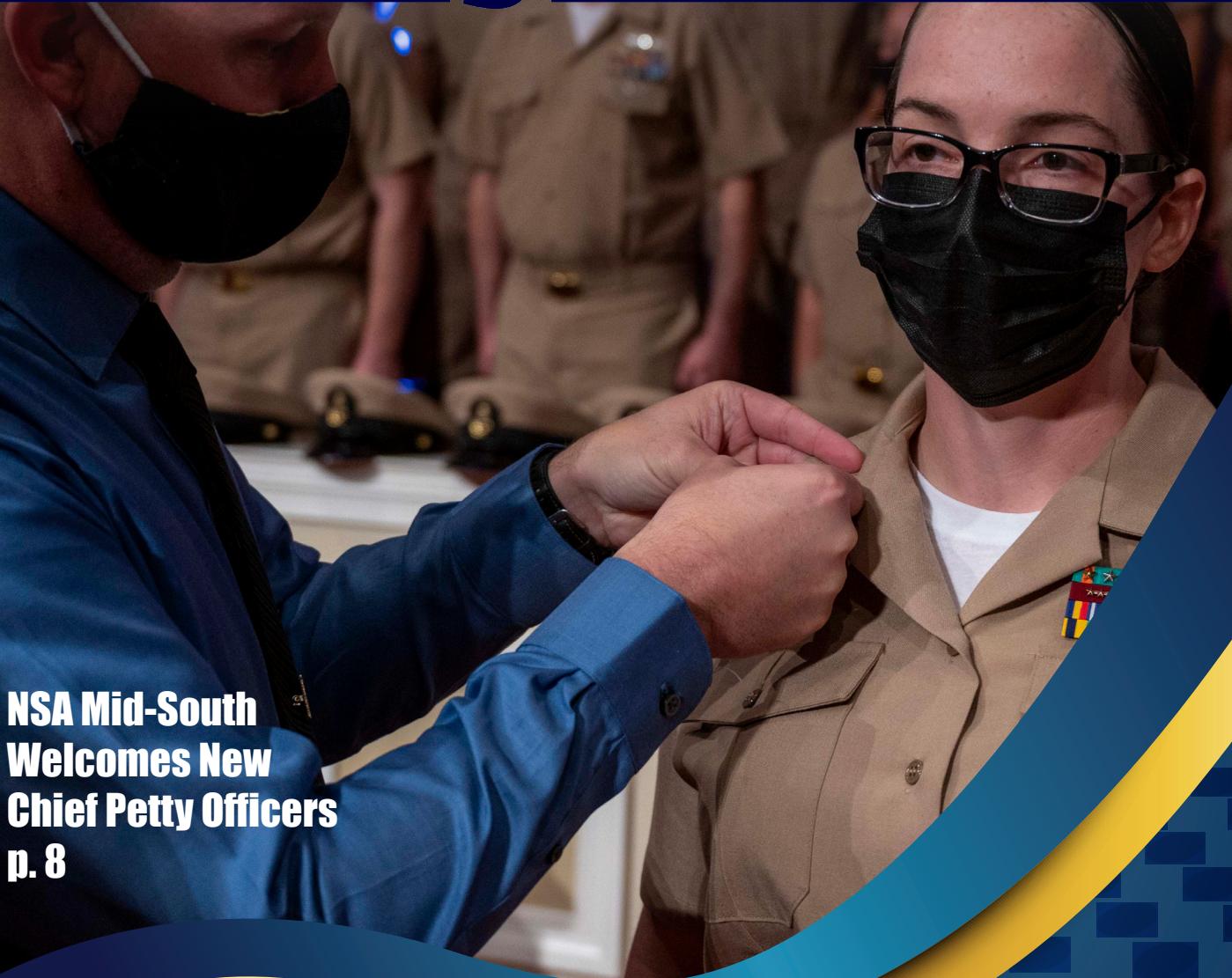


THE Bluejacket

Naval Support Activity Mid-South

December 2021: Volume 79, No. 12



**NSA Mid-South
Welcomes New
Chief Petty Officers**
p. 8



Naval Support Activity Mid-South Leadership



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Capt. Michael Mosbruger



Executive Officer
Cmdr. Chris Hahn



Command Master Chief
CMDCM Donald Ates

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Captain's Corner

It's hard to believe that 2021 is coming to close. With Thanksgiving behind us, we are heading into a busy holiday season with many fun occasions as well as some new stressors to balance. Do not lose sight that our nation's military remains vigilant, on duty, and on watch over these holidays every year, and they deserve our full support. My priority is to ensure our teams get a chance to take a break over the holiday while we ensure all of our missions are poised to provide full support and back-up to our customers.

We have worked hard this year in an ever-changing environment. A lot was asked of each of us as we dealt with policy changes and often-changing protocol for navigating a global pandemic. I hope that each of you is able to take some hard-earned leave to spend time with family and friends and some time away from work to rest and recharge.

As we enter our stand-down period, I want to ensure you that our team is still working around the clock to keep this installation safe and secure and to provide you with the services available to make sure YOU are safe and secure.

As we make our holiday plans, we must be realistic. In order to beat the virus back to zero, we need to be patient with the mitigation measures and not allow it to gain another foothold and/or mutate further into something the vaccine doesn't protect against.

Holiday gatherings can still be super-spreader events, irrespective of vaccination coverage. We all want to be back to normal, but we are not yet back to normal. Being responsible is our service duty to the country, and folks look to us to lead.

It's not just a virus we must be mindful of over the holidays. Distracted driving and speeding are going to kill far too many innocent people this year. If you're driving long distances home or short distances around town, keep risk management in the forefront of your mind. If you find yourself with an alcoholic drink in your hand, your very next thought should be to form a safe plan to get home. A taxi or rideshare fee is dust compared to the costs of a DUI citation.

The missions we carry out here in Millington, Tennessee, are vital to the success of our Navy and our military. Each of you plays an important role in those missions, so we need you back here safe and healthy in the New Year.



Should you need assistance with an emergent matter over the holiday season, don't forget that our Navy and Marine Corps Relief Society is standing by to help! Their office is located in our Chapel, and you can reach them at (901) 874-7350. If you need assistance when NMCRS's office is closed, please contact the American Red Cross at 1-877-272-7337, and request they act as your liaison to the Navy-Marine Corps Relief Society.

While it is a myth that suicides increase over the holidays, it is not always a time for joy for everyone. Please look out for your shipmates over the coming weeks. We are a family, and each of us can help bring a sense of connection and inclusion to our community by simply reaching out to one another. A quick phone call or text to let someone know that they are in your thoughts can go a long way.

If you are struggling, please don't hesitate to ask for help. You can reach out to our Fleet and Family Support Center at (901) 874-5075 or our Chapel at (901) 874-5341. They are there because we all need them, and we know for a fact they do a great job in helping solve many problems. Have a safe and relaxing holiday, and I'll see you in 2022.

Capt. Mike Mosbruger
Commanding Officer

Personnel in the Spotlight: Rodger Aitken, 52 Years Serving in Millington

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

James “Rodger” Aitken came to work at then-Naval Air Station Memphis as an engineering technician in June 9, 1969. After spending four years in Guantanamo Bay, Cuba, with two as an enlisted Engineering Aide in the Navy, he returned to his home of west Tennessee after being selected for a job doing what he loved: civil engineering.

“The base was originally three separate bases: Naval Air Technical Training Center, the naval air station and then the naval hospital,” said Aitken. “Our acreage is probably about half of what it was when I came to work here. We had 3,264.96 acres, and I learned that the first week after I came here. I grew up as a surveyor, so I’m kind of latched onto the details.”

After spending a few years in Millington, Aitken began his schooling at Christian Brothers University but initially found difficulty juggling a family and working full-time while enrolled in college. Through determination and perseverance, he overcame the odds.

“I went back to school on probation, and it took me a while, but I worked off every one of my ‘F’s’ except one, and I ended up graduating ‘cum laude,’ ” said Aitken. “I had this conversation with a friend of mine whose son wasn’t doing well in school. I said that there’s hope. I flunked out, went in the Navy and got my head on straight. They also came out with the Cold War GI Bill around the time I came off active duty, and that’s how I got my master’s in civil engineering.”

A proud graduate of Memphis State University (before changing its name to University of Memphis), Aitken’s achievements aren’t limited to his education or work as a civilian; he’s also a retired master chief.

“On the other side of my career, I did 32 years in the Navy Reserve, with 13 as a master chief,” said Aitken. “I got my sleeve redone with my eight gold hash marks, at the uniform shop on base. I picked my uniform up and had it over my shoulder, and there was a young guy walking in to get his first third-class crow sewn on. He stops, counts the stripes and says ‘you were in the Navy before I was born,’ and I said ‘yes,



but you can achieve this too.’”

With his countless experiences since first arriving at NSA Mid-South, Aitken’s stories are varied and numerous, being somewhat like a historian for the installation.

“There was an article in the Memphis paper about us having a dedication for the Capodanno building,” said Aitken. “Some guy in Memphis’s secretary called out to the CO’s secretary and asked if he could attend the ceremony since Capodanno had been his chaplain in Vietnam. The guy’s name is Fred Smith, who owned a little company called FedEx. Guess who the guest speaker was, just because he saw the article in the paper?”

Though he’s earned plenty of accolades throughout his years working in Millington – not limited to the Peggy B. Craig Lifetime Service Award – Aitken appreciates the relationships he’s developed and built over anything else, with plenty of anecdotes to match.

“About six weeks ago, I was at my doctor’s of-



Rodger Aitken, right, with Dave Wainwright, retired, in 1999 present an installation map as part of a public works project. Below, Aitken's desk contains nearly half a century of history of the Navy in Millington, Tennessee. Photos courtesy of Aitken.

fice, and an older gentleman walked up to the counter I happened to be sitting by," said Aitken. "He was trying to change the date of his upcoming physical, and he said his name was Ben Woodworth. I asked him if he was ever commanding officer of Naval Air Station Memphis. He said 'well, I got my wings there in 1951 when they were still training pilots, but I came back from '83 to '84 as the CO. I said 'well, sir, I remember you.' We talked for a little bit, and he actually thanked me for remembering him."

Though he's spent the vast majority of his life working at NSA Mid-South and has a wealth of accomplishment behind him, Aitken is in no rush to retire.

"I enjoy what I do," said Aitken. "June 9, 1999, I could've retired if I was age 55, which I hit April of that year. I'm thinking about maybe considering the possibility of retiring January 2025 because I'll be 80 in 2024, but if I wait until the 1st of January, I carry over my leave, and they'll pay me for what I haven't used. If you enjoy what you do, I've been told 'it's not



a job.'"

Aitken's attention to detail and appreciation for the history of the installation make him a valuable resource for not only the public works office, but the command at large. Additionally, his vision and ability to see the installation change over the decades has ensured our success whether dealing with aircraft or human resource missions.

DECEMBER 2021

FLEET & FAMILY SUPPORT CENTER
BUILDING 456, 3RD FL.
901-874-5075



SUN	MON	TUE	WED	THU	FRI	SAT
			1 1100—1200 Teens & Money 1300—1400 Post-Deployment Workshop	2 0830—1230 USA Jobs & Federal Resumes 1300—1400 Car Buying 1300—1600 Resume Writing	3	4
5	6 0800—1600 TAP	7 0800—1600 TAP 0900—1000 Smooth Move (CONUS) MBTI 1400—1600	8 0800—1600 TAP 0830—0930 Sponsor Training 1000—1100 Maximizing Your TSP 1200—1500 Resume Writing (Virtual)	9 0800—1600 DOL My Employment 0900—1000 Conflict Management 1200—1300 Preventing & Responding to Child Abuse & Neglect 1400—1500 Sponsor Training (Virtual) 1800—1900 Teen Job Search (Virtual)	10 0800—1600 DOL My Employment	11
12	13 1130—1430 VTAP Financials (Virtual) 1500—1600 VTAP MOCX (Virtual)	14 0900—1100 Interviewing Skills 0900—1000 Stress, Anger, and Time Management	15 0800—1600 Million \$ Sailor 0800—1600 Boots to Business	16 0800—1600 Million \$ Sailor 0800—1600 Boots to Business	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Month of December 2021

Health Promotion Topic: **Impaired Driving Prevention Month**

Week 1- Make safe choices about drinking and driving during the holiday season to avoid negative outcomes.

Holiday parties and family gatherings are events that many look forward to at the end of the year, but these environments may increase the risk for Sailors and Marines to engage in unhealthy alcohol behavior. You may think that having a few drinks to take the edge off isn't enough to cause you to make bad decisions behind the wheel. But it only takes one time to hurt yourself, others, or your career. You can use the following tips to make safe choices about getting home:

- Make arrangements to have a non-drinking designated driver.
- Have a family member or friend pick you up.
- Call a taxi or use a ride share program. Program the number in your phone or download the app before the night begins so you have it available when needed.
- Plan to stay overnight.

Week 2 - Check medications you take to see how they react with alcohol. Are you brewing a recipe for disaster without realizing it? Alcohol and medicines may create a harmful reaction even if they are not taken at the exact same time. When mixed with alcohol, over-the-counter cold medicine can intensify drowsiness and ibuprofen can create a rapid heartbeat in some people. Many medications have more than one ingredient that can react with alcohol, so know the facts about your medications and whether it is safe to consume alcohol while you take these medications. Be sure you are aware of side effects and interactions of all over-the-counter and prescription medications by talking to your health care provider or pharmacist, especially before getting behind the wheel. Medications can have similar negative effects to alcohol such as impaired judgment, perception, and motor skills. Take a taxi or use a ride share if needed.

Week 3 - Tips for a Healthier Holiday

1. **Take Inventory:** Identify those situations which make it difficult for you to eat healthy during the holiday. Make a plan for staying on track in each situation.
2. **Stay active:** Don't mistake being "busy" for being "active". Aim for the recommended 30 minutes of activity every day. Break it up into a 10-15 minute sessions if you are pressed for time.
3. **Try Healthier recipes:** Think more fruits and veggies, and less fat in your cooking. Focus on portion size.
4. **Budget wisely:** Watch your intake during the day if you are going to a party that night. Make healthy filling choices early in the day to budget a few more calories for the party. Again focus on portion size!
5. **Enjoy your food** – focus on small portions of those special holiday foods, eat mindfully.
6. **Focus on family and friends!**

Have a Happy and Healthy Christmas and New Year and consider this – the holidays can be a time of joy and gratitude without drinking at all!

Week 4 - End your year on a high note by drinking responsibly. Planning ahead is key to making safe and healthy decisions about drinking and driving during the holiday season. Many people mistakenly think that you can calculate your blood alcohol concentration (BAC) based upon how many drinks you've consumed. BAC is actually based on many factors including body weight, amount of food eaten, how fast you drink, and your gender. A BAC as low as .02% can create a loss of judgment and trouble multitasking, and a BAC of .05% impairs coordination, tracking moving objects visually, and steering a vehicle. Even drinking one or two drinks can have an effect on your ability to judge and react. If someone you know is drinking, do not let that person get behind the wheel. If you plan on drinking, decide how you will get home before you start drinking.

NSA Mid-South Welcomes New Chief Petty Officers



New chief petty officers received their new combination covers during the time honored pinning ceremony in Millington, Tennessee, on November 19.

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

Forty-one Sailors were promoted to the rank of Chief Petty Officer during a pinning ceremony at Crosspointe Baptist Church in Millington, Tennessee, Nov. 19.

The ceremony was attended by friends, family members and fellow Sailors alike, in contrast to 2020's virtually-held pinning.

"Every season is unique in and of itself, but the pandemic has changed things, like how many people could attend the pinning ceremony, since only the fully vaccinated could attend," said Chief Personnel Specialist Laura Leopold, the Reserve pay and manpower department head at Navy Operational Support Center (NOSC) Memphis. "That does change the dynamic. I'm just grateful that we got to have a face-to-face season since last year's was virtual."

The training season for the new chief petty officers included mitigation to reduce the spread of COVID-19. Additionally, the pinning ceremony itself had several measures in place to ensure the health and safety of all who attended.

"I am proud of the work that the chief mess did to ensure a safe season for all of our personnel and families," said Capt. Mike Mosbrugger, commanding officer, NSA Mid-South. "I am confident that our new chiefs are ready for their new roles and am proud of what they have accomplished making it to this level in their careers."

Aside from new COVID-related requirements, Chief Gas Turbine Systems Technician (Mechanical) Christopher Lussier, assigned to NOSC Memphis, faced a unique predicament during the season by being the only Reservist in his rate to be selected.

"Personally for me, being that I was one of one, I was actually officially a 'chief' on September 16," said Lussier. "Three weeks after the results, I officially became an E-7, so I had to continue on in the season with some people asking me why I'm not in uniform, but I made the choice to continue as an E-6 to get pinned with the rest of my class."

Lussier was driven by his father, a retired master chief, to follow down the same route and join the fraternity.

"I grew up in the Navy as a kid, and it just became natural to join," said Lussier. "Personally, it means following dead in my father's footsteps and making him proud to have another chief in the family. Not just him, but all the chiefs from the beginning of my career. I've had chiefs, senior chiefs and master chiefs in my career that have always been motivating."

Chief Master-at-Arms Cory Rhea, assigned to NCIS, said that his inspiration to make chief came from his grandfather, who was also a retired master chief.

"He died about 12 years ago, but he always brought me out to the base," said Rhea. "We got to park in the 'master chief' parking spots, and seeing the way people looked at and talked to him made me want to do more and follow him in the Navy. When he came to my graduation at boot



camp, I could tell that was one of the proudest moments in his life. I have a wife and two daughters, and they couldn't be more proud. There have been times when they've wanted it to be over, but they turn around, and they're motivated to finish this and make it."

Leopold said that her family also has helped her get to this special point in her career.

"My father-in-law is a former chief who converted to LDO (limited-duty officer) before he retired," said Leopold. "He never let me settle or give up on myself, and my husband, who's a PS1 (personnel specialist 1st class). I'm grateful for both of them; for my husband to be there and bounce interpretations of policies or ideas, and my father-in-law to give leadership guidance."

All three new chiefs expressed a desire to give back to their junior Sailors by providing mentorship and guidance.

"This ceremony marks a big transition for these Sailors as they join the ranks of Chief Petty Officer," said NSA Mid-South Command Master Chief Donald Ates. "I am proud of the work they and the season committee have done to prepare for not only this ceremony, but also for the challenges they will face as new leaders in the Navy. These Chiefs will remember this day for the rest of their lives."



Photos courtesy of Mass Communication Specialist 2nd Class Justin Whitley and Mass Communication Specialist 2nd Class Chad Swysgood.

FY-22 CHIEF PETTY OFFICERS



NCC Katie M. Allen
YNC Chandrika S. Anderson
CSC(SW/AW) Orlando D. Andrews
HMC(FMF/SW/AW/IW) Nicholas C. Belflower
GSEC(SW/AW) Jeremy D. Banks
STGC(SW/AW) Mark A. Barnett
CSSC(SS) Joel C. Brackett
BMC(SW/AW/IW) Danielle S. Brown
PCS(SW/AW) William A. Bullock
HMC(FMF) Alejandro Calzada
YNC(EXW) Sharleen L. Ciesielska
YNC(SW/IW/AW) Ruben K. Cuadrado
YNC(SW/AW) Lenora A. Deloatch
HMC(FMF) Garland E. Demazeliere
YNC(EXW) Claudia M. Diazhidalgo
UTC(SCW) Jacob J. Drevecky
MAC(SW/AW/IW) Andres D. Eguigure
PCS(SW/AW) Theophilus H. Fontenot Jr.
SWC(SCW/EXW) Andrew P. Gray
ETC(EXW) Charlie Giedd
MAC(EXW/SW) Steven R. Harrison
EOC(SCW/EXW/SS) Joshua A. Holliday
ENC(SW/SCW) Sarabjit Kaur
AEC(AW) Jason D. King
PSC(AW) Laura E. Leopold
GSM (SW) Christopher E. Lussier
PSC(SW/AW) Alyssa M. Martinez
HMC(FMF/EXW) Sterling L. May
PSC(SW/EXW/AW) Zachary A. Mays
FCAC(SW/AW) Andrew J. McKnight
ABHC(AW/SW/IW) Joseph M. Nicolas
SWC (SCW/EXW) Dylan J. Patchak
SWC(SCW/EXW) Harry D. Persadsingh
FCC (SW/AW) Zacharia S. Pinkham
PSC (SW) Carlos A. Quiroz
MAC Cory Rhea
YNC(SCW/EXW/AW/SW) Robert L. Rogers
PSC(SW) Iliana R. Shively
ADC(AW) Garrett E. Sizemore
HMC(FMF) Micheal R. Smith
QMC(SW) Brexton A. Snow
AZC(AW) David M. Stoddard
CTIC(IW/SG) Tyler J. Webb
STSC(SS) Jared G. West

12 DAYS OF SAFETY

1

Place candles on a sturdy, non-flammable surface, never near trees or boughs and don't leave them lit unattended.



2



Did you know? Thanksgiving is the peak day for home cooking fires. Be alert to the dangers if you're thinking of celebrating the holidays by frying a turkey.

3



The chimney should be checked annually by a professional.

Even if the chimney is not due for cleaning, it is important to check for animal nests or other blockages that could prevent smoke from escaping.

4



Make sure your tree has a stable platform. If using a natural tree, make sure it is watered. Keep trees away from fireplaces, radiators and other heat sources.

5

Replace light sets that have broken or cracked sockets, frayed or bare wires or loose connections. Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire.



6

If using an artificial tree, check that it is labeled "fire resistant."



7

When putting up decorations, choose the proper ladder or stool to do the task safely.



8

Toys are age-rated for safety, not for children's intellect and physical ability, so choose toys in the correct age range. Choose toys for children under 3 that do not have small parts which could be choking hazards.



9

Keep potentially poisonous plants – mistletoe, holly berries, Jerusalem cherry, poinsettia, and amaryllis – away from children and pets.



10

Wash your hands frequently when handling food.



Keep raw meat away from fresh produce.

Reheat leftovers to at least 165°F.



11

Turn off all lights and decorations when you go to bed or leave the house.



www.navalsafetycenter.navy.mil



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issuu.com/navalsafetycenter



NSA MID-SOUTH

DEPARTMENT IN THE SPOTLIGHT



The NSA Mid-South Public Works Department, located in Bldg. 455. (Photo by Mass Communication Specialist 2nd Class Preston Jarrett)

Department description & mission

- PWD Mid-South plans, builds and maintains sustainable facilities and delivers best-value public works, utilities, transportation, environmental, real property, energy and facilities engineering & acquisition services to support NSA Mid-South.

What does your department do?

- We are responsible for planning, programming, and management of all real estate, facilities, utilities, and multiple pieces of transportation and material handling equipment at NSA Mid-South. We also develop maintenance, repair, and construction requirements and manage execution of the work through local contracts, Special Projects, and Military Construction.

What is your organizational structure?

- Our department consists of Facilities Management, Facilities Engineering & Acquisition, Production, and Environmental divisions.

Public Works

How many personnel work for your department?

- 41 civilians, 1 contractor, 2 military

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

- The most likely interface that we have with tenant commands is through KJS, the Base Operating Support (BOS) contractor. When a tenant command calls in a service order, we manage the response by KJS to resolve the issue called in by the service order. In addition, we collect requirements for larger construction and facility service projects and figure out the best means get the project done.

What do you think is the most common misperception about your department?

- We often hear that PWD has had a job sitting on the shelf for years without executing or that PWD took back the government vehicle, but in many cases, we are just waiting for funding to be able to pay for the project or vehicle or service. We are the conduit to get the work done, but very seldom the sponsor.

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

- The pandemic has decreased the daily population of NSA Mid-South to a fraction of what it was beforehand. With decreased numbers in our facilities, to save money, PWD has refined our Environmental Management Systems practices to allow for greater highs and lows in facilities' temperatures while still protecting the facilities from unwanted humidity which could cause mold and other issues.

Security Drills Strengthen Installation Safety and Security

by **Mass Communication Specialist 2nd Class**

Preston Jarrett

Photos by Mass Communication Specialist 1st

Class Bryan Niegel, Navy Office of Community Outreach

The security department, emergency services and installation training team aboard NSA Mid-South conducted an active-shooter drill Nov. 2.

Planning for the drill began Oct. 13 once the base's installation training team was first granted permission to use the designated training site.

"For each drill, I try to obtain a different training site to ensure that our naval security forces and their mutual aid partners are able to work on approaches to different buildings and tactical movements," said Lane Jones, installation training officer for NSA Mid-South. "It also provides training for fire and emergency services and their mutual aid partners in support of rendering aid to injured personnel and having to maneuver through buildings with unique floor plans."

Dexter Allen, security director of NSA Mid-South, said that regular drilling is needed to keep base security forces ready to combat a potential threat.

"In order for our security forces to perform at the top of their game, we must routinely exercise the skills they need when responding to crisis," said Allen. "Training drills, like the one we had, provide our team a safe environment for them to develop their skills and grow their knowledge about emergency response situations."

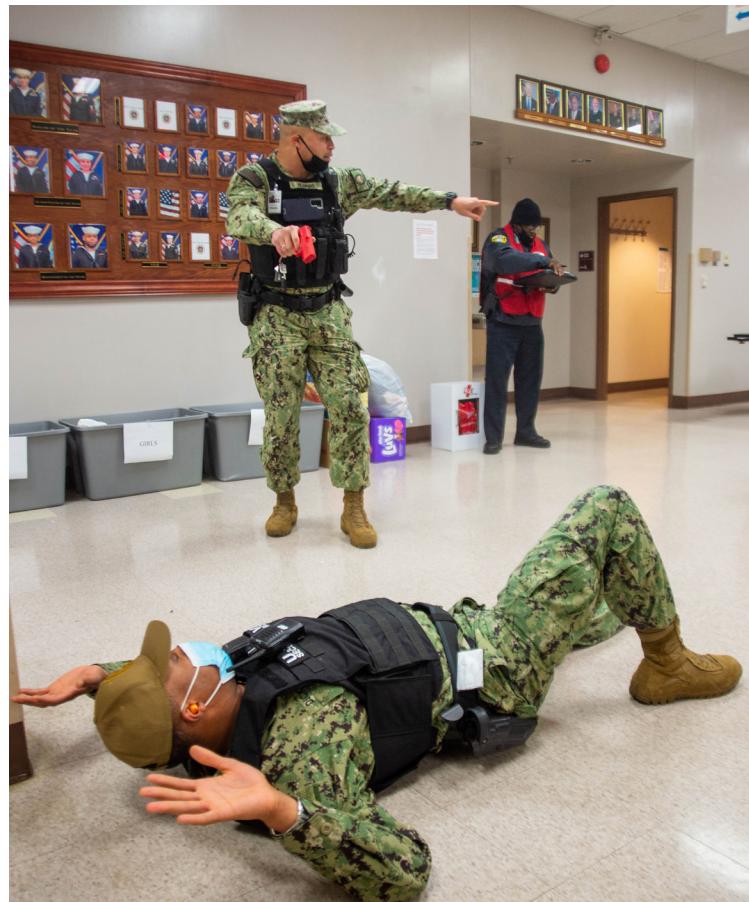
Jones said that another goal of these drills

is to accomplish specific objectives, which are set by the installation training team.

"The drills consist of reviewing and updating already established pre-planned responses, standard operating procedures and emergency action plans," said Jones. "For this drill, we knew that each building on and off the installation is different, and we wanted to take into consideration how to approach each building and set perimeters. We excelled in our naval security forces, fire and emergency services being able to work well together with their mutual aid partners."

Jones said that tenant commands aboard the installation are welcome to volunteer to be used as a training site for future exercises.

"They just have to ensure it's approved from a senior member in charge of the building," said Jones. "Pre-planning meetings are always welcome to discuss





and address questions personnel from training site may have. For this drill, we started shooting blanks from an M-14 rifle to give the drill a real life sound of gun fire within the building, so addressing concerns like this is very important beforehand.”

Base residents and workers can plan ahead for Citadel Shield and Solid Curtain in coming months.

“Citadel Shield runs from Jan. 31 to Feb. 4,” said Jones. “During this week, you can expect the base to be put in lockdown and temporary closure of ECPs (entry control points), which will lead to longer wait times. For Solid Curtain from Feb. 7 to Feb. 11, you can expect longer wait times at the ECPs due to FPCON (Force Protection Condition Level) changes.”



Memphis Native Serves on USS Carl Vincent



SOUTH CHINA SEA -
Aviation Ordnanceman 2nd Class Davis Robert, a native of Memphis, Tennessee, assigned to the "Golden Dragons" of Strike Fighter Squadron (VFA) 192, conducts maintenance on an M61A2 gun system in the hangar bay of Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson Carrier Strike Group is on a scheduled deployment in U.S. 7th Fleet to enhance interoperability through alliances and partnerships while serving as a ready-response force in support of a free and open Indo-Pacific. (Photo by Mass Communication Specialist 3rd Class Isaiah Williams)



millingtonpubliclibrary.org
(901)872-1585



SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

Library Events

Santa at the Library & Cookie Decorating
Friday, December 3,
5:30-7 p.m.

Storytime Wednesdays
at 11:15 a.m.

Storytime Thursdays at
4:30 p.m.

Kids Craft Time
Saturdays at 11:30 a.m.

Computer 101 Class
Wednesdays at 2 p.m.



DECEMBER 2021

			1 11:15 Storytime 2pm Computer 101 	2 4:30 Storytime	3 Santa at the Library and cookie decorating 5:30-7 :00 p.m. 	4 11:30 Craft time 
5	6	7	8 11:15 Storytime 2pm Computer 101 	9 4:30 Storytime 	10	11 11:30 Craft time 
12	13 5:00 Medicare 101 	14	15 11:15 Storytime 2pm Computer 101 	16 4:30 Storytime 	17	18 11:30 Craft time 
19	20	21	22	23	24 Library Closed for holidays	25 Library Closed for holidays
26	27	28	29 11:15 Storytime 2pm Computer 101 	30 4:30 Storytime 	31	

Navy Personnel Command Hosts Career Development Symposium in San Diego

Story by Mass Communication Specialist 2nd

Class Jared Catlett

Navy Personnel Command

Photos by Doug Bedford, Navy Personnel

Command

SAN DIEGO -- The MyNavy HR Career Development Symposium (CDS), hosted by Navy Personnel Command (NPC), visited Sailors stationed throughout Navy Region Southwest at Naval Base San Diego and Naval Air Station North Island Nov. 3 and 4.

CDS brings senior MyNavy HR leadership, subject matter experts and detailing and community management teams directly to Sailors to provide career development information, showcase new and emerging Navy programs and initiatives, explain how these changes will be affecting them, and offer Sailors the opportunity to ask questions and voice concerns.

"This is the first Career Development Symposium that we've done in two years and what a crazy two years it's been with COVID," said Chief of Naval Personnel, Vice Adm. John Nowell, Jr. "We took that time to look at how to do it differently and so this revamped trade show approach is much more relevant, much more interesting and just a lot more fun for our Sailors."

The symposium gave Sailors a detailed first look at multiple ongoing MyNavy HR initiatives that included Sailor 2025, MyNavy Career Center, My PCS Mobile, MyNavy Assignment, enlisted advancement and career development topics.

"What we do is about changing lives and improving outcomes," said Rear Adm. Alvin Holsey, Commander of Navy Personnel Command. "Last year CNO published his navigation plan with four main priorities of Capability, Capacity, Readiness and Sailors. The MyNavy HR enterprise has specific priorities that align with the navigation plan these are building a



navy that can fight and win, optimizing talent management, providing exceptional support to our Sailors and their families, and transforming the MyNavy HR enterprise."

Senior leaders, including Nowell, Holsey, Master Chief Petty Officer of the Navy (MCPON) Russell Smith, and senior community managers and detailers also answered a range of questions and discussed major improvements happening across the MyNavy HR team.

"Bringing this apparatus out here to the Sailor and saying, we know you are busy, you have training, you have maintenance, you got to get ships ready to go on deployment, you've got Sailors that need the training so that they are ready to deploy in those ships," said Smith. "We are going to bring this apparatus to you and make sure you're aware of all of the things that allow you and enable you to contribute to the Navy's victory."

In addition to engaging with the speakers, Sailors met with detailers, community managers, and a wide array of advisors for programs such as Warrior Toughness, MyNavy Career Center and eNavfit. The symposium aims to empower Sailors with the knowledge and tools they need to successfully manage their careers.

More than 1,500 Sailors attended the events across region Southwest at the separate events hosted on Naval Base San Diego and Naval Air Station North Island.



Sexual Assault Awareness and Prevention Spotlight

SAPR Spotlight: HM3 India Lipscomb

The SAPR Spotlight is shining on Unit Victim Advocate (UVA) HM3 India Lipscomb (Navy Medicine Readiness and Training Unit-Memphis). Petty Officer Lipscomb earned her credentials in January and quickly became an integral part of the Mid-South SAPR Program. When asked why she chose to advocate, she replied:

“I am a victim advocate because we live in a time where everyone knows someone who has been a victim but yet, no one seems to know any offenders. Their thoughts and concerns go unheard due to the stigma that society has created. They deserve to be listened to, heard, and supported no matter what anyone thinks or feels. It’s an honor to be able to provide that support.”

The NSA Mid-South SAPR Team is currently looking for active duty volunteers to join our cadre of credentialed UVAs. The Sexual Assault Response Coordinator (SARC) can be reached at 901-874-7423 for inquiries.

If you or someone you know or love would like to speak to our on-call credentialed UVA, they can be reached 24/7 at 901-619-8341. We are always here for you and BELIEVE YOU!



TRICARE PHARMACY COSTS



	Generic Formulary Copayment	Brand-Name Formulary Copayment	Non-Formulary Copayment	Non-Covered
Military Pharmacy (90 Day Supply)	\$0	\$0	<i>Generally not available without medical necessity.</i>	<i>Not Available</i>
TRICARE Pharmacy Home Delivery (90 Day Supply)	\$12	\$34	\$68	<i>Not Available</i>
Retail Network (30 Day Supply)	\$14	\$38*	\$68*	<i>Full Cost</i>

Active duty service members have a \$0 copay for covered drugs at any pharmacy.

* For all beneficiaries except active duty service members, select brand-name maintenance medications (taken for long-term conditions) may only be filled twice at retail and then must be filled via home delivery or military pharmacy.

TRICARE.mil/costs



TRICARE Changes

As of 1 January 2022, TRICARE pharmacy copayments will change for all beneficiaries, except Active Duty Service Members (ADSMs), dependent survivors of ADSMs, and medically retired service members and their dependents.

Congress and the Department of Defense (DoD) worked together on these changes, which Congress passed into law as part of the National Defense Authorization Act for Fiscal Year 2018. These changes are part of a larger effort to generate discretionary savings for the DoD to fund improvements in military readiness and to modernize the TRICARE health benefit.

With these changes, military pharmacies continue to remain the lowest cost pharmacy options for TRICARE beneficiaries, who have the option to get generic and brand-name drugs for \$0 copayment.

Home Delivery is still an option for certain prescriptions. Please note that certain Brand-Name maintenance medications (long-term medication) can only be filled twice at retail. After two refills, maintenance medications must be filled via home delivery or at a military pharmacy. Acute medications (short-term medication) are available at retail pharmacies.

Visit the TRICARE Pharmacy page to learn more. You can also view the TRICARE Pharmacy Copayments to Increase in 2022 article to see the updated costs for the upcoming year.



THE U.S. NAVY ARCHIVES

Naval History and Heritage Command's Navy Archives collects, preserves, protects, and makes available official records and donated personal collections that best embody the U.S. Navy's rich history and heritage for present and future generations. Collections often include a variety of materials, including letters, diaries, notebooks, speeches, scrapbooks, photographs, and more.

U.S. Navy Archives by the Numbers



4 Facts About the Navy Archives

- 01**
We go way back. The archiving of U.S. Navy records started in 1882 with the formation of the Office of Naval Records and Library within the Office of Naval Intelligence.
- 02**
We provide reference services. Are you a veteran, scholar, or researcher? We can help you search NHHC's collections of photography, operational records, personal papers, and ship and aviation unit records.
- 03**
We want to learn about your unique collection. If you have a unique document, manuscript collection, photograph collection, or scrapbook in your possession, consider contacting the Navy Archives.
- 04**
We are open to the public. The archives are open to the public for research, by appointment, with some restrictions for classified records. For more information, send an e-mail to archives@navy.mil.

Have Something to Donate?

Here's what we need to know!



Sources: Naval History and Heritage Command. Infographic by Naval History and Heritage Command Communication and Outreach Division.

Commander, Navy Region Southeast Presents Awards at NSA Mid-South



Top left: Megan Stevens, MWR, receives 10-year length-of-service award from Rear Adm. Wesley McCall during an all-hands ceremony on November 19. Top right: Lexye Scott, NGIS, receives a 20-year length-of-service award. Bottom left: Religious Program Specialist 1st Class Matthew Olvera is awarded as Sailor of the Quarter for the fourth quarter. Bottom right: Boatswain's Mate 3rd Class Manuel Chanon receives a Navy and Marine Corps Achievement Medal for his service at NSA Mid-South. (Photos by Mass Communication Specialist 2nd Class Preston Jarrett)

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Naval Education and Training Command Expands Scope on board NSA Mid-South



NETC N3 Director Kent Miller speaks to personnel.

Story and photos from NSA Mid-South Public Affairs Office

Onboard NSA Mid-South, a growing directorate operates in landlocked Tennessee to ensure Sailors transition through the training pipeline efficiently and effectively.

Naval Education and Training Command (NETC), led by Rear Adm. Pete Garvin, is the U.S. Navy's Force Development pillar and largest shore command. Through its "Street to Fleet" focus, NETC recruits civilians and transforms them into skilled warfighters ready to meet the current and future needs of the U.S. Navy.

Miles away from their headquarters command in Pensacola, Florida, the N3 directorate here is responsible for coordinating that process.

"We are in charge of the planning and management of Sailor recruitment, boot camp, and initial skills training ("A" schools)," said Daniel Ammons-Moreno, deputy director of NETC N3. "Our core business processes revolve around the planning of future ac-

sions (new Sailors), efficient execution of current Sailors in training (quotas, timing, reclassification, attrition), and initial distribution to the fleet (first sea tour/first set of orders)."

While it may seem counterintuitive to be located geographically away from their HQ, having the N3 directorate of NETC on board the installation makes sense when considering the other installation tenants.

"NETC is one of the two major pillars of MyNavyHR, peer to Navy Personnel Command and immediate supervisor in command of Navy Recruiting Command," said Ammons-Moreno. "NETC N3 works closely with NSA Mid-South tenant commands (NRC, NPC, BU-PERS-3, and NAVMAC) in the performance of core missions."

The proximity to other commands within the MyNavyHR allows NETC N3 to work closely with the recruiting and distribution hubs, often meeting face-to-face to work out issues and develop improved processes.

"NETC N3 works day-to-day with various NSA Mid-South tenants such as Navy Recruiting Command, enlisted community managers and enlisted detailers," said Joe Rice, Student Management branch head. "The support we get from our HQ in Pensacola is excellent, but due to the nature of our work and constant coordination needs with NSA Mid-South tenants, NETC N3 is more effective in Millington, Tennessee, than anywhere else."

NETC N3 is responsible for 10 different mission areas dealing with getting Sailors through recruit training, to their initial 'A' school, 'C' Schools and finally out to the fleet ready to work.

"We are involved every step of the way as a Sailor enters the Navy and learns their trade," said Kent Miller, director. "We have a team of analysts who work with the fleet to recognize the needs of the Navy and then work to ensure our training commands are meeting those needs."



We are the operational arm of NETC writing orders and detailing new Sailors through the training pipeline.”

Recently NETC N3 took on the additional missions in the areas of quota control and fleet liaison.

“NETC N3 was already managing training quotas for initial pipeline training of Sailors,” said Rice. “Now we will also be managing the scheduling of training for fleet Sailors.”

In their role as fleet liaison, the directorate works directly with commands to ensure training schedules and curriculum meet the needs of the fleet.

These new missions involve much more interaction with the fleet around the world as well as some growth for the installation. NETC N3 acquired more than 20 new positions to support these missions. While some of those positions will be physically located in Millington, Tennessee, some personnel assigned to NETC N3 are working remotely in far corners of the globe. NETC N3 now has about 90 personnel assigned to the installation.

“This conversion brings a new supervisory element from afar with late evening or even late-night

Above: An NETC N3 detailer speaks with a fleet unit about orders for a Sailor in training. Below: NETC N3 accession distribution division meets for an awards ceremony.



meetings with some of our new staff in Japan,” said Rice. “On the flip side, this conversion allows us to grow our already healthy deckplate relationships with type commanders and fleet units, ensuring our training needs are understood to support the Navy’s mission. Ultimately, the fleet should see little to no change as an end customer of our services.”



Preparedness Empowers You
It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

Be Ready Navy!
I am. Are you?

Lockdown

During some emergencies, it may become necessary to “Lockdown” a building or buildings on an Installation to protect lives and minimize the overall exposure to danger.

A Lockdown, similar to Shelter-in-Place (SIP), is a temporary sheltering technique utilized to limit exposure to a threat, usually an Anti-Terrorism Force Protection (ATFP) incident, i.e. an Active Shooter incident. It is the immediate movement or removal of all personnel from the outside to inside structures. When alerted, occupants of any building within the subject area will lock all doors and windows, barring entry or exit to anyone until the “all clear” has been sounded. This procedure converts any building into a large “Safe Room.” A Lockdown can last from a few minutes to several hours, depending on the situation.

How to Prepare

Be Informed

- Learn the emergency and lockdown procedures for the buildings in which you work and visit regularly.
- Understand how lockdown procedures are initiated and alerts are broadcast.
- Take steps to register your work and personal contact information in the Wide Area Alert Network (WAAN) so that you may receive emergency alerts by text or email.
- Educate yourself about how to prepare for and what to do during an Active Shooter incident.
- Know who to notify and what you should do if loud “pops” are heard and gunfire is suspected.
- Ensure that multiple people are trained to initiate and broadcast a Lockdown from a secure location.

Make a Plan

- Determine where you would seek refuge during a Lockdown.
- Create a Lockdown plan that includes a plan for non-verbal communication with emergency personnel, your chain of command, and loved ones.
- Make a contact card with important numbers and email addresses.
- Practice Lockdown procedures and reassess and modify your plan if any issues arise.

Build and Store a Portable Kit

- Build a small portable emergency supply kit that can be kept at your office.
- Include water, comfortable low-heeled shoes, granola bars or other non-perishable food, your emergency plan and contact card, and any medications you may need.

Lockdown



How You Will Be Notified

Navy Installations (worldwide) use the WAAN as an effective and reliable mass notification system to maximize the potential to warn and direct affected personnel during a crisis through multiple systems:

- **Giant Voice (GV)**—A voice announcing system using exterior speakers, commonly termed “Giant Voice”
- **Interior Voice (IV)**—Interior speakers or sirens
- **Residential Route Alerting**—messages announced from vehicles with loudspeakers
- **Computer Desktop Notification System (CDNS)**—An administrative broadcast across Navy computer networks that overrides current applications, thereby reaching all Navy users almost instantly
- **Automated Telephone Notification System (ATNS)**—Interactive, community notification systems capable of providing voice and/or data messages to multiple receivers—telephones, cellular phones, email, SMS (Text), etc.

(Any and all may be used by your particular installation.)

NOTE: ATNS is only as effective as the data provided in the WAAN—Navy can't alert you, if they can't find you!

Information also may be passed by **Word of Mouth**. In a Lockdown situation, speed is of the essence. “Pass the word” to anyone with whom you come in contact.

What to Do During a Lockdown

- Follow instructions of officials.
- Remain calm, and do not pull or respond to the fire alarm unless instructed to do so by official law enforcement personnel.
- If not in your typical surroundings, seek refuge in a building or room that locks.
- Lock all doors and windows. Barricade the door, if possible, and do so quickly.
- Turn off all lights.
- If safe to do so, turn off gas and electric appliances or equipment.
- STAY AWAY FROM ALL DOORS AND WINDOWS, and find a hiding place that provides protection.
- Silence phones and remain quiet.
- Comfort, reassure, and quiet any companions who are nervous.
- Do not permit entry or exit to anyone until the “all clear” has been given by official personnel.
- Enact your non-verbal contact plan to provide your status and location to emergency personnel, your chain of command, and loved ones.
- If gunshots are heard, and escape is ill advised, lay on the floor, using heavy objects such as tables, desks, or filing cabinets for protection.
- If outdoors, move as far away from any building where a threat is present and enter the nearest safe building. If there are no buildings, lie near or hide behind trees or walls, and listen for emergency personnel instruction and/or Giant Voice alerts.
- For Active Shooter incidents, DO NOT CALL ANY BUILDING WHERE THE INCIDENT MAY BE TAKING PLACE. Phone calls to anyone inside the building under threat may endanger them, draw undue attention toward the ring, and give away hiding locations.
- Stay in your safe area until emergency personnel has opened the door.

What to Do After a Lockdown

- Once an “all clear” has been given, you may leave your safe zone.
- Follow any instructions and answer questions from law enforcement officials.
- Be prepared to muster.
- Supervisors or designated representative should take a head count and ensure all personnel are accounted.



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

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