important our people are and what we are going to do to make sure we move our human resources business into the 21st century.”

After meeting with Rear Adm. Jeff Hughes, NPC commander, Richardson toured the MNCC Contact Center. While there, the MNCC staff showed Richardson and Smith how they resolve Sailor inquiries and provide centralized operational support for Sailors throughout the fleet.

Later in the day, there was an all-hands call at the Pat Thompson Conference Center with Millington based Sailors.

“It was a great experience to see people from the Washington D.C. area come down to Millington to meet Sailors,” said Personnel Specialist 1st Class Patrick Leopold. “It shows that they care and it’s like having an open-door policy where they listen to us and give us feedback about what’s happening in the fleet.



MILLINGTON, Tenn. (Aug 2, 2019) Adm. John Richardson, Chief of Naval Operations, right, listens to a call center agent during a tour of the MyNavy Career Center Contact Center. Richardson met with senior leaders and Sailors from the MyNavyHR team to thank them for their efforts in assisting Sailors in their careers during his tenure as CNO. (U.S. Navy photo by Chief Mass Communication Specialist Michael Russell/Released)



MILLINGTON, Tenn. (Aug 2, 2019) Adm. John Richardson, Chief of Naval Operations, speaks to Sailors from Navy Personnel Command and Navy Recruiting Command during a final trip to Millington before retiring. (U.S. Navy photo by Amanda Moreno/Released)

The Chief of Naval Operations is wrapping up a four-year tour as the Navy’s senior officer in which he transformed manpower, readiness, and fostered a culture of inclusivity.

“As I get ready to retire myself and finish up four years as CNO, I didn’t want to leave without coming here to Millington to tell you how grateful I am and the Navy is for the work you do here,” said Richardson.



Navy Leadership Reaching New Milestones

CAPT Rona Green

MILLINGTON, Tenn. (Aug. 2, 2019) Cmdr. Rona Green was promoted to Captain during her promotion ceremony at the base chapel. Capt. Green is currently assigned as Medical Service Corps Assignment Officer, Navy Personnel Command. (U.S. Navy Photo by Amanda Moreno/Released)



ENS Margaret Royal

MILLINGTON, Tenn. (Aug. 2, 2019) Chief Yeoman Margaret Royal was promoted to Ensign during her appointment as a Limited Duty Officer. Ens. Royal and her family will report to VFA 147 in Lemoore, CA. (U.S. Navy Photo by Amanda Moreno/Released)





Local Sailors Serving

Memphis Native Serves with Navy's Weather Command Headquarters at Stennis Space Center

By Mass Communication Specialist 2nd Class Bradley Gee

Navy Office of Community Outreach



Petty Officer 2nd Class Kerissa James
2010 graduate of Cordova High School of Memphis, Tennessee,

STENNIS, Ms. – Most Americans rely on weather forecasts to plan their daily routine. The U.S. Navy is no different. With numerous ships, submarines and airplanes deployed around the world, sailors and civilians serving with the Naval Meteorology and Oceanography Command at Stennis Space Center, Mississippi, advise Navy leaders about the impact of ocean and atmospheric conditions on future operations.

Photo by Mass Communication Specialist 1st Class

Petty Officer 2nd Class Kerissa James, a 2010 graduate of Cordova High School of Memphis, Tennessee, is one of those responsible for providing timely, comprehensive and tactically relevant information for ships, submarines, aircraft and other commands operating throughout the globe.

As a Navy aerographer's mate, James is responsible for driving boats to scan the ocean floor and making routes for ships.

James credits success in the Navy to many

of the lessons learned growing up in Memphis.

“Be kind and treat others with respect, the world is a very small place so you never know who you may run into later in life,” said James.

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, according to Navy officials, and that the nation’s prosperity is tied to the ability to operate freely on the world’s oceans. More than 70 percent of the Earth’s surface is covered by water; 80 percent of the world’s population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

“Naval Oceanography defines and applies the physical environment for the entire Navy fleet from the bottom of the ocean to the stars,” said Rear Adm. John Okon, Commander, Naval Meteorology and Oceanography Command. “There isn’t a plane that flies, a ship or a submarine that gets underway without the sailors and civilians of Naval Oceanography.”

James is playing an important part in America’s focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

“Our priorities center on people, capabilities and processes, and will be achieved by our focus on speed, value, results and partnerships,” said Secretary of

the Navy Richard V. Spencer. “Readiness, lethality and modernization are the requirements driving these priorities.”

Though there are many ways for sailors to earn distinction in their command, community and career, James is most proud of finding a 20 year old wreck while surveying during her first deployment to a ship in another country.

“Took me eight hours straight to find it and the host nation was grateful for the discovery,” said James.

Serving in the Navy is a continuing tradition of military service for James, who has military ties with family members who have previously served. James is honored to carry on that family tradition.

“My uncle served in the Marine Corps and another served in the Navy,” said James. “They influenced my decision, before they passed away, to join the Navy.”

As a member of one of the U.S. Navy’s most relied upon assets, James and other sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

“Serving in the Navy means despite me leaving my family and my hometown, I am serving a greater purpose other than myself,” said James. “I like the unique nature of our mission and our platforms.”

CNIC's Ready Navy Program: 'Prepared, Not Scared'

WASHINGTON (NNS) -- Commander, Navy Installations Command's (CNIC) Ready Navy Program educates Sailors and their families on how to be prepared when an emergency occurs during National Emergency Preparedness Month.

Observed annually in September, this year's overall theme is "Prepared, Not Scared." Each week focuses on preparedness themes: Save Early for Disaster Cost; Make a Plan; Teach Youth to Prepare for Disasters; and Get Involved in Your Community's Preparedness.

"The recent earthquakes near Naval Air Weapons Station China Lake and the destruction left behind at Naval Support Activity Panama City from Hurricane Michael are timely reminders of how important this campaign really is," said Tim Alexander, CNIC Director of Operations. "Making a plan, being prepared for disaster, getting the family involved with preparedness, these things are crucial to the Navy's ability to bounce back effectively from disasters and improves the overall strength of the enterprise."

CNIC employs its Ready Navy Program, which is designed to increase the ability of every person and family on or near Navy installations= to meet today's challenges head on and plan and prepare for all types of hazards, ranging from hurricanes and earthquakes to terrorist attacks. By exploring the links on the Ready Navy site, Sailors, civilian employees and theirs will:

- * Be informed of potential hazards and what to do before, during, and after an emergency,
- * Understand the steps to make an emergency plan that includes what to do, where to go, and what to take with you,
- * Learn to build a kit to support basic needs for a minimum of three days, and



MILLINGTON, Tenn. (May 2, 2010) An aerial photograph showing flooding at Naval Support Activity Mid-South in Millington, Tenn. Two days of rain dumped more than 14 inches in the area, causing a levee to become overrun, flooding the base and surrounding community.

* Access tools and resources to help you and your family prepare for emergency situations that could arise at any time with no warning.

Navy Personnel and families are strongly encouraged to strengthen emergency planning at home, as well as at work, by reading and following the tips and information found at www.Ready.Navy.mil.

"One of the primary focuses for this year's National Preparedness Month is getting our youth involved," says Alexander. I encourage all Navy parents and Sailors to be on the lookout for opportunities to engage our youth during the month of September – If you are building an emergency kit, involved in your community's preparedness or just making an emergency plan for the family, look for ways to get the kids involved."

The installations, along with their tenant commands, account for Sailors and Navy families during emergencies through the Navy Family Accountability and Assessment System (NFAAS). Sailors, civilian employees and Navy families can login to NFAAS at <https://navyfam-ily.navy.mil> or utilize the NFAAS mobile app at <https://applocker.navy.mil> for accountability throughout the exercise and during any real-time natural disaster.



PREPARED, NOT SCARED



FEMA

Ready.

National Preparedness Month 2019

NSA ENVIRONMENTAL AWARENESS

STORMWATER REPORT AND PLAN NOW AVAILABLE

Naval Support Activity Mid-South's Small Municipal Separate Storm Sewer System (MS4) Annual Report for FY 2019, is now available for review and public comment until 20 Sep 2019.

The MS4 Report is required by the Tennessee Department of Environment and Conservation (TDEC), and describes the installation's efforts during FY19 to ensure the stormwater leaving the installation meets MS4 Permit Standards.

Concurrently, the Stormwater Management Program (SWMP) was updated and is now available for review. The SWMP details the controls used by the installation to prevent surface stormwater contamination.

To review, make public comments, or obtain a copy of the above listed reports, you may contact Ms. Lindsey Bidder, PWD Environmental Division, at 874-5904, lindsey.bidder.ctr@navy.mil.





YES! *There is an APP
for that!*

NAVY MWR Mid-South



Eagle's Peak Bar & Grill

Naval Support Activity Mid-South
Glen Eagle Golf Course 6168 Attu St. Millington, TN 38054

Open Monday -Friday 0700-1330 p.m. (breakfast 0700-1030 only)
Saturday, Sunday, holidays 0700 -1330 (Breakfast 0630-1030 only)



Eagle Peak grill is open till 4pm on weekends!
We're not just here for golfers,
come out and enjoy some of the
best cooked to order food in the Millington area.

Full menu available on APP!



Save time > Skip the line > Try our mobile APP!
Download the app by texting **DOTGMS** to **33733**

DINE ON THE GO

now hiring

Applications accepted by:

Email: MILL_NSA_MWR_Recruiting@navy.mil

Fax: (901) 874-5482

(must include the job posting number)

Visit www.navymwrmaidsouth.com
to view our employment opportunities

Mobile App is available for both Apple and Android devices.



HOW ARE WE DOING?

Please take 5 minutes to complete
our customer satisfaction survey at

www.NavyMWRMidSouth.com/feedback



Join our
mailing list

- 1) go to ...www.navymwrmaidsouth.com
 - 2) click on "join our mailing list" button
- or -
- send email to mwrwizard@gmail.com

GROUP EXERCISE SCHEDULE

Classes subject to change | Updates available at www.navywmr.midsouth.com
Effective August 2019

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	COMMAND PT IS AVAILABLE M-F (by appointment) 0600-0800					
6:00 AM		GLUTES & GUNS 0600-0645	CYCLING 0600-0645	TRX & MORE 0600-0645		
6:30 AM						
7:00 AM	STEP 0700-0800		STEP 0700-0800		CYCLING 0700-0800	
7:30 AM						
8:00 AM						
8:30 AM		FIT & MOBILE 0830-0930		FIT & MOBILE 0830-0930		
9:00 AM						
9:30 AM						STEP 0900-1000
10:00 AM					FAMILY FITNESS 1000-1100	
10:30 AM						
11:00 AM						
11:30 AM	TRX & MORE 1130-1230	HIIT 1130-1230	CYCLING 1130-1230	HIIT 1130-1230	ZUMBA 1130-1230	
12:00 PM						
4:00 PM						
4:30 PM	STEP 1630-1730	YOGA 1630-1730	STEP 1630-1730			
5:00 PM						
5:30 PM	BURNIN' RUBBER (at Multi-Purpose Field) 1730-1830		BURNIN' RUBBER (at Multi-Purpose Field) 1730-1830			
6:00 PM						



JOE DUGGER FITNESS CENTER | (901) 874-5497

5671 MCCAIN ST. (BLDG. S-499) MILLINGTON, TN

www.facebook.com/navywmr.midsouthFitnessandSports



HANDS FREE

★ T E N N E S S E E ★

NEW LAW EFFECTIVE JULY 1, 2019

The Hands Free Tennessee campaign educates the public about the state's new "Hands Free Law," known as **Public Chapter No. 412**. This new law requires drivers to put down their phones and focus on the road.

WHAT IS the Tennessee Hands Free Law? **PC0412** makes it illegal for a driver to:

- (a) hold a cellphone or mobile device with any part of their body,
- (b) write, send, or read any text-based communication,
- (c) reach for a cellphone or mobile device in a manner that requires the driver to no longer be in a seated driving position or properly restrained by a seat belt,
- (d) watch a video or movie on a cellphone or mobile device, and
- (e) record or broadcast video on a cellphone or mobile device.



Learn more at:

HANDSFREETN.COM



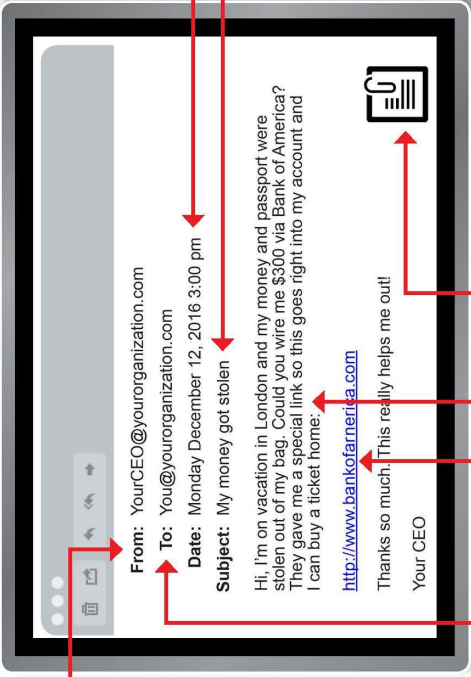
Department of
**Safety &
Homeland Security**



TDOT
Department of
Transportation

This project is provided through grant funding by the Tennessee Highway Safety Office. June 2019.

Social Engineering Red Flags



FROM

- I don't recognize the sender's email address as someone **I ordinarily communicate with**.
- This email is from **someone outside my organization and it's not related to my job responsibilities**.
- This email was sent from **someone inside the organization** or from a customer, vendor, or partner and is **very unusual or out of character**.
- Is the sender's email address from a **suspicious domain** (like micorsoft-support.com)?
- I **don't know the sender personally** and they **were not vouched for** by someone I trust.
- I **don't have a business relationship** nor any past communications with the sender.
- This is an **unexpected or unusual email** with an **embedded hyperlink or an attachment** from someone I haven't communicated with recently.

TO

- I was cc'd on an email sent to one or more people, but I **don't personally know** the other people it was sent to.
- I received an email that was also sent to an **unusual mix of people**. For instance, it might be sent to a random group of people at my organization whose last names start with the same letter, or a whole list of unrelated addresses.

HYPERLINKS

- I hover my mouse over a hyperlink that's displayed in the email message, but the **link-to address is for a different website**. (This is a **big red flag**.)
- I received an email that only has **long hyperlinks with no further information**, and the rest of the email is completely blank.
- I received an email with a **hyperlink that is a misspelling** of a known web site. For instance, www.bankofamerica.com — the "m" is really two characters — "i" and "n."

DATE

- Did I receive an email that I normally would get during regular business hours, but it was **sent at an unusual time** like 3 a.m.?

SUBJECT

- Did I get an email with a subject line that is **irrelevant** or **does not match** the message content?
- Is the email message a reply to something I **never sent or requested**?

ATTACHMENTS

- The sender included an email attachment that I **was not expecting** or that **makes no sense** in relation to the email message. (This sender doesn't ordinarily send me this type of attachment.)
- I see an attachment with a possibly **dangerous file type**. The only file type that is **always safe to click on is a .txt file**.

CONTENT

- Is the sender asking me to click on a link or open an attachment to **avoid a negative consequence** or to **gain something of value**?
- Is the email **out of the ordinary**, or does it have **bad grammar** or **spelling errors**?
- Is the sender asking me to click a link or open up an attachment that **seems odd** or **illogical**?
- Do I have an **uncomfortable gut feeling** about the sender's request to open an attachment or click a link?
- Is the email asking me to look at a **compromising or embarrassing picture** of myself or someone I know?

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KnowBe4
Human error. Conquered.

Health & Wellness

MONTHLY HEALTH PROMOTIONS FROM
BRANCH MEDICAL CLINIC

August - Mental Health and Suicide Prevention

Understanding suicide warning signs and risk factors can help identify those at risk, allow for early intervention, and prevent suicide. Mental Health and Suicide Prevention Month serves as a way to promote psychological health and suicide awareness and prevention, and encourage Sailors, Marines, and civilian personnel to access behavioral health and emotional well-being resources when needed. These valuable resources can be used not only by Sailors, Marines, and civilians who need a helping hand, but also by family members and friends.

The resources in this toolbox are designed to assist with fostering an environment free from the negative attitudes that can be associated with reaching out for help with life's challenges. Health promoters, command leadership, command Suicide Prevention Coordinators (SPCs), behavioral health providers, primary care and other specialty providers, corpsmen, as well as chaplains, are encouraged to use these resources and promote positive coping skills, reaching out for help before stress feels unmanageable, and utilizing available helping resources.

If you or someone you know is in immediate danger or contemplating suicide, call 911.

If you or someone you know is in crisis whether that is anxiety, depression, anger or any number of situations, seek assistance by contacting the Military Crisis Line at 1-800-273-8255.

Military OneSource provides comprehensive information about everything from deployment to relationships to parenting and childhood services. Service members and families can also connect with a peer counselor who understands military life and its unique challenges. Call 800-342-9647.

The Marine Corps DSTRESS Line is a hotline and live chat that provides professional, confidential counseling for Marines, Fleet Marine Force Corpsmen, attached Sailors, and families. Use the live chat or call 1-877-476-7734.

Visit www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx call or visit the Naval Branch Health Clinic Millington for more information 901.874.6100.

NSA MID-SOUTH CHAPEL SERVICES

NSA MID-SOUTH CHAPEL 901-874-5341 WEEKLY EVENTS



Phone: 901-874-5341

New to the base? How Can We Help You?
<https://www.surveymonkey.com/r/C863HTP>
Chapel Religious Needs Assessment



Sunday
0900 – Protestant Sunday School
1000 – Protestant Interfaith Service

Thursday
1100 – Rosary Service
1130 – Catholic Mass

**For info about other faith groups,
contact Chaps Mowbray @ 874-5344.**

BEGINNER GUITAR LESSONS Tuesdays from 1130-1230



Bring yours or play ours!
Chapel Ceremonial Room
Begins 18 Sept

CHAPEL BIBLE STUDIES



MONDAY:

1130 - Interfaith Bible Study
Fellowship Hall

1130 – Battle Buddy Bible Study
Chaplain Office

TUESDAY:

1830 – Evening Bible Study
Old Testament Study – Front Classroom

WEDNESDAY:

1130 - Bible Study on Revelation
Chapel Conference Room

THURSDAY:

1130 – Men's Study on Minor Prophets
Chapel Conference Room

1200 - Women's Study on Armor of God
Chapel Front Classroom

Interested in becoming a lay leader for your
faith? Contact the chapel!



TOASTMASTERS
for Effective Communication & Leadership

CHAPEL CEREMONIAL ROOM
WEDNESDAYS at 1130



Chapel Facebook Page

<https://www.facebook.com/groups/1539377213057726/>



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Submission deadline is the last Thursday of each month!**