



# NSA Mid-South Hosts Drug and Alcohol Prevention Fair

By MCI (SW/AW) William Jamieson  
*The Bluejacket*

Naval Support Activity Mid-South held the first Drug and Alcohol Prevention Awareness (DAPA) Fair in the parking lot of the Helmsman Complex May 22.

The Fair included booths featuring representatives from the Memphis Police Department, Tennessee State Police, Shelby County Sheriff's Department and food provided by the NSAMS Morale, Welfare and Recreation Department.

Fair organizer and Navy Personnel Command DAPA coordinator, Chief Aviation Support Equipment Technician Julian Brittingham said the goal of the fair was to raise awareness about alcohol and drug abuse and get people to think before they drink and drive.

"We wanted to give people something to think about going into the long Memorial Day weekend, because, unfortunately, that has historically been a time when people make bad decisions that can really affect their career," said Brittingham. "We also wanted to balance that message with a good time, so we weren't getting too preachy, and I think we achieved that."

During the fair, Navy Band Mid-South provided entertainment. There was also an appearance by McGruff the Crimedog and the chance to experience the effects of alcohol first hand with the



**Above:** Navy Musician 2nd Class Daniel Crabtree sings with some help from McGruff the Crimedog at the Naval Support Activity Mid-South Drug and Alcohol Prevention Fair. **Right:** Tennessee State Highway Patrolmen Lt. Cary Hopkins and Trooper Michael Arguello pose with McGruff the Crimedog at the Naval Support Activity Mid-South Drug and Alcohol Prevention Fair.



"Beer Goggles" simulator. Brittingham said his team and all the participants deserved a lot of credit for their tireless efforts in making the fair a success.

"My team put this fair together in a short amount of time and we reached more than 1000 personnel, civilian and military," said Brittingham. "I want to thank them, all the law enforcement representatives, the base and everyone who just came by. We want to make this an annual event and we wouldn't be able

to do that without all the support we have received."

The Tennessee State Police were on hand at the fair to provide information on the dangers of drunk and distracted driving, and Lt. Cary Hopkins said they came to the fair to reach people before there was an issue.

"We want to get across the message that buzzed driving is drunk driving," said Hopkins. "If you have had anything to drink, you shouldn't be behind the wheel, period."

LifeonNSA



## In Memoriam

Naval Support Activity Mid-South commanding officer, Capt. Stephen Fimple poses for a photo with the NSA Mid-South Navy Wives Club after a wreath laying ceremony before the Memorial Day weekend in honor of those who have given their life in the armed services. (Photos by Mass Communication Specialist 1st Class William Jamieson)

## Leveraging Credit Cards to Strengthen Your Credit Score

By Randy Hopper  
AVP Credit Card Lending,  
Navy Federal Credit Union

A strong credit score can be an integral part of staying financially secure, whatever the economic climate. But for many U.S. service-members, determining exactly what has an impact on their score can be a daunting task.

One thing is for sure: credit cards can and do impact your credit score – positively or negatively – depending upon how you use them. In fact, credit cards can be one of your best friends or your worst enemies when it comes to your score.

So, how can you make your plastic work for you in the quest for strong credit?

Below are some tips on how to use your cards to strengthen or maintain your credit and avoid some pitfalls that may lower your score in

a hurry.

**Manage your debt to credit ratio:** Closely watch your credit card balance relative to your credit limit, called your "debt to credit ratio." Experts differ about the ideal ratio, but all agree that keeping your debt below 30 percent of your available credit line is key to ensuring your credit score isn't negatively impacted. Check your statement regularly to make sure that your credit line hasn't been reduced by your card company, thus raising your debt to credit ratio.

**Consider a balance transfer:** If you're trying to pay down your balance, explore the option of a balance transfer. A balance transfer at a low rate makes it easier to pay down your balance, improving your debt to credit ratio as your balance decreases. Keep an eye out for balance transfers with no fees, zero percent interest during the introductory period

and a low rate after the intro period expires. Know that the APR on these offers can jump to above 20 percent after the introductory window – though all credit union interest rates are capped at 18 percent.

**Make all your payments on time:** Timely payments establish a track record of reliability and boost credit. If possible, set up automatic monthly payments along with text and email alerts to remind you of your due date.

**For controlled spending and easy qualification, go with a secured card:** If you're wary that a new credit card may make it more difficult to control spending, secured cards may be a great solution for you. They're also a good option if you have little to no credit or your credit standing is below average. Secured cards require that you provide an up-front deposit, which then equals your credit line. Because secured card limits cannot

exceed what you have deposited and tend to be lower than other cards, they help you control your spending. Secured cards also aid you in establishing a track record of on-time payments. Navy Federal is one of several lenders in the market with a secured card that can help you stay within budget and build credit.

**Be smart about opening and closing accounts:** As a general rule, avoid closing any card accounts. Having a higher average age on your credit accounts positively impacts your credit score. Beware not to open a large number of credit cards in a short span of time – doing so can indicate to lenders that you are overly eager for credit.

**Pay down your balance as much as possible each month:** Fully paying your balance helps you maintain a healthy debt to credit ratio. If it's not possible to pay down your entire balance, try to at least pay down

some portion to manage your debt and minimize interest payments.

**Maintain some level of activity:** Make regular purchases with each of your cards, even if minimal. Complete inactivity can lead to the account being closed. Your credit can even be adversely impacted by inactive cards before the account is shut down.

**Don't rely on debit or prepaid cards to build credit:** Debit and prepaid cards are great additions to your wallet for convenience. However, these cards draw on available funds from an account instead of a line of credit. So using them will not boost your credit.

Keeping these tips in mind, you can move forward with a sense of confidence about how to put your cards to work for you. Just remember that credit cards are one of several tools in your toolbox when it comes to building that solid credit score.

# ESGR and NOSC Memphis present Pro Patria Award to Memphis Waste Water Treatment Plant



Memphis Mayor A.C. Wharton is presented with the ESGR's Pro Patria Award at Memphis City Hall. EQCM William McCrae, attached to NOSC Memphis, nominated his supervisor, Mr. Don Hudgins for the Patriot Award and the City of Memphis Wastewater Treatment Plant for the Pro Patria Award. ESGR Representatives Mr. Dan Callahan and Mr. Carl Lambert presented the awards along with CDR Scott Hanna, CO NOSC Memphis, EQCM McCrae and Mr. Joseph Kyle, Veteran Services Officer for Shelby County. The Pro Patria Award is the highest within the state of Tennessee that ESGR can award, and there are only a maximum of 3 that can be presented in any year. (Photos by Mass Communication Specialist 1st Class William Jamieson)

By MCI William Jamieson

Department of Defense Civilians from the Employer Support of the Guard and Reserve Committee (ESGR) and Sailors from Navy Operational Support Center (NOSC) presented the City of Memphis Waste Water Treatment Plant the Pro Patria Award in a ceremony at the Memphis City Council Chambers May 21.

The Pro Patria Award recognizes the top employer of Reservists in the state of Tennessee.

During the Ceremony, Dan F. Callahan, III Administrative Support Technician DoD Contractor, IIF Data Solutions Tennessee (West) ESGR presented the award to Memphis Mayor, A.C. Wharton, and said it was an honor to present the award to an employer that had shown such support for the men and women serving their country in the Reserve force.

We are the DODs [Department of Defense] instrument to recognize employers who do more than just comply with the law, USERRA," said Callahan. "We are the 'Thank You Agents' and that is why we are here today, to say thank you to the City of Memphis and the Wastewater Treatment Plant for the outstanding support and assistance you have provided to the men and women serving in America's National Guard and Reserve Forces."

The ESGR is made of mostly volunteers, about 4000 nationally & 200 in Tennessee and was created in early 1970s. At the time there was concern whether individuals would continue to join Guard & Reserves and have the support of their civilian employers. Leaders from business & DOD met to discuss and created the ESGR.

Callahan said the award was special because of the dedication of the Memphis Waste Water Treatment plant to their employees

and country. "It should be noted that the Pro Patria Award is the highest award within the state of Tennessee that ESGR can give, and there are only a maximum of 3 that can be presented in any year," said Callahan.

ESGR's Pro Patria Award is presented annually by each ESGR State Committee to one small, one large and one public sector employer in their state or territory.

Recipients have demonstrated the greatest support to Guard and Reserve employees through their leadership and practices. This is the highest level award that may be bestowed by a state ESGR committee.

Pro Patria Award honorees are employers who show exceptional support for our national defense by adopting personnel policies that make it easier for employees to participate in the National Guard and Reserve.



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

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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.

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# NEX Presenting Check

**NEX Memphis general manager, Matthew Barnwell, presents Navy-Marine Corps Relief Society director, Russell Johnson with a check for \$4,125 for the NMCRS Active-Duty fund drive.**

Photo by Mass Communication Specialist 1st Class William Jamieson

## 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.

**New Hours at the Navy-Marine Corps Relief Society -** Beginning Monday 28 Jan. 2013, NMCRS will be opened Monday - Thursday 0900 - 1400, and closed Fridays. In case of emergencies we continue to have around the clock coverage through NMCRS HQ at telephone number 800-654-8364 until 1600 EST, and American Red Cross after 1600 or on weekends at 877-272-7337.

**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.

**Every Friday in May - Concerts by the Green**  
Concerts by the Green is a series of free concert events held every Friday in May 6:30 to 8:30 p.m. at the Glen Eagle Golf Course. Admission is free and event is open to public. Bring your blankets and lawn chairs. Food and beverage items will be available for purchase. Picnic baskets will be allowed, no coolers please. Family friendly area will feature bouncy castle. For more information call 874-5168.

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

**Every Friday - Trivia Night at Eagles Peak.**

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

**Every Wednesday and Thursday - Free Yoga Class**

If you can breathe, you can do Yoga. Free Coed Lunch Break Yoga class will be held Wednesdays and Thursdays at Joe Dugger Fitness and Sports

Complex. For more information call 874-5497 or visit [www.facebook.com/933Yoga](http://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](mailto:Julieanna.walker@navy.mil).

**JDFC 12 week Fitness Challenge!**

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

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

**Friday, June 14 - Sunday June 16 -** NEX Memphis is pleased to announce the upcoming arrival of Pandora Jewelry. Save almost 20% off mall price, we will be offering a savings of 10% over MSRP and as always, no sales tax! The Pandora Shop Grand Opening will take place 14-16 JUN, stop by the jewelry counter to see our offerings!

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

The NSA Mid-South Splash

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

**Watercolor 101 with Barrie Foster**

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

**Every Friday in May - "Concerts by the Green"**

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

May 31 - Eric Stone and the Fabulous Steeler Band  
June 7 - Navy Band Mid-South  
June 14 - Section 8  
For more information call 874-5168.

Saturday, June 8 - NSA Mid-South Chapel Marriage Workshop - No Cost but registration is required

**Saturday, June 8 - Homebuyer Education Class -** 9am- 5pm - Location 2750 Colony Park Dr. For more info contact Sharon Walker -901-272-1122

**Wednesday, June 12 - Homebuyer Education Class -** 9am- 5pm - Location 2750 Colony Park Dr. For more info contact Sharon Walker -901-272-1122

**Thursday, June 13 -The Junie B. Jones(r) Stupid Smelly Bus Tour** will be visiting NSA Mid-South! Brought to you by your NEX, celebrate 10 years of the Stupid Smelly Bus Tour with her 20 Jun 13 at 1000 at the Mid-South Conference Center. For more information, call 901-872-5756.

**Monday, June 17 - Ride To Work Day -** Every year, the third Monday in June is recognized as "Ride to Work" day. This year on June 17th hundreds of thousands of motorcyclists will ride their motorcycles to work. This annual event provides an opportunity for motorcyclists to show that motorcycles are a viable, fun and efficient form of transportation. It also provides a very visible re-enforcement of Motorcycle Awareness. It is our responsibility as motorcyclists to use every available opportunity to encourage and promote safe riding and motorist awareness. Please do what you can to spread the message here at NSA Mid-South and throughout the entire community.

For more information visit [www.ridetowork.org](http://www.ridetowork.org) <<http://www.ridetowork.org>>

**17-21 June - NSA Mid-South Chapel Vacation Bible School -** from 6pm - 8pm

**Thursday, June 20 - The Junie B. Jones(r) Stupid Smelly Bus Tour** will be visiting NSA Mid-South! Brought to you by your NEX, celebrate 10 years of the Stupid Smelly Bus Tour with her 20 Jun 13 at 1000 at the Mid-South Conference Center. For more information, call 901-872-5756.

**Saturday, June 22 - Homebuyer Education Class -** 9am- 5pm - Location 2750 Colony Park Dr. For more info contact Sharon Walker -901-272-1122

# Watch Out!

**Capt. Stephen Fimple, commanding officer of Naval Support Activity Mid-South (NSAMS), and Cmdr. Brad Meeks, executive officer of NSAMS holds up one of the signs recently donated by Motorcycle Awareness For Tennessee (MAFT) which have been installed throughout the base.**



Photo by Mass Communication Specialist 1st Class William Jamieson

Chaplain's Compass

# Be Proactive

By Chaplain Dave Mowbray  
NSA Mid-South Chaplain

Steven Covey, in his best-seller "Seven Habits of Highly Effective People" states that the first habit is: "Be proactive." This word has become a buzzword and used by virtually everyone in management and leadership roles.

Covey defines proactive as meaning that as human beings we are responsible for our own lives. He takes the word responsible and breaks it down to be "response-able." Proactive is not being reactive. Proactive people are empowered to be response-able—they are free to choose how they respond to any given situation.

The reactive person says, "There is nothing I can do about it." The proactive person says "let's look at our alternatives and make the best decision." The reactive person says, "I can't." The proactive person says, "I can." The reactive person says, "That's just the way I am." The proactive person says, "I can choose who I am."

God created us in His image, and made us so that we

can be free to choose right or wrong. We so often find ourselves in difficult situations or challenging opportunities. God wants us to be "proactive" as we seek his will and look for spiritual training and whatever tools are available to follow him. Paul puts it like this in Romans 12:1-2: "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." (NLT)

If we are willing, we can change our mind from the way the world thinks, which will then change our hearts! By being "proactive" toward the things of God, we can have victory in our daily walk.

**Name that Tune:**

- 1) "Place in my hands the wonderful key..."
- 2) "Never alone are the least of his children..."
- 3) "Walk along the river, sweet lullaby..."

**Verse of the Week:**

"By his divine power, God has given us everything we need to live a godly life. We

have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires." - 2 Peter 1:3-4 (NLT)

**Answers to Name That Tune:**

- 1) Open My Eyes, That I May See - Christian Hymn
- 2) Have Faith in God - Christian Hymn
- 3) Blue Sky - Classic Rock - The Allman Brothers Band

**What's Happening:**

**Marriage Workshop:** We'll have a marriage enrichment workshop at the base chapel Saturday, June 8th from 0900 - 1500. This is for any couple (engaged couples and geobachelors too!) that is

interested in a one-day faith-based spiritual retreat. Please call the chapel at 874-5341 or come by to sign up. Breakfast and lunch will be provided, but registration is required.

**Coping With Deployments**

The American Red Cross has a new online training course available for military members and their families. In "Coping with Deployments", you will learn the meaning of resilience and what strategies you can practice to build your own and others' resilience; how to use psychological first aid actions to support others; how to help children cope with stress; where to find additional resources; and how to make a referral when you are worried about someone who seems to need more than you can offer. These coping mechanisms and resilience skills are applicable to many life situations, not just to deployments. There is no cost to you to register or take the



course. Visit <https://classes.redcross.org> to register. You can return to the course as often as you like and take as many modules as you like. The course works best on Internet Explorer, Chrome, and Safari; it will work on Firefox but with some limitations.

**St. Williams Catholic Church**

...will hold a "Gala and Silent Auction" on Friday, May 31st 2013 at 1800. Location is the Family Life Center at the church on Easley Road. The spaghetti dinner will be furnished by the Knights of Columbus and the church. Tickets are \$7.00.

St. Williams will also sponsor a golf tournament on Saturday, June 1, 2013. Start time is 1400 at Forest Hill Golf Course in Drummonds, TN. Foursome scramble, cost is \$360 per team or \$100 per player. Funds raised by these events will go to pay for a new building to replace the one destroyed by fire recently. Stop by the church for more information.

**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 invited to our interfaith service at the base chapel at 1000 each Sunday morning!

**Vacation Bible School**

Mark your calendars! VBS will be from 6-8 pm, June 17 - 21! Please register your kids early at the chapel!

**Youth Lock-In**

The chapel teenagers (12 and older) will have a lock-in on the night of June 7th. There will be games, food and fun while also learning about God and self-esteem based on the Bible. Please call the chapel Religious Education Director at 849-2034 to register. The fun starts at 1900 (7 pm) Friday night, and pickup time is 0600 Saturday morning! All teens remaining after 0600 will be given four cups of Navy coffee and a puppy.

# Nothing Is Impossible For The Person Who Doesn't Have To Do It

A long time ago at a Navy conference, I heard an O-6 proclaim, "OPNAV instructions are for the guidance of the timid and uninformed."

It sounded like heresy. I marveled at how the hundreds of military and civilian people in the audience—serious professionals who studied, quoted and obeyed formal guidance all day long—didn't start hooting, throwing wadded up programs at the stage and stalking out in protest.

Looking back, I think they just understood what he meant better than I did when I was naïve and inexperienced.

When I hadn't realized that there was an ideal world and a real world that weren't exactly mirror images. When I hadn't spent my own personal time and energy helping craft guidance that would have worked perfectly except that the target audience didn't read and follow it, they just kept doing whatever was expeditious.

The O-6 at the conference worked in occupational health, and I think he was making the point that if your Sailors or employees are being exposed to obvious, well-known health hazards, higher authority shouldn't have to order you to protect them. You ought to be smart and caring enough to recognize the problem and fix it.

Many people are neither (and real busy, to boot), but the fact is that there is something about the military that just loves formal guidance, the more, the merrier.

I once had a printed copy of the "Department of the Navy Directives Issuance System Consolidated Subject Index (of Instructions by Washington Headquarters Organizations)," which had 171 pages of current instructions cross-referenced by subject.

One page, for example, ran from the

Office of the Secretary of the Navy's "Drill and Ceremonies Manual" to the Naval Oceanography Command's "Criteria for Atmospheric Turbulence and Icing." This page contained 90 listings. I calculated that the index easily contained more than 5,000 references.

I thought of them as "The 5,000 Commandments," although since each probably contained a hundred pieces of guidance, it was probably more like 500,000 commandments.

Some of the instructions were what you'd expect, covering absentees and acquisitions, barges and brigs, paint and pallets. There were six about funerals and two about gambling. Others gave the lowdown on ice, alimony, cards, coal, and platinum. I found three directives about dogs, but only two entries listed under the category of "Efficiency." There were 11 directives on war, and 10 about meetings (you could tell it was peacetime).

I'm sure (at least, I hope) that a lot of these instructions have been cancelled by now. I'm equally sure that barrages of new directives have taken their place. And I'm not saying that formal guidance isn't a necessary starting point. Sometimes you've got to have what a former boss of mine referred to as a "stone tablet" or a "note from mother."

Just ask yourself, does doling out an unfunded mandate really check the block on "doing something" about a problem? It's easy to give tasking, and to tell "what" but not "how." Resources are the hard part. It would be nice if official guidance was enough.

I know one thing—your average American isn't obese because there aren't enough diet books.

OOOPS!



## Retiree Corner Hagel Pledges Partnership in Health Records Integration

By Karen Parrish  
American Forces Press Service

Defense leaders will work closely with Veterans Affairs Department counterparts to ensure full integration of health records, Defense Secretary Chuck Hagel said yesterday.

Hagel and VA Secretary Eric K. Shinseki took part in a roundtable discussion on veterans health benefits claims with members of the Senate Appropriations Committee's defense subcommittee. During the meeting, Hagel explained the work Pentagon officials have done to integrate DOD records systems with VA's to ensure seamless data flow.

He also outlined steps the department is taking to adjust recordkeeping procedures as it aims to prevent future backlogs.

Pentagon leaders are responsible for making sure that as service members transition to veteran status, they're "not only cared for, but treated fairly," the secretary noted.

Frank Kendall, undersecretary of defense for acquisition, technology and logistics, told reporters yesterday the challenge facing DOD and VA exists on two fronts. First, they must seamlessly integrate their health-record sharing, so service member records transfer smoothly to the VA system as troops leave active duty. Second, each agency also needs to modernize the networked software system it uses to produce records.

Kendall said the first issue's solution, which involves replacing read-only records DOD sends to VA with live-data records, is well underway.

"We've made an investment in that which is paying off," he said. "We have a relatively short-term goal of having integrated, seamless records with the VA by the end of this year."

The second part of the solution will involve upgrading the networked software system DOD uses in its clinics and hospitals to track patient care and produce medical records.

Kendall announced yesterday that Hagel has decided to seek a commercial firm to provide that software, which will

be fully compatible with VA's system. Market research turned up 20 firms interested in the proposal, Kendall said.

"So we think we have a rich field to pick from, and we can make a best value determination for DOD," the undersecretary noted.

After yesterday's roundtable, Hagel indicated he'll tackle health records with the same approach he has taken to other major issues, including sexual assault in the military: listening to those who know the subject best, collaborating to identify problem points and possible solutions, and establishing and maintaining accountability.

Most of the backlogged veteran health benefits claims now in the system are from pre-Iraq and Afghanistan service records, Hagel told committee members yesterday. As efforts to clear that backlog continue, he added, defense and VA staffs also are working to ensure current and future health records are fully transferrable between the two agencies.

Digitizing and integrating records dating back several decades is a big challenge facing both DOD and VA, Hagel acknowledged.

"We've got a lot to do. We haven't done everything. We get that; we understand that. ... But the cooperation has been there. It will continue," he said.

Hagel noted he has sought out and listened to VA and DOD health care providers and benefits specialists to learn "what are we not doing, what we need to do more of, what are the expectations."

With a plan in place to address both past and future complications in health records management, Hagel said, DOD and VA are committed to maintaining rapid progress toward fully solving compatibility issues.

"It's working, it's collaborating, which we will continue to do," Hagel said. "[Shinseki] and I are pledged to do that. Our organizations are."

He concluded, "I want to assure you, as I have Secretary Shinseki and members of Congress, that DOD will be a full partner, a responsible partner, understanding our piece of this, and we intend to be successful."

Clinic Corner

# JUNE IS "RIGHT SPIRIT" MONTH

By Beth McKinzie

This month we are dedicated to promoting the responsible consumption of alcohol. According to the 2011 Department of Defense Health Related Behaviors Survey, approximately 33.1% of active duty personnel reported binge drinking

in the last 30 days [1]. For the Navy specifically, the binge drinking rate was 36.1% and the Marine Corps rate was 48.6%.

Drinking responsibly promotes health, improves quality of life, and reduces alcohol related incidents

that can impact careers and families.

The Navy's Right Spirit campaign emphasizes Personal, Shipmate, Leadership and Command Responsibility while promoting Healthy Lifestyles for all

Navy Members regarding alcohol use. Education coupled with leadership deglamorizes alcohol use and puts accountability at all levels regardless of rank or rate.

The goal of this education campaign is to:

Enhance Fleet readiness by reducing alcohol abuse and related incidents.

Provide a safe and productive working environment.

Ensure quality of life for members, shipmates and their families.

**THANK YOU GRIZZ NATION.**

On behalf of the entire Grizzlies organization, players and coaching staff, thank you for your support. You gritted and grinded all the way to the Western Conference Finals, with a heart no city could ever match. [GRIZZLIES.COM](http://GRIZZLIES.COM)

**AGAPE SHARES LOVE SATURDAY, JUNE 15**

15TH ANNUAL HEARTLIGHT featuring Heisman Trophy winner and NFL quarterback Tim Tebow. **TICKETS ON SALE NOW!**

**JUSTIN TIMBERLAKE MONDAY, NOVEMBER 18**

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



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 To participate in this program, Active Duty and Reservist members (ONLY) 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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 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.

NSA Mid-South & MWR present  
**Summer Fun**  
 Millington Family YMCA Summer Membership  
 May 25 thru September 3, 2013  
 Program is for Active Duty Military and their immediate family members only.

Summer membership will include:

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

Millington Family YMCA hours of operation

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

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

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

Purchase your Millington Family YMCA Summer Membership at:

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

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

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

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

**FREE!** **Annual Concerts**  
 by the Green!

**Friday, May 31**  
 6:30 p.m to 8:30 p.m.  
 Glen Eagle Golf Course



**Eric Stone and the Fabulous Steeler Band**  
 Blues | Motown classics | 80's Rock | Top 40 charts

For over 20 years, Eric Stone & the Fabulous Steeler Band has been entertaining the Mid-South with a great variety of dance hits. From blues staples to Motown classics, from 80's rock to today's hits, this band can entertain at any occasion.

Featuring dynamic, soulful front-man Eric Stone, the Steelers combine great singing with a wailing sax and a dynamic rhythm section. This has been - and continues to be - one of the region's most versatile and entertaining bands. For more information about the band or to listen to samples of their music visit <http://www.myspace.com/steelerband/music>.

Admission is free and event is open to the public. Bring your blankets and lawn chairs. Food and beverage items available for purchase. Picnic baskets will be allowed, no coolers please. Family friendly area featuring bouncy castle.

May 31 - Eric Stone (6:30 -8:30 p.m.)  
 June 7 - Navy Band Mid-South (7-9 p.m.)  
 June 14 - Section 8 (7-9 p.m.)  
 June 28 - The Flying Monkeys (7-9 p.m.)

event sponsors:



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 0600 - 0900/1100 - 1330/1600 - 1900

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

Saturday 1200 - 1600  
 Sunday and holidays Closed

 **NSAMidSouthSports.**

MAY 28 - JULY 31, 2013 SCHEDULE

**Yoga**  
 @ Joe Dugger

**Tuesdays**  
 4:30 to 5:30 p.m.

**Wednesdays**  
 12:00 noon to 12:30 p.m.

Location: Joe Dugger  
 Cost: FREE  
 Clothing: Wear comfortable, not too loose, clothing.  
 Footwear: We go barefoot in yoga.  
 Equipment: Bring your own mat or use one provided. If you have blocks and straps bring them!

No class on May 23, July 16 or 17.

Please take a minute to like my Facebook page: [www.facebook.com/2013Yoga](http://www.facebook.com/2013Yoga). This page will keep you up-to-date on my class schedule and location.



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 7 days a week



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 2013 Show Year



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

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

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



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**holidays 2-7 pm.**

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**(901) 874-5652/5455, 1-800-779-4252**

Updates to this information will be available online at [www.facebook.com/MillingtonITT](http://www.facebook.com/MillingtonITT)

**CASINO NIGHT**

**Friday, June 21**

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 Bus departs at base at 4:30 p.m. and returns 12:30 a.m.

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**Ellison Family Recreation Center**  
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**holidays 2-7 pm.**

[www.dodlodging.net](http://www.dodlodging.net)



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**FATHER'S DAY BRUNCH**  
**Sunday, June 16**

11 a.m. - 1:30 p.m. in the Helmsman Complex  
 Top round of beef au jus, BBQ ribs, fried catfish, northern beans, Sadie potatoes, corn on the cob, green beans, dinner rolls,

scrambled eggs, bacon, sausage, grits, French toast, biscuits with butter and jelly, Potato salad, macaroni salad, carrot salad, garden pea salad, apple and peach cobbler with ice-cream, coffee, tea, soda, orange juice and Champagne (Patrons must be 21 years or older to be served Champagne)

**Adults \$10.50**  
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**Children age 4 and younger eat free**



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**Check out our June specials**

- Wed., June 5 Free candy bar with purchase of dinner
- Wed., June 19 Taco bar - Free to all players 5-7 pm Grill open 6:30-7:30 only
- Wed., June 26 Free 20 oz soda with purchase of a dinner
- Fri., June 7 Games 1 to 4 of the regular sixteen game program will pay \$200.00 per game
- Fri., June 14 Games 5 to 8 of the regular sixteen game program will pay \$200.00 per game
- Fri., June 21 Games 9 to 12 of the regular sixteen game program will pay \$200.00 per game
- Fri., June 28 Games 13 to 16 of the regular sixteen game program will pay \$200.00 per game

**Mongolian BBQ**  
**Friday, June 28**  
 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 UPCOMING DINING & EVENT HIGHLIGHTS!**

**MAY 30 - JUNE 8, 2013**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
<p><b>Free movie shown daily!</b></p> <p>Bldg. S-499 (5671 McCain St.) (901) 874-5455.</p>	<p>MOVIE THEATER BIG SCREEN TV</p> <p>GAMES FREE WIFI</p> <p>VACATION PLANNING DISCOUNT TICKETS REC LODGING AND MORE!</p> <p><b>Ellison Recreation Center</b></p> <p>MWR LIBERTY NAVY Getaways ITT CNIC</p>	<p><b>Helmsman Lunch Buffet 30</b>                      Carved roast beef                      Carved pit smoked ham</p> <p><b>Eagle's Peak Lunch Special</b>                      Chef Choice</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      1830 The Croods (PG)</p>	<p><b>Helmsman Lunch Buffet 31</b>                      Fried catfish                      Spaghetti with meat sauce</p> <p><b>Eagle's Peak Lunch Special</b>                      Catfish</p> <p><b>Annual Concerts</b>                      by the Green!                      6:30 - 8:30 p.m.                      Glen Eagle Golf Course                      Music starts at 7 p.m.</p> <p><b>BINGO</b>                      Helmsman Complex</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      1830 Snitch (PG-13)</p>	<p><b>Step aerobics class:</b>                      11a.m. to 12 noon @ Joe Dugger</p> <p><b>FAMILY MOVIE MATINEES!</b></p> <p>Ellison Family Recreation Center                      Free movies in Cinema 36                      1430 Monsters Inc. (G)                      1630 Legend of the Guardians (PG)                      1830 Oz the Great &amp; Powerful (PG)</p>	<p><b>2 Helmsman Plated Lunch</b>                      Country fried steak                      Whipped potatoes with gravy</p> <p><b>Eagle's Peak Lunch Special</b>                      Sandwich and Soup</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      Titles to be announced</p>	<p><b>3 Helmsman Plated Lunch</b>                      Fried pork chops                      Whipped potatoes with gravy</p> <p><b>Eagle's Peak Lunch Special</b>                      Taco Salad</p> <p><b>COED YOGA @ Joe Dugger</b>                      4:30 p.m.-5:30 p.m.</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      Titles to be announced</p>	<p><b>4 Helmsman Plated Lunch</b>                      Southern fried chicken                      Liver and onions</p> <p><b>Eagle's Peak Lunch Special</b>                      BBQ</p> <p><b>COED YOGA @ Joe Dugger</b>                      12 noon -12:30 p.m.</p> <p><b>BINGO</b>                      Helmsman Complex</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      Titles to be announced</p>	<p><b>5 Helmsman Lunch Buffet</b>                      Carved roast beef                      Carved pit smoked ham</p> <p><b>Eagle's Peak Lunch Special</b>                      Chef Choice</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      Titles to be announced</p>	<p><b>6 Helmsman Lunch Buffet</b>                      Fried catfish                      Lemon pepper</p> <p><b>Eagle's Peak Lunch Special</b>                      Catfish</p> <p><b>Annual Concerts</b>                      by the Green!                      6:30 - 8:30 p.m.                      Glen Eagle Golf Course                      Music starts at 7 p.m.</p> <p><b>BINGO</b>                      Helmsman Complex</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      Titles to be announced</p>	<p><b>7 Helmsman Lunch Buffet</b>                      Fried catfish                      Lemon pepper</p> <p><b>Eagle's Peak Lunch Special</b>                      Catfish</p> <p><b>Annual Concerts</b>                      by the Green!                      6:30 - 8:30 p.m.                      Glen Eagle Golf Course                      Music starts at 7 p.m.</p> <p><b>BINGO</b>                      Helmsman Complex</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      Titles to be announced</p>	<p><b>8</b></p> <p><b>FAMILY MOVIE MATINEES!</b></p> <p>Ellison Family Recreation Center                      Free movies in Cinema 36                      Titles to be announced</p>



# We've Got NEX



1.

Picture 1 Allan Loschky informs NEX associates about Emergency Preparedness  
Picture 2 NSA Mid-South/ MWR "To-Do" table  
Picture 3 Shelby Farms Greenline, manned by Nancy Reeves, handing out maps and information about the Greenline Bicycle Trail  
Picture 4 Noel Villamora, NEX Services manager serves up samples of local McCarter Coffee, a new offering at the NEX,  
Picture 5 Free Hot Dogs were offered during the Customer Appreciation event.

All photos by Gloria Stanaway, NEX Memphis



2.



3.



4.



5.

## Family Matters

# Commissaries Plan for Monday Furloughs

By Kevin L. Robinson  
Defense Commissary Agency

When furloughs are implemented, most military commissaries will close one day a week on Mondays, the Defense Commissary Agency's top official said. The closures will be for up to 11 days between July 8 and Sept. 30. "We know that any disruption in commissary operations will impact our patrons. Also, we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay," said Joseph H. Jeu, DeCA's director and CEO.

"We determined that Monday closures would present the least pain for our patrons, employees and industry partners," Jeu added.

Closing commissaries on Mondays would be in

addition to any day stores are routinely closed. The 148 stores that routinely close on Mondays would also close the next normal day of operation. Other than the furlough day, there are no other changes planned for store operation hours.

The announcement comes as DeCA follows Department of Defense protocols related to the automatic federal government budget reductions, known as sequestration, which began March 1. Like most DOD activities, DeCA is mandated by DOD to furlough its civil service employees. Furlough notices are scheduled to be delivered to DeCA employees between May 28 and June 5.

DeCA has 247 commissaries with more than 16,000 employees operating in 13 countries and two U.S. territories. Furloughs will impact all of DeCA's more than 14,000 U.S. civil-

ian employees.

As sequestration continues, commissary customers can quickly find out about any changes to their local store's operating schedule by going to [www.commissaries.com](http://www.commissaries.com), clicking on the "Locations" tab, then "Alphabetical Listing," finding their store and clicking on "local store information."

Patrons are reminded that because sequestration is so fluid, DeCA's plan for this budget-cutting measure is subject to change.

DeCA decided on Monday closures after weighing the potential disruption to patrons and suppliers of having rolling furloughs, where closure dates would differ from store to store. Universal Monday closures are less disruptive to shoppers and the agency's industry partners -- vendors, suppliers and distributors -- who deliver products daily to DeCA's commissaries.

Store staffs overseas include a mix of U.S. and local national employees. Because they are not U.S. government employees, local national employees are not subject to this furlough actions. Select locations overseas will open if they have an adequate local national staff. However, if an overseas store is closed, its local national staff will report to work and perform other store-related duties.

In January, DOD released guidance to allow defense components to plan for potential budget cuts by reducing operating costs. In line with that direction, DeCA later executed the following budget-cutting measures:

- A hiring freeze on all outside hires;
- Curtailment of official travel for all conferences, training, and any other events and activities considered noncritical to the agency's mission;
- Cancellation of the

agency's May Worldwide Case Lot Sales for all commissaries. Instead, stores are conducting smaller-scale events such as outdoor sidewalk sales;

-- Curtailment of all overtime and compensatory time unless deemed mission-critical;

-- Review of contract services to restrict any increases;

-- Curtailment of all monetary awards unless legally required; and

-- Postponement of all Guard and Reserve on-site sales scheduled after July 8 until further notice.

"We are in this together," Jeu said, "and though limited in our ability by circumstances we cannot control, I assure you we will do all we can to mitigate the impact of sequestration on our patrons, employees and industry partners, and on our mission."

The Defense Commissary Agency operates a worldwide chain of

commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. By shopping regularly in the commissary, patrons save an average of 30 percent or more on their purchases compared to commercial prices -- savings amounting to thousands of dollars annually.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



# Rowe Rewarded

During a virtual town hall meeting, Lauren Rummel, Command Information Office deputy, Bureau of Naval Personnel, presents a coin to Kenneth Rowe for his work as the program manager and data analyst for Navy Personnel Command's Enlisted Personnel Readiness and Support Branch. Rowe was recognized for his data and analysis contributions while working with Type Commanders to improve chief petty officer manning at sea.

(Photo by MC2 Andrea Perez)



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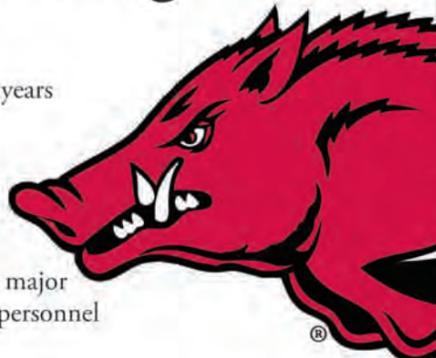
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| 2. COMMUNITY CLUB HOUSE             | 5. LOW UTILITY BILLS                            |
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