



Taking Command

Navy Recruiting Command Admiral Andrews Takes Command of Navy Recruiting

By Navy Recruiting Command Public Affairs

Navy Recruiting Command (NRC) bid farewell to one commander and welcomed aboard another at a change of command ceremony held August 29 at the Naval Support Activity Mid-South N-82 gymnasium.

Rear Adm. Annie Andrews relieved Rear Adm. Earl Gay as commander, Navy Recruiting Command.

Gay has led NRC since August 2011 and earned the Distinguished Service Medal for his successful tour as the senior recruiter in America's Navy. Responsible for the entire spectrum of the Navy's recruiting effort, he provided the visionary leadership for a recruiting force of more than 7,000 people around the world. Under Gay's direction, Navy recruiters accessed more than 50,000 young men and women who answered the call to serve.

Gay's retirement ceremony was held immediately following the change of command.

In a message to the command, Gay thanked the Navy Recruiting Team for their work ethic, initiative and unflinching dedication to the mission.

"[To] the more than 7,000 men and women of Navy Recruiting Command, who have made a difference, not just by 'making goal' every month, but by caring about the future of our Navy, ensuring our Navy is ready and continues to

remain ready to answer the call of duty as we worked hard to find those quality men and women to join our ranks," said Gay. "Every department, every person has played a key role in meeting our mission."

Andrews is reporting to NRC after a successful tour as Director, Total Force Requirements Division.

"The enthusiasm, passion and commitment of the Recruiting Headquarters and the two Recruiters that I met have been tremendous. I thank each of you for your warm welcome," said Andrews.

Andrews received a Bachelor of Science in Criminal Justice from Savannah State University where she earned her commissioning through the Naval Reserve Officers Training Corps. She also received a Master of Science Degree in Management and has been conferred an Honorary Doctorate Degree in Humane Letters. She also earned a master's degree in National Security and Strategic Studies from Naval War College and graduated from the Joint Forces Staff College as a joint qualified officer.

Andrews comes to NRC with a wealth of experience in the recruiting pipeline. She served as commanding officer of Boston Military Entrance Processing Station, Navy Recruiting District San Diego, and Recruit Training Command.

"I am eager to learn from you, the men and women at Navy Recruiting Command, and to pro-



Chief of Naval Personnel, Vice Adm. William Moran, right, was the guest speaker at Navy Recruiting Command Change of command August 29, 2013. During the Ceremony, Rear Adm. Earl Gay, left of Moran, was relieved by Rear Admiral Annie Andrews.

(Photos by MC2.Amanda Sullivan)

vide the best leadership and guidance possible. I am committed to the welfare of our Sailors, our civilian employees, and their families," Andrews said.

NRC consists of a command headquarters, two Navy Recruiting Regions and 26 Navy Recruiting Districts which serve more than 1,500 recruiting stations across the country.

"Now more than ever, the future of our Fleet depends on the efforts that are made every day to find the

best of the best to join our Navy family; a team of dedicated volunteers meeting critical challenges here at home and around the world.... Navy Recruiting is where it all begins," Andrews told the command at the ceremony.

With 70 percent of the world covered in water, 80 percent of the world's population living near coasts and 90 percent of the world's commerce traveling by water, America's Navy is very much a global force for good. NRC's mis-



sion is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges.



LifeonNSA

Select Company

Master Chief Petty Officer of the Navy Mike Stevens speaks with Chief Petty Officers and Chief Petty Officer Selects at the Pat Thompson Center aboard NSA Mid-South.

(Photo by MCI (SW/AW) William Jamieson)

Service Members Visit Vets

By MCI William Jamieson
The Bluejacket

As part of Suicide Awareness Month, more than 35 service members from all five branches visited inpatient veterans at the Memphis Veterans Administration Medical Center (MVAMC) for Veterans Appreciation Day Sept. 3.

The event, in its second year, is a chance for active duty service member to visit veterans in the medical center and express appreciation for their sacrifices and service.

MVAMC Suicide Prevention Coordinator Renee Brown said the event blossomed out of her desire to make suicide prevention outreach events more accessible for participants.

"Suicide Awareness month is something I always look forward to, because the message is so important, and I wanted to have an outreach event at the beginning that could be fun for everyone," said Brown. "Last year was our first year getting involved with the active-duty military and our vets loved having them visit. We decided we wanted to do it again this year, and I couldn't be happier with the turnout."

Brown said in her experience the active-military members get just as much from the experience as the vets they are visiting.

"This is a great learning experience for younger members of our military," said Brown. "Our patients here have lived through history, and they love getting tell-

ing their stories. It means so much to them."

During the visit, service members visited with more than 250 individual patients. The service members would also present the veterans with a letter of appreciation for their service.

Senior Chief Personnel Specialist Allen Eberhart, organizer of the Navy volunteers, said he had participated in the event last year and wanted to see it grow.

"This is an opportunity for service member past and present to come together and celebrate heritage," said Eberhart. "The men and women in this hospital are the ones who served before us and made it possible for us to serve. I think it is our responsibility as military members to come out and let them know they have our support. I was really proud to be here today and proud of all of our Sailors, Soldiers, Marines, Airmen and Coasties that came out."

September is National Suicide Prevention Awareness Month and the Navy is using the month as a launch pad to focus on Navy's ongoing suicide prevention efforts. During each week of the month resources will be available to guide discussion on stress navigation and suicide prevention concepts.

The weekly concepts to be explored are: building resilience, navigating stress, encouraging bystander intervention to A-C-T (Ask Care Treat), and reducing barriers for seeking support through counseling.



Chief Personnel Specialist Marie Bates, Chief Logistics Specialist Sheryl Gutierrez and Chief Yeoman Lakesha Patterson visit with U.S. Navy veteran Stephen Palmer at the Memphis Veterans Administration Medical Center for Veterans Appreciation Day.

(Photos by MCI (SW/AW) William Jamieson)

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Feeding Families

Top: NSA Mid-South Sailors pose with volunteers from the Millington First United Methodist Food Pantry, Jim McGee, Charles Pack and Gail Delaney, after delivering donations from the Fed Feeds Families food drive. Above: Hull Maintenance Technician 2nd Class Karen Bryant delivers food to the Millington First United Methodist Church Food Pantry as part of the Fed Feeds Families Food drive. (Photos by MCI (SW/AV)William Jamieson)



In the picture, Billy Labor instructs HMI Jimmy Escolero on proper techniques to load and fire the Mossberg 500 shot-gun.

NSA Mid-South ASF, DoD Guard, And DoN Police Show Their Skills on The Range

By BUI Jeffrey Hendricks

To improve our continuum of readiness here at NSA MID-SOUTH, our ASF, DoD Guard, and DoN Police members must re-qualify yearly with live weapons to maintain their watch qualifications. Gate sentries carry a standard Beretta 9mm weapon. When qualifying for a 9mm live shoot, three standard benchmarks are observed for scoring with a max score of 240. To be considered a Marksman you must score at (180-203),

Sharpshooter (204-227), and an Expert at (228-240). Firing the weapon involves using two magazines with 12 rounds, and four magazines with six rounds that are fired at silhouette targets with varying positions and distances. Instructors from NSA MID-SOUTH security team ensure the evolution meets the highest safety standards. All members must qualify at the Marksman or above to perform their duty. Additional support weapons utilized in emergencies by ASF and DoD include a Mossberg 500 shotgun, and M-4 Rifle.

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Family Matters

Finances Affect Service Members' Readiness, Official Says

By Terri Moon Cronk

American Forces Press Service

Financial readiness in service members' lives has a direct effect on mission readiness, the director of the Defense Department's office of family policy, children and youth said in a recent interview.

Noting that financial instability can affect many aspects of service members' lives, from relationships to concentration on the job, Barbara Thompson told American Forces Press Service and the Pentagon Channel that DOD provides education and tools people can use to build their financial flexibility.

"It's really important for our service members and their families to live within their means," she said, "and to do that, they have to have a budget, be disciplined and understand that having a debt load hurts their credit scores [and] their ability to afford [purchases]." Financial difficulties also can affect security clearances, she added.

Several resources are available to help service members and their families establish and maintain household budgets, in addition to learning how to save money, she said.

"We want to make sure people know [their finances] are under their control with support," Thompson said. Available resources include financial counselors at installation family centers who can help with reducing debt, managing credit card, and avoiding paying high interest rates, she added.

Another option is the Military OneSource website, which offers financial advice, and where users can set up 12 sessions with a financial counselor per financial issue on topics such as establishing a budget and reducing debt. Counselors are available

face-to-face or online, Thompson said. Credit unions and banks on installations also offer financial education through workshops and can help families work out budgets, she said.

Thompson also warned that service members should be aware of fraudulent practices such as predatory lending.

"People would get into them with very high interest rates, spending [significant amounts] of money just to pay off a predatory loan," she said. "So that's where our on-installation banks and credit unions came up with some short-term, low-interest loans."

Thompson also recommended the SaveAndInvest.org website as a resource for self-initiators. It offers tools and calculators to get started on establishing and maintaining a household budget, she said.

Handling credit wisely and keep spending under control are important aspects of personal financial readiness, Thompson said. "If we're living within our means, we're not running credit limit up on that credit card to purchase things that are may be 'wants' but not 'needs,'" she said. Paying off credit card debt every month avoids paying large amounts of interest, she noted.

Having at least \$500 in savings is another important aspect of budgeting, Thompson said, as emergency money that might be needed during a household move, or if a washing machine or car transmission fails.

"It's not ... all about debt reduction," Thompson said. "The idea is that you come up with a spending plan of what's important to you, and [put away money] for savings."



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The damage caused by natural disasters, such as earthquakes, hurricanes, tornadoes, flooding, and from manmade or technological events such as explosions or hazardous materials accidents can affect all aspects of a community, from government services to private enterprise to civic activities.

These events severely restrict or overwhelm emergency response resources, communications, transportation, and utilities leaving many individuals and neighborhoods cut off from outside support.

Being prepared and having an emergency plan can reduce fear and anxiety that accompanies such disasters.

CERT (Community Emergency Response Training) is an important program designed to engage everyone in America in making their families, homes, and communities safer, more prepared, and more resilient when incidents occur. In the event of a disaster, emergency service personnel may not be readily available to

help everyone immediately. CERT volunteers can make a difference on a local level by helping to save lives and protect property.

Many civic minded members of the community have already stepped up to the task and completed the CERT training program. The CERT course is FREE and open to the public. Don't miss your opportunity to attend! There is an upcoming 2-day CERT class on Saturday, October 19 and 26. It will be held at the Pat Thompson Center in Millington, TN. The course is sponsored by the Millington Fire Department and hosted by the Emergency Management Department, Naval Support Activity Mid-South.

The certified CERT instructors for the training are members of CERTPlus. Some of the topics covered included: Fire Suppression, Disaster Medical Operations, and Light Search and Rescue. Hands-on activities included: modern first aid methods, putting out small fires, and safety procedures in rescuing trapped

individuals.

CERT Training is designed to prepare you to help yourself and to help others in the event of a disaster. This CERT course will benefit any person who takes it to be better prepared to respond to and cope with the aftermath of a disaster. If you are interested in becoming more prepared for emergencies and would like to attend the free CERT class at the Pat Thompson Center in Millington; register on-line at www.certclass.webs.com or call 901-476-6977.

Visit the following websites for more information on

CERT www.citizencorps.gov
CERTPlus www.certplustraining.org

Millington Fire Department www.millingtontn.gov

Emergency Management Department, Naval Support Activity Mid-South www.cnmc.navy.mil/regions/cnrmw/installations/nsa_mid_south/om/emergency_management.html

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, healthy 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.

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.

Chief Petty Officer's Association 200 Mile Club - Open to all NSA Mid-South personnel, both Military and Civilian. Log 200 miles running or walking to be officially recognized as a member of the 200 mile club and receive your 200 mile club T-shirt

SEE: FCC ALLRED 874-5071 BLDG-S237 FOR MORE INFORMATION AND TO JOIN \$5.00 REGISTRATION FEE

Naval Support Activity Mid-South Food Drive - Non-perishable canned goods are now being accepted through August 31, 2013 at the NSA Chapel Center. All donations will go to the Fed's Feeds Families Campaign to assist them in their fight to stop hunger across America. Contact the Chapel at 874-5341 for more information.

Navy Exchange Hours Will Not Change

The current Navy Exchange hours will remain the same throughout the furlough period. These hours of operation are as follows: Monday through Friday: 0800-1900

Saturday: 0900-1900

Sunday: 1000 - 1700

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.

Attention base commands: planning a holiday event? The NEX would be more than happy to help assist or partner in any event or observance! Please contact event coordinator, Gloria Stanaway-Vrba at 901-301-4257 or General Manager, Matt Barnwell at 872-5710.

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>.

Friday, September 13 - ITT Tunica Trips

Join ITT on a bus trip to Gold Strike Casino and Resort in Tunica Mississippi. Enjoy Seafood Night at the newly renovated Buffet Americana! Leave the driving & parking to ITT! Trip Itinerary: Depart North-side parking lot at 4:30 p.m. Arrive Gold Strike by 6 p.m. Depart 10:30. Return to NSA Mid-South by midnight. Trip cost \$17 per person. Upon arrival at Gold Strike you will receive \$5 & one \$10 food coupon! Sign up by 1 week prior to trip departure. Note minimum required-20 passengers to conduct these trips. The ITT office is located in the Ellison Family Recreation Center (Bldg. S-499 [5671 McCain St.]) For more information call 874-5652 or visit www.facebook.com/MillingtonITT.

September 17, 18 & 19 COMPASS

- "A Course for Navy Life": from 6:00pm-9pm at the Base Chapel. COMPASS is a spouse-to-spouse mentoring program. COMPASS offers Navy spouses the opportunity to establish a peer network, acquire knowledge and develop skills necessary to successfully meet future challenges of military life. Please RSVP by September 13. For further information visit us at www.gocompass.org or email us at compassmillington@nsafamilyline.org

Friday, September 20 - Mongolian BBQ dinner

Mongolian BBQ dinner special served Friday, September 20, 5 - 7:30 p.m. at the Helmsman Complex (bldg. S-760 | 7611 Singleton Ave.) Menu includes 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. Call (901) 874-5132 for more information.

Sunday, September 29 - Champagne brunch

Champagne brunch special served Sunday, September 29, 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.

October 4 and 5 - Smokin' by the Lake.

Cooking teams from all over will spread the pleasing aroma of hickory smoke and BBQ throughout the Navy Lake picnic area as they compete for cash and prizes in the Smokin' by the Lake BBQ Cooking Contest Oct. 4 and 5 at Navy Lake. This event has evolved from a side activity for amateur BBQ Cookers in our Navy community (that were unable to compete in the Memphis in May competition previously hosted a Navy Mid-South) into a major community event. Because participation grew to exceed the hosted event in which it was associated, the 2013 event is certain to be one of the most highly anticipated annual events of the year. Competition Categories: Pork Shoulders * Pork Ribs * Chicken * Beans * Chicken Wings * Brisket * Anything But and Sauce Competition awards to be announced. Entry forms available at Ellison Family Recreation Center (Bldg. S-499 [5671 McCain St.]) To sign up and/or for more information call (901) 508-1982 or visit www.facebook.com/navylakeBBQcontest.

Sunday, October 6 - Liberty Program Titans Trip

The Liberty program is taking group to watch the Tennessee Titans play against the Kansas City Chiefs! Group departs NSA Mid-South at 0600 and returns to NSA Mid-South at 2130. Kick-Off 1200 @ LP Field in Nashville, TN. Cost: \$65/person for E-5 & Below, \$90/person for all other Active Duty, \$95/person for all Retirees & Civilians. Price includes your ticket, transportation, soda & water on the bus, as well as an all-you-can-eat pre-game buffet at the Titans Fan Zone with three complimentary beverage tickets! You MUST be 21 years of age or older, OR have an Active Duty ID, to come on the trip. Sign up at the Ellison Recreation Center, Bldg. S-499. Spaces are limited! Early Sign-Ups for E5 & Below Start on Monday, August 12th! Open to all others starting Monday, August 19th. For more information call 874-5437.

Chaplain's Compass

The Key to Happiness

Gratitude is nothing less than the key to happiness. For this penetrating insight into gratefulness, I am grateful to Dennis Prager, author of the shrewd and perceptive "Happiness is a Serious Problem."

"There is a 'secret to happiness,'" Prager writes, "and it is gratitude. All happy people are grateful, and ungrateful people cannot be happy. We tend to think that it is being unhappy that leads people to complain, but it is truer to say that it is complaining that leads to people becoming unhappy. Become grateful and you will become a much happier person."

This is a keen observation, and it helps explain why the Judeo-Christian tradition places such emphasis on thanking God. The liturgy is filled with expressions of gratitude. "It is good to give thanks to the Lord," begins the 92nd Psalm.

Why? Because God needs our gratitude? No: because we need it.

Learning to be thankful, to God or to other people, is the best vaccination against taking good fortune for granted. And the less you take for granted, the more pleasure and joy life will bring you.

We all have frustrations and situations that can get the best of us at times. But what do I have to be thankful for? How can I show my gratitude?

What's Happening:
Chapel Picnic
NSA Mid-South Chapel will host a "back to chapel" picnic on September 8th, immediately following the 1000 service. Our fall Sunday school classes also start back on the 8th at 0900. Bring a friend and invite a neighbor to come and be a part of our base chapel! The chapel is located on the corner of Tennessee and Oriskany, behind the Navy Exchange.

NSA Mid-South Women's Bible Study
Meets on Monday nights from 6:30 to 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 Mid-South 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!

Community Relations Projects
Have a command community relations project in mind? Let the chapel advertise and help you promote your event as you support our community.

Feds Feed Families
A special thanks to all those that supported our food drive this year! The region donated over 67,000 pounds of food, exceeding our goal of 65,000. NSA Mid-South donated over 32,000 pounds toward this amount. You made it happen!

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!



Triad Corner is your chance to ask the NSA Mid-South Commanding Officer, Executive Officer or Command Master Chief the questions you have about life on NSA Mid-South. Please send any questions you have to Mill_NSA_PAO@navy.mil or write to

c/o PAO
5722 Integrity Dr.
Millington, TN 38054

Clinic Corner FRUIT & VEGGIE MONTH

We know that eating a variety of fruits and vegetables helps Sailors, Marines and their families get the essential vitamins, minerals and other nutrients that only these foods can provide. In addition to supporting weight loss, consuming the recommended number of servings of fruits and vegetables daily also helps decrease the risk of various diseases, such as stroke, cardiovascular disease, type-2 diabetes and certain types of cancers.

Any increase in fruits and vegetables to your daily diet is beneficial to your health and may assist in weight loss. Try one or more of the following ideas to get you started. Start your day with a whole grain cereal and add your favorite fruit such as a sliced banana or a handful of berries. Have a salad with lunch, and an apple for an afternoon snack. Include green beans or

broccoli and a sweet potato with dinner and you already have about two servings of fruits and three servings of vegetables.

Different types and colors of fruits and vegetables contain a variety of valuable ingredients: fiber, antioxidants, carotenoids, potassium, folate, flavonoids, lycopene, lutein, and allyl sulfides, just to name a few. These powerful substances contribute to heart health, cancer fighting mechanisms, cell strength and repair, resistance to infection, brain function, regulation of your nervous and digestive systems and much more. Therefore, eat the rainbow and make half your plate Fruits and Vegetables.

***Special note - flu vaccine is now available for children and high risk adults enrolled at the clinic.

Official Notes Progress in Suicide Prevention Effort

By Terri Moon Cronk
American Forces Press Service

Making sure people know where to turn for help during a time of crisis is the continuing goal of the Defense Department's suicide prevention program, the Pentagon official in charge of the effort said here Aug. 30.

In an interview with American Forces Press Service and the Pentagon Channel, Jacqueline Garrick said DOD has a "plethora" of resources that are specific to service members and their families who have thoughts of suicide.

And while numbers are pending, Garrick said, DOD is "seeing a decrease in the number of suicides in the department overall."

Senior Pentagon leaders have worked diligently for several years to erase the stigma of seeking help for mental health issues, and it appears to be paying off, she added.

"We're seeing more people access help through the Military Crisis Line, and an increase in users for mental health [help] across the department," she said.

Those are good signs that DOD's messages are reaching the people who need help, she added, and that they're taking advantage of the resources the department offers.

The message that seeking help is a sign of strength has resonated from the top down throughout the Defense Department, Garrick said, noting that Defense Secretary Chuck Hagel and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, have sent that message repeatedly. President Barack Obama also made that point at Fort Hood, Texas, last year when he announced an executive order to improve access to mental health care for service members, veterans and military families, Garrick said. "So that message is resonating throughout the services, in our civilian and military forces," she added.

September is National Suicide Prevention Month, Garrick said. In keeping with the theme, "It's Your Call," Garrick emphasized that all service members, their families and friends should be aware of the Military Crisis Line, an immediate source of help

that's confidential and anonymous. Trained counselors are available 24 hours a day, seven days a week at 1-800-273-8255.

In addition to the crisis phone line, she said, help also is available through the Military Crisis Line's website at <http://www.militarycrisisline.net>, with access to counselors in person and through online chats and text messaging, she said.

In addition, DOD's suicide outreach website at <http://www.suicide-outreach.org/> has a family guide that offers steps to take when someone is in crisis. It also lists at-risk behaviors and other symptoms of a person who is potentially suicidal, Garrick said.

Family members also can use these resources to find help for themselves if they feel they're feeling suicidal, Garrick said.

"Family members often don't think those resources are there for their needs, so we want to encourage them [to use the resources that are available]," Garrick said. "If family members are depressed, stressed or feeling suicidal, we want them to get help for themselves, as well as for their loved ones."

Research shows that treatment is successful when it's given a chance, Garrick said.

"It does make a difference, and the resources are designed specifically to support service mem-

bers who are deployed, those who have not deployed, those with [post-traumatic stress disorder and traumatic brain injury], depression, substance abuse, financial problems and relationship problems," she said.

"If you don't get help, problems get worse, which can impact

your career and your life overall," she said. "It's better to get help early and identify problems that are small, rather than wait until they get bigger, and then have things blow up and become more unmanageable."

People with suicidal tendencies might need a break to "recap and recoup" their personal resilience and return to their regular schedules when they are more mentally, physically, emotionally and spiritually fit to be more successful, Garrick said. And fostering service members' sense of personal resilience is paramount to DOD senior leaders and to those throughout the chain of command, she added.

Resources for help don't end with DOD and the services, Garrick said, noting that the Veterans Affairs Department also offers help.

"Our service members don't stay with us forever," she noted, adding that Pentagon officials want them to have a successful transfer to VA as they leave the military and become veterans. "We want them to embrace their veteran status and get the help they need," she said.

We're seeing more people access help through the Military Crisis Line, and an increase in users for mental health (help) across the department.

— Jacqueline Garrick

Labor Day Lowlights

1. Welcome to the latest edition of the Summary of Mishaps. At this point in the year, you should be gearing up to celebrate Labor Day, ideally by having a day off and avoiding any actual work.

Before winding down, however, let's review some of the less successful Labor Day weekends from the past three years, when Sailors and Marines did things that created more labor for ambulance attendants, emergency room staff, nurses, doctors, and coworkers who had to take up the slack while the mishap victim was convalescing either S.I.Q. or hobbling around on LIMPDU.

Note that when we say "victim," we aren't implying harm by an inscrutable, malign destiny. You'll notice numerous missed opportunities for prevention as you read the lowlights of the 118 off-duty/rec mishap reports from the last three Labor Day weekends.

A. Activities that sent folks

to medical included bicycling (10), basketball (5), horseplay (5), jogging and running (5), cooking and grilling (4), and swimming (4). Mishap agents were as small and innocuous as an acorn (which hit an E-4 in his eye while he was mowing) or as large as a malevolent as a bull (which ejected a corporal during a rodeo event).

One person was bit by a dog, another by a spider. An E-4 hurt his back riding a "jerky" roller coaster at a California amusement park. One guy got hurt sumo wrestling, another got hurt while engaged in Brazilian jujitsu.

B. A private fell off his ladder while cutting a branch off a tree. Since the mishap report said to make sure ladders are stable, we can assume this one wasn't. The Marine's broken

ankle put him on LIMPDU for a month.

C. An E-4 in Hawaii was riding his bicycle on some grass and tried to "perform a trick" (wait one, I have to mute my Risk-O-Matic). He fell and broke his wrist.

An E-5 was riding his mountain bike on what the report described as a "familiar trail," except that the already rough terrain had been eroded by recent rains, which meant it really wasn't familiar.

He planted the front wheel and tumbled over the handlebars. Shoulder injuries put him off work for a week and on light duty for a month and a half.

D. In the Do-It-To-Yourself department, an E-5 construction mechanic was working on the engine in his boat. He removed a cylinder head, tried to step out of the boat, lost his balance and dropped the cylinder head on his foot. Broken toe, one month of light duty.

E. Trying to put out a camp fire, a PFC grabbed a log that was close to the fire and burnt his hand.

F. An E-7 culinary special-

ist burned his arm and chest when a charcoal grill flared up. "Cause: Unknown," the report said.

Nice investigation. I guess we're just supposed to assume it was something like what happened to a corporal, who suffered second-degree burns on his arm and face when someone used "an excessive amount of lighter fluid" on a grill and he had been standing too close.

G. An E-3 hooked a string-ray, and while trying to remove the hook, he stepped on (and got punctured by) the ray's stinger. He had a week of LIMPDU to rethink sandals as the footwear of choice around stingrays.

H. Various vehicles figured into mishaps. An E-6 lost control of his go-cart at a track in Japan and strained his neck. A lieutenant sliced open his leg

when he ran his golf cart into the wooden rail by a cart path bridge in Florida. An E-3 in California was going downhill "at high speed" on a razor scooter. He rode onto what the report described as an "uneven roadbed (bricks)."

The front wheel caught and he flipped over the handlebars. The report doesn't say whether

he was wearing a helmet. It chalked up the mishap to a "rule based error," but didn't say what rule.

2. This year, manage those risks! Do your part to create less labor for the guy who has to do the mishap report. Those things are a pain, even when you do a crappy investigation. See you next week.



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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.

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North-82 Gym Sports Complex

North-side Gymnasium | Bldg. N-82 | 7915 Memphis Ave. | 874-5188



Last call for team rosters!!

2013 Intramural Flag Football Season

Roster deadline is close of business 6 Sept. 2013
 Turn rosters into N-82 Gym or fax to 874-5409 attention 2013 Football Roster.
 Games will begin Tuesday, 10 Sept.

Questions? For more information call N-82 Gym Gear Issue at 874-5188.

 Updates to this information will be available online at www.facebook.com/NSAMidSouthSports. 



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

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 **NSAMidSouthSports**



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Supporting the Navy's Fitness Enhancement Program (FEP)
 To participate in this program,
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 This card will be valid from
October 1, 2012 and expire September 30, 2013.
 Questions or concerns?
 MWR POC: Debra Howze
 Fitness and Sports Division Head
 901-508-1962 wk
debra.howze@navy.mil
 YMCA: Millington Family YMCA
 901-873-1434 wk
 901-873-1438 fax

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Glen Eagle Golf Course

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Oct. 4 & 5

The most fun you'll ever have at a BBQ competition!!

Competition Categories

Pork Shoulders * Pork Ribs * Chicken
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Cooking contest open to general public and civilians may participate.
 For more information call Billie Jean Bridges (901) 508-1982.

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Saturday, Oct. 12
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Pose for casual photos with your favorite characters!

8:30 a.m. - Breakfast Begins
 Breakfast buffet features: scrambled eggs, sausage links, French toast sticks, yogurt cups, orange juice, white/chocolate milk, and coffee.

Disney Character Parade and photo opportunities immediately following breakfast buffet (approximately 9 a.m.)

Tickets on sale at ITT Office
 Adults \$10 / Child \$8.50

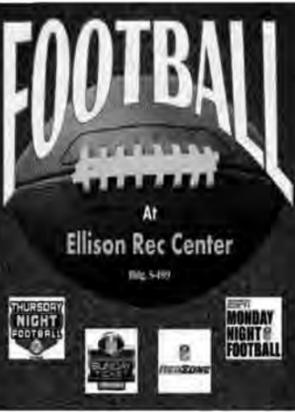
Stop by the Ellison Family Recreation Center (Bldg. S-499 / 5671 McCain St) to purchase tickets or call 874-5652 for more details

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



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- Fri, Sept 6 All ten late bird games will pay \$75 ea.
- Wed, Sept 11 Free 20 oz soda with dinner purchase.
- Fri, Sept 13 Free spaghetti dinner for all players 5-7 pm (grill open 6:30-7:30 only.)
- Wed, Sept 18 Free candy bar with purchase of dinner.

Champagne Brunch
 Sunday, September 29
 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)

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Mongolian BBQ

Friday, Sept. 20
 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.

MWR DINING & EVENT HIGHLIGHTS!

SEPTEMBER 5 - 14, 2013 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Movie Birthday Party Package Celebrate your birthday with us!</p> <p>2 1/2 hour birthday party package includes: Table & chairs set up in designated area for the party decorated with plastic table coverings (red, blue, pink or yellow) and 12 helium balloons. A G-Rated Movie will be scheduled in the 36-seat movie theater. Chaperones are responsible for maintaining control of party attendees. Birthday party scheduling is based on availability. Cost \$45 - for a Saturday party at 2:30 or 4:30. Ellison Family Recreation Center (901) 874-5455 Bldg. S-499 (5671 McCain St.)</p>				<p>Helmsman Lunch Buffet 5 Carved roast beef Carved pit smoked ham</p> <p>Eagle's Peak Lunch Special Hamburger steak with onion gravy, mashed potatoes, buttered carrots, a roll and drink \$8.00</p>	<p>Helmsman Lunch Buffet 6 Fried catfish Lemon pepper broiled fish</p> <p>Eagle's Peak Lunch Special Catfish, White Beans, Slaw, Hush-puppies and drink \$8.00</p>	<p>Step Aerobics 7 @ Joe Dugger 9:00 p.m. to 10:00 a.m.</p>	
<p>Free movie shown daily! Bldg. S-499 (5671 McCain St.) (901) 874-5455.</p>	<p>Helmsman Plated Lunch 9 Hand battered chicken strip French fries</p> <p>Eagle's Peak Lunch Special Soup/ sandwich or Soup/ salad</p>	<p>Helmsman Plated Lunch 10 Country fried steak with onion gravy</p> <p>Eagle's Peak Lunch Special Mexican</p>	<p>Helmsman Lunch Buffet 11 Southern fried chicken Beef tips with rice</p> <p>Eagle's Peak Lunch Special BBQ and drink</p>	<p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Here Comes The Boom (PG)</p>	<p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Fast Times at Ridgemont High (R)</p>	<p>FAMILY MOVIE MATINEES!! Ellison Family Recreation Center Free movies in Cinema 36 1430 Monsters University (G) 1630 Percy Jackson: Lightning Thief (PG) 1830 There's Something About Mary (R)</p>	
<p>Glen Eagle Golf Course 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 Eagle's Peak Bar Open 7 days a week 10 a.m. - 8 p.m.</p>	<p>Step Aerobics @ Joe Dugger 4:30 p.m. to 5:30 p.m.</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 The Internship (PG-13)</p>	<p>COED YOGA @ Joe Dugger 4:30 p.m. to 5:30 p.m.</p> <p>We Care Supper starts at 6 p.m. Ellison Recreation Center 874-5496</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 White House Down (PG-13)</p>	<p>Step Aerobics @ Joe Dugger 4:30 p.m. to 5:30 p.m.</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 The Purge (R)</p>	<p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Epic (PG)</p>	<p>Helmsman Lunch Buffet 12 Carved roast beef Carved pit smoked ham</p> <p>Eagle's Peak Lunch Special Chef's Choice</p>	<p>Helmsman Lunch Buffet 13 Fried catfish Spaghetti with meat sauce</p> <p>Eagle's Peak Lunch Special Catfish, White Beans, Slaw, Hush-puppies and drink \$8.00</p>	<p>Step Aerobics 14 @ Joe Dugger 9:00 p.m. to 10:00 a.m.</p> <p>FAMILY MOVIE MATINEES!! Ellison Family Recreation Center Free movies in Cinema 36 1430 Finding Nemo (G) 1630 Gulliver's Travels (PG) 1815 Man of Steel (PG-13)</p>



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This week in Navy History

September 5
 1776 - Adoption of first uniforms for Navy officers
 1813- USS Enterprise captures HM brig Boxer off Portland, ME
 1918 - USS Mount Vernon torpedoed by German submarine off France
 1923 - U.S. Asiatic Fleet arrives at Yokohama, Japan, to provide medical assistance and supplies after Kondo Plain earthquake.
 1939 - President Franklin D. Roosevelt orders Navy to form a Neutrality Patrol to report the presence of foreign warships within 300 miles of eastern United States.
 1946 - USS Franklin Delano Roosevelt (CVB-42) and 4 escorts visit Greece to underscore U.S. support for the Greek Government which faced a Communist insurgency.
 1990 - USS Acadia (AD-42) departs San Diego for first war-time deployment of male-female crew on combat vessel

September 6
 1918 - Sailors fire first of the 5 railroad batteries at Tergnier, a German rail head in the Comeigne Forest. These 14"-50 caliber guns were originally designed for battleships.
 1939 - Navy begins formation of Neutrality Patrol for Atlantic Ocean
 1940 - First destroyers transferred to Great Britain at Halifax, Nova Scotia, under "Destroyers-for- Bases agreement."
 1944 - USS Independence (CVL-22) begins use of specially trained air group for night work. First time that a fully equipped night carrier operates with fast carrier task force.
 1945 - U.S. troops begin returning to U.S. when Task Force 11 left Tokyo Bay for U.S.
 1953 - Exchange of prisoners of war from Korean War (Operations Big Switch) ends.
 1997 - USS Hopper, named for RADM Grace Hopper, commissioned.

September 7
 1775 - The first prize, the

British supply ship, Unity, was captured by the Continental schooner Hannah.
 1776 - David Bushnell attempts to destroy a British Ship of the Line, HMS Asia, in New York harbor with his submarine Turtle.
 1942 - First air evacuation of casualties to hospital ships off shore occurs at Guadalcanal.

September 8
 1923 - In disaster at Point Honda, California, 7 destroyers run aground through faulty navigation
 1939 - President Franklin D. Roosevelt proclaims limited national emergency and increases enlisted strength in the Navy and Marine Corps; also authorizes the recall to active duty of officer, men and nurses on the retired lists of the Navy and Marine Corps
 1954 - U.S. signs Manila Treaty forming SEATO
 1958 - LT R. H. Tabor, wearing a Navy developed pressure suit, completes 72-hour simulated flight at altitudes as high as 139,000 feet. It was another step in the development of the Navy spacesuit, which NASA accepted in 1959 for use by Mercury astronauts.

September 9
 1825 - USS Brandywine sails for France to carry the Marquis de Lafayette home after his year long visit to America.
 1841 - First iron ship authorized by Congress
 1940 - Navy awards contracts for 210 ships, including 12 carriers and 7 battleships
 1943 - Operation Avalanche, Western Naval Task Force under VADM Hewitt, USN, lands Allied forces at Salerno, Italy
 1944 - Fifth Fleet carrier aircraft begin air strikes on Japanese shipping and facilities at Mindanao, Philippines
 1945 - A "computer bug" is first identified and named by LT Grace Murray Hopper while she was on Navy active duty in 1945. It was found in the Mark II Aiken Relay Calculator at Harvard University. The operators

affixed the moth to the computer log, where it still resides, with the entry: "First actual case of bug being found." They "debugged" the computer, first introducing the term.

September 10
 1813 - In Battle of Lake Erie, Commodore Oliver Hazard Perry, flying his "Don't give up the ship" flag, defeats British squadron and says: "We have met the enemy and they are ours..."
 1925 - Submarine R-4 rescues crew of PN-9 10 miles from their destination of Hawaii (See also September 1)

September 11
 1814 - In Battle of Lake Champlain, Commodore Thomas Macdonough defeats a British Squadron.
 1939 - Bear (AG-29) is commissioned by the U.S. Navy for Antarctic operations under command of RADM Richard Byrd, USN (Ret.).
 1941 - President Franklin D. Roosevelt announces order to the Navy to "shoot on sight" vessels threatening U.S. shipping or ships under U.S. escort.
 1942 - Pharmacist's Mate First Class Wheeler B. Lipes, USN, performs emergency appendectomy on Seaman First Class Darrell D. Rector, USNR, on board USS Seadragon on patrol in South China Sea.
 1943 - Italian Navy surrenders to Allies
 1945 - Operation Magic Carpet, the return of troops to the U.S., begins.
 2001 - American Flight 77 hijacked by terrorists struck the Pentagon. Casualties include 33 sailors, 6 Department of the Navy civilians, and 3 Navy civilian contractors reported missing, Arlington, VA. Two commercial airliners also struck the World Trade Center in New York City, NY, destroying both towers.
 2002 - The "Don't Tread on Me" First Navy Jack is flown by Navy ships marking the first anniversary of the terrorists attacks on the Pentagon and World Trade Center



EYE ON THE FLEET

Explosive ordnance disposalmen perform fast rope exercises on the flight deck of the aircraft carrier USS Nimitz (CVN 68). The Nimitz Carrier Strike Group is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts.

(Photo by Mass Communication Specialist Seaman Kole E. Carpenter)

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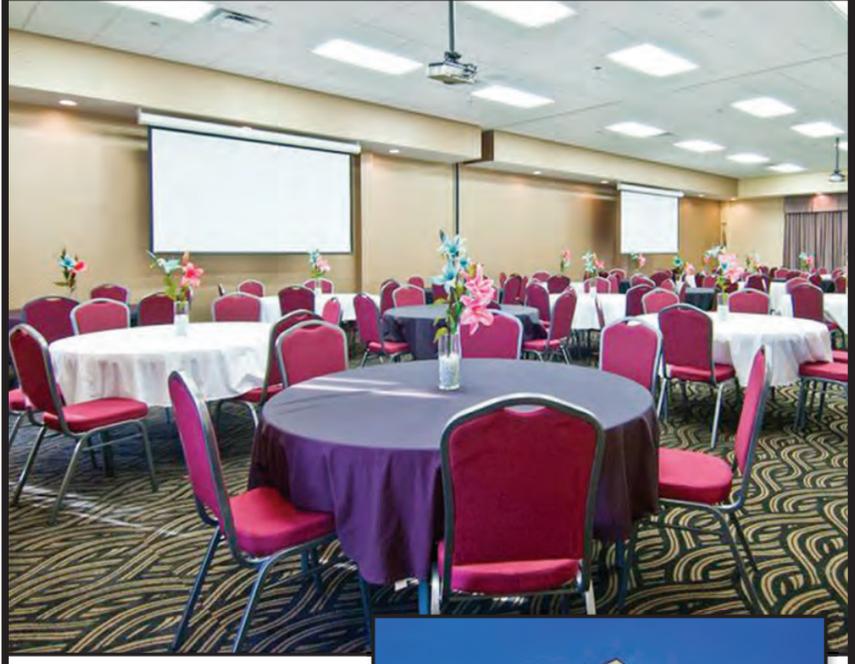
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