

THE Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

JANUARY 2024: VOLUME 82, NO.1

2024



NAVAL SUPPORT ACTIVITY MID-SOUTH LEADERSHIP



COMMANDING OFFICER
CAPT MICHAEL MOSBRUGER



EXECUTIVE
OFFICER
CDR JEREMY WOODALL



COMMAND MASTER CHIEF
CMDCM CHRIS BYARD

INSTALLATION PROGRAM DIRECTORS



ADMIN
CWO5 D. BURSON
NSAMIDSOUTH_ADM
N@US.NAVY.MIL



PUBLIC AFFAIRS
KENDRA LAWLER
NSAMIDSOUTH_PA
O@US.NAVY.MIL



SAFETY
ROBERT NELSON
NSAMIDSOUTH_HO
USINGDIRECTOR@U
S.NAVY.MIL



FFSC
SCARLETT COOK
NSAMIDSOUTH_FFS
CDIRECTOR@US.NA
VY.MIL



FIRE CHIEF
LEO HENDRICKS
NSAMIDSOUTH_FIR
ECHIEF@US.NAVY.
MIL



TRAINING
RICK JANIS
NSAMIDSOUTH_IT
O@US.NAVY.MIL



PUBLIC WORKS
LT ZACHARY ESKEW
NSAMIDSOUTH_PW
O@US.NAVY.MIL



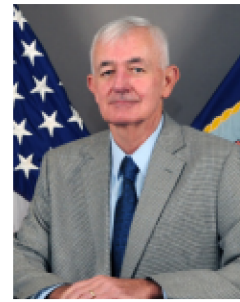
SECURITY
JOHN BROOKS
NSAMIDSOUTH_SE
CO@US.NAVY.MIL



PROGRAM
INTEGRATOR
DONALD BARKER
NSAMIDSOUTH_IPI@
US.NAVY.MIL



IT
JAKE DOSS
NSAMIDSOUTH_IT
@US.NAVY.MIL



MWR
DAVE ATKINS
NSAMIDSOUTH_M
WR@US.NAVY.MIL



EMERGENCY
MANAGEMENT
ROBERT MARTIN
NSAMIDSOUTH_EM
O@US.NAVY.MIL



CHAPLAIN
CDR PAUL SMITH
NSAMIDSOUTH_CH
APEL@US.NAVY.MIL

NORMAL OPERATING HOURS

Willis Gate @Navy Rd.
24/7

Automated Vehicle Gate
Closed until further notice

NEX Main Store
(Includes Uniform Shop)
Mon-Fri 0900-1800
Sat 0900-1800
Sun 1000-1800

Subway
Mon-Thu 0900-1800
Fri 0700-1800
Sat 1000-1800
Sun 1000-1600

NEX Mini-Mart
Mon-Fri 0600-1800
Sat 0900-1700
Sun 0900-1700
Gas 24/7

NEX Package Store
Mon-Fri 0900-1800
Sat 0900-1800
Sun 1000-1800

Post Office
Mon-Fri 1000-1400

**24/7 Non-Emergency
Security Dispatch**
(904) 542-3109

Commissary
Sun 1000-1700
Mon 1000-1700
Limited Services - Deli
Closed, Only Self Check Out
Tue-Fri 0900-1830
Sat 0900-1800

Eagle Peak Grille
Mon-Fri 0700-1330

Eagle Peak Bar
Mon-Fri 1100-1700
Sat/Sun 0900-1700

Park Field Café
Mon-Fri 0700-1330
Mon-Thu 1800-2200
Sun 1800-2200

ID Card Office
Mon-Fri 0730-1600



Captain Michael Mosbruger
Commanding Officer
(901) 874-5102
michael.c.mosbruger.mil@us.navy.mil

Commander Jeremy Woodall
Executive Officer
(901)874-5103
jeremy.d.woodall.mil@us.navy.mil

Command Master Chief Chris Byard
(901) 874-5412
christopher.a.byard2.mil@us.navy.mil

Mrs. Pamela Martin
Command Executive Assistant
(901) 874-5102
pamela.l.martin4.civ@us.navy.mil

Notable upcoming events:

**** 24 January 2024 @ 1300** Location: Pat
Thompson
5700 Attu Street—Bldg. 767**

INSTALLATION NEWS

GENERAL INFORMATION

- For all reservation and ceremony inquiries regarding Pat Thompson Bldg. 767, please contact NSA Mid-South Command Services, NSAMIDSOUTH_PTCONFCENTER@US.NAVY.MIL
- Check out the CO Suggestion Box Answers weekly in the CNRSE App.
- Legal Office updated email address: LegalOffice@us.navy.mil

UPCOMING MWR EVENTS

- www.navywmrsmidsouth.com/events or check out our Facebook "NSA Mid-South Morale, Welfare and Recreation Department"

UPCOMING FFSC EVENTS

- Check us out on Facebook "Fleet and Family Support Center NSA Mid-South" and our calendar on page 8!
- Fleet and Family Support Center on-the-go is coming soon to a quarterdeck near you!

UPCOMING CHAPEL EVENTS

- The Chapel Sanctuary is open for silent individual prayer every Tuesday and Thursday 1100 - 1130. Chapel Worship Schedule: Protestant Worship - 1000 Sunday
- Jewish service assistance and materials are available at the Chapel.

CLINIC NOTES

OPERATIONAL & OVERSEAS SCREENINGS

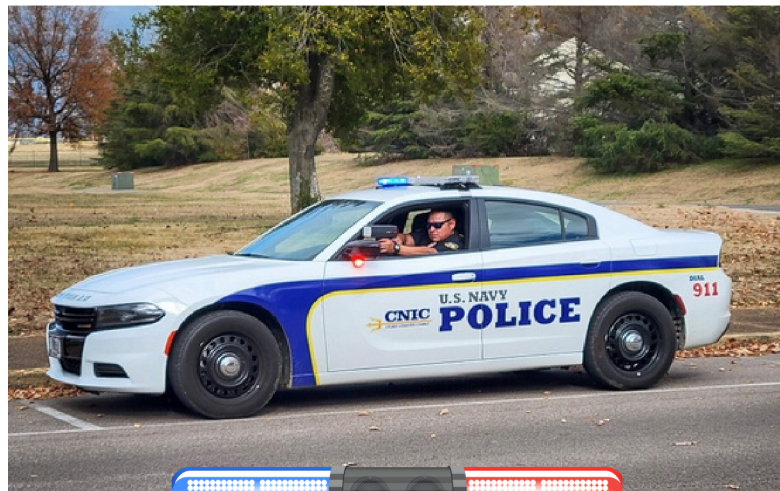
- Upon receipt of overseas orders, report directly to the Operational Readiness Clinic.
- Members and dependents (if applicable) will be tracked through completion of Overseas Suitability.


PHARMACY ELECTRONIC PRESCRIPTIONS

- A reminder that you may call the Pharmacy to activate your prescription (901) 874-6121.

INSTALLATION TRAINING DATES & INFO

- **Citadel Shield/Solid Curtain- There will be times when the exercise will cause increased traffic around the installation or delays in installation access. Feb 5-16.**
- Interested in being a role-player for our training exercises? Please email our Training Dept: NSAMidsouth_ITO@us.navy.mil





Please note that our law enforcement is actively monitoring speed on the installation for everyone's safety!

Help for victims of sexual assault in the DoD community is a call, click or text away. The Safe Helpline provides live, one-on-one crisis support and information by trained staff; Call: (877) 995-5247; click: www.SafeHelpline.org text: 55-247 CONUS or (202) 470-5546 OCONUS (may be extra charges for OCONUS).

CO'S CORNER

Shipmates,

I hope everyone had a safe and relaxing holiday break. I am supremely grateful there was not another ice storm that knocked out power, burst pipes, and toppled trees like our last holiday break. As the heart of winter arrives, please be prepared for the storms that have caused us all significant issues the last two winters. Be prepared for emergencies.

January is traditionally the time for setting resolutions. I recommend we use this time to reflect and set both personal and professional goals. Reflect on the challenges you faced last year, determine realistic goals to address those challenges, and set a date to work towards. Where the installation HQ team can be involved in accomplishing your personal and professional goals, let us work together to support each other in reaching our milestones.

I have many goals for the installation to accomplish this year, here are the top three: 1). Electrical resilience. We will continue to advocate and invest in improving installation resilience against power disruptions. By the end of FY25, we should have new electrical equipment installed that will make the new circuit from TVA via the solar farm project usable as our primary electrical feed from the wider power grid. We will also start replacing above and below ground electrical transmission infrastructure circuits on the installation, phased over multiple years. 2). Divestment of infrastructure. Our limited operations and maintenance funds go farther with less infrastructure to sustain. By the end of this FY, we should see some USN property north of Navy Rd. get transferred to the City of Millington and see demolition commence for several condemned and expensive-to-maintain facilities such as the Helmsman complex. 3). Expand support mission. We have good, under-utilized facilities that can house new commands and functions. This FY we will see new commands arrive to NSA Mid-South, and we will see other commands competing to use (and bring renovation funds) to the available space we have. NSA Mid-South is attractive to Navy, Joint



force, and US Government functions because unlike most coastal Navy bases we enjoy plenty of open space, low traffic, low cost of living, and we are centrally-located coast to coast. We were proud to welcome the US Coast Guard Sector Lower Mississippi River command to their new home from downtown Memphis to Building C1 last month. New commands bring more funds for the collective good, both for operations and maintenance and MWR.

Remember, our collective success is rooted in our ability to work together, learn from one another, and overcome challenges as a team. 2024 is sure to be another year full of challenges and I'm sure we can tackle them together. One of the first big training evolutions of the year is coming up in early February, Citadel Shield-Solid Curtain. This two-part, two-week force protection exercise enhances the training and readiness of our Navy security personnel and better prepares our team for potential force protection situations. This is a time for our security team to put their training to the test. To stay informed during this 2-week period, ensure you follow our communication channels- CNRSE app, Facebook, and enroll in AtHoc. Happy New Year and "Let's Roll" into 2024 strong.



UH Room of the Month!

YNSA Zsane Johnson of NPC!
Enjoy the parking spot and no room inspection for January!



Installation Winter Weather Procedures

- In the event winter weather impacts the installation, an AtHoc message will be released notifying all personnel of the installation operating status: operations normal/delayed reporting/early release/or closed to non-essential personnel.
- If the conditions are deemed unsafe the base will be limited to mission essential personnel only.
- Installation information phone line will be updated accordingly 901-874-7474 as well as local media outlets.
- Check with your parent command for specific reporting instructions as each command may have separate requirements.
- Follow the installation app and Facebook page for additional base services updates (i.e. FFSC, NEX, MWR, etc).





LIBRARY MAKEOVER!

New Look!

The library is undergoing a mini renovation in the month of January. During this time, all library services will be available at the Baker Community Center in Room #6 at 7942 Church Street.

Library Hours at Baker Center

January 9-29

Monday-Thursday 8-4

Fridays 8-3

Closed Saturdays & Sundays

Services

Computer access and all business services (print, fax, and copy) will be available.

Please allow a 24-hour notice.

This will be a drop off, pre-pay, next-day pick-up service.

Materials

The library will have a limited amount of books on display, but the staff will fill hold requests **with 24-hour notice.**

Interlibrary loan services will also be available.

Programs

The library will have Storytime and Literacy Gym at the Baker Center in January. A full program schedule and tax assistance will be available in February.

THIS MONTH @ THE MILLINGTON PUBLIC LIBRARY!

Morning Storytime

Wednesdays at 11:00 am



Literacy Gym



Thursdays at 11:00 am

Bring your toddlers to this fun and educational playtime!

Each week focuses on a skill that helps kids be ready for kindergarten (sorting items, recognizing letters, etc.).

Visit our website or stop by the library for more information!



Get **FREE** access to 100,000 e-books and audiobooks with your library card and OverDrive's Libby App! Please see a Library Staff Member for any questions!



Libby.



FOLLOW THE MILLINGTON PUBLIC LIBRARY ON FACEBOOK FOR MORE INFORMATION!

2024 JANUARY Workshops

Stop by the Fleet & Family
Support Center, Building 456,
3rd Fl. for more information
about our workshops or call us
at 901-874-5075 to register

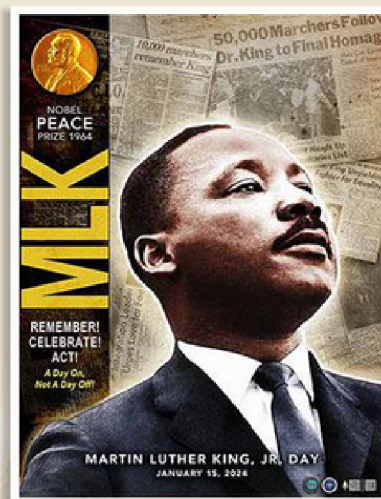
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  FFSC Closed	2	3 1000 - 1100 EFMP POC Training	4 0830 - 1130 Federal Resume Writing	5	6
7	8 0800 - 1600 TAP	9 0800 - 1600 TAP 1000 - 1100 Prevent/Respond to Child Abuse/ Neglect	10 0800 - 1600 TAP	11 0800 - 1600 TAP	12	13
14	15 MLK DAY  FFSC Closed	16 0900 - 1200 Resume Writing (In-person) 1300 - 1400 Autopsy of a Deceased Relationship	17 0730 - 1600 PFM: CFS One Day Refresher 0800 - 1600 DoL My Employment 1300 - 1430 Resume Writing (Virtually)	18 0800 - 1600 DoL My Employment 1000 - 1200 Innovative Interviews (In-person) 1300 - 1400 Suicide Awareness 1400 - 1500 EFMP New Enrollment Workshop	19	20
21	22	23 1000 - 1100 Resp. to Probl. Sexual Beh. in Child/Youth 1400 - 1600 MBTI	24 0800 - 1600 DoL C2E 0900 - 1000 Effective Communication 1400 - 1500 Money Tips	25 0800 - 1600 DoL C2E 0900 - 1000 Conflict Resolution 1400 - 1500 Financial Implications of Divorce 1430 - 1530 Prev/Resp. to Intimate Partner Violence	26	27
28	29 0800 - 1600 SAPR IVA Training	30 0800 - 1600 SAPR IVA Training 1400 - 1500 CFS Advanced Training	31 0800 - 1600 SAPR IVA Training	1 0800 - 1600 SAPR IVA Training 1400 - 1500 Tax Tips & Preparation	2 0800 - 1600 SAPR IVA Training	3

CULTURAL
AWARENESS



MARTIN LUTHER KING, JR. DAY

January 15th



Embrace the spirit of unity and celebrate Martin Luther King Jr. Day in Memphis, a city deeply intertwined with the legacy of the Civil Rights movement. Start your day with a visit to the National Civil Rights Museum, a powerful and educational experience housed at the Lorraine Motel, where Dr. King was tragically assassinated. Explore exhibits that tell the story of the struggle for equality and justice, and gain a profound understanding of the pivotal moments that shaped our nation's history.

A CELEBRATION OF DR. MARTIN LUTHER KING, JR.'S BIRTHDAY

MONDAY, JANUARY 15, 8:00AM – 6:00PM

In honor of the national holiday, the National Civil Rights Museum will host a daylong celebration dedicated to the legacy of Dr. Martin Luther King, Jr., with a special emphasis on community service. The public is invited to join this celebration; taking advantage of extended hours from 8:00 am to 6:00 pm., Admission to the museum on King Day will be free for all guests.

National Civil Rights Museum- 450 Mulberry St. Memphis, TN
38103



Travel Processing Center Surfs Past “Summer Surge”

Story by Lt.Cmdr. John Stevens

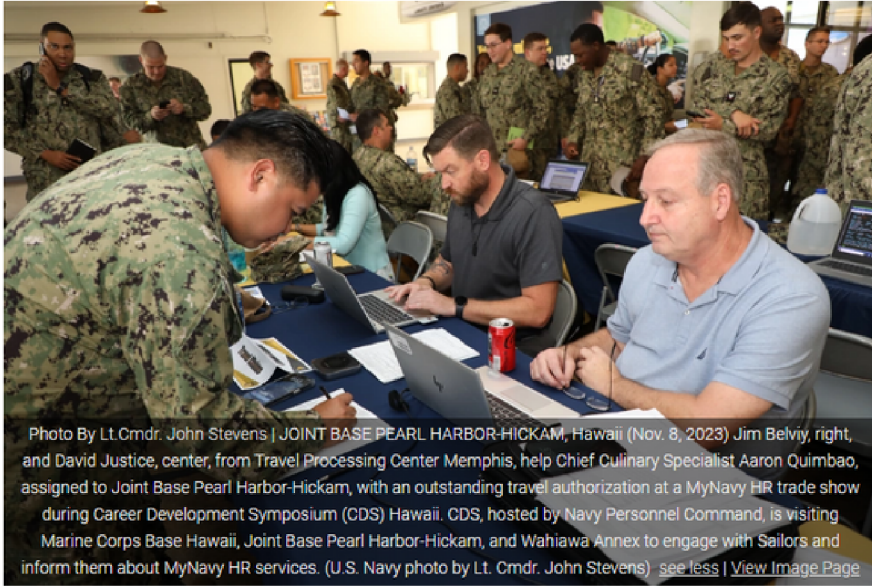


Photo By Lt.Cmdr. John Stevens | JOINT BASE PEARL HARBOR-HICKAM, Hawaii (Nov. 8, 2023) Jim Belviy, right, and David Justice, center, from Travel Processing Center Memphis, help Chief Culinary Specialist Aaron Quimbao, assigned to Joint Base Pearl Harbor-Hickam, with an outstanding travel authorization at a MyNavy HR trade show during Career Development Symposium (CDS) Hawaii. CDS, hosted by Navy Personnel Command, is visiting Marine Corps Base Hawaii, Joint Base Pearl Harbor-Hickam, and Wahiawa Annex to engage with Sailors and inform them about MyNavy HR services. (U.S. Navy photo by Lt. Cmdr. John Stevens) [see less](#) | [View Image Page](#)

MILLINGTON, Tenn. – Travel Processing Center (TPC) Memphis, the Navy’s center of excellence for travel claims and advances, paced the Navy’s peak travel season in 2023.

Each year, the Navy experiences the most permanent-change-of-station (PCS) transfers among its Sailors from June to September, a period known as “summer surge,” which historically causes travel processing backlogs because of above-average case volume – but not this year.

“Keeping pace with the summer surge is a landmark achievement for TPC and the entire team,” said Rear Adm. Stu Satterwhite, Commander, MyNavy Career Center (MNCC). “This proves our center-of-excellence operating model is working, and I could not be more proud of the team’s hard work.”

TPC is one of seven human resources centers of excellence (COE) in the MNCC enterprise, replacing the Navy’s legacy Personnel Support Detachments. Each COE specializes in a major HR transaction type. While PSDs gave Sailors a physical customer service storefront, COEs process transactions – like travel claims – faster, with less work for Sailors.

At peak efficiency, TPC processes 700 travel claims a day, according to Lt. Cmdr. David Petersen, TPC’s officer-in-charge. TPC also processes travel advances, manages PCS travel debt, and provides customer service. No matter the line of work, TPC’s business is paying and reimbursing Sailors during a relatively frequent but no less stressful career event: changing duty stations.

“Our goal is to receive travel claims on Monday, process by Wednesday, and the Sailor sees that money in their bank account by Friday,” said

Capt. Jason Grose, commanding officer of Navy Pay and Personnel Support Center, the command in charge of TPC. “We are already well within Defense Department (DOD) standards for processing travel.” The DOD processing standard for PCS travel claims is 30 days. TPC averages eight days.

“We’ve been laser-focused on paying Sailors as quickly and accurately as possible,” said Petersen. “This latest push has been an ‘all hands on deck’ effort to put as much money as we can into the pockets of Sailors before the winter holidays.”

Since the 2022 summer surge, TPC eliminated 3,500 travel claims outside the 30-day DOD standard, cresting this summer’s bow-wave within the standard.

“This year was the best production year for TPC since its establishment in 2015,” said Robert Delossantos, TPC’s deputy OIC. “We are processing claims within the 30-day DOD timeline, and we’re driving our mission forward to stay well within this standard.” Delossantos stressed “submission of all actionable claims” triggers this five-day turnaround, which means TPC can only work accurate, timely submissions from Sailors and commands.

“TPC has come a long way in the last two years,” said Master Chief Personnel Specialist Molly Bergeron-Conway, TPC senior enlisted leader. “We know we still have areas we need to improve, but we have overcome a lot of obstacles in a short time.”

Bergeron-Conway said technology has helped. New capabilities within the Navy’s enterprise customer relationship management (eCRM) application allows clerks better capability to prioritize and work cases.

She also said while most Transaction Service Centers gave more clerks to help shoulder TPC’s burden, TSC Great Lakes instead provided “bots,” artificial intelligence to automatically assign cases in eCRM. Without waiting for a human to manually assign their work list, each clerk can process 10-to-15 claims a day.

As workflow improves, Sailors will see the results, Bergeron-Conway said. “As TPC gets better, Sailors will reap the benefits,” she said. “Our mission is to pay Sailors.”

TPC comprises 120 Navy civilians, 50 contractors, and 16 uniformed military personnel at three sites: Millington, Tenn., headquarters, and detachments in Jacksonville, Fla., and Oceana, Va.

“It’s the people who make the difference – their grit and accountability,” said Petersen. “Technology has gotten better and processes have improved, but our people’s dedication to customer service got us through the summer surge and continues to carry us forward.

“Everyone at TPC recognizes each transaction is more than just a number in a database – it’s a Sailor and their family,” Petersen added. “We go into each day looking to pay Sailors, not just close cases.”

Taking care of Sailors’ pay is a team effort between MNCC and the Fleet, demanding attention from unit leadership and their designated command pay and personnel administrators. Feedback and two-way dialogue with TSCs and Regional Support Centers help commands identify and solve pay problems faster.

“We have yet to find a pay problem we could not solve,” said Satterwhite. “The only issue we can’t solve is the one we don’t know about. We’ve given leaders the tools to own and monitor their units’ financial health. When they see a potential issue, they need to let us know, and let us help.”

MNCC’s mission to provide exceptional HR services to Sailors and their families continues to adapt and evolve. Through Sailor feedback, MNCC constantly strives to provide more resources and accurate resolutions. Contact MNCC at (833) 330-MNCC (6622) or AskMNCC@navy.mil. Find online self-service options on MyNavy Portal at my.navy.mil.

**Please note the Pharmacy
will close at 1300 every
4th Wednesday of the
month for training
beginning 24 Jan.**





SAPR AWARDS

On Dec. 11, 2023, the NSA Mid-South SAPR team gathered for our annual awards ceremony. Captain Mosbrugger, Installation Commanding Officer, presented to our team. Congratulations to all recipients!

LCDR Nashaunna Sanders (BUPERS-316)

LT Dyllan Taxman (NSA Mid-South)

Mr. Ryan Heflin

Ms. Lisa Adams (FFSC)

Mr. Alex Young (FFSC)

AE2 Kristal LaMotta (Mid-South Rising Star of the Year)

HM2 Paige Gordon (Mid-South Administrative Unit Victim Advocate of the Year)

LS1 Brianna Cacioppo (Mid-South Unit Victim Advocate of the Year)

MA1 John Goulbourne (AOR Administrative Unit Victim Advocate of the Year, NRC Springfield)

Dr. Amanda Taylor (Shelby County Crime Victims and Rape Crisis Center)

Sheneara Guide-Wade (Shelby County Crime Victims and Rape Crisis Center)

Our NSA Mid-South SAPR team is available around the clock for a confidential conversation. Whether you are seeking resources, information about reporting options or just want to be heard, **WE ARE HERE FOR YOU!**

There are many ways to reach us, anytime.

Mid-South Unit Victim Advocate 901-619-8341

Civilian Victim Advocate 901-451-3876

Sexual Assault Response Coordinator 901-270-2040

Christmas Party

PERS-9 Social Committee hosted 2023 Christmas Party. Pers-9 personnel celebrated it with presents and lots of happiness.



PERSpectives

Brought to you by



Chili Cookoff



JOIN OUR DANCE FLOOR





HOLIDAY CARD CAMPAIGN 2023

WITH MRS. ROBYN BURKE

What inspired you to start a holiday card campaign?

Talking with one of my colleague's whose spouse is currently deployed overseas is what inspired the holiday card campaign. Wanting our Service Members to know that we are always thinking of them and so appreciative of the sacrifices they make for us.

How did you go about organizing and executing the campaign?

It started by coming up with a game plan to make our holiday card campaign come to life. From there it was organizing, setting up and putting our game plan into motion through card signing tables here at FFSC and at the Commissary. I then coordinated with local schools and organizations to expand the campaign into the community.

How did you collect and distribute cards?

The cards were collected after spending time at Oak Elementary School, our NSAMS Youth Center and hosting Operation Cheer at FFSC. The cards made through Tipton County Schools were collected by our Work and Family Life Supervisor Mrs. Sherman.

Who did you engage to participate?

It started with reaching out to a few of the local school districts, the Commissary and Youth Center to see if anyone wanted to participate in making Holiday cards for Service Members that are currently deployed and those who have served. Then it snowballed into FFSC hosting Operation Cheer to include cards from our Active Duty Service Members and Civilian Employees. The participation was amazing!

Were there any memorable moments or heartwarming experiences?

Seeing the smiles and excitement on the kiddos faces when they learned who the Holiday cards would go to. They poured so much love and creativity into each card.

Do you plan on making this a tradition?

I would love to make this a tradition here at FFSC NSA Mid-South.

What was most rewarding?

The most rewarding part of our Holiday Card Campaign is knowing the cards are going to our incredible Service Members who are not able to be home with their families, as we celebrate with ours. I hope they know how proud and grateful we are for each one of them.

Lessons learned?

The biggest lesson learned would be to start the process of making and sending out cards in the beginning of November so we can spread even more holiday cheer.



Anyone you would like to thank for their support?

I would like to give my amazing colleagues at FFSC a big shout out for the support and assistance in making it possible to spread so much cheer in a short amount of time. In a matter of a few weeks, we were able to send out 850 cards between the USS Dwight D. Eisenhower, Bahrain, Walter Reed Medical Center, and our local VA hospital. A special thank you goes out to Mrs. Kendra Leegaard at Oak Elementary and Ms. Taylor Vickery with Tipton County Schools for working with the staff and students to create wonderful holiday cards to send out to our Service Members.



Health & Wellness News from NMRTU Memphis



JANUARY-NEW YEAR, NEW YOU!

Week 1

It's 2024 and that means a new year, filled with new challenges, experiences, and decisions. In many cases, most people look at the new year as an opportunity to eliminate the negativity and stress in their lives and a chance to get a new start filled with new positive mind set and increased levels of motivation to get healthy. A month or two down the road, we often find that with the stressors of work, family, relationships, finances, health and other impacting parts of our lives, we tend to settle back into our old routines and feel like it was done without purpose or success.

Here are a few tips to get you started:

- Learn to say "no". Doesn't mean to everything. Prioritize and do not be afraid to say no when it becomes too much to take on something else.
- Take breaks. Do a minute or two of breathing exercises once an hour. Stand up from your desk or couch and do some static stretching or take a brief walk around. This is good for you physically and can help you to reset to finish a task.
- Use your lunch break. The work will still be there when you return, it's not going anywhere. Take a moment to "not think", eat an actual meal, and re-group to finish your day.

Week 2

When you are used to living a life of 100 MPH days and unorganized chaos, many people learn to survive it, adapt to it, and eventually accept it as how things are supposed to be or how they will remain. We need to understand that by applying some practices into how we function, we can drastically improve our situations and improve our overall health, both physically and mentally.

- Prioritize your health - Recognize the importance of maintaining your physical health, emotional well-being, and mental fitness. This is the first step to making health a priority in your life.
- Start small - Healthy behaviors can support your sense of well-being. Stay active and improving your eating habits. Cook at home and have a sit-down meal with your family.
- Invest in relationships - Solid connections and social support can improve your overall health and increase longevity. Spend time building relationships that matter to you.
- Make time for your family - Take some time to devote entirely to your family. Everyone in your family will benefit from the time spent together.

(Continued on next page)

Week 3

Being Active Increases Your Chances of Living Longer and Performing Better - Both On and Off the Job. Paired with healthy eating habits, exercise also helps you maintain a healthy weight. Being active does not have to mean hitting the gym for hours at a time. You can incorporate small changes into your life each day. You can choose taking the stairs over the elevator, play a game like soccer or basketball with a group of friends, or take a walk during your lunch break. These are several suggestions for increasing physical activity while you develop healthy habits to increase your physical activity.

Week 4

We are almost through the first month of the new year. This year will continue to be filled with new challenges, experiences, and decisions. In the beginning, people look at the new year as an opportunity to eliminate the negativity and stress in their lives. They look to start a positive mind set and have increased levels of motivation to get healthy and spend more time with their family. A month or two down the road, we often find that with the stressors of work, family, relationships, finances, and health we tend to settle back into our old routines. When this happens, we feel like we do not have control over things in our lives.

Here are a few things to help get you back on track:

- Practice self-compassion. Recognize that nothing and nobody are perfect.
- Celebrate the successes you have had so far in your life with your health, family, and career.
- Ask for help when you need it. We are all guilty of taking everything on by ourselves and don't want to ask for help. Consider asking for help. This helps build relationships with everyone that is involved.

Determine what is important, what is mandatory, and what can wait. We need to understand that by applying some simple changes in how we function, we can drastically improve our situations and improve our overall health, both physically and mentally.



The poster features a central circular photograph of five diverse children smiling and playing together. Above the photo is the EFMP logo, which includes the Department of Defense seal and the text 'EFMP Exceptional Family Member Program'. The background is light blue with white clouds and two blue paper airplanes. Below the photo, the text is organized into two columns. The left column is for 'EFMP POC TRAINING' on '03 JANUARY' from '1000 - 1100'. The right column is for 'NEW ENROLLMENT WORKSHOP' on '18 JANUARY' from '1400 - 1500'. A note at the bottom left states '*EFMP POC Training is required as per OPNAVINST 1754.2F'. At the bottom center, contact information for Robyn Burke is provided.

EFMP Exceptional Family Member Program

EFMP POC TRAINING
03 JANUARY
1000 - 1100

NEW ENROLLMENT WORKSHOP
18 JANUARY
1400 - 1500

*EFMP POC Training is required as per OPNAVINST 1754.2F

For more information or to register, contact
Robyn Burke at robyn.m.burke2.naf@us.navy.mil
or 901-874-6195

Navy Culture and Force Resilience Office Director Visits Millington Staff to Award and Inspire

Story By NSA Mid-South Public Affairs Office

Rear Adm. Mietus stopped by the Millington office, located in the Lassen building, to update the staff of the program and policy changes happening across the N17 team at large. The Navy Culture and Force Resilience Office is spread across the U.S. to include other teams in Dam Neck and Arlington, VA. At the heart of their office is a simple yet powerful mission: to strengthen our Navy's people, teams, leaders, and families, gearing them up for the challenges of combat. They're on a mission to provide a toolkit of programs and policies that foster a terrific culture and a tough, resilient force, encouraging sailors to bring out their A-game in how they live, act, and lead.

During the visit the office broke out into focus groups and met to reflect on metrics from the Health of the Force Survey and anticipated the launch of the Culture of Excellence 2.0 program. Rear Adm. Mietus thanked the crew for their efforts and encouraged them to "get ready" as good momentum is required to continue carrying out the mission to prepare leaders and teams for combat.

Two employees were recognized by the Director for their hard work and dedication. Mr. Dave Greene (top right) was awarded the Superior Civilian Service Award for his outstanding mentorship and forty-five years of government service as he sets sail for retirement and Mr. Tom Albert (bottom right) received a forty years of service award!



Happening @



SCAN AND RESERVE YOUR SPOT TODAY!

Snowflake Shuffle

Family Fun Run starts at 1100 Saturday, Jan. 20
Start/Finish line at Glen Eagle Golf Course

www.navymwrmaidsouth.com/snowflakeshuffle



navymwrmaidsouth.com APP

Take NavyMWR Mid-South with you everywhere you go. It's your one-stop for everything NSA Mid-South!



All CYP facilities will be closed
Friday, Jan. 12
 (Training day)

Monday, Jan. 15
Martin Luther King Jr. Day
 (federal holiday)

Holiday hours for all MWR/CYP operations are posted at facilities and online at navymwrmaidsouth.com/holidayhours

MWR AUCTION

N-82 Gym - 7915 Memphis Ave, Millington, TN

Saturday, Jan. 27
Doors open at 0800!

0900: Registration for bid numbers begin

1000: Auction begins (ending when all lots are sold)

- Open to the public.
- Cash or credit/debit card accepted. No checks.
- Items must be paid for in full at the time of purchase.
- Items are sold "As Is". All sales final. No returns.
- Purchased items are to be removed from the property the day of the auction.
- Food and beverages will be available for purchase.
- FFR employees (both APF and NAF) and their immediate family members are not eligible to participate.

No firearms, weapons, or pets allowed.

No large purses, bags, backpacks will be permitted.



WWW.NAVYMWRMIDSOUTH.COM/AUCTION



Storytime
at the Elburne Recreation Center
Saturday, January 13 | 0930 - 1130
Saturday, February 10 | 0930 - 1130

There will be two books read along with crafts and activities.
All ages welcome. Open to all MWR patrons.
For more information, call (903) 874-5823.



Glen Eagle's Superintendent Revenge 2-Person Scramble
Saturday, Feb. 17 | 1100 Shotgun Start
Deadline to enter is Feb. 15. To sign up or for more information
stop by the Glen Eagle Golf Course (5158 Hwy. 1, Millington, TN 38054).



LIBERTY LUNCH

BQ (Bldg. 454) 1st Deck Kitchen

Open to single or unaccompanied active duty personnel only.
Food available while supplies last.

Wed., Jan. 10 1130-1300 Chicken Patties	Wed., Jan. 17 1100-1300 Potato Soup
Wed., Jan. 24 1100-1300 Tacos	Wed., Jan. 31 1100-1400 Grilled Cheese

View calendar online to see event details....

Liberty Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
DEC - 31 OPEN 1200-1300	JAN - 1 CLOSED	JAN - 2 OPEN 1200-1300	JAN - 3 OPEN 1200-1300	JAN - 4 OPEN 1200-1300	JAN - 5 OPEN 1200-1300	JAN - 6 OPEN 1200-1300
JAN - 7 OPEN 1200-1300	JAN - 8 OPEN 1200-1300	JAN - 9 OPEN 1200-1300	JAN - 10 LIBERTY LUNCH 1200-1300	JAN - 11 GAME NIGHT 1200-1300	JAN - 12 OPEN 1200-1300	JAN - 13 SHOPPING TRIP 1200-1300
JAN - 14 OPEN 1200-1300	JAN - 15 CLOSED	JAN - 16 ART WITH LIBERTY 1200-1300	JAN - 17 LIBERTY LUNCH 1200-1300	JAN - 18 OPEN 1200-1300	JAN - 19 CHOCOLATE BAR 1200-1300	JAN - 20 OPEN 1200-1300
JAN - 21 OPEN 1200-1300	JAN - 22 MOVIE NIGHT 1200-1300	JAN - 23 OPEN 1200-1300	JAN - 24 LIBERTY LUNCH 1200-1300	JAN - 25 OPEN 1200-1300	JAN - 26 OPEN 1200-1300	JAN - 27 TASTE OF TN 1200-1300
JAN - 28 OPEN 1200-1300	JAN - 29 OPEN 1200-1300	JAN - 30 ART WITH LIBERTY 1200-1300	JAN - 31 LIBERTY LUNCH 1200-1300	FEB - 1 OPEN 1200-1300	FEB - 2 OPEN 1200-1300	FEB - 3 OPEN 1200-1300

www.navymwrmaidsouth.com/Libertycalendar



Park Field Café

Monday: 0700 - 2200
Tuesday: 0700 - 2200
Wednesday: 0700 - 2200
Thursday: 0700 - 2200
Friday: 0700 - 1730
Saturday: Closed
Sunday: 1800-2200
Federal holidays: Closed

Park Field Café | (903) 874-5823
728 Wasp Ave. (Bldg. 5-405)
Millington, TN 38054



EXTRA CHEESE
PEPPERONI
SAUSAGE
PEPPERS
MEATBALL
ONIONS
MUSHROOM
BACON
SPINACH

Auto Skills

Basic Introduction to Auto Maintenance class
Saturday, Jan. 13
0830 - 0930
Class \$10 per person
Must be 16 years of age or older to attend this event.

QR Code

Navy Auto Skills Shop
(903) 874-5823 | 5645 Braggville St. Millington, TN 38054
www.navymwrmaidsouth.com/auto-skills-branch



ONLINE REGISTRATION IS OPEN!

NAVY 10NM 2024

NEW COURSE! MINI MILER! 5NM & 10NM! NEW MEDAL! MORE SWAG! FLYOVER!

THE NAVY TEN NAUTICAL MILER WEEKEND

1st weekend of June 2024!
#NAVY10NM EXPO >> June 1 and 2
1NM >> Saturday, June 1
10NM >> Sunday, June 2
5NM >> Sunday, June 2

REGULAR RATE
Nov. 2nd - May 15th
\$65 - 10NM ACTIVE DUTY
\$85 - 10NM ALL OTHERS
\$65 - 5NM | MINI MILER is FREE!

To sign up or for more information
visit: www.thenavy10nm.com or
<https://thenavy10nm.raceroster.com/page/event-details1>

The Navy Ten Nautical Miler
Follow Us on Facebook, Instagram,
@Navy10nm.



No federal endorsement implied.

www.navymwrmaidsouth.com APP
Take NavyMWR Mid-South with you everywhere you go. It's your one-stop for everything NSA Mid-South! This app will allow you to view information on all services, programs, and activities for NSA Mid-South including hours of operations, locations and GPS, description of services, and even call the facilities directly from your iPhone.

Need more info ...touch base with the Marketing Manager (MWRWizard@gmail.com).





GLEN EAGLE



FITNESS CENTER



RECREATION CENTER



NAVY YOUTH CENTER



CHILD DEV. CENTER



MIDWAY RV PARK



AUTO SKILLS



NavyMWRMidsouth.com



ABOUT EVENTS CHILD & YOUTH FITNESS FOOD & BEV JOBS RECREATION LODGING SUPPORT SERVICES

*The latest on upcoming events, job openings and more.***COMMUNITY RECREATION PROGRAMS****AUTO SKILLS**

(901) 874-5675

Monday: Closed

Tuesday: 1000 - 1730

Wednesday: 1000 - 1730

Thursday: 1000 - 1730

Friday: 1000 - 1730

Saturday: 0800 - 1530

Sunday: Closed

Federal holidays: Closed

ELLISON COMMUNITY RECREATION CENTER

(901) 874-5652

Monday: 1100 - 1900

Tuesday: 1100 - 1900

Wednesday: 1100 - 1900

Thursday: 1100 - 1900

Friday: 1200 - 2000

Saturday: 1200 - 2000

Sunday: 1100 - 1900

Federal holidays: Closed

LIBERTY OFFICE

(901) 874-5437

Monday: 1100 - 1900

Tuesday: 1100 - 1900

Wednesday: 1100 - 1900

Thursday: 1100 - 1900

Friday: 1200 - 2000

Saturday: 1200 - 2000

Sunday: 1100 - 1900

Federal holidays: Closed

OUTDOOR RECREATION

(901) 874-5163

Monday: 0900 - 1630

Tuesday: 0900 - 1630

Wednesday: Closed

Thursday: 0900 - 1630

Friday: 0900 - 1630

Saturday: 0800 - 1530

Sunday: Closed

Federal holidays: Closed

POV RESALE & STORAGE

(901) 874-5496

Monday - Friday:

0800 - 1600

Federal holidays: Closed

RECREATIONAL LODGING

(901) 874-5496

Monday: 0930 - 1800

Tuesday: 0930 - 1800

Wednesday: 0930 - 1800

Thursday: 0930 - 1800

Friday: 0930 - 1800

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

TICKET AND TRAVEL OFFICE

(901) 874-5652

Monday: 1100 - 1900

Tuesday: 1100 - 1900

Wednesday: 1100 - 1900

Thursday: 1100 - 1900

Friday: 1200 - 2000

Saturday: 1200 - 2000

Sunday: 1100 - 1900

Federal holidays: Closed

FITNESS & SPORTS**FITNESS CENTER**

(901) 874-5497

Monday - Friday: 0500 - 2000

Locker room cleaning closures

Women: 0900 - 0930

Men: 0930 - 1000

Saturday: 0800 - 1600

Sunday: 1000 - 1600

Federal holidays: 0800 - 1400

NOFFS ZONE

Monday - Friday: 0500 - 2000

Saturday and Sunday: Closed

N-82 GYMNASIUM

Monday - Friday: 1030 - 1300

Federal holidays: Closed

SPLASH PARK

May - October:

Tuesday - Sunday:

0800 - 2000

Mondays: Closed

Federal holidays: Open

CHILD AND YOUTH PROGRAMS**CHILD DEVELOPMENT CENTER**

(901) 874-5745

Monday: 0600 - 1800

Tuesday: 0600 - 1800

Wednesday: 0600 - 1800

Thursday: 0600 - 1800

Friday: 0600 - 1800

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

SCHOOL LIAISON OFFICE

(901) 874-5343

Monday: 0700 - 1400

Tuesday: 0700 - 1400

Wednesday: 0700 - 1400

Thursday: 0700 - 1400

Friday: 0700 - 1400

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

GOLF PROGRAM**GOLF COURSE PRO SHOP**

(901) 874-5168

WINTER HOURS

Effective of 12/1/2023

Sunday - Saturday 0730-1600

Tee time start 0800

FOOD AND BEVERAGE**PARK FIELD CAFE**

(901) 874-5841

Monday: 0700 - 2200

Tuesday: 0700 - 2200

Wednesday: 0700 - 2200

Thursday: 0700 - 2200

Friday: 0700 - 1730

Saturday: Closed

Sunday: 1800-2200

Federal holidays: Closed

TEEN CENTER

(901) 874-5494

Hours vary, please call

for current hours.

Federal holidays: Closed

YOUTH CENTER

(901) 874-5155

Before and After School:

0600 - 0800 and 1545 - 1800

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

Vacation Play Days and

Summer Day Camp:

Monday - Friday

0600 - 1800

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

EAGLE'S PEAK GRILL

(901) 874-5415

Monday: 0700 - 1330

Tuesday: 0700 - 1330

Wednesday: 0700 - 1330

Thursday: 0700 - 1330

Friday: 0700 - 1330

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

EAGLE'S PEAK BAR

Monday: 1100-1600

Tuesday: 1100-1600

Wednesday: 1100-1600

Thursday: 1100-1600

Friday: 1100-1600

Saturday: 0900-1600

Sunday: 0900-1600

Federal holidays: Closed

<https://www.navymwrmaidsouth.com/about/directory>*Need more info ...touch base with the Marketing Manager (MWRW@ard@gmail.com).*

**GRID # FACILITY**

- J 12 Auto Skills Shop (N-778/N-397)
- R 21 Bachelors Quarters (S-454)
- Y 13 Chapel (S-777)
- Y 28 Child Development Center (S-943)
- EE 27 Commissary (S-752)
- E 40 Cottages at Glen Eagle (N-345/N-347)
- BB 26 Dog Park (S-1840)
- H 39 Eagle's Peak Bar and Grill (N-939)
- O 15 Ellison Community Recreation Center (S-499)
- T 21 Fleet and Family Support Center (S-456)
- JJ 23 Gas Station Mini Mart (S-935)
- H 39 Glen Eagle Golf Course (N-939)
- H 21 Gymnasium (N-82)

GRID # FACILITY

- T 21 ID Office (S-456)
- O 14 Joe Dugger Fitness Center (S-499)
- O 15 Liberty Program (S-499)
- C 23 Memphis Navy Flying Club
- FF 30 Midway RV Park
- O 15 Movie Room (S-499)
- S 20 MWR Admin Office (S-455)
- X 20 Navy Exchange (S-752)
- L 07 Navy Federal
- J 26 Navy Lodge (N-931)
- S 11 NGIS (S-450/451/452)
- N 14 NOFF ZONE (S-947)
- V 16 Outdoor Recreation (S-797)

GRID # FACILITY

- X 20 Package Store (S-574)
- F 21 POV Storage Office (S-449)
- F 21 POV Sale Lot Office (S-449)
- S 10 Recreation Lodging Office (S-449)
- X 26 Softball Field
- V 28 Splash Park (1903A)
- R 10 Park Field Cafe (S-449)
- X 20 Subway (S-752)
- Z 31 Teen Center (S-770)
- O 15 Tickets and Travel Office (S-499)
- V 26 Turf Field
- P 08 Visitor Center / Gate Passes (S-938)
- Z 30 Youth Center (S-936)

Electrical Safety

Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These are second nature for most of us. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind.



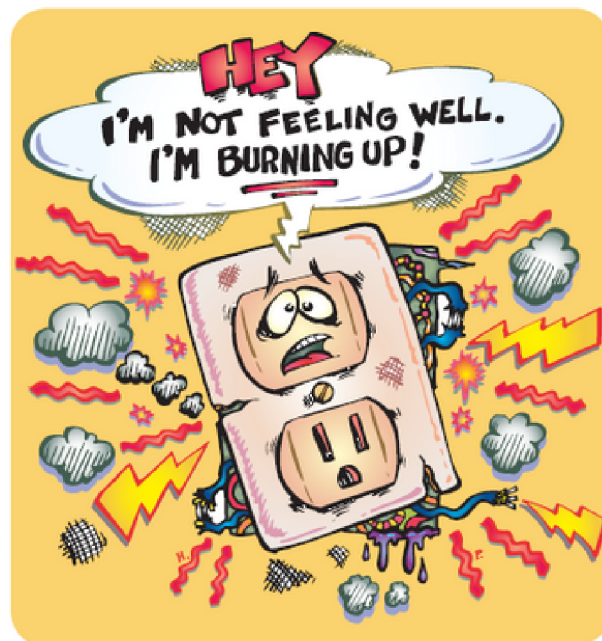
SAFETY TIPS

- Have all electrical work done by a qualified electrician.
- When you are buying or remodeling a home, have it inspected by a qualified private inspector or in accordance with local requirements.
- Only use one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.
- Major appliances (refrigerators, dryers, washers, stoves, air conditioners, microwave ovens, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
- Arc-fault circuit interrupters (AFCIs) shut off electricity when a dangerous condition occurs. Consider having them installed in your home.
- Use ground-fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.
- Test AFCIs and GFCIs once a month according to the manufacturer's recommendations. You do not need a flame to start a fire. Fires can start when heat builds up near things that burn. This can happen when a hot light bulb is near things that burn, such as cloth or paper, or a cord has been placed under a carpet.
- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.
- Use a light bulb with the right number of watts. There should be a sticker that indicates the right number of watts.

IMPORTANT REMINDER

Call a qualified electrician or your landlord if you have:

- Frequent problems with blowing fuses or tripping circuit breakers
- A tingling feeling when you touch an electrical appliance
- Discolored or warm wall outlets
- A burning or rubbery smell coming from an appliance
- Flickering or dimming lights
- Sparks from an outlet



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards



RELATIONSHIP BOOTCAMP

WITH GREG HALE, LPC-MHSP

8-week Gottman inspired group. Start your New Year off with a New Spark in your relationship.

Starting Tuesday January 9th at 6pm-7pm and requires an 8-week commitment.

Dates: Tuesdays January 9, 16, 23, 30, February 6, 13, 20, 27

We're here, we're there, we're EVERYWHERE!
The NSA Mid-South Fleet and Family Support Center (FFSC) is on the move!

FY24 is here!

Stressed?

Conflicts at home or work?

Spouse looking for a rewarding job?

Thought about counseling? Marriage workshops?

Planning to retire soon and do not know where to turn?

Need help with your resume?

Thought about volunteering in the SAPR program?

Child struggling in school?

Desire professional development classes?

Our dedicated TEAM of professionals at FFSC is packed and ready to discuss all the above and MORE.

Our entire center can come to your Command and set up shop in your building! We are filling our 2024 schedule and want your Command on it! For more information, contact FFSC 901-874-5075!



All Child and Youth
Programs will be
closed for training
on Friday, Jan. 12!



Safety Comment Box



Have a safety concern or question for the Safety
Department? Scan the QR code to drop us a
comment!



NSA Mid-South

Housing Town Hall

Talk Openly, Share Opinions
& Ask Questions



WEDNESDAY,
JANUARY 17

Park Field Cafe 1700

Please join us for a discussion with
the CO, XO, Housing Director, and
Hunt Military Communities





As part of Navy Region Southeast and Navy Installations Command, NSA Mid-South serves as the Navy's Human Resources Center of Excellence.

Have a story, event, personnel, or program you would like to see featured in The Bluejacket?

Email us at NSAMidsouth_PAO@us.navy.mil

Submission deadline is the 25th of each month!

The Bluejacket will publish the first Friday of each month.



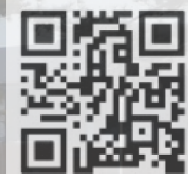
www.facebook.com/NSAMidSouth/



Instagram: NSAMidSouth

App Store

Google Play Store:



Navy Region Southeast