



THE BLUEJACKET

Naval Support Activity Mid-South • Vol. 71 • No. 41 • Thursday, October 18, 2012



P.4 **DISNEY TIME!**

P. 3 **Harvest Festival**

P. 8 **EYE ON THE FLEET**



By NSA Mid-South Safety Office

Halloween Safety Tips

Well it's that time of year again. So the NSA Mid-South Safety Office wants to remind everyone how important it is to have a game plan for this fun-filled evening called Halloween. There's a lot more to it than just costumes and candy. Safety is probably NOT at the forefront of most children's minds, so parents and motorists need

to be especially alert. The best way to do that is to use the Operational Risk Management (ORM) process that we use in Naval operations. That requires "planning" and "knowledge" of the upcoming event. So keep in mind that the most common cause of injuries on Halloween night are due to falls from tripping on the hems of costumes, as well as traversing steps, curbs or unseen objects.

Here are a few more considerations to keep in mind during this fun-filled process. Parents need to accompany their children as they go trick or treating. Not only is it safer for the kids, but it gives parents a chance to get to know their neighbors. Besides that, it's a fun family-oriented experience that kids won't forget throughout their lives. Parents should plan on checking their child's treats before allowing the child to eating them. Throw away homemade or non-wrapped treats unless you know the source personally. Expect children to be overly-excited. If they see some kids across the street

that they know, they may dart across the street or into the darkness. Expect it and stay alert.

It's also a good idea to go over a safety checklist and to discuss safety with the kids before they start out. Here's a short checklist of things to keep in mind: .

Make sure costumes fit properly and are short enough to avoid tripping over them.

Use face paint or make up instead of masks that can obstruct vision.

If using a mask, cut eyeholes large enough to allow full vision.

Wear shoes that fit well and are easy to walk in.

Decorate costumes and treat bags with reflective tape to help make trick or treaters more visible to motorists.

Buy costumes and wigs labeled flame resistant and keep clear of candles in Jack-O-lanterns.

Stay in your own neighborhood.

Trick or treat at homes of individuals that you know with porch lights on.

Remind the kids to never go into a stranger's house without a parent.

Remind kids to stop and look both ways before crossing the street, and always cross at corners.

Use a flashlight to ensure safe walking and to be more visible.

Keep small candies and peanuts away from younger children. They may choke on the small pieces.

Drive slowly through neighborhoods and be especially careful on side streets.

If you want some reflective tape to put on your kid's costumes, drop by the NSA Safety Office in building S-237 (the same building the base Fire Department is in). Enter from the North side of the building and take the first hallway to the right. After all, being able to "see and be seen" is what Halloween is all about. So let's do it with safety in mind. ENJOY!

Purchase for lowest Life-Cycle Cost

By Larry Vescovo
Installation Energy Manager

Is purchasing energy efficient equipment the right thing to do for the planet, good common sense, or is it the law?

In your workplace, it's all three! Federal Law requires that government purchasers buy products with the lowest life-cycle cost, not the lowest first cost. ENERGY STAR is a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy helping us all save money and protect the environment through energy efficient products and practices. Energy star labels on appliances and electronics are simple to read, easy to interpret and uniform throughout the industry.

The Environmental Protection Agency's Energy Star program labels products such as appliances, electronics, building components, heaters and air conditioners, lights, fans and water heaters that meet energy efficiency standards.

With most appliances lasting a really long time, buying the most energy efficient one often outweighs any purchase price savings to purchase a less efficient product. Try to bear in mind that reducing energy consumption saves you money as a consumer two or three different ways.

Less energy produces less heat. Less heat requires less air conditioning. Less energy and less air conditioning means lower bills AND greater comfort. That's just common sense.

For the Home
Energy efficient choices can save families about a third on their energy bill. We are very fortunate in the Mid-South to enjoy very reasonable utility rates. But, saving a third is attractive even if you live in a one bedroom apartment.

Remember, saving energy is just the first part. That savings also

equates to savings of greenhouse gas emissions, reduction in the carbon footprint and reliance on foreign energy.

Plus, you don't sacrifice features, style or comfort. ENERGY STAR helps you make the energy efficient choice.

If looking for new household products, look for ones that have earned the ENERGY STAR. They meet strict energy efficiency guidelines set by the EPA and US Department of Energy.

If looking to make larger improvements to your home, EPA offers tools and resources to help you plan and undertake projects to reduce your energy bills and improve home comfort.

This really makes sense. In fact, the cost to buy a piece of energy-consuming equipment is often just a fraction of what it will cost to power the equipment over its life. Reducing energy consumption reduces our carbon footprint, reduces our demand on the grid, and saves money in the long run.

Results are already adding up. Americans, with the help of ENERGY STAR, saved enough energy in 2010 to avoid greenhouse gas emissions equivalent to those from 33 million cars — all while saving nearly \$18 billion on their utility bills.

You don't have to be an economist to recognize that even a very small share of \$18 Billion is worth a little research. See what you can find out.

Manufacturers know that Energy Star is a selling point and they are anxious to get your business. Buy the products that pay you back over time. It's just common sense.

For more information on Energy Star, go to <http://www.energystar.gov/>

For information regarding purchasing energy efficient equipment for the workplace, go to http://www1.eere.energy.gov/femp/technologies/procuring_eeproducts.html



Life on NSA

Take the Heat

NSA Mid-South's Administrative Officer, LCDR Cheryl Aimes-Tillman extinguishes a practice fire as part of training for fire prevention week observed October 7 through 13.

(Photo by MC3 (SW) Ronda Spaulding)



All Ears

RDML Ricky Williamson speaks at the NSA Mid-South All hands discussing current issues and answering questions from Sailors and Civilians.

(Photo by SH1 Michelle Torres)

Commanding Officer..... Capt. Steve Fimple
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CALENDAR OF EVENTS

The Memphis Chapter of the Military Officers Association of America (MOAA) Meeting- 18 Oct at the Helmsman Complex, from 6 p.m. - 8p.m.

The dinner meeting is open to all active duty military officers, former officers, members of the Reserve and National Guard, retirees, and their surviving spouses. The guest speaker will be Rear Admiral Michael S. White, Assistant Commander, Navy Personnel Command for Career Management (PERS-4), Millington, TN. The cost is \$17. Call (901) 873-4381 or email majdad@bigriver.net for information and reservations.

FCPOA Halloween Party- 26 October starting at 4 p.m. The event will take place at the Crows Nest with food, drinks, games, and dancing. Prizes for the Best and Worst Costumes. A recommended \$5 donation is being requested for all E7 and above as well as civilians. All proceeds will go towards Holiday Food Baskets for our local and military families in need. POC is YN1 Bligh X4974 or robin.bligh@navy.mil.

Millington Farmers' Market- 27 October from 8 a.m.- 1 p.m. Saturday only at 5152 Easley Street. There will also be occasional live music and educational programs on gardening and green living to enhance the destination.

NSA Mid-South Chapel Marriage workshop- 3 November from 9a.m. -4 p.m. Military Families strengthening their Marriages no cost but registration required breakfast, snacks, and Lunch provided.

Engaged couples and Geographical Bachelors welcome. To register call 901-874-5341 annual Health Fair is scheduled for November 08, 2012, from 0900am- 13:00pm in the Pat Thompson Building. There will be several representatives available to answer questions on their respective FEHB Plan.

Health Fair- 8, November from 9 a.m.- 1 p. m. in the Pat Thompson Building. There will be several representatives available to answer questions on their respective FEHB Plan.

Branch Clinic HEALTHY HEART -This is a one hour group appointment on heart health for those with elevated cholesterol issues, hypertension (high blood pressure) or any one just wanting to have a healthier lifestyle to protect their heart and prevent heart

attacks or strokes. Appointments are offered in the morning and afternoon weekly. Registration required call: Beth McKinzie RN, CDE Health Promotion/ Education 874-6178

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. B O W SEASON FOR NSA MID-SOUTH - 13 Oct to 6 January All applications must be turned in NLT than 21 September. Hunting is open to base employees and housing residents only. All hunters must follow Unit L requirements and hunting is only authorized on weekends. Applications can be picked up at the Security Building 237 from 0700-1530 Mon-Fri.

All applications must be turned in NLT than 21 September 2012. Upon submission of application you must present hunting license, hunting safety certificate along with proof of base employment or on base housing status. The Safety Class and Zone drawing will be conducted on Wednesday, 26 September, 1300-1530, in the Security Training Room (ground floor) Bldg 239 (Enter from West Side South Wing). Any questions can be directed to Mr. Emmitt Topping via email or phone 874-5524.

Five Commands Selected to Represent Midwest Region in Navy Community Service Program Competition

By Navy Region Midwest Public Affairs

Navy Region Midwest (NRMW) recently announced its nominations for the Navy Community Service Awards Program (NCSAP) in the Midwest Region. Commands were selected from more than 120 possible competitors aboard Naval Station Great Lakes (NSGL), Ill.; Naval Support Activity (NSA) Crane, Ind.; Naval Support Activity (NSA) Mid-South in Millington, Tenn.; and at the 32 Navy Operational Support Centers disbursed throughout the Region's 16 states. Nominees will go on to compete Navy-wide with the overall results expected to be released sometime in November.

Commander, NRMW Rear Adm. Rick Williamson said these awards are a perfect opportunity for all commands to showcase the great effort put forth all year long by Sailors and civilians alike in supporting local communities.

"It's really important that our Sailors get out into the local population not only to let them know the Navy is here, but to let them know the Navy supports them and we are an important part of the community," said Williamson. "Our Sailors truly enjoy being a part of something bigger; however, they don't do it for the recognition. We have been doing volunteer work outside our gates for a long time, and this program is also an excellent opportunity to recognize those commands that put forth the extra effort."

NCSAP is sponsored by Commander, Navy Installations Command (CNIC). All commands in the Navy are eligible to compete first at one of 11 Regional levels and then Navy-wide at the CNIC level if nominated by their respective Region.

Commands compete against each other based on the combined size of their civilian and military population. This year marks the second straight nominations in multiple categories for NSGL (medium command) and Training Support Center (TSC) Great Lakes (large command).

"We are honored to have been selected as Navy Region Midwest's nomination for this prestigious award," said Capt. Randy Lynch, NSGL commanding officer. "The Installation and our tenants are continually looking for additional ways in which we can partner and/or volunteer with our civilian neighbors outside the base. These communities do so much for our Sailors and civilians; volunteering is the least we can do to pay them back for their great support."

NCSAP has five categories, called flagships, that consists of the Personal Excellence Partnership; Environmental Stewardship; Project Good Neighbor; Health, Safety and Fitness; and Campaign Drug Free. Commands selected for at least three of the five flagships are then eligible to compete for the more prestigious USS Bainbridge Award.

TSC Great Lakes was selected as the Midwest large command winner for the Personal Excellence Partnership; Project Good Neighbor; and Health, Safety and Fitness, also making them eligible for

the USS Bainbridge Award. "The city of Chicago and the suburbs reach out to the military like no place else I've been in my 37 years. The community gives to us, so it's important for our Sailors to give back to the community," said Capt. Peter Lintner, commanding officer of TSC Great Lakes. "Our Sailors enjoy volunteering, they enjoy participating in community events, and it gives them a meaning to what they do here. When Navy ships throughout the world pull into port, they always get a community service project going whether it's painting a church or working in an orphanage. Here at the quarterdeck of the Navy where our Sailors start, it's important for them to learn to do this early in their career."

NSGL was selected as the Midwest medium command winner for the Personal Excellence Partnership; Environmental Stewardship; Health, Safety and Fitness; and Project Good Neighbor, qualifying them for the USS Bainbridge Award.

Other Regional nominees for Navy-wide competition include Naval Facilities Engineering Command (NAVFAC) Midwest for the Environmental Stewardship flagship as a large command, Navy Manpower Analysis Center (NAVMAC) Mid-South for both the Personal Excellence Partnership and Environmental Stewardship flagships as a medium command, and Transient Personnel Unit (TPU) Great Lakes for the Project Good Neighbor flagship as a small command.

"It makes me feel great to help others," said Seaman Brett Prevost, currently assigned to NSGL. "As a former Boy Scout, I've been volunteering most of my life and it's just part of who I am."

Other Sailors stationed around Great Lakes responded in similar fashion adding, among many reasons, that they do community service because they enjoy making others happy, like to see children smile, giving is better than receiving and even that in doing so, it builds camaraderie among one another.

"The competition this year was tough, making our selection quite difficult. I applaud all the commands who submitted packages. I know there are many more out there doing great work in the community that did not get picked, and I hope they will next year," said Williamson. "I look forward to seeing CNIC's Navy-wide award winners and hope to see even more commands from the Midwest in the running next year. I encourage all of our commands to get involved in volunteer work to display our Sailors' pride in service and commitment to our citizens."

For more information about the Navy Community Service Program, visit <http://navymwr.org/ncsp/flagship.html>. The Regional Community Service Program Coordinator is MC1 John Mike, who can be reached at 847-688-2430 or john.mike@navy.mil. For more information about Navy Region Midwest visit <http://www.cnic.navy.mil/cnrmw/> or check us out on Facebook at <http://www.facebook.com/#!/pages/Commander-Navy-Region-Midwest/169922686362422?ref=ts>.

Chaplain's Compass

When do we start to live and be happy?

By Chaplain Dave Mowbray
NSA Mid-South Chaplain

After taking some time off, it's good to be back in the saddle again! I hope you are enjoying the nice, cool weather as well as seeing the leaves starting to change. Here is this week's devotional thought on happiness, realizing that true happiness comes from knowing and serving God, for his glory, while we also love others as we love ourselves.

When do we start to live and be happy?

We convince ourselves that life will be better once we get married. Then we are frustrated that the kid's aren't old enough and we will be more content when they are.

After that we're frustrated we have teenagers with whom to deal. We will certainly be happy when they are out of that stage! We tell ourselves our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on vacation, when we retire. The truth is, there's no better time to be happy than right now.

If not now, when?

Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway.

Alfred D'Souza said, "For a long time it had seemed to me that life was about to begin—real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time to be served, debt to be paid. Then life would begin. At last it dawned on me that these obstacles

were my life."

This perspective helps us to see that there is no way to happiness. Happiness IS the way. So, treasure every moment you have. And treasure it more because you shared it with someone special, special enough to spend your time ... and remember that time waits for no one.

So stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until

winter, until the first or the fifteenth, until your song comes on, until you die, until it's too late to decide there is no better time than right now to be happy ... for happiness is a journey, not a destination.

—Author Unknown
"We must find out duties in what comes to us, not in what we imagine might have been."

--George Eliot

Verse of the Week:

"Do not say, "Why is it that the former days were better than these?" For it is not from wisdom that you ask about this. —Ecclesiastes 7:10

Name those tunes!

- 1) "I am on the restless sea of life...."
- 2) "When we go out stepping on the town, For a while my money's low and my suit's out of style...."
- 3) "Goodbye grey sky, hello blue...."



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Harvest Festival



For over 25 years the NSA Chapel Center has hosted a Harvest Festival in some sort. Though the times have been altered throughout the years the main priorities for the festival has been to: 1) Have the word of God spoken and taught (Scripture Booth), 2) To have the Word of God given (Cake walk-all cakes come with a scripture and or an invitation to come to the saving knowledge of Christ, 3) A time of singing praise, fun, and passing the love of the Lord to all who attend. It is always a blessing for the Chapel family to be here for our base families.

Retiree Corner

VA Offers a New Tool to Help Veterans Prevent Diabetes

The Department of Veterans Affairs today announced the implementation of a pilot version of the Diabetes Prevention Program (DPP), a program being promoted nationally by the Centers for Disease Control and Prevention, aimed at reducing the number of Veterans who develop diabetes.

"The Diabetes Prevention Program will provide Veterans with another tool to help them lead healthier, fuller lives, reducing their risk for diabetes," said Secretary of Veterans Affairs Eric K. Shinseki.

The DPP was a major multi-center clinical research study aimed at discovering whether modest weight loss through dietary change and increased physical activity or treatment with the oral diabetes drug metformin could prevent or delay the onset of Type 2 diabetes.

The study enrolled participants who were prediabetic—overweight and with blood glucose (blood sugar) levels higher than normal, but not high enough for a diagnosis of diabetes. Results showed those who lost a modest amount of weight through

dietary changes and increased physical activity sharply reduced their chances of developing diabetes.

"Approximately 24 percent of Veterans have Type 2 diabetes," said Dr. Linda Kinsinger, VA's chief consultant for preventive medicine. "We've monitored the DPP's results and we feel that it could be another tool to make a difference for Veterans."

Through VA's pilot DPP, which will be offered on a strictly voluntary basis, some Veterans who are at risk for, but not diagnosed with, diabetes will attend a series of group sessions and will be given predetermined weight loss and physical activity goals. Research has shown that, while many Veterans benefit by establishing their own health goals, others show positive improvement working towards goals determined by the program.

Other Veterans at risk for diabetes will receive weight management care through MOVE! - VA's current weight management program. The program targets a broad range of patients who are obese or overweight with obesi-

ty-related conditions, whereas the DPP specifically targets those obese individuals who have laboratory evidence of prediabetes.

Because VA is eager to try new approaches to promoting health and preventing disease, it is implementing a pilot VA version of the DPP. A limited number of Veterans with prediabetes will be able to participate in this pilot clinical program at the medical centers in Minneapolis, Baltimore, and Greater Los Angeles with VA Ann Arbor serving as the coordinating center.

For more information on this program, contact Jay Shiffler (jay.shiffler@va.gov) at the VA National Center for Health Promotion and Disease Prevention. To learn more about the VA's prevention program, visit <http://www.prevention.va.gov/index.asp>.

VA operates the largest integrated health care system in the country. With a health care budget of more than \$50 billion, VA expects to provide care to 6.1 million patients supporting 920,000 hospitalizations and nearly 80 mil-

lion outpatient visits this year. VA's health care network includes 152 major medical centers and more than 800 community based outpatient clinics.

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Birthdays

CSCM Ken Croft and Commanding Officer Capt Stephen Fimple at all hands quarters to celebrate the Navy 237th Birthday with ringing of the bell 8 times to close out the old year and 1 time to bring in the New Year.



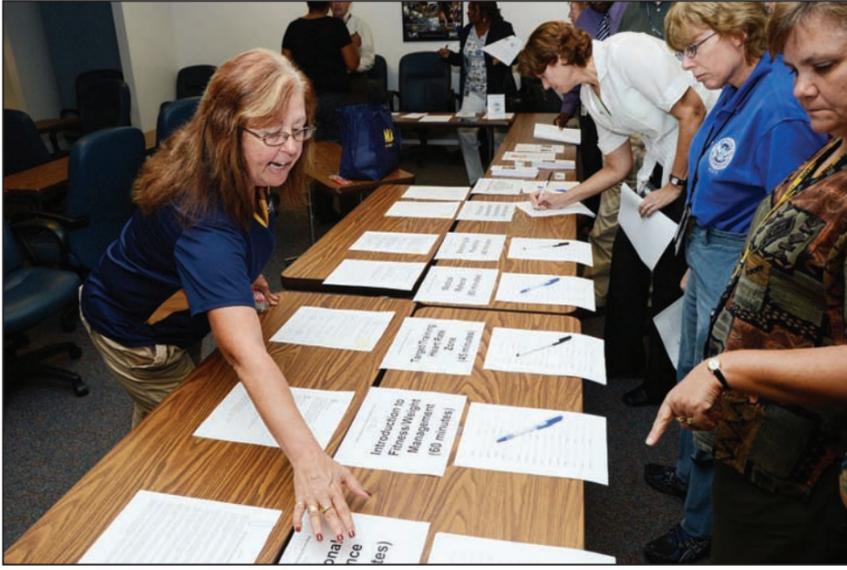
Fantasy World

Cruella De Vil the villain from the movie 101 Dalmatians, played by Debra Howze, NSA Fitness, sports and aquatics division head poses with the children celebrating birthdays at the Disney Character Breakfast.

NSA Mid-South's Disney Character Breakfast was a success for the fifth year in a row. This year featured 41 Disney Characters from 18 different movies who all performed short skits from their respective movies.

(Photo by SHI (SWIAW) Michelle Torres)

Get Fit!



Navy nutrition experts and NSA Mid-South Morale Welfare and Recreation fitness representatives provided useful tips on nutrition and physical fitness to BUPERS/ NPC personnel during the Healthy Lifestyle Fair, Oct. 16. The fair was geared toward those taking part in the 2012-2013 Federal Executive Association (FEA) Fitness Challenge, but open to all military, civilian and contractor personnel. The FEA Fitness Challenge is a weight loss competition between all Memphis area FEA agencies and runs through April 2013.

(Photo MC 2 Andrea Perez)



Clinic Corner

COPING WITH STRESS

Beth McKinzie RN, CDE Head Health Promotion/Education

What are the ways that you positively deal with and reduce your distress? Some suggestions are - talk to a friend, do something physical (walk, run, mow the yard, yoga), take some quiet time, listen to music, write down what is bothering you, take a hot bath or shower, read a book, go fishing, start a gratitude journal, take slow breaths, pet your cat!

The list is endless & it is different things for different people. Come up with a plan or skill that works for you.



Review your successful and poor strategies for dealing with distress. To improve your skills you can sign up for a course, complete web based training, develop & practice a new stress busting skill to enhance your ability to cope with stress!

Everyone experiences stress- no matter their age! Kids may need extra help learning the best ways to deal with stress.

Find ways to coach and teach them to improve their stress management skills. Being a good example is a great start. A helpful resource is www.stress-magmenttips.com/kids

Presented by:
NSA MidSouth FCPDA

HALLOWEEN PARTY

Location: Crow's Nest, inside the Helmsman
Time: 1600

Costume Contest!!! Prizes for the Best & Worst Costume

Friday, October 26 2012

Appetizers and Snacks will be provided!

Requested Donation: E7 and above - \$5.00

(All Proceeds for this event will go to Holiday Baskets for families in need)

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Monday thru Friday 0500-2200
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Step class will be held at 1630
Monday, Wednesday and Friday.

Saturday, November 17



Games begin at 9am at N-82 Gym
Open to ages 14 and up
6-8 players per team
\$10 per person (cash only; includes t-shirt)

Tournament is limited to first 20 teams to register.

Teams must have at least 3 girls
on the court at the start of the game

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Register by November 9 at N-82 Gym
or Baker Community Center.

For more information, call Jay at 874-5383 or Samantha at 873-5770

Glen Eagle Golf Course



"This course is one of the finest military golf courses in the world."

Glen Eagle Golf Course is open to all MWR authorized patrons and the general public. Glen Eagle is an exceptional 18 hole championship course which features Tif Eagle Bermuda Greens contoured to be some of the most challenging in Memphis area. This facility offers a well stocked golf shop featuring some of the top lines in golf such as Titleist, Callaway, Puma Footjoy and many others. Our PGA Professionals offer lessons for groups and individuals.

Come Out and Play!

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Call (901) 874-5168 for tee times and group bookings

INTRAMURAL VOLLEYBALL

Volleyball is right around the corner!!
Organize your teams and send in rosters.
Coaches meeting will be held on November 5th
at 1100 in the N-82 conference room.

For more information please call or email Jay Jennings at
901-601-0030 or Jaysonkjennings@aol.com.

Friday, Nov. 9 @ Navy Lake



TURKEY FUN! RUN! TROT

Gobble, Gobble ... Run or Wobble!
... but don't miss the fun!

Get the gang together and take a moment
before holiday rush to enjoy the sights and sounds
of crisp autumn day at beautiful Navy Lake and...

Hot turkey dinner, warm t-shirts,
free drawings for cool door prizes and...

The kids will jump for joy in the Bouncy Castle. And, at the face painting table
we make sure no child leaves without a smile on their face.

5K Fun Run registration fee only \$10!

5K Fun Run starts at 11:30 a.m.

Post Race Party at the Navy Lake, Lake House.

Post race party \$5 per person for those not registered for 5K.

Strollers and leashed pets allowed.

For more information or to sign up call (901) 874-5497
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NSA MID-SOUTH SPLASH PARK

Closed for winter effective
15 October 2012.

MWR CNIC
FLEET • FORTER • FAMILY

Active Duty and Reservist YMCA Lap Swimming

Supporting the Navy's Fitness Enhancement Program (FEP)

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 Branch Head
901-874-5188/5159 wk
futurefit53@yahoo.com

YMCA:
Millington Family YMCA
901-873-1434 wk
901-873-1438 fax

Lazy Anchor Ranch presents its annual ...

Fall Festival

Saturday, Oct. 20

10 a.m. - 3 p.m.

at Lazy Anchor Ranch

Navy Mid-South Millington, TN

FREE Hay-rides to the Pumpkin Patch!
Kids 12 and younger can pick a FREE pumpkin!

FREE activities for kids!

Face painting, Moon bounce, climbing wall, and more...

Arts and Crafts sale!

Concessions on site! (Fee charged)

Everyone welcome to attend!

For more information call (901) 601-6032.

event sponsors:



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 www.facebook.com/NSAMidSouthMWR 

VIEWING PARTY!

ARMY NAVY

AMERICA'S GAME

AND CHILI COOK-OFF!

SATURDAY, DECEMBER 8

JOE DUGGER FITNESS AND SPORTS COMPLEX (N-82 GYM)
7915 Memphis Ave. Millington, TN (just off Navy Road)

Come cheer on your favorite team in this Armed Forces Rivalry!

- Watch the game on the giant projector screen
- Pre-game fun • Free drawings • Halftime festivities
- Kiddie land featuring bouncy house • Food vendors • and more!

For more information please call the Sports office at 874-5188 or email Jay Jennings at Jaysonkjennings@aol.com.



We're looking for the best Chili in the Mid-South!!

Whether you are known for your "mean" fiery chili or have a flair for rich smooth favor chili we invite you to present your specialty to our judges! Call (901) 874-5652 or stop by the Information, Tickets and Travel Office (bldg. S-760) to sign up or to get rules and more information on competition.

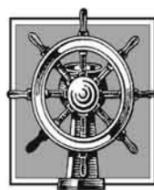
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 www.facebook.com/NSAMidSouthSports 

Open to the general public.



at the HELMSMAN COMPLEX

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

Lunch served
Monday - Friday 11 a.m.-1:30 p.m.

October Lunch Special

One half club sandwich
with french fries garnish and soup and salad bar
\$6.50



Mongolian BBQ

Friday, October 26

5-8 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: 75 cents per oz.

(See calendar below for daily buffet entree menu.)

Vendor booths available \$75 each
(Booth for Active Duty Military \$50)

Mid-South Arts in the Street

Saturday, Nov. 3
10 a.m. - 10 p.m.

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

It's a Mid-South artist extravaganza!



- * Live band performances
- * Art League displays
- * Arts and Craft vendor booths
- * Food and beverage concessions
- * Kids Activities and play area
- * Artist Stage (demonstrations)



To participate contact
Bonnie Gray at 508-1932
or Debra Howze at 508-1962.

event sponsors include:



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 www.facebook.com/ArtsInTheStreet 

Exotic Spring Adventure

April 21, 2013

aboard
Carnival Conquest

5 Night Western Cruise Itinerary:

Sun	4/21/13	New Orleans	4 p.m.
Mon	4/22/13	Fun Day at Sea	
Tue	4/23/13	Fun Day at Sea	
Wed	4/24/13	Mahogany Bay, Isla Roatan	8 a.m.—6 p.m.
Thu	4/25/13	Belize	8 a.m.—5 p.m.
Fri	4/26/13	Cozumel, Mexico	9 a.m.—5 p.m.
Sat	4/27/13	Fun Day at Sea	
Sun	4/28/13	New Orleans	8 a.m.

Interior for 2: \$1255.78 Ocean View for 2: \$1475.78

Deposit of \$25 per person due to Carnival Now
Cancellation/onboard credit \$25 pp fee due to ITT upon booking
2nd payment of \$250 per person due by Nov 15, 2012
Final payment due by Jan 28, 2013.

Ask about Travel Guard Insurance (based on pkg price & DOB)
& Prepaid Gratuities (\$11.50 per person per day).

Want to take the whole family? Ask about rates for 3rd & 4th guests.



(901) 874-5455/5652 | www.facebook.com/MillingtonITT
Monday - Friday 9 a.m. - 5 p.m. | 1st & 3rd Saturdays each month 10 a.m. - 2 p.m.



MWR UPCOMING DINING & EVENT HIGHLIGHTS!

OCTOBER 18 - 27, 2012 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Renovation of Bldg. S-499 is underway The Ellison/Liberty/Rec. Lodging Office has temporarily relocated to ITT office at the Helmsman Complex (Bldg. S-760.) If you have any questions or concerns, please call Recreational Lodging front desk 901-874-5650 Ext. 2.	Helmsman Lunch Buffet 18 Carved boneless turkey Pit smoked ham	Helmsman Lunch Buffet 19 Fried catfish Baked ziti	NO FAMILY MOVIE 20 Ellison Rec. Center Closed for renovations	Eagle's Peak Bar & Grill Glen Eagle Golf Course Lunch Special Chef's Choice	Eagle's Peak Bar & Grill Glen Eagle Golf Course Lunch Special Fried Catfish	Fall Festival 10 a.m. - 3 p.m. at Lazy Anchor Ranch
NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations
21 Helmsman Plate lunch special 22 Fried catfish French fries	Helmsman Plate lunch special 23 Chicken fried steak Whipped potatoes	Helmsman Lunch Buffet 24 Southern fried chicken Smoked sausage with peppers and onions	Helmsman Lunch Buffet 25 Sliced roast beef Sliced pit smoked ham	Helmsman Lunch Buffet 26 Fried catfish Fried shrimp	NO FAMILY MOVIE 27 Ellison Rec. Center Closed for renovations	
Eagle's Peak Bar & Grill Glen Eagle Golf Course Lunch Special Chef's Choice	Eagle's Peak Bar & Grill Glen Eagle Golf Course Lunch Special Chef's Choice	Eagle's Peak Bar & Grill Glen Eagle Golf Course Lunch Special BBQ	Eagle's Peak Bar & Grill Glen Eagle Golf Course Lunch Special Chef's Choice	Eagle's Peak Bar & Grill Glen Eagle Golf Course Lunch Special Fried Catfish		
NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations	Bingo Every Weds. & Fri. Helmsman Complex	NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations	NO MOVIE Ellison Rec. Center Closed for renovations	

This week in Navy History

October 11

1942 - Battle of Cape Esperance begins: In two-day battle, American task force stops Japanese attack on Guadalcanal and sinks two Japanese ships while losing only USS Duncan (DD-485).

1950 - Task Force 77 Aircraft destroy North Korean vessels off Songjin and Wonsan and north of Hungnam.

1963 - Navy medical team from Norfolk, VA begins massive inoculation program to safeguard against outbreak of typhoid in the wake of Hurricane

Flora. 1967 - Operation Coronado VI began in Rung Sat Zone

October 12

1914 - USS Jupiter (AC-3) is first Navy ship to complete transit of Panama Canal.

1957 - RADM Dufek arrives at McMurdo Sound, Antarctica to command Operation Deep Freeze III during the International Geophysical Year of 1957-58.

1980 - USS Guadalcanal and other ships of Amphibious Forces, Sixth Fleet begin assistance to

earthquake victims in Al Asnam, Algeria.

2000 - Terrorists in a boat make suicide attack on USS Cole (DDG-67) while the ship refuels in the port of Aden, Yemen. Seventeen Sailors are killed.

October 13

1775 - Birthday of U.S. Navy. The Continental Congress establishes Continental Navy, later the U.S. Navy.

October 14

1918 - Naval Aviators of Marine Day Squadron 9 make first raid-in-force for the Northern Bombing Group in World War I

when they bombed German railroad at Thielt Rivy, Belgium.

October 15

1948 - First women officers on active duty sworn in as commissioned officers in regular Navy under Women's Service Integration Act of June 1948 by Secretary of the Navy John L. Sullivan:

1960 - USS Patrick Henry (SSBN-599) begins successful firing of four Polaris test vehicles under operational rather than test conditions. Tests are completed on 18 October.

1965 - U.S. Naval

Support Activity Danang Vietnam, established.

October 16

1885 - CAPT Alfred Thayer Mahan, USN, becomes Superintendent of the Naval War College

1891 - Baltimore Incident, Valparaiso, Chile.

1940 - 5th group of 10 destroyers from the Destroyers for Bases Deal turned over to British at Halifax, Canada.

1942 - Carrier aircraft from USS Hornet (CV-8) conduct attacks on Japanese troops on Guadalcanal.

October 17

1922 - LCDR Virgil C.

Griffin in Vought VE-7SF makes first takeoff from U.S. Navy aircraft carrier, USS Langley (CV-1) anchored in York River, Virginia.

1941 - U-568 torpedoes and damages USS Kearny (DD-432) near Iceland, resulting in 11 killed and 22 injured.

1944 - Naval Forces land Army rangers on islands at the entrance to Leyte Gulf in preparation for landings

1989 - Following San Francisco earthquake, 24 Navy and Military Sealift Command ships rendered assistance.



Having A Ball



Left: The youngest and oldest attending service members cut the ceremonial cake with help from RDML Cindy Deputy Chief of Naval Personnel Command. "The War of 1812." That's the theme for the 2012 Mid-South Navy Ball with over 300 people in attendance, held at the Hilton Hotel in Memphis. Above: NSA Mid-South Band entertains attendees at the 2012 Navy Ball. "The War of 1812." That's the theme for the 2012 Mid-South Navy Ball with over 300 people in attendance, held at the Hilton Hotel in Memphis.

(Photos by MC3Ty Connors)

Family Matters

Internships Expand Child Care Options, Jobs

The Defense Department is taking internship applications for a program that expands the availability of child care and youth programs, while also giving a leg up to jobseekers in that field, especially military spouses.

DOD and the Agriculture Department formed the Military Extension Internship Partnership in 2010 in concert with a major construction project that started in 2008 to accommodate the growing requests for child care and youth programs, Barbara Thompson, director of DOD's Office of Family Policy/Children and Youth, told me recently.

"We thought the program up because we had huge child care growth," she said. "We were going through a big construction program and increasing the number of child development spaces and we knew we needed to do something on the employment side. We wanted to be grooming our staff along the way so we would have experienced people to take on the role of management."

The MEIP is taking applications for summer internships between Nov. 30 and Jan. 31 on its website.

More than 200 college students and recent graduates have completed internships through the program, and 25 percent of them have gotten federal jobs in child development and youth programs, Thompson said. Those management positions usually are at the general scale 9 to 11 pay grades and, with benefits, make them highly competitive against private-sector options, she noted.

As part of the depart-

ment's efforts to help with military spouse employment, spouses are encouraged to apply for the internships, she said.

"We think it's important that spouses who are going back for their education ... and we want to make sure there are jobs for them," she said.

MEIP places interns from 10 weeks to six months in child care and youth programs on military installations around the world, Thompson said. "They are placed under a seasoned program director to learn our system from the bottom up," she said.

The internships, like the child development jobs, are varied and include full training and the most up-to-date information in the child development field, Thompson said.

And, she added, the child development centers and youth programs on every installation - and multiple ones on the larger bases - the jobs are portable enough to move with spouses when they relocate.

Internship applicants must:

- Be a U.S. citizen or permanent resident;
- Have a GPA of at least 2.75;
- Have completed at least four semesters of college classes by the beginning of the internship;
- Be majoring in child development, youth development, recreation, management, or a similar program; and
- Plan to pursue a professional career similar to one's major, such as those within education, child or youth programs, or family services.

The application requires an original essay

of at least 600 words, two recommendations, official college transcripts, and if

applicable, an outline of the institution's mandates for the receipt of academic

credit.

Compensation varies by military service, but all

interns receive assistance to cover basic living expenses.

OPENING NIGHT MONDAY, NOV. 5 **GRIZZ VS JAZZ**
 Grizzlies T-shirt to the first 10,000 fans, presented by First Tennessee



EYE ON THE FLEET

The aircraft carrier **USS Enterprise (CVN 65)** passes underneath the Friendship Bridge while moving through the Suez Canal. Enterprise was deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions for Operation Enduring Freedom. The U.S. Navy is reliable, flexible, and ready to respond worldwide on, above, and below the sea. Join the conversation on social media using #warfighting.

(Photo by MC3 Scott Pittman)

NEX Web Store Expands Its Selection, Adds Merchandise

To further enhance customer shopping experience at myNavyExchange.com, the Navy Exchange Service Command (NEX-COM) will be adding a number of new products to its NEX web store over the next several months.

"We are constantly looking to add new products to our web store," said Tess Paquette, NEXCOM Senior Vice President, Chief Merchandising Officer. "We know that some of our authorized customers don't have access to shop a NEX, so the web store is the only way they can use this benefit they have earned. We want to make sure we have the products our customers need and want at a savings, no matter where they live around the world."

In honor of its decommissioning, USS Enterprise (CVN 65) apparel and gifts will be added to the NEX web store in mid-October. Customers will find a variety of Enterprise merchandise available to purchase including ball caps, shirts, coffee mugs and coins. Commissioned in 1961, the Enterprise is the world's first nuclear-powered carrier and is both the largest and oldest active combat vessel in the Navy.

Launching October 31, customers will find a wider variety of toys on myNavyExchange.com to coincide with the start of Toyland. Customers will be able to purchase action figures, building sets and blocks, dolls, kids' electronics, learning toys, riding toys and much more from their favorite brands.

"Toys were one of the top requests from customers and until now, we only offered early learning toys," said Paquette. "We will now be offering toys for boys and girls for all age ranges, just in time for the holidays."

MyNavyExchange.com currently has over 15,000 items in its web store.



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Investigating Officers Named by U.S. Fleet Forces Command

From U.S. Fleet Forces Public Affairs

U.S. Fleet Forces Command (USFF) assigned a flag officer to lead an administrative investigation and established a safety board to review the facts and circumstances Oct. 15 that led to the collision between a Navy submarine and an Aegis cruiser off the coast of Florida Oct. 13.

Vice Adm. Michelle Howard, deputy commander of USFF, appointed Rear Adm. Ann Phillips, commander of Expeditionary Strike Group (ESG) 2, as the investigating officer to lead a command investigation into the collision of USS Montpelier (SSN 765) and USS San Jacinto (CG 56).

The investigation is administrative in nature and will look into the cause of the collision and determine any fault, neglect, or responsibility. Additionally,



The Los Angeles-class attack submarine **USS Montpelier (SSN 765)** operates under its own power.

(Photo by MC2 Mike DiMestico)

the investigation will identify any shortfalls in procedures and make recommendations for corrective action.

USFF has also directed a Safety Investigation Board (SIB), which will be led by Rear Adm. Joseph Tofalo, commander of Submarine Group (SUBGRU) 10. The SIB will identify hazards and causal factors for the collision, and make recommendations to prevent

future mishaps.

Montpelier arrived in port Kings Bay, Ga., and San Jacinto arrived in port Mayport, Fla., Oct. 14. Overall damage to both the ship and submarine is being evaluated.

The propulsion plant of the submarine was unaffected by the collision.

Both Montpelier and San Jacinto were conducting routine training at the time of the accident

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DAVIES PLANTATION
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 Sat., October 20th 7 am-3pm
 Huge 2 Family Moving/Garage Sale. Everything Must Go!
 Furniture, Clothes Household Items. Tables
Lots Of Christmas Decor

GARAGE Sale- 6408 Bending River Rd./River Crest Sudv., Bartlett.
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 October 19th, & 20th-8am until

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 3099 West Union Road
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4510 HELP WANTED
BUS DRIVER wanted. Must have experience. Must pass background check & drug test. Call 461-5720.

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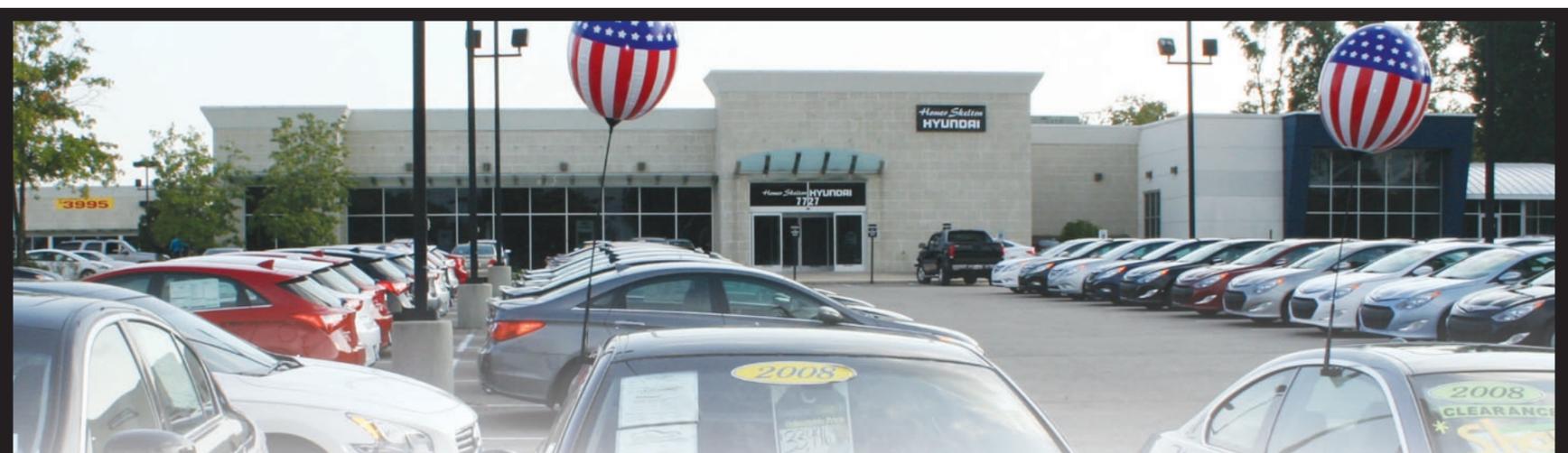
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RALLY POINT TITLE SERVICE
announces that the following vehicles will be sold on November 1, 2012 at 8:00 a.m. to recover any and all charges against said units:

2000 Ford Ranger
Vin: 1FTYR14V7TA40171 • Owner: William L. Holland
Lienholder: Forest Auto Sales Inc.
Garage Keeper: Thomas Street Motors
4171 N. Thomas • Memphis, TN 38127

2002 Ford F350 Lariat
Vin: 1FTFW32F2EC14912 • Owners: Rick & Erin Shelton
Lienholder: Shelby County Federal Credit Union

2003 Hummer H2
Vin: 5GRGN23U63H119623 • Owner: Antoinette Kennedy
Lienholder: Tennessee Title Loans

2006 Ford F250
Vin: 1FTNX205X6E07996

2004 Nissan Altima
Vin: 1N4AL11D64C196593 • Owner: Perry's Auto Sales
Lienholder: Dealers Services Corp.

2005 Volkswagen Jetta
Vin: 3WVDF71K15M614582 • Owner: Brian T. Lewis
Lienholder: Navy Federal Credit Union

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NUNALLY'S AUTOMOTIVE
5394 Pleasant View Rd,
Memphis, TN 38134

The following vehicles will be sold at auction on Oct. 19, 2012.

1999 Mazda
Vin Number:
1YVGF22DXX5850119

2002 Chevrolet Impala
Vin Number:
2G1WH55K829303426

Bill Taylor's Transmission, Inc.
1074 Brooks Rd
Memphis, TN 38116
901-396-3690

The following will be sold October 25, 2012 at noon on the above lot:

Vin Number:
1B4HS28Y2XF546032

Vin Number:
1J8GK58K65W598491

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1 Bedroom \$475
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2 Bedroom (Townhouse) \$535
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901-767-8700

THE FOLLOWING VEHICLES WILL BE SOLD ON THE ABOVE LOT 11/14/2012 AT NOON.

VIN NUMBER:
3VWSB69M71M116772

VIN NUMBER:
1LNFMB81W3WY637700

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DTSTOWING AND ROAD SERVICE
5120 WILFONG, STE 106
MEMPHIS, TN 38134

The following vehicles will be sold for auction on October 18, 2012 to the highest bidder at 5120 Wilfong.

2004 LINCOLN 5LMEU68H24ZJ08685
2004 MAZDA JM1BJ245431220134
2001 RANGER 1FTYR14U41PA23284
1994 TOYOTA JT2SK12E7R0230769
1996 FORD 2FMDA51U3TBA91261
1997 LEXUS J78BF22GKV0004530
1997 MERCURY 1MELM13P3VW641257
1998 TOYOTA 4T1BF18B1WU232672
2004 CHEVY 1G1JC12F847306582
2011 FORD 3FAHP0HAXBR230360
2006 DODGE 1B3AL46T46N229377
2001 FORD 1FMYU70E11UA48818
1995 HONDA 1HGJ1225L024370
2004 PONTIAC 5Y25L62894Z412442
1989 HONDA 1HGCA6247KH028423
1996 HONDA 1HGCD5656TA03269
1996 CADILLAC 1G6KS52Y6TU826113
1999 DODGE 1B4HR282ZF53902
1996 FORD 1FTEF15N2TLA96280
2005 TOYOTA JTEEP21A250070784
1998 BUICK 2G4WB52K8W1468955
2006 FORD 1FTPW12V36KC83745



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Saturday, October 20
10:00 a.m. - 5:00 p.m.
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AL CHYMIA SHRINERS

"HELPING KIDS GET WELL IN 2012"

Provided by Hicks Conv. Services

Saturday October 25th - Wednesday October 31st
6 P.M. - TIL
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Donation - \$10.00 per person

(Children under 13 must be accompanied by an adult)

Listen and WIN Tickets!



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"FRITE NITE"
A HAUNTED HOUSE

Al Chymia Shriners
5770 Shelby Oaks Dr.

OCTOBER 25TH - OCTOBER 31ST

"FRITE NITE"
A HAUNTED HOUSE

Al Chymia Shriners
5770 Shelby Oaks Dr.

OCTOBER 25TH - OCTOBER 31ST

"FRITE NITE"
A HAUNTED HOUSE

Al Chymia Shriners
5770 Shelby Oaks Dr.

OCTOBER 25TH - OCTOBER 31ST

"FRITE NITE"
A HAUNTED HOUSE

Al Chymia Shriners
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OCTOBER 25TH - OCTOBER 31ST

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