

# THE Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

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*New Crest, Same Mission*

# Naval Support Activity Mid-South Leadership



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# *The XO's Corner*

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Hello! I am your installation Executive Officer (XO). I want to thank Capt. Ross for giving me this opportunity to take over this month's Captain's Corner to talk to you about how Naval Support Activity can ensure we are meeting your needs.

Our goal day after day is to support our tenant commands in their diverse and important missions.

Here at NSA Mid-South, we provide support services inside and outside of the fence line to approximately 6,500 personnel from the Army, Marine Corps, Navy, Air Force, and Coast Guard.

Keeping the lines of communication open is vital to our mission success. Please reach out to me with questions or concerns about issues that have not been favorably resolved beyond the list of resources available on the installation. All of our program directors are listed on the opposite page, along with their program emails. I encourage you to reach out to them if you have a question or concern about their program.

If you have problems or questions with your facility, do you know who your building manager is? Every building on base has one, and they are your direct line to our Public Works Department for correcting issues within your workspace.

If you are a resident on the base, do you know how to contact not only our PPV partner, Hunt, but also our Housing Department?

If you have school-aged children, do you know how to contact the School Liaison Officer, Jennifer Lundy? (Hint, her number is 874-5343)

Most importantly, make sure your information in ATHOC is updated and follow us on Facebook



([www.facebook.com/NSAMidSouth](https://www.facebook.com/NSAMidSouth)) for all emergent news and notifications.

I am proud of the hard work that my program directors and managers do here at NSA Mid-South. I have empowered them to work within their programs to make work and life on the installation better. We will do everything we can within legal and financial constraints to ensure your experience here is a positive one.

We may be a Navy base landlocked in Tennessee with no ships or aircraft, but the missions accomplished on this installation day in and day out have a major impact on our nation's security. I couldn't be more proud to be your XO.

Cmdr. Michael Mosi  
Executive Officer, NSA Mid-South

# LOCAL MISSIONS, GLOBAL IMPACT.



## NSA Mid-South Implements New Crest *By NSA Mid-South Public Affairs*

MILLINGTON, Tenn. -- Capt. Al Ross, Commanding Officer Naval Support Activity Mid-South, presented the new installation logo Oct 24, 2019.

The previous logo was created by Dave Wainright when he was a Chief Aviation Electronics Technician stationed here during the Base Realignment and Closure (BRAC) in the 1990s. When the base transitioned from an air station to an administration headquarters, a competition was held to create a new logo. Wainright submitted his work, and for the last 25 years it has proudly represented NSA Mid-South.

The new logo was created by Mass Communication Specialist 2nd Class Mason Gillan in an effort to represent the base's primary focus of local missions that have a global impact. Dissemination of the logo has begun throughout the command.

A part of the Navy Region Southeast and Navy Installations Command, NSA Mid-South serves as the Navy's Human Resources Center of Excellence.

*From Capt. Al Ross*

*Commanding Officer Naval Support Activity Mid-South*  
*"After the BRAC 93 and 95 changes, the disestablishment of the air station was hard on the community. Many civilians, veterans and military clung to the area's past history in military aviation.*

*But as the years have progressed, NSA Mid-South has established itself as a new, unique command. Not the leftovers of an air base, but a major administrative headquarters for the Navy and Army Corps of Engineers. We now provide support to all four branches of the DoD and the Coast Guard.*

*Most are working behind the scenes day in and day out on local missions that have a major global impact. While administrative work may not be glamorous, it keeps the Navy and the nation moving.*

*As we enter into the 25th year as a Naval Support Activity, we decided it was time that our command crest represented our present and future...not our past.*

*I would like to present to you the new command crest for NSA Mid-South representing our mission and the impact it has on the Navy and nation today."*





From left to right: Dave Wainright, Commanding Officer Capt. Al Ross, and Mass Communication Specialist 2nd Class Mason Gillan, present the transition of Naval Support Activity Mid-South's command crest to the new logo. (U.S. Navy photo by Amanda Rae Moreno/Released)

**DESCRIPTION:** On a gold and navy blue disc, a silhouette of Navy Sailors stands above a golden globe that contains the state of Tennessee with a blue star. The navy blue ring contains the words Naval Support Activity Mid-South, EST 95, and ten white stars in a symmetrical position.

**SYMBOLISM:** Navy blue and gold are the colors traditionally associated with the Navy, representing the sea and excellence. The ten white stars represent the five services found within the command: Navy, Marine Corps,

Army, Air Force, and Coast Guard, and five more stars to represent the five-star quality service provided to each service. The silhouette of Sailors represent the more than 6,500 personnel who work on base and serve as the Navy's Human Resources Center of Excellence. The globe containing the state of Tennessee represents the local missions and how they have a global impact. The star within the state of the Tennessee represents the location of the base in the southwest corner of the state. The "EST 95" represents the year 1995 when the base was established.

# Career Development Symposium Comes to Southeast

*By: Mass Communication Specialist 2nd Class Matthew Riggs*



The MyNavy Career Development Symposium (CDS), hosted by Navy Personnel Command, is scheduled for Nov. 18-20 at Naval Station Mayport, Naval Air Station Jacksonville, and Submarine Base Kings Bay.

The symposium will be held Nov. 18 at Naval Station Mayport in the Ocean Breeze Conference Center, Nov. 19 at Naval Air Station Jacksonville in Dewey's Ballroom and Nov. 20 at Submarine Base Kings Bay in the Base Theater.

The goal of CDS is to provide Sailors with important career information that will help them take charge of their futures in the Navy. Sailors will have the opportunity to meet with detailers and community managers to discuss orders, career paths, and various programs they have access to in order to help them develop in the Navy.

"I'm looking forward to meeting with the Southeast region Sailors and explaining how MyNavy HR is working for them on a wide range of talent management initiatives and new technologies," said Fleet Master Chief Wes Koshoffer, MyNavy HR's Fleet Master Chief. "Direct interactions with Sailors on the deckplate is how we get the best feedback and ideas on how we can continue to improve on the Sailor experience. I look forward to seeing you there!"

CDS brings senior Navy leadership, enlisted community managers and detailers together with fleet Sailors to discuss what is happening in today's Navy as well as to listen to their concerns regarding current and future Navy policy or procedures. Topics being discussed are changes to the Performance Evaluation Transformation, MyNavy Career Center, detailing process and enlisted advancement.





# Navy Leadership Supporting the Community



MILLINGTON, Tenn. -- Members of Naval Support Activity Mid-South's Mustang Officers' Association participated in a Adopt-a-Highway cleanup as part of a community service project, Oct. 22, 2019. (U.S. Navy Photos by Mass Communication Specialist 2nd Class Mason Gillan/Released)





# Navy Recruiters Swarm Memphis

*Story by Mass Communication Specialist Second Class Bridget Saunders*

MEMPHIS, Tenn. (NNS) — A total of 81 recruiters from Navy Recruiting Command (NRC), Navy Talent Acquisition Group (NTAG) Nashville and recruiting commands from around the nation visited various schools and events in a mass-Navy recruiting effort called Memphis Swarm, Oct. 1-4.

The Swarm brought top recruiters from across the United States to promote the Navy's mission and strengthen ties with community members throughout the Mid-South. This is the second year of the Navy's new recruiting strategy that supports the national policy to build a 355-ship Navy.

During the week, recruiters visited 26 high schools where they gave classroom presentations and discussed career opportunities and benefits within the Navy. Recruiters particularly focused on science, technology, engineering and mathematics (STEM) subjects with

a goal of targeting highly qualified students for the nuclear field and other advanced career fields.

"The Swarm provided students with the opportunity to see firsthand our recruiters in action," said Aviation Boatswain's Mate Second Class Christiana Lahai, a recruiter assigned to Talent Acquisition Group Blues City. "Students have had the ability to ask us questions and I think it really motivates them to consider the opportunities the Navy offers."

To further attract high quality candidates and appeal to a younger tech-savvy generation, students had the opportunity to visit the Burke, a Navy virtual reality truck offering immersion in a realistic tactical scenario.

The experience begins with a video informing participants how they will drive a small-boat, called



a Special Operations Craft – Riverine (SOC-R), on a special mission to extract a SEAL team under enemy fire. Special operations teams perform short-range insertion and extraction of special operations forces in river and near-shore environments.

In the Burke, the participants then strap on a virtual reality vest and headset while using the simulator's steering wheel and throttle system to navigate the virtual environment.

"The Burke offers users the most realistic Navy experience possible," said Commander, Navy Recruiting Command, Rear Adm. Brendan McLane. "Virtual reality has allowed us to come a long way—where we once were only able to describe these experiences, now we can present the reality of a Navy mission in an interactive way, using the best technology available. To reach a high-caliber pool of recruiting prospects, we need high-caliber recruiting tools, and this display is truly state of the art."

The Burke was a huge success with the students, who were in awe of the realistic Navy experience.

"It was a lot more real than it looked," said Charles Karnes, a student of Liberty High School. "The experience was so realistic with the sounds of gunfire going off, the whirring of the boat, and the explosions happening in the background made it feel like I was really there."

In addition to the Burke asset, students from more than a dozen local junior and senior high schools attended Naval Air Orientation Day, the main highlight of the Swarm, held at the Wilson Air Center. Attendees had the opportunity to sit in the cockpit of tactical aircraft and discuss careers in Naval aviation with pilots and aircrew.

"This was an exciting event in cooperation with the Navy League in Memphis to showcase and highlight Naval aviation to the public who otherwise might not be able to see it," said Cmdr. Patrick Tanner Acker, commanding officer of NTAG Nashville. "It's exciting that recruiters from around the nation were in town to support as a true force-multiplier along with Navy Recruiting Command headquarters. We look forward to many short-term and long-term successes from this Swarm event."

Although coordinators for the Naval Air Orientation Day were expected a high number of visitors at the event; the Swarm exceeded those expectations and helped bring in more than 750 people, an all-time high for the Navy League coordinators. The week-long Swarm allowed recruiters to meet with staff and students to share information on the Navy's mission and Sailors' adventures while serving America's Navy.

"When we talk to people, it's not just about finding someone to join but it's also important that we tell them what the Navy does for them, their country and even the world," said Chief Navy Counselor Kelly Ringaman, leading chief in Navy Recruiting Command's outreach department.

There are 11 more swarms scheduled out to 2020 with the purpose of informing the public about the Navy and the career opportunities it provides.

NTAG Nashville is one of 10 NTAGs nationwide. More than 100,000 square miles are assigned to NTAG Nashville including counties in Tennessee, Arkansas, northern Alabama, northern Georgia, northern Mississippi, southern Kentucky and Southwestern Virginia. The command consists of two Talent Acquisition Onboarding Centers (TAOC) Music City and Blues City, and 36 Navy Talent Acquisition Sites.



# Sailor Lifts Himself to Higher Standards

*Story by Mass Communication Specialist Second Class Zachary Eshleman*

MEMPHIS, Tenn. (NNS) – A crowd of onlookers huddled under tents and umbrellas along the sides of Beale Street Entertainment District on May 11. They had been waiting all morning for this event, which was a final display of strength during the annual “Strongman on Beale” competition. With his heart pounding, Sonar Technician (Surface) 1st Class Juan Cadena walked forward through the light rain steps inside a steel contraption, gripped the handles and prepared to lift, all eyes on him.

On the other end of these handles, supported by several metal bars, were the rear tires of a sport utility vehicle. The audience erupted with cheers of encouragement and applause as Cadena lifted the car up off the

ground, achieving his personal record for the deadlift.

Describing that moment, Cadena said, “It’s an amazing feeling to put in the work and see it all come together in a moment like that; I was so pumped, and I was happy to be able to do something new that made me uncomfortable and then accomplish it.”

Despite the level he has risen to in competitive weightlifting and CrossFit, the competitions themselves are not his biggest motivation. He’s driven by a deeper desire to always be improving himself, and those around him.

As a first generation American whose parents came from Mexico and settled in





MILLINGTON, Tenn. (October 31, 2019) Sonar Technician (Surface) Juan Cadena is highlighted in this week's "Recruiter Spotlight." (U.S. Navy photo by Mass Communication Specialist 2nd Class Zachary S. Eshleman/Released)

San Antonio, Texas, he wants to constantly take advantage of all the opportunities available to him in order to rise to his highest potential.

"For me, it's about seeing how far I can push myself and what I'm capable of," said Cadena, who is currently stationed at the Navy Recruiting Command (NRC), Millington, Tennessee. "But if I can help inspire my family and my cousins, still living in Texas, to do their best and accomplish what they can, then that would definitely be a plus."

This "never settle" mentality distinguished him during his time at NRC where he was meritoriously advanced to first class petty officer because of his involvement in command activities outside of his regular duties. Besides serving as support staff for recruiters working in the NRC cyber recruiting department, he dedicated himself to volunteering in the multi-cultural committee, Navy ball committee, Morale, Welfare, and Recreation committee, the Junior Enlisted Association and he also teaches proper fitness techniques to anyone who wants his help.

Cadena's dedication to fitness inspired

Aviation Maintenance Administrationman 3rd Class Cyndra Kohfeldt to train at the same gym. She said she was lucky to have a leader who cares so much about those who work for him, and who is willing to go out of his way to help people both personally and professionally.

"It's inspirational to see the improvements he's made for himself and to watch him put so much effort into the competitions," said Kohfeldt.

After his current tour in recruiting, Cadena is going back out to the fleet, to a guided-missile cruiser stationed in Japan, but he won't forget his time at NRC.

"I've really enjoyed it here because I learned a lot about the big Navy and gained perspective into programs and how things are done," said Cadena.

Wherever he goes, Cadena said he will always put his best foot forward and see what he can accomplish. Every time he hits a new personal record, he takes one step further from the man he is, toward the man he will become.



# HARVEST FESTIVAL



**Motorcycle Safety Course Schedule**  
**Nov 5-6 Basic Rider Course (BRC)**  
**Nov 13 Advance Rider Course (ARC)**  
**Nov 19-20 BRC**



# NSA Mid-South Participates in Emergency Management Training

## *From NSA Mid-South Public Affairs*

MILLINGTON, Tenn. – Naval Support Activity Mid-South hosted the Commander, Navy Installations Command (CNIC) Emergency Operations Center Incident Management Team (EOC IMT) Course at Millington October 8-10.

Led by CNIC, Shore Operations Training Group (SOTG) with support from SFTC and CNIC Emergency Management Directorate instructors taught the course over three days to active duty Navy Sailors and civilians. Participants represented fire, security, safety, emergency management and various other specialists who will be involved with emergency response in the joint environment.

“For the operations center exercises, students were broken into common EOC functional groupings (operations, logistics and plans) and given a practical scenario of an on-base emergency in which they will realistically lead, brief, coordinate and plan,” said Mike Crockett, the CNIC SOTG Chief. “Each day, classroom instruction was followed by an EOC exercise that gets increasingly complex as the course progresses.”

EOC IMT course lessons cover EOC team member roles and responsibilities, information management, communications, and the use of the Navy’s current common



Sailors and civilians represented fire, security, safety, emergency management teams during an emergency response drill. (U.S. Navy photo by Mass Communication Specialist 2nd Class Mason Gillan/Released)

operating picture online application. The course also includes several practical application classroom exercises requiring student working groups to apply the knowledge gained during lectures.

“Given my new position as the acting Emergency Management Officer (EMO), this training provides valuable insight as to how the EOC should run and has given me the tools to help me be a more effective member of the EOC in the future,” said Tim Baugh.

Since its inception, CNIC has been involved with anti-terrorism and emergency preparedness training in response to lessons learned from previous natural and man-made disasters and the presidential report on the federal response to Hurricane Katrina which read, “An investment in the continued training and exercises of our command and control is a top priority.”

# Army Vet Clinic

## Serves NSA Mid-South Families

*From NSA Mid-South Public Affairs*



From left to right: Kali Dooley, Staff Sergeant Shantel Armantrout and Amelia Myers provide services at Naval Support Activity Mid-South's base veterinary clinic. (U.S. Navy photo by Mass Communication Specialist 2nd Class Mason Gillan/Released)

MILLINGTON, Tenn. -- With friendly and caring employees, the vet clinic is staffed by 1 veterinarian, one Army Non Commissioned Officer in Charge, and one technician to help service members and their families with veterinary care.

The Veterinary Treatment Facility provides basic care for animals. Vaccinations for dogs include; Rabies, Distemper (seven vaccines in one) and Bordetella. For Cats: Rabies, Distemper (five in one), Leukemia. Tests performed include heartworm, feline leukemia, skin scrapes/checks, ear swabs/checks and fecals.

If you live on base it is mandatory per base regulation that you register your pet with the Veterinary Clinic and Security. Dogs

must have a heartworm test and vaccinations updated yearly; Cats must have vaccinations updated yearly.

All dogs and cats living on base must be micro-chipped. Pets traveling overseas must also be micro-chipped. The Veterinary Clinic issues travel health certificates for pets traveling between states and overseas. Owners who are taking their pets overseas are responsible for finding out what paperwork is needed to bring the pets into the new country.

The Veterinary Clinic sells heartworm preventative, flea and tick control, shampoos and vitamins. Due to limited personnel, surgery is limited to spays and neuters on a will-call basis.





If there is an emergency, you must take your pet to a civilian veterinarian for treatment. Several veterinary clinics are located in the area, including Millington. Listings are provided in the telephone book.

To make an appointment or if you need information call Veterinary Treatment Facility. If you have a record for your pet, please bring it with you, if not, a new record will be set up for you.

All cats and dogs will be registered with the Veterinary Clinic. No more than two pets per family are permitted in base housing. Proof of rabies and distemper inoculation and Shelby County licensing is required. Each dog and cat is required to be fitted with a microchip (at owners expense) at the time of initial registration or during the first office visit. Farm and wild animals are not permitted. For service members who are PCSing, find out what is required to take your pet with you. Most overseas assignments have specific medical requirements that are time sensitive. Make an appointment with the vet to have your pet and medical records screened for the requirements. It is the service member's responsibility to make sure things are done to get your pet where you are going.

By regulation, services are offered to active duty, reserves, national guard, retired, and military families.

## NSA Mid-South Veterinary Clinic

5907 Savitz Dr Bldg S-937  
Millington, TN 38054  
901-874-5420

## Hours of Operation

Monday - Friday  
0800 - 1600

All pets are seen by appointment only!

## Walk-in Wednesdays!

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**FVAP.gov**  
FEDERAL VOTING ASSISTANCE PROGRAM

# Voting Residence

**Uniformed Service Members and  
Their Eligible Family Members**

**FACT SHEET**

**Wherever U.S. citizens go,  
FVAP ensures their voice is heard.**

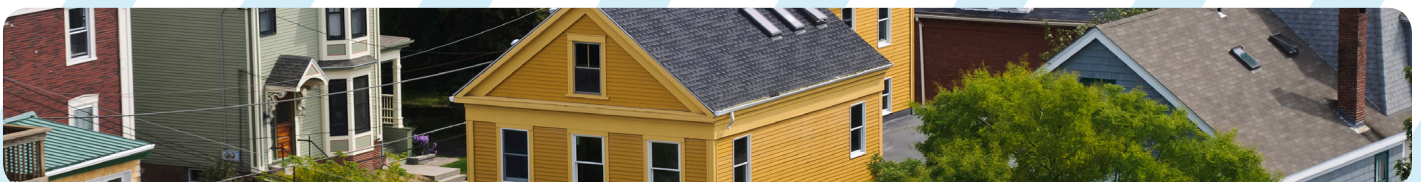
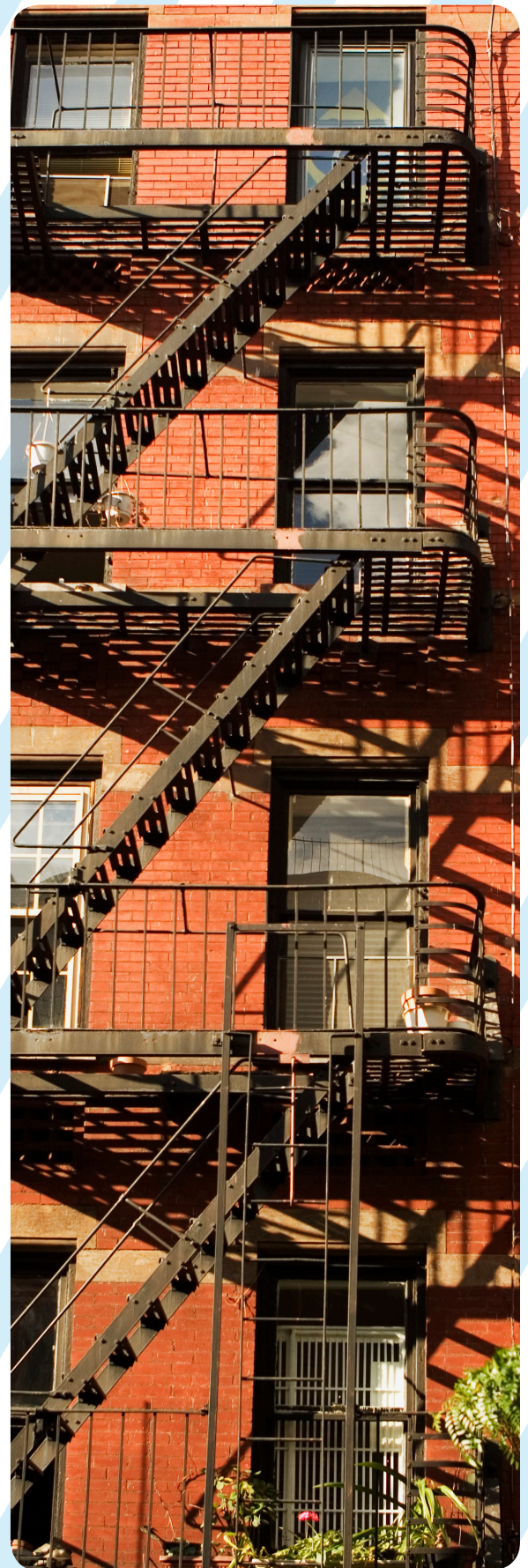
The Federal Voting Assistance Program (FVAP) works to ensure Service members, their eligible family members and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so - from anywhere in the world.

## »»» What is a voting residence and why is it important?

Your voting residence is within your State of legal residence or domicile. It is the true, fixed address that you consider your permanent home and where you had a physical presence. Your State of legal residence is used for State income tax purposes, and determines eligibility to vote for Federal and State elections and qualification for in-state tuition rates.

State of legal residence and voting residence is sometimes mistaken for home of record. While your voting residence may be the same as your home of record at the beginning of your military career, if you change your legal residence or domicile at any point you also need to update your voting residence.

To claim a new legal residence or domicile, consult your legal counsel or military legal assistance office, as there may be other factors to consider, such as tax implications.







## ★ Military Service members

You may only have **one legal voting residence at a time.**

Service members, **your voting residence should be within the State listed on your Leave and Earnings Statement** which defines your State for withholding State taxes.

**Don't confuse voting residence with home of record.** Your home of record is the place you lived when you entered the military. It does not change while you are on active duty. Your voting residence may be the same as your home of record but needs to be updated if and when you decide to establish a new State of legal residence.

**Your State of legal residence is not automatically changed** when you are assigned to a new duty location.

It may be changed with your approval by submitting the appropriate paperwork to your finance officer. However, **you should first consult legal counsel.**

You have the option to **establish residency or domicile each time you are transferred** to a new location. Once you change your residence or domicile, you may not revert to a previous residence without re-establishing a new physical presence according to residency laws of that State.

**You can't vote in person at embassies, consulates or military installations.** The online assistant at FVAP.gov or your Voting Assistance Officer can help you complete the necessary absentee voting forms found at FVAP.gov and provide additional information.



## ★ Spouses and eligible family members

Your State of legal residence or domicile — and accompanying voting residence — may differ from your sponsor's, as it isn't assumed upon marriage. The Military Spouse Residency Relief Act (MSRRA) allows you to retain the same residence or domicile that your Service member has established so long as you also established residency or domicile in the same State.

MSRRA does not permit you to choose any State; you must establish residency or domicile. Ways to do this may include voting, paying taxes, owning property, holding a driver's license and registering a vehicle. Requirements vary by State; consult legal counsel to discuss tax implications and other effects of MSRRA. As a military spouse you can:

- 1) retain your sponsor's or Service member's residency or domicile
- 2) keep your current, established residency or domicile
- 3) take the appropriate steps to establish a new residency or domicile

Some children turn 18 while their family is stationed overseas. To vote, they should use the last U.S. address they had before departing to the current duty station.

## ★ Maintain current contact info

Your local election official needs your current contact information to reach you come election time. The most efficient way is to complete a Federal Post Card Application (FPCA) annually, with every change of address and at least 90 days prior to the election you want to vote in. That way your election official knows you want to register in that State, how to reach you, and most importantly where to send your ballot!

### CONTACT FVAP

Monday–Friday, 9 a.m. to 5 p.m. ET Phone: 1-800-438-VOTE (8683) | DSN: 425-1584 | Email: [vote@fvap.gov](mailto:vote@fvap.gov)  
Go to [FVAP.gov](http://FVAP.gov) and click on "contact" to find where to send your election materials. Media inquiries: [media@fvap.gov](mailto:media@fvap.gov)  
[Facebook.com/DoDFVAP](https://Facebook.com/DoDFVAP) and Twitter [@FVAP](https://twitter.com/FVAP)

# Holiday Cooking Safety

The article below is being brought to you by the NSA Mid-South Fire Prevention Office. What do you picture when you think about Thanksgiving? Family and friends? Tables of food? Football games? Hours in the kitchen cooking? Starting your holiday shopping?

Cooking safety probably isn't one of the first things that come to mind when you're thinking about Thanksgiving, but this year we hope it will be. Unfortunately, Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

## Use extreme caution if using a turkey fryer

- ☐ Set up the fryer outdoors away from anything that can burn. At least ten feet away from any structure. Never use the fryer in a garage or on a deck.
- ☐ Place the fryer on a flat surface.
- ☐ Determine the correct amount of oil needed by first placing the turkey in the pot with water.
- ☐ Thaw and dry the turkey completely before frying. A partially frozen turkey will cause hot oil to splatter.
- ☐ Monitor the oil temperature with a cooking thermometer so the oil won't overheat. Turkey fryers can easily overheat and start a fire.
- ☐ Remember to use oven mitts. The pot, lid, and handles of a turkey fryer can get dangerously hot and cause burn injuries.
- ☐ Keep all children and pets away from the fryer.
- ☐ Remain with the turkey fryer at all times. **NEVE LEAVE IT UNATTNEDED!!!!!!**
- ☐ Have a fire extinguisher standing by with you.

## If you have a cooking fire

- ☐ Get out of your home and remember to close the door behind you to help contain the fire.
- ☐ Call **9-1-1** from a safe place outside.
- ☐ For a small grease fire, smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled. (at least a half an hour). If you do not wait and take the cover off you may introduce oxygen back to the fire and start it up again.
- ☐ **NEVER TRY AND REMOVE THE PAN WHILE IT IS ON FIRE!!!** Chances are you will spread the fire.
- ☐ For an oven fire, turn off the oven and keep the door closed.

## Additional cooking safety tips

- ☐ Always stay in the kitchen while you are frying, boiling or broiling food.
- ☐ If you are simmering, baking or roasting food, check it regularly, remain in the kitchen while food is cooking, and use a timer to remind you that you are cooking.
- ☐ Keep anything that can catch fire (pot holders, wooden utensils, food packaging, towels or curtains) away from the stovetop.
- ☐ Keep children and pets away from the stove or any cooking appliances.
- ☐ Do not cook with loose sleeves.
- ☐ Always turn the handle of the pan in. Never leave it hanging out over the edge of the stove where it may be bumped.

Below is on you tube where you can see the dangers of turkey fryers. Believe me they are eye openers. We at the NSA Mid-South Fire department want to help you have a fire safe Holiday season.

[https://www.youtube.com/results?search\\_query=turkey+fires](https://www.youtube.com/results?search_query=turkey+fires)

For any questions please contact the NSA Mid-South Fire Prevention Office at 901-874-5644.



**NEWS from the Shelby County Mayor's Office**

**NSA MID-SOUTH TO PARTICIPATE IN “CELEBRATE  
SHELBY,” HONORING COUNTY BICENTENNIAL  
ANNIVERSARY ON NOVEMBER 24<sup>TH</sup>  
FREE FAMILY-FRIENDLY EVENT**

Memphis, TN – Join Naval Support Activity Mid-South Friday October 25<sup>th</sup>, along with Shelby County Mayor Lee Harris, Shelby County Commission Chairman Mark Billingsley Memphis Mayor Jim Strickland, Germantown Mayor Mike Palazzolo, Bartlett Mayor Keith McDonald, Collierville Mayor Stan Joyner, Arlington Mayor Mike Wissman, Millington Mayor Terry Jones, and Lakeland Mayor Mike Cunningham announced “Celebrate Shelby,” the celebration for Shelby County’s 200th anniversary. On November 24<sup>th</sup>, each municipality and Shelby County will welcome all residents to come together for a day-long celebration. The event will honor Memphis, Germantown, Bartlett, Collierville, Arlington, Millington and Lakeland. This will be a memorable, free to the public birthday party for Shelby County. The theme for Celebrate Shelby is “A New Century of Possibilities.”

Celebrate Shelby is a free, family-oriented event that bookends the year-long bicentennial celebration of our community. More than a birthday party, it’s a moment to reflect on what the past 200 years have brought in Shelby County and what the next 200 years will bring. Produced by the Memphis In May International Festival, the event will feature live music on the T-Mobile Stage, fireworks, food trucks, family activities and more, honoring the unique spirit each municipality brings to our diverse community.

“I encourage all to join us as we honor our 200-year history and embrace the possibilities of our next century,” says Mayor Lee Harris. “What began as a rural farming center with about 300 residents has grown to encompass seven municipalities and serve over 900,000 residents. That is worthy of a celebration.”

“The County Commission has gladly worked with all seven municipalities. We have seen great growth and development throughout our community over the past 200 years. We are excited about how far we’ve come and even more, how far we can go,” says Shelby County Commission Chairman Mark Billingsley.

“From music to food, civil rights to science, Memphis has proudly changed the world and we’re not done yet,” said Mayor Strickland, City of Memphis. “We are proud to stand with all our partners across Shelby County as we honor this powerful moment and support a new generation of change-makers embracing our great legacy of innovation, culture and service. It is the unique soul of our community and what inspires us to change the world yet again.”

“The City of Germantown is looking forward to celebrating the bicentennial of Shelby County. Germantown is a community that brings innovation and creativity to Shelby County,” says Mayor Mike Palazzolo. “Shelby County is a very special County and we are excited to play our part for the next 200 years.”

“The Town of Collierville is honored to be one of seven great municipalities in Shelby County celebrating our region’s rich history and bright future together. Shelby County grew and developed significantly over the past 200 years, and we are looking forward to discovering what the new century will bring to our communities,” said Stan Joyner, Mayor of the Town of Collierville.

“As the geographical center of Shelby County, Bartlett is happy to be a part of the celebration recognizing the 200th anniversary of our county,” says Mayor Keith McDonald of Bartlett.

“The Town of Arlington is excited to celebrate the bicentennial of Shelby County. Arlington has seen significant growth for the past 100 years and plans to continue moving forward making Arlington a great place to live,” says Arlington Mayor, Mike Wissman.

“Millington is honored to be one of the municipalities to share in the celebration of Shelby County’s Bicentennial,” says Mayor Terry Jones. “Maintaining that small town feeling with baseball, goats, and the opportunity to host an active duty military base



# Local Sailors Serving



## Memphis Native Supports the Navy's "Silent Service" Half a World Away in Guam

*By MC1 Amanda Rae Moreno,  
Navy Office of Community Outreach*

SANTA RITA, Guam – A 2018 Bolton High School graduate and Memphis, Tennessee, native is providing a critical maintenance capability to the U.S. Navy's submarine force in the Pacific as part of a hybrid crew of sailors and civilian mariners working aboard the expeditionary submarine tender, USS Frank Cable.

A Navy engineman is responsible for operating, repairing and maintaining internal combustion systems that power the ship.

Longmire credits success in the Navy to many of the lessons learned in Memphis.

"I learned to always have the backs of people who have your back," said Longmire. "Take care of your people. There are people who have taken care of me and now in the Navy I am able to do that for my crew."

Guam is also home to four Los Angeles-class attack submarines, Frank Cable's primary clients, but the ship can also provide repair and logistic services to other Navy ships like cruisers and destroyers. The submarine tenders provide maintenance, temporary berthing services and logistical support to submarines and surface ships in the Pacific Ocean as well as the Persian Gulf, Red Sea, Arabian Sea, and parts of the Indian Ocean.



With a crew of more than 600, Frank Cable is 649 feet long and weighs approximately 23,493 tons.

According to officials at the U.S. Navy's Pacific Fleet headquarters in Pearl Harbor, Hawaii, the ships, submarines, aircraft and Navy personnel forward-deployed to Guam are part of the world's largest fleet command and serve in a region critical to U.S. national security. The U.S. Pacific Fleet encompasses 100 million square miles, nearly half the Earth's surface, from Antarctica to the Arctic Circle and from the West Coast of the United States into the Indian Ocean. All told, there are more than 200 ships and submarines, nearly 1,200 aircraft, and more than 130,000 uniformed and civilian personnel serving in the Pacific.

The integrated crew of sailors and civilian mariners builds a strong fellowship while working alongside each other. The crews are highly motivated, and quickly adapt to changing conditions. It is a busy life of specialized work, watches and drills.

"The most rewarding part of being here is that we are directly responsible for the underwater protection of the country. If we weren't here to fix the submarines, they wouldn't be able to deploy," Longmire said. "To know that I am a part of that is pretty amazing."

Serving in the Navy means Longmire is part of a world that is taking on new importance in America's focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, 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.

"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, Longmire is most proud of graduating boot camp and advancing to petty officer third class.

"Without that, I wouldn't have been able to get this far," said Longmire. "I had to lose weight to join the Navy and the physical demands at boot camp weren't the easiest. The exercises were a struggle for me, but I made it through."

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

"I'm serving my country and doing something positive for my life," added Longmire. "I am setting myself and my future family up for a bright future."



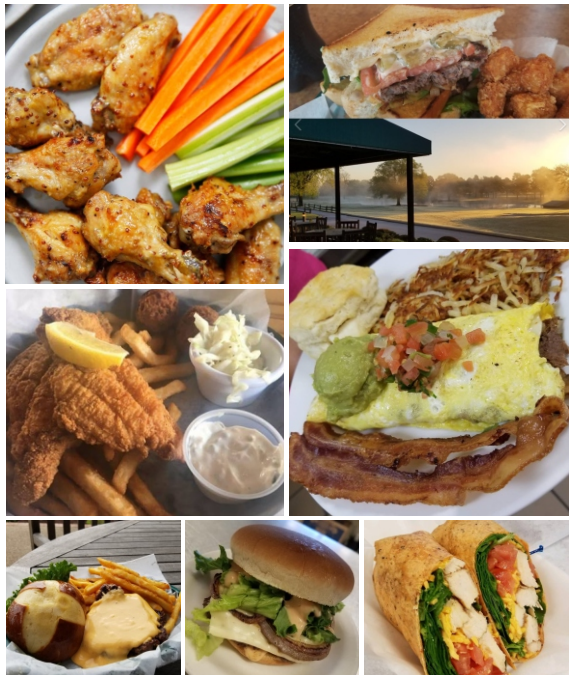
**YES!** *There is an APP for that!*

**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!**



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send email to [mwrwizard@gmail.com](mailto:mwrwizard@gmail.com)



# 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/>

# Health & Wellness

MONTHLY HEALTH PROMOTIONS FROM  
BRANCH MEDICAL CLINIC

## Did you know?

Naval Branch Health Clinic Mid-South is part of the Naval Hospital Pensacola network of clinics? As such, the clinic in Millington is now part of the Defense Health Agency. Changes should be seamless to clinic patients. The intent of MHS transformation initiatives is to create a more integrated, efficient and effective system of readiness and health. Our commitment remains the same through the transition – to support the warfighter and care for our patients.

## *November - Tobacco Free Living*

Tobacco kills more than seven million people worldwide each year, including 480,000 people in the U.S., and is the leading cause of preventable death.<sup>1, 2</sup> The U.S. Surgeon General advocates a tobacco free lifestyle to prevent cancer, chronic lung disease, heart disease, stroke, and other health issues. For every person who dies from a smoking-related disease, at least 30 more people will suffer from at least one serious disease as a result of smoking.

Tobacco use is a serious problem in the military and the Department of the Navy (DoN) and can have a serious impact on readiness and the successful completion of military training. Results of recent annual Navy and Marine Corps Public Health Workplace Health Risk Assessment (HRA) reports indicate that tobacco use was higher in the DoN compared to the general U.S. population. Additionally, 36 to 40 percent of tobacco users in the military started using tobacco while on active duty. There is good news though: most Sailors and Marines do not use tobacco, and most adult smokers report that they want to quit.

Ready to quit? Contact Naval Branch Health Clinic NSA Mid-South Health Promotions & Wellness at (901) 874-6178 to schedule an appointment and discuss your options.

Visit [www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx](http://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.



# E-CIGS AND VAPES: KNOW THE FACTS

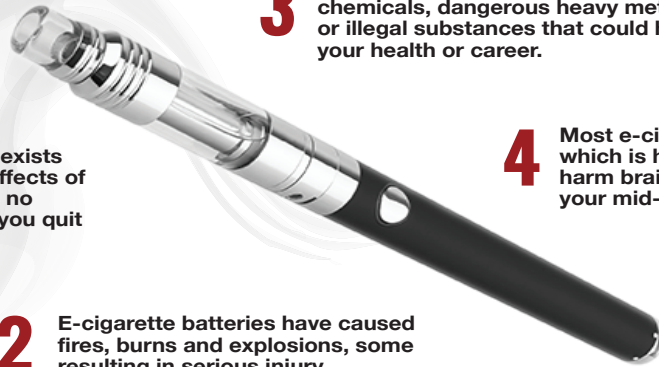
## E-CIGARETTES **CAN HURT YOU.**

**1** Not enough information exists on the safety or health effects of e-cigarettes, and there's no proof that they will help you quit tobacco long-term.

**2** E-cigarette batteries have caused fires, burns and explosions, some resulting in serious injury.

**3** E-liquids may contain harmful chemicals, dangerous heavy metals or illegal substances that could hurt your health or career.

**4** Most e-cigarettes contain nicotine, which is highly addictive and can harm brain development through your mid-20s.



## YES! THESE ARE TOBACCO PRODUCTS

E-cigarettes are battery-operated devices that heat liquid into a vapor that users inhale. You can only use these devices in outdoor designated tobacco use areas.



Electronic cigarette  
or E-cig/Ecig



Vaporizer  
or Vape



E-pen or  
Vape pen



Tank system  
or Tank device



E-hookah or  
Hookah pipe



Mod/Pod Mod  
or JUUL



E-pipe or  
Vape pipe

THE PRODUCTS SHOWN ABOVE ARE ALSO CALLED  
ENDS (ELECTRONIC NICOTINE DELIVERY SYSTEMS) IN DoD POLICY.

## QUITTING CAN BE HARD, BUT YOU'VE GOT THIS!

E-cigarettes might seem like a good way to quit other tobacco products, but they come with their own risks and are **NOT A PROVEN QUIT AID.**

Visit [Tricare.mil/UCanQuit2](https://Tricare.mil/UCanQuit2) for effective resources to use before, during and after you quit.  
Use the 24/7 Live Chat for personalized, online support.

Sources: U.S. Food and Drug Administration, Centers for Disease Control and Prevention, National Institutes of Health and Department of Defense



**QUIT TOBACCO**  
[TRICARE.mil/UCanQuit2](https://Tricare.mil/UCanQuit2)



**A part of the Navy Region Southeast and Navy  
Installations Command,  
NSA Mid-South serves as the Navy's  
Human Resources Center of Excellence.**

**Have a story, event, personnel, or program you would  
like to see featured in The Bluejacket?  
Email us at [mill\\_nsa\\_bluejacket@navy.mil](mailto:mill_nsa_bluejacket@navy.mil)  
Submission deadline is the last Thursday of each month!**