

THE Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

FEBRUARY 2024: VOLUME 82, NO.2



**Black History Month - Sailor
Spotlight - OS2 Clarissa Ruffin
p. 16**



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NORMAL OPERATING HOURS

Willis Gate @Navy Rd.
24/7

Automated Vehicle Gate
Closed until further notice

NEX Main Store
(Includes Uniform Shop)
Mon-Fri 0900-1800
Sat 0900-1800
Sun 1000-1800

Subway
Mon-Thu 0900-1800
Fri 0700-1800
Sat 1000-1800
Sun 1000-1600

NEX Mini-Mart
Mon-Fri 0600-1800
Sat 0900-1700
Sun 0900-1700
Gas 24/7

NEX Package Store
Mon-Fri 0900-1800
Sat 0900-1800
Sun 1000-1800

Post Office
Mon-Fri 1000-1400

**24/7 Non-Emergency
Security Dispatch**
(904) 542-3109

Commissary
Sun 1000-1700
Mon 1000-1700
Limited Services - Deli
Closed, Only Self Check Out
Tue-Fri 0900-1830
Sat 0900-1800

Eagle Peak Grille
Mon-Fri 0700-1330

Eagle Peak Bar
Mon-Fri 1100-1700
Sat/Sun 0900-1700

Park Field Café
Mon-Fri 0700-1330
Mon-Thu 1800-2200
Sun 1800-2200

ID Card Office
Mon-Fri 0730-1600



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Command Master Chief Chris Byard
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Mrs. Pamela Martin
Command Executive Assistant
(901) 874-5102
pamela.l.martin4.civ@us.navy.mil

Notable upcoming events:

**Supported Commands Monthly Meeting
(formerly known as Host Tenant Meeting)
** 28 February 2024 @ 1300** Location: Pat
Thompson
5700 Attu Street—Bldg. 767**

INSTALLATION NEWS

GENERAL INFORMATION

- For all reservation and ceremony inquiries regarding Pat Thompson Bldg. 767, please contact NSA Mid-South Command Services, NSAMIDSOUTH_PTCONFCENTER@US.NAVY.MIL
- Check out the CO Suggestion Box Answers weekly in the CNRSE App.
- Legal Office updated email address: LegalOffice@us.navy.mil

UPCOMING MWR EVENTS

- www.navywmrsmidsouth.com/events or check out our Facebook "NSA Mid-South Morale, Welfare and Recreation Department"

UPCOMING FFSC EVENTS

- Check us out on Facebook "Fleet and Family Support Center NSA Mid-South" and our calendar on page 8!
- Fleet and Family Support Center on-the-go is coming soon to a quarterdeck near you!

UPCOMING CHAPEL EVENTS

- The Chapel Sanctuary is open for silent individual prayer every Tuesday and Thursday 1100 - 1130. Chapel Worship Schedule: Protestant Worship - 1000 Sunday
- Jewish service assistance and materials are available at the Chapel.

CLINIC NOTES

OPERATIONAL & OVERSEAS SCREENINGS

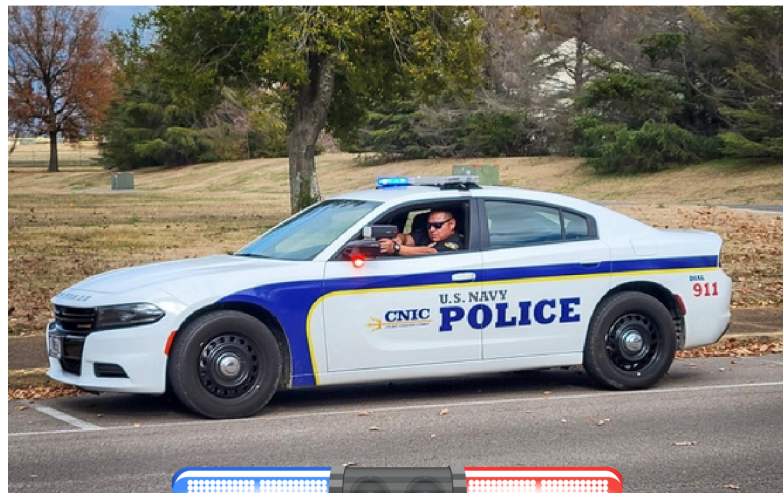
- Upon receipt of overseas orders, report directly to the Operational Readiness Clinic.
- Members and dependents (if applicable) will be tracked through completion of Overseas Suitability.


PHARMACY ELECTRONIC PRESCRIPTIONS

- A reminder that you may call the Pharmacy to activate your prescription (901) 874-6121.

INSTALLATION TRAINING DATES & INFO

- **Citadel Shield/Solid Curtain-** There will be times when the exercise will cause increased traffic around the installation or delays in installation access. Feb 5-16.
- Interested in being a role-player for our training exercises? Please email our Training Dept: NSAMidsouth_ITO@us.navy.mil





Please note that our law enforcement is actively monitoring speed on the installation for everyone's safety!

Help for victims of sexual assault in the DoD community is a call, click or text away. The Safe Helpline provides live, one-on-one crisis support and information by trained staff; Call: (877) 995-5247; click: www.SafeHelpline.org text: 55-247 CONUS or (202) 470-5546 OCONUS (may be extra charges for OCONUS).

CO'S CORNER

Shipmates,

On February 5 we begin our annual force protection exercise, Solid Curtain/ Citadel Shield. This is an important exercise designed to ensure our people and security forces are at peak readiness to deter and respond to potential security threats. The installation will be open for business but expect the possibility of delays.

I want to take a moment to emphasize the critical importance of the **"Run, Hide, Fight"** principles, particularly in response to an active shooter situation. In the face of any threat, whether internal or external, it is crucial that we are all familiar with and prepared to execute these principles. Be aware of your surroundings and have an escape plan in mind – **"Run."** In the event that evacuation is not possible, find a secure location, take cover, and remain silent – **"Hide."** If confronted with imminent danger and escape or hiding is not an option, then act with determination to protect yourself and others – **"Fight."**

Our collective safety is a shared responsibility. Look out for one another, report suspicious activities promptly, and stay informed of the installation's emergency response procedures. By being prepared and proactive, we strengthen our ability to protect each other and ensure the well-being of our entire base community.





UH Room of the Month!

HM3 Rohler of NMRTU! Enjoy the parking spot and no room inspection for February!



IN SUPPORT OF
NAVY-MARINE CORPS RELIEF SOCIETY

ACTIVE DUTY
FUND DRIVE

BY OUR OWN — FOR OUR OWN
DONATE TODAY



NAVY-MARINE CORPS
RELIEF SOCIETY

www.nmcrs.org/adfd

The Millington Public Library will continue to operate out of the Baker Community Center through Feb. 6 while renovations are completed. Re-opening at the Navy Rd. location is scheduled for Feb. 8



United Way  of the Mid-South

Starting Saturday, February 3rd, United Way will be at Millington Public Library every Saturday, (except March 30th) offering free tax preparation for low to moderate-income households.

February 3rd - April 6th
10am-3pm



Morning Storytime

Wednesdays at 11:00 am



THANK YOU TO ALL OF OUR LIBRARY VOLUNTEERS!!

Literacy Gym



Thursdays at 11:00 am

Bring your toddlers to this fun and educational playtime!

Each week focuses on a skill that helps kids be ready for kindergarten (sorting items, recognizing letters, etc.).

Visit our website or stop by the library for more information!



2024 FEBRUARY Workshops

Stop by the Fleet & Family
Support Center, Building 456,
3rd Fl. for more information
about our workshops or call us
at 901-874-5075 to register

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	0800 - 1700 SAPR Training	0800 - 1700 SAPR Training	0800 - 1700 SAPR Training	1 0800 - 1700 SAPR Training 1400 - 1500 Tax Tips & Prep	2 0800 - 1700 SAPR Training	3
4	5 0800 - 1600 TAP	6 0800 - 1600 TAP	7 0800 - 1600 TAP	8 0800 - 1600 TAP	9	10
11	12 0800 - 1600 CFS Training	13 0800 - 1600 CFS Training 1000 - 1100 Report/Respond to FAP Incidents 1300 - 1500 Innovative Interviews (In-Person)	14 0800 - 1600 CFS Training 0900 - 1030 Innovative Interviews (Virtual) <i>Valentine's Day</i> 	15 0800 - 1600 CFS Training 0900 - 1000 Time Management 1300 - 1600 Resume Writing & Cover Letters (In-Person) 1430 - 1530 Prevent./Resp. to Child Abuse/Neglect	16 0800 - 1600 CFS Training	17
18	19  PRESIDENT'S DAY UNITED STATES OF AMERICA FFSC Closed	20	21 0800 - 1600 DoD My Education 0900 - 1030 Resume Writing (Virtual) 1500 - 1600 Mov'n with Minors	22 0800 - 1600 DoD My Education 0900 - 1000 Sponsor Training 1400 - 1500 Scams: Don't be Fooled	23 0900 - 1000 Smooth Move (CONUS) 1700 - 1900 Ladies Night Info. Table (Joe Dugger)	24
25	26	27 0900 - 1000 Stress Management	28 0830 - 1130 Federal Resume	29 1400 - 1500 Exploring Digital Assets		

CULTURAL
AWARENESS



Black History Month is an annual observance originating in the United States, where it is also known as African-American History Month. Each year the Department of Defense (DoD), along with the rest of the Nation, recognizes the important contributions and rich culture of African Americans.

The Association for the Study of African American Life and History has chosen for the 2024 theme, "African Americans and the Arts."

Lt. James R. Europe brought African American music genres international while leading the 369th Infantry Regiment "Hell Fighters" band.

His Black musicians proudly played their own original music, including jazz, blues, ragtime, and patriotic tunes, amazing European audiences who were unable to replicate their unique sound. Lt. Europe and his band were celebrated as heroes upon their return at the war's end.

Europe was one of the first mainstream African American musicians. He is recognized as a composer, arranger, and American band leader and is credited as a major figure in transitioning ragtime into jazz and popularizing social dancing across the social class spectrum.

Leonora Hull Brown, a Women's Army Corps member during World War II, was crucial in creating the military's only all-Black female band.

Brown helped form the group after being denied participation in the all-White band. As the only one with musical experience, and with just 8 weeks until their first performance, Brown taught the women volunteers how to play instruments. Their first performance far exceeded expectations.

This group became recognized as the 404th Armed Service Forces band as it fought an uphill battle against discrimination and sexism. After several performances, they were defunded by the Army. However, through community activism, they were reinstated.

Horace Pippin is one of the most celebrated African American painters of the 20th century and a veteran of World War I. Being self-taught, Pippin used a linear art style with powerful design and expressive color. Pippin enlisted in what would become the Army's 369th Infantry Regiment. During his service, a sniper shot permanently disabled his right arm.

Pippin wrote a vivid account of his wartime service and experiences in a 61-page journal which contains numerous battlefield illustrations detailing his injury and which inspired his later work.

The stories of incredible artists like Lt. James R. Europe, Leonora Hull Brown, and Horace Pippin exhibit just a few of the countless contributions to the arts made by African Americans. Their complex, trailblazing work has impacted the hearts and minds of millions of people.

During this special observance, the DoD honors the contributions made by African Americans in the arts and celebrates diversity, inclusion, and accessibility for all Americans.



OBSERVANCE

FEBRUARY IS
— BLACK HISTORY MONTH —

Navy Region Southeast Fire Chief of the Year 2023



Chief Leo Hendricks

Congratulations to Fire Chief Leo Hendricks for being honored as the Fire Chief of the Year!

This prestigious recognition is a testament to his exemplary leadership, operational excellence, and commitment to professional development and education. Chief Hendricks' innovative initiatives, resourcefulness in enhancing service capabilities, and active community involvement have significantly contributed to the success and efficiency of his department. His achievements, including high performance in evaluations and effective emergency services management, reflect his dedication to excellence and the safety of the community. Chief Hendricks' award is a well-deserved acknowledgment of his exceptional service and impact in the Navy.



NSA MID-SOUTH LEGAL SERVICES TRAINING

Monday, 12 FEB 24 @ 0900-1100 and

Wednesday, 28 FEB 24 @ 0900-1100

Pat Thompson - Crystal Room

Please join the NSA Mid-South Legal Service Team as they provide vital information and training to all interested in learning how to efficiently manage administrative tasks and improve operations of your organization.

**Topics to be
discussed:**

**Non-Federal Entities
(NFEs)**

Fundraising

**By Our Own, For Our
Own Organizations
(BooFos)**

Parties and Gifts

LEGAL SERVICES OFFICE

Legaloffice@us.navy.mil

(901) 874-7379

Charting a Unified Course: Coast Guard's Move to Millington, Highlighted by a Visit from the Service's Top Leader

Story by Kendra Lawler, NSA Mid-South Public Affairs Officer



MILLINGTON, Tenn. - (Jan. 22, 2024) – Capt. Michael Mosbruger, commanding officer onboard Naval Support Activity (NSA) Mid-South, speaks with Admiral Linda L. Fagan, Commandant of the Coast Guard, during a tour of the base, January 22, 2024. U.S. Coast Guard Sector Lower Mississippi River is in the process of moving to their new office location onboard NSA Mid-South. (U.S. Navy photo by Mass Communication Specialist 2nd Class Austin Collins)

MILLINGTON, Tenn. – The Coast Guard has a long-standing history in the Mid-South. Coast Guard Sector Lower Mississippi River (SLMR), along with its subordinate units, performs the Coast Guard missions throughout a six state area, presiding over 2,200 river miles. Currently located on the bank of the Mississippi River in downtown Memphis, the Sector is making a move to NSA Mid-South.

Ahead of the official move, Coast Guard Commandant, Admiral Linda Fagan joined by Master Chief Petty Officer of the Coast Guard, Heath Jones and Ombudsman-at-large, Carol Jones paid a visit to NSA Mid-South to get a feel of the newly acquired space and connect with the staff of SLMR. A tour led by the installation Commanding Officer, Capt. Michael Mosbruger and Sector Commander, Capt. Kristi Bernstein afforded the Admiral and SLMR staff a peek inside the Covington Building, located on the north side of

the installation. The 26,000 sq. ft. space will afford the Coast Guardsmen more space than their previous location as well as room to grow.

“I am thrilled the effort to bring USCG’s Sector Lower Mississippi River onboard NSA Mid-South is finally coming to fruition after a decade of hard work and coordination. SLMR has been our geographically closest military neighbor for many years and they have an exciting and important operational mission. Not only does it bring together two local maritime services so we gain efficiencies with our limited resources, it brings another operational force to our installation. Adding people and new commands to the installation increases the scale and quality of service we can provide to the entire base population. Adding operational missions helps the local community connect with our installation by seeing the different capabilities the Armed Forces brings to the table for America’s maritime safety

“Each of us own a piece of our culture. We must create an environment that we would want our son or daughter in.”

-Adm. Fagan



MILLINGTON, Tenn. - (Jan. 22, 2024) – Admiral Linda L. Fagan, Commandant of the Coast Guard, addresses the Coast Guard members from U.S. Coast Guard Sector Lower Mississippi River at Naval Support Activity Mid South in Millington, Tenn., January 22, 2024. Fagan spoke to her Commandant’s intent to sharpen the competitive edge of the Coast Guard, advance mission excellence and transform the total workforce. (U.S. Navy photo by Mass Communication Specialist 2nd Class Austin Collins)

and national security. As a Surface Warfare Officer, I will add with a bit of humor in mind that this will finally become a proper Navy base with the addition of Coast Guard’s patrol boats that will be housed within our fenceline. Not quite “pook turtles”, but they are highly capable riverine vessels that we all can take pride in homeporting,” said Mosbrugger.

Adm. Fagan, leader of the 42,000-member active-duty service, kicked off an all-hands call with the Sector personnel exclaiming, “What a great building, a lot to be excited about.” She delved into the current state of the Coast Guard regarding acquisitions, service-climate, and recruiting efforts. The small but mighty service has much to be optimistic about. Fagan spoke about a newly created rating designed for mid-career members to become rated recruiters in the talent acquisition rating. The creation of this new rating is to allow recruiters to advance their skills and have career advancement within their field, aligning with how recruiters compete in the private sector. She

revealed plans to expand the JROTC program across the country and bragged on the quality of the incoming workforce. When speaking on the culture of the Coast Guard she stressed the importance of remembering the twenty-five year old service core values- honor, respect, and devotion to duty.

“Each of us own a piece of our culture. We must create an environment that we would want our son or daughter in. Hold ourselves accountable just like our devotion to duty shown during the summer on the Titan submersible case. All of us are charged with the responsibility of holding each other accountable and being transparent,” stressed Fagan.

Master Chief Petty Officer of the Coast Guard Heath Jones addressed the crew and urged the use of the ombudsman program. We aim to “recruit individuals- retain families,” exclaimed Jones. (continued on next page)



MILLINGTON, Tenn. - (Jan. 22, 2024) – Carol Jones, U.S. Coast Guard Ombudsman at Large, speaks with Brandi Valentine, Director of the Child Development Center onboard Naval Support Activity Mid South in Millington, Tenn., January 22, 2024. (U.S. Navy photo by Mass Communication Specialist 2nd Class Austin Collins)

“Think of the ombudsman as the CMC of your family”. The ombudsman program is there to act as your resource specialist in areas such as childcare, healthcare, and financial assistance. It is best to establish a relationship with your ombudsman before you are in a crisis.

Following the all-hands call, Ombudsman-at-large Carol Jones toured the NSA Mid-South Child and Youth programs, visiting the Child Development Center, Youth Center, and Teen Center. She was impressed with the quality of programs here onboard the installation and excited for the availability of resources for the local Coast Guard personnel and their families.

The full Coast Guard SLMR staff is due to move into the Covington building by late spring. With the addition of the Coast Guard, the installation is now host to all six armed forces.



Beginning in 2023, the Defense Personal Property Program (DP3) will initiate a phased implementation of the Global Household Goods Contract (GHC), designed to enhance the moving experience for Defense Department and Coast Guard personnel and their families. HomeSafe Alliance (HomeSafe) is the GHC program's contracted company for managing household goods, unaccompanied baggage, and storage-in-transit warehouse services. In addition to increased performance standards under GHC, new online systems will provide the opportunity to oversee your move in a whole new way, making it easier than ever before to manage your shipments.

READY TO REQUEST A SHIPMENT?

MilMove and HomeSafe Connect are the two new online systems you will use in place of the Defense Personal Property System (DPS) for shipments under GHC. Both systems can be accessed using a desktop or handheld device.

Note: Because shipments will be phased-in gradually over the course of the next few years, not everyone will immediately use these new systems and move under GHC.

1 CREATE A CUSTOMER ACCOUNT IN MILMOVE

Visit MilitaryOneSource.mil/personalproperty after receiving your PCS orders and click on the DPS link. When the GHC phase-in begins, you will be presented with a series of questions on screen to determine if your new move will be carried out under GHC or the legacy program. If your new shipment qualifies to move under GHC, you will be automatically directed to **DOD's new system – MilMove**.

You will use MilMove to submit your initial shipment requests. After creating an account and importing your information, you will see a confirmation page with details about your request, including a Move Code assigned to your shipment. You will also receive confirmation emails with your Move Code and further directions for next steps in the moving process such as conducting counseling and making shipment arrangements.

2 MANAGE YOUR SHIPMENT IN HOMESAFE CONNECT

Next, a DP3 representative will verify your information in MilMove, and you will receive emails about additional steps in the moving process, such as conducting counseling with either your local transportation office or HomeSafe. You will also receive a welcome email inviting you to use **HomeSafe's new system – HomeSafe Connect**, to manage your shipment(s) through completion.

All the information entered in MilMove will automatically populate into your HomeSafe Connect account. A HomeSafe Customer Care Representative will be assigned to serve as your single point-of-contact for any questions or concerns throughout your moving experience. You may also reach out to the HomeSafe Contact Center, which is available 24/7. You can find all this contact information via HomeSafe Connect and your welcome email.

Note: Your local transportation office is always available to help if issues arise.



USE MILMOVE TO...

- Upload your PCS orders
- Share your contact information
- Enter your shipment details & requested pickup date
- Discover your weight allowance
- Receive follow-on directions about entitlement counseling

USE HOMESAFE CONNECT TO...

- View your shipping entitlements
- Confirm/request changes to shipping dates & locations
- Schedule & partake in a pre-move survey
- Get a weight estimate for your shipment
- Meet your packing & delivery crews
- View an online inventory with photos
- Find shipment status updates
- See real-time tracking within 10 miles of your home
- File loss or damage claims
- Communicate with Customer Care Reps

Questions?

Looking for more information about personal property shipments under GHC?
Visit www.militaryonesource.mil/GHC for updates, resources, contacts, and links.

BLACK HISTORY MONTH

CELEBRATING THE DIVERSE CULTURE OF THE U.S. NAVY

Story by: MC2 Austin Collins



In the spirit of Black History Month, NSA Mid-South shines a light on Operations Specialist 2nd Class Clarissa Ruffin, whose journey in the Navy is a tale of resilience, determination, and breaking barriers. Her story is not just about personal growth but serves as an inspiration for the African American community and beyond.

Ruffin's decision to join the Navy was influenced by its core values, which aligned with her own beliefs.

"I was drawn to the Navy's commitment to discipline and teamwork. It seemed like an environment where I could challenge myself and grow, both personally and professionally," she explains, reflecting on her early motivations.

The early days of her career were challenging, marked by frequent transitions and a lack of guidance.

"I quickly learned to be my own advocate, to stay alert to opportunities and changes. It was a tough but valuable lesson in self-reliance and adaptability," she recounts.

When discussing the current state of African American representation in the Navy, Ruffin notes that there is still work to be done.

"There's been some progress, but fundamentally, the landscape remains similar to when I first joined. Continuous efforts are needed to enhance diversity and inclusion," said Ruffin.

She sees cultural diversity initiatives as a step in the right direction but emphasizes the need for deeper changes.

"Celebrating diverse cultures is important, but the real change happens when leaders embrace and drive inclusivity. We need leaders who are not just open to diversity but actively champion it," she asserts.

Mentorship has been a vital aspect of her Naval life.

(continued on next page)

"Mentors have been my anchors during difficult times. I would especially like to give a shoutout to Retired Senior Chief Tameca Brown and Petty Officer First Class Marquise Price. They've offered me wisdom and support, especially when I felt isolated. In turn, I strive to be a mentor to others, to pass on that guidance and inspiration," she says, highlighting the importance of mentorship.

Ruffin's presence in the Navy serves as a powerful example of perseverance and growth.

"I aim to show that, despite challenges, the Navy offers opportunities for learning and advancement. I am proof that with resilience, you can navigate any storm and come out stronger," said Ruffin.

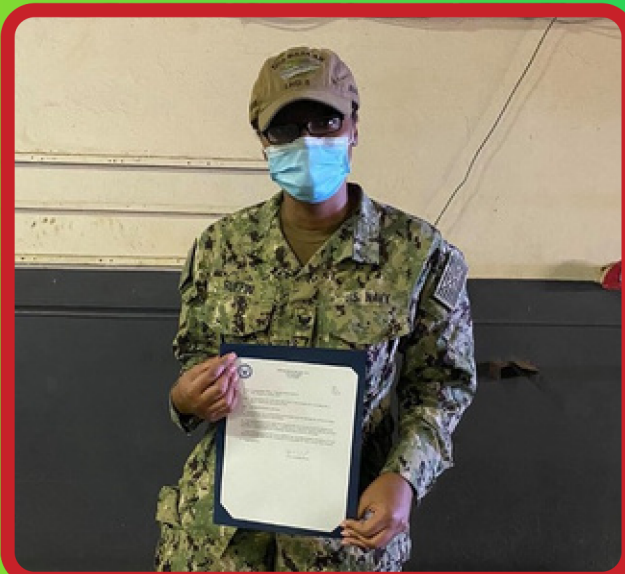
Looking ahead, she is determined to be a beacon of hope and change.

"I aspire to be a role model, especially for the African American community in the Navy," said Ruffin. "My goal is to demonstrate that positive change is not just a dream but a reality we can create."

To those considering a career in the Navy, she offers heartfelt advice:

"Embrace every experience with an open mind. Remember your heritage and the legacy you carry. Your journey in the Navy is not just about where you go, but also about where you come from and the history you represent."

Clarissa Ruffin's story is one of challenges, triumphs, and unwavering determination, a narrative that resonates with many and paves the way for future generations in the Navy.



MONTHLY QUARTERS

PERS-9 conducted Monthly Quarters at the Chapel. Awards and Bravo Zulus were issued to civilian and military personnel.



PERSpectives

Brought to you by



EN2 TANG - LSS GREEN BELT



YNC DIAZ - NCM



MM2 REED - JSQ



MC2 SNIDER - BRAVO ZULU



CTW1 HOWARD - LSS GREEN BELT

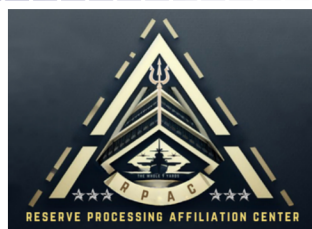


LT MILLIET - NCM



HM1 WHEELER - SOQ

STAY CONNECTED FOR PERS-9
SEMI-ANNUAL NEWSLETTERS



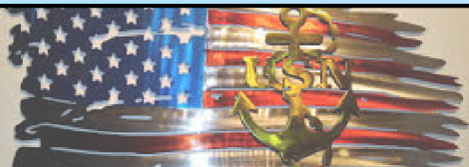
Logo Designer: LS1 Anthony Brown

CHECK OUT PERS-97 NEW LOGO!

Career Transition Office (CTO)
has officially changed to
Reserve Processing & Affiliation Center (RPAC)

FOLLOW US ON FACEBOOK

<https://www.facebook.com/profile.php?id=100075248632779&mibextid=LQQJ4d>



MUSEUM
of Science & History
MEMPHIS, TN

Junior Enlisted Association supports
MoSH with numerous events. Reach
out for future opportunities.

POC: HM2 Oluwagbenga Folarin
OLUWAGBENGA.FOLARIN1@NAVY.MIL

Habitat
for Humanity
of Greater Memphis

To help local families build or
improve places they can call home.

POC: CM1 Richard Campos
RICHARD.B.CAMPOS@NAVY.MIL



The Fleet and Family Support Center wants to come to your space!



The FFSC hosted their first on-the-go event on Wed. Jan. 24 on the quarterdeck of CNRC, highlighting their services to approximately 70 people. This new initiative was designed as an “outside the box” low stress, no pressure approach to expand the center’s outreach efforts.

Each event includes a set up from the professional financial counselor, life skills coordinator, transition assistance coordinator, counselors, Exceptional Family Member program, and the Work and Family Life program.

If you would like to see this event set up at your command, the FFSC will work with you to promote the event, find adequate space, be available for meet and greets and answer any questions. Reach out to the FFSC to schedule 901-874-7423.

FEBRUARY FFSC ON THE GO



**NMRTU MEMPHIS
(CLINIC)
WED. FEB. 28
1230-1530**





Health & Wellness News from NMRTU Memphis



FEBRUARY - BE VIGILANT ABOUT YOUR HEALTH!

Week 1

Chronic diseases are defined as conditions that last 1 year or more and require ongoing medical attention, limit activities of daily living, or both. These diseases have a combined healthcare cost of more than \$4.1 trillion annually. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. Heart disease is a topic for adults of any age, including young adults; you can take steps now to reduce your risk of developing this disease which can negatively affect your military career and compromise mission readiness. Combat heart disease by properly fueling your body through a nutritious diet that is low in saturated fat and sodium, taking part in moderate to vigorous physical activity most days of the week, maintaining a healthy weight, and quitting tobacco, (including spit tobacco and e-cigarettes). Contact your PCM to schedule your annual physical exam and get screened for these life-threatening diseases.

Week 2

Six in ten adults in the US have a chronic disease. Four in ten adults have two or more of these diseases. Most of these diseases are caused by risky behaviors such as unhealthy eating, inadequate exercise, excessive alcohol consumption, and tobacco use. All these risks are personal choices and can be changed if you have the mindset to become or stay healthy. By making healthy choices, you can lower your risk for developing chronic diseases and improve your quality of life. Routine preventive care, such as your annual physical and twice a year dental exams, can help you stay well and catch problems early. This will help you live a longer, healthier life. If you haven't had a preventive exam done in the last year, contact your PCM and dentist to schedule your appointment today.

(Continued on next page)

Week 3

Increase physical activity and adopt healthier eating habits to avoid developing diabetes, a major controllable risk factor for heart disease. Type 2 diabetes is a condition in which insulin is unable to work effectively. When the body is resistant to insulin, excess glucose collects in the bloodstream. This weakens arteries and may cause heart disease. You could be at risk of developing type 2 diabetes if you have unhealthy exercise and eating behaviors. If you don't exercise regularly and you eat more food than your body needs, you could gain weight and increase your body fat. Fortunately, you can take steps now to avoid developing diabetes by maintaining healthy eating habits and increasing physical activity to at least 150 minutes each week. See your doctor if you often feel tired, thirsty, and urinate frequently – these are signs of high blood glucose levels, a factor that leads to a diagnosis of diabetes.

Week 4

Improve your heart health at any age by adopting healthy lifestyle behaviors such as healthy eating, exercising regularly, and living tobacco free. To have a better idea of what your food habits are, and what factors might contribute to overeating, start logging what you eat, and drink utilizing online tools or use a mobile app. Then, develop a healthy eating plan that fits your lifestyle. You can make a healthy eating lifestyle fun by learning how to master flavorful cooking. Be physically active on a regular basis, you can even encourage your family to exercise with you. If you use tobacco products, quit! Within one year of quitting, the risk of heart attack is reduced. Learn other ways to improve your health by talking with your provider.

Reminder! The Pharmacy will close every 4th Wednesday of the month for training.



Candles

Set the mood not a fire



Valentines day for a lot of people is creating a special and memorable day with your loved one. As you prepare for that special occasion, a few reminders if planning your special time at home. When choosing the perfect candle for the occasion, opt for an electric candle as opposed to a traditional wick and wax candle. Wick and Wax candles can make your special day memorable for the wrong reason and spoil the day by starting a fire.

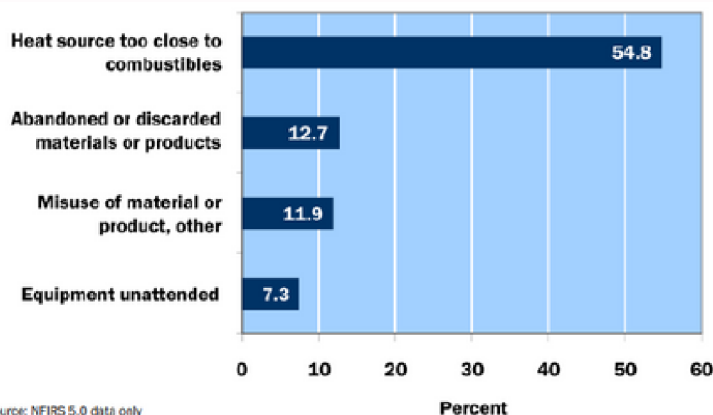
*Contact the MSFES
Fire Prevention Office
for further guidance.*

Findings:

- * Annually, an estimated 23,600 fires in residences are caused by candles and result in 1,525 civilian injuries, 165 fatalities, and \$390 million in direct property loss.
- * Over 1/3 of residential structure candle fires begin in the bedroom.
- * Over half of all residential structure candle fires were started because the candle was too close to combustible materials.

- ◆ Burn candles inside a 1-foot circle of safety, free of anything that can ignite.
- ◆ Extinguish candles after use.
- ◆ Keep candles out of the reach of children and pets.
- ◆ Use a sturdy metal, glass, or ceramic candleholder.
- ◆ Never leave a burning candle unattended.

Figure 3. Leading Factors Contributing to Residential Candle Fires
(Residential structures with known ignition factors, 3-year average (2002–2004) NFIRS 5.0 data)



Fire Prevention Office5801
McCain Ave
Millington, TN 38054

Phone:
901-874-5644/5259

Email:

NSAMidSouth_FirePrevention
@us.navy.mil



To request additional information or comment on this report, visit <http://www.usfa.dhs.gov/applications/feedback/> ■

Happening @



STOP BY OUR
NEW LOCATION
TO SEE WHAT IS
NEW!

Ticket & Travel OFFICE NEW LOCATION

Outdoor Rec. Center 5671 Intrepid (Bldg. 797)
WEB: www.navymwrmaidsouth.com/Tickets

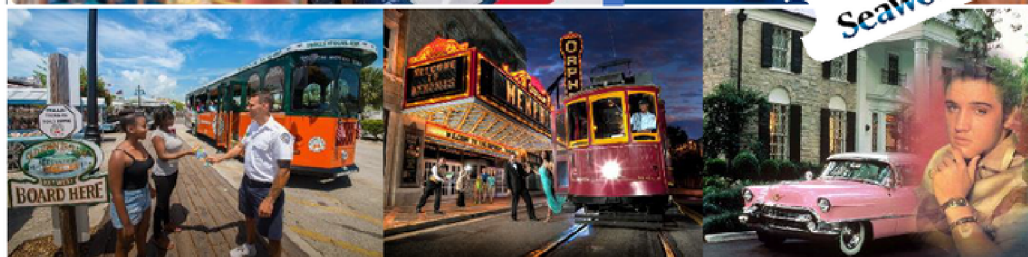


navymwrmaidsouth.com APP
Take NavyMWR Mid-South with you
everywhere you go. It's your one-stop
for everything NSA Mid-South!

**LOOK OUT FOR THE
NEXT NAVY10NM
OUTREACH!**



Discount tickets - Tennessee Florida California MWR Picks!



www.americanforcetravel.com the official leisure travel website for the Department of

THE NAVY TEN NAUTICAL MILER WEEKEND

1st weekend of June 2024!
#NAVY10NM EXPO >> June 1 and 2
1NM >> Saturday, June 1
10NM >> Sunday, June 2
5NM >> Sunday, June 2

REGULAR RATE

Nov. 2nd - May 15th
\$65 - 10NM ACTIVE DUTY
\$85 - 10NM ALL OTHERS
\$65 - 5NM | MINI MILER is FREE!



To sign up or for more information
visit: www.thenavy10nm.com or
[https://thenavy10nm.raceroster.com/
page/event-details1](https://thenavy10nm.raceroster.com/page/event-details1)

The Navy Ten Nautical Miler
Follow Us on Facebook, Instagram,
@Navy10nm.

VIEW FULL EVENT LIST AT WWW.NAVYMWRMIDSOUTH.COM/CALENDAR



Glen Eagle Golf Course! Book tee times online
at: www.navymwrnmidssouth.com/teetimes



Glen Eagle's Superintendent Revenge 2-Person Scramble

Saturday, Feb. 17 | 1100 Shotgun Start



Deadline to enter is Feb. 15. To sign up or for more information stop by the Glen Eagle Golf Course (6168 Attu, Millington, TN 38054).

New hours effective Feb. 5 Park Field Cafe

www.navymwrnmidssouth.com/ParkFieldCafe



New Hours:

Mon: 0700-1400/1630-2200
Tues: 0700-1400/1630-2200
Wed: 0700-1400/1630-2200
Thu: 0700-1400/1630-2200
Friday: 0700-1400
Saturday: CLOSED
Sunday: 1630-2200
Federal holidays: Closed



FRESH HOT FOOD
AS WELL AS
GREAT COFFEE!



Park Field Café | (901) 874-5821 728 Wasp Ave. (Bldg. S-449) Millington, TN 38054



Monday, Feb. 19 | President's Day
(federal holiday)

Facility closures and holiday hours
for all MWR/CYP operations
are posted at facilities and online at
navymwrnmidssouth.com/holidayhours



NOFFS ZONE & FITNESS CENTER HAPPENINGS!



Row your Heart!
Fitness Challenge
Wednesday, Feb. 14
All are invited to partner up
with your Valentine to
compete in a Row challenge!



Ladies Night!
Friday, Feb. 23
Must be 16 or older.
Advance registration
required.



Leap Frog Leap Year
Fitness Challenge!
Thursday, Feb. 28
This high intensity leap year
challenge doesn't happen
often, so don't miss out!
Challenge shirts while
supplies last.

LIBERTY LUNCH

BQ (Bldg. 454) 1st Deck Kitchen

Open to single or unaccompanied active duty personnel only. Food available while supplies last.

Wed., Feb. 7 1130-1300 Bacon egg and cheese sandwich	Wed., Feb. 14 1130-1300 Sweet and spicy sandwich
Wed., Feb. 21 1130-1300 Bean burrito	Wed., Feb. 28 1130-1300 Baja style chicken bowl

FEBRUARY Liberty Calendar

All events are free to and held in the BQ Bldg. S-454, unless otherwise specified. Open to single or unaccompanied active duty personnel only.

www.navymwrnmidssouth.com/Libertycalendar

www.navymwrnmidssouth.com APP

Take NavyMWR Mid-South with you everywhere you go. It's your one-stop for everything NSA Mid-South! This app will allow you to view information on all services, programs, and activities for NSA Mid-South including hours of operations, locations and GPS, description of services, and even call the facilities directly from your iPhone.

Need more info ...touch base with the Marketing (nsamidssouth_marketing@us.navy.mil).





NAVY YOUTH CENTER



CHILD DEV. CENTER



GLEN EAGLE



FITNESS CENTER



RECREATION CENTER



MIDWAY RV PARK



AUTO SKILLS

NAVY CHILD & YOUTH PROGRAMS



Child Care



Before & After School



Teens

When military personnel are confident that their children are safe and in good care, they can better concentrate on fulfilling their military responsibilities. Child and Youth Programs are here to make sure high quality and affordable child care is readily available for military families worldwide. Find out more here <https://www.navyccyp.org/>

Important links for CYP Program:

<https://militarychildcare.com> - visit to get on the waiting list for military child care.

<https://usa.childcareaware.org> - valuable to parents who cannot find care within our CYP.

Youth Summer Day Camp enrollment begins on MilitaryChildCare.com.



COMMUNITY RECREATION PROGRAMS

AUTO SKILLS

(901) 874-5675

Monday: Closed

Tuesday: 1000 - 1730

Wednesday: 1000 - 1730

Thursday: 1000 - 1730

Friday: 1000 - 1730

Saturday: 0800 - 1530

Sunday: Closed

Federal holidays: Closed

RECREATIONAL LODGING

(901) 874-5496

Monday: 0930 - 1800

Tuesday: 0930 - 1800

Wednesday: 0930 - 1800

Thursday: 0930 - 1800

Friday: 0930 - 1800

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

ELLISON COMMUNITY RECREATION CENTER

(901) 874-5455

Monday: 1100 - 1900

Tuesday: 1100 - 1900

Wednesday: 1100 - 1900

Thursday: 1100 - 1900

Friday: 1200 - 2000

Saturday: 1200 - 2000

Sunday: 1100 - 1900

Federal holidays: Closed

TICKET AND TRAVEL OFFICE

(901) 874-5652

Monday - 0800-1700

Tuesday - 0800-1700

Wednesday - 0800-1700

Thursday - 0800-1700

Friday - 0800-1700

Saturday - 0800-1500

Sunday - Closed

Closed federal holidays

LIBERTY OFFICE

(901) 874-5437

Monday: 1100 - 1900

Tuesday: 1100 - 1900

Wednesday: 1100 - 1900

Thursday: 1100 - 1900

Friday: 1200 - 2000

Saturday: 1200 - 2000

Sunday: 1100 - 1900

Federal holidays: Closed

FITNESS & SPORTS

FITNESS CENTER

(901) 874-5497

Monday - Friday: 0500 - 2000

Locker room cleaning closures

Women: 0900 - 0930

Men: 0930 - 1000

Saturday: 0800 - 1600

Sunday: 1000 - 1600

Federal holidays: 0800 - 1400

OUTDOOR RECREATION

(901) 874-5163

Monday: 0900 - 1630

Tuesday: 0900 - 1630

Wednesday: Closed

Thursday: 0900 - 1630

Friday: 0900 - 1630

Saturday: 0800 - 1530

Sunday: Closed

Federal holidays: Closed

NOFFS ZONE

Monday - Friday: 0500 - 2000

Saturday and Sunday: Closed

N-82 GYMNASIUM

Monday - Friday: 1030 - 1300

Federal holidays: Closed

SPLASH PARK

May - October:

Tuesday - Sunday:

0800 - 2000

Mondays: Closed

Federal holidays: Open

POV RESALE & STORAGE

(901) 874-5496

Monday - Friday:

0800 - 1600

Federal holidays: Closed

CHILD AND YOUTH PROGRAMS

CHILD DEVELOPMENT CENTER

(901) 874-5745

Monday: 0600 - 1800

Tuesday: 0600 - 1800

Wednesday: 0600 - 1800

Thursday: 0600 - 1800

Friday: 0600 - 1800

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

TEEN CENTER

(901) 874-5494

Hours vary, please call for current hours.

Federal holidays: Closed

YOUTH CENTER

(901) 874-5155

Before and After School:

0600 - 0745 and 1545 - 1800

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

Vacation Play Days and Summer Day Camp:

Monday - Friday

0600 - 1800

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

SCHOOL LIAISON

(901) 874-5343

Monday: 0800 - 1600

Tuesday: 0800 - 1600

Wednesday: 0800 - 1600

Thursday: 0800 - 1600

Friday: 0800 - 1600

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

GOLF PROGRAM

GOLF COURSE PRO SHOP

(901) 874-5168

WINTER HOURS

Sunday- Saturday

0730-1600

Tee times start 0800

EAGLE'S PEAK GRILL

(901) 874-5415

Monday: 0700 - 1330

Tuesday: 0700 - 1330

Wednesday: 0700 - 1330

Thursday: 0700 - 1330

Friday: 0700 - 1330

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

FOOD AND BEVERAGE

PARK FIELD CAFE

(901) 874-5841

Mon: 0700-1400 / 1630-2200

Tue: 0700-1400 / 1630-2200

Wed: 0700-1400 / 1630-2200

Thu: 0700-1400 / 1630-2200

Friday: 0700-1400

Saturday: CLOSED

Sunday: 1630-2200

Federal holidays: Closed

EAGLE'S PEAK BAR

Monday: 1100-1600

Tuesday: 1100-1600

Wednesday: 1100-1600

Thursday: 1100-1600

Friday: 1100-1600

Saturday: 0900-1600

Sunday: 0900-1600

Federal holidays: Closed

<https://www.navywmrmidsouth.com/about/directory>

Need more info ...touch base with the Marketing
(nsamidsouth_marketing@us.navy.mil).



NavyMWRMidSouth.com



**GRID # FACILITY**

- J 12 Auto Skills Shop (N-778/N-397)
- R 21 Bachelors Quarters (S-454)
- Y 13 Chapel (S-777)
- Y 28 Child Development Center (S-943)
- EE 27 Commissary (S-752)
- E 40 Cottages at Glen Eagle (N-345/N-347)
- BB 26 Dog Park (S-1840)
- H 39 Eagle's Peak Bar and Grill (N-939)
- O 15 Ellison Community Recreation Center (S-499)
- T 21 Fleet and Family Support Center (S-456)
- JJ 23 Gas Station Mini Mart (S-935)
- H 39 Glen Eagle Golf Course (N-939)
- H 21 Gymnasium (N-82)

GRID # FACILITY

- T 21 ID Office (S-456)
- O 14 Joe Dugger Fitness Center (S-499)
- O 15 Liberty Program (S-499)
- C 23 Memphis Navy Flying Club
- FF 30 Midway RV Park
- O 15 Movie Room (S-499)
- S 20 MWR Admin Office (S-455)
- X 20 Navy Exchange (S-752)
- L 07 Navy Federal
- J 26 Navy Lodge (N-931)
- S 11 NGIS (S-450/451/452)
- N 14 NOFF ZONE (S-947)
- V 16 Outdoor Recreation (S-797)

GRID # FACILITY

- X 20 Package Store (S-574)
- F 21 POV Storage Office (S-449)
- F 21 POV Sale Lot Office (S-449)
- S 10 Recreation Lodging Office (S-449)
- X 26 Softball Field
- W 28 Splash Park (1903A)
- R 10 Park Field Cafe (S-449)
- X 20 Subway (S-752)
- Z 31 Teen Center (S-770)
- V 16 Ticket and Travel Office (S-797)
- V 26 Turf Field
- P 08 Visitor Center / Gate Passes (S-938)
- Z 30 Youth Center (S-936)

NSA MID-SOUTH SEVERE WEATHER PROCEDURES

WEATHER CAN TURN SEVERE QUICKLY. KNOW WHERE TO TUNE IN FOR INFORMATION AND SEEK SHELTER ON THE INSTALLATION

SEVERE WEATHER WARNING/ TORNADO WATCH

The installation will follow local media and the National Weather Service to monitor weather conditions and publish notable updates through ATHOC during severe weather. Social media and the installation app may be utilized as well.

TORNADO WARNING

When a tornado warning is issued for Shelby County the installation will sound tornado sirens when conditions permit.

WHERE TO GO?

RV park guests may seek shelter within the Navy Gateway Inn and Suites (NGIS) lobby located at 7728 Wasp Ave.

Patrons of the Navy Exchange and Commissary should remain indoors and follow the direction of store personnel.

The Child Development Center (CDC) will follow protocol and shelter in place. School buses on board the installation will seek shelter within the CDC.

All other installation tenants and residents should seek shelter within their respective buildings and residences.

GATE CONDITIONS

For the safety of our security personnel, all gates will close to traffic while tornado sirens are activated.

Traffic outside the installation gates, awaiting entry, should seek shelter in a sturdy building.

Upon conclusion of severe weather, the gates will reopen and messaging will be sent via ATHOC



ATHOC

Register to receive AtHoc alerts on a NMCI workstation by clicking on the purple globe icon on the task bar. AD members may add family members to receive alerts.

WHAT TO DO?

Get to a small, interior room on the lowest level of the building.

Stay away from windows, doors, and outside walls.

Use your arms to protect your head and neck.



Installation Winter Weather Procedures

- In the event winter weather impacts the installation, an AtHoc message will be released notifying all personnel of the installation operating status: operations normal/delayed reporting/early release/or closed to non-essential personnel.
- If the conditions are deemed unsafe the base will be limited to mission essential personnel only.
- Installation information phone line will be updated accordingly 901-874-7474 as well as local media outlets.
- Check with your parent command for specific reporting instructions as each command may have separate requirements.
- Follow the installation app and Facebook page for additional base services updates (i.e. FFSC, NEX, MWR, etc).



Unpredictable Mid-South weather is keeping us on our toes! From tornado warnings to winter storms, mother nature is throwing us a curveball. Stay weather-wise, stay safe!

NSA MID-SOUTH FFSC PRESENTS

FY 24 GMT BLITZ

**SEATING IS LIMITED.
REGISTRATION IS REQUIRED!**

FEB 7

Chapel Fellowship Hall

Suicide Prevention 0900-1000

Domestic Violence 1000-1100

SAPR 1100-1230

APR 16

Chapel Fellowship Hall

Suicide Prevention 1200-1300

Domestic Violence 1300-1400

SAPR 1400-1530

SEP 19

Chapel Fellowship Hall

Suicide Prevention 0900-1000

Domestic Violence 1000-1100

SAPR 1100-1230

**TO REGISTER, CONTACT CATHY NIEGEL AT
901-874-5075 OR
CATHERINE.L.NIEGEL.CTR@US.NAVY.MIL**

***** OPEN TO ALL PERSONNEL *****

BUDGET FOR BABY[®]

WORKSHOP



February 6th
10:00-12:00



Call (901) 874-7350 or email
millington@nmcrs.org to register!



Eligible attendees will receive an
Amazon gift card and handmade
blanket.



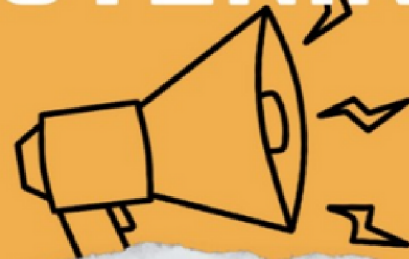
Safety Comment Box



Have a safety concern or question for the Safety
Department? Scan the QR code to drop us a
comment!



WE ARE LISTENING



COMMANDING OFFICER'S
SUGGESTION BOX

Scan here:





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

Have a story, event, personnel, or program you would like to see featured in The Bluejacket?

Email us at NSAMidsouth_PAO@us.navy.mil

Submission deadline is the 25th of each month!

The Bluejacket will publish the first Friday of each month.



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Navy Region Southeast