



Naval Support Activity Mid-South • Vol. 72 • No. 26 • Thursday, July 4, 2013

THE BLUEJACKET



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Above: Sailors and Sea Cadets stand at attention during the Sea Cadet graduation ceremony aboard Naval Support Activity Mid-South. Below: Sea Cadets march in formation during their graduation ceremony aboard Naval Support Activity Mid-South. (Photo by MCI William Jamieson)



NSA Mid-South Hosts Sea Cadet Camp, Graduation

By MCI William Jamieson
The Bluejacket

More than 200 Sea Cadets participated in a ceremony marking their graduation from a two-week camp held aboard Naval Support Activity June 28.

During their two weeks, Sea Cadets participated in recruit training, basic petty officer leadership, master-at-arms training, physical fitness training and basic arms qualifications.

Capt. Stephen Fimple, commanding officer of NSA Mid-South, provided remarks for the ceremony and said the Sea Cadets had earned the right to celebrate.

"These young men and women are the future of our nation and our armed forces, and I would say that our future is in good hands," said Fimple. "I hope they will take this training and continue to grow and achieve. We have all been proud to have the Sea Cadets on board NSA Mid-South and are deeply impressed with all they have accomplished."

Many of the instructors for the camp were volunteers from commands on board NSA Mid-South. Chief Aviation Boatswain's Mate (Fuels) Cherry Pizzarelle, attached to Navy Personnel Command, who served as one of the Sea Cadet recruit division commanders, said she had thoroughly enjoyed her time with the Sea Cadets.

"I didn't really know a lot

about this program before the last few years, but once I got involved I fell in love with it," said Pizzarelle. "These kids learn so much, and get so much positive mentorship through this program. I can't speak highly enough of it. I would highly recommend it to any parent."

During the two week course, the Sea Cadets were required to pass physical readiness test (PRT). The test was based on the Navy model and consisted of push ups, curl ups and a 1.5 mile run. By the end of the two weeks, the Sea Cadets achieved a 100% pass rate.

Chief Quartermaster Samir Patel, attached to Navy Personnel Command, served as one of the primary physical training coordinators for the campers. He said participating in the Sea Cadet program gave kids a leg up in life.

"It was really great to see the effort these kids were willing to put forth during our PT sessions," said Patel. "We had them up early every morning, but they were always willing to get out there and do the work that was required for them to get better. I really enjoyed myself, and I hope they all enjoyed themselves, because this is a great program and they are a great group of young men and women."

Parents, young adults or volunteers who are interested in the Sea Cadet program can get more information at <http://www.seacadets.org>.

Life on NSA

Sailors at Naval Support Activity Mid-South Mark LGBT Pride Month with Observance

By MCI William Jamieson
The Bluejacket

A hot and humid day on a small, military installation in western Tennessee, a region long associated with the cause of diversity and the breaking of barriers, set the scene as more than 80 Sailors and Civilians took time away from their work and gathered aboard Naval Support Activity Mid-South to participate in first observance of Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month June 27 at the installation.

The event, held in the NSA Mid-South Helmsman complex, was organized to celebrate the contributions of Sailors and service members who identify as LGBT and to recognize the importance and enriching role diversity plays in the nation, the Navy and all of those who serve.

The recent repeal of "Don't Ask, Don't Tell," has cleared the way for LGBT service members to serve openly in the armed forces, and one of the ways the Department of Defense has responded is to recognize June as LGBT Pride Month. This led Senior Chief Culinary Specialist (SW/SCW) Dwayne Beebe, attached to Navy Personnel Command, to take the lead in putting together an observance on board Naval Support Activity Mid-South.

Beebe said he wanted the event to be a chance for LGBT Sailors to show they are proud of both their accomplishments in the Navy and also who they are as people.

"I was extremely excited when I looked up and saw so many Sailors and people in the room, because we had all put a lot of effort into making



Navy Personnel Command Force Master Chief Leland Moore delivers remarks during a Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month observance at Naval Support Activity Mid-South. LGBT Pride month recognizes and celebrates the contributions of lesbian, gay and bisexual service members and LGBT DOD civilians. (Photo by MCI William Jamieson)

this event happen and it meant a lot to know they are there to be supportive," said Beebe. "I think it says something about this little base in Tennessee that 75 to 100 people would show up. This kind of response shows that we are not interested in activism. We are interested in celebrating the diversity and the differences of every valuable person in the armed forces."

The event featured guest speakers including Force Master Chief Leland E. Moore, force master chief of Navy Personnel Command, Force Master Chief Earl Gray, force master chief of Navy Recruiting Command and Master Chief Tuck Williams, command master chief of Naval Support Activity Mid-South.

During his remarks, Moore said the day was about recognition of the ways gay, lesbian and bisexual Sailors

have and will serve and contribute to our nation and Navy.

"Lesbian and gay service members and lesbian, gay and transgender DOD civilians have been and are an integral part of America's armed forces even as they served in silence," said Moore. "Now they can serve openly and represent our country with pride as they have from the beginning, which makes our nation and military

much stronger. Today, we all stand equal. We fight for the same cause, and we all represent the Navy's values of honor, courage and commitment."

As Sailors and civilians sat together they also heard remarks from President Barack Obama, former Secretary of Defense Leon Panetta and read words from the late, former Navy Lt. j.g and city of San Francisco politician and mayoral candidate Harvey Milk. As a show of unity during his remarks, Gray had all Sailors in attendance stand and recite the Sailor's creed, which represents both the promise of loyal, honorable service of all U.S. Sailors and is an affirmation of the commitment to treat all Navy shipmates with respect and fairness.

"As we move forward through the years, our Navy continues to get stronger," said Grsy. "We are blessed to have people in our Navy like you [LGBT Sailors], who are willing to stand for truth, thus, moving people to think about what inclusion really means. We all appreciate your patience as we have traveled on the long road to get here. People move faster than others, progress attained always helps to ease the battle scars obtained on the journey there. This position is directly tied to our Sailor's creed and includes all sailors, not a select few."

The event concluded with a cake cutting and refreshments, which allowed attendees a chance to chat and catch up and, then, as the Sailors and civilians started to filter out of the ballroom back into the hot, humid western Tennessee day, all the differences seemed to melt away as they did what all Sailors do best: go back to work.



Sailors fire 9 mm handguns during a live-fire exercise aboard the guided-missile destroyer USS Gravely (DDG 107). Gravely is on a scheduled deployment supporting maritime security operations and theater security cooperation and efforts in the 6th Fleet area of responsibility.

(Photo by MC2 James Turner)

EYE ON THE FLEET

Installation Vehicle Decals Eliminated

By NSA Mid-South Public Affairs

Naval Support Activity Mid-South will begin the process of eliminating vehicle decals for installation access July 1, as per Commander, Navy Region Midwest instruction.

Since Sept. 11, 2001, 100 percent I.D. card checks have been implemented at all DoD installations. Authorization to access any DoD installation is based on verification of a valid credential or I.D. card.

Vehicle decals were used to ensure vehicles on Navy installations complied with state requirements for vehicle registration and insurance. State programs have become more uniform and

efficient and uniform, eliminating one of the main reasons for vehicle decals.

Other issues prompting the change in policy include: Expense in administering the program; decals being moved from vehicle to vehicle and are easily counterfeited and cars sold to non-DON personnel with current decal still attached, all posed additional security risks to Navy installations.

Beginning July 1, Personnel will be required to remove decals issued by NSA Mid-South from their vehicles, and while personnel are not required to remove decals issued from other installations, it is important to remember that vehicles entering the installation must maintain cur-

rent registration and insurance information with the visitor control center.

Because the state of Tennessee does not have an emissions program, vehicles that are currently registered require no further action.

To register a new vehicle, the driver must possess a valid driver's license, proof of insurance and the vehicle's registration form. Random parking lot inspections will be undertaken to ensure compliance with the registration requirement.

If a non-registered vehicle is found on base a citation may be issued and repeat offenders may have their vehicles towed at their own expense.

Please be advised that the elimination of decals

will require a more thorough ID check from our gate guards. This could result in increased wait times and personnel are advised to plan for delays.

Our gate guards are working to ensure force protection measures are met, and we would ask that drivers cooperate with them to ensure this process is as efficient as possible.

Naval Support Activity Mid-South appreciates everyone's continued interest and support. If there are questions about the elimination of decals, please feel free to call the Visitor Control Center at (901)-874-5581 or NSA Mid-South Public Affairs Office at (901)-874-7421



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lisher shall refuse to print advertising from that source until the violation is corrected.

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The Bluejacket can be reached at (901) 874-7421 and e-mail at Mill_NSA_Bluejacket@Navy.mil or write the Bluejacket at Attn: PAO 5722 Integrity Drive Millington, TN 38054.

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CALENDAR OF EVENTS

Mid-South Commissary Tour by a registered Dietitian- dates are available upon request. Go on a free 90-minute interactive tour of the DeCA commissary with a registered dietitian for inside tips on how to identify tasty, healthful food choices and discover popular food and marketing trends. To register call 874-6178.

The Information, Tickets and Travel office (ITT) and Navy Getaways has moved into the newly renovated Ellison Family Recreation Center (Bldg. S-499 | 5671 McCain St.) Our hours of operation are Monday - Friday 11 am - 9 pm, Saturday and Sunday 2-9 pm and holidays 2-7 pm. Date for our grand opening remains to be announced. Updates to this information will be available online at www.facebook.com/MillingtonITT.

Domestic Violence Awareness-The Memphis NCIS office is currently offering Domestic Violence Awareness Briefings for NSA Mid-South Commands. Interested Units and Commands should contact NCIS agent Chad Willie at 901-874-5387 to schedule a briefing.

Insider Threat Counter Intelligence Briefing Opportunities- The Memphis NCIS office is currently delivering "Insider Threat" Counter-Intelligence and Counter-Terrorism Briefings for NSA Mid-South Commands. Interested Units and Commands should contact Deborah Cross at 901-874-5387 to schedule a briefing by an NCIS Special Agent.

Tobacco Cessation Classes- (TBD) Monthly at Naval Branch Health Clinic. If you are unable to attend a class, individual appointments are also available. Call Beth McKinzie RN, CDE Health Promotion/Education at 874-6178 to register.

Child abuse and Exploitation Briefings- NSA NCIS office. Interested Units and Commands should contact Deborah Cross at 901-874-5387 to schedule a briefing by NCIS Special Agent Chad Willie.

The Rock- A teen bible study, every Sunday evening from 5:30 p.m. to 7:00 p.m. This is a FREE, basic religious instruction for the military teen. Free food and drinks provided. Join us for a fun and informative time at the NSA Mid-South Chapel Center. Please call 874-5341/7232 for more information.

Hands Only CPR Class -One quarter of Americans say they've been in a situation where someone needed CPR. If you were one of them, would you know what to do? Studies have shown that being trained in hands-only CPR can make the lifesaving difference when someone suffers sudden cardiac arrest. If you are interested in completing this fifteen-minute manikin hands-on training, contact Cliff Oliver at the NSA Safety Office 874-5398 to sign up for an upcoming class. Groups of six or more can request the training be brought to their worksite on base.

At Eagle's Peak... We'll have your food ready and at your table in a jiffy! Give us 24 hours notice and we will give you ...our Speedy Southern hospitality group service! To reserve tables and/or place an order for your group call 874-5415/5372 or send email to marybalzell@navy.mil.

At Eagle's Peak... Every Friday 4-6 p.m. join us for Happy Hour. Come in for food, drinks and friendly conversation! For more information call 874-5415/5372 or send email to marybalzell@navy.mil.

Concerts by the Green is a series of free concert events held every Friday in May 6:30 to 8:30 p.m. at the Glen Eagle Golf Course. Admission is free and event is open to public. Bring your blankets and lawn chairs. Food and beverage items will be available for purchase. Picnic baskets will be allowed, no coolers please. Family friendly area will feature bouncy castle. For more information call 874-

5168.

At Eagle's Peak... We'll have your food ready and at your table in a jiffy! Give us 24 hours notice and we will give you ...our Speedy Southern hospitality group service! To reserve tables and/or place an order for your group call 874-5425/5372 or send email to marybalzell@navy.mil.

Every Friday - Trivia Night at Eagles Peak.

Trivia night 7 - 9 p.m. Every Friday Night Team sign ups start at 7 p.m. (Teams 4-6 people.) Prizes awarded for 1st, 2nd and 3rd place teams. Grill open 6:30 - 9 p.m. Call 901) 874-5415 for more information.

Every Wednesday and Thursday - Free Yoga Class

If you can breathe, you can do Yoga. Free Coed Lunch Break Yoga class will be held Wednesdays and Thursdays at Joe Dugger Fitness and Sports Complex. For more information call 874-5497 or visit www.facebook.com/933Yoga.

Every Thursday - The NSA Mid-South Toastmaster Club Meeting

The NSA Mid-South Toastmaster Club can help you: 1) become a better speaker and presenter, 2) communicate with more confidence, 3) develop better leadership skills, and 4) listen more effectively. All military and civilians are invited to be guests at our weekly meetings held Thursdays, 1135-1235, Whitten Bldg (791), Rm B102. For more information on the benefits of joining Toastmasters, please contact Julieanna Walker at 901-874-6898 or Julieanna.walker@navy.mil.

JDFC 12 week Fitness Challenge!

Join the Joe Dugger Fitness and Sports Complex 12 week Fitness Challenge! Reaffirm your commitment to working out and staying fit.

Registrations accepted Jan. 21 - Feb. 3. Registrations fee \$5 per person. Call (901) 874-5497 for more information.

The NSA Mid-South Splash Park is open for the 2013 summer season.

The NSA Mid-South Splash Park is open 7 days a week 6 a.m. until sunset. The Splash Park provides the families of the NSA Mid-South community a place to gather and relax while children of all ages enjoy the water based activity during the hot summer days we experience here in the Mid-South. Splash Park is located near the baseball field just off Singleton Avenue.

Watercolor 101 with Barrie Foster

Barrie Foster, a nationally award winning artist, will be teaching beginning adult (age 13 and older) watercolor classes at the Ellison Recreation Center on Wednesdays from 11 a.m. to 1 p.m. in the Ellison Family Recreation Center (Bldg. S-499 / 5671 McCain St.) No previous art experience necessary and no drawing! The class will explore all aspects of watercolor while having lots of fun! The cost of the 5 week course is \$60, payable to ITT Office in advance. Classes will be held: 11 a.m. - 1 p.m. Wednesdays (May 15, May 22, May 29, June 19, and June 26.) Class updates to this information will be available online at <http://www.facebook.com/MillingtonITT>.

Sunday, July 28 - Champagne brunch

Champagne brunch special served Sunday, July 28, 11 a.m.-1 p.m. at the Helmsman Complex (bldg. S-760 | 7611 Singleton Ave.) Menu includes Carved top round of beef with au jus, Southern fried chicken, Broiled tilapia, Whipped potatoes with gravy, Country style green beans, Broccoli casserole, Creamed corn, Scrambled eggs, Sausage links, bacon, grits, French toast with syrup, Soup and salad bar, Dessert bar, coffee, tea, orange juice and champagne. Patrons must be 21 years of age to be served champagne. Adults \$10.50, Children 5-10 \$5.75, Children under 4 eat free. Call (901) 874-5132 for more information.

DANGERS OF FIREWORKS

(Regulations, Dangers and Responsibility)

The NSA Mid-South Fire and Emergency Services Fire Prevention office wants to keep the community informed of current regulations, dangers and personal responsibility for fireworks safety.

The following excerpts are from the current NSA Mid-South Fire Regulation, NAVSUPACTMIDSOUTHINST 11320.3A,

Section 210 Family Housing Residents

(L) - Fireworks of any type are illegal in Shelby County and not permitted in Housing or anywhere on the installation.

Section 801. Hazardous Materials Storage and Segregation
C (2) - Except for command-controlled displays, the possession of explosives and fireworks (for sale, storage, or use) is prohibited. Fireworks do not include paper caps or highway flares.

Shelby County, Tennessee, Code of Ordinances Chapter 22 - FIRE PREVENTION AND PROTECTION Sec. 22-36. - Sale or use prohibited.

The sale or use of fireworks is prohibited, except as authorized by state law.

(Code 1992, § 22-36; Priv. Acts 1961, ch. 405, § 1)

State law reference— Authorized fireworks, T.C.A. § 68-104-108.

Sec. 22-37. - Public displays with permit.

Nothing in this article shall restrict or prohibit public displays of fireworks when a permit has been issued by the state fire marshal in accordance with state law.

(Code 1992, § 22-37; Priv. Acts 1961, ch. 405, § 2)

State law reference— Public display of fireworks, T.C.A. § 68-104-211.

Fireworks during the Fourth of July are as American as apple-pie, but did you know that two out of five fires reported on that day are started by fireworks, more than any other cause? Children under the age of 15 accounted for a fourth of the documented injuries in 2011. Yes, even sparklers attributed to fires and injuries. The good news is you can enjoy your holiday and fireworks, with just a few simple fire safety tips:

1. The safest way to enjoy Fireworks is to attend a fireworks display run by professionals.
2. Never pick up any Fireworks that may be left over. They may still be active.
3. Consumer fireworks (includes sparklers), can reach up and over 1200 degrees Fahrenheit, and able to cause 3rd degree burns.
4. Each 4th of July thousands of people, are injured while using Fireworks. Risk for injuries were highest in children ages 5 - 19 and adults 25 - 44.
5. Nearly 90% of all emergency room fireworks injuries involved consumer sold fireworks.

Local and Surrounding Community Firework Celebration Events

July 2, 2013

Munford - "Celebrate Independence"

Held at City Park on College St. with events starting at 7:30 p.m., and fireworks as grand finale.

July 3, 2013

Bartlett - Fireworks Extravaganza

Held at Bobby K. Flaherty Municipal Center, Highway 79 and Appling Road from 6:30 - 10:00 p.m.

Collierville - Independence Day Celebration

Held at H.W. Cox Park located at 350 W. Powell Road in Collierville from 6:00 - 9:30 p.m.

Millington - Flag City Freedom Celebration

Held at Navy Lake in Millington, admission is \$5 per car and the festivities begin at 5:00 p.m.

Southaven's - Patriotic Parade

Starts at City Hall at 10:00 am with patriotic ceremony, then parade around lake in Jim Saucier Park. After that, refreshments will be served at M.R. Davis library.

July 4, 2013

Family Matters

DOD Helps Military Families Avoid Money Scams

By Terri Moon Cronk
American Forces Press Service

While dodging financial scams seem to have become a part of life, Defense Department officials have measures to protect the military community from such circumstances, a senior Pentagon official said in a recent interview.

Scamming incidents in the military parallel those in the civilian community, Barbara Thompson, director of the Defense Department's office of family policy, children and youth, told American Forces Press Service.

But scammers might target military families because of service members' dependable incomes and frequent moves, opening them up to potential scams that can affect their financial readiness when renting or buying a home and securing car loans, she added.

"It's really important that we look at our entire [financial] readiness campaign as a way to empower our service members and their families to have the flexibility to meet the goals and dreams of their future," she said.

It's vital for military families to do their research and build their awareness against scams, she added, and myriad resources to help in this

endeavor are available on and off military installations.

"You may decide to do a move on your own and find someone who doesn't have liability insurance, or doesn't deliver your household goods to your residence [and instead] goes off with them," Thompson said.

She also warned against house closure, auto loan and credit and debit card scams. "Sometimes, they look official and as though they're sponsored by a government agency, but it's deceit," she added.

Installation legal assistance officers can help when such issues arise, and certified financial counselors can provide support, guidance and advice at family assistance centers on military installations, she said. The counselors know the community and are likely to be aware of less-than-scrupulous vendors and service providers, she said.

The Military OneSource website offers a wealth of resources such as financial counseling and tip sheets on how to be a good consumer and avoid pitfalls, Thompson said.

DOD also has federal partners in the battle against financial scams, such as the Federal Trade Commission's Scam Watch, and the Treasury Department's Consumer Financial Protection Bureau, where one can register a complaint that will be investigated, Thompson said.

Horn Lake's - Fireworks in the Park

Held at Latimer Lakes Park with festivities at 6:00p.m., and fireworks starting at 9:00 p.m.

Germantown - Fireworks Extravaganza

This family friendly celebration starts 5:00 p.m. at Municipal Park and fireworks at 9:10pm.

Olive Branch - Independence Day Celebration

Held at the Olive Branch City Park will begin at 5:00 p.m. and fireworks will start at 9:00.

Memphis Mud Island - Independence Day Celebration

Held at Mud Island, a day of food, rides, games, live music, and of course, fireworks at sundown.

Southaven's - July 4th Celebration

Held at Snowden Grove Park. Event starts at 7:00p.m., and the fireworks around 9:00 p.m.

Redbirds Home Game

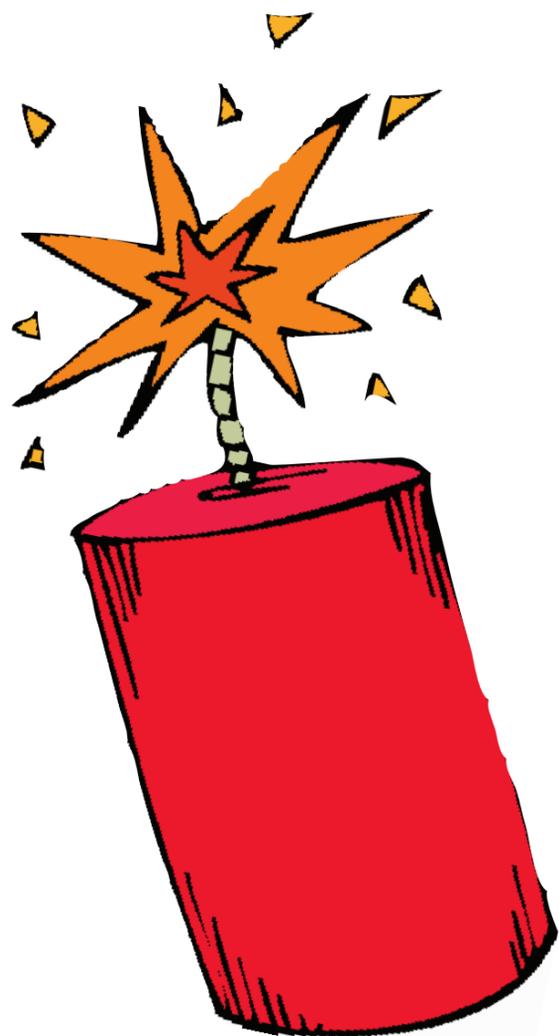
Celebrate your independence at a Memphis Redbirds game at 6:05 p.m. The Redbirds will take on the Nashville Sounds followed by a fireworks show and patriotic music.

July 5, 2013

Atoka - Independence Day Celebration Block Party

Held at Walker Park in Atoka with free parking at Atoka Elementary and free shuttle service to Walker Park. Rain date will be Saturday, July 6.

For further information please contact the NSA Mid-South Fire Prevention office at 874-5644/5259. This information is provided to remind you and your family to stay safe during the holiday and to look out for one another. On behalf of the NSA Mid-South Fire & Emergency Services organization, we would like to wish everyone a very happy and safe "Fourth of July!"



Chaplain's Compass

The Seven Checkpoints: Moral Boundaries

By Chaplain Dave Mowbray
NSA Mid-South Chaplain

A few years ago, Pastor Andy Stanley wrote a book called "The Seven Checkpoints." These are seven things that should be evident in the lives of those who follow Christ. I've written about "authentic faith" and "spiritual disciplines" and this week we will examine a third checkpoint--moral boundaries. Stanley states that one major area that is covered under this heading is our view of sex. In living out practical faith, Christians should realize that purity paves the way toward intimacy.

God created sex. He knows more about it than anyone. This special creation can be unbelievably fulfilling and fun! ...Or sex can leave a person feeling used/empty

Which do you suppose God intended?

God has given this a wonderful gift to be enjoyed in a marital relationship. Yea God!

But frankly, the church is often guilty of making sex seem dirty! Church folks don't want to discuss it; the church often says "wait" to unmarried folks, with-

out explaining why!

When we ask kids and adults to wait until they are married to have sex—we are talking about purity. Impurity erodes the capacity to experience intimacy—and consequently diminishes satisfaction and sex. As an example, those who have had affairs, even if they hold their marriages together, often have a hard time achieving the intimacy they once had with spouse. Why? Because impurity has damaged their ability to be intimate.

This is why Paul says in Corinthians : "Flee from immorality. All other sins a man commits outside his body, but he who sins sexually sins against his own body."

I have counseled many couples that fell in love, knew everything about sex, but now their sex lives are non-existent. What happened? They knew a lot about sex, but little about intimacy. Without intimacy in a relationship, the sex part of the relationship slowly died.

Why is that? Because sex is not just physical - it is also relational. By the way, our culture: movies, TV, the internet, music and magazines almost never get this right. I guess it's easier to

show physical attraction in a movie, etc... than to show a couple growing in intimacy over a period of years!

But when we go back and see the origin of all this- Adam and Eve, we see that from the beginning that God's design was not that they would just "have sex" but Scripture says they became "one flesh." They were united in a way that was more than "just" physical.

1 Corinthians 6:15-16 tells us that "just having sex" is not only unbiblical, it is impossible. Stanley says it like this, "Sex was designed by God as an expression of intimate oneness in body that matches a couple's commitment to oneness in purpose and direction in life. Outside of this, we forfeit the opportunity to become uniquely one physically with our future or current spouse."

God's design is that those who follow him become "sanctified"—holy like Christ. Is God against sex? No, he created it! But in God's design and economy sex is reserved for married people. In a biblical relationship sex can be the wonderful and intimate experience that God always intended.

Is this a popular viewpoint? No. But people of faith are called to a higher standard. The world is changing rapidly, but we can hold on to the truth of God's Word. As a believer, I have to pause and ask myself how much have I allowed the world draw me away from the Creator and turn towards worshipping the creation, as well as the habits of this world?

Quote of the Week:

"Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased." -C.S. Lewis



Name that Tune:

1) "When peace like a river, attendeth my way..."

- 2) "Thou art the potter, I am the clay..."
- 3) "Upheld by my righteous, omnipotent hand..."
- 4) "Good sense, innocence, cripplin' and kind..."
- 5) "You may leave here for four days in space..."

What's Happening:

NSA Mid-South Women's Summer Bible Study Kickoff!

Starting on Mondays beginning July 29 and through Aug 26, 6:30 pm - 8:00pm in the Chapel Center. We will be using a video series featuring Beth Moore, Jennifer Rothschild, Kay Arthur, Vicki Courtney, and Priscilla Shirer. Moms are welcome to bring infants. For more information: Facebook: NSA Midsouth Women's Bible Study or email mswomensbiblestudy@gmail.com.

Chapel Bible Studies

The chapel hosts a men's Bible study at 1130 each Thursday in the conference room. Ladies have a 1200 Thursday Bible study in the classroom next to the Navy and Marine Corps Relief office.

Youth Bible Study

Meets Sunday nights at 1730 in the Chapel Fellowship Hall. All teenagers are invited, and bring an appetite!

Ramadan

The Muslim holiday of Ramadan begins July 9th and ends August 8th. This is a month of religious obligation in which Muslims fast from food and drink during the day.

You're Invited!

There are many places of worship in the Millington and Memphis area. Make plans to attend and plug into the great community of faith here in the Mid-South. If you have questions about what is available, please call Chaps at 874-5344.

You are always welcome to visit our interfaith service at the base chapel at 1000 each Sunday morning!

Answers to Name That Tune:

- 1) It is Well With My Soul - Christian Hymn
- 2) Have Thine Own Way - Christian Hymn
- 3) How Firm a Foundation - Christian Hymn
- 4) Incense and Peppermints - Strawberry Alarm Clock - Classic Rock
- 5) Eve of Destruction - Barry McGuire - Classic Rock

The Latest Risk-O-Matic App

June 2013 #4: The Latest Risk-O-Matic App

1. Welcome to the latest edition of the Summary of Mishaps, another batch of yarns about actions that someone considered a "minor oversight" or an "acceptable chance" just seconds before the pain started.

A. An E-4 was walking through her apartment. Been there, done that. I don't mean walking through her apartment—I don't even know where she lived. I mean walking through multi-level living quarters. She was texting as she arrived at her stairway. The key strokes were apparently much more important than her foot placement.

If Gene were still here, he could insert a series of thumps and clunks, along with assorted sounds of surprise and whatever noises you make when you produce enough damage to your lower extremities to put you on LIMPDU for six weeks.

So here's what we're going to include with the next version of our popular Risk-O-Matic app. It will track, via GPS, the physical location of your phone. The app will then compare that piece of data to the physical location of your dominant hand (you'll have to get a chip implanted for this feature to work, but you might as well get that done, it's only a matter of time, along with your unique personal barcode tattooed on your forehead). Your phone will sense when it is no longer safely within reach of your thumbs but is instead tumbling through space. It will then automatically dial 9-1-1 and your spouse, roommate or the next individual up your chain of command, reporting the fact that you have succumbed to cell-

phone distraction and may have need of medical assistance. It will also make a follow-up appointment at the nearest military hospital orthopedic clinic.

B. Same church, different pew. An E-6 master-at-arms was texting while trying to get back into his car. He wasn't paying attention to the curb, and he slammed his toe into it. And since his flip-



flops provided zero protection, he nearly broke his toe. X-rays, pain meds and two weeks of LIMPDU ensued.

C. And while we're on the subject of the downside of technology, consider the E-5 who was driving down a residential road in Virginia Beach. His cell phone slipped down between the seats. This being the modern equivalent of near-asphyxiation or a 99% blockage of an artery, he had to immediately retrieve it.

Keeping his vehicle pointed in the right direction, of course, became temporarily secondary, and when I say "temporarily," I mean however long it takes to crash into a parked car. He banged his melon into the window and steering wheel hard enough to suffer a concussion.

The trouble with distracting yourself with technology is that you end up with all sorts of distressing and/or embarrassing fodder for future texts, such as "H-e-y M-a, o-n w-a-y t-o E-R," or

"B-o-s-s, w-o-n-t b-e a-t w-o-r-k 2-m-o-r-o."

D. An E-3 electronics technician in Norfolk was playing speedball (a sort of cross between football and soccer) as part of his command's PT program. He was running downfield, "looking ahead to throw the ball," the report said. Another player "twice his size" angled



"pushed him with two hands," spinning him around and slamming him to the turf. Speedball is supposed to be "a two-hand-touch game," the report said.

"Training time out," the referee called, blowing his whistle and stopping play. He approached the giant player and said, "You must have been looking for the two-hand-shove game, that's over on the adjoining field." The ref then turned his attention to the E-3, who was lying on the field with an extremely painful shoulder. Another player took the E-3 to a clinic for x-rays. The doc diagnosed a broken collarbone, put his arm in a sling and awarded him five weeks of light duty. As always, not the kind of award you want.

2. That's all for this week, sports fans. Next time: How not to surf, how not to light a grill, and more!

Clinic Corner

HEAT IS ON!

By HMI (FMF) Adrian Weldon & HM2 (FMF) Dominic Soto

Thanks to all who stopped by the clinic June 20 for PTSD Screening Day!! Remember help is available- just ask!!

Heat emergencies are common in the U.S. with approximately 115 heat related deaths occurring each year over the last 10 years. With that being said, it's time to turn up the air conditioner and pull out your bathing suit. We are experiencing another hot and humid Tennessee summer. With the temperatures and humidity continuing to soar, it is time to take precautions to prevent various heat related illnesses.

Exercising or working in a hot and humid environment can be dangerous if you are not careful. Higher temperatures create higher risks for dehydration, heat exhaustion, heat stroke, and other illnesses. Even swimming is not a foolproof way to remedy heat risks. You can lose a substantial amount of fluids while swimming and need to take precautions to prevent dehydration as well.

So how do I know when to limit my outdoor activities? The Branch Medical Clinic monitors heat conditions 4 times a day when temperatures rise above 80 F. Heat stress flag poles are in place and visible at the Joe Dugger's Fitness Center and N-82 Gym so that all personnel will be aware of the current heat stress flag conditions and make appropriate work schedule adjustments. The flag conditions are derived using a calculation of moisture in the atmosphere, global temperature (heat radiated by the sun) and the dry air temperature (WBGT)- it's not just the temperature on a thermometer. It is imperative that commands and individuals stay aware of current weather conditions and in particular the flag conditions.

WHAT THE COLOR CODED FLAGS MEAN

White Flag - When the

WBGT index is less than 80, extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore caution must be taken.

Green Flag - When the WBGT index is between 80 and 84.9, discretion is required in planning heavy exercise for non-acclimatized personnel. This is a marginal heat stress limit for all personnel.

Yellow Flag - When the WBGT index is between 85 and 87.9, strenuous exercise and activity must be curtailed for new and non-acclimatized personnel during the first 3 weeks

of heat exposure. Outdoor classes in the sun must be avoided when the WBGT Index exceeds 85.

Red Flag - When the WBGT index is between 88 and 89.9, strenuous exercise must be curtailed for all personnel with less than 12 weeks training in hot weather.

Black Flag - when the WBGT index is 90 or above, physical training and strenuous exercise must be suspended for all personnel (excludes operational commitment not for training purposes).

You are invited to a **FREE VETERAN CREMATION SEMINAR**

This is a short luncheon seminar (Only 1 1/2 hours, including your meal)

Call today to RSVP for an upcoming seminar

Topics Covered Include:

- Myths about cremation
- All the options with cremation
- Why so many people are choosing cremation

Call 888-344-6653

You will be glad you did!

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Experience every towel waving moment with Memphis Grizzlies Season Tickets, starting at just \$11 per game. CALL 888-HOOP • GRIZZLIES.COM

EAGLES MONDAY, OCTOBER 14

The iconic band returns to FedExForum with **HISTORY OF THE EAGLES TOUR** to perform their classics. TICKETS ON SALE NOW!

JUSTIN TIMBERLAKE MONDAY, NOVEMBER 18

THE 20/20 EXPERIENCE WORLD TOUR comes to Justin's hometown with his first tour in six years. TICKETS ON SALE NOW!

FOR MORE INFORMATION, CALL THE FEDEXFORUM HOTLINE AT 901.205.2525 OR SIGN UP FOR EVENT EMAIL NOTIFICATIONS AT FEDEXFORUM.COM GET TICKETS AT THE FEDEXFORUM BOX OFFICE, ALL TICKETMASTER LOCATIONS, ONLINE AT TICKETMASTER.COM, OR CHARGE BY PHONE AT 1.800.745.3000

THE WESTIN MEMPHIS ACROSS FROM FEDEXFORUM

 www.facebook.com/NSAMidSouthMWR 



JOE DUGGER FITNESS AND SPORTS COMPLEX

Bldg. S-499 (5671 McCain St.)

Hours of operation update

Thursday, July 4
8 a.m. - 12 noon

Friday, July 5
5 a.m.-5 p.m.

Closed July 10
Joe Dugger Fitness and Sports Complex will be closed July 10 to conduct building maintenance.

 **NavyFitnessMidSouth**



Glen Eagle Golf Course

Come Out and Play!



6168 Attu St. Millington, TN 38053
Naval Support Activity Mid-South Millington

Pro shop • Rental Clubs • Putting Green • Driving Range
Call (901) 874-5168 for tee times and group bookings

Greens Aerification July 8th & July 9th.
During the week of July 8th - July 14th we will be offering Aerification Specials: (all rates include cart)

Monday - Friday :	Weekend :
Seniors(55+) \$15	Military \$24
Military \$15	Civilian \$18
	Civilian \$28

Eagle's Peak Grill
Open 7 days a week 7 a.m.-1:30 p.m.
breakfast available 7 a.m.-10:30 a.m only

Give us 24 hours notice and we will give you ... our Southern hospitality group service!
To reserve a table and/or place an order for your group call 874-5415/5372 or send email to marybalzell@navy.mil.

Eagle's Peak Bar
Open 7 days a week 10 a.m. - 8 p.m.
Open to the general public.

 www.facebook.com/eaglespeakbarandgrill 

NSA Mid-South & MWR present

Summer Fun

Millington Family YMCA Summer Membership
May 25 thru September 3, 2013
Program is for Active Duty Military and their immediate family members only.

Summer membership will include:

- Indoor swimming pool, outdoor water park
- Sauna, steam room, whirlpool
- Kid zone/nursery/youth station
- Fit kids classes
- Free weights & techno gym circuit weights
- Fitness Orientation and evaluation
- Trekking
- Various aerobic classes (Pilates, abs, yoga, step, Y Cycle, Zumba, etc)
- Bikes, treadmills, stair climbers, cross trainers with touch screen technology.
- Family events
- Silver Sneakers, various Senior activities
- Healthy Living and Nutrition Topics; classroom education
- Diabetes and Chronic Disease Self Management Program

Fee based options available, but not included in summer membership:

- Swim lessons
- Private swim lessons
- Swim team
- Personal training
- Buddy training
- Smart cart grocery tours & diet analysis
- Summer Sports Program

Millington Family YMCA hours of operation

- Monday-Friday 5:30 am-9:00 pm
- Saturday 7:00 am-5:00 pm
- Sunday 1:00 am-5:00 pm

"Summer Fun 2013" membership cost: (Millington Family YMCA only)

- \$199.00. Must be paid in full prior to membership activation

Purchase your Millington Family YMCA Summer Membership at:

- Joe Dugger Fitness and Sports Complex
- Questions? 901-874-5497; FAX 901-874-5657
- Cash, cashiers check, MasterCard, Visa
- If needed, 3 easy payments are available!
- Activation will take 3-5 business days.

Joe Dugger Fitness and Sports Complex will notify the member once YMCA is ready for membership processing.




Grizzlies Summer Basketball Camp July 15-19

9 a.m. - 12 noon North 82 Gymnasium
7915 Memphis Ave. Millington, TN 38054
Boys and Girls ages 7 - 16 | Cost \$115

5 day summer program designed to improve the skill level of any youth basketball player.

Each participant receives a future Grizzlies Game ticket, a Grizzlies T-shirt and a Grizzlies Camp Basketball!

Register online at www.tnbabasketball.com
Code for Military Discount: TNBACALL20

For more information call 216.378.0932.



NORTH-82 GYM

Sports and Fitness Complex
Bldg. N-82 | 7915 Memphis Ave. | 874-5188

Monday & Wednesday
0600 - 0900/1100 - 1330/1600 - 1900

Tuesday, Thursday & Friday
0600 - 0900/1100 - 1330

Saturday 1200 - 1600
Sunday and holidays Closed

 **NSAMidSouthSports**

MAY 26 - JULY 5, 2013 SCHEDULE

Yoga

@ Joe Dugger

Free Coed/Beginners Yoga Classes
Tuesdays from 4:30 p.m. to 5:30 p.m.
(instructor: Robin)

Wednesdays from 12:00 noon to 12:30 p.m.
(instructor: Robin)

Thursdays from 4:30 p.m. to 5:30 p.m.
(instructor: Eileen)

No class on July 3 or July 16.
Subs: July 11/ Robin, July 17/Eileen

For more information, call 874-5497

For more information on Robin's classes, visit www.facebook.com/933Yoga

For more information on Eileen's classes, email her at yogiek@ymail.com

NSA MID-SOUTH SPLASH PARK

Open 0600 - Sunset
7 days a week



Have you ever wondered...
What it feels like to have the wind beneath your wings?
Here's your chance to find out!

Enjoy the sights and sounds or stop over on your cross-country for some hangar time. The Memphis Navy Flying Club offers flight training at extremely competitive rates, whether you are just getting started or are a seasoned pilot already. Flight instructors are available by appointment throughout the week and on weekends.

The Club office is located just off the airfield at Millington Municipal Airport in building N-110 on Eniwetok St.
For more information, please contact the MWR Department or leave a voice mail message at 901-874-7793.

2013 Anchor Saddle Club
2013 Show Year



Our 2013 Point Shows Are:
June 1, 15
August 17, 31st (DP show)
Sept. 14, 28
Oct. 12

If show cancelled due to weather, the following Saturday will be make up show.

Shows start @ 7:00 pm, weather permitting. In the event of show canceling, please call Ranch house, Ann @ 601-6032 or Julie Walker 835-4076



SAMUEL ADAMS PUB

FREE WIFI & Navy Network connection too!

Menu

Smokey Brat- \$2.25
Cheesy Brat- \$2.25
Char broiled Cheeseburger- \$2.75.
Chef Salad- \$7.50.

located at East end of Bldg. S-449
Open 7 days a week 4- 10 p.m.

 /NSAMidSouthSamAdamsPub

NSA MID-SOUTH YOUTH CENTER SCHOOL-AGE CARE (SAC) PRIORITY PLACEMENT REGISTRATION
SUMMER DAY CAMP 2013 & BEFORE & AFTER SCHOOL PROGRAM (BASP) '13-14

Sponsors may register on or after the date listed for their category.
A Waiting List will be established for any SAC program that exceeds the registration limit.
Registration is held Tuesday, Wednesday & Thursday between 9:15 am - 1:15 pm.
Alternate registration days & times are available through appointment only. Call 901-874-5155 to schedule your appointment.

Family Enrollment Fees: Summer \$52; Before School \$23; After School \$34; Before & After School \$56.
Family Enrollment Fee is non-refundable; however it is applied to first weekly/bi-weekly fee.
For further information, please call 901-874-5155.

CATEGORY	SMR CAMP 2013 REG.	BASP* 2013-2014 REG. BEGINS	DOCUMENTS REQUIRED TO REGISTER Sponsor's ID, up-to-date YC paperwork & copies of the following:
1	Currently enrolled CDC Pre-K participants	2-3 July	See below for the documents required for your category
2	IA, Wounded Warriors, Single Active Duty & Dual Active Duty	9 July	IA Orders; VA/command letter; LES(s); and Family Care Plan(s)
3	Active Duty w/working spouse & Active Duty w/student spouse	10 July	LES(s); paystub; and proof of school enrollment
4	Single DoD and Dual DoD	11 July	LES and separation or divorce papers
5	DoD w/working spouse & DoD w/student spouse	16 July	LES; paystub; and proof of school enrollment
6	Active Duty w/non-working spouse	17 July	LES
7	DoD w/non-working spouse	18 July	LES
8	DoD Contractors	23 July	Paystub(s) & supporting documents, as necessary
9	Military Retirees	24 July	LES(s); and pay stub(s)

*Before & After School Program
NOTE: In the event that two sponsors' priority is equal, date and order of enrollment will determine placement on list (active and/or waiting).

 www.facebook.com/NSAMidSouthMWR 

- MOVIE THEATER
- BIG SCREEN TV
- GAMES
- FREE WIFI
- VACATION PLANNING
- DISCOUNT TICKETS
- REC LODGING
- AND MORE!

Ellison

Recreation Center

MWR LIBERTY NAVY Getaways ITT CNIC

Bldg. S-499 (5671 McCain St.)
(901) 874-5496.

HOLIDAY HOURS
Wednesday, July 3
11 a.m. - 7 p.m.

Thursday, July 4
2-7 p.m.

CLOSED JULY 10
The Ellison Family Recreation Center, ITT and Navy Getaways closed to conduct building maintenance.
Navy Getaways check ins/payments accepted at the housekeeping office of in building 448.

CASINO NIGHT

Friday, July 19

at Resorts Casino in Tunica, Mississippi

\$17 per person includes round trip transportation plus buffet.
Bus departs at base at 4:30 p.m. and returns 12:30 a.m.

ARMED FORCES VACATION CLUB

7 DAYS FOR \$369*
FOR MEMBERS ONLY

Visit www.afvclub.com or stop by the ITT office
To make a reservation call 1-800-724-9988 and give the them the NSA Mid-South AFVC installation code #170.

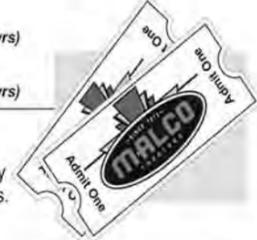


Discount tickets for Graceland

Experience the magic of Elvis with a tour of Graceland. For more information call (901) 332-3322 or visit www.elvis.com.

Combo tour (the mansion, auto museum, custom jets and the Sincerely Elvis Exhibit)

- Platinum - Adult \$31.00
- Platinum - Child \$16.00 (7-12 yrs)
- Regular ticket (mansion only)
- Mansion only - Adult \$27.00
- Mansion only - Child \$13.00 (7-12 yrs)



Malco Movie Vouchers

Treat the whole gang to a movie. VIP vouchers good for any movie anytime. Visit www.malco.com for theater show times.
Admission Vouchers - \$8.50
Concession Combo pass (free refills) \$8.50



Navy Recreational Lodging and Campgrounds Reservations Center
www.dodlodging.net
(901) 874-5496.



(901) 874-5652/5455
1-800-779-4252
www.facebook.com/MillingtonITT

Ellison Family Recreation Center Bldg. S-499 (5671 McCain St.) (901) 874-5496.
Monday - Friday 1100 - 2100 | Saturday and Sunday 1400 - 2100



at the HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South....for information call 874-5132



We're bigger and better than ever!
Lunch served
Monday - Friday 11 a.m.-1:30 p.m.



Mongolian BBQ

Friday, July 19

5-7:30 p.m. in Oaks Dining Room

An array of meats, vegetables and sauces cooked to your liking served with rice and rolls. Choose ... turkey, pork, beef, shrimp, green cabbage, bean sprouts, water chestnuts, celery, red/green and white onions, bamboo shoots, snow peas, carrots, mushrooms, pineapple and jalapeno peppers.

Cost: 85 cents per oz.

It's a great time to play!



Check out our July specials

- Fri., July 5 A night of specials and a jackpot will go this night.
- Wed., July 10 Free ice cream served at half time to all players playing the current program.
- Wed., July 17 Free sandwich bar to all players playing the current program 5-7 pm. Grill open 6:30-7:30 only.
- Fri., July 26 The "you pick um game" will be guaranteed for \$300.00 this night.

It's a great time to play Bingo!
Bring your friends and family for a night of fun and excitement. Cash bar and food service available each night. The MWR bingo program is open to all MWR authorized patrons. MWR authorized patrons are defined as all personnel who live and work onboard Navy Mid-South as well as Active Duty, Retired, and Reserve Military Personnel, Naval Support Activity Mid-South civilian personnel and their family members. Patrons must be 18 years of age to attend. Bingo is played in the Helmsman Complex (bldg. S-760) Navy Mid-South. For more information call 874-5443.

Champagne Brunch

Sunday, July 28
11 a.m. - 1 p.m.

Menu includes carved top round of beef au jus, southern fried chicken, Broiled tilapia, whipped potatoes with gravy, country style green beans, Broccoli casserole, Creamed corn, scrambled eggs, sausage links, bacon, grits, French toast, soup and salad bar, dessert bar, coffee, tea, orange juice, and champagne (must be 21 years of age to be served Champagne)

Adults \$10.50
Children age 5-10 \$5.75
Children 4 and younger eat free

MWR DINING & EVENT HIGHLIGHTS!

JULY 4 - 13, 2013 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
<p>Free movie shown daily!</p> <p>Bldg. S-499 (5671 McCain St.) (901) 874-5455.</p>	<p>MOVIE THEATER BIG SCREEN TV</p> <p>GAMES FREE WIFI</p> <p>VACATION PLANNING DISCOUNT TICKETS REC LODGING AND MORE!</p>	<p>Ellison Recreation Center</p> <p>MWR LIBERTY NAVY Getaways ITT CNIC</p>	<p>Helmsman Lunch Buffet 4 Closed Enjoy the holiday!</p> <p>Eagle's Peak Lunch Special Chef Choice</p>	<p>Helmsman Lunch Buffet 5 Fried catfish Lemon pepper</p> <p>Eagle's Peak Lunch Special Catfish</p>	<p>Helmsman Lunch Buffet 6</p> <p>FAMILY MOVIE MATINEES!!</p> <p>Ellison Family Recreation Center Free movies in Cinema 36 1430 The Croods (PG) 1630 Tron: Legacy (PG) 1845 The Host (PG-13)</p>	<p>Helmsman Lunch Buffet 7 Chicken fried steak Whipped potatoes with gravy</p> <p>Eagle's Peak Lunch Special Sandwich and Soup</p>	<p>Helmsman Plated Lunch 8 Taco salad Beef or chicken</p> <p>Eagle's Peak Lunch Special Taco Salad</p> <p>We Care Supper Just come for the fellowship & FREE dinner. 6 p.m. Ellison Family Recreation Center</p> <p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p>	<p>Helmsman Plated Lunch 9 Taco salad Beef or chicken</p> <p>Eagle's Peak Lunch Special Taco Salad</p> <p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p>	<p>Helmsman Lunch Buffet 10 Southern fried chicken Liver and onions</p> <p>Eagle's Peak Lunch Special BBQ</p>	<p>Helmsman Lunch Buffet 11 Carved roast beef Carved pit smoked ham</p> <p>Eagle's Peak Lunch Special Chef Choice</p> <p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p>	<p>Helmsman Lunch Buffet 12 Fried catfish Red beans & rice</p> <p>Eagle's Peak Lunch Special Catfish</p> <p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p>	<p>Helmsman Lunch Buffet 13</p> <p>FAMILY MOVIE MATINEES!!</p> <p>Ellison Family Recreation Center Free movies in Cinema 36 1430 Monsters, Inc (G) 1630 Bedtime Stories (PG) 1830 Oblivion (PG-13)</p>

This week in Navy History

July 4

1776 - American colonies declare their independence from Great Britain

1777 - John Paul Jones hoists first Stars and Stripes flag on Ranger at Portsmouth, NH.

1801 - First Presidential Review of U.S. Marine Band and Marines at the White House.

1831 - U.S. concludes indemnity treaty with France.

1842 - First test of electrically operated underwater torpedo sinks gunboat Boxer

1863 - Confederates surrender of Vicksburg, MS, gives Union control of Mississippi River.

July 5

1814 - Sloop-of-war Peacock captures British Stranger, Venus,

Adiona, and Fortitude.

1815 - Commodore Stephen Decatur's squadron arrives at Tripoli to collect reparations for seizure of American merchant ships in violation of Treaty of 1805.

July 6

1747 - Birth of John Paul Jones at Arbigland, Scotland.

1898 - Armed Auxiliary Dixie captures Spanish Three Bells, Pilgrim, and Greeman Castle

1908 - CDR Robert Peary sails in Roosevelt from New York to explore Arctic.

1911 - First naval aviation base established at Annapolis, MD.

1920 - Test and first use of radio compass in aircraft off Norfolk, VA

1943 - Night Battle of Kula Gulf results in loss of 2 Japanese destroy-

ers and USS Helena.

1976 - 1st women enter Naval Academy.

July 7

1798 - Congress rescinds treaties with France; Quasi War begins with Frigate Delaware capturing French privateer, Croyable.

1846 - Commodore John D. Sloat lands at Monterey and claims California for U.S.

1916 - Thomas A. Edison becomes head of Naval Consulting Board which screens inventions for use by the Navy

1948 - First six enlisted women sworn into Regular Navy. The Navy WAVES in Naval Reserve, who were the first to transfer to the Regular Navy, were Kay Louise Langdon, Aviation Storekeeper First Class;

Wilma Juanita Marchal, Chief Yeoman; Frances Teresa Dovaney, Storekeeper, Second Class; Edna Earle Young, Yeoman, Second Class; Doris Roberta Robertson, Teleman, Second Class; and Ruth Flora, Hospital Corpsman, First Class.

July 8

1778 - Allied French fleet under Comte d'Estaing arrives in America.

1853 - Commodore Matthew C. Perry sails his squadron into Tokyo Bay.

1879 - USS Jeannette departs San Francisco to explore Arctic.

1944 - Naval bombardment of Guam begins.

July 9

1846 - Sailors and Marines from USS Portsmouth occupy and raise

flag over San Francisco.

1944 - Organized Japanese resistance ceases on Saipan, Marianas.

1960 - USS Wasp departs Guantanamo Bay to support United Nations effort to calm the newly independent Congo.

July 10

1934 - USS Houston takes Franklin Delano Roosevelt on first visit of U.S. President to South America.

1943 - Naval gunfire help Allied troops land on Sicily. It was first extensive use of LST's and smaller landing craft to deliver heavy equipment over the beach.

1945 - 14 carriers from Third Fleet carriers begin air strikes on Japanese Home Islands which end 15 August.

DOD at Work on New Cyber Strategy, Senior Military Advisor Says

By Cheryl Pellerin
American Forces Press Service

The Defense Department released its first strategy for operating in cyberspace two years ago this month, and officials are at work on the next version, the senior military advisor for cyber to the undersecretary of defense for policy said in Baltimore last week.

Army Maj. Gen. John A. Davis spoke to a lunch audience at the Armed Forces Communications and Electronics Association International Cyber Symposium, noting that two years might equal 20 in the domain that accommodates distanceless travel.

"Senior leaders in the department and beyond the department understand that cyber is a problem [and] cyber is important.

"They've made cyber a priority, and there is a sense of urgency," the general said.

The strategy's five initiatives were to treat cyberspace as an operational domain, use new defense operating concepts to protect Defense Department networks, partner with other federal agencies and the private sector for a whole-of-government approach, partner with international allies for a global approach, and leverage the nation's ingenuity through an exceptional cyber workforce and technological innovation.

The department's method for implementing the strategy is called the cyber initiative group, the general said. "It's a process that includes engagement at all levels, from the action-officer level all the way to senior defense leadership," he explained.

A great deal of work remains, he added, "but we have made some really good progress in a number of areas under each of these strategy components." The process has been difficult and complex, he added, which reflects the complex interrelationships involved in the cyberspace arena.

Over the past two years, Davis said, the department has made progress in several areas. For example, he told the audience, DOD has:

- Established service cyber components under U.S. Cyber Command;
- Established joint cyber centers at each combatant command;
- Implemented a military-orders process to handle cyber action as it is handled in other operational domains in a process supported by an emergency conferencing procedure that links key organizations and leaders from across DOD and government to quickly assess major cyber threats and make decisions;
- Established an interim command-and-control framework for cyberspace operations across joint service and defense agency organizations;
- Developed a force structure model for cyber force organizations;
- Established a plan and developed orders to transition to a new network architecture called the Joint Information Environment, or JIE, that



will make DOD networks more effective, defensible and efficient; and

-- Conducted two years of Cyber Flag exercises at Nellis Air Force Base in Nevada that were joint, full-spectrum cyberspace operations exercises using live opposition forces and a virtual environment that mirrored current cyber threats.

DOD's mission is to defend the nation in all domains, but in cyberspace, the department shares its role with other members of the federal cybersecurity team, including the Justice Department and its FBI, the lead for investigation and law enforcement, the general said.

Other team members are the Department of Homeland Security -- the lead for protecting critical infrastructure and government systems outside the military -- and the intelligence community, which is responsible for threat intelligence and attribution, he added, noting that there are even roles and responsibilities for public-private and international partners.

DOD has begun to refine its role in defending the nation in cyberspace, Davis said.

"We have three main cyber missions, and three kinds of cyber forces will operate around the clock to conduct those missions," the general explained.

National mission forces will be prepared to counter adversary cyberattacks, he said. A second, larger set of combat mission forces will be prepared to support combatant commanders as they execute military missions, integrating cyber capabilities and effects into their military contingency plans and operations alongside traditional capabilities and effects, he added.

Still other cyber protection forces -- the largest set, Davis said, will operate and defend the networks that support military operations worldwide.

"We will deter, disrupt and deny adversary cyberspace operations that threaten vital U.S. interests when approved by the president and directed by the secretary of defense," he said. "If a crippling cyberattack is launched against our nation, the Department of Defense must be ready for an order from the commander in chief to act."

Helping Our Own

Positions available at a world-wide not for profit organization

By Susan Pascoe
NMCRS Volunteer Caseworker

Contact local NMCRS for more details

The Navy Marine Corps Relief Society (NMCRS) is currently accepting applications for various volunteer positions. NMCRS is available to assist active duty, retirees and widows of service men and women.

The primary goal of the Society is to assist members of the Navy and Marines with pressing financial needs. We also partner with other aid agencies to assist other branches of the military. All NMCRS offices are staffed primarily by volunteers.

The Millington office is located in the Chapel on NSA Mid-South and is open from 9-2 Monday through Thursday. The Society is a great place to learn new skills, improve your skills and get involved with the community.

This is a great place to develop leadership and communication skills as well as an opportunity to give back to the service men and women in the local community.

U.S. Navy and Marine Corps Complete Successful Dawn Blitz

By MCS Molly Evans
Commander, U.S. Third Fleet Public Affairs

By MC2 Kenan O'Connor
Navy Public Affairs Support Element West

U.S. 3rd Fleet's Expeditionary Strike Group 3 (ESG 3) and I Marine Expeditionary Force's (IMEF) 1st Marine Expeditionary Brigade (1st MEB) along with coalition partners from Canada, New Zealand and Japan completed the multilateral amphibious exercise Dawn Blitz (DB13), June 28.

The two-week exercise, held off the coast of Southern California, provided a vigorous training environment for U.S. Sailors and Marines to increase core amphibious capabilities while strengthening international partnerships.

The culminating training event of Dawn Blitz occurred June 24, when U.S. Navy's Assault Craft Unit 5, Beach Master Unit 1, U.S. Marine Corps' 2nd Battalion 5th Marines and foreign military counterparts led an assault on Camp Pendleton's Red Beach where nearly 70 amphibious assault vehicles (AAV) and six landing craft air cushion (LCAC) vehicles landed on the beach and moved inland for additional training ashore.

"This was important training for our Navy-Marine Corps team as the capability to conduct amphibious operations is essential to our warfighting and disaster response core functions," said Adm. Cecil D. Haney, U.S. Pacific Fleet commander. "Working together in multi-lateral exercises like Dawn

Blitz not only provides great training to collectively respond to crises, but it also preserves peace and enhances regional stability in the vital Indo-Asia-Pacific."

During Dawn Blitz, the U.S. Navy and Marine Corps team was also able to accomplish the first MV-22 Osprey landing on a Japan Maritime Self Defense Force (JMSDF) ship and a Maritime Prepositioning Force event that enabled the movement of U.S. Marine Corps equipment from the Military Sealift Command ships, USNS Lummus and USNS Curtiss, to train for disaster response/humanitarian assistance.

"The U.S. Navy has six ships, about 25 aircraft and 2,500 personnel participating in a variety of operations that are wrapped under the umbrella of Dawn Blitz," said Rear Adm. Gerard P. Hueber, commander, ESG 3. "It is an opportunity for the U.S. Navy to work with coalition partners and exercise on

these training regions in Southern California to our operational readiness."

Australia, Chile, Colombia, Israel, Mexico, Peru and Singapore sent operational observers who were able to witness firsthand realistic, relevant training practices that were executed during DB13 and share them with their militaries.

"We live in a world today where we need our coalition partners operating in a joint environment, and that's what this training is all about," said Rear Adm. John E. Jolliffe, deputy commander, U.S. 3rd Fleet.

Joint interagency and international relationships strengthen U.S. 3rd Fleet's ability to respond to crises and protect the collective maritime interests of the U.S. and its allies and partners.

For more news from Commander, U.S. 3rd Fleet, visit www.navy.mil/local/c3f/.



Boatswain's Mate 3rd Class Bryan Dingess, assigned to Beach Master Unit (BMU) 1, signals to a landing craft, air cushion (LCAC) on Red Beach at Camp Pendleton during a Dawn Blitz 2013 amphibious exercise. Dawn Blitz is a scenario-driven exercise led by U.S. 3rd Fleet and the 1st Marine Expeditionary Force that will test the planning and execution of amphibious operations of the United States, New Zealand, Canadian, and the Japan Maritime Self-Defense Force.

(Photo by MC2 Kenan O'Connor)

Former POWs Recall Chaplain at Medal of Honor Events

By Terri Moon Cronk
American Forces Press Service

An Army chaplain who posthumously received the nation's highest military honor earlier this year was inspirational, courageous in battle, and someone who talked the talk and walked the walk, a group of former Korean War prisoners of war said in a recent interview with Army Television.

Army Chaplain (Capt.) Emil Kapaun, a Roman Catholic priest and a Korean War POW, was awarded the Medal of Honor in an April 12 White House ceremony and was inducted into the Hall of Heroes at the Pentagon the next day, 62 years after his death.

Several of the chaplain's fellow POWs attended the Medal of Honor events.

"In prison camp, he was an inspiration to everyone," recalled Robert Wood, a former Army infantry first lieutenant. "He never failed to inspire me with his courage and his own devotion -- bathing the sick and wounded and scavenging for us. He was a good thief. He would steal rations for us from the Chinese."

It was the winter of 1950-51 when Kapaun, Wood and hundreds of other U.S. troops were captured by the North Koreans and handed over to Chinese camps as POWs. Wood vividly remembers his first meeting with battalion chaplain Kapaun.

"When got to Korea the first time, we came in contact with the enemy [when] we were on one hill and another battalion was on another hill, running out of ammunition," Wood said. "I volunteered to carry some ammo over to them. I headed out and all of a sudden, there's Father Kapaun standing next to me, carrying ammo with a pipe clenched in his teeth. I said, 'Where are you going, Father?' and he said, 'I'm going with you, son.' We took off up the side of a hill with no cover -- just a ditch alongside the trail. We came under machine gun fire, and we both [dived] into the ditch.

"I looked over my shoulder at Father Kapaun, and all he had was the stem of the pipe still in his mouth. They'd shot the pipe right out of his mouth," he continued. "I said 'Father, do you really want to go?' and he said, 'Go on son, just go on.' He only increased my admiration, because in combat he was extremely courageous."

Joe Ramirez, then an Army corporal, experienced a different introduction to Kapaun.

"We landed in South Korea July 18, 1950," he said. "There were skirmishes. Father Kapaun came around to ask if anyone wanted to be baptized. I was the only one to raise my hand. We went to the river and he baptized me there."

Ramirez said he has "everything ever written" about Kapaun in an album, which he refers to every week

and shares with his children and grandchildren.

"[Father Kapaun] had a lot of influence, especially on the younger guys, of which I was one," he noted. "He would say, 'Don't believe what [the Chinese] tell you. You're all Christians, because they were trying to convert us to communism. He was against it, and that's why the Chinese hated him.'"

Ramirez credits Kapaun with giving the prisoners a reason to live amid the harsh conditions of the prison camp. "He gave us a lot of encouragement, talked to us and said prayers. In the winter it was 50 below zero," he said. "A lot of us didn't have winter clothing; we had summer clothing. He said, 'Keep the faith -- we're going to get out of here one of these days.'"

"He was more than a religious leader," said Ray "Mike" Dowe Jr., an Army first lieutenant and platoon commander. "He taught people to have faith in their own beliefs, to maintain their integrity, to maintain faith in their country and their god, and by so doing, it gave people a will to live."

After nightly "ration runs," as he called them, Kapaun taught the other prisoners not to hoard food, but to share it, Dowe recalled.

"He would volunteer to carry the dead on stretchers every time," he said. "He'd take the clothes off the dead, wash them and distribute them

to the wounded, and take care of the sick. He'd have to escape from the officers' compound to do it."

Kapaun had the gift of emboldening the prisoners. "He was an inspiration to hundreds and hundreds of people who survived, and wouldn't have survived that ordeal without him ... [Survival] only comes from instilling the will to live, which comes from your beliefs, your country and resisting the enemy," Dowe said.

Despite the conditions that go with captivity during a war, the chaplain tried to keep the prisoners' spirits up and help them think positively, Wood recalled.

"The first months were horrible. During the first winter there was bitter cold, starvation, and we were all sick, but he would go around and lead us in prayer. Jews, Protestants and Catholics were saying the rosary," he said.

Kapaun became stricken with a blood clot in spring 1951, but POW doctors were able to treat it. The chaplain then developed pneumonia, Dowe said. As he began to recover, the Chinese became restless over his survival.

"When he started to get well, they couldn't tolerate it," Dowe said. "They came down with bayonets and troops, and we tried to resist them. The doctors told [the Chinese] not to take [Kapaun], but they took him to what they called a hospital. We were in tears. He turned to me and said, 'Mike,

don't cry. I'm going to where I always wanted to go and when I get there, I'll say a prayer for all of you."

Rather than putting him in the hospital, Dowe said, the Chinese put Kapaun in a building with other prisoners who were beyond medical help. "It was just filled with every kind of bug, and feces," he said. "[The Chinese] didn't feed them. They [placed him] in a 7-by-7-foot [room] after his death, they threw his remains into a pile."

Dowe said he later spoke with people on teams that were on a recovery mission in North Korea. They told Dowe they found that area and recovered some of Kapaun's remains.

"We lost something when we lost him -- [he was] a constant reminder, a ray of hope that we were going to get out of this thing eventually, and he was someone who retained his civility and devotion," Wood said.

Wood was one of the prisoners who had to carry the chaplain to "the death house," he said.

"We all knew taking him up there was a death sentence, yet he was calming everyone around him, saying he was going to a better place and that he'd pray for us, and not to be upset. What really stunned me was he was blessing the Chinese who were killing him," Wood said, becoming emotional. "I had tears in my eyes when he was doing it. I could never do that."



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