



LifeonNSA

Walk the Walk

NSA Mid-South Observes Suicide Awareness Month

By MCI William Jamieson
The Bluejacket

Sailors and Civilians aboard Naval Support Activity Mid-South attended the installation Suicide Awareness Month Proclamation Signing and Suicide Awareness Fitness Walk Sept. 5.

Capt. Doug Walker, NSA Mid-South commanding officer, signed the proclamation which declared September to be Suicide Awareness Month on board NSA Mid-South.

The theme of this year's Navy Suicide Prevention (SP) Month is "Thrive in Your Community," encouraging Sailors to work together as commands, units, installations or other groups to contribute to a project of their choice that benefits others. Participation is not mandatory and there is no minimum for engagement. Sailors can work together to do something positive for their commands or installations, or get involved in their local communities. Family and civilian engagement is encouraged.

Walker said it was important that all members of the NSA Mid-South community and the Navy at large be aware that no matter the situation, suicide is not the answer, and that there is absolutely no shame in anyone asking for help.

"We, at NSA Mid-South, want all of our Sailors and civilians to know that they are not alone," said Walker. "As Sailors, we are all responsible for the well-being of



Above: NSA Mid-South Suicide Awareness Month Fitness Walk participants begin their walk to raise suicide awareness and encourage healthy stress outlets. Right: Capt. Doug Walker, Naval Support Activity Mid-South commanding officer, signs the Suicide Awareness Month Proclamation for the installation. (Sep. 05, 2013).

(Photo by MCI William Jamieson)

our shipmates, and Suicide Awareness month is a chance for us to reinforce that message that there are resources and many, many people who care. No one, no matter the pay grade, should ever be afraid to ask for help.

After the proclamation signing, the assembled guests took



part in a fitness walk while carrying a Suicide Awareness Month banner to help draw attention to the cause.

Navy Counselor 1st Class Eric

Rivera said the fitness walk was a chance to get people talking about suicide awareness and prevention.

"Almost all of us in the military joined to help our country and

community thrive, but we also have to make sure that we are taking the time to help each other thrive," said Rivera. "To accomplish that, we want to get Sailors involved and let them know they are a part of something and they are valued. I think this event was a great way to continue that process."

The event concluded with refreshments in the NSA Mid-South Chapel center, where guests mingled and discussed ways to get more involved with suicide awareness.

Fredrick Gillam, NSA Mid-South Suicide Prevention Coordinator, said Suicide Awareness Month was really just the beginning of a year-long effort to support awareness and prevention efforts.

"Suicide prevention is about being proactive in your efforts instead of reactive," said Gilliam. "That is why we want to use Suicide Awareness Month as a jumping off point to promote resiliency, encourage military families and promote healthy communities."

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.

Gold Star Mother's Day

Recognizing and honoring those who have lost a son or daughter serving in the United States Armed Forces.

September 29th 2013

Honoring Survivors of the Fallen

Naval Support Activity Mid-South will honor the Gold Star Mothers of fallen service members with a Sunday Brunch Sept. 11 a.m.-1 p.m. at the Helmsman Complex.

All Gold Star Parents will eat free at the event and all service members and their families are invited to attend in order to show support for those who have paid the highest price in the service of their country.

Mothers of fallen service

members began calling themselves "Gold Star Mothers" during the First World War. Then in 1936, to honor these mothers, the United States began observing Gold Star Mothers Day on the last Sunday of September.

In 1967, Congress standardized the service banners and established the Gold Star lapel pins to issue to immediate family of service members killed in combat, including those who

have committed suicide in theater. The Next of Kin pin signifies a service-related death or suicide during active duty other than combat.

In recognition of Gold Star Mother's Day the President of the United States calls on all Americans to display the nation's flag and hold appropriate meetings to publicly express their love, sorrow, and reverence towards Gold Star Mothers and their families. Government

buildings are also required to display the flag. It is a day for people to recognize and honor those who have lost a son or daughter serving in the United States Armed Forces. Honoring mothers can be as simple as a few kind words that acknowledge the loss of a loved one, or even a moment of silence.

Today the Navy has over 7000 surviving family members to include parents, siblings, spouses and children. As a

symbol of our gratitude for their sacrifice and that of the loved one who died in service of our Nation, the Navy has designated specific parking spaces for Gold Star Family (GSF) members at Navy Exchange and Commissary onboard Naval Support Activity Mid-South.

For the latest information on the Navy Gold Star Family Initiative visit <https://www.facebook.com/NavyGoldStar>.



HAY DUDE



ATI Curt Metzger of the First Class Petty Officer Association at NSA Mid-South lifts a bale of hay at the Millington Tennessee Baptist Children's Homes Boys Ranch.



ATI Benjamin Jones of the First Class Petty Officer Association and Sgt Phillip Brockamp of the Junior Enlisted Association at NSA Mid-South poses for a photo while taking a break from stowing bales of hay at the Millington Tennessee Baptist Children's Homes Boys Ranch.

Preparing for Disaster

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



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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 web-

sites for more information on CERT www.citizencomps.gov
CERTPlus www.certplus-training.org
Millington Fire Department www.millingtontn.gov
Emergency Management Department, Naval Support Activity Mid-South www.cnrc.navy.mil/regions/cnrnw/installations/nsa_mid_south/om/emergency_management.html



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lisher shall refuse to print advertising from that source until the violation is corrected. The deadline for all story and photo submissions is close of business the Monday before publication, and can be sent to Mill_NSA_Bluejacket@Navy.mil. The Blue Jacket can be reached at (901) 874-7421 and e-mail at Mill_NSA_Bluejacket@Navy.mil or write the Blue Jacket at Attn: PAO 5722 Integrity Drive Millington, TN 38054.

The Blue Jacket is published by Journal West 10 Media LLC, a private firm in no way connected with the U.S. Navy under exclusive written agreement with Naval Support Activity Mid-South Millington, TN. It is published every Thursday by the Millington Star whose offices are at 7834 Church Street, Millington, TN 38053.



AOI Bryan Seaman of the First Class Petty Officer Association at NSA Mid-South clears the way for the children and cows of the Millington Tennessee Baptist Children's Homes Boys Ranch.

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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 Clif 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 Feeds 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 furrough 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@nsfamilyline.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.

facebook.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 19. For more information call 874-5437.

Glen Eagle Golf Course to Host James B. Collins Memorial Golf Tournament

The James B. Collins Memorial Golf Tournament will take place on Saturday, October 5, 2013 at the Glen Eagle Golf Course. The 18-hole event will start at 8:00 am and will include a luncheon. Registration fee is \$80.00. There will be prizes and presentations.

Mr. Collins was employed with the Bureau of Naval Personnel Command in Millington, TN. He was a pioneer in the field of financial management and a mentor to many. He was an advocate for education and continual professional

development. Never did he seek to gain recognition, but appreciated it when he was recognized.

The J. B. Collins Foundation sponsors this event each year in his honor. Half of the proceeds will benefit the American Cancer Society. The other half will support the ASMC Tri State scholarship fund. Donations are encouraged and welcomed. Participants can pick up a registration form at the Glen Eagle Pro Shop. Contact Gwen Collins at 901 386 1957 for registration information.

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Chaplain's Compass

Riding the River

I took the opportunity Labor Day weekend to take my family to Tennessee's Buffalo River for a two day "mini-adventure."

Like most rivers, the Buffalo has stretches of calm water, and then smaller stretches of rapids. The rapids were all relatively easy, (Class I, occasionally a Class II if the water is high) but my daughters had little experience canoeing; the rapids were a real challenge for them.

Life, like a river, often has periods of calm. But there are also those darned rapids that come up and try to throw us off-balance! Like a river trip, we need to respond to life's rapids with our heads up, looking ahead to get a vision for where we need to go.

Naturally, we can avoid some of the rocks of life by playing it safe; by never getting out into the world where "bad" things can happen. There are indeed some rapids in life we need to avoid all together. But 100% safety and security is an illusion ... and boring!

By the way, there are many outdoor activities in this area. There are also beautiful mountains just a few hours east and west of Millington. Turn off the TV and enjoy the great outdoors!

"Rejoice in the LORD, you righteous ones; praise from the upright is beautiful. Praise the Lord with the lyre, make music to Him with a ten-stringed harp. Sing a new song to Him; play skillfully with a joyful shout. For the word of the LORD is right, and all His work is trustworthy." - Psalm 33:1-4

Question: What American city is referenced in song more than any other? Answer: Memphis! (Sorry, New Yorkers!) Here's a sample of a few of the more than 1,000 songs mentioning Memphis in song or title.

- 1) "737 coming out of the sky, won't you take me down to Memphis on a ..."
2) "Flying me back to Memphis, gotta find my ..."
3) "We've been driving all night long, just to reach our destination in your town..."
4) "Cleaned a lot of plates in Memphis..."
5) "Well, I went to bed in Memphis and I woke up in Hollywood..."
6) "I'll be right there to meet you, I'll be right there to greet you..."

Starting 3 October we will have a Catholic Mass at the Base Chapel every Thursday except holidays. Mass will be at 1130 so you will have plenty of time for lunch afterwards. Father Bravata from St. William will be here each Thursday. If you have any questions please contact Mr. Gerald Bach at Gerald.Bach@navy.mil or 874-4293.

Soccer Ball Kicking Contest

The Knights of Columbus Council 6321 will be hosting a soccer kick contest on 15 September 2013 at Centennial Park (next to the YMCA) off Navy Road in Millington. Competition is open to all boys and girls, of any faith, ages 10 to 14 with first place winners in each age group.

Harmony Church of Bartlett

Harmony Church of Bartlett, located at 5705 Stage Road in Bartlett is a non-denominational congregation. We desire to show all people the love of Christ and provide a safe place where they can come and heal from the wounds of the past.

Please come and enjoy worship and fellowship with us. Sunday School is at 9:15 followed by Worship at 10:30. We have Home Bible Study groups that meet on Tuesday and Wednesday evenings at 6:30.

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 Midsouth Womens 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.

Name That Tune Answers:

- 1) Travelling Band - Credence Clearwater Revival
2) Daisy Jane - America
3) 18 Miles From Memphis - Stray Cats
4) Proud Mary - CCR and Ike/Tina Turner
5) Steve McQueen - Sheryl Crow
6) Night Train to Memphis - Roy Acuff, others

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 logo and header text.

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.

Clinic Corner SEPTEMBER: IMMUNIZATION AWARENESS MONTH

August was National Immunization Awareness Month but September is the time to be thinking about the flu season! Influenza is a serious disease that can lead to hospitalization and sometimes even death.

During a regular flu season, about 90 percent of deaths occur in people 65 years and older. The "seasonal flu season" in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating in the population. An annual seasonal flu vaccine (either the flu shot or the nasal-spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others.

Who is at high risk? People who are at high risk of developing serious complications like pneumonia if they get sick with the flu. This includes: People who have certain medical conditions including asthma, diabetes, and chronic lung disease.

Pregnant women. People 65 years and older. A Facebook announcement will be made when the full supply of vaccine is received & available to all enrolled beneficiaries.

Responder Demystifies Calling Military Crisis Line for Help

By Terri Moon Cronk American Forces Press Service

When someone is in crisis and feeling despondent, reaching out for help is a stronger step to take than doing nothing, which can lead to a worsening state, a Military Crisis Line responder told American Forces Press Service today.

Tricia Lucchesi of Canandaigua, N.Y., said she encourages service members, families, veterans and friends to feel comfortable calling the crisis line.

She said people contact the crisis line to discuss a variety of issues, from feeling suicidal, depressed or anxious to feeling pressure from finances or relationships, among a wealth of other concerns.

"I want to encourage people to reach out, day or night, any day of the year," Lucchesi said. "Our veterans and service members that do the best are the ones who make those calls."

To reach skilled responders who are knowledgeable of military culture, dial 1-800-273-8255 and press No. 1. The crisis line also is available by cell-phone text by dialing 838255, or through online chat at

http://www.veteranscrisisline.net/ActiveDuty.aspx.

Lucchesi said callers can expect a live person and not an electronic menu to answer their calls.

People can call the crisis line to speak with trained professionals about their problem safely, anonymously and confidentially, "which is really important," Lucchesi said.

"We stay on the phone for as long as it takes," she added. "We'll do whatever we need to do to get that person the help that he needs," she added.

Callers receive a follow-up call from a suicide prevention coordinator the next day, or another professional who's linked into the crisis line team. A "compassionate callback," follows about 10 days afterward, Lucchesi said, to make sure the callers connected with the services they needed, and so responders can make sure callers are feeling better.

While some service members hesitate to seek help because they fear it will have a negative impact their military career, Lucchesi advises them to make the call to the crisis line before matters worsen.

"Military people do worry about

[career impact], but if they're getting to the point where they're so much in crisis, they need to call us," she said. "It becomes imperative for us to get them help, [and] if they don't call, their military career could be at risk."

The Military Crisis Line, also known as the Veterans Crisis Line at the same phone and text numbers, is a joint effort between the Defense and Veterans Affairs departments. It provides worldwide services for active duty troops, veterans, family members and concerned friends of those in crisis, Lucchesi said.

"Suicide has become such a prominent issue, the [departments] are working closely together to create a system to assist our members without them having to worry about their careers or confidentiality," she said.

As the nation observes Suicide Prevention and Awareness Month, Lucchesi said, she wants people to know they will find a welcoming environment of helpful responders who will stay on the phone with a caller until a "safety plan" is in place. A safety plan varies by individual, she explained, but can typically involve callers committing to seeking suggested

help and various resources, and taking other actions such as securing weapons and pills that could be used to take one's life.

"Just agreeing with somebody that they can do that, and knowing they're going to get some help takes away some of the hopeless feelings they have," she said. "Isolation is an issue for many of our veterans, service members and their families. We're here 24/7, and we never want anyone to feel alone. They don't have to sit in emotional turmoil all by themselves."

Responders don't want veterans or military personnel to become suicidal, Lucchesi said. "We much prefer that they call us when they're in crisis so we can point them to services. We don't want to risk losing any of them," she added. "Any person who calls the crisis line has the choice about how much information they want to share."

The only time an anonymous call could require more identifying information is when the need for help delves further, but only when the caller gives permission to link to such resources, Lucchesi noted.

DOD leadership has for several years worked to remove the perceived stigma

attached to seeking mental health help. Lucchesi said she hopes a reduced stigma is why the crisis line has produced an increase in calls, chats and texts. Yet, there are other reasons why contacting the crisis line has increased, she said.

"People who have used the line learned we're not just going to send rescue out to them. They can call here for all kinds of reasons, and if they can [set up a] safety plan, they don't have to worry about a policeman or emergency services showing up at their door," Lucchesi said.

"We're very aware that [such actions] can cause a financial burden, increase stigma, and be a problem for some people," she added, but noted that it crisis line responders are concerned someone is about to take his or her life, emergency services might be necessary.

Lucchesi emphasized the importance of contacting the crisis line - by calling, texting or chatting, whichever is more comfortable for a person in crisis.

"Someone could call here totally hopeless and have no reason at all to live," she said. "And if we're doing our job well, by the time that call ends, they're feeling differently."

Back to the Mailbag

1. Welcome to the latest edition of the Summary of Mishaps. This time we head back to our mailbox for the latest from our loyal readers, who always have something interesting to share.

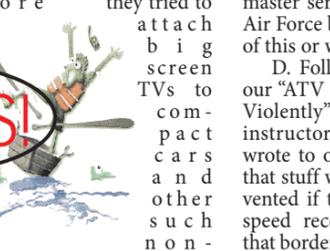
A. Regarding our sarcastic suggestion that you can tell when you've had too much to drink when you fall on your face, a correspondent suggested a metric like the one his grandmother used when she taught him how to bake something.

"She would say that you bake it 'until just before it starts to burn.'" The problem was, he writes, that he "never quite figured out that stopping point with any degree of precision." The only thing he could think of involved "sacrificial cake/pie/crummet or whatever it was she was baking, and we should put it in the oven five minutes before the main one."

Admittedly, the logistics of applying this to drinking are problematic.

B. Perhaps you've seen our long-running "Should Have Bought a Truck" series in the long-running "Photo of the Week" series on our web site. Very apropos for an email we got from someone who has a friend who works at a furniture store. The store has a "Wall of Shame" in their customer pickup area, featuring a "collage of photos of ill-conceived

attempts to attach recently purchased furniture to inappropriately sized vehicles. Customers were told not to and are required to sign three different release-of-liability documents before they tried to attach big screen TVs to compact cars and other such non-



sense." The photos, he adds, "serve partly as evidence for the store and also to dissuade other customers from following in the footsteps of the morons that have gone before them."

C. Got a note about the mishap that involved the "propped up whiteboard," which tipped over and bonked

an instructor on the head. As a cause, the mishap report listed "knowledge of regulations inadequate."

"The Navy has a regulation that covers white-board use?" a master sergeant asked. "I hope Air Force brass never gets wind of this or we'll have one too."

D. Following up on one of our "ATV = Anyone Tossed-off Violently" items, an ATV instructor from California wrote to observe that "a lot of that stuff would have been prevented if there was some low-speed recon first." She notes that border patrol personnel are having similar mishaps. "They take their ATVs out on a hare-and-hound exercise, and the chase gets a little too rough. I offered to help teach their guys and was told 'No, thanks.'"

Ahh, risk management at its finest.

E. A security specialist wrote to chide us about being too negative in an item about

gun safety. "The power of negative thinking is phenomenal," he wrote. "Professionals visualize success, not failure. Negative thinking begets negative action. When we supervise clearing-barrel operations, we stress the proper steps. We don't accentuate the negative as it's a surefire way to get them to fail."

I agree with positive thinking and try to apply it when dealing with such things as students, subordinate personnel and golf shots. Negative thinking is corrosive. That being said, the only thing positive about someone shooting themselves in the foot is that they were positive the gun wasn't loaded.

F. This just in. A correspondent enclosed a newspaper article about a guy who was driving his truck "when his dog kicked a gun on the truck's floor, resulting in him being shot in the leg." The victim "told investigators that he thought the gun

said, "Explosives" in red letters. Then he noticed the hazmat label that carried the code for flammable liquids. "I have to admit it got my attention and respect," he wrote.

2. That's all for this time, friends and neighbors. See you next week. Keep those virtual cards and letters coming, and don't be hating because I remember actual mail.

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 (instructor: Robin)

For more information on Robin's classes, visit www.facebook.com/933Yoga.
 For more information on Eileen's classes, email her at yogiek@gmail.com.

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by the Green!

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featuring Section 8

Admission is free and event is open to the public.
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event sponsors:


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 Pro shop • Rental Clubs • Putting Green • Driving Range
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 Updates to this information will be available online at <http://www.facebook.com/NSAMidSouthMWR> 




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Monday & Wednesday
 0600 - 0900/1100 - 1330/1600 - 1900
 Tuesday, Thursday & Friday
 0600 - 0900/1100 - 1330
 Saturday 1200 - 1600
 Sunday and holidays Closed

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Active Duty and Reservist
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Supporting the Navy's Fitness Enhancement Program (FEP)
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 will go to the Joe Dugger Fitness and Sports Complex (JDFSC) and complete the registration form to receive a YMCA Lap Swim Access Card.
 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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CARNIVAL ELATION 4 Day New Orleans	11/07/13 \$229	\$269	N/A
CARNIVAL FASCINATION 5 Day Jacksonville	09/30/13 \$209	\$239	\$459
CARNIVAL PARADISE 5 Day Tampa	10/28/13 \$209	\$239	N/A
CARNIVAL FANTASY 7 Day Charleston	11/02/13 \$399	\$449	N/A
CARNIVAL GLORY 7 Day Miami	09/29/14 \$399	\$499	\$729
CARNIVAL LEGEND 7 Day Tampa	11/03/13 \$389	\$459	\$619
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When we suggest to change, classes of citizenship based on availability.
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To confirm your cabin:
 \$250 per person is required along with names and dates of birth
 Final payment is due on September 25, 2013.

7 Day Western Cruise Itinerary

Ship	Depart	Return	Ports
Nov-Dec 15	West New Orleans	4 p.m.	
Nov-Dec 16	Fun Day at Sea		
Nov-Dec 17	Fun Day at Sea		
Nov-Dec 18	Montego Bay Jamaica	8 a.m. - 8 p.m.	
Nov-Dec 19	Grand Cayman Islands	7 a.m. - 9 p.m.	
Nov-Dec 20	Cruise, Mexico	10 a.m. - 5 p.m.	
Nov-Dec 21	Fun Day at Sea		
Nov-Dec 22	Return New Orleans	8 a.m.	

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Information, Tickets & Travel (ITT)
 Naval Support Activity Mid-South
 Bldg. 498





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Oct. 4 & 5

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 2nd Place award in each category: trophy.
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Cooking contest open to general public and civilians may participate.
 For more information call Billie Jean Bridges (901) 508-1982.

 www.facebook.com/MWRSmokinByTheLakeBbqContest 

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 For more information, please contact the
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Recreation Center



(901) 874-5496 Bldg. S-499 (5671 McCain St.)
 Monday - Friday 11 am - 9 pm
 Saturday and Sunday 2-9 pm
 holidays 2-7 pm.

6th Annual! DISNEY CHARACTER BREAKFAST!

Saturday, Oct. 12
 Navy Mid-South Gym!

Navy Mid-South Sports and Fitness Complex (N-82 Gym)
 7915 Memphis Ave. Millington, TN (just off Navy Road)

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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at the HELMSMAN COMPLEX

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

Lunch served
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Join us in the **Seven Seas Dining room**

GOLD STAR MOTHER'S DAY

Saturday
 September 29, 2013

Honoring and recognizing those who have lost a son or daughter serving in the United States Armed Forces



September 29, Gold Star Mother's receive **FREE Champagne Brunch** courtesy of MWR and the Helmsman Complex.

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BINGO

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.

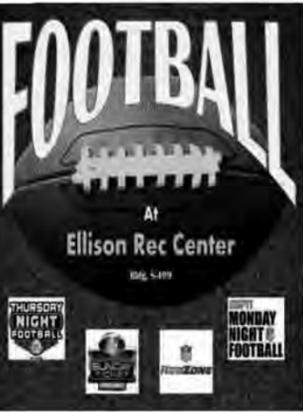
- Wed, Sept 11 Free 20 oz soda with dinner purchase.
- Fri, Sept 13 Free spaghetti dinner for all players 5-7 pm (grill open 6:30-7:30 only.)
- Wed, Sept 18 Free candy bar with purchase of dinner.

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)

Adults \$10.50
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Ellison Family Recreation Center Bldg. S-499 (5671 McCain St.) (901) 874-5496.
 Monday - Friday 1100 - 2100 | Saturday and Sunday 1400 - 2100

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 12 - 21, 2013 MWR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Movie Birthday Party Package Celebrate your birthday with us!</p> <p>2 ½ 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>Free movie shown daily! Bldg. S-499 (5671 McCain St.) (901) 874-5455.</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>Ellison Family Recreation Center Free movies in Cinema 36 1430 X-Men (PG-13) 1630 X-Men Origins: Wolverine (PG-13) 1830 The Wolverine (PG-13) NEW!</p>	<p>Helmsman Plated Lunch 16 Chicken fried steak Whipped potatoes with gravy</p> <p>Eagle's Peak Lunch Special Soup/ sandwich or Soup/ salad</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 Pacific Rim (PG-13)</p>	<p>Helmsman Plated Lunch 17 BBQ smoked ribs (4 bones) Baked beans</p> <p>Eagle's Peak Lunch Special Mexican</p> <p>COED YOGA @ Joe Dugger 4:30 p.m. to 5:30 p.m.</p> <p>Ellison Family Recreation Center Ladies' Night Free movie in Cinema 36 1830 This Means War (R)</p>	<p>Helmsman Lunch Buffet 18 Southern fried chicken Liver and onions</p> <p>Eagle's Peak Lunch Special BBQ and drink</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 R.I.P.D. (PG-13)</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>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 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>BINGO Helmsman Complex</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 World War Z (PG-13)</p>	<p>Step Aerobics 14 @ Joe Dugger 9:00 p.m. to 10:00 a.m.</p> <p>FAMILY MOVIE MATINEES!!</p> <p>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>
<p>Helmsman Lunch Buffet 19 Carved roast beef Carved pit smoked ham</p> <p>Eagle's Peak Lunch Special Chef's Choice</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 1800 The Lone Ranger (PG-13)</p>	<p>Helmsman Lunch Buffet 20 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>BINGO Helmsman Complex</p> <p>Mongolian BBQ 5-8 p.m. Helmsman Complex</p> <p>FREE Concert by the Drums 6-8 p.m. at Glen Eagle Golf Course</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 The Conjuring (R)</p>	<p>Step Aerobics 21 @ Joe Dugger 9:00 p.m. to 10:00 a.m.</p> <p>FAMILY MOVIE MATINEES!!</p> <p>Ellison Family Recreation Center Free movies in Cinema 36 1430 Brave (PG) 1630 Wreck-It-Ralph (PG) 1845 Grown Ups 2 (PG-13)</p>				



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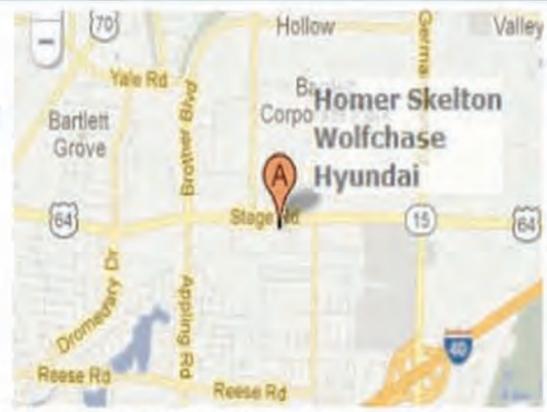
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Tennessee Hunter Education Requirements

By NSA Mid-South Safety Office

Hey dad, have you been thinking about taking your son or daughter hunting here in Tennessee? If so, I'm sure you want them to know the safety rules and to be oriented properly. So you'll want to read the following information.

Tennessee Code Annotated 70-2-108 became law in 1985 and states:

(a) Every person born on or after January 1, 1969, before hunting, shall possess, in addition to all other licenses and permits required, proof of satisfactory completion of an agency approved hunter education course if you were born on or after January 1, 1969 you must possess proof of successful completion of a hunter education class before hunting in Tennessee. Those under 10 years of age do not need a Hunter Education certificate, but must be accompanied by an adult at least 21 years of age, who must remain in a position to take immediate control of the hunting device.

The course is offered free of charge (excluding the online course) to anyone interested regardless of age; however, you must be nine years of age or older in order to become a certified hunter education graduate. Parents are encouraged to go through the course with their child. Parents who participate and who pass the test will receive hunter education certification. Many states require hunter education certification regardless of age. Parents that do not wish to become certified, typically find the class is both informative and enjoyable.

There are also three websites, unrelated directly to the TWRA, that may be used for the online course. The websites charge a fee for their services.

The basic Hunter Education Course provides firearms safety training and introduces students to their responsibilities in the fields of hunter ethics and wildlife management. The main objective of the Hunter Education Program is to reduce the potential for hunting accidents and ultimately reduce the number of hunting injuries. The course is taught according to standards established by the International Hunter Education Association. By meeting these standards the Tennessee Hunter Education program is recognized by

all states, Canada, and Mexico.

The basic course is free of charge and consists of a minimum of ten (10) hours of classroom participation. Most classes generally last 12-16 hours. Students must successfully pass a written test consisting of 100 multiple choice questions. All students are required to participate in a live fire exercise. To find a class near you call 615-781-6538.

Course Content

- Hunter ethics
- Hunter responsibility toward wildlife, the environment, landowners and the general public
- Archery and the history of modern day bow hunting
- Tree stand safety
- History of firearms
- Black powder and muzzle loading firearms
- Knowledge of modern firearms and ammunition
- Proper gun handling and storage
- Marksmanship fundamentals
- Hunt preparation: specific laws and various equipment
- Principles of wildlife management and wildlife identification
- Survival
- Hypothermia
- First aid

MUST ATTEND ALL FOUR NIGHTS. DO NOT BRING FIREARMS. Next Tennessee Hunter Education Classroom Course:

- Location & Schedule Meeting on:
- Date Time
- Thursday, September 12, 2013 6:00pm - 9:00pm
- Tuesday, September 17, 2013 6:00pm - 9:00pm
- Thursday, September 19, 2013 6:00pm - 9:00pm

Located at:
Bartlett Range
3200 Brother Blvd.
Bartlett, TN 38133

To register or to find other classes go to <http://www.register-ed.com/programs/tennessee/83-tennessee-hunter-education-classroom-course> or call 615-781-6538.

EYE ON THE FLEET

Firefighting instructors give directions to Sailors during general shipboard firefighting training at Naval Base San Diego. The training consists of classroom courses and hands-on-training that teaches hose handling, shipboard firefighting and instruction on how to use firefighting equipment.

(Photo by MC3 Stacy Atkins Ricks)

This week in Navy History

September 12

1916 - First demonstration of automatic stabilization and direction gear in aircraft

1944 - 5th Fleet carrier aircraft begin 3-day attack on Japanese shipping and facilities in Visayas, Philippines

1952 - USS Coral Sea (CVB-43) took Marshall Jospit Tito for a one-day cruise in the Adriatic Sea where he was shown flight operations.

1961 - Navy task force sails to aid the Galveston area after hurricane Carla hits Texas

1966 - Launch of Gemini 11, piloted by CDR Charles Conrad Jr., USN and LCDR Richard F. Gordon Jr., USN. Their mission lasted 2 days and 23 hours and included 44 orbits at an altitude of 1368.9 km.. Recovery was by HS-3 helicopter from USS Guam (LPH-9)

1967- Operation Coronado V began in Mekong Delta

1992 - Joint Task Force Hawaii activated to provide humanitarian aid after Typhoon Iniki struck Hawaiian Islands

September 13

1814 - British bombardment of Fort Mchenry inspires the Star Spangled Banner.

1847 - Marine Brigade leads U.S. forces that storm Chapultepec Castle near Mexico City, inspiring one line of the Marine Hymn

1906 - Sailors and Marines from USS Denver land in Havana at the request of the Cuban government to preserve order during a revolu-

tion.

1939 - Navy suspends transfers to the Fleet Reserve after 20 years service and retains men on active duty.

1985 - Commander Middle East Force orders escort of Military Sealift Ships in Persian Gulf because of Iranian seizure of merchant vessels.

September 14

1899 - Gunboat Concord and monitor Monterey capture two insurgent schooners at Aparri, Philippine Islands

1939 - Atlantic Squadron Neutrality Patrol ships deploy

September 15

1944 - Invasion of Peleliu, Palau Islands, after several days of intensive carrier aircraft bombing and ship bombardment.

1950 - U.S. forces under VADM Arthur Struble achieve an amphibious landing at Inchon, Korea

1967 - Operation Crimson Tide in Mekong Delta

September 16

1854 - CDR David G. Farragut takes possession of Mare Island, the first U.S. Navy Yard on the Pacific.

1917 - Navy Department authorizes establishment of 16 Naval air stations abroad

1922 - Commander Halsey Powell in USS Edsall became the senior officer directing the evacuation of 250,000 Greek refugees from Turkey after war between Greece and Turkey.

1940 - President Roosevelt signs Selective Training and Service Act, the first peace-

time draft.

1958 - USS Grayback fires first operational launch of Regulus II surface to surface guided missile off CA coast; Missile carries first U.S. mail sent by guided missile.

1966 - USS Oriskany helicopters rescue 44-men crew of British merchant ship August Moon near Hong Kong

September 17

1861 - Union landing party from USS Massachusetts takes possession of Ship Island south of New Orleans, LA. This was the headquarters for ADM David Farragut's Gulf Coast Blockading Squadron.

1944 - Navy Task Force lands Army troops on Angaur, Palau Islands supported by Navy carrier aircraft and shore bombardment

September 18

1926 - Navy brings relief aid to Miami, FL, after a severe hurricane.

1936 - Squadron 40-T, based in the Mediterranean, established to protect U.S. interests and citizens around Iberian peninsula throughout the Spanish Civil War.

1941 - U.S. Navy ships escort eastbound British trans-Atlantic convoy for first time (Convoy HX-150). Although the U.S. Navy ships joined HX-150, which left port escorted by British ships on 16th, on night of 17 September, the official escort duty began on 18th.

1947 - National Security Act becomes effective

Commander in Chief of People's Liberation Army (Navy) Visits USS Carl Vinson



Commander in Chief of the People's Liberation Army Navy Adm. Wu Shengli takes part in a cultural exchange with senior enlisted personnel aboard the aircraft carrier USS Carl Vinson (CVN 70). Chief of Naval Operations Adm. Jonathan Greenert, right, is hosting Wu as part of a planned series of military-to-military exchanges between the United States and China.

(Photo by Chief Mass Communication Specialist Julianne Metzger)

By Mass Communication Specialist Seaman Recruit James Bleyle

Adm. Wu Shengli, commander in chief of the People's Liberation Army - Navy (PLA(N)), visited the aircraft carrier USS Carl Vinson (CVN 70) accompanied by U.S. Navy Chief of Naval Operations (CNO) Adm. Jonathan W. Greenert on Sept. 9, 2013.

In his first visit to the United States since 2007, Shengli, escorted by Greenert, was rendered side honors by Carl Vinson Sailors before a tour of the warship led by its Commanding Officer Capt. Kent D. Whalen.

"It is a rare privilege to welcome aboard such distinguished guests," Whalen said. "To have not only our own chief of naval operations, but to have Adm. Wu from the People's Republic of China as well is truly an honor. I'm pleased and excited some of our terrific Sailors had the opportunity to engage with them both."

The delegation toured the waist launch control room, combat direction center (CDC), arresting gear operations room, crew's mess and medical wards, where junior and senior enlisted Sailors demonstrated their work center's professionalism, high-quality standards and the critical functions they perform

every day.

"It filled me with a great sense of pride to see our Sailors intelligently and passionately present their work centers and explain their work to both CNOs," said Carl Vinson's Command Master Chief (CMDM) Jeffrey Pickering. "It really spoke to Carl Vinson's high standard of excellence."

Wu and Greenert also met with chief petty officers to discuss the important role senior enlisted perform in the U.S. Navy. Following a question-and-answer session on the differences and similarities between the two navies, Capt. Whalen hosted a lunch in the wardroom in honor of Wu.

The diplomatic visit was one of many to U.S. Navy and Marine Corps commands in the San Diego area and supports the goals of both military leaders to establish clear paths of communication, encourage transparency and trust, mitigate risks, and focus multilateral cooperative efforts to address common regional and global security challenges. The visit is also especially important as PLA(N) accepted an invitation to participate in the Rim of the Pacific exercise (RIMPAC) 2014 earlier this year. The world's largest international maritime exercise, RIMPAC is held every two years and will include more than 20 nations in 2014.

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