

THE Bluejacket

Naval Support Activity Mid-South

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**10NM Race Charts
New Course
p. 10**



Naval Support Activity Mid-South Leadership



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Captain's Corner

It has been a busy few weeks here at NSA Mid-South.

First we welcomed back an in-person Navy Ten Nautical Miler and honored the Battle of Mid-Way with nearly 450 runners.

I was amazed at the level of coordination and effort that our team put forth and the professionalism that we presented in making it happen. So many runners came up to me to say that it was a fantastic race, they wouldn't change a thing, and they were coming back next year. I saw more smiles on faces than I have in a very long time. I also was amazed at the diversity in age of the participants – it sure got me motivated to start running long distance again.

Then we celebrated the 80th Anniversary of the Navy in landlocked Millington, Tennessee with a Navy Week and an air show.

I hope you all got a chance to see some of our Navy assets from around the fleet including Sailors of USS Constitution and USS Tennessee (SSBN 734), the Navy Band from Great Lakes, and the U.S. Navy Ceremonial Guard. Each unit brought a unique aspect of the Navy to the Mid-South and helped grow awareness about the Navy in the local communities.

Additionally, we welcomed the U.S. Navy Flight Demonstration Team, the Blue Angels. Their last visit here was in 2017, so it was a pleasure to have skies full of jet noise again. Also at the air show were the Navy's F-35 Demonstration Team and the Navy's Parachute Demonstration Team, the Leap Frogs.

I want to take a moment to thank all of the volunteers organized by the First Class Petty Officer Association who worked at the air show to help raise over \$5K for the Navy and Marine Corps Relief Society. This was truly a case of Sailors helping Sailors and Marines.

I also had the opportunity to host several former installation commanding officers at a reception during the week. It was a great opportunity to meet with those who have gone before me and share stories about how the installation has changed, but also how it has remained the same in many ways.

A highlight of the week was joining the Sailors of USS Tennessee to participate in the Duckmaster event at the historic Peabody Hotel. It was truly a once in a life time experience for us.

This type of community engagement is important. It's not something we have time for every day, but when we get an opportunity like a major anniversary, a Navy Week, or an air show, it is a great chance to get out from behind



our desks, get outside the fence line and engage with our neighbors in the local community. I also believe we all have a responsibility to “recruit our reliefs” and this type of community engagement helps citizens see the Navy and the military in general, as everyday people as opposed to a special “warrior class.” That idea of the citizen-soldier has been part of our history since the earliest days of our nation's history, and that idea also helps young people overcome barriers to joining the military or seeking other meaningful ways to serve our nation and our communities.

Without the presence of ships or aircrafts it can be hard for Mid-South citizens to truly understand the vital missions we have here. Without the sound of jet noise to remind them of our presence, it can be easy to forget that the quiet administrative installation in Millington has so many missions that are vital to the success of not just the Navy, but the Army, Air Force, Marine Corps, Army Corps of Engineers, and even Coast Guard. I am proud of the work here and was honored to show off the hard work we do here day in and day out during my time in the local community as part of the week's celebration. I hope that each of you had the opportunity to celebrate our nation's independence over the holiday weekend.

Know that each and every one of you contribute to ensuring the safety and security of the Nation. Have a safe and memorable summer season.

Captain Michael Mosbruger
NSA Mid-South Commanding Officer

Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

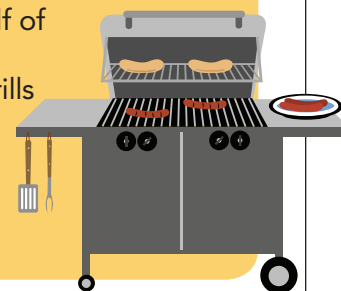
PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



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Your Logo

Millington Public Library July Activities

JULY 2022

Oceans of Possibilities



1

2
11:30-12:30
PENGUIN CRAFT

3
COME AND GO
ACTIVITY OF THE WEEK:
LIBRARY I-SPY

4

LIBRARY CLOSED
Happy
Independence Day!

5
2 PM
SUMMER AT THE MOVIES-
AQUAMAN
Note: This movie
is rated PG-13.

6
11:15 AM - 12 PM
MORNING STORYTIME
2:00- 3:00 PM
RUNAWAY PUPPET
THEATRE
5:00-5:45 PM
COMPUTER 101

7

8

9
11:30-12:30
CRAB CRAFT

10
COME AND GO
ACTIVITY OF THE WEEK:
POST-IT
BOOK NOTES

11

12
2 PM
SUMMER AT THE MOVIES-
FINDING DORY

13
11:15 AM - 12 PM
MORNING STORYTIME
5:00-5:45 PM
COMPUTER 101

14
2:00- 3:00 PM
ANDI LEHMAN'S
LIFE WITH ANIMALS
"Reptile Round Up"

15

16
11:30-12:30
JELLYFISH CRAFT

17

18

19

20
11:15 AM - 12 PM
MORNING STORYTIME
5:00-5:45 PM
COMPUTER 101

21
4:30-5:15
AFTERNOON STORYTIME

22

23
11:30-12:30
CRAFT TIME

24
31

25

26

27
11:15 AM - 12 PM
MORNING STORYTIME
5:00-5:45 PM
COMPUTER 101

28
4:30-5:15
AFTERNOON STORYTIME

29

30
11:30-12:30
CRAFT TIME



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(Fill out and save to your computer under your own file name for your records)

Mail your application/resume, send to:
NAF Personnel
5722 Integrity Drive Bldg. S-455
Millington, TN 38054
FAX: 901-874-5482

Email your completed application to:
NSAMidsouth_MWRHR@us.navy.mil

NavyMWRMidsouth.com



Commander MyNavy Career Center meets the Fleet

Story by Chief Petty Officer Jason Perry, Navy Personnel Command

Commander, MyNavy Career Center, Rear Adm. Stu Satterwhite, has been barnstorming across fleet concentration areas to talk to Command Pay and Personnel Administrators and Command Leadership triads about the changes happening now in how pay transactions are processed.

Since early April, Satterwhite has made visits to San Diego, Pearl Harbor, Japan, Groton, and Hampton Roads. Future trips include Pacific Northwest bases in Bremerton and Everett, Washington, the National Capitol Region, Bahrain, and Rota, Spain. At each stop, he's met with leadership triads to answer their questions about how changes will impact their Sailors.

"This is an exciting time," he said. "We established MyNavy Career Center in September 2021 because we wanted to improve Sailor pay and HR service delivery. It's an area that's gone through different alignments, and honestly speaking, we've had some ups and downs fully executing those changes."

Satterwhite said the engagements address one of his primary challenges: communicating to the fleet what's happening.

"My goal is to see those command triads in person and talk to them about what is going on and how they fit into this," he said. "People are concerned about change. So we need to explain how these changes benefit them."

He's been telling commanders that today's pay system does not identify problems and this is where they can help. "I urged them to tell us whenever they find an issue so we can fix them. It all comes back to getting after the challenges Sailors are facing and solving those problems as quickly as possible."

If commands are engaged and talk with their Sailors, they will find these issues and identify them early on.

"Commands can engage and talk to their Sailors, especially when they first report on board, to make sure their entitlements changed for their new location," he said, reminding leaders Sailors should be gained within four days of reporting to their commands so their pay and entitlements can be adjusted to their new command and location.

In his meetings with CPPAs, Satterwhite has been taking questions from these Sailors, who are the principal points of contact for pay and personnel transactions at their respective commands. The first thing he does is to thank them for the work they do. He appreciates their dedication and wants to know how they help their Sailors get their entitlements correctly and on time.

"CPPA training is a two-week school," Satterwhite said. "Very often these are not Personnel Specialists, but Sailors who have been trained in other ratings. So how can we make CPPAs comfortable doing the work after only a two-week school?"

The Regional Support Centers are critical to addressing this. There are 13 of them and are located in fleet concentration areas to engage command triads when they have issues, as well as continue the training for CPPAs.

"The RSCs are located where we have the most Sailors and we expect with their size to be able to reach out and cover areas near them," he said.

"The RSCs function as local CPPA training centers and



Rear Adm. Stu Satterwhite meets with a Sailor in the fleet about pay and personnel issues.

regional points of contact for command concerns. RSCs constantly engage with commands and CPPAs to ensure they are equipped with the tools they need to submit timely and accurate transactions to the Transaction Service Centers, which are expected to come online this summer as the replacement for the old personnel support detachments," Satterwhite said.

"When the RSC-to-CPPA relationship is working correctly, the Transaction Service Centers can turn items around pretty quickly," he said.

All of this, Satterwhite said, is to help keep a Sailor's mind on their job and not their paycheck. "When a Sailor is on a ship I need them to focus on the mission," Satterwhite said.

As the changes occur, so will the continuous learning to find out what's working and what's not. Methods such as surveys, listening sessions, spouse advisory groups, and monitoring social media all play a part, as does feedback Sailors provide.

Navy Counselor Senior Chief Wesley D. Fox from USS Bataan (LHD 5) said he came into the all call having "lost a lot of faith" in the changes happening around him.

"I have seen so many issues deflected because of a lack of ownership," he said. "I was very surprised though. The admiral directly acknowledged issues in the organization, and outlined process improvements that I was very happy to hear about. In addition, his team expeditiously resolved our own command's issue when we brought it to the floor."

"Executing this will not be easy," Satterwhite said, "but we are committed to get this right. Do we have work to do to get there? Yes we do, and I'm the first to admit change can make people uncomfortable. We're changing things, but it's designed to provide Sailors with a better solution. We know we can do this and now's the time to go out and execute it."

FLEET AND FAMILY SUPPORT CENTER (FFSC) MONTHLY FOCUS

Family Employment Readiness Program (FERP)

The Program mission is to help spouses and family members gain the tools they need to obtain suitable employment, establish career goals and maintain career progression.

The military recognizes that moving every few years creates career challenges for military spouses/family members, especially when stationed overseas or in remote areas.

Our FERP offers family members a variety of resources to tackle those challenges. We provide no cost consultation and are available to guide you.

The FFSC offers a variety of workshops for spouses and family members to learn new skills and hone techniques.

Topics include, but are not limited to:

- **Navigating the Federal Employment System** – Learn how to find federal government vacancies and job listings, complete the application process and understand standard qualifications and testing requirements.
- **Effective Resume Writing** – Learn how to market your skills, knowledge, accomplishments and experience with an impressive resume. The one-session workshop includes tips on translating military terminology.
- **Interview Techniques** – Hone your skills by learning how to give positive answers to difficult questions, dress for success, body language, positive attitude, interview follow-up techniques and salary negotiations.

We invite YOU to attend one of our workshops this month!

Resume Writing – 07 July @ 1300 – 1600 (in-person)

13 July @ 0900 – 1200 (virtual)

Interviewing Skills – 14 July @ 0800 – 1000 (virtual)

26 July @ 0900 – 1100 (in-person)

USA Jobs & the Federal Resume – 19 July @ 0800 – 1200 (in-person)

For more information contact diane.m.brown.naf@us.navy.mil or 901-874-7343

NSA Mid-South

DEPARTMENT IN THE SPOTLIGHT

Security



Naval Support Activity Mid-South security forces and Shelby County Sheriff's deputies help simulated injured personnel during an active shooter exercise in Millington, Tennessee., Feb. 6, 2019.

Description & Mission: Protect life and property and detect, deter and defeat terrorism. Enforce laws and regulations. Preserve good order and discipline and provide service to the NSA Mid-South Community.

What does your department do? Employ Force Protection and Physical Security Measures to protect members of our Armed Forces and their families, civilian employees, installation facilities, and programs in support of Fleet Operations and Tenant Commands of NSA Mid-South.

What is your organizational structure? Director, Assist. Director, Chief of Police, Leading Chief Petty Officer, Antiterrorism Officer, Physical Security Officer, Training, MWD, Supply, Armory, Visitor Control Center. We have an administrative side and an Operation side of the house.

How many people work at the department? 65 military and DoD. Additionally, the Security Department relies on the support of 40 Auxilliary Security Force members from tenant command across the installation including Navy Personnel Command, Navy Recruiting Command, Navy Manpower Analysis Center, and Navy Medical Readiness and Training Unit. The Security Department also works with the Reserve Security Force at times to ensure a well rounded team effort is available to secure the installation.

What services do you offer tenant commands, Sailors, and families? Weapons Registration, Agent Assist, Crime Prevention Surveys, Physical Security Surveys, Single Source Coordinator.

What services do you provide that you believe are underutilized? Single Source Coordinator to allow for services with no base affiliation to be vetted and granted base access, (i.e. Dominos to deliver on base).

What do you think is the most common misperception about the command/department/code? There is a common misperception that Police Officers want to catch personnel breaking regulations or go out of their way to catch personnel. Our department's main focus is to maintain good order and discipline and keep the base and its personnel safe.

First Class Petty Officer Association to Host Leadership Symposium

From the NSA Mid-South Public Affairs Office

The First Class Petty Officer Association (FCPOA) is once again hosting the annual Leadership Symposium on board NSA Mid-South. The symposium is scheduled for July 20-21 at Cross Point Baptist Church and the Joe Dugger Fitness Center.

The event will be an opportunity for petty officers and chiefs alike to come together and hone their leadership skills.

“Sailors attending the symposium will have the opportunity to hear from many of our past and present leaders,” said Sonar Technician (Surface) 1st Class Chelsea Martin. “They will get to experience, from the perspective of these leaders, various aspects of leadership and the qualities it takes to be a quality leader. The main qualities they will learn about are balance among work and family, developing purpose in not only their career but in life, dynamic leadership through experiences of guest speakers, and resiliency in the midst of difficult situations and missions.”

Confirmed speakers include Fleet Master Chief (Ret.) April Beldo, Force Master Chief (Ret.) Tuck Williams, Force Master Chief Jason Knupp, Force Master Chief Scott Rossiter, Capt. Michael Mosbruger, Command Master Chief Jody Fletcher, and Corpsman Master Chief Dante Cooley.

“Capt. Mosbruger and Command Senior Chief Wood have guided us through many of the procedures and bullet items we needed to complete,” said Martin. “We were also assisted by Force Master Chief Detje and the CPOA to arrange many of the speakers for the event.

Sailors will get a chance to learn from a variety of Navy leaders to build their leadership tool box. The event itself requires a great deal of leadership from and among the FCPOA.

“We hope to help Sailors see how speakers have developed into leaders through their various experiences and develop skills through their coaching,” said Martin.

The FCPOA has a team of about 10-12 people planning the symposium.

Attendance is free and both breakfast and lunch



Retired Force Master Chief Evelyn Banks speaks to Sailors at the Leadership Symposium in 2018.

will be provided at no charge. No registration is required to attend the event. The first day of the symposium will be held at Crosspoint Baptist Church in Millington, Tennessee from 7a.m. until 4p.m. The second day of the symposium will be hosted at Joe Dugger Fitness Center in the Navy Operational Fueling and Fitness (NOFFS) Center.

Due to Health Protection Conditions, the FCPOA was unable to host a full-fledge symposium. However, they worked behind the scenes to host one virtually and one with limited attendance. Now that the installation is in FPCON Alpha, the organization is once again able to host the full event as it has been in previous years before the pandemic.

Leadership across the installation is glad to see the FCPOA bring back the event and feel that it adds a great deal of value to the Sailors who attend.

“I am excited that the First Class Petty Officer Association is holding a Leadership Symposium,” said Command Senior Chief Russell Wood, NSA Mid-South. “I have seen the list of guest speakers and you couldn’t get a more diverse and talented group of individuals. The attendees will make a lot new connections, which will provide networking opportunities down the road. In addition, I believe after hearing from everyone who gets a chance to speak and share their opinions and experiences, each attendee will leave with a lot of creative leadership tools that they can use in their future endeavors.”

Navy Ten Nautical Miler Charts New Course

Story and photos by NSA Mid-South Public Affairs

The NSA Mid-South Morale, Welfare, and Recreation department welcomed back runners in their first in-person Navy Ten Nautical Miler since the beginning of the pandemic.

The turnout was modest, but a strong showing for the race after a two year hiatus from the event in Millington. In the years before COVID, the race would welcome 1,200 to 1,400 runners to the uniquely distanced course that ran north and south of Navy Road.

This year the race hosted 402 runners in the 10NM and 64 in the Mini Miler race for children.

"It was a huge success," said Kaleb Heninger, race director. "We might have had smaller numbers but we still put on a high quality event. This race ran smoothly! We had so much help from Millington Police Department, Airport Fire, Shelby County Sheriff, and NSA Mid-South Security and Fire. When everyone comes together like this for a common goal it really is special."

In addition to backing from local municipalities, the race was supported by approximately 200 volunteers including members from groups including the First Class Petty Officer Association, Chief Petty Officer Association, EDA Flyers, the Millington YMCA, Fleet and Family Support Center, Society of American Military Engineers, Millington Central High School Junior Reserve Officer Training Corps, and the Navy Exchange.

"The staff and volunteers picked up right where they left off in 2019," said Heninger. "They know the event better than I do. We have a group that has been a part of every 10NM so I can trust that they won't let me or the race down." The race felt a bit like a family reunion with runners returning year after year to support the event and possibly get their best time ever.

"I've run the Navy 10NM seven times starting in 2014 when I finished in 2 hours and 20 minutes. That was a very long race," said Romadel de la Salas who finished this year's race with a personal best of 1:18:42 winning 3rd overall at the age of 53.

"I retired from the Navy ten-years ago. But, whenever I see an old shipmate, it's like we never left each other. Within minutes were back to joshing each other or getting back to our comfortable way. Going back to the Navy 10NM was the same. I competed with many of the people through the years. Nothing replaces direct competition to give your best. It's a special race for everyone because it's our Race, Our Community, Our Navy."

Romadel added, "What's surprising is that I didn't expect this result. I wasn't even expected to get below 7 minute per mile. But once, I got going and passed my friends and fellow competitors. The race came to me. Maybe it was



Runners start the 2022 Navy Ten Nautical Miler on June 5.

the Navy Pride, but I went to race hard. I gave it everything, I hunted everything. The Navy expects a lot out of you, and though I'm retired from active service, those standards of excellence never leave you and you BRING IT!"

Delasalas wasn't the only one breaking records, the course record itself was broken as Lt. Stan Linton of Navy Manpower and Analysis Center crossed the finish line at 1:03:50.

The new 10NM course may have contributed to the fast times, as it was well received by runners. While it no longer runs through the fence line on the south side of the installation, the new course featured a segment through the Memphis-Millington Airport including a run past some historical naval aircraft. "I love the new course," said Heninger. "I heard a lot of good feedback on the course, but most of them asked if we could do it backwards next year. So we are considering this course backwards for next year to get the no shade airport out of the way first."

Heninger added some additional changes they hope to see next year, "besides a course modification, we want to get some live music at the finish line and possibly on the course. We usually have bagpipes playing and I think that was a great staple of the race that I want to return next year."

Capt. Michael Mosbruger, commanding officer, had the opportunity to see the race for the first time since taking command and was impressed by the magnitude of the event and the variety of groups represented in the race, expo, and volunteers. After a two year break, he noted that everyone was happy to be working together to make the race a premier event for all involved.

"I saw more smiles on faces than I have in a very long time," said Mosbruger. "I also was amazed at the diversity in age of the participants – it sure got me motivated to start running long distance again."

Sexual Assault Awareness and Prevention Spotlight



The Navy's Sexual Assault Prevention and Response (SAPR) Program is designed to provide awareness and prevention education and assist victims of sexual assault. The Navy's goal is to create a positive working and living environment for servicemembers and their families and toward that end has developed policies that provide professional, caring and timely intervention to personnel reporting a sexual assault. These policies are in place to facilitate the Navy's "zero tolerance" for these crimes. The program is available to all active duty members and their dependents 18 years of age and older and provides awareness and prevention education, and direct service provision to those reporting a sexual assault. Response services include reporting options, (Restricted and Unrestricted) based on individual needs at the time of the assault. Both options ensure that mental health, advocacy, and forensic/medical services are available. An unrestricted report includes Command and Law Enforcement involvement. SAPR personnel includes the Sexual Assault Response Coordinator (SARC), and Civilian as well as Unit Victim Advocates, (UVA).



DoD's Men's SAPR Campaign

The DoD has launched the Men's SAPR Campaign to build awareness of sexual assaults experienced by our male Service Members.



Scan Campaign Video
To Access Men's
SAPR resources



HOW TO HELP A FRIEND:

- Be aware of the signs of sexual assault and trauma
- Be supportive and listen — with ZERO judgment
- Remind them help is available and can be confidential
- Refer them to trained professionals at Safe Helpline

safehelpline.org | 877-995-5247



Former CO Benjamin Woodworth Visits NSAMS Nearly 40 Years After Retirement

Story and photos by Mass Communication Specialist 2nd Class Preston L. Jarrett

From 1981 to 1983, retired Capt. Benjamin B. Woodworth served as the commanding officer of Naval Air Station Memphis, more than a decade prior to its transition to becoming a Naval Support Activity. Though he chose to remain in Shelby County after his military career, his journey to the Mid-South was an unlikely one.

“I got screened for a ship, and I went out to Idaho Falls, Idaho, to the ship’s engineering school,” said Woodworth. “Six weeks or so before I finished up with all that training to take my ship, my wife got ill, and we were living in North Springfield, Virginia, because I was at the Pentagon when I found out about that, so I couldn’t go to sea. I talked to my assignment officer, and he asked ‘well, would you like to go to NAS Memphis?’ That’s how I got here. Fortunately, she recovered, and we’ve been married 57 years now. My kids, since I retired in ’83, all consider Tennessee as their home.”

Born in Cleveland, Ohio, Woodworth then moved to the Washington, D.C., area as a child before arriving to Decatur, Georgia, around the 7th grade. Joining the Navy in 1956 was the first of a string of happenstance occurrences that eventually led to him settling in western Tennessee.

“I was in the forestry school at the University of Georgia, because that was my niche in life at the time - hunting, fishing, all that stuff,” said Woodworth. “My junior year, my friend, who’s still a friend of mine, was joining the Naval Aviation Cadet Program. At that time, there was a four-to-six month wait. He had to take the final test down at Naval Air Station Atlanta, and he needed a ride, so he asked me since I was home from college. There was a recruiter there, and I know what he was doing now, but I didn’t then, and he sent me in to take these tests. I took the physical tests and all the written tests they had, and I passed them all. Instead of waiting four to six months, I said I wouldn’t want to go unless I was going with my friend, so two-ish weeks later, I’m driving down to Pensacola, Florida, with my friend. I remember like it was yesterday, telling my dad ‘I think I just joined the Navy.’”

From that moment on, Woodworth embarked on a 27-year-long journey that would take him from coast to coast with numerous places in between.

“I was an instructor at Training Command, then I went down to Kingsville Texas, and I instructed in jets down there for a year and a half,” said Woodworth. “Then I went out to Miramar in San Diego, where I was with a squadron. I did a cruise with them then went over to the Royal Navy for about nine months for some training. I came back and went up to Naval Postgraduate School in Monterey, California, where I met my wife. I came back to Miramar, went through the F-4 training and made two Vietnam cruises between ’67 and ’69, flying off of USS Kitty Hawk (CV 63). Then I got sent to Air



*Capt. Benjamin Woodworth (Ret.) reviews editions of **The Bluejacket** from his time as commanding officer of the installation.*

Force Exchange in Sherman, Texas, and I flew some of the F-100 series airplanes they had.”

While in Sherman, Woodworth spent time with much of his wife’s family and befriended them in the process. He then returned to San Diego immediately after.

“We went back to Miramar, and I was with an instrument training squadron. I went from there to Meridian, Mississippi, where I was the CO of a training squadron. From there, I went to Jacksonville, Florida, where I was the ‘air boss’ on the old Roosevelt (CV 42). I was there for a couple of years before it decommissioned, and I got sent to the Naval War College. I thought ‘man I got my ship’s company tour behind me.’ Well, after that year at the Naval War College, I got ordered back to the USS America (CV 66) as the operations officer, which was at the same pier in Norfolk that I walked off the old Roosevelt. I was there for a year then went to the Pentagon.”

Woodworth moved to Millington after his tour in Washington, D.C., and says that he has fond memories from his tour here.

“As part of Memphis in May, I got to invite some friends of mine who just weren’t familiar with the Navy, and they had all the ceremonies where the wives are escorted in by the Marine Honor Guard with the husband behind them,” said Woodworth. “It was just a wonderful experience. They had the Blue Angels while we were here, and they had a troupe I was associated with that came out to help with the Blue Angels air show. That was a nice experience. I met a lot of fine people, but that holds true

Woodworth cont.

to my whole military career. I still have friends from the Air Force and many Marine friends.”

After his retirement in 1983, Woodworth was a bit uncertain of where to go, so he and his family set up base in Germantown, Tennessee, where he bought his home that he still lives in today. He used his newfound freedom to travel around the country with his wife.

“My wife and I, especially after I retired, we went on a couple of different tours,” said Woodworth. “We went with some friends of mine, a couple from Georgia, and flew out of Denver. We met with a group of 30 to 35 people and went all around Colorado and northern New Mexico on these small-gauge railroads. It was a really neat trip. We’d spend the night at a hotel, and in the morning, we’d put our luggage out there, and the driver of the bus would load it up. We’d drive to the train station, and we’d take this railroad enjoying the day. We did that for a good, full week or so. Later, about 15 to 20 years ago, we took a bus from Las Vegas, and we started going northeast through Denver to Mount Rushmore, then went across and saw Yellowstone. Then we dipped down to Zion National Park. We were gone a couple of weeks.”



Woodworth, center, recalls operations at the air station with other former commanding officers of the installation during a reception held in honor of 80 years of Navy presence in landlocked Millington, Tennessee. Also in attendance were Capt. Richard Grant (Ret.), CO from 1987-89, Capt. David Bryson (Ret.), CO from 2015-17, Capt. Al Ross, CO from 2019-21, and current Commanding Officer Capt. Michael Mosbrugger.



Wednesday Worship This Summer

Every Wednesday, June 1 – August 17

1130-1200 @ **Mid-South Chapel** Sanctuary

Led by Chaplain Campbell

Endorser: Southern Baptist

Come enjoy:

- Modern worship music
- Prayer
- Teaching on the **best** part of the Bible...

Woodworth, cont.

Thirty nine years after his tour as commanding officer, Woodworth visited NSA Mid-South and noticed significant changes from his tour in the early '80s, especially the size of the installation.

"When I was here, all the young Navy Sailors and Marines came to all these 'A' schools, so the population was 10,000 plus when you counted everybody, dependents and all," said Woodworth. "After I left, they moved all the 'A' schools to Pensacola, and the population went down. There was a hiatus for about three years or so, and then they brought the Bureau of Navy Personnel, Recruiting Command, Reserve Command and some small finance command offices, all of which are here right now, so the population went back up. Capt. Mosbrugger was telling me that the population of the base is about 6,500 or so."

Woodworth was recently invited to a meeting for both the current and prior commanding officers, and he reflected back on the experience.

"It was an honor, and I certainly feel appreciative that they thought enough about some of us 'old timers' to put on something like today to kind of keep up with things," said

Woodworth. "I learned a lot about the changes, and that's certainly to be expected, but some of it gives you pause for thought. With the pandemic and so many people working from home, that's a big change. We don't have a naval air station anymore. A lot of the old buildings have been torn down. Some of it, I'm disappointed by, though it was necessary, and it's certainly not anybody's fault."

Throughout the entirety of his military career and with everything after, Woodworth noted one constant that kept everything grounded.

"The people haven't changed," said Woodworth. "There are just a lot of good people here, and I hope we keep the discipline that's necessary for a military organization and the loyalty to our comrades. It's just the military atmosphere, and that's still pretty strong. You get in some tough situations, but you're not mostly worried about yourself. The main thing you don't want to do is to let your buddies down, and that kind of feeling I think is a really distinguished feature of the military, and I like to see that. You've got to work together."

BLUEJACKET

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NAVY MEMPHIS

Thursday, July 16, 1981

New commanding officer slated to assume top position at NAS



Captain George Ormond Jr. attended Long Island Agricultural Institute prior to entering the Naval Aviation Cadet Program in November 1953. He received his commission and was designated a Naval Aviator in May 1955. CAPT Ormond has

Captain Benjamin B. Woodworth will assume command of Naval Air Station (NAS) Memphis from Captain George Ormond Jr. during ceremonies scheduled for July 17. The change of command program, which will begin at 10 a.m., will be held on the northside of the base in the station gymnasium, bldg. N-82. The public is invited.

Guest speaker for the ceremony will be Rear Admiral Daniel G. McCormick, Naval Inspector General.

CAPT Woodworth, a 25 year veteran, is coming to NAS Memphis from the Office of the Chief of Naval Operations, where he served in Aviation Plans and Programs.

CAPT Ormond, who assumed command of NAS Memphis in August 1979, will be reporting to Commander Cruiser Destroyer Group TWELVE in Mayport, Florida where he will serve as Chief of Staff.

Notable command accomplishments during CAPT Ormond's tenure include:

—NAS Memphis received a satisfactory rating on the March 1981 inspection by the Inspector General's Navy Occupational Safety and Health Inspection Program team. NAS Memphis was the first CNTECHTRA command to achieve a satisfactory rating.

—The establishment of the Navy Alcohol Safety Program at Navy Memphis in August 1980.

—NAS Memphis received the Bronze Hammer Award for FY80. The award recognizes the activity which has made the most progress in improving the quality of life by utilizing self-help for enhancement of living quarters, personnel support, welfare and recreational facilities.

Chairman of the 1981 Navy



Captain Benjamin B. Woodworth, a native of Cleveland, Ohio, attended the University of Georgia between 1953 and 1956. He entered the Navy as a Naval Aviation Cadet in April 1956, and received his commission and wings in August 1957 here at Naval Air Station Memphis. He is a graduate of both the Naval Postgraduate School and the Naval War College. His last tour of duty was with the Office of the Chief of Naval Operations where he served in Aviation Plans and Programs. CAPT Woodworth's awards include the Meritorious Service Medal with Gold Star, twelve Air Medals, the Air Force and Navy Commendation Medals, the Navy Achievement Medal, and the

Navy Week Brings Navy Experience to Memphis

From Nandi N. Mbassi Nkoa, Navy Office of Community Outreach, Photos courtesy of NAVCO

The Navy Week program returned to Memphis, Tennessee, June 13-19, and the week-long events culminated with the Blue Angels headlining the Midsouth Air Show.

Memphis Navy Week brought Sailors from across the fleet to the area to emphasize the importance of the Navy to Memphis, the state of Tennessee, and the Nation. It is the first NavyWeek in Memphis since 2017.

Participating Navy organizations included Navy Band Great Lakes, USS Constitution, United States Ceremonial Guard, Navy Parachute Team, Navy Recruiting Command, Outreach and Diversity, Navy Talent Acquisition Group (NTAG) Nashville, Navy History and Heritage Command, and USS Tennessee (SSBN 734).

More than 75 Sailors participated in education and community outreach events throughout the city, including events hosted at the Museum of Science and History.

The Navy's senior executive representative was Rear Admiral Alexis "Lex" T. Walker, commander, Navy Recruiting Command. Walker is a native of New York, and new to the Memphis area. During Memphis Navy Week, he participated in community engagements, met with local business, civic, education, and government leaders.

"I am excited and honored to represent the Navy and engage with the city of Memphis," said Walker. "The city has been very welcoming to my family and me, as we settle in and focus on bringing the best and brightest into the Navy through our nationwide recruiting efforts."

Navy Weeks are a series of outreach events coordinated by the Navy Office of Community Outreach designed to give Americans an opportunity to learn about the Navy, its people, and its importance to national security and prosperity. Since 2005, the Navy Week program has served as the Navy's flagship outreach effort into areas of the country without a significant Navy presence, providing the public a firsthand look at why the Navy matters to cities like Memphis.

"We were excited to bring Navy Week back to Memphis," said NAVCO's director, Cmdr. John Fage. "Navy Weeks give us the opportunity to help connect Americans to their Navy. We built those connections in the Memphis area and showed everyone why their Navy is so important."

Throughout the week, Sailors participated in various events, engaged with youth camps in the area and volunteered with the city of Memphis, Boys and Girls Club of Greater Memphis and Le Bonheur Children's Hospital, to name a few. Residents also enjoyed free live music by Navy Band Great Lakes at venues throughout the week.

Memphis Navy Week is one of 14 Navy Weeks in 2022, which brings a variety of assets, equipment, and personnel to a single city for a weeklong series of engagements designed to bring America's Navy closer to the people it protects. Each year, the program reaches more than 140 million people -- about half the U.S. population.



CNO: Get Real, Get Better

“History shows the navy which adapts, learns, and improves the fastest gains an enduring warfighting advantage. The essential element is fostering an ecosystem—a culture—that assesses, corrects, and innovates better than the opposition.”

--Admiral Michael Gilday, Chief of Naval Operations, Remarks at 2022 Surface Navy Association Symposium

Get Real, Get Better is a call to action for every Navy leader to apply a set of Navy-proven leadership and problem solving best practices that empower our people to achieve exceptional performance.

► The Navy has teams with great culture and great performance, but we also see examples of teams with poor culture and weak performance. The gap between our best and our worst performers is too large.

► To remain the world’s strongest Navy, we must have consistently strong performance. Get Real, Get Better is the formula consistently used by our best performers.

► This approach empowers our people to find and fix problems – and innovate – at their level, from the deckplate to senior leaders. We reward ownership and ingenuity, and we help each other remove barriers.

► We are committed to accelerating our warfighting advantage by unleashing our people, not by burdening them with extra requirements, policies, or bureaucracy.

► Principles here and in the Charge of Command make our Navy more ready for competition and combat.

Every Navy leader must:

Get Real

► Self-Assess. Be your own toughest critic. Continually evaluate yourself and your team. All of us can improve.

► Be honest, humble, and transparent about current performance. Support others in getting real.

► Know your actual capabilities and limitations. Challenge your beliefs using data, facts, and diverse input.

► Embrace the red. Be curious and take pride in



fixing problems. We are not a zero-defect Navy.

Get Better

► Self-Correct. Continuously fix small problems at the lowest level before they become large issues.

► Apply Navy problem solving tools and best practices to shift from more activity to better outcomes.

► Find and fix the root causes, not just symptoms. Set clear accountability and work collaboratively.

► Fix or quickly elevate barriers. Measure yourself on creating opportunities for your team to progress.

... using a learning mindset ...

► Be a “learn-it-all” vice “know-it-all”. Transparently share what you learn to make others more successful.

► Be courageous; aim high even if you may fall short. When you miss, come back smarter than before.

► Build trust. Honor and reward the value of each member of your team. Recognize others who support you.

► Experiment frequently to find the best solution. Adjust your plan based on learning.

THE MAKING OF THE PSALMS

- A 4 WEEK STUDY
- HOW DID THIS FAMOUS HYMN BOOK COME INTO ITS **BIBLICAL** FORM?
- WHY ITS HISTORY SUGGESTS HOW WE USE IT **TODAY**.

SPEAKER: CHAPLAIN
JIM CAMPBELL

ENDORSER: SOUTHERN
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@ 1400-1500
Who: All Authorized Users
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NAVMAC Welcomes New Commanding Officer



Capt. Tricia Cronau relieves Capt. Brent Cower as commanding officer of Navy Manpower Analysis Center. The ceremony was presided by Rear Adm. James Waters, Director, Military Personnel Plans and Policy.

"Consider the NAVMAC mission," said Waters. "Determine the required number and type of Sailors needed to operate every command, every warship, every aircraft and maritime operations center in the Fleet, every unit in the United States Navy. As I said in my introduction, this place, Millington, is the center of the MyNavy HR universe, but NAVMAC is its bedrock. Without NAVMAC there is no frame of reference for MyNavy HR to operate. Gaps at sea are meaningless if you don't know the standard...or in math terms the denominator. Recruiting is meaningless if you don't know the target you are seeking to achieve. Any lament that we don't fund the full requirement is meaningless if you don't know what that requirement is. It ALL starts with NAVMAC. The bottom line is that in the halls of Navy power in the pentagon, I have NEVER heard any senior leader doubt the validity and critical nature of NAVMAC's work. In a world where criticism is freely given, that is high praise and a testament to the incredible NAVMAC workforce."

FOLLOW US ON SOCIAL MEDIA

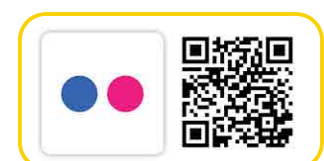
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***SCAN CODE
TO START
FOLLOWING***



Month of July 2022

Health Promotion Topic: **Safety Month**

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

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

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

Week 4 - Hydrate properly to avoid overheating during physical activity and suffering from heat illnesses. During the warmer months, it's fun to spend time outside at the pool or beach, at summer barbeques, and playing sports and games with your friends and family. Stay safe when you are active so that the heat doesn't get the best of you! Hydrate before, during, and after any outdoor activity. You should drink seven to 10 ounces of fluid every 10 to 20 minutes during exercise.² Listen to your body and take breaks in the shade when necessary.³ Wear light, loose fitting clothes and give yourself at least a week of light- to moderate-intensity activity to adapt to the heat.⁴ Remember, you can become dehydrated whenever you overheat, even at the pool. Water is the best option for replacing fluids; however, sports drinks can help replenish electrolytes such as sodium and potassium.² Only opt for sports drinks before, during, or after high-intensity physical activity exceeding 60 minutes.⁵



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

**Have a story, event, personnel, or program you would
like to see featured in The Bluejacket?
Email us at mill_nsa_bluejacket@navy.mil
Submission deadline is the last Thursday of each month!**



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