

# THE Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

July 2021: Volume 79 No. 7

**Change of Command**  
**pg. 4**



# Naval Support Activity Mid-South Leadership



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Capt. Michael Mosbrugger



**Executive Officer**  
Cmdr. Chris Hahn



**Command Master Chief**  
CMDCM Donald Ates

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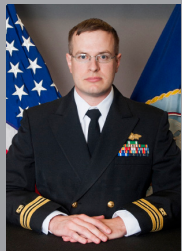
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**Public Affairs Officer: Amanda Rae Moreno**  
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## Captain's Corner

During a ceremony on Friday, July 2, Capt. Michael Mosbruger took command of Naval Support Activity Mid-South. Read more about the change of command on Page 4.

*Capt. Mike Mosbruger commissioned through NROTC at Norwich University, earning a Bachelor's of Architecture. He also completed a Master's of Science in Modeling, Virtual Environments, and Simulation (MOVES) at the Naval Postgraduate School in Monterey, CA. The son of a career Air Force officer, he calls Phoenixville, Pennsylvania home.*

*At sea, he deployed to the 5th Fleet aboard USS San Jacinto (CG 56) as the Electrical Officer and Main Propulsion Assistant, and served aboard USS Nicholson (DD 982) as the Training Officer. He deployed to the 7th Fleet aboard USS Paul Hamilton (DDG 60) and the 6th Fleet aboard USS Normandy (CG 60), both as Chief Engineer. More recently, he served as Assistant Chief of Staff for Operations (N3) on the 7th Fleet staff, embarked on USS Blue Ridge (LCC 19).*

*His shore assignments include the Office of the Chief of Naval Operations (N51 Strategy and Policy), and the Office of the Secretary of Defense (OSD (Policy)). At OSD(P), he worked in the Force Development office on the 2010 Quadrennial Defense Review team, the Strategy office as the Chief of Staff, and the Strategy, Plans, and Forces Office as the Deputy Under Secretary's Military Assistant. He also served as Executive Assistant to Commander, Navy Recruiting Command here in Millington, TN.*



*His first command tour was at Navy Recruiting District Phoenix, where his Sailors earned the Silver "R" for recruiting excellence as the top district in Navy Recruiting Region West (2014, 2015), and the Gold "R" as the top district in the Nation (2015). For major command he served on Navy's first Expeditionary Sea Base, USS Lewis B. Puller (ESB 3), permanently forward deployed to the 5th Fleet.*

*He took command of Naval Support Activity Mid-South in Millington, TN on July 2, 2021.*

# NSA Mid-South Celebrates Teamwork at Change of Command



*Rebecca Mosbruger pins the Command Ashore pin on her husband Capt. Michael Mosbruger during the change of command ceremony. This is Mosbruger's third command tour and second shore command. (Photo by Amanda Rae Moreno)*

**Story by Amanda Rae Moreno, Naval Support Activity Mid-South**

MILLINGTON, Tenn. – Naval Support Activity (NSA) Mid-South welcomed a new commanding officer during a change of command ceremony on July 2 in Millington, TN.

Capt. Alonza “Al” Ross of Ashland, Mississippi, relinquished command to Capt. Michael C. Mosbruger of Phoenixville, Pennsylvania, during a traditional Navy ceremony.

The guest speaker and presiding officer for the ceremony was Rear Adm. Christopher “Scotty” Gray, Commander, Navy Region Europe, Africa Central.

“I can say, without hesitation, that the leadership of Al Ross helped set the conditions for success here in Millington,” said Gray. “Al has established a culture of excellence which permeates everything his Sailors do here. And for that, he

should be proud.”

“Mike [Mosbruger], you have an outstanding command team and great installation here,” Gray continued. “I have no doubt that you will keep the success of NSA Mid-South rolling along now and well into the future. Welcome aboard!”

Mosbruger is no stranger to the installation or the local area. He previously completed a successful tour as executive aide for Commander, Navy Recruiting Command. He is reporting to command NSA Mid-South after a successful tour as commanding officer of USS Lewis B. Puller (ESB 3), the first purposely built expeditionary mobile base vessel – essentially a Navy installation at sea.

“I am excited to be back in Millington and look forward to leading this installation,” said Mosbruger. “The tenants here at NSA Mid-South are vital to national security and I am ready to support them in my new position as commanding officer. I congratulate Capt. Ross on the great work he did during his time in command and wish him and his family happiness and success in the next chapter of their lives.”

Ross has been the commander of NSA Mid-South since February 2019. The ceremony also served as his retirement after 39 years of naval service.

During the ceremony Ross was awarded the Legion of Merit award for his service to the Navy during his time as commanding officer. His accomplishments include the installation passing security and regional inspections with high marks and earning the Navy’s retention award.

“I can think of no better way to end my naval career than here leading the great team of NSA Mid-South. We accomplished so much and I am eternally grateful for

the hard work and dedication from each of the Sailors, civilians, and contractors who make NSA Mid-South better each day,” said Ross. “Wearing the uniform for the last time after 4 decades of service is bitter sweet. I am looking forward to spending time with my family.”

From recruitment to retirement, the commands on board NSA Mid-South provide career support services to more than 300K Sailors and their families. Home to Navy Personnel Command, Bureau of Personnel, Navy Recruiting Command, and Navy Manpower Analysis Center, the missions of the tenant commands on board NSA Mid-South is to manage the Navy’s most valuable asset: its people.

Naval Support Activity Mid-South in Millington, Tenn., is a base of the U.S. Navy. A part of the Navy Region Southeast and the Navy Installations Command, NSA Mid-South serves as the Navy’s Human Resources Center of Excellence. More than 6,500 military, civilian, and contract personnel are assigned and work on base.



***Rear Adm. Christopher “Scotty” Gray presents Capt. Al Ross with the Legion of Merit award during the ceremony for his work as installation commanding officer. (Photo by Mass Communication Specialist 2nd Class Preston Jarrett)***

# Month of July 2021

Health Promotion Topic: **Safety Month**

**Week 1 - Now that we're over 30 days into the '101 Critical Days of Summer', it's as important as ever to follow proper safety guidelines to decrease the risk of accidents.** Being informed about common workplace and recreational safety hazards can keep everyone safe. Additionally, the summer months are often a high point of the year as Sailors, Marines, and civilian personnel spend time with family and friends at backyard barbecues and take well-deserved vacations. However, many of the activities that take place during the summer months put you at risk for accidents that have potentially serious consequences. By following the guidelines from the Naval Safety Center and in the '101 Critical Days of Summer', you and your family can stay safe and enjoy all the activities summer has to offer.

**Week 2 - Stay injury-free while on the job by avoiding potential workplace hazards.** Injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. If proper safety measures are not always followed in the workplace, you risk injuring yourself and potentially those around you. Many work environments do not seem inherently risky but can lead to injury or illness from physical, task-related, environmental, or design-related hazards.<sup>1</sup> Job stress can also pose a workplace safety risk if the capabilities or resources of the employee do not match the requirements of the job.<sup>1</sup> You can prevent job stress through stress management and organizational change. Reach out to your safety officer if you have any concerns about your workplace safety.

**Week 3 - Give your body the rest it needs so you can live a safe and healthy life.** Sleep is essential to overall health and wellness, and insufficient sleep can take a toll on your energy, mood, and ability to function throughout the day. While it may not always be possible to get the recommended eight hours of sleep every night, there are ways you can increase the amount and quality of your sleep. Start by going to bed at the same time every day, and avoiding alcohol, caffeine, and using technology immediately before bed. Driving while sleepy is risky and could lead to you falling asleep at the wheel. Long trips in your vehicle or on your motorcycle can cause fatigue, increasing your risk of an accident. When you practice safe driving tips, like stopping to stretch every two hours, you can decrease your risk of getting into an accident.

**Week 4 - Hydrate properly to avoid overheating during physical activity and suffering from heat illnesses.** During the warmer months, it's fun to spend time outside at the pool or beach, at summer barbecues, and playing sports and games with your friends and family. Stay safe when you are active so that the heat doesn't get the best of you! Hydrate before, during, and after any outdoor activity. You should drink seven to 10 ounces of fluid every 10 to 20 minutes during exercise.<sup>2</sup> Listen to your body and take breaks in the shade when necessary.<sup>3</sup> Wear light, loose fitting clothes and give yourself at least a week of light- to moderate-intensity activity to adapt to the heat.<sup>4</sup> Remember, you can become dehydrated whenever you overheat, even at the pool. Water is the best option for replacing fluids; however, sports drinks can help replenish electrolytes such as sodium and potassium.<sup>2</sup> Only opt for sports drinks before, during, or after high-intensity physical activity exceeding 60 minutes.

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2 FitFacts. Healthy Hydration. American Council on Exercise. [http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid\\_173.pdf](http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_173.pdf). Updated 2008. Accessed May 2016.

3 American Orthopaedic Society for Sports Medicine. Sports medicine media guide: An illustrated resource on the most common injuries and treatments in sports. [http://www.sportsmed.org/uploadedFiles/Content/Media/News\\_Room/Sports%20Media%20Guide%202011%20Final.pdf](http://www.sportsmed.org/uploadedFiles/Content/Media/News_Room/Sports%20Media%20Guide%202011%20Final.pdf). Published 2011. Accessed May 2016.

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5 Hydrate. Fitness, Sports and Deployed Forces Support. Commander Navy Installations Command.

[http://www.navvfitness.org/nutrition/noffs\\_fueling\\_series/hvdrate/](http://www.navvfitness.org/nutrition/noffs_fueling_series/hvdrate/). Accessed May 2016

# NSA MID-SOUTH VETERINARY CLINIC

We are back open and taking patients! Normal business hours are as follows

Monday-Thursday 0900-1500

Our phone number is 901-874-5420. Please leave a message with your pets name, sponsors name, and a good phone number and we will call you back to make an appointment for you.

Authorized patrons include: Active Duty, Retirees, Reserve, and dependents with valid ID cards. We can see National Guard if they are on active orders more than 30 days.

## Morale, Welfare & Recreation Upcoming Events

FRI, JULY 9: Wine Tasting

Learn the nuances of wine tasting from a professional.

MON, JULY 12: Golf Intramurals begin

League play will be on Mondays and Wednesdays starting at 1630.

TUE, JULY 13: Liberty Program Game Night

Open to Active duty E1-E6 Personnel only.

FRI, JULY 16: Starlight Theater: Drive-In Movie

Movie showing will be Raya and the Last Dragon (PG).

SAT, JULY 17: Liberty: Breakfast with the Animals Zoo

Trip

Open to Active duty E1-E6 Personnel only.

SAT, JULY 17: Golf British Open Points Even

Earn points to get into our Playoff Series starting Sept. 25.

TUE, JULY 20: Belly Dancing (4-week workshop)

Beginner course is a great start to learning this fun dance style!

SAT, JULY 24: Auto Maintenance Class

Auto Maintenance Class taught by MWR Auto Skills professionals.

FRI, AUGUST 13: Starlight Theater: Drive-In Movie

In honor of Friday the 13th it's a Creature Feature Godzilla vs. Kong (PG13).

# Memphis Veterans Affairs Brings Cookies to Sailors and Families



*As a Special Treat, the Memphis VA Medical Center, Voluntary Service was on board Monday, June 14th from to distribute LOTS of FREE Girl Scout Cookies.*

*The VA also had other teams on hand to provide information on a range of programs to include Suicide Prevention, Customer Service, Prosthetics, My HealtheVet, Post 911 M2VA, etc.*

## NSA MID-SOUTH CHAPEL ANNOUNCES THE OPENING OF:



- BEGINS JULY 25, 2021
- HELD DURING SERVICE 10:15 – 1100
- Using Rose Publishing curriculum: THE 52 KEY BIBLE STORIES
- Sunday 7/25 showing: "IN THE BEGINNING" Movie By: SUPER BOOK

*(We Will Be Providing A Late Breakfast Of Snacks, Donuts, Water and Juice)*

# Army Band Visits the Mid-South



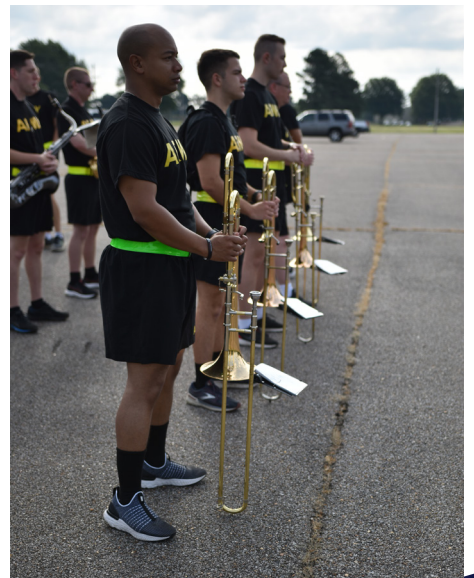
## MISSISSIPPI ARMY NATIONAL GUARD

### 41<sup>ST</sup> ARMY BAND



The 41<sup>st</sup> Army Band was awarded federal recognition as a permanent unit in the Mississippi Army National Guard in Oxford, Mississippi in 1962. The band was transferred to the Capital City, Jackson, Mississippi in 1967, where it remains today.

The 41<sup>st</sup> Army Band is authorized 37 musicians that compose a complete wind band, which includes various ensembles such as jazz, funk, rock, and country. The 41<sup>st</sup> also performs as a marching band. The unit regularly perform at patriotic events and military ceremonies throughout the state of Mississippi, several states of the nation, and have performed for the U.S. Ambassador to Morocco in Rabat, Meknes and Casablanca, Morocco in 1992. Their last overseas tour was in 2000 for the Ambassadors to Bolivia and Brazil in La Paz, Bolivia and Brasilia, Brazil. The most recent CONUS tour was in support of America's Pacific Division, the 25<sup>th</sup> Infantry Division Band at Schofield Barracks, Hawaii. The 41<sup>st</sup> Army Band is an award-winning band that consistently performs as an ambassador for the state of Mississippi.



# Mental Health Matters: From the CMC



Team,

Over the last 12 months we have seen a significant increase in the number of mental health referrals. To the point that our mental health professionals are overwhelmed and we have a shortage of providers. At the end of the day this is still a highly visible problem, that is a leadership challenge we face in ensuring we do the absolute most we can to help Sailors and dependents. Mental health has a significant impact on manning and warfighting readiness. For decades there has been a stigma that if you report to mental health that it will affect your security clearance or be seen as weak. NOT the case, read the attachment. We need our warfighting team at its best and part of that readiness is mental health. Without Sailors that are prepared mentally and physically the readiness of our ships, aircraft or installations doesn't matter. Mental health impact all ranks and everyone is susceptible to it. Take the time to continue to educate Sailors and have those hard conversations, you may make the difference.

Be it financial, spiritual, emotional, nutritional,

mind, body, or spirit...professionals are available to provide expertise, advice, care, and treatment. Addressing psychological and behavioral health needs is essential to maintaining personal and mission readiness, as well as your ability to be available for others. Concerns about career implications may lead to apprehension about seeking help. The truth is there are DoD-level policy protections in place to help prevent negative career impacts for those who seek proactive help. In fact, less than 1% of security clearance denials or revocations involve psychological health concerns or behavioral health support.

Seeking help is a sign of strength! Further, it is an indicator of the good judgement and reliability needed to maintain a security clearance.

For more information regarding security clearances and mental health see attached "Fact Sheet" provided by the Defense Counterintelligence and Security Agency or visit: [https://www.dcsa.mil/mc/pv/dod\\_caf/](https://www.dcsa.mil/mc/pv/dod_caf/)

If you, your shipmate, or a loved one are having trouble navigating stress or experiencing a crisis, help is always available. Seeking help is a sign of strength and a sign of the good judgment and reliability needed to thrive in your Navy career. You can reach out to your local Fleet and Family Support Center, Deployed Resilience Counselor, civilian or military mental health provider, or any of the following free and confidential resources:

- MILITARY CRISIS LINE:** Connects active duty service members and veterans in crisis with qualified and caring Dept. of Veterans Affairs responders through a confidential, toll-free hotline, 24 hours a day, 7 days a week. Support is available via telephone, mobile text or online.

Crisis Line website - <https://www.veteranscrisisline.net/>

Call 1-800-273-TALK (8255, Option 1)  
Text 838255

- MILITARY ONESOURCE:** Military OneSource offers free and confidential non-medical counseling via phone and live chat, 24 hours a day, 7 days a week. They also offer specialty consultations, with services including peer-to-peer support, wounded warrior support, health and wellness coaching, transition assistance and more.

-Website - <https://www.militaryonesource.mil/>  
-Call 1-800-342-9647 (CONUS)  
-OCONUS - 703-253-7599 and follow local instructions for placing a collect call to the U.S. or visit - <https://www.militaryonesource.mil/international-calling-options>

- NAVY CHAPLAIN CARE:** Sometimes Sailors and their families would prefer to trust and confide in a Navy Chaplain to receive guidance or help seeing things more clearly. Chaplains are available to talk 24/7. Communications with Navy Chaplains are 100% confidential unless the service member decides otherwise. NAVY311 is a service that connects you to a chaplain; Support is available to all active and reserve Sailors, Marines, Coast Guardsmen and their family members.

-Call - 1-855-NAVY-311 (1-855-628-9311)  
-Email - [NAVY311@NAVY.MIL](mailto:NAVY311@NAVY.MIL)  
-Text - [navy311@navy.mil](mailto:navy311@navy.mil)  
-Visit - [www.navy311.navy.mil](http://www.navy311.navy.mil)

- REAL WARRIORS LIVE CHAT:** Click the link to start a live chat with a trained health resource consultant, ready to talk, listen and provide the guidance and resources you're looking for.

-Website - <http://www.realwarriors.net/livechat#%23%23>

The DoD "Postvention Toolkit for a Military Suicide Loss" <https://www.dspo.mil/download/> is available to assist leaders in guiding their response to suicides and suicide attempts. Research suggests the response by a unit's leadership can play a role in the prevention of additional suicides/suicide events or, in worst cases, inadvertently contribute to increased suicides/suicide attempts (suicide contagion).

Surveys show that upwards of half of our personnel knew someone personally who died by suicide. The pain caused by suicide loss doesn't heal quickly—some studies estimate that the effects of suicide on a family last for generations. However, there are several resources that can help provide hope for survivors. If you are grieving a loss (or did not allow yourself to grieve an earlier loss to suicide), take time to sort things out to facilitate the healing process. It's never too late to heal.

There are many books, DVDs and resources for working through grief. Your local Chaplain or Fleet and Family Support Center can assist and make recommendations. For survivors of any military casualty:

TAPS—Tragedy Assistance Program for Survivors: TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death: [www.taps.org](http://www.taps.org) or 800-959-TAPS (8277).

-Call - 1-800-959-TAPS (8277)

-Visit - [www.taps.org](http://www.taps.org)

Thank you for all that you and your team of teams do each and every day!

V/r,

CMDCM(SW/AW/SCW) D. W. Ates  
Command Master Chief  
Naval Support Activity Mid South

# NSA MID-SOUTH

# DEPARTMENT IN THE SPOTLIGHT

## Public Affairs



*The installation's civilian Public Affairs Officer, Amanda Rae Moreno in the NSA Mid-South photo studio.*

### **Description & Mission:**

To establish a planned program that creates and improves awareness of the NSA Mid-South mission through four primary areas: Media Relations, Public Information, Community Relations, and Internal Relations.

### **What does your department do?**

Utilizing mediums including traditional and social media, the Public Affairs Office works to educate the installation audiences on programs and resources available to personnel, families, and beneficiaries.

### ***What is your organizational structure?***

As a special assistant to the commanding officer, the Public Affairs Office accomplishes the mission with a two-man shop. Lead by the civilian Public Affairs Officer, Amanda Rae Moreno, and supported by Mass Communication Specialist 1st Class Corey Green

### ***How many people work at the department?***

Only two personnel are assigned to the department. The department relies heavily on support from installation tenants with public affairs personnel including Navy Personnel Command, Navy Recruiting Command, and the Navy Office of Community Outreach.

### ***What services do you offer tenant commands, Sailors, and families?***

We manage the installation's social media presence with our Facebook page serving as our primary medium to communicate installation information to our audiences. The office is also available to provide production (photography and written items) in support of our tenant commands who do not have in-house public affairs teams.

### ***What services do you provide that you believe are underutilized?***

This publication, The Bluejacket, is a valuable resource for information about installation activity. We also have a photo studio available for use by tenant commands. We just ask that NPC and NRC personnel contact their PAOs for photos first.

### ***What do you think is the most common misperception about the command/department/code?***

That we only deal with traditional media. Our office is focused on building relationships inside and outside the fence line. Relationships are vital to ensuring free flow of information to our tenants, families, and beneficiaries.

### ***What changes have you made to provide your services during the pandemic?***

Social media became even more important during the pandemic as a way to provide constant updates about the installation support services as we transitioned through various HPCON levels. Be sure to "like" and "follow" us at [www.facebook.com/NSAMidSouth](http://www.facebook.com/NSAMidSouth)!



# ***CREDO Southeast Marriage Enrichment Retreat***



***Reach New Heights  
in Your Marriage!***



**13-15 August, 2021  
@ Hyatt Place  
Memphis, TN**

**REGISTER NOW!**

**\*\* Childcare is NOT provided \*\***  
All legally married active-duty service members and their spouses are eligible to attend.

Topics Include:

- Love Languages!
- Personality Types
- Communication Skills
- Problem Solving & Goal Setting



**TO REGISTER, EMAIL:**

Ray Doss  
[Ray.doss.ctr@navy.mil](mailto:Ray.doss.ctr@navy.mil)  
Phone: (228) 871-2925



**Youth: 9-12**

**JSM: 13-17**



**FUN!! EDUCATIONAL!!**

**FREE!!!!**

We are looking for motivated Youths ages 9-12 and Junior Staff Mentors ages 13-17 for the 2021-2022 DEFY program. This is a free DOD supported program offered to DOD and military children.

**How does DEFY Work?** The Drug Education For Youth (DEFY) Program is a yearlong prevention program for kids ages 9 – 12. DEFY deters “at-risk” behaviors by giving kids the tools they need to resist drugs and develop positive social skills. The leadership and life skills training provided by DEFY include: goal-setting, team-building, conflict resolution and decision-making.

The DEFY program is a professionally developed curriculum that incorporates key characteristics of successful substance abuse prevention programs as identified by the U.S. Department of Health and Human

Services. Periodic reviews and updates of the curriculum ensure that it is current and effective.

Studies completed by respected universities and independent evaluators demonstrate that the DEFY curriculum produces a measurable, positive outcome in:

## **Resistance skills**

Social behavior, Self-esteem, Alcohol attitudes, Smoking attitudes, Drug knowledge

**Phase I** is a structured 5-day residential camp environment conducted during the summer. During Phase I DEFY youth participate in classroom learning that covers:

Goal setting, Leadership and teamwork, Physical fitness, Substance abuse prevention and refusal skills, Self-esteem enhancement

**Phase II** is designed to reinforce the concepts and training received in Phase I. During the school year, mentors and staff provide positive support during group mentoring sessions one Saturday a month August-May.

**For applications and/or further information, please email MA2 Siedah Moe at [millingtondefy@gmail.com](mailto:millingtondefy@gmail.com). Applications will be accepted now through July 15, 2021.**



## STRONG KIDS, STRONG FAMILIES, READY FOR THE FUTURE

Drug Education for Youth (DEFY) is a year-long, command sponsored drug demand reduction and comprehensive life skills program designed for 9-12 year olds. DEFY aims to strengthen youth resiliency and family bonds by using a science-based curriculum that provides the foundation for youth to learn goal setting, leadership and teamwork, self-esteem enhancement, and many other life skills. Local DEFY programs begin with a five-day residential or eight-day non-residential leadership program called Phase I that is held during the summer. During Phase I, youth receive education on valuable life skills such as substance abuse prevention, social skills, self-management skills, and fitness.

During Phase I DEFY youth participate in classroom learning that covers:

- Goal setting
- Leadership and teamwork
- Physical fitness
- Substance abuse prevention and refusal skills
- Self-esteem enhancement

Phase II is designed to reinforce the concepts and training received in Phase I. During the school year, mentors and staff provide positive support during group mentoring sessions and interactive workshops. DEFY sites also participate in activities that promote civic responsibility and expose DEFY kids to vocational and recreational opportunities. Parents must understand the DEFY program requires a year-long commitment to allow for the full benefit to their children.

Families with 9-12 year olds are highly encouraged to enroll youth in local programs. A recent report on a program evaluation of DEFY showed that about 75 percent of parents surveyed saw improved youth life skill development and about 67 percent saw improvement in their child's ability to avoid substance abuse and negative behaviors. **For more information visit** [http://www.npc.navy.mil/support/21st\\_century\\_sailor/nadap/defy](http://www.npc.navy.mil/support/21st_century_sailor/nadap/defy)



*"I have kids and parents who to this day still let me know how our job helped their child's confidence and ability to make the right decisions when they were exposed to drugs. It's rewarding to know our job helps shape their future."*

-- HM2 Mirna Morales, a five year DEFY mentor and volunteer

*"I think it is a great program for the children, because they're learning respect and safe ways of saying no or what to do in situations where there are bullying and drugs,"*

-- Carmen O., parent

**Call (901) 874-3300 to locate a program near you or find us on Facebook at**  
[www.facebook.com/HQDEFYDEFY](http://www.facebook.com/HQDEFYDEFY)

# Goats and Glory to go Full Stream Ahead

*Lieutenant Aaron Jones, Captain of the Navy's esports team Goats and Glory, plays a practice match on Valorant. Goats and Glory is the Navy's esports team that is dedicated to outreach and engaging with members of the gaming community about life and opportunities available in the Navy.*



Story by Petty Officer 3rd Class Austin Breum,  
Navy Recruiting Command

MEMPHIS, TN (NNS) – Headsets on, controllers in hand, and now almost fully relocated to their new digs in Memphis, Tennessee, the Navy's esports team is competition ready. Comprised of eleven active-duty service members, the Goats and Glory team competes in a wide variety of games, matches and online tournaments, their goals are to connect with other gamers, share their passion for games and answer questions other gamers have about the Navy. The team members also livestream their gameplay to the Navy's Twitch channel to reach a diverse and growing community in the esports realm.

"Esports is a relatively new but essential part of the Navy's outreach mission because it provides a platform for people to interact with Sailors and learn more about the opportunities the Navy provides, while sharing a mutual pas-

sion for gaming," said Cmdr. Howard Bryant, Director of Outreach and Diversity at Navy Recruiting Command (NRC). "Ultimately, the team shows that Sailors are just like everyone else – they have hobbies, interests, and families. Being in the Navy doesn't preclude those things."

Engagement in this space has expanded opportunities to reach high school and college-aged students that have grown up online and have many talents or interests in the online technical space. As most of the esports activities can happen virtually, it has made outreach to the gaming community a great tool for exploring this very large and active community during the COVID-19 pandemic.

"We've been minimally impacted by COVID," said Chief Operations Specialist Jonathan Figliola, who plays on the Goats and Glory team. "Early on, we implemented six-foot social distancing and teleworking for our

*Members of the Goats and Glory team pose for a photo at their gaming facility located in Memphis, Tennessee. Goats and Glory is the Navy's esports team that is dedicated to outreach and engaging with members of the gaming community about life and opportunities available in the Navy.*



team members. Now we've all been vaccinated, so we'll be ready participate at in-person competitions as things open up."

While COVID-19 is still very present in most aspects of life, Goats and Glory is focused on virtual events and tournaments, but they look forward to the day when traveling will become less restricted. They will be ready to meet members of the gaming community and compete at in-person events.

"The team has a few more virtual events planned this year, but we are gearing up to travel in the near future," said Information Systems Technician 1st Class Rod Camiso, another member of the Navy's esports team. "It seems that many people don't know much about the military, and are curious, and seeing the team at in-person events may encourage more people to ask questions."

Goats and Glory also hopes to connect with other talented groups and individuals, in order to network and share ideas. Meeting people online through shared passions, or in person at gaming events can often be the only opportunity many people will have to interact with a Navy Sailor

and ask questions, particularly in areas of the country that don't have a Navy presence. In the end, the esports team is looking to make community connections and dispel some misconceptions the public has about the Navy.

"I've had people ask me 'Are you allowed to get married? Can you have a dog? Do you always live on a ship?' and these are questions we're able to answer by talking with the community," said Lt. Aaron Jones, officer in charge of Goats and Glory. "We're able to get past a lot of these misconceptions and connect with the next generation. A big part of what we do is try to bridge the gap between some of the older folks and the next generation. Esports is a common place where we can meet them and say we have the same passions, we have the same hobbies, and even if you don't want to join the Navy, at least we can teach you a bit about our lives and give you a better understanding of the Navy."

Follow Goats and Glory on America's Navy Twitch channel at

<https://twitch.tv/americasnavy>.

# NOSC Memphis

## Chaplain Supports Mission in Rhode Island



*Lt. j.g. Garret Burns of NOSC Memphis is currently serving in Newport, Rhode Island.*

***Story and Photo by Mass Communication Specialist 1st Class Amanda Rae Moreno, Navy Office of Community Outreach***

NEWPORT, R.I. - Lt. j.g. Garrett Burns, a Native of Camden, Arkansas/resident of McKenzie, Tennessee, is serving in Newport, Rhode Island, as a Navy Reservist.

Burns is based out of Navy Operational Support Center Memphis in Millington, Tennessee. He serves in the Navy's Chaplain Corps as a chaplain.

Burns credits growing up in Camden, Arkansas, with his success in the Navy.

"Camden is a diverse community, so I grew up in an intercultural area, which became an asset for me

because I was able to relate to different communities," Burns said. "Living in McKenzie, I enjoy being in rural Tennessee with a college nearby so I could continue my education while serving those in need."

Additionally, Burns cites a pivotal moment in his childhood when he knew that he was called to serve the nation.

"I was in 8th grade on 9/11. After watching the towers fall, I knew I wanted to serve."

Chaplains in the Navy hold an important leadership role within their commands. Chaplains can provide a wide array of religious services across many faiths in addition to providing counseling to service members and their families. Their mission is to minister in every echelon of command across the Navy to build personal, unit, and family readiness and strengthen spirit, moral character, and toughness.

"As a chaplain, I like the freedom we're afforded to meet a diverse group of people," said Burns. "I not only serve Christians, but I get to serve all faiths."

Burns is activated for several months to the Naval Station Newport. While sometimes referred to as "weekend warriors", Reserve sailors are an integral part of the active-duty Navy mission. Reservists work year-round to ensure readiness so that they can be integrated into active-duty command at a moment's notice.

The support Burns provides during his time in Newport will ensure the command can meet mission while ensuring quality of life for Sailors and personnel across the installation. Naval Station Newport is the Navy's premier site for training of officers, officer candidates, senior enlisted personnel and midshipman candidates, as well as testing and evaluating advanced undersea warfare and development systems. Student attend schools here from all services and even foreign allied militaries.

"We have a unique opportunity to experience a global perspective in ministry," Burns said. "For me, it becomes very rewarding serving people around the world."



# Navy Lodge locations now open for leisure travel

Most Navy Lodge locations around the world are now taking reservations for leisure travel on a space available basis. In Spring 2020, Navy Lodges began restricting leisure travel as its locations were used to accommodate guests placed on restriction of movement orders by their commands due to the COVID-19 pandemic.

“We are excited to welcome back our leisure travel guests,” said Chris Settelen, Vice President, Navy Exchange Service Command’s (NEXCOM) Navy Lodge Program. “While our primary mission is to support military members on permanent change of station orders or temporary duty, we are also here for our families who are enjoying time away from work and on vacation. It will be nice to see them back in our Navy Lodges.”

As has been done over the past year, Navy Lodges will continue to practice its ‘Shipshape and Squared Away’ cleaning protocols, providing a safe and secure environment for its guests. Breakfast has also been reintroduced and guests can utilize express check-out. In addition, in accordance with the Department of Defense (DoD) and Centers for Disease Control policies, and in concurrence with individual installation Commanding Officers, the Navy Exchange Service Command (NEXCOM) will no longer require fully vaccinated patrons or associates to wear a face mask while in a Navy Lodge. To avoid any confusion, signage has been placed at the entryways at all Navy Lodges as a reminder of the current policy that is in effect at that location. However, any Navy Lodge guest who is not fully vaccinated against COVID-19 should continue to follow applicable DoD face covering guidance, which includes wearing a mask at all times while indoors.

Navy Lodges offer patrons oversized guest rooms and family suites with onsite amenities such as vending machines, guest laundry area and fitness room and children’s outside play area. Navy Lodges also offer free Wi-Fi and breakfast and every Navy Lodge is accessible. As an added convenience, family pets up to 70 pounds in weight can stay at most Navy Lodges when traveling with its owner. Guests need to contact the specific Navy Lodge regarding its pet policies.

To make a reservation, call the Navy Lodge Department of Defense Reservation Center at 800-628-9466 or go online at [www.navy-lodge.com](http://www.navy-lodge.com) or [www.dodlodging.com](http://www.dodlodging.com). Follow Navy Lodge on Facebook: <https://www.facebook.com/NavyLodge/> and Twitter: <https://twitter.com/NavyLodge>.

Seeking mental health services does not affect one's ability to gain or hold clearance eligibility. Adjudicators regard seeking necessary mental health treatment as a positive step in the security clearance process.

# MENTAL HEALTH AND SECURITY CLEARANCES

## FIGHTING MENTAL HEALTH STIGMA

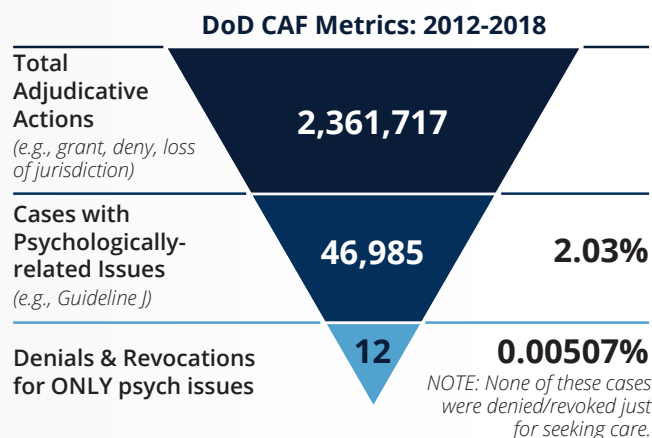
Research shows that stigmas related to mental health treatment have decreased in recent years. However, mental health stigma still remains a notable challenge, particularly among military members. A RAND study showed many service members do not regularly seek care for mental health symptoms due to reasons such as personal beliefs about self-reliance, concerns about how their supervisors and co-workers may react, and availability of mental health care. **But most importantly, cleared individuals fear seeking mental health care could adversely impact their security clearance eligibility. This is not the case.**

## FACTS REGARDING CLEARANCES AND SEEKING CARE

A detailed analysis of denial and revocation statistics involving psychological conditions clearly demonstrates that **a cleared individual is not likely to lose or fail to gain clearance eligibility after seeking mental health care or experiencing mental health symptoms.**

Even for individuals with concerns in other adjudicative areas, the loss or failure to gain clearance eligibility was rare. During that same period, only 380 individuals with psychological concerns in addition to one or more other concerns had their eligibility revoked or denied. Of particular note, none of the cases resulting in a denial or revocation were based solely on an individual seeking mental health care. Rather, other factors, such as non-adherence to medical recommendations or simply not seeking care in the face of a clear need for mental health support, were generally the disqualifying issues.

**It is important for the cleared workforce and prospective employees to understand that there are no automatically disqualifying conditions or treatments.** For individuals suffering from psychological conditions, seeking and participating in a treatment plan helps demonstrate integrity and trustworthiness and may contribute favorably to decisions about eligibility. Avoiding care when needed, in contrast, can raise security concerns.



**BOTTOM LINE: It is extremely rare for someone to lose a clearance for a psych issue standing alone.**

## RISKS FROM AVOIDING MENTAL HEALTH CARE

- **Decreased force readiness:** Untreated psychological conditions can increase other physical health issues, negatively impacting a cleared individual's ability to deploy or perform their job.
- **Increased suicide risks:** Mental health care is one of the primary protective factors against suicide.
- **Increased security concerns:** Performing sensitive national security duties while overly burdened by emotional issues could lead to impaired decision making and therefore pose a security risk.

For more information go to [www.dcsa.mil/mc/pv/dod\\_caf/](http://www.dcsa.mil/mc/pv/dod_caf/).

## DEFENSE COUNTERINTELLIGENCE AND SECURITY AGENCY

Last updated: October 15, 2020



# Month of July 2021

## Health Promotion Topic: Safety

### Don't Get Wrecked

Impaired driving can hurt your life, your family, and your career.

Sailors and Marines are often faced with situations that can increase the risk to engage in unhealthy behaviors that impair driving, especially drinking and driving.

In the U.S., approx.

**30** people die per day in crashes that involve alcohol-impaired drivers!

When it comes to booze,

**SIZE** DOESN'T ALWAYS MATTER.

12 fl oz of regular beer



5 fl oz of table wine

2-3 oz of cordial, liqueur, or aperitif



1.5 fl oz shot of 80-proof spirits/hard liquor

\*The amounts above are the equivalent of 1 standard drink.

While the legal limit for Blood Alcohol Concentration (BAC) is 0.08 for a DUI, alcohol can seriously impact your body and your driving at much lower levels.



**Average DUI = \$10,000**

Pssst...we hear taxis are way cheaper

**With you could...**

Take a cab from the



Take a cruise from



Even buy great



**14 times** and have money left over for dinner with all your friends.

**10 times** with a balcony view.

**for you** ...and your friends.

**1 in 3** traffic fatalities are in alcohol-impaired-driving crashes.

On average in 2012 **1 person was killed every 51 minutes** in an alcohol-impaired driving crash.

**Plan BEFORE you head out:**

- Have a non-drinking designated driver or have a family member or friend to pick you up.
- Call a taxi. Have the number already programmed into your phone so you have it readily available when needed.
- Plan to stay overnight.

### #DrinkResponsibly

Count and measure your drinks accurately and set limits for how often you drink.

Alternate alcoholic beverages with non-alcoholic beverages, like water.

Eat food while drinking to help slow down the absorption of alcohol.

Talk to friends, family, or a professional if you need help cutting back.

If you or someone you know is at risk, take action before someone gets hurt:

- Talk to your Drug and Alcohol Program Advisor (DAPA) or Navy Drug and Alcohol Counselor
- Speak to your Commanding Officer, XO, OIC, CMDM/COB, or Chaplain
- Reach out to DoD Medical Personnel
- Contact your Fleet and Family Support Center Counselor
- For more information, visit the [NMCPHC HPW Preventing Drug Abuse and Excessive Alcohol Use Web page](#)

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE

**83.6 MILLION** PEOPLE DRIVE WHILE SLEEP-DEPRIVED EVERY DAY

**THE DANGER ZONE**



**THE MOST DANGEROUS TIMES OF DAY**

DROWSY DRIVING KILLS BETWEEN **5000 & 8000** PEOPLE EVERY YEAR, TWICE AS MANY AS DISTRACTED DRIVING



**IF YOU FEEL DROWSY, PULL OVER AND TAKE A NAP**

**7 IS GOOD 8 IS GREAT!**

DRIVERS NEED AT LEAST 7 HOURS OF SLEEP TO ENSURE SAFE DRIVING ABILITIES



**1.2 MILLION COLLISIONS** ARE CAUSED BY DROWSY DRIVING EACH YEAR

**TAKE A BREAK DRIVE AWAKE**

# Health Clinic holds Change of Charge Ceremony



*The Health Clinic Chief Petty Officers present Cmdr. Cheryl Cottrell with a farewell gift during the clinic's change of charge ceremony. In May 2018, Commander Cottrell reported to Naval Support Activity NBHC Mid-South, Millington, Tennessee to fulfill a milestone billet as Officer in Charge. Cottrell was at the helm of the clinic throughout pandemic navigating uncharted waters as she was called to ensure the health and safety of personnel across the installation, She has been selected to promotion to the rank of captain. Her relief is Cmdr. Emily J. Sprague.*

## RETIRED ACTIVITIES OFFICE VOLUNTEERS NEEDED!

RETIREES AND SURVIVING SPOUSES-WOULD YOU LIKE AN  
OPPORTUNITY TO CONTINUE TO SERVE AS A VOLUNTEER?

Contact 874-5147 for more information on how you can help!

# Don't Compromise Fire Safety While Responding to Coronavirus: Keep Fire Doors Operable



By Kristin Bigda

As incidents of the coronavirus have continued to climb in the U.S., you'd be hard-pressed to get through the past couple of weeks without hearing reports of its spread. All of this is understandably generating conversation and concern among all of us.

While no one knows what the true extent of the virus or its impact will be, it's clear that everyone is thinking hard about ways to implement preventative measures for keeping safe.

At NFPA, we've recently heard that some facilities have begun propping fire doors open so that people don't have to touch them to open them. While I can see the logic in terms of germ spread prevention, propping fire doors open presents significant hazards and risks in the event of a fire.

It is imperative that we not forfeit institutional elements of safety while working to address others. In this case, we need to balance the risk of the coronavirus against other real hazards that have the potential to harm multiple people in a very short window of time.

NFPA codes and standards such as NFPA 1, Fire Code, NFPA 101, Life Safety Code, and NFPA 80, Standard for Fire Doors and Other Opening Protectives, govern

the installation, inspection, testing and maintenance of fire doors. Fire doors and other opening protectives such as shutters and windows must be operable at all times. Operability of these systems includes opening, closing and latching. Fire doors must be kept closed and latched or arranged to be automatic closing during the time of a fire. In addition, blocking or wedging of doors in the open position is prohibited, as it violates the required operation and closing feature of the door.

While it may seem more "convenient" or in this case, a safer option from the perspective of spreading germs, interfering with fire door operation can have grave consequences during a fire. In addition, allowing fire doors to be held open runs a risk of this becoming an accepted practice in the building for any number of situations. Building residents and staff should be taught code-compliant solutions and should not get into a habit of overriding fire safe practices.

Anything that could prevent the door from closing and latching properly during an emergency condition such as propping the door open with objects, taping the latch, using wood wedges or kick-down door stops, or overriding the closing device, is a violation of the standards. If they are to be effective, fire doors must be not only closed but also held closed. Building fires are capable of generating pressures sufficient to force fire doors open if they are not held closed with enough latching force, thereby rendering the doors incapable of protecting the opening in which they are installed and potentially allowing the fire to spread to an adjacent space and beyond the compartment of origin.

The U.S. Centers for Disease Control and Prevention offers a wealth of information, guidelines, and resources for cleaning and disinfecting facilities in the community setting: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

And, of course, as common sense dictates, wash your hands regularly, well and often!





**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!**