

# THE Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

APRIL 2024: VOLUME 82, NO.4



Month of the Military Child 2024



# NAVAL SUPPORT ACTIVITY MID-SOUTH LEADERSHIP



COMMANDING OFFICER  
CAPT MICHAEL MOSBRUGER

EXECUTIVE OFFICER  
CDR JEREMY WOODALL

COMMAND MASTER CHIEF  
CMDCM CHRIS BYARD

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# NORMAL OPERATING HOURS

**Willis Gate @Navy Rd.**  
24/7

**Singleton Gate**

Mon-Fri 0600-1800  
Closed Sat/Sun  
Closed on Federal Holidays

**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

**ID Card Office**

Mon-Fri 0730-1600



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Command Executive Assistant  
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## Notable upcoming events:

**Supported Commands Monthly Meeting  
(formerly known as Host Tenant Meeting)  
\*\* 24 April 2024 @ 1300\*\* Location: NSA  
Chapel**



# 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.navywmrmaidsouth.com/events](http://www.navywmrmaidsouth.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"
- Fleet and Family Support Center On-the-Go is coming soon to a quarterdeck near you! We have set up at NMRTU Memphis, NTAG Nashville, NPC, and CNRC, and would love to make your command next on the list!

## 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

- **The Clinic and Pharmacy will be closed on May 10 from 1200-1600 for a command function.**

## PHARMACY ELECTRONIC PRESCRIPTIONS

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

## INSTALLATION TRAINING DATES & INFO

- 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](http://www.SafeHelpline.org) text: 55-247 CONUS or (202) 470-5546 OCONUS (may be extra charges for OCONUS).



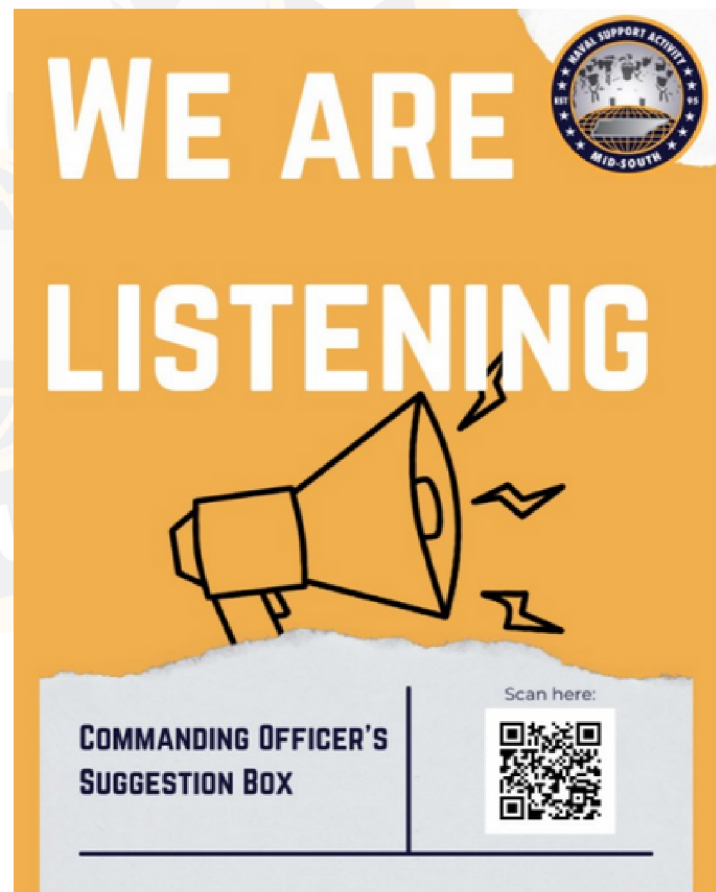
# CAPTAIN'S CORNER

April is a busy month for the installation with three important recognitions: Sexual Assault Prevention and Response Month, Child Abuse Prevention Month, and the Month of the Military Child. Please take a look at the MWR and Fleet and Family Support Center calendars for the many events we are hosting to call attention to and show support for these programs.

Both Sexual Assault Prevention and Response Month and Child Abuse Prevention Month are a time for us to reaffirm our commitment to fostering a culture of dignity and respect within our installation. We must remain dedicated to our efforts to educate, prevent, and respond to incidents of sexual assault and child abuse. By actively participating in training programs and promoting bystander intervention, we can make meaningful progress towards reducing incidents and create an environment free from harassment and violence.

April also serves as a time to honor and celebrate the resilience of our military children. As they navigate the challenges of military life with courage and adaptability, it is important that we acknowledge their sacrifices and contributions. On April 17, local leaders and school officials will join me in signing the Month of the Military Child proclamation at 0900 at the Child Development Center. I extend a warm invitation to all to come out and show your support to our military children.

As we reflect on the significance of these observances, I encourage each of you to promote awareness, understanding, and support for these causes throughout the month. By working together, we can create a safer, more inclusive environment for all members of our military family.







## *UH Room of the Month!*

HM3 Martin of NMRTU! Enjoy the parking spot and no room inspection for April!



IN SUPPORT OF  
NAVY-MARINE CORPS RELIEF SOCIETY

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FUND DRIVE

BY OUR OWN — FOR OUR OWN  
**DONATE TODAY**



NAVY-MARINE CORPS  
RELIEF SOCIETY

[www.nmcrs.org/adfd](http://www.nmcrs.org/adfd)



# APRIL 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 3:30 Lego Club	2 3:00 Teen Time	3 11:00 Storytime	4 11:00 Literacy Gym 5:15 Solar Eclipse Family Spectacular	5	6 10-3 United Way Tax Prep
7	8 3:30 Lego Club	9 3:00 Teen Time	10 11:00 Storytime 3:00 Board Games for Teens	11 11:00 Literacy Gym	12 1:30 Tech Help Session	13
14 	15 3:30 Lego Club	16 3:00 Teen Time	17 11:00 Storytime	18 11:00 Literacy Gym	19	20
21 	22 3:30 Lego Club 5:15 Earth Day Craft & Walk at Aycock Park	23 3:00 Teen Time	24 11:00 Storytime	25 11:00 Literacy Gym 4:30 Family Movie Screening: <i>The Biggest Little Farm</i>	26	27
28 	29 3:30 Lego Club	30 3:00 Teen Time: Video Game Day				

Millington Public Library | 4858 Navy Rd, Millington, TN 38053 | 901-872-1585

## This month at the Millington Public Library

### Morning Storytime

Wednesdays at 11:00 am



### 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!



Did you know with your Millington Public Library card, you can borrow library materials statewide FOR FREE? You can search the statewide catalog and request items by going here:

<https://tenn.agshareit.com/home?cid=TENN&lid=MLT>

You can borrow books and DVDs FOR FREE from over 200 hundred libraries across Tennessee! All you need is a library card!

Borrow Statewide with  
**Shareit!**





# Q&A with Robert Martin, NSA Mid-South's Emergency Management Officer

**Q: Could you explain the role of an EMO?**

A: "As the Emergency Management Officer, my role is to advise the Commanding Officer on hazards that could affect the installation, including identification, preparation, mitigation, and recovery from these hazards."

**Q: What natural threats should people be aware of during this time of year?**

A: "As we move from winter into spring, the main concerns are tornadoes and flash floods. The best preparation involves having a plan for your household and workspace, keeping your phone charged, having a weather radio, and knowing your shelter-in-place plan."

**Q: How should one prepare a safe space during a tornado?**

A: "Find the most interior room of your residence, away from windows. This space should be clear of debris, as most fatalities from tornadoes occur due to debris. A bathroom or closet is ideal. Also, have a supply of water and food for about a week in case of power loss."

**Q: When is the peak of severe weather risk?**

A: "Severe weather risks in the mid-south are somewhat year-round, with tornadoes from spring through summer, and the constant threat of flash floods and thunderstorms. Winter brings ice storms and snow."

**Q: Any final recommendations for emergency preparedness?**

A: "The community's preparedness is crucial. Educate yourself on the threats, have a plan for both work and home, and ensure you have a means to receive notifications. Registering for Ad Hoc and using FEMA's free app recommended."

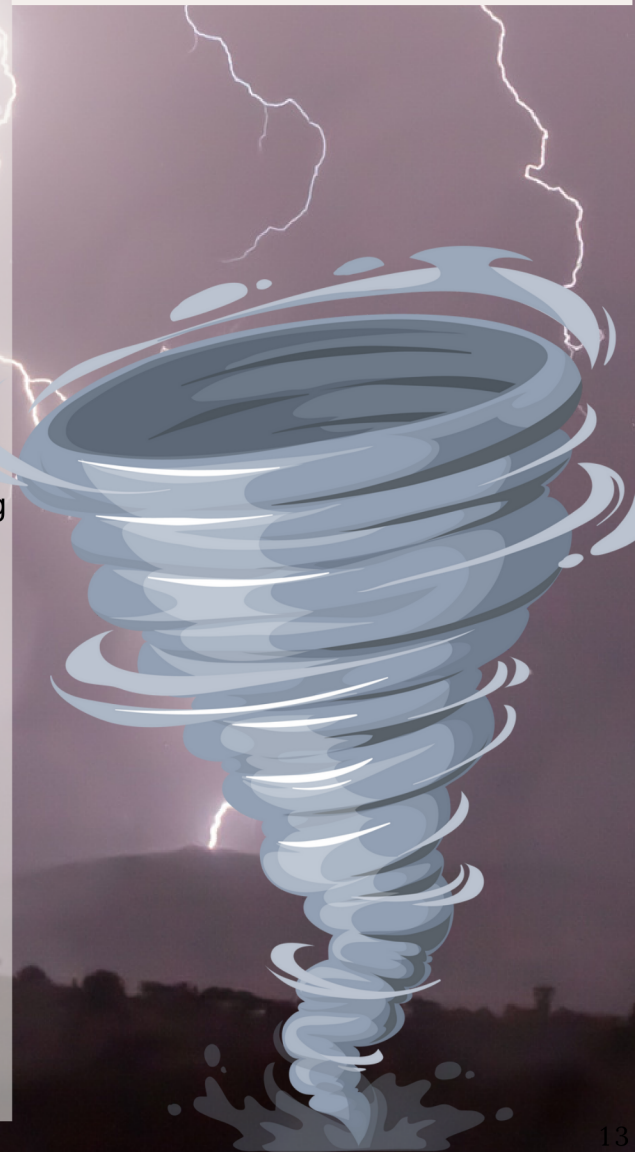






Image Source: NASA (labels added by DHA/VCE)

## Total Solar Eclipse and Eye Health

A total solar eclipse will cross over parts of North America on April 8th, and can be experienced throughout the continental United States, ranging from Texas to Maine. While this celestial event will likely be celebrated and observed by millions, eye safety is a priority in understanding how to prepare for this unique opportunity.

### What is a Total Solar Eclipse?

According to the National Aeronautics and Space Administration (NASA), a solar eclipse occurs when the Sun, Moon, and Earth line up partially or totally. A total solar eclipse occurs when the Moon passes between the Sun and Earth, completely blocking the Sun momentarily. Unlike in a partial solar eclipse, in the total solar eclipse the moon completely covers the entire face of the sun. For this reason, it is essential to understand eye safety while viewing a partial solar eclipse or a total solar eclipse<sup>1</sup>.

### Vision Health and Eye Protection

Staring directly at a solar eclipse, even for seconds without specialized solar filters, can result in damage to the eye with temporary or permanent vision loss. The most common vision injury that can happen is “solar retinopathy” – damage to the back of the eye, to the cells in the retina. Unfortunately, there is no clinical treatment for solar retinopathy. Understanding the potential risks and actively participating in safe viewing practices is crucial to avoid eye injuries<sup>3,4</sup>.

### Recommendations for Safe Eclipse Viewing

**1. Use Certified Eclipse Viewing Glasses:** According to NASA, always wear eclipse viewing glasses (which have special filters for direct sun observation) while observing the partial phases of an eclipse. Ensure that eclipse viewing glasses meet international safety standards (ISO 12312-2)<sup>3,4</sup>. **Regular glasses, contact lenses and sunglasses are NOT sufficient for solar viewing.**



**2. Inspect Your Eclipse Viewing Glasses:** Before using approved eclipse viewing glasses, carefully inspect them for any damage or scratches. Do not use compromised glasses, as this can lead to eye damage<sup>4</sup>.



**3. Use Solar Filters for Optical Devices:** You must use special-purpose solar filters in front of the binoculars, telescopes, smartphones, or camera lenses<sup>5</sup>. Using optical devices without solar filters, do not protect your eyes from UV damage. While using a smartphone remember to look at the phone screen, and not at the sun directly when taking your photos or videos<sup>5</sup>.



**4. Stay Informed:** Know the timing and path of the eclipse and plan to observe it from a safe location. Be aware of when totality will occur in your area<sup>5</sup>.



For specific timings and locations of the total solar eclipse, refer to the map below<sup>7</sup>.



Source: NASA

**5. Educate Others:** Share information about safe eclipse viewing practices with friends, family, children, and the community. Make sure everyone uses proper eye protection, and especially supervise children by keeping eclipse viewing glasses over their eyes for the entire event. Consider having extra eclipse viewing glasses to share<sup>5,6</sup>. For more information visit: <https://science.nasa.gov/eclipses/safety/>



### References:

1. Types of Solar Eclipses - NASA science. NASA. Accessed February 8, 2024. <https://science.nasa.gov/eclipses/types/>.
2. 5 Stages of a Total Eclipse. Solar Eclipse Guide. January 20, 2023. Accessed February 8, 2024. <https://solareclipseguide.com/5-stages-of-an-eclipse/>.
3. International Organization for Standardization ISO 12312-2:2015. ISO. September 28, 2020. Accessed February 8, 2024. <https://www.iso.org/standard/59289.html>.
4. Safety - NASA Science. NASA. Accessed February 8, 2024. <https://science.nasa.gov/eclipses/safety/>.
5. Safety - NASA Science. NASA. Accessed February 8, 2024. <https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/safety/>.
6. How to view a solar eclipse safely. Solar Eclipse Across America. January 16, 2024. Accessed February 8, 2024. <https://eclipse.aas.org/eye-safety>.
7. 2024 Total Eclipse: Where & when - NASA science. NASA. Accessed February 8, 2024. <https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/where-when/>.



**FORGED BY THE SEA**  
**CULTURE OF EXCELLENCE 2.0**

**BUILDING OUR WARFIGHTERS & TEAMS**  
**READY TO FIGHT & WIN**

CORE VALUES	WARRIOR TOUGHNESS	GREAT PEOPLE	GREAT LEADERS	GREAT TEAMS
ACCOUNTABLE TO YOURSELF AND TO YOUR TEAM			ACCOUNTABLE TO YOUR PEOPLE	ACCOUNTABLE TO EACH OTHER
<b>Honor</b> <ul style="list-style-type: none"><li>Be accountable</li><li>Display uncompromising integrity</li><li>Uphold the highest standards</li></ul> <b>Courage</b> <ul style="list-style-type: none"><li>Do the right thing, always</li><li>Act despite your fear</li><li>Ask for help</li></ul> <b>Commitment</b> <ul style="list-style-type: none"><li>Get Better, as a person and Team</li><li>Know and do my job</li><li>Be selfless and humble</li></ul>	<b>Preparation</b> <ul style="list-style-type: none"><li>Strengthen our Mind, Body, and Spirit</li><li>Train with realism—leverage stress</li><li>Be the example: what right looks like</li></ul> <b>Execution</b> <ul style="list-style-type: none"><li>Adjust to the demands of the mission</li><li>Maintain situational awareness</li><li>Respond mindfully, not emotionally</li></ul> <b>Reflection</b> <ul style="list-style-type: none"><li>Reflect as an individual</li><li>Conduct after actions as a Team</li><li>Commit to continuous improvement</li></ul>	<b>Mind</b> <ul style="list-style-type: none"><li>Social: Develop healthy relationships</li><li>Psychological: Build toughness &amp; resiliency; recognize warning signs</li><li>Financial: Manage money towards your goals</li></ul> <b>Body</b> <ul style="list-style-type: none"><li>Nutrition: Eat to better your health</li><li>Physical: Get Sleep—Be fit</li><li>Medical/Dental: Meet standards for duty</li></ul> <b>Spirit</b> <ul style="list-style-type: none"><li>Connect with something greater</li><li>Sustain a sense of purpose</li><li>Live your personal values</li></ul>	<b>Character</b> <ul style="list-style-type: none"><li>Set the standard, be transparent</li><li>Own your mission, empower your people</li><li>Master self-awareness and emotional intelligence</li></ul> <b>Competence</b> <ul style="list-style-type: none"><li>Deliver outcomes, self-assess &amp; self-correct</li><li>Manage risk, act on what matters most</li><li>Solve hard problems, fix or elevate barriers</li></ul> <b>Culture</b> <ul style="list-style-type: none"><li>Take care of your people</li><li>Build winning teams (Connected &amp; Inclusive)</li><li>Ensure a safe &amp; healthy environment</li></ul>	<b>Mission</b> <ul style="list-style-type: none"><li>Value &amp; Respect everyone</li><li>Be brilliant on the basics</li><li>Achieve excellence</li></ul> <b>Learning</b> <ul style="list-style-type: none"><li>Establish trust</li><li>Discuss successes &amp; failures</li><li>Improve, continuously</li></ul> <b>Community</b> <ul style="list-style-type: none"><li>Include families</li><li>End workplace hostility &amp; toxicity</li><li>Eliminate harassing behaviors</li></ul>
<b>TOOLS AND PROGRAMS</b> <ul style="list-style-type: none"><li>Sailor's Creed</li><li>COE 2.0 Playbook (back cover)</li></ul>	<b>TOOLS AND PROGRAMS</b> <ul style="list-style-type: none"><li>Warrior Toughness Placemat</li></ul>	<b>TOOLS AND PROGRAMS</b> <ul style="list-style-type: none"><li>Mental Health Playbook</li><li>Programs at Fleet and Family</li></ul>	<b>TOOLS AND PROGRAMS</b> <ul style="list-style-type: none"><li>Navy Leader Development Framework</li><li>Enlisted Leader Development (ELD)</li><li>N-PIER Handbook</li></ul>	<b>TOOLS AND PROGRAMS</b> <ul style="list-style-type: none"><li>Suicide Related Behavior Response and Postvention Guide</li><li>Prevention &amp; Response Programs</li><li>Integrated Primary Prevention Work Force</li><li>Necessary Conversations Guide</li><li>Full Speed Ahead videos</li><li>Navy Family Framework</li></ul>



**LEARN MORE**  
ABOUT OUR TOOLS AND PROGRAMS



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★★★★

**FORGING NAVY'S CULTURE**  
**A TOOL TO SELF-ASSESS**  
**YOUR COMMAND'S CULTURE**

IT ALL STARTS AT THE TOP How connected and cohesive is YOUR Triad?			
	GOOD	BETTER	BEST
<b>ONBOARDING</b> <ul style="list-style-type: none"><li>Sponsorship &amp; Indoc Programs</li><li>Career Development Boards (CDB)</li><li>Ombudsman</li></ul>	<ul style="list-style-type: none"><li>PG Sailors contacted early by trusted sponsors</li><li>Triad engaged with Indoc—every new Sailor attends (Officer and Enlisted)</li><li>CDBs conducted for every Sailor (Officer and Enlisted) - Warrior Ethos is discussed/refined</li></ul>	<ul style="list-style-type: none"><li>Inbound families connected early to OMBUDSMAN and FRG</li><li>Influencers within your command (People bought-into your culture) identified and made part of your onboarding</li><li>Sailors surveyed for feedback on CDBs</li></ul>	<ul style="list-style-type: none"><li>Indoc is an "event" with team-building, families, and tours</li><li>Sailor CDB goals are discussed with leadership during check-in</li><li>Mentorship is tangible and effective</li></ul>
<b>TOUGHNESS &amp; PREVENTION</b> <ul style="list-style-type: none"><li>Warrior Toughness</li><li>Human Factors Boards (HFB)/Councils (HFC)</li><li>All Prevention Programs</li><li>Response Plans</li></ul>	<ul style="list-style-type: none"><li>Command embraces and manages stress, provides tools to assist</li><li>HFBs held for Sailors in need, HFCs held before &amp; during high-risk periods</li><li>Stigma removed for seeking mental health care and for reporting incidents of harassment, discrimination or assault</li><li>Sailors get help when needed. Commands are ready to provide responses to:<ul style="list-style-type: none"><li>Suicides, suicide attempts, suicide related behaviors, sexual assaults, and other harmful behaviors</li></ul></li><li>Warm Handoffs occur for high-risk Sailors</li></ul>	<ul style="list-style-type: none"><li>Command self-assesses through reflection and AARs</li><li>Leaders provide time for Sailors to take care of their Minds, Bodies, and Spirits<ul style="list-style-type: none"><li>Individual/unit PT and/or NOFFS are normal activities</li></ul></li><li>Leaders at all levels actively message about harmful behaviors, Risk and Protective Factors</li><li>Collateral Duties assigned based on aptitude, approachability, and influence in the command</li></ul>	<ul style="list-style-type: none"><li>Warrior Toughness principles deliberately incorporated into evolutions</li><li>Commands tie Warrior Toughness skills into Sailor development opportunities (e.g., CDB, HFC, Evals, counseling)</li><li>Sailor recognition opportunities are frequent, well-attended, and tie award to Command or Core Values</li><li>Leaders commonly practice emotional intelligence, transparency, and acceptance of differing points of view</li></ul>
<b>LISTENING &amp; ACTING</b> <ul style="list-style-type: none"><li>Command Climate Assessments (CCA)</li><li>Command Resilience Teams (CRT)</li><li>Listening to Understand</li></ul>	<ul style="list-style-type: none"><li>CCA used as a way to get better<ul style="list-style-type: none"><li>DEOCS participation incentivized</li><li>Results debriefed to command &amp; ISIC</li><li>Toxic/Hostile/Sexist/Racist Leaders identified; actions taken</li></ul></li><li>CRTs meet on a periodic basis &amp; provide actionable insights</li><li>Face to face meetings occur frequently to pass information and explain the WHY</li></ul>	<ul style="list-style-type: none"><li>CCA action items messaged to command throughout the year</li><li>CRT recommendations (including from CO's suggestion box) affect command calendar</li><li>Necessary Conversations occur periodically</li><li>Each year, Protective Factors increase &amp; Risk Factors decrease</li></ul>	<ul style="list-style-type: none"><li>CRT assessment validated by CCA/DEOCS (nothing new revealed)</li><li>Additional surveys used to assist Triad/CRT</li><li>GMT facilitated with thoughtfulness and discussion—what are we trying to learn/achieve?</li><li>CRT used to facilitate GMT</li></ul>



**Ask yourself**

How is the relationship between your Chief's Mess and the Wardroom?  
Are they united?

When people leave your command, do they want to stay or leave our Navy? WHY?





# TOGETHER WE CAN FOOD DRIVE



The Memphis Commissary, in conjunction with the NSA Mid-South Chapel, recently made a donation of 857lbs to the Memphis Food Bank, bringing their total donation to date an impressive 2,318lbs!



CANVA STORIES



CANVA STORIES



CANVA STORIES







# EARTH DAY NATURE TRAIL CLEAN-UP

**22 APRIL 1230-TIL**

Join CSADD for a clean-up event at the nature trail. We will meet at the entrance of the trail, located in the Wood Hall parking lot. If you have garden rakes or anything you would like to bring to support this event, please reach out to HM2 Stubbs.  
[erin-alexis.m.stubbs.mil@health.mil](mailto:erin-alexis.m.stubbs.mil@health.mil)



# MILITARY- CONNECTED FAMILIES PARENT SURVEY

The photo is from the following DoD STEM-sponsored program and may not be reproduced without the written consent of DoD STEM: REC Foundation: Aerial Drone Competition in Fairmont, West Virginia.

Parents or guardians, you are invited to share about your child's experiences with science, technology, engineering, and mathematics (STEM) learning. Your insights will help us understand how to best support military-connected students with STEM education.



**Sign up for  
the survey!**

Upon survey completion, you will have a chance to win a \$50 Amazon gift card.



# JOIN US FOR A BUDGET FOR BABY® WORKSHOP

March 7th  
1000-1200



April 11th  
1000-1200

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



NSA Mid-South

## Housing Town Hall

Talk Openly, Share Opinions  
& Ask Questions



WEDNESDAY,  
**APRIL 17**

Park Field Cafe 1700

Please join us for a discussion with  
Installation leadership, the Housing  
Director, and Hunt Military  
Communities.





## **Prescription Drug Take Back Day**

**DEA's National Prescription Drug Take Back** campaign is a commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes to prevent medication misuse and opioid addiction from ever starting. **Nearly one-third of veteran suicide attempts involve prescription medicine, and over 70% of prescription pain medication misuse involves drugs obtained from friends or relatives, according to the Office of National Drug Control Policy.** By properly disposing of their medications through the Military Health System's (MHS) Drug Take Back program, our beneficiaries can lower these risks.

National Prescription Drug Takeback is a bi-annual event that occurs on the last Saturdays of April and October. The next event is on **27 April 2024**. For Sailors, this observation serves as a good reminder to organize your medicine cabinet and properly dispose of unused medications (e.g.: both prescription and over-the-counter drugs, ointments, creams, lotions, powders, and liquid medicines up to four ounces) both for your own well-being, and for the safety of family members.

In addition, be responsible by keeping your children safe from unknown or accidental ingestion. Never leave your prescription drugs on a kitchen counter or bedside table. They can be safely secured in a lockbox for storage. Remember, that older children are also at risk; **the 2019 Youth Risk Behavior Survey found that slightly more than seven percent of high school students reported current misuse of prescription drugs.**

For more information on Prescription Take Back Day, please visit the DEA website at **<https://www.dea.gov/takebackday>**.

For additional information on prevention-based resources, please visit the Prevention Toolkit (PTK) or contact the Prevention Force at **N17\_primaryprev.fct@us.navy.mil**.

Prevention Toolkit (PTK)

**<https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Drug-Alcohol-Deterrence/Publications-Resources/Prevention-Toolkit/>**

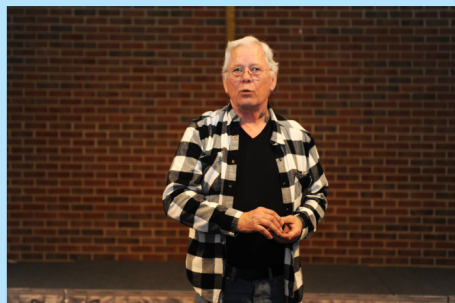
## **Water Quality Report for Year 2023 in Next Month's Bluejacket**

In the May 2024 issue of The Bluejacket, the Annual Water Quality Report, also known as the Consumer Confidence Report for the 2023 Calendar Year will be published. This report is required by the State of Tennessee Department of Environment and Conservation (TDEC). The report describes the high quality of the drinking water produced on board NSA Mid-South. The Water Quality Report will not be mailed to customers. For more information or if you would like a copy, please contact **James Heide at 901-874-5367**.



## MONTHLY QUARTERS

PERS-9 conducted Monthly Quarters at the Chapel. Awards were given to Mr. Martin McClain for his 15-year longevity and retirement.



# PERSpectives

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## WOMEN'S HISTORY MONTH PERKS



SINCERE APPRECIATION TO PERS-9 CONTRIBUTORS FOR THE EVENT DECOR AND AMAZING RETREFRESHMENTS



AS ONE OF THE WOMEN'S HISTORY MONTH EVENT CONTRIBUTORS, MAJ ESPINOSA ALSO CELEBRATED HER BIRTHDAY ON THE SAME DAY!



PERS-9 PERSONNEL PROUDLY SUPPORTING THE WOMEN'S HISTORY MONTH EVENT



VALUED RESPECTED HEARD VALUED RESPECTED HEARD VALUED RESPECTED HEARD VALUED RESPECTED HEARD VALUED RESPECTED HEARD VALUED RESPECTED HEARD VALUED RESPECTED HEARD

**MUSEUM**  
of Science & History  
MEMPHIS, TN

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

POC: HM2 Oluwabenga Folarin  
OLUWABENGA.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



# PERSpectives

Brought to you by



## Acknowledgements

Today, and every day, let's celebrate the diverse talents, experiences, and perspectives that women bring to our communities and workplaces.

We extend our heartfelt appreciation to the Women's History Month Program Committee for their exceptional dedication, hard work, and flawless execution of this year's Women's History Month celebration. Your tireless efforts have truly illuminated the profound impact of women throughout history, inspiring us all. Thank you for your invaluable contributions.

“ There is no limit to what we as woman can accomplish. ”  
— Michelle Obama

“ I raise up my voice—not so that I can shout, but so that those without a voice can be heard... we cannot succeed when half of us are held back. ”  
— Malala Yousafzai

“ I alone cannot change the world, but I can cast a stone across the waters to create many ripples. ”  
— Mother Teresa

## PERS-9 Women's History Month Program

March 28, 2024

Valued  
Respected  
Heard





# SAPR Program Updates:

- **Expansion of Restricted Reporting:** Victims can now file a restricted report even if they have disclosed their sexual assault to commanders or chain of command personnel. This change allows for greater confidentiality and support without triggering an official investigation.
- **Extended Timeline for Expedited Transfers:** The time for commanders to decide on a victim's request for an expedited transfer, following an unrestricted report, has been extended from three to five days. This aims to provide victims with a swifter transition away from the environment where the assault occurred.
- **Clarification on Law Enforcement Reporting:** The updates clarify that victims retain the option for restricted reporting even after disclosing the assault to their chain of command, as long as they haven't directly reported to law enforcement or filed an unrestricted report.
- **Commander's Immediate Reporting Obligations:** Commanders are required to immediately contact Military Criminal Investigation Organizations (MCIOs) upon notification of a sexual assault, ensuring timely and professional investigations.
- **Protection of Victim Privacy:** Emphasis is placed on maintaining the confidentiality and privacy of victims throughout the reporting and investigation process, regardless of the type of report filed.

(continued on next page)



# SAPR Program Updates Continued:

- **Increased Training and Awareness:** There's a push for enhanced training for command personnel on handling sexual assault allegations, understanding the nuances of restricted and unrestricted reporting, and protecting victims from retaliation.
- **Improvements in Data Management:** Updates to the Defense Sexual Assault Incident Database (DSAID) have been implemented, improving the tracking of cases and ensuring comprehensive data on sexual assault incidents is maintained.
- **Expanded Eligibility for Support Services:** Policy revisions have broadened the eligibility criteria for victims to access support services, aiming to ensure comprehensive care for all affected individuals.
- **Enhanced Oversight of Victim Safety and Case Management:** New guidelines have been established for the oversight of victim safety, expedited transfer completion, and the adjudication of retaliation allegations, emphasizing a victim-centered approach.
- **Digital and Administrative Updates:** Introduction of new forms and digital procedures to streamline the reporting process, making it easier for victims to navigate the SAPR program and for authorities to manage cases effectively.

**These changes reflect a concerted effort to strengthen the SAPR program's responsiveness, confidentiality, and victim support mechanisms.**



# SAPR Program Welcomes New Advocates

On January 24, the NSA Mid-South SAPR Office welcomed 10 prospective unit victim advocates. They represented NPC, NTAG Mid-America, and the University of Missouri NROTC Unit. Prospective advocates completed our 40-hour victim advocate training that prepares the participants with the skills and knowledge to become Unit Victim Advocates (UVA). Cindy Stavrides, NSA Mid-South's Sexual Assault Response Coordinator (SARC) conducted the 40-hour training, covering a broad spectrum of services available to sexual assault victims. These include the role and responsibilities of SAPR personnel, Confidentiality Policy, Victimization, Reporting Options, Medical, Investigative, Legal Processes, and Self-Care.

Guest speakers in attendance were Captain Michael Mosbruger, Special Agent Ryan Heflin, Lisa Adams LMFT, CDR Paul Smith, LT Dyllan Taxman, Sheneara Guide-Wade MSN, APRN, FNP-C, Shelby County Crime Victims and Rape Crisis Center (CVRCC), and Dr. Amanda Taylor, Nursing Director (CVRCC).

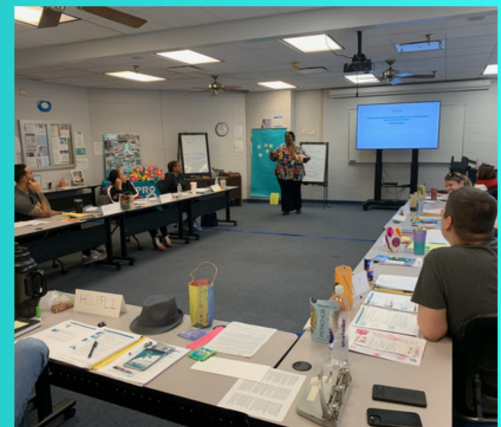
Throughout the 40-hour training, the prospective advocates gained a better understanding of command and system responses, how to address safety needs, provide services, referrals, and advocacy throughout the process from initial reporting to final adjudication or disposition.

After completing training, prospective advocates are eligible to apply to the Department of Defense Sexual Assault Certification Program (D-SAACP) as a requirement to be certified as a SAPR Unit Victim Advocate. We look forward to our prospective advocates joining the SAPR team!

If you are interested in becoming a Unit Victim Advocate, please contact Cindy Stavrides -

[lacinda.r.stavrides.naf@us.navy.mil](mailto:lacinda.r.stavrides.naf@us.navy.mil).

Our next training class will be held April 29 - May 3.







# Sexual Assault Awareness and Prevention Month April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Wear Teal Every Tuesday</i>	2 <b>Teal Tuesday</b> Proclamation Signing  Pat Thompson Center @ 1030	3	4	5
8	9  <b>Teal Tuesday</b>	10	11 CNRSE 4 <sup>TH</sup> Annual SAPR VA Training Summit 0800-1600	12
15 NEX Resource Table 1100-1300 	16 SAPR GMT Blitz Chapel Fellowship Hall 1100-1230 <b>Teal Tuesday</b>	17 NEX Resource Table 1100-1300 	18 SAAPM Virtual 5K 	19
22	23  <b>Teal Tuesday</b>	24 <b>DENIM DAY</b> <i>*Wear Denim to support Sexual Assault Awareness</i>	25	26
29 SAPR VA Class Begins 0800-1630 	30  <b>Teal Tuesday</b> 			

**STEP FORWARD.**

**Prevent.  
Report.  
Advocate.**



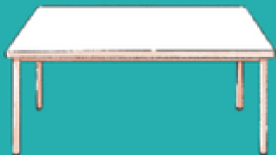
*\*Consult w/ Command about Denim Day participation*

For 24/7 Confidential Help Call:

- 877-995-5247 DoD Safe Helpline
- 901-619-8341 Uniformed Victim Advocate
- 901-451-3876 Civilian Victim Advocate
- 901-270-2040 Sexual Assault Response Coordinator



## Meet Your SAPR Team!



The NSA Mid-South SAPR Team will host  
2 Information Tables at the NEX Lobby!

- ☀ Mon. 15 April 2024
- ☀ Wed. 17 April 2024  
1100-1300  
NEX Lobby

SAPR Victim Advocate Line:  
901-619-8341

Questions about training,  
volunteering, or general program  
information?

Contact the FFSC SARC,  
Cindy Stavrides at 901-874-7423

We are excited to see you!

Sexual Assault Awareness & Prevention Month

# WED. 24 APRIL DENIM DAY DAY

### Denim Day History

Denim Day Campaign was born out of 1992 Italian case where an 18 year old was assaulted by her 46 year old driving instructor. His conviction was overturned because the victim wore "tight jeans". The Italian Supreme Court ruled "that since her jeans were "very tight" she had to help him remove them and thusly it was no longer rape but instead consensual sex". The women in the Italian Parliament, outraged at the ruling wore jeans to work in protest. This protest and campaign spread to the US and has continued every year as a sign of solidarity since April 1999.



*\*Check with your Command about Denim Day Participation*





# MONTH OF THE MILITARY CHILD

On the evening of April 3, Clark Tower Memphis lit up their tower purple in support of Month of the Military Child! The 34 floor Clark Tower is an iconic landmark in the Memphis skyline. Its enduring presence symbolizes Memphis' growth and economic vitality over the decades.

We'd like to thank the Clark Tower team for honoring our military children in such a big way!

# FFSC

*On the go!*

Coming soon to a quarterdeck near you! We've set up at NMRTU Memphis, NTAG Nashville, NPC, and CNRC, and would love to make your command next on the list!

Contact the FFSC at 901-874-7423 for more information!



# Family Advocacy Program

## Training Curriculum Day

12 April 2024

0845—1530

FFSC 3rd Floor Conference Room & VIA TEAMS

Welcome FAP Stakeholders: Base Security, NCIS, Medical, Chaplains, FFSC staff, CYP, Ombudsman, and Family Readiness Group leaders.

Come join me to enhance your knowledge about the Family Advocacy Program (FAP) policies, goals, and services to better equip Community Coordinate Response (CCR) and Multidisciplinary Team (MDT) stakeholders. You will also learn how to support Navy families affected by Intimate Partner Violence (IPV), Child Abuse & Neglect (CA/N) and Problematic Sexual Behaviors in Children & Youth (PSB-CY).

**0845:** Check-in

**0900 Module 1:** Prevention and Responding to Problematic Sexual Behavior in Children and Youth

**1000 Module 2:** Child Abuse and Neglect: Identification and Reporting

**1100 Module 3:** Intimate Partner Violence: Identification and Reporting

**1200-1300 Lunch on your own**

**1300 Module 4:** The Coordinated Community Response

**1400 Module 5:** Prevention and Resources

**1500:** Wrap-up & Meet w/Chaplains

To RSVP contact Lisa Adams, Family Advocacy Representative (FAR) at 901-874-6219 or [lisa.a.adams80.naf@us.navy.mil](mailto:lisa.a.adams80.naf@us.navy.mil)

We encourage you to attend ALL modules, however we understand that your schedule may only allow for 1 or 2.





**Wear purple.** Join the Office of the Secretary of Defense in celebrating and promoting **Purple Up Day on April 8** and show your appreciation for our extraordinary **MilKids**.

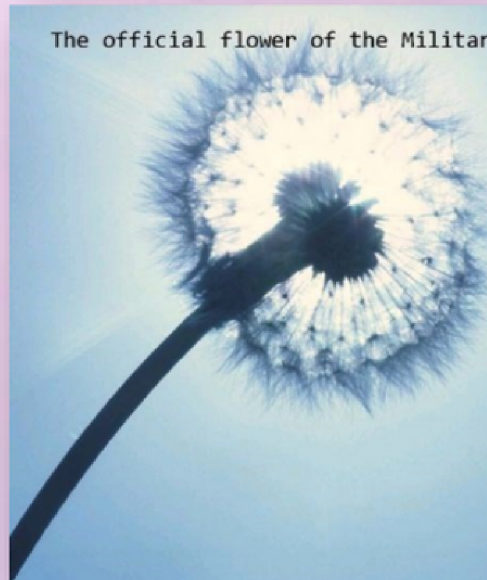
Every April, the Office of Military Community and Family Policy supports and celebrates military-connected children and their parents during **Month of the Military Child**.

This year's theme, **Taking Care of Our Military Children**, focuses on and promotes a variety of programs and support available to help military-connected children, youth and teens and their parents thrive.

The official flower of the Military child is the Dandelion.

#### Why?

The plant puts down roots almost anywhere, and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.



## FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

**To schedule an appointment, call 1-855-205-6749.** If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

[www.ffsp.navy.mil](http://www.ffsp.navy.mil)



**Did You Know???**





# April

## Workshops

Visit the  
Fleet & Family Support Center  
in Building 456, 3rd Fl. For more  
information about our workshops  
please call us at 901-874-5075

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 0800—1600 TAP	2 0800—1600 TAP	3 0800—1600 TAP	4 0800—1600 TAP	5	6
7	8	9 0900—1000 Stress Management (TEAMS)  1300—1600 Resume Writing (In-Person)	10  1000—1100 EFMP POC Training  1400—1500 Financial planning for Military Separation	11 0900—1000 Conflict Resolution (TEAMS)  1400—1500 Saving & Investing	12  0900—1500 FAP Training	13
14	15	16 0900—1000 Time Management  1200—1500 SAPR/DV/SA GMT (Chapel)  1300—1500 Innovative Interviewing (In-Person)	17 0800—1600 Career & Credential Exploration C2E  1800—1900 College Bound (Virtual)	18 0800—1600 Career & Credential Exploration C2E  0900—1030 Resume Writing (Virtual)	19	20
21	22 	23 0900—1000 Suicide Awareness  1000—1130 Innovative Interviewing (Virtual)	24 0830—1130 USA Jobs Federal Resume Writing	25  1300—1400 Autopsy of a Deceased Relationship	26	27
28	29	30				



**Save  
the  
Dates!!**

NSA MID-SOUTH FFSC PRESENTS

# **FY 24 GMT BLITZ**

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

**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 MA'RANTHONY HUBBARD AT  
901-874-5147**

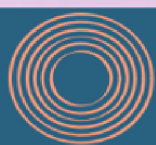
**OR**

**[maranthony.d.hubbard.civ@us.navy.mil](mailto:maranthony.d.hubbard.civ@us.navy.mil)**

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



## Workshops



### STRESS MANAGEMENT

Stress is a normal condition we all feel due to exposure to a stimulus or demand.

9 Apr 24 0900-1000  
(VIRTUAL)

How do you cope with your stress? This workshop will allow you to identify external and internal stressors, recommend effective ways to mitigate stress, and provide resources to help you manage and keep your reactions balanced and healthy.

Contact Ma'ranthony Hubbard at  
maranthonny.hubbard.civ@us.navy.mil or 901-874-5147 to register.



## Resume Writing & Cover Letters

There is no standard one-size-fits all resume format. This training session is designed to cover the most important information about resume writing combined with practical applications that will allow you to put your learning into practice.

09 April  
1300 - 1600  
(In-Person)

18 April  
0900 - 1030  
(Virtual)

#### EXCELLENT!

Everyone should take this class.

*It's a GREAT class, perfect!*

901-874-7343

diane.m.brown.naf@us.navy.mil



### Financial Readiness Program

#### Financial Planning for Military Separation

April 10, 1400-1500

#### Saving and Investing

April 11, 1400-1500

For more information, contact the Personal Financial Manager, Julie Shourds at: 901-874-5077 or [Julie.a.shourds2.naf@us.navy.mil](mailto:Julie.a.shourds2.naf@us.navy.mil)



Follow us on our Facebook page:  
**Fleet & Family Support Center NSA Mid-South**  
where'll you'll find event announcements, workshop flyers  
and other notices of interest.



**EFMP Family Support**

**EFMP POC Training**  
10 April  
1000 - 1100

**New Enrollment Workshop**  
15 May  
1400 - 1500

\*EFMP POC Training is required per OPNAVINST 1754.2F\*

For more information or to register, contact  
robyn.m.burke2.naf@us.navy.mil or 901-874-6195



For more information regarding the  
Exceptional Family Member Program  
(EFMP), please reach out to the EFMP  
Case Liaison, Robyn Burke, at  
901-874-6195 or  
robyn.m.burke2.naf@us.navy.mil

## CONFLICT RESOLUTION

Unmanaged conflict has caused many hardships in the workplace and at home. Let's discuss ways to prevent conflict from escalating and how to work with others to solve problems.

11 APRIL 2024  
0900-1000  
VIRTUAL

- ✓ Increase understanding
- ✓ Decrease stress and anger
- ✓ Personal growth

To register contact:

Ma'rAnthony Hubbard at 901-874-5147  
or email  
maranthy.d.hubbard.civ@us.navy.mil



## Innovative Interviewing

### *Tips For Landing Your Dream Job*

16 April  
1300 - 1500  
(In-Person)

23 April  
1000 - 1130  
(Virtual)

- How to Market Yourself
- What to Research
- The 5 P's
- What to Wear
- In Person vs. Virtual Interviews

901-874-7343  
diane.m.brown.naf@us.navy.mil



# Time Management

Time is the only thing you can't reverse, so learn how to make the most of it. Join us as we discuss how to manage time more effectively.



16 April 2024  
0900-1000

Contact Ma'ranthony Hubbard at 901-874-5147  
or email [maranthony.d.hubbard.civ@us.navy.mil](mailto:maranthony.d.hubbard.civ@us.navy.mil)  
to register.

**HAVE YOU ASKED YOURSELF WHAT'S NEXT FOR MY CAREER? AWESOME, WE HAVE A CLASS FOR YOU!**

## DOL CAREER AND CREDENTIAL EXPLORATION (C2E) WORKSHOP

**APR 17<sup>TH</sup> – 18<sup>TH</sup> 0800-1600**

ALL ACTIVE DUTY, RESERVISTS, RETIREES AND SPOUSES ARE INVITED TO ATTEND!

FOR QUESTIONS OR TO REGISTER CONTACT ALEX YOUNG

[ALEXANDER.D.YOUNG3.NAF@US.NAVY.MIL](mailto:ALEXANDER.D.YOUNG3.NAF@US.NAVY.MIL) OR 901-874-7461



### Professional Credentials



Since the Pandemic, many companies have shifted their focus on people with certifications and licensures. You'll learn how to market yourself by taking self-assessments on skills, knowledge, and values to make an informed career decision in each of the 16 nationally recognized career clusters.

## *Students AND Parents Welcome!* College Bound: *Survivor Secrets!*

17 April  
1800 – 1900  
(Virtual)

This 1 hour workshop will guide you through the ins and outs of sending your student away to college, from a seasoned pro!

Sending your 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> away to college is always an experience.... we'll show you how to make it a smooth transition for all of you.

Contact Diane Brown at 901-874-7343  
or [diane.m.brown.naf@us.navy.mil](mailto:diane.m.brown.naf@us.navy.mil)  
for more information and instructions  
on registering.



### We'll discuss:

- Dorm Essentials
- Preparing to Move
- Saving Money
- Move-In Day Expectations
- Personal Safety

## Don't Forget...

ALL of our Life Skills workshops can travel to your command upon request. Give Ma'ranthony Hubbard a call at 901-874-5147 to schedule a class today!

USAJOBS

24 April  
0830 - 1130  
What's in it for you?

- Making your resume standout
- STAR Accomplishments
- Preferred Formatting
- Shared Experiences
- Lessons Learned

AMERICA'S FUTURE

Federal Application Process

Explore Opportunities

## USA Jobs and the Federal Resume

Accomplishment Writing....Supports....Questionnaire!

Contact 901-874-5330 or

[Brenda.k.sherman2.naf@us.navy.mil](mailto:Brenda.k.sherman2.naf@us.navy.mil) to register.

## Myth:

Suicide only affects people with an existing mental health condition.



## Suicide Awareness and Prevention

This workshop is to help you recognize and understand suicide risk, protective factors, and how to help and effectively intervene.

To register, contact Ma'ranthony Hubbard at  
901-874-5147 or [maranthony.d.hubbard.civ@us.navy.mil](mailto:maranthony.d.hubbard.civ@us.navy.mil)  
23 Apr 0900-1000

## AUTOPSY OF A DECEASED RELATIONSHIP

WE ALL HAVE HAD RELATIONSHIPS  
THAT DIDN'T WORK. LET'S DISCUSS  
SOME RECOGNIZABLE SIGNS OF  
ERODING RELATIONSHIPS ON

25 APRIL 2024

1300-1400

CONTACT MA'RANTHONY HUBBARD AT  
[MARANTHONY.D.HUBBARD.CIV@US.NAVY.MIL](mailto:MARANTHONY.D.HUBBARD.CIV@US.NAVY.MIL)  
OR 901-874-5147 TO REGISTER







# Health & Wellness News from NMRTU Memphis



## APRIL - SEXUAL HEALTH MONTH

**Week 1 - Active Duty Sailors and Marines acquire preventable sexually transmitted infections (STIs) and experience unplanned pregnancy.** Negative consequences of sexual risk taking for the individual Sailors or Marines may include pain and suffering, embarrassment, lifelong health, career, family or relationship consequences, and long term financial consequences. The CDC estimates that approximately 19 million new STIs occur each year, almost half of them among young people ages 15 to 24. Condoms should be used every time - even in "established" relationships - at least until the people in these new relationships are confident that it will be a long-term, mutually faithful relationship AND confident that neither partner has brought an infection into the relationship (for example, by being tested together).

**Reminder! The Pharmacy will close at 1300 every 4th Wednesday of the month for training.**



**Week 2 - One active duty Sailor or Marine is diagnosed with HIV about every 5 days. From 2018 through 2023, at least 346 active duty Sailors and Marines were diagnosed with HIV.**

Approximately 61% were still in military service in 2023. Among active duty sailors and marines with HIV, almost all are men, and about 7 of 10 of these men are men who have sex with men. Men who have sex with men (MSM), particularly young, African-American MSM, are most severely affected by HIV. HIV is preventable. HIV Pre-exposure Prophylaxis (PrEP) is available in every DoD medical facility and can reduce the patient's risk of acquiring HIV by 90%. Talk to a health care provider if you have any sexual health concerns and find out what treatment options are available. Testing for all sexually transmitted infections is readily available at the base clinic to all beneficiaries free of charge.

*(Continued on next page)*



**Week 3 - In 2018, over 9900 active duty members were infected with Chlamydia, gonorrhea or syphilis.** The incidence of other sexually transmitted infection, including genital herpes, genital warts, Human Papillomavirus-associated cervical carcinoma, hepatitis B, pelvic inflammatory disease and trichomoniasis are not tracked and costs are not known. Between 2020 and 2022, the number of diagnosed syphilis cases among male and female active duty service members increased by 40%. Chlamydia is the most frequently reported sexually transmitted infection among active duty Sailors and Marines. More than half of preventable infertility cases among American women is caused by sexually transmitted infections - particularly Chlamydia and gonorrhea. All sexually active women aged 24 and under should ask their doctor about being tested annually for STI's. Health care providers in medical clinics can help members learn about, understand, and reduce the risk of sexually transmitted infections. Make an appointment today if you have any questions or concerns about STI's.

**Week 4 - In 2022, only about 35% of pregnancies among surveyed enlisted Sailors were planned pregnancies. The national Healthy People 2030 objective is for at least 63% of pregnancies to be planned.** Among Navy women who said they were using birth control when they became pregnant, most were using the birth control pill (57% among female enlisted women). Birth control pills are more failure-prone than long-acting reversible contraceptives, like the copper IUD, hormonal IUD and hormonal implant. If a woman has had intercourse without using birth control or if something happened (such as a condom broke), she can use emergency contraception up to 72 hours after unprotected sex. Emergency contraceptive pills will not protect a person from sexually transmitted infections. Talk to your PCM and find out what birth control option is best for you.



# EVERY SAILOR A RECRUITER

TEXT **ESAR** TO **764764**





# *Happening @*



## ***E-News!***

- *Event calendar highlights*
- *Activity schedules*
- *Ticket & Travel specials*
- *Program information*
- *Facility Map*
- *and more!*

***April is...  
Month of the  
Military Child!***

***Get ready  
to Purple Up!***







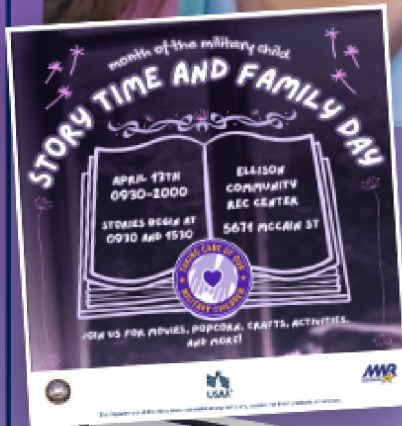
## APRIL IS... MONTH OF THE MILITARY CHILD

To see full list of events and activities  
visit [www.navymwrnmidsouth/MOMC](http://www.navymwrnmidsouth/MOMC)

Please note full details and/or any restrictions that may apply will be posted online and on-site.



The Department of the Navy does not endorse any company, sponsor or their products or services.



**Navy CYP & MWR is stepping up and leading a huge effort at NSA Mid-South to "Purple Up" for Military Kids and celebrate all of their strength and resiliency!**

- \* CYP: Purple Up for Military Kids every Friday!
- \* Golf Course: Kids free small bucket of range balls (April 1-30)
- \* Eagle's Peak: Kids 1/2 price breakfast and lunch special every Friday (April 1-30)
- \* Park Field: Kids 1/2 price breakfast and lunch special every Friday (April 1-30)
- \* Fitness Center: Kid Fit Camp (Friday, April 12 @1600)  
Kids fitness challenge in the NOFFS Zone; Obstacle course circuit; Various fitness exercises
- \* Ellison: Story time & Family Day (Saturday, April 13 @ 0930-1130)
- \* Outdoor Rec: Campfire Cookout (Sunday, April 21 @1200-1400)  
Make a sweet treat by the campfire; Stay for yard games.
- \* CYP Spring Fling (Friday, April 26)
- \* Fitness Center: Ball of Fun (April 26 @1630)  
Held at Turf Field immediately after Spring Fling at CYP. Younger kids at CYP will have various obstacles and ball races with parent help and guidance. Youth and Teen Centers will participate in Punt, Pass, Kick activity (40 yard dash; Target throw; Longest Punt; Longest Kick - off kicking tee).
- \* MOMC: Video/Photo Montage of highlights (April 29-30)

DRESS TO IMPRESS!  
SEE YA THERE!

NSA MID-SOUTH

# SPRING STAMPEDE

1030 KID'S MILE | 1100 ADULT 5K

SATURDAY 20 APRIL 2024 7915 MEMPHIS AVE

[www.navymwrnmidsouth.com/springstampe](http://www.navymwrnmidsouth.com/springstampe)

For more information call 901-874-5497 or visit Joe Dugger Fitness Center | 5671 McCain Ave.





# Ticket & Travel

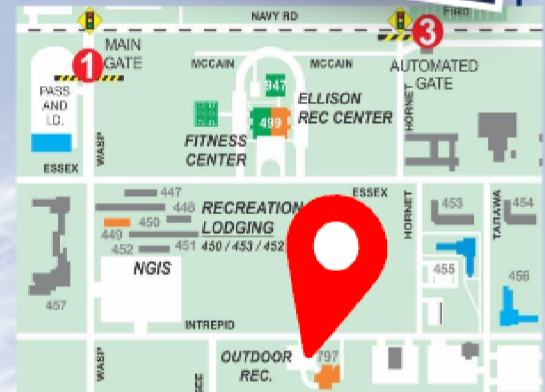
## Outdoor Rec. Center

### 5671 Intrepid (Bldg. S-797)

Discount tickets \* Tennessee \* Florida  
California \* MWR Picks!

**Did you know?** The Ticket and Travel office may be able to do more than just assist you in purchasing the tickets? The staff is often able to provide tips for getting the best bang for your buck when planning your vacations. And it may not even be necessary to make a physical visit to the Ticket and Travel Office to purchase tickets for attractions like Disney. Oftentimes they are able to make arrangements over the phone to take payments and mail tickets to patrons as well.

**Not sure where to start?** Check out the ticket price list at <https://navymwrnmidssouth.com/tickets> Stop by the office or send email to [nsamidsouth](mailto:nsamidsouth) [MWRITT@us.navy.mil](mailto:MWRITT@us.navy.mil) to inquire about military discounts offered for attraction and request any paperwork that may be necessary to purchase tickets. For travel... please visit <https://www.americanforcetravel.com>.



[www.navymwrnmidssouth.com/Tickets](http://www.navymwrnmidssouth.com/Tickets)

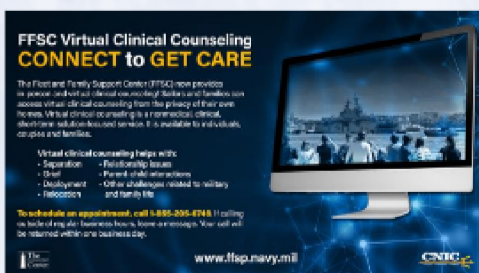
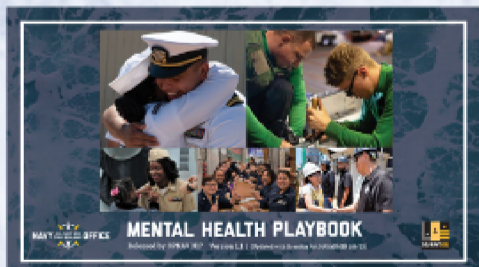
## Ellison Rec

Community Rec. Center  
5671 McCain (Bldg. S-499)

- Home of Liberty Program
- Navy Motion Picture Program
- Computer Center
- Family Fun Room

SUN	MON	TUE	WED	THU	FRI	SAT
APRIL 1 OPEN 1200-1400	APRIL 2 OPEN 1200-1400	APRIL 3 OPEN 1200-1400	APRIL 4 OPEN 1200-1400	APRIL 5 OPEN 1200-1400	APRIL 6 OPEN 1200-1400	APRIL 7 OPEN 1200-1400
APRIL 8 OPEN 1200-1400	APRIL 9 OPEN 1200-1400	APRIL 10 OPEN 1200-1400	APRIL 11 LIBERTY LUNCH 1200-1400	APRIL 12 LIBERTY LUNCH 1200-1400	APRIL 13 OPEN 1200-1400	APRIL 14 OPEN 1200-1400
APRIL 15 OPEN 1200-1400	APRIL 16 OPEN 1200-1400	APRIL 17 LIBERTY LUNCH 1200-1400	APRIL 18 LIBERTY LUNCH 1200-1400	APRIL 19 LIBERTY LUNCH 1200-1400	APRIL 20 OPEN 1200-1400	APRIL 21 OPEN 1200-1400
APRIL 22 OPEN 1200-1400	APRIL 23 OPEN 1200-1400	APRIL 24 LIBERTY LUNCH 1200-1400	APRIL 25 LIBERTY LUNCH 1200-1400	APRIL 26 LIBERTY LUNCH 1200-1400	APRIL 27 OPEN 1200-1400	APRIL 28 OPEN 1200-1400
APRIL 29 OPEN 1200-1400	APRIL 30 OPEN 1200-1400	APRIL 31 OPEN 1200-1400	MAY 1 OPEN 1200-1400	MAY 2 OPEN 1200-1400	MAY 3 OPEN 1200-1400	MAY 4 OPEN 1200-1400

All events are subject to change and will be held in the Big Room, S-499, unless otherwise specified. Open to single or couples accompanied by one guest only.







## Fitness & Sports

Navy Fitness Center  
5671 McCain (Bldg. S-499)

<https://navymwrmaidsouth.com/fitness>  
<https://navymwrmaidsouth.com/sports>

**Did you know?** The Navy Fitness Center has ellipticals, treadmills, stationary bikes, recumbent bikes, and stairmasters. We also have LifeFitness Strength Series and Hammer Strength equipment as well as free weights. Our friendly front-desk staff will be happy to assist you with check-out of equipment available. Both our men's and women's locker rooms include a sauna, steam room, and several shower stalls. Navy Fitness Facility features: racquetball courts; personal training services; family fitness room; Splash Park; outdoor basketball courts; NOFFS Zone and group exercise classes. Navy Fitness at NSA Mid-South is here to help you maintain physical readiness!



[www.navymwrmaidsouth.com/groupexschedule](http://www.navymwrmaidsouth.com/groupexschedule)

LOOK OUT FOR THE  
NEXT NAVY10NM  
OUTREACH!



@ FITNESS CENTER!  
APRIL 8

### 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](http://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.



N-82 Gymnasium  
Open Monday-Friday 1000-1330  
[www.navymwrmaidsouth.com/sports](http://www.navymwrmaidsouth.com/sports)



Navy Fitness Center | NOFFS Zone

NAVY FITNESS CENTER (NSA) - 5671 MCCAIN BLVD, NSMID-SOUTH 37114-5007

[www.navymwrmaidsouth.com/fitness](http://www.navymwrmaidsouth.com/fitness)

WE'VE GOT YOUR SIX.

# OPERATION MWR

PRESENTED BY  
**GOVX**

**SATURDAY • JUNE 29**  
**NSA MID-SOUTH**

FEATURING  
Cameron Bedell



[NavyMWRMidSouth.com](http://NavyMWRMidSouth.com)



#### [www.navymwrmaidsouth.com](http://www.navymwrmaidsouth.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 ([nsamidsouth\\_marketing@us.navy.mil](mailto:nsamidsouth_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



A SERVICE PROVIDED BY CYP

### HOURLY CARE

3 WAYS TO MAKE OR CANCEL RESERVATIONS:

- Via **CYP ONLINE SERVICES**
- Over the **PHONE**
- Visit in person, at your installation's **CYP CENTER**



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.navycyp.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](https://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: 0800 - 1700

Tuesday: 0800 - 1700

Wednesday: 0800 - 1700

Thursday: 0800 - 1700

Friday: 0800 - 1700

Saturday: 0800 - 1500

Sunday: Closed

Federal holidays: Closed

### NOFFS ZONE

Monday - Friday: 0500 - 2000

Saturday and Sunday: Closed

### N-82 GYMNASIUM

Monday - Friday: 1000 - 1330

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

### SPLASH PARK

May - October:

Tuesday - Sunday:

0800 - 2000

Mondays: Closed

Federal holidays: Open

## 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

Monday - Friday: 0700-1800

Saturday: 0630-1800

Sunday: 0630-1800

First tee time Mon-Fri: 0730

First tee time Sat/Sun: 0700

Federal Holidays: Vary

All subject to weather

### 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

Monday - Thursday

0700-1400 / 1630-2200

Friday: 0700-1400

Saturday: CLOSED

Sunday: 1630-2200

Federal holidays: Closed

### EAGLE'S PEAK BAR

Monday: 1100-1800

Tuesday: 1100-1800

Wednesday: 1100-1800

Thursday: 1100-1800

Friday: 1100-1800

Saturday: 0900-1800

Sunday: 0900-1800

Federal holidays: Closed

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

**Need more info ...touch base with the Marketing**

([nsamidsouth\\_marketing@us.navy.mil](mailto: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)



## Safety Comment Box



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



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](mailto: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