

THE Bluejacket

Naval Support Activity Mid-South

November 2021: Volume 79, No. 11



**Flying Club
gives nod to
history
p. 7**



Naval Support Activity Mid-South Leadership



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Captain's Corner

I think it is important to raise awareness on a couple of safety issues we had onboard the installation recently and what we are doing to correct them. Two main issues – illicit drugs and illegal firearms – both have been found in PPV housing and in employees' personal vehicles.

On the firearms issue, I have learned that federal weapons policy for government installations is not well understood by employees, residents and visitors. I also assess that our enforcement has not been effective at reducing violations leading to at least one known "near miss."

I take this federal policy seriously and intend to increase emphasis on enforcement. Our preparation for enforcement revealed we have pre-work to do in order to be firm, fair and consistent. In other words: before cracking down, we intend to educate, advertise, and provide means to help folks get into compliance and understand the gravity of violating the law.

October 18-22, our installation team pushed forth an effort to bring everyone into compliance. This "Amnesty Week" served to educate personnel about the federal law and provide residents in housing a chance to register firearms without fear of getting cited/charged.

Throughout the week, we asked personnel upon boarding the installation if they had any weapons to declare. A total of 15 individuals confirmed that they were attempting to enter the installation with firearms illegally. Those individuals were turned around at the gate and told to return without a weapon.

The policy in brief: employees and guests entering base are not authorized to have personal weapons in their vehicle or on their person. State concealed carry laws do not apply on federal property.

There is a relatively new exception for installation residents for the purpose of transporting and storing personal weapons at their Navy Public Private Venture Family Housing homes: only if those weapons are registered with security and verified to be transported/stored safely.

Barring the exception, possession of a personal firearm on a military installation constitutes a federal felony, which carries penalties that include fines, jail time, and possibly debarment from the installation.

We are planning one more amnesty week for the purpose of raising awareness of this policy. After that, we will increase the periodicity we conduct random vehicle inspections, and federal firearms penalties will be enforced.

Another issue we've been dealing with lately is illicit drug possession onboard the installation. While some states have legalized marijuana, federal and state laws still forbid possession of the substance, including synthetic chemical compounds found in marijuana and legally available for sale. Meth and fentanyl are also prevalent in the community areas near the base borders.



To keep these drugs off the installation, we are working to bring back our military working dog program and expect to have it running in the next couple months. Also, we are working closely with Millington PD and Shelby County to conduct drug sweeps in buildings and parking lots. During the last sweep, 3 federal citations were issued for possession of illicit drugs on the installation.

The Navy is a drug-free workplace, and possession of any illicit drugs will not be tolerated. Much like possession of a firearm onboard the installation, possession of controlled substances carries with it federal penalties. Simply put, one risks not only fines or jail, but also debarment from this and other government installations and one's job.

If you have questions about the federal policies and installation procedures, please email my security team leadership at cnic_se_nsams_security_leadership@us.navy.mil.

Finally, and on a positive note, November 11 is Veterans Day. There are many veterans here on the installation and residing in the surrounding communities. We should take pride in being a part of a well-respected organization that is held in high regard by both our nation's leadership and everyday citizens. The military is trusted to solve some of the nation's most difficult and dangerous challenges. Our veterans represent that honor and the sacrifices made to preserve our nation's values and our quality of life. If you are able to take the time off from work, consider paying it forward by participating in one of the Veteran's Day celebrations being held in our surrounding communities.

Capt. Mike Mosbruger
Commanding Officer

Personnel in the Spotlight:

Sexual Assault Response Coordinator Lacinda Stavrides

Story by Mass Communication Specialist 2nd Class Preston Jarrett, NSA Mid-South Public Affairs

Before Lacinda Stavrides became the Sexual Assault Response Coordinator for NSA Mid-South, she grew up in a military family, having to consistently travel throughout her childhood. Once her father retired from the Navy, they eventually settled in Jackson, Tennessee. She went on to study at University of Memphis where she earned her bachelor's in psychology. She then attended Mississippi State University for her graduate degree in adult education and psychology.

"Prior to working at Fleet and Family, I spent almost 10 years working in an inpatient psychiatric emergency room (Lakeside Behavioral Health), providing crisis stabilization and resources to victims of domestic and sexual violence," said Stavrides. "During this time, I worked with many service members and their families. It was a natural progression to apply at Fleet and Family Support Center (FFSC)."

In 2017, she began her career at Fleet and Family working in the Work and Family Life Program, educating Sailors and their families on topics such as transitioning from the military, relocation, employment and deployment assistance.

"I am exceptionally proud to work for the U.S. Navy," said Stavrides. "Not only because of my family history, but also the admiration I have for service members and the sacrifices they and their families make each day so that I may live in this wonderful Nation that I love feeling safe and secure. Getting to work with and support them is definitely my favorite part of the job."

She also explained how her family and coworkers have contributed to her passion toward her job and the impact it leaves on others.

"My parents always stressed the importance of helping others, ensuring we were volunteering at a very young age," said Stavrides. "Consistent words of encouragement from leadership, my incredible colleagues at FFSC and our service members motivate me to move



forward and do better each day."

Stavrides said that her goals are simple: to help those in need.

"I plan to continue to stand up for those who desire support and stand beside and encourage them as they find their voice," said Stavrides. "In addition, being involved in policy implementation is certainly on my radar. Utilizing direct victim-care experience to ensure policy changes will benefit victims directly and in a positive way."

Outside of work, she enjoys traveling, running, and spending time with her husband, children and two dogs.

"Cindy is an exceptional employee and extremely valuable member of the FFSC Staff and SAPR (Sexual Assault Prevention and Response) Team," said Richard "Train" Hatton, director of FFSC. "Her extensive knowledge, professionalism, integrity and passion for delivering critical services to those in need is outstanding. She truly cares and is always ready to answer the call when the need arises."

Welcome: Our Newest SAPR Victim Advocates



ABH1 Joseph Nicholas (NPC)



EN2 Haley Hampton (NTAG
Mid-America)



Ens. Ja'von Long (NOSC Memphis)



HT2 Richard Ide (NTAG
Mid-America)



IT2 Morgen Stampfel (NOSC St.
Louis)



Lt. Michelle Latham (NAVMAC)



Lt. Nicholai Sarpy (U of M ROTC)



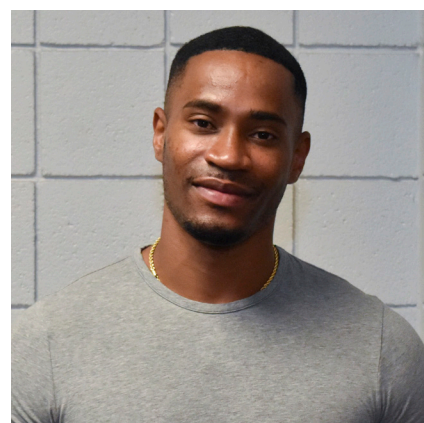
Ms. Diana Burleson (NSAMS)



PS3 Tashmarie Jordan (TSC Memphis)



PSC Joseph Maese (TSC Memphis)



YN1 Laurice Melvin (NPC)

10 WINTER SAFETY DRIVING TIPS

1 NEVER DRINK AND DRIVE

If you're going to drink, have a plan to call for a ride or have a designated driver and give them your keys BEFORE you start drinking.



2 UNDERSTAND HOW BLOOD ALCOHOL CONCENTRATION AFFECTS YOU



The BAC from one alcoholic drink varies from person to person. You can be within the legal limit in your state, and still have some loss of judgment, an altered mood and feel more relaxed. Know your limits and play it safe!

3 DON'T DRIVE DISTRACTED



Distracted driving is any activity that diverts attention from driving including talking or texting on your phone, etc.

4 DRIVE SAFELY AS IT GETS DARKER

Daylight Savings Time ends every year on the first Sunday in November. This time change means it starts getting dark earlier.



5 USE A ROAD TRIP CHECKLIST

Start every trip well-rested. Drive during daylight hours. Schedule breaks every two hours. Never drink and drive. Pull over if you get tired.



6 DON'T DRIVE FATIGUED



Fatigue is a killer and drowsy driving puts everyone on the road at risk.

7 PREPARE YOUR VEHICLE FOR WINTER

Check your tires, antifreeze levels and battery health, etc., before driving in wintry conditions.



Source: nsc.org

8 WHAT SHOULD YOU KEEP IN YOUR VEHICLE?

A properly inflated spare tire, wheel wrench, and a car jack.



9 LOOK OUT FOR ROAD HAZARDS

Plan for changing weather and road conditions. Check conditions before you go. Take it slow in ice and snow.



10 KNOW WHAT TO DO IN A WINTER EMERGENCY

If you are stopped or stalled in wintry weather, stay with your car and don't overexert yourself.

Put bright markers on the antenna or windows.

To avoid carbon monoxide poisoning, don't run the car for long periods of time with windows up. Clear the exhaust pipe of any snow and only run it occasionally to keep warm.



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MWR Flying Club Gives Nod to Installation's Aviation History

*Story and photos by Mass Communication Specialist
2nd Class Preston Jarrett, NSA Mid-South Public
Affairs*

Since the early '60s, the Memphis Navy Flying Club has been a noteworthy organization at NSA Mid-South, offering exclusive access to instruction, certification and recreation for both aspiring and experienced pilots. For such an exceptional deal, though, it appears to have flown under the radar.

"You can get your private license, commercial license and your instrument rating here for probably about 1/3 of what you can any place else," said Sam Robinson, flight instructor in the Memphis Navy Flying Club and member since 1991. "I think we're probably the best-kept secret in the area. You can even get your airline transport pilot and flight instructor certificates here."

Currently with a membership of about 45, the club is open to active-duty personnel, dependents, Reservists, government employees, honorably-discharged veterans, Federal Aviation Administration representatives and active members of Civil Air Patrol.

"Our membership is anything from people who just recreationally fly on the weekends and some with a defined career path," said Robinson, who is a retired Marine. "We had a guy who came in two years ago who had no flying experience at all, but he since obtained his private, instrument and commercial certificates. He's working on his flight instructor certificate next month."

Former members of the Memphis Navy Flying Club have gone to work for major airlines, FedEx, as Boeing 777 instructors or even just as licensed private plane owners.

"A kid came here who was going to MTSU (Middle Tennessee State University), and during the summer, he got his private pilot license here," said Mike Melillo, flight instructor at the Flying Club and retired Sailor. "He went back to MTSU and finished up his commercial and instrument there, but he got his start here, and he's now flying with Southwest Airlines."

Though there used to be many Navy Flying Clubs across the nation, the vast majority have gone defunct over the past 50 years, and the Memphis branch is one of only three left in operation.

"I first got involved in the Navy Flying Club system in 1973 when I was in Rhode Island," said Melillo. "They were all over the place. Now us, Patuxent River, Maryland, and Jacksonville, Florida, are the only ones."

The club currently has four planes in its repertoire — three Cessna 172s and one Beechcraft T-34B — which are used for both instruction and recreational use for those licensed to fly them.

"Some of the active-duty pilots across the street over there come here, and we'll let them check out our T-34," said Robinson. "A lot of times, people come in here and ask 'how much is it for ground school,' but we



have a professional syllabus. You read, then you fly, and if you have any questions, we'll answer them for you."

A membership fee of \$80 is charged for each new member during the application phase, but the charge is presently being waived for active-duty personnel. Members of all U.S. military branches have volunteered for the club.

"You can call any of the FBOs (Fixed Base Operators) or CTI (Crew Training International) to ask them how much it is to learn how to fly, and you'll go 'holy mackerel,'" said Robinson. "If it's on your bucket list, now's the time to do it because you're not going to find a less expensive place to do it."

Leadership at the installation are excited that the flying club remains active and note its ties to the installation's past.

"The Flying Club is a great asset to our Sailors and other personnel here at NSA Mid-South," said Cmdr. Chris Hahn, executive officer of NSA Mid-South. "This installation has a rich history in naval aviation, and the Flying Club keeps that spirit alive."

For more information on the Memphis Navy Flying Club, call (901) 874-7793.



Sam Robinson, flight instructor at the Memphis Navy Flying Club, sits at his desk. Robinson has been involved with the club since 1991.

AN EYE FOR PRIS

SEE SOMETHING? SAY SOMETHING.



**Most Insider Threats display
Potential Risk Indicators (PRIs)
before committing malicious acts.**

NSA MID-SOUTH

DEPARTMENT IN THE SPOTLIGHT

Safety



The NSA Mid-South Safety team supports safety requirements for NSA Mid-South and tenant commands. Their office is located in Bldg. 237. (Photo by Amanda Rae Moreno)

What is your department's function?

Direct oversight of the NSA Mid-South's personnel and tenant commands to provide a safe environment for all who work, live and visit the installation through continuous safety training and awareness. Provide direct management or oversight for 37 safety programs ensuring compliance with current OSHA (Occupational Safety and Health Administration), DOD, Navy regulations and local policies.

What is your organizational structure?

We consist of both the Safety Office and an Explosives Safety (ESO) Department

How many people and their positions within your department?

Safety has 3 members; Craig Whitaker - safety director, James Dillon - safety specialist, and Robert McConnie - safety officer & explosive safety officer.

What services do you provide our tenant commands, Sailors, and families?

We conduct both quarterly safety and explosive safety council meetings with tenant commands' safety representatives and conduct annual building inspections. We also distribute many different forms of safety trainings, edu-

cation and injury investigations for analysis and improvement to prevent repetitive occurrences. Some of the more prominent programs we oversee are Safety & Occupational Health, AA&E (Arms, Ammunition & Explosives), Safety OJT (on-the-job training), Traffic, Recreational Off-Duty, and Risk Management. We also continuously monitor all command safety trainings through the Enterprise Safety Application Management System (ESAMS).

What services do you provide that you believe are underutilized?

The Navy changed the AAA Driver Improvement Program (AAADIP). This is a one-day course (eight hours). It's required for all military and civilian personnel (DOD & Contractors who drive on base) who are 26 years of age and under or any military or civilian who drives a government vehicle. Any traffic offenders can be ordered by the Base Traffic Judge to attend this class. During AAADIP, you are not required to take military or DOD leave.

Point of Contact is the safety department's AAA Driver Improvement Instructor – James Dillon. He can be reached at (901) 874-5398.

What do you think is the most common misperception about the command, department or code?

DOD and military personnel have a right to report any injury, safety or unsafe situation directly to the safety department without repercussions from their leadership.

Send reports to: Craig Whitaker (safety director), James Dillon (safety officer), or Robert McConnie (safety / ESO).

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

Since COVID-19, we have conducted most all of our required trainings, meetings etc. virtually. Employees have utilized teleworking also. We also distributed some PPE (personal protective equipment) such as hand sanitizer and face masks to assist our tenant commands.

Fire & Emergency Services Trains with Local First Responders

*Story by Mass Communication Specialist 2nd Class
Preston Jarrett, NSA Mid-South Public Affairs*

*Photos by Amanda Rae Moreno, NSA Mid-South
Public Affairs*

Fire and emergency services aboard NSA Mid-South executed a drill in conjunction with both Millington and Shelby County personnel Oct. 21-22.

The drill was meant to ensure that all three departments are able to accomplish a common mission while utilizing communication and all available resources effectively during an emergency.

“For the majority of fire-specific calls on the installation, we initially respond with 6 fire-fighters,” said Chris Dindl, F&ES fire chief. “For a confirmed fire, DOD instruction requires a minimum of 13 personnel for initial operations. The National Fire Protection Association calls for up to 18 personnel. Mid-South F&ES is not staffed to provide this level of response, therefore we must rely on our mutual aid partners, Millington Fire and Shelby County Fire, to assemble the full effective response force.”

Dindl said that this was their second residential fire exercise in the past six months.

“Our goal is to conduct some sort of emergency response that requires mutual aid at a minimum of twice per year,” said Dindl. “Future exercises will be for larger commercial buildings, confined space rescue, a hazardous material re-



lease and a mass casualty event.”

Leo Hendricks Jr., F&ES assistant fire chief, said that the drill was an overall success.

“Working with the county and city is always a great training opportunity,” said Hendricks. “Our main area for improvement would be ensuring that our mutual aid partners understand how our unit numbers are not used on scene and how our tactical assignments are used.”

Hendricks said that though having the additional manpower during the drill was a benefit, keeping everyone organized and focused on scene is the primary goal.

“It’s always good to receive more units than expected, but ensuring fire ground responsibilities is even more important,” said Hendricks. “We were not aware that Shelby County would be able to send their rescue unit to participate in the training evolution. Once they did - which was awesome - we had to make sure everyone had an assigned duty, with the operations chief ensuring that the fire-ground tactics blended perfectly between Millington, Shelby County and Mid-South.”

Though the three departments have ultimately different areas of responsibility, Hendricks said that learning to work in unison has made their sense of mutualism stronger as time has passed.

“As the longest tenured firefighter here, the relationship has improved massively,” said Hendricks. “We not only train together, but mutual respect for the others’ contributions has greatly increased. Getting to know your counterparts goes a long way on the fire ground.”





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Rear Adm. Dennis Velez, Commander, Navy Recruiting Command to be Inducted into Puerto Rico Distinguished Veterans Hall Of Fame

Story by Mass Communication Specialist 3rd Class Cody Anderson, Navy Recruiting Command

Rear Adm. Dennis Velez, Commander, Navy Recruiting Command, has been the recipient of many awards and accolades during his nearly 30 years of service in the United States Navy. He can count Defense Superior Service, Legion of Merit, Meritorious Service, the Navy Commendation, and the Navy Achievement Medals among his military decorations and alongside his Navy League of the United States 2016 John Paul Jones Award for Inspirational Leadership. Velez can even include his proudest accomplishment, that of being appointed as an honorary Chief Petty Officer by Command Master Chief, Steve Fontenot onboard USS Donald Cook, on his highly decorated resume.

However, the most recent honor bestowed upon Velez seeks to immortalize and exhibit his career so that future generations can look upon his accomplishments and envision themselves achieving them. Velez is scheduled to be inducted into the Puerto Rico Distinguished Veterans Hall of Fame on Nov. 8 in San Juan, Puerto Rico.

According to the Office of the Veteran's Advocate for Puerto Rico, induction into the Hall of Fame is awarded to Puerto Rican veterans whose character and distinguished accomplishments, either with the United States Armed Forces or in their civilian careers, exemplify professional excellence or meritorious contributions to society.



“It is a great honor to be selected to be inducted into the Puerto Rico Distinguished Veterans Hall of Fame. I am very proud of my Puerto Rican heritage and it is my hope that those who see me in the Hall of Fame are inspired by my story and my career,” said Velez. “I hope it drives them to achieve their own definitions of success and selfless service.”

In order to be inducted into the Hall of Fame, an individual must be nominated by a third party who has knowledge of the nominee's accomplishments, says retired Army Brig. Gen. Fernando Fernandez, who is currently serving as the President for the Puerto Rico Distinguished Veterans Hall of Fame. The nomination

package is then sent to the Board of Directors comprised of five members, including the Veteran's Advocate for Puerto Rico. The board reviews the packages and then selects inductees based on their accomplishments throughout their military careers as well as their contributions to society in the fields of education, arts, sciences, sports, industry, government and community service. War and combat veterans are given priority for induction and the nine Puerto Rican recipients of the Medal of Honor were automatically inducted into the Hall of Fame.

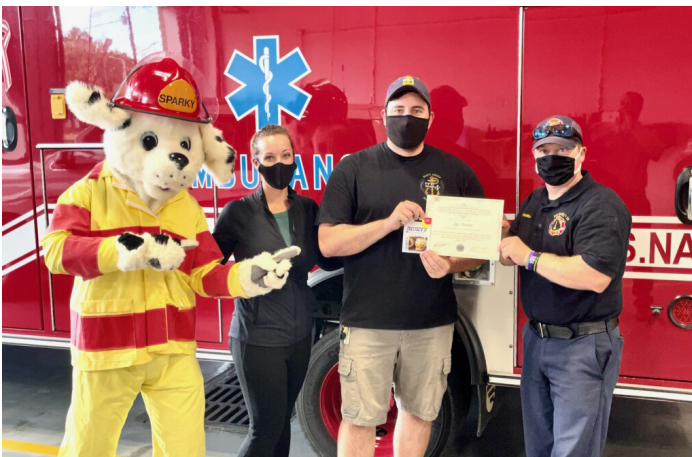
The Class of 2021 is composed of 16 inductees including, including Rear Adm. Velez. His fellow inductees include such noteworthy veterans as Roberto Clemente, Baseball Major League Hall of Famer and former Marine, Major General Miguel A. Correa, Deputy Commanding General of the U.S. Army Special Forces Command, and Command Sergeant Major (Ret.) Jose L. Silva

Diaz, former Command Sergeant Major of the United States Quartermaster Corps.

"Rear Adm. Velez was selected for induction based on his distinguished naval career, which includes being a graduate of the U.S. Naval Academy at Annapolis, command at sea onboard USS Fitzgerald and USS San Jacinto, service as Senior Military Assistant to the Secretary of the Navy and assignment as Commander of Navy Recruiting Command, being the first Hispanic to do so," said Fernandez.

"As a Hispanic American, I hope one of my lasting contributions will be my focus on diversifying our ranks," said Velez. "It has been an enduring interest of mine since I joined the Navy, and at the forefront of almost every conversation I have had since taking command of recruiting. Our strength is in our diversity. Our voices are important, our experiences are relevant, and our participation is vital."

Congratulations to the Winners of October's Fire Fighter Olympics



Male Winner: Chief Petty Officer Kyle Bechthold

Female Winner: Lt. Gabriela Echevarria, U.S. Army



Legalman Earns Commission During Career Intermission



Story by Petty Officer 3rd Class Jared Catlett

Proving the Navy can help you achieve your goals, Legalman 1st Class Chelse Wilson took advantage of the Career Intermission Program (CIP) to earn a law degree and receive a commission into the Judge Advocate General Corps.

“The CIP is beneficial to Sailors of all ranks and rates. The program allows a Sailor to achieve a goal that might not be possible while on active duty, while still offering a stipend and medical benefits,” said Wilson, who earned her degree from the University of Memphis Cecil C. Humphreys School of Law.

The CIP was established in 2009 to help address life/work challenges Sailors might face. Each year, CIP allows active duty or Full Time Support Sailors to take a sabbatical from their military service, transitioning into the Individual Ready Reserve (IRR) for up to three years. Following the intermission, Sailors return to active duty with a two-for-one service obligation for time spent in the IRR. So a Sailor who takes the full three years available, would owe six years of obligated service.

“Before even applying to the CIP, Sailors should make a plan on what they want to achieve – whether that is going to school, taking care of family

members, or anything else. For me, law school was three years long so I knew that I would need to use the entirety of the time offered by the CIP,” said Wilson.

Career intermission may be used for a multitude of personal or professional reasons, from pursuing additional education to starting a family or caring for an ailing loved one. The CIP is not limited to specific rates or communities, and has been used successfully by officers and enlisted Sailors.

“I also had to make sure I had enough time to prepare, and take the bar exam before I returned to active duty,” said Wilson. “Because I knew what my time limits were, I was able to ensure I achieved all my goals before returning to active duty.”

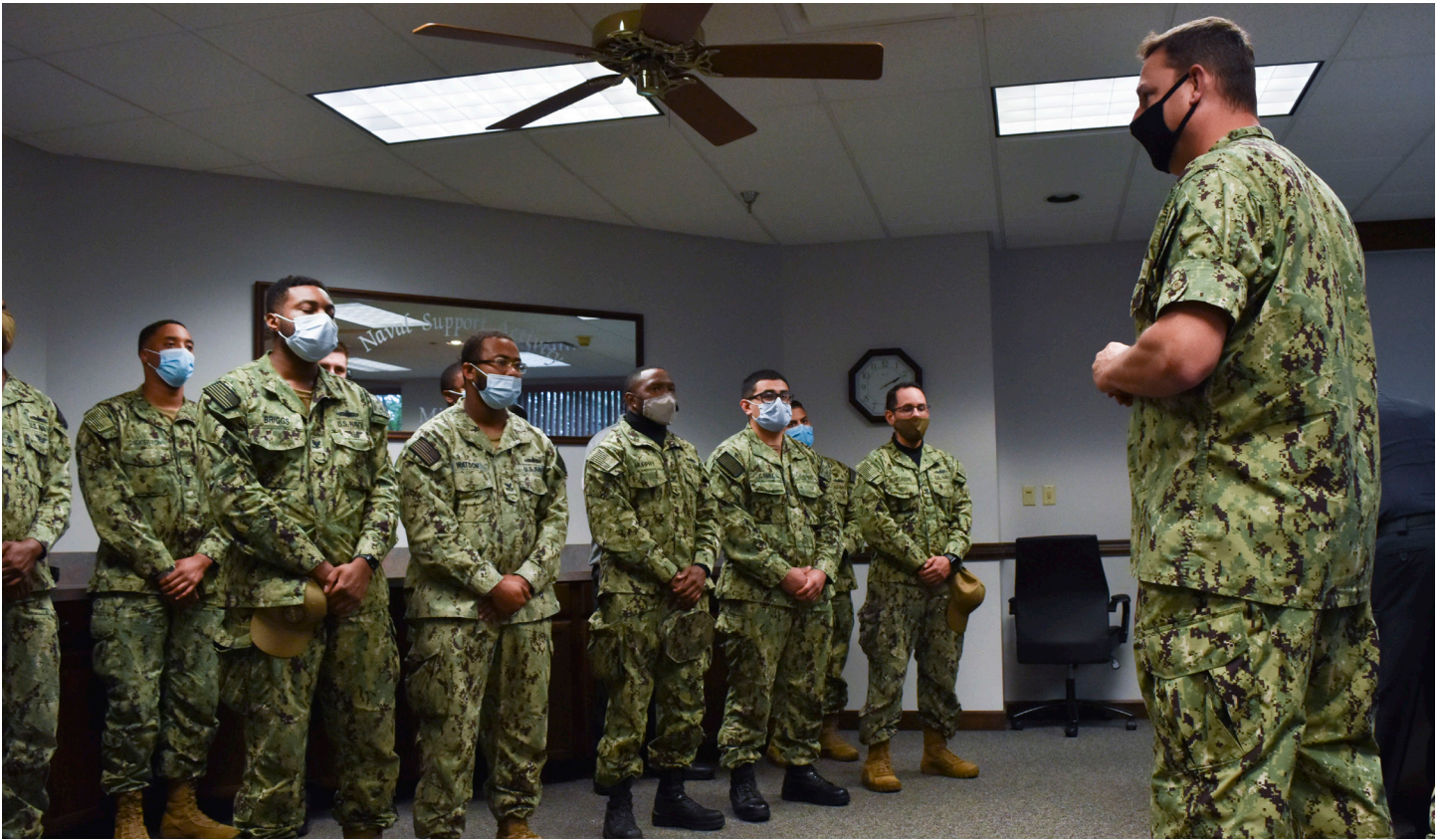
During their intermission, Sailors retain their full medical and dental benefits for themselves and their dependents, commissary and Navy Exchange benefits, and a monthly stipend equal to 1/15 of the participant’s active duty basic pay.

“If advanced schooling is the route a Sailor wants to take, they can use their GI Bill giving the Sailor a monthly housing allowance on top of the benefits offered by the CIP,” said Wilson.

Sailors are also authorized a one-time permanent change of station within the continental U.S. to the location of their choice. Additionally, CIP participants carry forward up to 60 days of unused accrued leave balance through their intermission, or they have the option to use, sell back, or lose any unused accrued leave before starting CIP participation.

Wilson previously served as a legalman in the local Regional Legal Services Office in support of NSA Mid-South.

NSA Mid-South Welcomes New Auxiliary Security Forces



Capt. Michael Mosbruger, commanding officer of NSA Mid-South, speaks to the most recent group of ASF (auxiliary security force) academy graduates. ASF is comprised of Sailors assigned to various tenant commands who contribute to the overall base security mission. (Photo by Mass Communication Specialist 2nd Class Preston Jarrett)

Memphis Native Serves Aboard USS Jackson

PHILIPPINE SEA - Boatswain's Mate 2nd Class Ray Nunley, from Memphis, Tenn., serves as forward lookout watch on the bridge of the Independence-variant littoral combat ship USS Jackson (LCS 6), during routine operations. Jackson, part of Destroyer Squadron Seven, are on a rotational deployment in the U.S. 7th Fleet area of operation to enhance interoperability with partners and serve as a ready-response force in support of a free and open Indo-Pacific region. (Photo by Mass Communication Specialist 3rd Class Andrew Langholf/released)



Munford, Tennessee Native Serves Aboard USS O’Kane



Story and photos by Mass Communication Specialist Seaman Elisha Smith

GULF OF SUEZ – Navy Counselor (NC) 1st Class David Butler, a native of Munford, Tennessee, serves as a career counselor and leading petty officer (LPO) of the administrative department aboard Arleigh Burke-class guided-missile destroyer USS O’Kane (DDG 77). He reported to O’Kane in early 2020 and is responsible for helping Sailors with career guidance and support, and with overseeing daily tasks of the administrative department.

“Human resources is what I do,” said Butler. “It’s all about professional development. I guide sailors in the direction they want to go.”

On a daily basis, Butler counsels Sailors through career decisions like reenlistments, choosing orders for an upcoming permanent change of station (PCS), and changing their field of work. Butler also helps Sailors in their careers after the Navy.

“I think my favorite part of my job is the ability to impact Sailors and their families,” said Butler. “I help them

transition into the civilian side, help them with resumes, medical benefits, GI Bill, and getting their education.”

Butler enlisted in the U.S. Navy in 2010. Before becoming an NC, Butler was a hospital corpsman, serving as a field medic with the U.S Marine Corps.

“Getting my enlisted fleet Marine force specialist warfare pin has been my proudest moment in my Navy career by far,” said Butler. “Being boots on ground with the Marines was a very cool experience in general. I got to fast rope out of helos [helicopters], work in a shock trauma unit. I learned how to put together and take apart .50 cal and a lot of other guns.”

With his own unique Navy experiences under his belt, Butler is not only helping other Sailors with their careers, he is also evaluating his own next career goal.

“I’m weighing my options right now,” said Butler. “One of my goals is to make master chief. If that doesn’t work out I’m also working towards commissioning as an officer for the medical service corps.”

Butler was the senior sailor of the quarter from April to July of 2021 and attributes his success to the skills he’s learned in the Navy.

“The Navy has given me a lot of tools to succeed like discipline and structure in my life,” says Butler. “Discipline is the most important thing. If you can start and finish something in life it really helps you out. Even with working out, you don’t want to do it but the Navy has given me the discipline to do it every day even when I don’t want to because I’m a warfighter. The enemy isn’t sleeping so neither are we.”

O’Kane is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three strategic choke points.



Q&A PPV Family Housing Third Party Inspections

Q: Why are inspections being conducted?

A: The inspections are part of a series of requirements outlined for execution by Congress in the FY20 National Defense Authorization Act (NDAA). Per the congressional requirement, Commander, Navy Installation Command (CNIC) must facilitate an inspection of all Navy privatized homes through a third-party.

Q: Are the inspections mandatory?

A: Yes, to ensure the Navy is fully compliant with Public Law (PLAW) No. 116-92, the National Defense Authorization Act (NDAA) for Fiscal Year 2020, SEC. 3051

Q: What do the inspections entail?

A: Unit interiors, building systems, common areas, building exteriors, equipment drainage, landscaping and other improvements. The inspections consist only of the property, components, systems and elements that are easily visible and readily accessible.

A series of photographs may be taken to document exterior elevations, kitchen, living/dining room, bathrooms, heating/cooling systems, laundry area and items in particularly good or poor condition or of special note.

Q: Who will be conducting the inspections?

A: Jacobs Engineering and HDR Engineering (JE-HDR JV) is a Joint Venture team who, under issued task order, have been engaged to conduct the third-party inspections of all PPV Military Housing units at selected locations across forty-four (44) installations across the United States and includes Hawaii.

The inspections will be performed by two-person teams of Qualified Home Inspectors. Each inspector will identify themselves with a photo badge.

Q: When will inspections take place?

A: Inspections will occur between the periods of 25 Oct 21 through 17 Sept 22 between 0800 and 1700. Inspection may take up to 75 minutes to complete.

Q: Will tenants be notified of specific date/time? If so, can it be rescheduled?

A: Yes, the Navy Housing Service Center (HSC) will issue notices to residents in advance of schedule.

Resident's will be provided 24 hour advance notice prior to inspection. If tenant has a scheduling conflict, they may contact the HSC to discuss.

Residents may also check the inspectors website for schedules at <https://navyppvinspections.com/>

Q: Is a tenant required to be home?

A: No, if a tenant is not home on day of scheduled inspection the inspectors will be accompanied by a Navy representative.

Q: What is the objective of inspections?

A: To collect data on Life/Health/Safety (LHS) deficiencies, the condition of each unit and to assess their structural integrity and habitability.

The inspections and assessments will be based on applicable standards in the InterNACHI's Standards of Practice.

Q: Will inspectors be taking precautions when entering each home?

A: Yes, inspectors will follow all local State health and safety guidelines in place to include wearing masks, gloves, sanitizing hands after any surfaces have been touched, and maintaining 6' distance whenever possible.

Q: What if inspectors find something wrong with the home?

A: For any issues that represent life, health and safety concerns, the contractor is required to notify the HSC immediately so it can be reported to the PPV PM and mitigated expeditiously. Other issues identified during the inspections will be accounted for in reports that are submitted to both the Navy and applicable PPV partner.

STILL HAVE QUESTIONS OR CONCERNS?

Navy Housing Service Center (HSC)
901-874-7083



TIPS TO ENJOY YOUR THANKSGIVING HOLIDAY SAFELY

It's that time of year when Families beginning getting together, kitchens become overcrowded, Turkey Fryers are brought out from storage, Holiday Candles and smell of Fall certainly is in the Air! Did you know that Thanksgiving Day is the National's leading day for Cooking Fires? According to the National Fire Protection Association, Thanksgiving Day has three times as many fires as any other day of the year. In addition the U.S. Fire Department confirms that more than **4,000 fires** occur on Thanksgiving Day and preparing deep fried turkeys, using a turkey fryer, is the cause of approximately **5 deaths, 50 injuries**, and the destruction of **900 homes** and more than **\$15 million** in property damage every year.



Top safety hazards during the Thanksgiving holiday include:

FIRE ... kitchen fires, candles and outdoor deep fryers

FOOD ... choking and poisoning, cuts and burns during food preparation

TRAVEL ... car accidents, driving while intoxicated or distracted

Thanksgiving is a Day that we all get to gather to celebrate, cook and most importantly eat a lot of Yummy Food!! Following these tips, can ensure that the precious time with your family during the Thanksgiving Holiday stays a safe and enjoyable one.

- Stay in the kitchen when cooking and do not become distracted by family.
- Make sure the Turkey is completely thawed
- Do not overfill the fryer with Oil, Test with Water first.
- Never use a Fryer indoors
- Never leave the Fryer unattended
- Keep Children away from the Stove and the Fryer ****Remember Oil will remain dangerously hot for multiple hours****
- Follow ALL MANUFACTURER GUIDELINES
- Having **working smoke alarms** in your home and have an escape plan that entire family knows if there is a Fire.
- Do not leave candles burning unattended and do not burn candles near flammable items like curtains or potpourri.

NEVER USE WATER ON A GREASE FIRE &

ALWAYS HAVE A HOUSEHOLD FIRE EXTINGUISHER NEAR BY

Brought to you by the NSA Mid-South Fire Inspector



STARTER KIT TO QUIT TOBACCO

Are you or someone you know thinking about quitting tobacco? Sailors and Marines have a higher rate of tobacco use than the civilian population^{1,2,3} and the results impact their health, their families' lives and mission readiness. The data shows that almost 70 percent of current tobacco users want to quit completely.⁴

With those statistics, it's likely that if you know someone who is using tobacco, you know someone who wants to quit. However, the vast amount of information about how to quit tobacco can be overwhelming. The Starter Kit to Quit gives you a place to begin if you are thinking about quitting or supporting someone who is.

The Starter Kit to Quit includes tips, considerations and specific actions the quitter or supporter can take throughout the four phases of tobacco use: thinking about quitting, preparing to quit, your quit day and the first 30 days after your quit day. The journey isn't over after the first 30 days, but this will equip you with the information and tools to help you or someone you know get started! For more information and resources, visit the Navy and Marine Corps Public Health Center's [Tobacco Free Living web page](#).

Four Phases of Quitting

1 Thinking about quitting

2 Preparing to quit

3 Your quit day

4 The first 30 days after your quit day



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION



Are YOU trying to quit using tobacco?

THINKING ABOUT QUITTING

If you are thinking about quitting tobacco, it can help to fully understand your reasons for using tobacco, challenges, triggers and motivators for quitting before you try to quit. As you think about it, ask yourself the following questions:

- What made you start using tobacco?
- Why and when do you use it?
- What are your reasons for quitting?
- What motivates you to quit?



PREPARING TO QUIT

Once you have made the decision to quit, pick a quit date. Choose a quit date that makes sense in your life to increase your likelihood of success. Don't pick a date right before a big or stressful event. It's about the long haul for the weeks, months and years ahead. Once you decide your quit date, it's time to prepare!

- Create a plan to quit. Without a plan, quitting tobacco can be even more challenging. Remember the motivators, triggers and challenges you identified?
 - Make a list of motivators and keep it with you to remind yourself why you are quitting.
 - Develop strategies for avoiding or overcoming triggers to help you get out of your previous habits.
- Tell your friends, family, colleagues and wellness professionals about your plan. CDC's [12 Tips to Get Support as You Quit](#) can help you identify the people in your life that can keep you accountable and offer support.
- Continue the conversation with your health care provider to incorporate any medical strategies into your plan. If you've been prescribed any medications as part of your plan, make sure you understand how to take them properly. For example, some medications must be started a week or so before your quit date.
- Identify goals and milestones ahead of your quit day and how you will reward yourself when you meet them.

ACTIONS:

After answering the questions, assess if quitting is something you are ready to do. Be honest. You must be ready to do it for yourself and not only for those in your life or at work.

- Learn why others quit to help you define your reason with the Centers for Disease Control and Prevention's (CDC) [Reasons to Quit](#).
- Talk to your doctor or a health educator for personalized guidance and assistance to help with your quitting journey.
 - Ask about tobacco cessation counseling or other support opportunities to help you quit.
 - Discuss the use of medication or nicotine replacement therapy to determine if any are a good fit for you.

ACTIONS:

- Visit the following resources for more tips and information for prepping and making a quit plan:
 - [YouCanQuit2](#) (DoD)
 - [Quit Plan](#) at Smokefree.gov
 - [20 Tips for Quitting Tobacco](#) (Health Net Federal Services)
- Quitting smoking? Look for specific tips on CDC's [Quitting Smoking](#) site.
- Quitting smokeless tobacco? Look for specific tips from [BecomeAnEX](#).
- Quitting vaping? Check out information from [Smokefree.gov](#) or text DITCHJUUL to 88709.
- Get support on your phone by signing up for a free [text messaging program](#) or downloading an [app](#).
- Find a tobacco cessation course or support group and sign up in advance of your quit day!





Are YOU trying to quit using tobacco?

QUIT DAY

Your quit day is here! If you have prepared for your quit day by making a plan, you are better equipped to face the challenges in your journey to becoming tobacco free. Here are a few tips to help you on this day:

- ▶ Plan your day to avoid any triggers, and remind yourself of the reasons and motivators to quit. Have your coping strategies and distractors in an easy to reach place.
- ▶ Make sure you have removed all tobacco products including e-cigarettes from your environment to keep you from turning to any type of tobacco when temptation strikes.
- ▶ If possible, schedule a teeth cleaning appointment to start fresh.
- ▶ If you chose to use medication, make sure you are following the directions and consult your health care provider if you experience any abnormal or serious side effects.
- ▶ Take it one step at a time. The first day will be challenging – break the day into increments if it makes it easier to cope.
- ▶ When it gets challenging, review your reasons for quitting.

ACTIONS:

- ▶ Read CDC's [Steps to Take on Your Quit Day](#) for more tips for this day.



30 DAYS AFTER QUIT DAY

The first few weeks after your quit date are going to be challenging. Don't forget why you are doing this! Whether it is for your health, for your friends and family, to save money or any other reason, keep that list of motivators close to you to remind yourself. A few items to consider as you start your quitting journey:

- ▶ It's normal to have cravings and go through symptoms of withdrawal and uncomfortable feelings. Remember these feelings are temporary and will lessen over time.
- ▶ Distract yourself with other activities when a craving strikes to get through it. Use the four Ds to help:
 - Deep breaths
 - Do something else
 - Drink water
 - Delay for ten minutes
- ▶ Once you have reached your goals of being tobacco free, treat yourself. You've earned it!
- ▶ Try not to slip, but if you do, it's OK. Just make sure to get right back on track and think about new strategies to address whatever triggered you to use tobacco again.

ACTIONS:

- ▶ Attend counseling or support group sessions.
- ▶ Try to stick with your plan and if it's not working, revise your plan.
- ▶ Visit YouCanQuit2's [Stay Quit](#) section for tips and strategies on beating tobacco cravings and staying quit.
- ▶ Seek support through your network when you need it.



The first 30 days can be the most challenging part of quitting, but the journey isn't over. Check out the following resources for additional tips and information to stay quit:

- ▶ Visit your local health promotion office or health promotion personnel.
- ▶ Call 1-800-QUIT-NOW to reach your state's quitline.
- ▶ Talk with your medical or dental provider at your military treatment facility.
- ▶ Visit [YouCanQuit2](#) (DoD).
- ▶ Visit Department of Health & Human Services' [Smokefree.gov](#).

THINKING ABOUT QUITTING

Do you know someone who is thinking of quitting? Whether it's your buddy, significant other, family member or a patient, understanding your role in their journey to quit tobacco can help them be successful. Ultimately, it takes that person to make the decision to quit, but you can be supportive as they decide by following these tips:

- Be understanding. Quitting is hard. It's an addiction, not just a bad habit.
- Offer your support in their journey. They need people who care about their success to keep them on track.
- Don't lecture or nag about their tobacco use, but be positive if they express to you their interest in quitting.
- Do you use tobacco too? Maybe think about quitting also, and support each other through the process.

ACTIONS:

- Look for an opportunity to ask the individual about their tobacco use to understand what makes them use tobacco, so you can be aware of potential future triggers and motivators for using and quitting.
- If you are a health professional, visit [YouCanQuit2](#) or [Smokefree.gov's Resources for Health Care Professionals](#) for useful resources.



PREPARING TO QUIT

Once they have decided to quit, they should pick a quit date. You can support them in their preparation in advance of the quit date. Follow the tips below for ideas to help someone prepare for their quit date:

- Do they need help with creating a plan to quit? Offer ideas or suggestions for how they can respond to triggers or cravings once they begin.
- Be supportive and positive if they come to you letting you know they have a plan to quit.
- Ask them how you can help and what support they would like from you. Sometimes it's as simple as being a distraction or if you are a tobacco user, not asking if they want to go outside with you while you use tobacco. Those quitting may also ask you not to use tobacco in front of them. Be mindful of their request.

ACTIONS:

- Visit [YouCanQuit2's Ready. Set. Quit: Help Someone Get Ready to Quit Tobacco](#) for more information and resources on helping someone such as family member or friend quit tobacco.
- Read about your role on [Smokefree.gov's 12 Tips to Support Your Quitter](#).





Are you SUPPORTING SOMEONE who is trying to quit using tobacco?

QUIT DAY

Their quit day has arrived! This is a big event for the person quitting and will likely be a challenging day as they get started. Below are a few suggestions for how you can offer support:

- ▶ Plan activities with the quitter to be supportive!
- ▶ Provide encouragement throughout the day as needed, and congratulate them after completing a successful tobacco-free day.
- ▶ Don't pester them with questions about whether they have used tobacco today or not.

ACTIONS:

- ▶ Read CDC's [Steps to Take on Your Quit Day](#) to become familiar with what the quitter will experience.



30 DAYS AFTER QUIT DAY

This is where the real work begins, and when the quitter may need the most support. In order to increase their likelihood of success, follow these tips:

- ▶ Be patient, and don't take the withdrawal symptoms personally, which can include irritability and anger.
- ▶ Offer distractions throughout the month. Plan tobacco-free events and make sure they attend.
- ▶ If they slip up, that's OK. Continue to provide encouragement and support to get back on track.
- ▶ As they meet their goals and milestones, celebrate their success with them.

ACTIONS:

- ▶ Read YouCanQuit2's [Hold the Line: Help Them Stay Quit](#) to be able to help the quitter overcome challenging situations and understand how to respond to someone battling cravings.



¹ Navy and Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment Reports. <https://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>.

² Wang TW, Asman K, Gentzke AS, et al. Tobacco Product Use Among Adults - United States, 2017. MMWR Morb Mortal Wkly Rep 2018;67:1225-1232.

³ U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General (http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

⁴ Babb S, Malarcher A, Schauer G, Asman K, Jamal A. Quitting Smoking Among Adults - United States, 2000-2015. MMWR Morb Mortal Wkly Rep 2017;65:1457-1464



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