

THE

# Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

OCTOBER 2023: VOLUME 81, NO.6



Great Navy Campout 2023

p. 12



# NAVAL SUPPORT ACTIVITY MID-SOUTH LEADERSHIP



COMMANDING  
OFFICER  
CAPT MICHAEL  
MOSBRUGER



EXECUTIVE  
OFFICER  
CDR JEREMY  
WOODALL



COMMAND MASTER  
CHIEF  
CMDCM CHRIS BYARD

## INSTALLATION PROGRAM DIRECTORS



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PUBLIC AFFAIRS  
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SAFETY & ACTING  
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NSAMIDSOUTH\_HO  
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**Bluejacket Editor: MC2 Austin Collins**

**Public Affairs Officer: Kendra Lawler**

**Send submissions to: NSAMidsouth\_PAO@us.navy.mil**



# 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



**Captain Michael Mosbruger**  
Commanding Officer  
(901) 874-5102  
michael.c.mosbruger.mil@us.navy.mil

**Commander Jeremy Woodall**  
Executive Officer  
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**Command Master Chief Chris Byard**  
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christopher.a.byard2.mil@us.navy.mil

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

## Notable upcoming events:

### Host Tenant Meeting

**\*\* 25 October 2023 @ 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, NC1 Shane Stillwell or CS2 Whitney Mosley at NSAMIDSOUTH\_PTCONFCENTER@US.NAVY.MIL
- Check out the CO Suggestion Box Answers weekly in the CNRSE App.

## UPCOMING MWR EVENTS

- [www.navywmrsmidsouth.com/events](http://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 10!

## 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

## CLINIC NOTES

- **The Lab will be closed 10 Oct for HVAC repairs**

## 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

- Screening (PCS orders) or Individual Augmentee (IA) Screening (IA orders).
- Please call HM2 Norris at 901-874-6218 for any questions or concerns. Please leave a VM if no answer and he will return your call.

## PHARMACY ELECTRONIC PRESCRIPTIONS

- The Pharmacy is no longer able to accept hard copy prescriptions of all types (including Controlled Substances). Only Electronic Prescriptions will be accepted.
- 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
- Level 1 AT Awareness Training link for non-CAC:  
<https://jkodirect.jten.mil/pdf/at11/launch.html>

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).



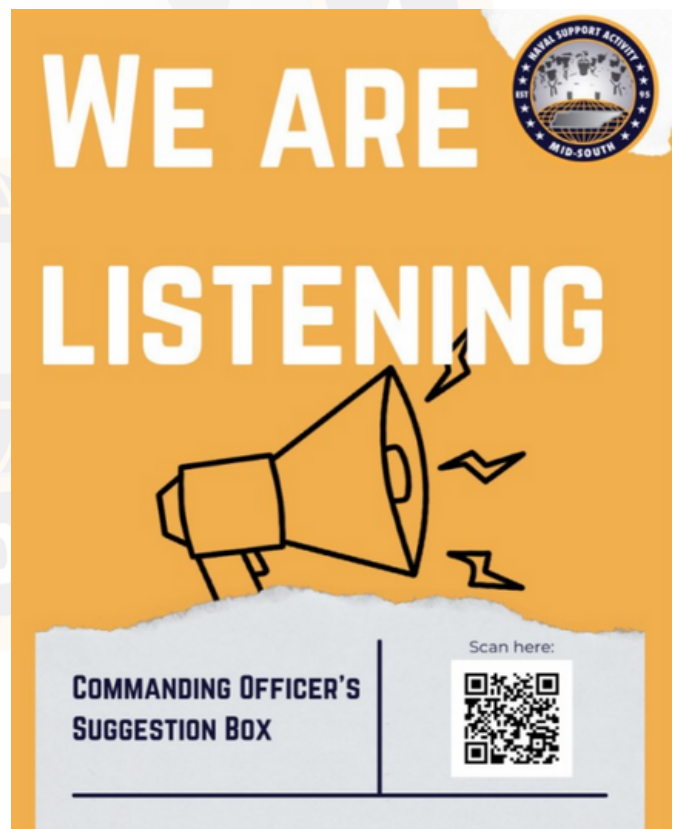
# CMC BYARD TAKEOVER

Team Mid-South,

I am thrilled to serve as your new Command Master Chief. It's been an honor getting to know this dedicated team and I couldn't be more excited about the journey ahead. As I step into this role, I want each and every one of you to know that I am here not only for our sailors but for everyone.

Please know my door is always open. Whether you have ideas, concerns, or simply need an ear to listen, I am here to support. Our success as an installation relies on effective communication and I am fully committed to fostering an environment where every voice is heard. NSA Mid-South is more than just a place of work; it's a community, a family, a sense of pride. Together, we will continue to uphold the CO's philosophy of "Ship, Shipmate, Self." Our continued success is contingent upon working together, vigilant support of one another, and dedicated self-care.

Thank you for the warm welcome thus far, and I look forward to serving alongside you all!







# *UH Room of the Month!*

**LSSR Yinyu Zhong of Navy Recruiting Command! Enjoy the parking spot and no room inspection for October!**

## HAPPY BIRTHDAY



## UNITED STATES



## NAVY

**"Semper Fortis"**  
**October 13th, 1775**

## NEW

**New hours of operation for the Navy Exchange Home Gallery**

**Sunday: 10am - 5pm**

**Monday: Closed**

**Tuesday - Saturday: 10am-6pm**



**Effective 1 October, the Navy Exchange Barbershop basic military haircut will go from \$10 to \$12.**



# OCTOBER 2023



SUN	MON	TUE	WED	THUR	FRI	SAT
1	2 3:30 LEGO CLUB	3 3:00 TEEN TIME	4 11:00 STORYTIME  3:30 STEM CLUB	5 11:00 LITERACY GYM	6	7 10:00 CRAFT TIME
8	9 3:30 LEGO CLUB	10 3:00 TEEN TIME	11 11:00 STORYTIME  3:30 CODING CLUB	12 11:00 LITERACY GYM	13	14 No CRAFT TIME!  5:00-7:00 HALLOWEEN SPECTACULAR
15	16 3:30 LEGO CLUB	17 3:00 TEEN TIME	18 11:00 STORYTIME  3:30 STEM CLUB	19 10:00 Medicare Enrollment  NO LITERACY GYM THIS WEEK.	20	21 10:00 CRAFT TIME
22	23 3:30 LEGO CLUB	24 3:00 TEEN TIME	25 11:00 STORYTIME  3:30 CODING CLUB	26 11:00 LITERACY GYM	27	28 10:00 CRAFT TIME
29	30 3:30 LEGO CLUB	31 3:00 TEEN TIME				
						

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







## *Red Ribbon Week 2023*

The personnel of N173 Navy Drug and Alcohol Deterrence stand in solidarity in support of Red Ribbon Week, Theme: “Be Kind to Your Mind. Live Drug Free”, Oct. 23-31, 2023. N173 Primary Prevention Force will be promoting Red Ribbon Week on Oct. 24 at the Commissary and Oct 25 across from the Exchange from 1100 – 1300. Feel free to come by to show your support in their effort of bringing awareness about making positive choices to be happy, healthy, and safer community.



# Federal Jobs!

## Become a Law Enforcement Officer

You will serve as a Police Officer onboard  
**Naval Support Activity Mid-South, in  
Millington, TN.**

Unlike military police, this position **does not  
require an enlistment in the U.S. Navy.** You  
will work alongside your military police  
counterparts as a unified police force.

Much like a police officer off base, you will  
respond to calls for service, direct traffic,  
enforce rules and regulations, and patrol the  
installation to detect and deter crime.

The pathway to advancing your career within  
the Security Department is within your grasp!  
Your professional journey rests in your  
control!

### Benefits

Health/Dental/Vision Insurance  
(individual/family plans)

Life Insurance

Retirement Plan

Thrift Savings Plan (401K equivalent)

Leave and Holidays

- 10 paid holidays
- Two weeks paid vacation 1st year!
- Sick leave (separate bank from vacation leave)

Work/Life Programs

Tuition Reimbursement



To apply, please visit the job  
announcement posted to  
**USAJOBS.gov**

<https://www.usajobs.gov/job/737409100>

Check **USAJOBS.gov**  
regularly for openings!

### Career Growth

- Step 1 - Sentry
- Step 2 - Patrol Officer
- Step 3 - Sergeant
- Step 4 - Watch Commander
- Step 5 - Trainer
- Step 6 - Chief of Police
- Step 7 - Security Officer





# OCTOBER

## 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
1	2 0800 - 1600 TAP  	3 0800 - 1600 TAP  1000 - 1100 FAP Prev/Resp to Intimate Partner Violence	4 0800 - 1600 TAP  1000 - 1100 EFMP POC Training	5 0800 - 1600 TAP	6  1000 - 1200 DV FFSC Open House	7
8	9  FFSC Closed	10	11 0900 - 1000 Stress Management  1400 - 1500 PFM Navigating Disabilities	12 1100 - 1200 FFSC SPOOKTACULAR  1300 - 1400 Rock Painting (CDC)  1300 - 1400 Conflict Resolution	13  1100 - 1200 Spill the Tea   Happy 248th Birthday U.S. Navy	14
15	16	17 0900 - 1000 Time Management  1400 - 1530 Innovative Interviews (Virtual)  1400 - 1500 PFM: Financial Planning for Military Separation	18 0800 - 1600 DoL My Employment  0800 - 0930 Resume Writing & Cover Letters (Virtual)  1400 - 1500 EFMP New Enrollment Workshop	19 0800 - 1600 DoL My Employment  1000 - 1200 Innovative Interviews (In-Person)  1000 - 1100 FAP Prev/Resp to Intimate Partner Violence	20  1100 - 1200 Yoga Class (Fitness Center)  1630 - 1830 EFMP Halloween Party (Base Chapel)	21
22	23	24 0900 - 1200 Resume Writing & Cover Letters (In-Person)  1300 - 1400 Suicide Awareness	25 0800 - 1600 DoL C2E  0900 - 1000 Sponsor Training	26 0800 - 1600 DoL C2E  0900 - 1100 MBTI  1400 - 1500 PFM: Exploring Digital Assets	27	28 
29	30	31 	 NATIONAL FIRE PREVENTION WEEK Oct. 8 - 14			





## Domestic Violence Awareness Month Events



**Monday, Oct 2, 2023 @ 0900**

**Location: Command Flag Pole**

**Event: Kickoff Event Proclamation signing - Capt. Mosbrugger**

Join us at the Command Flagpole as we begin our month-long campaign to raise awareness for Domestic Violence Awareness Month.

**Every Thursday in October**

**Event: Purple Thursday**

Wear purple or take a selfie holding something purple. Post it on Facebook with an encouraging word to show solidarity with victims of abuse.

**October 12, 2023 @ 1000-1200**

**Location: Fleet and Family Support Center**

**Event: Open House - Snacks provided**

Come out to meet your support team at the Fleet and Family Support Center. Discover the resources available to assist you and your loved ones.

**October 12, 2023 @ 1300-1500**

**Location: CDC Youth Center**

**Event: Rock Painting - Words of Kindness**

It's fall break, the children in our community will contribute to bringing awareness to abuse, painting rocks with encouraging words

**October 20, 2023 - 1100-1300 (3 sessions)**

**Location: MWR Fitness Center**

**Event: Yoga for Stress Relief**

Join us at the Fitness Center and let our yoga instructor help you release the stress of the week while teaching relaxation techniques you can use at home.

*we're  
stronger*

**Together**

Contact

Tonya Golatt - 874-7518



**October is Domestic  
Violence Awareness Month.  
Join the Fleet and Family  
Support Center in shining a  
light on this important  
issue.**

**Domestic violence affects  
millions of people  
worldwide, and it's time to  
break the silence and offer  
support to survivors!**



**Purple Thursdays in October**



# GREAT NAVY CAMPOUT 2023

“The main objective of the Great Navy Campout was to get people outside, people coming from all different parts of the country that maybe have not experienced camping here. If you're from the North, camping in the South is a little different and there are different traditions. This is where we try to open it up.

Also, if they've never been camping before and they want to try, it helps to have that support so they're not just like, “I don't know how to put a tent up. I don't know what I'm supposed to do.”

We're here to help guide and provide that and offer some toys, activities and stuff of that kind.

That's the whole thing is to get them outdoors, appreciate nature, and do that first camping trip with guidance if they've never camped before. We provided tents; however, we don't have sleeping bags, but they were able to bring their own stuff like that.

We also provided chairs, grills, all the activities, tents, lanterns. That way if they didn't have anything, we hooked them up, so they were able to come out and enjoy and participate.

Almost every Navy base offers the Great Navy camp out. It's been happening for quite a few years now. Every base does it their own different way.

I came from Great Lakes, so we did it next to the lake, so there would be kayaking and canoeing. Obviously here we don't have those options. It's always unique to which base you're at.

Every year we try to grow, so if people have suggestions or if there's things that they did when they grew up and they want to see us do it, I would love the feedback on what they would be interested in.

If there's something in particular they want to do, or if they know any other locations like any natural forest parks or anything like that, that might be potential places we could go instead of just on the base.

Anyone with suggestions can call outdoor recreation or they can reach out to our Facebook page, and it will get funneled to me so I can plan next year's campout.”

**- Megan Stevens**

**MWR Tickets and Travel/Outdoor Recreation Manager**









## Is it time for your mammogram?

One in eight women will be diagnosed with breast cancer in her lifetime. Early detection and early treatment are the best hope for survival.

The Baptist Mobile Mammography Unit  
will be onsite at

**Millington Naval Base Commissary**

**Tuesday October 17<sup>th</sup>**

**Pre-registration is required**

To schedule an appointment call:

**Baptist Central Schedulers  
901-227-PINK (7465)**

Participants for screening mammograms on mobile unit **MUST:**

- Be 40 years or older, some insurances will cover baseline between 35-40
- Have no symptoms (new lumps or masses)
- Have no personal history of breast cancer
- Not be pregnant or nursing
- Have physician you have seen within a year to receive mammography results
- Be able to climb the stairs without assistance (patients on walkers should come to WHC)
- Been at least 6 weeks since getting the Covid vaccine/booster

**BAPTIST** | WOMEN'S  
HEALTH CENTER



NSA Mid-South

## Housing Town Hall

**WEDNESDAY,  
OCTOBER 18**

Park Field Café 1700

Talk Openly. Share Opinions  
& Ask Questions

Please join us for a discussion with  
the CO, XO, Housing Director, and  
Hunt Military Communities



**Fleet & Family Support Center**

Community Services Building  
456, 3rd Floor

## SPOOKTACULAR HALLOWEEN FUN

**Thursday, October 12th**

**1100 - 1400 Service Members/Civilians  
1400 - 1600 Kiddos**

### Activities Include:

Trick R Treating   Games  
FFSC Trivia  
Face Painting

**COSTUMES OPTIONAL**

For more information, please contact  
Robyn Burke at 901-874-5075

NSA Mid South Teen  
Center  
7th - 12th grade



## SPOOKY SOCIAL

Costume contest, music, and games!  
**OCTOBER 20TH 6- 9PM**

5970 Savitz St. Bldg S-770

Please call  
874-5494/5155  
for more info  
Sign up @ Teen Center





# Department in the Spotlight

## Public Affairs

*“Fostering Connection and Celebrating Contributions”*

The Public Affairs Office is staffed with a Public Affairs Officer, and one Mass Communications Specialist. On a typical day you'll find us working on flyers, taking photos in the studio, drafting the upcoming magazine, or out in town at a community engagement event. Our mission is **“to utilize every available resource to inform specific audiences about NSA Mid-South’s integral role in the Navy’s mission and it’s positive influence on the local community”**

We accomplish this mission through **four** primary functions:

**Public Information:** Delivering timely installation news and updates through our dedicated channels- Facebook and CNRSE Application.

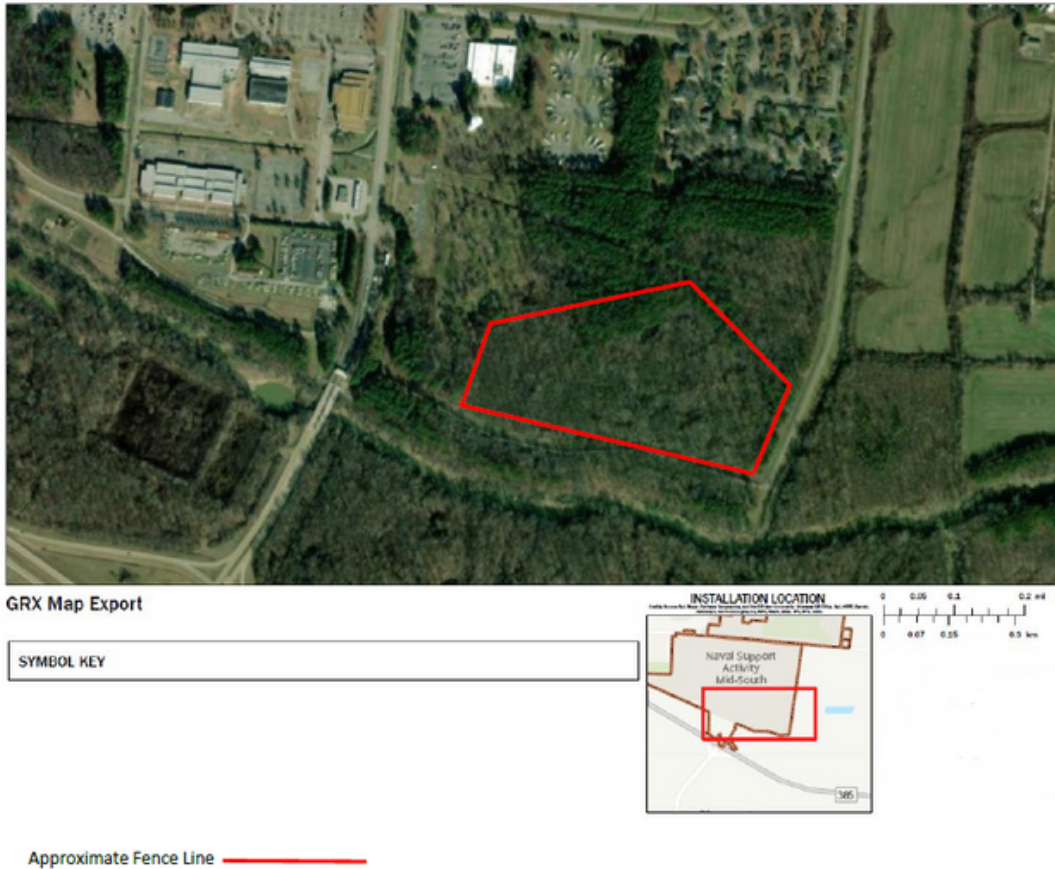
**Media Relations:** Maintaining a positive relationship with local media outlets to ensure that accurate information reaches a broad audience.

**Internal Relations:** Disseminating information through our established channels: Facebook, *Bluejacket* magazine, and the CNRSE app.

**Community Relations:** Maintaining relationships with the local community, government bodies, and civic groups.

We are always looking for contributions for the *Bluejacket*! If you have an interesting story or an achievement you'd like celebrated, please reach out!





## EARLY NOTICE AND PUBLIC REVIEW OF A PROPOSED ACTIVITY IN A FLOODPLAIN

Pursuant to Executive Order 11988, Floodplain Management, the United States Department of the Navy (Navy) gives notice that the Navy is conducting an evaluation of a proposed action, which may involve construction in a floodplain to determine the potential effects that its activity in the floodplain would have on the human environment. The Navy will be identifying and evaluating practicable alternatives to locating the action in the floodplain and the potential impacts on the floodplain from the proposed action, as required by Executive Order 11988.

The proposed action is to repair fencing around former landfill on the southeast corner of the installation. Recent storm damage has brought down several sections of fencing. The Navy is proposing this action to prevent entry into the closed landfill area for safety concerns and maintain permit requirements. There are no other practical alternatives to this action. There shall be no effects to the flood plain.

There are three primary purposes for this notice. First, people who may be affected by activities in floodplain and wetlands and those who have an interest in the protection of the natural environment should be given an opportunity to express their concerns and provide information about these areas. Second, an adequate public notice program can be an important public educational tool. The dissemination of information and request for public comment about floodplain and wetlands can facilitate and enhance Federal efforts to reduce the risks and impacts associated with the occupancy and modification of these special areas. Third, as a matter of fairness, when the Federal government determines it will participate in actions taking place in floodplain and wetlands, it must inform those who may be put at greater or continued risk.

Interested parties may submit written comments no later than 5:00 PM Central Time on 7 November 2023 by email to [john.a.ewer3.civ@us.navy.mil](mailto:john.a.ewer3.civ@us.navy.mil).





# Health & Wellness News from NMRTU Memphis



## OCTOBER 2023- KNOW YOUR NUMBERS MONTH

**Week 1 - Maintaining Good Health is Critical to Readiness and the Military Mission. There are four measurements that are crucial indicators of your overall health. If your blood pressure, cholesterol, body mass index, and blood sugar numbers are higher than normal you are at risk for heart attack, stroke, and diabetes.** Many factors play a role in staying healthy, such as proper nutrition, daily physical activity, maintaining a healthy weight, sufficient sleep, abstaining from tobacco use, limiting alcohol use, and practicing safe sex. In addition to the factors listed above, you should make time for whole body health. Visit your primary care provider for your regular screenings, to include oral hygiene and eye care. Adopting a healthier lifestyle increases the chance of maintaining good health over the course of your career and lifetime.

**Week 2 - There are four types of numbers that everyone should know for their health. The American Heart Association recommends a blood pressure of 120/80 mm Hg or less.** Blood pressure is the force of your blood pushing against the walls of your arteries. Prolonged high blood pressure causes your heart to work harder which can cause your heart to enlarge and weaken over time. This can lead to heart failure. It can also narrow your arteries. If this occurs, it can disrupt the blood flow of your heart and/or brain which can trigger a heart attack or stroke. If your number is persistently higher than the recommended level, please see your primary care provider for further guidance and treatment.

*(Continued on next page)*



THE CLINIC LAB WILL BE  
CLOSED **OCTOBER 10** FOR  
HVAC REPAIRS

### NMRTU MEMPHIS INFLUENZA SHOT-EX

**\*\* (PRIORITY FOR ACTIVE DUTY AND RESERVISTS ON ACTIVE ORDERS > 30 DAYS ONLY) \*\***

**Date:** October 25<sup>th</sup> & 26<sup>th</sup> 2023  
November 1<sup>st</sup> & 2<sup>nd</sup> 2023

**Time:** 0800-1100 & 1200-1500

**LOCATION:**

Navy Branch Medical  
Clinic

**Point of Contact:**

HM3 Johansen, Kyla A.  
Phone: 901.874.6129/ 6138





**Week 3 - The American Heart Association recommends cholesterol levels of: Total cholesterol lower than 200mg/dL, LDL cholesterol less than 100 mg/dL, HDL cholesterol greater than 60 mg/dL, and Triglycerides less than 150mg/dL.**

Cholesterol is a fatty substance in your body. Your body needs this to help make vitamins, hormones, and to build cells. Too much cholesterol can form a thick, hard deposit that coats the inside of arteries. This will narrow and harden the arteries, leading to restricted blood flow. If a blood clot forms in an affected artery, a heart attack or stroke can occur.

The American Heart Association recommends beginning heart health screening at 20 and repeat every 4-6 years. You may need more frequent screening if you have a family history of heart disease or if you are currently on treatment for high cholesterol. Please contact your primary care provider for your screening or with any other heart health concerns.

**Week 4 - Maintain a healthy weight. The CDC recommends a BMI of 18.5 - 24.9. A BMI of 25.0 -29.9 is considered overweight. A BMI of 30.0 or higher is considered obese.** Excess weight, especially around the waist, can increase your risk for certain diseases like type 2 diabetes, high blood pressure, and coronary artery disease. BMI is a height-weight calculation that

can help determine if you are overweight or obese. It is a screening tool and is not diagnostic for body fat nor health in an individual. Safely lose weight by eating a healthy diet and exercising. Set goals for yourself, learn about new workouts and ways to incorporate physical activity into your busy lifestyle, and track your mood and food triggers. See your primary care provider yearly for a health assessment and to evaluate your overall health.

**Week 5- Fasting blood glucose target is up to 100mg/dL. The American Diabetes Association recommends an initial screening age of 35 years and screening at any age for patients who are at-risk (overweight, obese, and family history).** The Centers for Disease Control and Prevention (CDC) estimates that more than 37 million US adults have diabetes and 96 million have prediabetes. That is more than 1 in 3 adults. Diabetes is the eighth leading cause of death in the United States. In the past 20 years the number of adults diagnosed with diabetes has more than doubled. Diabetes affects all organs in your body. Over time, diabetes and prediabetes can cause serious health problems such as heart disease, stroke, kidney disease, nerve damage, and vision loss. See your primary care provider for an initial evaluation and then yearly for your health assessment.



# Happening @



NAVYMWRMIDSOUTH.COM

## Navy Birthday Command Cookout

**October 13, 2023:** Navy MWR is celebrating the 248th Navy Birthday with a Command Cookout 1100-1300 Friday, Oct. 13 in front of Outdoor Rec. (Bldg. S-797 | 5671 Intrepid). **FREE BURGERS AND HOT DOGS FOR ALL!** Activity restricted to the NSA Mid-South military community population. For more information call (901) 874-5163 or stop by the Outdoor Recreation Center (5671 Intrepid Drive | Bldg. S-797.) # *Expected Attendance: 500.*

## NRSE 2023 Navy Birthday 5K Run PRESENTED BY GEICO MILITARY

**October 13, 2023: Start/Finish:** in front of Outdoor Rec. (bldg. S-797 | 5671 Intrepid) **Check-in starts:** 1000. **Run starts:** 1030. **Post-race party:** held in conjunction with Command Cookout - Outside Outdoor Rec.

Runners will compete locally as well as against runners from all 16 Navy Region Southeast installations. This is a free event open to all MWR eligible patrons (base access required). All runners will receive a free commemorative t-shirt (while supplies last). The installation top three male and female runners will receive custom medals and the regional top three male and female runners will receive custom plaques.

Course will take runners through the heart of NSA Mid-South. Runners can finish and immediately join the Command Cookout to enjoy food, music and a Navy Birthday cake with base leadership.

**REGISTRATION: PARTICIPATION IS FREE!**

Reserve your spot online at <https://tinivurl.com/NAVYBDRUN>.

No pets allowed. Strollers allowed. Children must be supervised at all times. For more information call the 874-5497 or stop by the Joe Dugger Fitness Center (5671 McCain (bldg. S-499) Millington, TN 38054.) # *Expected Attendance: 250.*



## Halloween Spooktacular & Haunted Glow light Fun Run/walk



**October 27, 2023:** Put your Halloween costumes on and join us for an evening of family fun at Navy MWR Mid-South's Halloween Spooktacular 1730- 1930 Friday, Oct. 27 at the N-82 Gymnasium (Bldg. N-82 | 7915 Memphis Ave).

The event is free and only open to personnel authorized to use Navy MWR Mid-South activities and facilities. I.D. card holder **MUST BE** present. Event is not open to the general public.

**Schedule of events:**

**1730-1930: Indoor Trunk or Treat**

**1830-1900: Haunted Glow Light Fun Run/Walk**

Indoor "Trunk or Treat" will feature over 20 booths representing various on-base commands and organizations who are more than excited to provide candy and 'boos' for the Navy Mid-South families. Our one-mile Haunted Glow Light Fun Run/Walk will start and end in front of the Gymnasium. Strollers will be allowed. Costumes encouraged. No pets allowed. Children must be supervised at all times.

For more information send email to [CNIC\\_SE\\_NSAMS\\_ComRec@us.navy.mil](mailto:CNIC_SE_NSAMS_ComRec@us.navy.mil)

**Interested in hosting a Trunk? Email [jill.m.hanna@navy.mil](mailto:jill.m.hanna@navy.mil)**



## Month of Military Family

**November, 2023:** Celebration throughout the month of November in honor of our heroes... our military families! MWR facilities and programs will run specials, host games, movies and events highlighting our appreciation of military families.

# Expected Attendance: 500.

## Turkey Trot 5K

**November 16, 2023:** Most highly anticipated 5k race for Mid-South. (5K adults/ 1 mile kids.) Participants look forward to custom design long sleeve race shirt, branded swag and holiday meal provided post race. Sponsor's logo included on custom printed premium!

# Expected Attendance: 250.

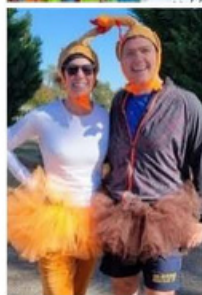
LOOK AHEAD!



## Winter Wonderland and Tree lighting

**December 2, 2023:**

Christmas holiday themed event to kick off the holiday season for the entire Navy Mid-South Community. Everyone is invited to throw on their favorite ugly Christmas sweater, load up the car and prepare to experience a heart warming, magical evening of family fun. # Expected Attendance: 700.



## Reindeer Kids Run

**December 16, 2023:** Winter themed Fun Run for the whole family! Participants look forward to all the branded swag and refueling goodies provided post race. Sponsor's logo included on custom premium!

# Expected Attendance: 200.

## Home Cooked Holiday Meal Pickup

**December 21, 2023:** MWR is providing "Home Cooked" Southern style Christmas dinners and goodie bags for active-duty personnel and each member of their immediate family! Active-duty personnel are invited to sign up online to reserve their free hot and ready to eat meals. All meals will be available for pickup curbside.

# Expected Attendance: 250.

## Snowflake Shuffle Fun Run

**January, 20, 2024:** Winter themed Fun Run for the whole family! Participants look forward to all the branded swag and refueling goodies provided post race. Sponsor's logo included on custom printed premium!

# Expected Attendance: 200.

## 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

**EARLY BIRD RATE**

Sep. 1st - Nov. 1st

\$50 - 10NM & 5NM

MINI MILER is FREE!

1NM run for youth ages 0-12 years old



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

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

**ONLINE REGISTRATION IS OPEN!**

# NAVY10NM 2024

**NEW COURSE! MINI MILER! 5NM & 10NM! NEW MEDAL! MORE SWAG! FLYOVER!**



No federal endorsement implied.



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

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 Manager (MWRWizard@gmail.com).







# NavyMWRMidSouth.com



ABOUT EVENTS CHILD & YOUTH FITNESS FOOD & BEV JOBS RECREATION LODGING SUPPORT SERVICES



*The latest on upcoming events, job openings and more.*

## 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

### ELLISON COMMUNITY RECREATION CENTER

(901) 874-5652

Monday: 1100 - 1900

Tuesday: 1100 - 1900

Wednesday: 1100 - 1900

Thursday: 1100 - 1900

Friday: 1200 - 2000

Saturday: 1200 - 2000

Sunday: 1100 - 1900

Federal holidays: Closed

### 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

### 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

### POV RESALE & STORAGE

(901) 874-5496

Monday - Friday:

0800 - 1600

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

### TICKET AND TRAVEL OFFICE

(901) 874-5652

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

### 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

## 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

### SCHOOL LIAISON OFFICE

(901) 874-5343

Monday: 0700 - 1400

Tuesday: 0700 - 1400

Wednesday: 0700 - 1400

Thursday: 0700 - 1400

Friday: 0700 - 1400

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

## GOLF PROGRAM

### GOLF COURSE PRO SHOP

(901) 874-5168

Monday - Friday: 0700 - 1800

Tee times start at 0800

Saturday & Sunday: 0730 - 1600

Tee times start at 0730

Federal holidays: 0700 - 1800

## FOOD AND BEVERAGE

### PARK FIELD CAFE

(901) 874-5841

Mornings and Afternoon hours

Monday: 0700 - 2200

Tuesday: 0700 - 2200

Wednesday: 0700 - 2200

Thursday: 0700 - 2200

Friday: 0700 - 2200

Saturday: 1800 - 2200

Sunday: 1800 - 2200

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 - 0800 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

### 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

### EAGLE'S PEAK BAR

Monday: 1100-1700

Tuesday: 1100-1700

Wednesday: 1100-1700

Thursday: 1100-1700

Friday: 1100-1700

Saturday: 0900-1700

Sunday: 0900-1700

Federal holidays: Closed

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

Need more info ...touch base with the Marketing Manager (MWRWizard@gmail.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
- V 28 Splash Park (1903A)
- R 10 Park Field Cafe (S-449)
- X 20 Subway (S-752)
- Z 31 Teen Center (S-770)
- O 15 Tickets and Travel Office (S-499)
- V 26 Turf Field
- P 08 Visitor Center / Gate Passes (S-938)
- Z 30 Youth Center (S-936)





THE MID-SOUTH NAVY BALL COMMITTEE  
INVITES YOU TO  
CELEBRATE THE NAVY'S 248TH BIRTHDAY AT THE ANNUAL

# U.S. Navy Birthday Ball



HILTON RESERVATION

October 14<sup>th</sup>, 2023  
1800-0000

Hilton Memphis  
939 Ridge Lake Blvd,  
Memphis, TN 38120



BUY TICKETS

## Uniform

O-5 through O-10 Dinner Dress Blue Jacket (Mess Dress with Blue Jacket and Miniature Medals)

E-7 through O-4 Dinner Dress Blue w/ Miniature Medals

E-1 through E-6 Service Dress Blue or better (Dinner Dress Blue w/ Miniature Medals is optional)

Other Service or Foreign Military Service Equivalent

Civilian Black Tie Optional

**E1-E3: \$25 \* E4 : \$35 \* E5: \$60 \* E6: \$70 \* E7-O3: \$80 \* O4 and above: \$90**  
**GS1-GS5: \$35 \* GS6-GS7: \$50 \* GS9-GS11: \$70 \* GS12-GS13: \$80 \* GS14-GS15 \$90**  
**Civilians: \$90**

This is a non-federal entity. It is of its components and it has no governmental status.

All questions can be emailed to: [NavyBallCommittee23@us.navy.mil](mailto:NavyBallCommittee23@us.navy.mil)





# BUDGET FOR BABY

**Navy - Marine Corps Relief Society**

**NSA Mid-South**

**DATE:** October 18th (In Person) at 1000

(Virtual and One on One Classes available upon request)

**LOCATION:** Chapel

Building 777

NMCRS Office

The Budget for Baby workshop is a free program designed for new or expecting parents to help plan for the financial impact of a new baby. The workshop will help you develop a family budget and give you tips on how to save money.

**Eligible attendees will receive a gift card and handmade blanket**



- \* Active Duty or retired Sailors and Marines
- \* Eligible Family Member with a military ID Card
- \* Surviving Spouses
- \* Reservists on Extended Active Duty of 30 days or more

**To register please call (901) 874-7350 or stop by the NMCRS Office Monday-Thursday from 0900-1400**

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

## NSA MID-SOUTH HUNTING PROGRAM

### Requirements

- Season is open to Active Duty/Reserve Service Members.
- Proof of completed hunter education course
- TN Hunting License
- Must purchase an NSA Mid-South Hunting permit.
- We are also looking for volunteers to assist as Duty Game Wardens.
- If interested, please attend the town hall on 19 Oct, 1700 at the Pat Thompson Center. Attendance is mandatory to be considered.







# ACROSS THE INSTALLATION

## Memphis District Supply Specialist Supports Typhoon Mawar Response Efforts in Guam

Story by Amanda Rae Moreno, USACE Logistics Activity Public Affairs Officer



Vearlene Smith coordinates with a rental car agent located in Guam to support response efforts. (US Army photo/Released)

Amidst the aftermath of Typhoon Mawar, a dedicated team of professionals from the U.S. Army Corps of Engineers (USACE) emergency response teams is working tirelessly to provide assistance and support to the affected communities. Among these individuals is Vearlene Smith, a general supply specialist from the Memphis District Logistics Office, as part of the USACE Logistics Activity (ULA) on board Naval Support Activity Mid-South, who was recently to Guam to aid in the response and recovery efforts. Smith's commitment to the mission is evident as she discusses her role in the ongoing efforts.

As support personnel report and depart, the logistics needs of each individual is a top priority. They can't focus on their mission at hand if they are worried about where they are going to sleep at night or how they are going to move around the island.

"My primary mission is to coordinate lodging and rental cars for incoming responders; meet the responders at the airport and take them to their respective hotel rooms if no rental cars are available," said Smith.



She further elaborates that her responsibilities extend to coordinating with the Federal Emergency Management Agency for equipment requests and facilitating face-to-face interactions with rental car agencies when online vacancies are unavailable.

When asked about the duration of her deployment, Smith states, "I will be deployed for 30 days," underscoring the dedication and time commitment required for such crucial operations. Previously, the ULA deployed Jennifer Hollis-Mayweather to Guam for about two months. ULA will continue to support the mission for as long as needed.

Volunteering for the USACE Emergency Response Teams is driven by a deep-seated sense of purpose for Smith.

"I like what USACE stands for such as taking care of people, being a part of the best engineering team, working with our partners to provide solutions, and improving the quality of life in the region today and tomorrow," she said. Her devotion to USACE's values reflects the heart of the organization's mission to make a positive impact during times of crisis.

Smith also sheds light on the benefits of her involvement in the emergency response efforts. Volunteering to be part of a logistics emergency response effort can enhance an individual's career, but also offer great satisfaction in knowing the impact one has during a time of need.

"Being part of the emergency response team means you're able to make the job of the USACE prospective division or district Quality Assurance and Quality Assurance Systems easier," she said. By managing logistical challenges, Smith and her colleagues allow the core mission to proceed seamlessly, ensuring that resources are efficiently allocated to the relief efforts.

However, like any undertaking of this magnitude, challenges do arise. Smith discusses the difficulties faced, particularly concerning rental cars.

"The challenges thus far have been the rental cars;

Sato Travel Services hasn't been able to make reservations for responder's rental cars when they make their reservations in the system," Smith said. Smith's on-ground presence serves as a critical bridge between responders and local vendors, enabling efficient coordination and addressing inventory issues firsthand.

For those contemplating joining a USACE Emergency Response Team, Smith offers valuable advice.

"I think all logisticians should volunteer to be a part of the mission and get a feeling for what USACE does daily, especially during disasters," she suggests. Her emphasis on adaptability underscores the dynamic nature of emergency response operations, urging volunteers to remain flexible in the face of evolving challenges.

As Vearlene Smith and her fellow USACE emergency response team members continue their dedicated efforts in Guam, their commitment serves as a testament to the unwavering spirit of compassion and collaboration that defines the USACE mission.

Based in the Logistics Activity Center in Millington, Tennessee, ULA is comprised of a team of more than 375 personnel spread across the nation in nine divisions and 40 districts reaching as far as Alaska and Hawaii. In addition to emergency response logistics support, ULA supports USACE through the five functional areas of sustainment, transportation, facilities management, operations, and resource integration.



# 2023 FIRE PREVENTION WEEK POSTER ART CONTEST IS OPEN OCTOBER 9-13

## Guidelines:

- The contest is open to all NSA-Mid South children.
- Students will create their Poster art with this year's theme between Oct 09-13th.
- Art will be collected Friday October 13. The winner will be announced on Monday, October 16 at the CDC/Youth Center
- Art created by the student, should show originality and creativity while communicating the importance of fire escape plans. For ideas visit [www.firepreventionweek.org](http://www.firepreventionweek.org)
- Any questions can be directed to the NSA Mid-South Fire Prevention office at 901-874-5259/5644



Sparky with friends from the Navy Exchange

Naval Support Activity Mid-South  
Fire and Emergency Services

Presents the 9<sup>th</sup> Annual

## FIREFIGHTER OLYMPICS



**Fri, October 13, 2022; 11:00 - 1300,**  
at Bldg. 797 MWR Outdoor Recreation.

Sign up your 1-person team now to compete in the grueling "Firefighter Obstacle Course" that will test your agility, strength, speed and "Team Work". Walkups allowed is space available.

Contest is open to all base employees and residents.  
The preferred dress attire is PT gear with tennis shoes. There will be two separate divisions. Men and Women.

To register team call (901) 874-5259/5644 or sign up via email:  
[NSAMidsouth\\_FirePrevention@us.navy.mil](mailto:NSAMidsouth_FirePrevention@us.navy.mil)

If you think you have what it takes... **Bring it!**



Fire Chief is sliding into  
fire prevention!

The Fire Department has  
a fun new addition to the  
Olympics! Come check it  
out! Free giveaways as  
well!



# ENERGY ACTION MONTH

OCTOBER  
2023



## ACHIEVE · LEAD · INNOVATE

The federal government is taking action— and so can you!

Federal agencies and hard-working federal employees are taking action by implementing campus wide or individual facility projects that achieve mission success while also cutting energy waste, reducing costs, optimizing performance, and advancing America's progress toward energy independence, resilience, and security.



Energy & Water Efficiency · Distributed Energy  
Resilience · Fleet Management · Technology

For resources and services that can help you implement resilient, efficient, sustainable, and secure energy and water management practices and projects, visit [energy.gov/femp](https://energy.gov/femp).



# The Defense Commissary Agency is Hiring!

## JOIN OUR TEAM



- Full Time and Part Time Positions with Flexible Scheduling
- 11 Paid Holidays
- Paid Annual and Sick Leave
- Health, Dental, Vision, and Life Insurance
- Retirement Savings and Investment Plans
- Global Career Growth Opportunities



Pursue your PASSION with THE grocery provider of choice



APPLY  
NOW!

Learn more about career opportunities @  
[www.commissaries.com/our-agency/careers-with-deca](https://www.commissaries.com/our-agency/careers-with-deca)



## 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



27

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](mailto:NSAMidsouth_PAO@us.navy.mil)**

**Submission deadline is the last Thursday of each month! The Bluejacket will publish the first Friday of each month.**



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**Navy Region Southeast**