

THE Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

MAY 2024: VOLUME 82, NO.5



From Duty to Devotion: Quax's Journey from Military Working Dog to Man's Best Friend



NAVAL SUPPORT ACTIVITY MID-SOUTH LEADERSHIP



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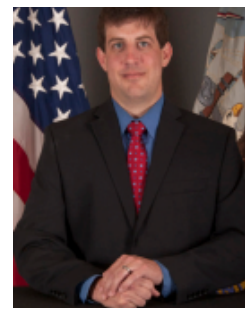
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HOUSING
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NORMAL OPERATING HOURS

Willis Gate @Navy Rd.
24/7

Singleton Gate

Mon-Fri 0600-1800
Closed Sat/Sun
Closed on Federal Holidays

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

ID Card Office

Mon-Fri 0730-1600



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Notable upcoming events:

**Supported Commands Monthly Meeting
(formerly known as Host Tenant Meeting)**

**** 22 May 2024 @ 1300** Location: Pat
Thompson Center**

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
- Legal Office updated email address: LegalOffice@us.navy.mil
- x5437 Savannah Sabanosh- MWR Unit Funds Director
- **NEX Barbershop closed Mon., May 6 for A/C repairs.**

UPCOMING MWR EVENTS

- www.navymwrmaidsouth.com/events or check out our Facebook "NSA Mid-South Morale, Welfare and Recreation Department"
- 18 May- Splash Pad opens!

UPCOMING FFSC EVENTS

- Check us out on Facebook "Fleet and Family Support Center NSA Mid-South"
- Fleet and Family Support Center On-the-Go is coming soon to a quarterdeck near you! We have set up at NMRTU Memphis, NTAG Nashville, NPC, and CNRC, and would love to make your command next on the list!

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

- **The Clinic and Pharmacy will be closed on May 10 from 1200-1600 for a command function.**
- A Physical Therapist is now on staff at the clinic. Call to schedule.

PHARMACY ELECTRONIC PRESCRIPTIONS

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

INSTALLATION TRAINING DATES & INFO

- Interested in being a role-player for our training exercises? Please email our Training Dept: NSAMidsouth_ITO@us.navy.mil
- 4 June- Installation Training Drill- be prepared for potential traffic delays 0900-1100



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).

CAPTAIN'S CORNER

As we get excited for great weather, school letting out, and summer vacations, NSA Mid-South has a lot going on this summer season for everyone on the installation. MWR is working full tilt on several exciting events, notably the annual All-Installation Command Cookout on 10 May, the "10 Nautical Miler" and "Mini-Miler" races scheduled for June 1-2, followed by the "Operation MWR" live outdoor concert on 29 June. These events are put on specifically for you and your families, and they are always well planned and executed. The concert is a newer concept within our event schedule, and we hope it can become a regular highlight in our annual calendar. MWR went to bat for us to get a big-name act, and the key to get future events like this concert is through supporting this summer's event by coming out and having fun with the family.

As summer festivities kick up, it's important to be mindful of summer safety. Our safety department is set to host the "101 Critical Days of Summer" presentation on 14 May 0930 to 1100 at the Pat Thompson Center for our command, but we invite anyone that does not have an opportunity to attend their command's summer safety briefings to join us. The presentations equip you with tips and reminders to navigate the summer season safely, and introduce you to the first responders and safety managers for the installation.

Additionally, as temperatures rise, so does the high probability of air conditioning issues in our buildings. We have several AC replacement or refurbishment jobs in our budget this year but not enough to catch up to where we need to be. Please do your part to reduce wear and tear on your facility by keeping windows closed and enforcing air conditioning boundaries. Also, remove the power "vampires", which are electrical loads that run needlessly like excess refrigerators, chargers, fans, and cubicle décor. Those electrical loads add up and reduce our budget flexibility to fix things on the installation.



Ensure you make time to relax this summer, whether finding something local to get involved in or making plans to travel on vacation or visit family and friends, recharge your batteries and work hard to support our Sailors, Marines, Soldiers, Airmen, Coast Guardsmen and other partners here and deployed around the world earning sea pay. This will be my last Bluejacket as base CO, so Fair Winds and Following Seas shipmates.





UH Room of the Month!

HM3 Exconde of NAVMAC!
Enjoy the parking spot and no
room inspection for May!



IN SUPPORT OF
NAVY-MARINE CORPS RELIEF SOCIETY


ACTIVE DUTY
FUND DRIVE

BY OUR OWN — FOR OUR OWN
DONATE TODAY



NAVY-MARINE CORPS
RELIEF SOCIETY

www.nmcrs.org/adfd

MAY 2024	SUN	MON	TUE	WED	THUR	FRI	SAT
				1 11:00 Storytime	2 11:00 Literacy Gym	3	4
	5	6 3:30 Lego Club	7 3:00 Teen Time	8 11:00 Storytime 3:00 Board Games for Teens	9 11:00 Literacy Gym	10 1:30 Open Tech Help Session	11
	12	13 3:30 Lego Club	14 3:00 Teen Time	15 11:00 Storytime	16 11:00 Literacy Gym	17	18
	19	20 3:30 Lego Club	21 3:00 Teen Time	22 11:00 Storytime	23 11:00 Literacy Gym	24	25 1:30 Computer Class: Email Basics
	26	27 Library Closed for Memorial Day	28 3:00 Teen Time: Video Games	29 11:00 Storytime	30 11:00 Literacy Gym 2-4 Healthcare Pathways Job Fair	31 1:00 Family Movie Screening: <i>The Addams Family 2</i>	
Millington Public Library 4858 Navy Rd, Millington TN 38053 901-872-1585							

This month at 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!



Did you know with your Millington Public Library card, you can borrow library materials statewide FOR FREE? You can search the statewide catalog and request items by going here:

<https://tenn.agshareit.com/home?cid=TENN&lid=MLT>

You can borrow books and DVDs FOR FREE from over 200 hundred libraries across Tennessee! All you need is a library card!

Borrow Statewide with
Shareit!



TORNADO SEASON IS HERE

Tornadoes can manifest throughout the year, yet they exhibit heightened activity typically during the spring months. Unlike hurricanes, tornadoes lack a distinct season; however, in the United States, their occurrence peaks from late spring to mid-summer, gradually shifting from southern to northern regions. Additionally, a secondary tornado season often occurs in November, though tornadoes are possible in any month.

Distinguishing between a Tornado Watch and a Warning is crucial. The National Weather Service issues a Tornado Watch when atmospheric conditions are conducive to tornado formation, usually during thunderstorms. However, it serves as a precautionary alert, indicating the need for vigilance and continuous monitoring of weather updates.

To echo the sentiment of renowned Memphis meteorologist Tim Simpson, it's essential to "Respect the Polygon." Stay informed about Memphis weather via social media channels, such as @NWS Memphis or local stations WREG, WMCTV, or Fox 13 Memphis. Ensure you are getting the latest installation updates through AtHoc, the installation app, and following us on social media.

TORNADO WARNING

VS.

TORNADO WATCH

A tornado is happening or imminent. Take shelter immediately.

A tornado is possible.

- Stay tuned to local radio/TV for info.
- Know where you'll shelter if you have to.



From Duty to Devotion: Quax's Journey from Military Working Dog to Man's Best Friend

Story by NSA Mid-South Public Affairs

Q and A with MA2 Desiree Finegan, NSA Mid-South Kennel Supervisor and Quax's former handler

1.) Can you tell us about the K9 you adopted?

The K9 I adopted was MWD Quax (C401). He is a male Belgian Malinois, 5 years old, 4 years of service with the Navy and he is super friendly and loves people.

2.) How often do handlers get opportunity to adopt a retired MWD?

Handlers can adopt dogs if they want whenever one comes available and the dog is suitable for that person's living situation. You may not always be able to adopt MWD's that you worked, especially if you wind up PCS'ing to another kennel, and the MWD you want to adopt is still actively working. A lot of times, whoever the MWD's current handler is may choose to adopt the MWD.

3.) What made you want to adopt him?

MWD Quax was the first MWD that I was assigned to as a handler. I have been around him and worked with him for almost 3 years so I care about him a lot.



Military Working Dog (retired) Quax

4.) What normally happens if a MWD is retired and no handlers/personnel adopt them?

Usually they will make every attempt to get MWD's adopted out. They usually start with the current handler, then they will ask prior handlers and then other handlers in the military. If someone isn't able to take them then they will open it up to the public to try to get them adopted. There are resources, such as adoptions through Lackland AFB and Warrior Dog Foundation (Continued)



Quax and MA2 Finegan participating in a training exercise

that people can go to and adopt. For the most part, the only MWD's that are euthanized are the ones that are deemed too aggressive to adopt out.

5.) Will Quax be making the move with you to your next duty station?

Quax will be coming with me to my next command in Souda Bay, Greece

6.) How is adopting a K9 in your personal life different from caring for one professionally?

MWD's are required to stay in the kennel and they are on very strict diets. They are also not socialized with other

animals and we try not to socialize them to much with people especially if they are patrol dogs. So when you adopt them, they get to be home and move around more freely. I can feed him treats and other things now. Now he can just be a dog.

7.) If anyone is ever interested in adopting a retiring MWD, what steps can they take to make that happen?

If anyone is interested in adopting, they can go through those programs I previously mentioned through Lackland AFB and the Warrior Dog Foundation and see if there are any available to adopt.



1st ANNUAL CASTING WITH COPS

**FREE
EVENT**

**BRING YOUR OWN
FISHING POLE AND
BAIT**



**POND WILL
BE STOCKED!**

**AGES 15 AND
UNDER!**



Come cast a line with local law enforcement!

Prizes will be awarded in (3) age categories;

5 and under, 6-9, 10-15 years old

~ 1st Fish ~ Smallest Fish ~ Most Fish ~ Largest Fish

Fishing equipment will be provided if needed (limited)

For more information email Lt. Childress @

b.childress @millingtontn.gov or call 901.873.5615





From the NSA Mid-South Safety Office: Motorcycle Safety Month

Essential Motorcycle Safety Tips: Ride Smart, Ride Safe

- **Speeding is a recipe for disaster.** Exceeding speed limits not only endangers your life but also puts others at risk. Maintaining a reasonable speed enhances visibility and allows for better reaction time in emergencies. Remember, the faster you go, the harder the crash.
- **Leave aggression behind.** Risky maneuvers like weaving through traffic or tailgating spell trouble on the road. Real life isn't a video game; reckless riding doesn't come with a second chance.
- **Know your limits.** Pushing beyond your skill level invites disaster. Gradually develop your abilities, but never compromise safety for speed. Always wear protective gear to mitigate risks, especially at high speeds.
- **Stay sober behind the handlebars.** Riding under the influence is a deadly decision. Impaired judgment and delayed reactions spell tragedy. Don't gamble with your life or the lives of others. Don't ride impaired. Period.

To sign up for the course, visit
the ESAMS website at:
https://esams.cnic.navy.mil/ESAMS_GEN_2/login

The course is open to all active
duty and reservists. Space
available for retirees, DOD, and
DOD contractors.
Courses are scheduled for 11-12
June!

REQUIRED MOTORCYCLE TRAINING
REFERENCE: OPNAVINST 5100.23H

LEVEL 3 - REFRESHER COURSE
Must Be Completed Every 5 Years

LEVEL 2 - ADVANCED RIDER COURSE
Within 60 Days or Up to 1 Year from Completion of BRC

LEVEL 1 - BASIC RIDER COURSE
Before You Ride

**ONLY 4 DAYS OF TRAINING
CAN SAVE LIVES**



KNOW BEFORE YOU DIAL 911



When calling 911 from a cell phone while on the installation, you will be connected to local (non-Navy) dispatch. To speed up your request, immediately tell the dispatcher to connect you to Navy 911 to be transferred to our Regional Dispatch Center.

When calling from an office line that is part of the base communications office (majority of Navy tenants), you will be automatically connected to Navy 911. Non-Navy commands (USACE, USMC, NGIS, etc) and those utilizing VOIP will be connected to local (non-Navy) dispatch. When connected to 911, request Navy 911.

When calling from either an office line or cell, ensure you give the dispatcher your building number, building name, and room number if possible.

NGIS 911 calls are connected to local dispatch (non-Navy). Request Navy 911 and tell the dispatcher you are staying at NGIS and the room number.

Remember- When seconds count, if you have a moment to decide which phone to use, your office phone will likely connect you directly to Navy dispatch. Contact your chain of command or IT Department to confirm your office phone information.

NSA Mid-South Safety Dept. presents

101 Critical Days of Summer Safety Standown



Tuesday, May 14 | Pat Thomspen Center | 0930-1100

NPC Sailor Prepares to Showcase His Fitness at Upcoming Competition

Story By Kendra Lawler, Public Affairs Officer

Twice a day, you will find Hospital Corpsman Second Class Kiefer Gallagher pumping iron at Joe Dugger Fitness Center. Hailing from Lompoc, Calif., Gallagher is a reservist on two-year orders at Navy Personnel Command. He arrived in Millington in the summer of 2023, and decided in late 2023, that he would like to compete in a fitness competition to occupy his off-duty time while here in Millington.

This is Gallagher's second time working toward a completion, "I competed in the 2022 National Physique Committee Fresno Classic and placed 1st in the Hero category for Men's Classic Physique and ranked in other classic physique categories."

At age 9, Gallagher, better known as "Gally" or "Doc", got into reading *Muscle and Fitness* and *Flex* magazine and found a passion in fitness. He looked to fitness idols "The Shadow" Dorian Yates, "The Blond Myth" Lee Priest, and the "Maryland Muscle Machine" Kevin Levrone for inspiration. When asked what keeps him motivated, Gallagher said, "I want to sculpt my body and look like a statue."

He credits his workout partner, Hospital Corpsman First Class Tasha Silva on helping him stay on track and preparing him for his upcoming competition. "She's really helped me in my training, especially with improving my posing," said Gallagher. His training regimen has been two workouts a day, six days a week since January. "I've been training hard and lost 25 pounds in preparation for this show," said Gallagher.



Gallagher at the Joe Dugger Deadlift Competition

While his primary focus right now is show preparation, Gallagher also has long-term goals in mind for his strong physique. In his civilian career, he serves as a corrections officer at the United States Penitentiary, Lompoc in Lompoc, Calif. "When I get back to Lompoc, I am planning on applying to work on the Special Operations Response Team, better known as the SORT. It's like the Navy Seals of the prison world," he joked.

Gallagher is set to compete in the Organization of Competitive Bodybuilders Music City Natural Competition on May 4. Good luck, Doc!



**YOU ARE
NOT
ALONE!**

Mental Health Awareness Month has been recognized since 1949 in the United States. The primary goal is to increase awareness of the importance of mental health and wellness and to celebrate recovery from mental illness.

Green is the official color for Mental Health Awareness Month. Green is a connection to nature and life. It can have a calming and soothing effect and is closely linked to positive emotions. Green can also symbolize growth, renewal, and life. Green can be associated with qualities such as harmony, balance, and a sense of security.

Remind yourself that mental health can be as vital as physical health and seeking help is a sign of strength not weakness.

Let's use this month to talk more about mental health and decrease the stigma. Let's also use this time to connect more with yourself, others, nature, and support/resources as part of this awareness month.

As many know there is a continued rise in suicides and even one life is too many, so please allow FFSC to support you. Our clinical counselors can be reached at 901-874-5075.

If you or someone you know is struggling or in crisis, you can call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline 24/7.

MIDSOUTH AREA MENTAL HEALTH ROADMAP

Stressed and want help but don't know where to start? We got you!

LOW

INDIVIDUAL LEVEL OF STRESS

HIGH

Self-Care

- De-stress/coping techniques, hobbies
- Relaxation/meditation
- Personal support system (family, religion, friends)
- Adequate Nutrition/Exercise/Sleep
- Leadership/Command Resources
- LPO/LPOs/SEL/Officers
- Buddy Care/Peer Support/Operational Stress Control
- Command Resiliency Resources/Warrior Toughness



FLEET & FAMILY SUPPORT CENTER Information and Appointments: (901) 874-5075

- Non-medical counseling and life skills (financial, stress, coping skills, and individual/couple/couples counseling)
- Minimal reporting requirements
- No referral needed or health record documentation
- Virtual option available Call 1-855-205-6749



MEMPHIS VET CENTER Direct line: (901) 522-3950

Offers confidential help for Service members, veterans, and their families at no cost in a non-medical setting. Services include counseling for depression, anxiety, trauma/MST, etc. Can also connect you with more support in your community.



CHAPLAINS Command Chaplain: (901) 874-5341

- 100% confidential
- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation



MILITARY ONESOURCE Contact: (800) 342-9647 or militaryonesource.com

- Non-medical counseling and life skills (financial, stress, coping skills, and individual/couple/couples counseling), may offer virtual options
- Minimal reporting requirements
- No referral needed or health record documents



PRIMARY CARE PROVIDER/ MEDICAL CLINIC MED HOME Appointment Line: (901) 874-6100

- Medical Treatment for contributing issues such as pain/injury, discuss options
- Help determine if require military mental health evaluation for more serious conditions
- Some initial medication management
- Health record documentation



Outpatient Mental Health Clinic - no referral needed

Appointments- 901-874-6133, includes referral for network therapy-non emergent

- Acute safety screening, triage, and military duty determinations
- Treatment (medication and medical management, brief individual therapy/counseling), additional referrals if needed
- SARP counselors and treatment, if needed, coordinate treatment needs
- Behavioral Health Case management available to coordinate care for dependents and retirees



EMERGENCY ROOM

- Not for Routine Care
- Danger to self, others, or gravely disabled
- Go to nearest ER if safety concerns or inability to stay safe
- Let your chain of command know for awareness and support

SUICIDE HOTLINE

CALL 988, PRESS 1

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days

MAY

Workshops

Visit the Fleet & Family Support Center in Building 456, 3rd. Fl. For more information regarding our workshops, please contact us at 901-874-5075

SUN	MON	TUE	WED	THU	FRI	SAT
			1 1400—1500 Financial Implications of Divorce	2	3	4
5	6 0800—1600 TAP	7 0800—1600 TAP	8 0800—1600 TAP 1400—1500 PFM: CFS Advanced Training	9 0800—1600 TAP 0900—1100 Smooth Move OCONUS	10	11
12 	13	14 0900—1030 Resume Writing & Cover Letters (Virtual) 1500—1600 Mov'n With Minors	15 0900—1200 Resume Writing & Cover Letters (In-Person) 1400—1500 EFMP New Enrollment	16	17	18
19	20 0800—1600 CFS Training	21 0800—1600 CFS Training 0800—1600 DoL My Employment	22 0800—1600 CFS Training 0800—1600 DoL My Employment 1800—1900 Teen Job Search (Virtual)	23 0800—1600 CFS Training 0900—1030 Innovative Interviewing (Virtual) 1200—1300 Tricare After Retirement 1300—1415 Military Benefits Overview 1300—1400 Anger Management	24 0800—1600 CFS Training	25
26	27  FFSC Closed	28 0900—1100 Innovative Interviewing (In-Person) 1300—1400 Effective Communication	29 0800—1600 My Education	30 0800—1600 My Education	31	



Health & Wellness News from NMRTU Memphis

MAY-PHYSICAL FITNESS



Week 1 - Being active increases your chances of living longer and performing better both on and off the job. For the best results, engage in a variety of moderate- to vigorous-intensity aerobic exercise, muscle strengthening, and functional body movement activities. Flexibility is also an important piece of a physical fitness routine. Flexible muscles and joints are less likely to be injured while exercising. For adults, the 2008 Physical Activity Guidelines for Americans recommends:

- At least 150 minutes/week of moderate-intensity, or 75 minutes/week of vigorous-intensity aerobic physical activity, or an equivalent combination of both.
- For more substantial health benefits, the guide recommends 300 minutes/week of moderate-intensity, or 150 minutes/week of vigorous-intensity aerobic physical activity, or an equivalent combination of both.
- The guidelines also recommend moderate- to high-intensity muscle strengthening that involves all major muscle groups at least two days/week.

Week 2 - Include both aerobic and muscle strengthening activities in your workout routine to improve your physical fitness. Aerobic exercises can strengthen your heart and help to increase your endurance. Aerobic activity is anything that increases your heart rate such as brisk walking, bicycling, swimming, running, basketball, or mowing the lawn. For higher intensity aerobic activity, try interval training.

Interval training alternates between short, intense bouts of exercise and periods of true recovery. As an active duty service member, muscular strength is also important because it helps you with activities such as lifting artillery shells, moving cargo, and carrying pack weight. It is also important in everyday activities such as lifting items around your house. Improving your flexibility can increase the range of motion of your muscles and protect your joints from injury.

(Continued on next page)

**Reminder! The Pharmacy
will close at 1300 every
4th Wednesday of the
month for training.**



Week 3 - The Navy Operational Fitness & Fueling System (NOFFS) and Marine Corps High Intensity Tactical Training (HITT) program are designed to increase the physical performance of Sailors and Marines. NOFFS provides information and resources for Sailors to maintain peak physical readiness. The five different training series seek to develop skills needed to perform at the highest levels by developing muscle strength, cardiovascular fitness, and raw power, often by mimicking the physical activities done as part of job functions.

You can access the NOFFS website online. The website includes Operational Series (available for four different platforms), and Strength, Endurance, Sandbag, and Regeneration Series. There is also an app for your smartphone that is available for download at your app store.

Marines may be interested in trying the Marine Corps Fitness HITT combat performance enhancement program which is a strength and conditioning program designed to optimize combat readiness and resiliency by enhancing speed, power, strength, and endurance. Regardless of your program choice, let's get moving and prepare for the PRT in July.

Week 4 - Incorporate fun physical activities into your daily life to stay active. Exercising at the gym is only one way to be physically active. Moderate activity can contribute to your overall fitness and fulfill your weekly exercise goals. There are many types of physical activity. This includes your favorite outdoor pursuits such as rock climbing, kayaking, bicycling, and hiking.

Physical activity may also include daily pastimes such as gardening or mowing the lawn. You can also be physically active with your kids. It is easy to play with them in the pool, run around at the park, or go on bike rides together. Not only will you get your exercise, but you will spend quality time with your children. That's a win-win situation.

Practice water safety to prevent drowning and everyone needs to wear safety equipment, like helmets, when biking to help protect against head and neck injuries. Beat the heat by staying hydrated during outdoor activities and workouts. With the warmer months ahead, make sure that when you increase your physical activity, you do so safely!

EVERY SAILOR A RECRUITER

TEXT **ESAR** TO **764764**



MAY 2024



E-News!

Event calendar highlights

Program information

*Facility Map
and more!*

www.navymwrmaidsouth.com/cookout

ALL HANDS COMMAND COOKOUT



FRIDAY, MAY 10

ELLISON REC.
1100-1300

FREE BURGERS, HOTDOGS AND ALL THE FIXINS



www.navywmrmidsouth.com/cookout

LOOK OUT FOR THE
NEXT NAVY10NM
OUTREACH!



@ FITNESS CENTER!
APRIL 8

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](https://thenavy10nm.raceroster.com/page/event-details1)

The Navy Ten Nautical Miler

Follow Us on Facebook, Instagram,

@Navy10nm.



N-82 Gymnasium
Open Monday-Friday 1000-1330

www.navywmrmidsouth.com/sports



Navy Fitness Center | NOFFS Zone

3671 McLean (Bldg. 5-490) Millington, TN 38054 (801) 876-5487

www.navywmrmidsouth.com/fitness

WE'VE GOT YOUR SIX. OPERATION MWR

PRESENTED BY

GOVX

1700-1900- BOUNCE HOUSE & DJ

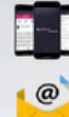
1930-2100 CONCERT

SATURDAY • JUNE 29
NSA MID-SOUTH

FEATURING
Cameron Bedell



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Ellison Rec

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- Home of Liberty Program
- Navy Motion Picture Program
- Computer Center
- Family Fun Room

Did you know? The Ellison Community Recreation Center is your place to kick back and relax? Ellison offers two billiards tables, ping pong table, darts, video game systems, library area, tv lounge, and massage chairs. Want to watch a movie? Pick one from their library of 700+ titles and watch it in their thirty-six seat movie theater. They also have a computer center with free internet access. Enjoy various special events every month including family days, craft nights, movie premieres, and more. Ellison also offers free WiFi, vending machines, microwave, Keurig machine and is home of our Liberty program.

Drop by to enjoy a free movie in our 36-seat movie theater.

Featured movies are new movies that have just left the theater and have not yet been made available to the public or one of over 300 movies in our Navy Motion Picture collection worth repeating.

Liberty Calendar MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
APRIL 28 OPEN 1300-1900	APRIL 29 OPEN 1300-1900	APRIL 30 OPEN 1300-1900	MAY 1 Liberty Lunch 1300-1400 Themed	MAY 2 OPEN 1300-1900	MAY 3 OPEN 1300-1900	MAY 4 OPEN 1300-1900
MAY 5 OPEN 1300-1900	MAY 6 OPEN 1300-1900	MAY 7 OPEN 1300-1900	MAY 8 Liberty Lunch 1300-1400 Themed	MAY 9 Obstacle Course Run 1300-1400	MAY 10 OPEN 1300-1900	MAY 11 Welcome at Ellison Center 1300-1400
MAY 12 OPEN 1300-1900	MAY 13 OPEN 1300-1900	MAY 14 JOI Darts Tournament 1400-1700 Children's Game	MAY 15 Liberty Lunch 1300-1400 Themed	MAY 16 OPEN 1300-1900	MAY 17 OPEN 1300-1900	MAY 18 OPEN 1300-1900
MAY 19 OPEN 1300-1900	MAY 20 Scrapbooking Class 1300-1400	MAY 21 OPEN 1300-1900	MAY 22 Liberty Lunch 1300-1400 Themed	MAY 23 OPEN 1300-1900	MAY 24 Liberty Dining Range Day 1300-1400	MAY 25 OPEN 1300-1900
MAY 26 OPEN 1300-1900	MAY 27 OPEN 1300-1900	MAY 28 OPEN 1300-1900	MAY 29 Liberty Lunch 1300-1400 Themed	MAY 30 OPEN 1300-1900	MAY 31 OPEN 1300-1900	JUNE 1 OPEN 1300-1900

All events are free to and held in the Bldg. S-454, unless otherwise specified.
 Open to single or unaccompanied active duty personnel only.



NAVY MWR OFFICE

MENTAL HEALTH PLAYBOOK

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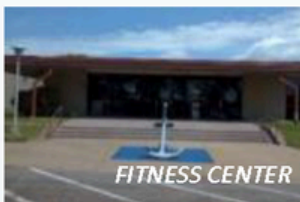
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When military personnel are confident that their children are safe and in good care, they can better concentrate on fulfilling their military responsibilities. Child and Youth Programs are here to make sure high quality and affordable child care is readily available for military families worldwide. Find out more here <https://www.navycyp.org/>

Important links for CYP Program:

<https://militarychildcare.com> - visit to get on the waiting list for military child care.

<https://usa.childcareaware.org> - valuable to parents who cannot find care within our CYP.

Youth Summer Day Camp enrollment begins on MilitaryChildCare.com.



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

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

ELLISON COMMUNITY RECREATION CENTER

(901) 874-5455

Monday: 1100 - 1900

Tuesday: 1100 - 1900

Wednesday: 1100 - 1900

Thursday: 1100 - 1900

Friday: 1200 - 2000

Saturday: 1200 - 2000

Sunday: 1100 - 1900

Federal holidays: Closed

TICKET AND TRAVEL OFFICE

(901) 874-5652

Monday - 0800-1700

Tuesday - 0800-1700

Wednesday - 0800-1700

Thursday - 0800-1700

Friday - 0800-1700

Saturday - 0800-1500

Sunday - Closed

Closed federal holidays

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

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

OUTDOOR RECREATION

(901) 874-5163

Monday: 0800 - 1700

Tuesday: 0800 - 1700

Wednesday: 0800 - 1700

Thursday: 0800 - 1700

Friday: 0800 - 1700

Saturday: 0800 - 1500

Sunday: Closed

Federal holidays: Closed

NOFFS ZONE

Monday - Friday: 0500 - 2000

Saturday and Sunday: Closed

N-82 GYMNASIUM

Monday - Friday: 1000 - 1330

Saturday: Closed

Sunday: Closed

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

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 - 0745 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

SCHOOL LIAISON

(901) 874-5343

Monday: 0800 - 1600

Tuesday: 0800 - 1600

Wednesday: 0800 - 1600

Thursday: 0800 - 1600

Friday: 0800 - 1600

Saturday: Closed

Sunday: Closed

Federal holidays: Closed

GOLF PROGRAM

GOLF COURSE PRO SHOP

(901) 874-5168

Monday - Friday: 0700-1800

Saturday: 0630-1800

Sunday: 0630-1800

First tee time Mon-Fri: 0730

First tee time Sat/Sun: 0700

Federal Holidays: Vary

All subject to weather

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

FOOD AND BEVERAGE

PARK FIELD CAFE

(901) 874-5841

Monday - Thursday

0700-1400 / 1630-2200

Friday: 0700-1400

Saturday: CLOSED

Sunday: 1630-2200

Federal holidays: Closed

EAGLE'S PEAK BAR

Monday: 1100-1800

Tuesday: 1100-1800

Wednesday: 1100-1800

Thursday: 1100-1800

Friday: 1100-1800

Saturday: 0900-1800

Sunday: 0900-1800

Federal holidays: Closed

<https://www.navywmwrmidsouth.com/about/directory>

Need more info ...touch base with the Marketing
(nsamidsouth_marketing@us.navy.mil).



NavyMWRMidsouth.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)
- V 16 Ticket and Travel Office (S-797)
- V 26 Turf Field
- P 08 Visitor Center / Gate Passes (S-938)
- Z 30 Youth Center (S-936)

Logistics Activity Interior Designer Revamps Memphis Emergency Operations Center and Office Spaces

Story By USACE Logistics Public Affairs



Vikki Randall, right, reviews remodel plan details with the Memphis District Chief of Readiness and Contingency Operations/ Emergency Operations Center Kandi Waller during the final stages of installation.

Memphis, Tennessee - The US Army Corps of Engineers (USACE) Logistics Activity (ULA) completed a comprehensive renovation project to rejuvenate the Emergency Operations Center (EOC) and office spaces within the USACE Memphis District Emergency Management Office. Spearheading this initiative is Vikki Randall, an interior designer within the Facilities Management Division (FMD) at ULA.

Randall shared insights into the project, revealing a strong emphasis on enhancing functionality, comfort, and operational efficiency. In coordination with Kandi Waller, Chief of Readiness and Contingency Operations at Memphis District, Randall's vision aimed to create an environment that caters to the unique needs of personnel, both in routine operations and high-stress emergency scenarios.

"Kandi wanted to create a space that both integrated the daily functions of the EOC as well as the hectic atmosphere during emergency operations in the new furniture," said Randall. "There are many hours spent within the EOC when emergency operations are underway and personnel report at all hours of the day and remain

throughout the crisis. There are many people in the EOC at one time, for long periods during an emergency and the goal was to allow ease of moving about the spaces while being able to concentrate on tasks at hand. In addition, the space encompasses a conference room used frequently throughout a disaster event and throughout the year by all of the district. This room has also been used and will be used for training of disaster response teams as well as other district trainings.

Working in tandem with the General Services Administration (GSA), Randall secured funding and oversaw the renovation process, ensuring alignment with the envisioned outcomes. Randall's role involved translating this vision into tangible design elements that prioritize the well-being and efficiency of occupants.

"The EOC employees spend a tremendous amount of time in the space during emergency situations, so the goal was to provide a light and airy approach to the finishes, not only for the building renovations, but also for the furniture finishes," said Randall. "There is no natural light in the space so the pale blue accents in the pedestal cushions, tackboards and waiting room (cont.)

furniture introduces a 'sky' blue color and is calming. A lighter laminate was selected for the conference room tables because of the large amount of surface space the tables occupy when configured into one table."

The design approach encompasses ergonomic furniture solutions tailored to the needs of military emergency management offices. Each office is equipped with electronic sit-stand desks, ergonomic chairs, and adjustable monitor arms to enhance comfort and productivity during prolonged work hours.

"The individual offices are designed to accommodate up to two employees each with the exception of Kandi's office," said Randall. "The desk configurations allow each employee to sit or stand while working. Each office is equipped with an electronic table/desk which they can adjust to the height that is most comfortable. Evidenced Based Design, (EBD) in some studies, have shown standing while working, can benefit the health of the employee as well as increase productivity. Also, each desk is equipped with an ergonomic monitor arm to support the single large monitor required for each employee. The monitor arm adjusts to help relieve neck, back and eye strain by moving it up or down, backwards, or forwards to the desired position. The arm is installed on the adjustable height desk and travels up and down along with the height adjustment."

Versatility was a key consideration in designing the conference room, featuring flip-top tables and integrated electrical outlets for seamless transitions between briefings and training sessions. Storage solutions were also optimized, with a comprehensive locker and cabinet system designed to accommodate emergency supplies and equipment.

The Open Office Work Area was designed with trapezoid shaped tables allowing employees who sit directly across from each other to have an angled line of sight, so they are not looking directly at each other all day/night. These desks also are equipped with the electronic sit to stand option with full electrical and data module's, monitor arms and ergonomic seating for extended work hours. Task lighting is provided on each desk as well as fabric divider screens which are tackable and provide acoustical value during long hours of reporting during emergencies.

Throughout the project, collaboration between Randall, Waller, and contractors remained pivotal, ensuring a seamless integration of design elements with ongoing renovations. Regular meetings facilitated coordination of timelines and logistics, resulting in a smooth installation process.

Looking ahead, Randall hinted at upcoming projects that the ULA could support, including the EOCs at the New England District and South Atlantic Division, reaffirming ULA's commitment to enhancing emergency management facilities across the nation.

The revitalization of the Memphis District Emergency Management Office underscores the dedication to excellence and the pursuit of functionality and comfort in critical operational environments. With a renewed focus on user experience and operational efficiency, the revamped facilities are poised to support USACE's mission of safeguarding communities and responding effectively to emergencies.

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Naval Support Activity (NSA) Mid-South Annual Water Quality Report for Year 2023

Why are we doing this report?

In order to ensure that tap water is safe to drink, the United States Environmental Protection Agency (EPA) and Tennessee Department of Environment and Conservation (TDEC), Division of Water Resources, regulate the amount of certain contaminants in water provided by public water systems. Congress, in its 1996 amendments to the Safe Drinking Water Act, mandated that the EPA promulgate regulations requiring community water systems to annually publish and provide, to their customers, Consumer Confidence Reports (CCRs). These reports must describe the quality of the water supplied to customers and provide educational information on health effects of various contaminants.

The sampling results are summarized in Table 1 and Table 2 below. The data presented in the report are from the most recent testing in accordance with the regulations. We welcome this opportunity to inform you of the high quality of water that is delivered to our customers at NSA Mid-South.

What is the source of our water?

Our public water system serving NSA Mid-South is a groundwater system consisting of five wells and a 4.2 million-gallon-per-day capacity. Of the five wells, two are in the Memphis Sands aquifer and are approximately 500 feet deep. Three are in the Fort Pillow aquifer and are approximately 1,400 feet deep. The water treatment plant is designed to remove naturally occurring iron and provide chlorination and fluoridation. The Tennessee Department of Environment and Conservation (TDEC) has prepared a Source Water Assessment Program (SWAP) Report for untreated water sources serving water to this water system. The SWAP Report assesses the susceptibility of untreated water sources to potential contamination. The URL address for Source Water Assessments is: <https://www.tn.gov/environment/program-areas/wr-water-resources/water-quality/source-water-assessment.html>. To ensure safe drinking water, all public water systems treat and routinely test their water. Groundwater is potentially susceptible to contamination from industrial and agricultural sources in the area; however, frequent monitoring has shown that NSA Mid-South's water remains free of these contaminants. In addition, to reduce the potential for groundwater contamination NSA Mid-South maintains a Wellhead Protection Plan.

Does my drinking water meet EPA standards and other rules that govern our operations?

Yes, our drinking water meets or exceeds all of EPA's health standards. During our last water plant inspection from TDEC in March 2024, we received a numerical rating of 596 out of 599 points, giving us a 99% rating, placing us among the state's "approved" public water systems. The State and EPA require us to test our water on a regular basis to ensure its safety and to report the results of this monitoring. The tables below show only the contaminants for which we have sampled recently and are above detectable levels. None of the results exceeded regulatory limits.

Why are there contaminants in our water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline at (800) 426-4791.

The sources of drinking water (both tap water and bottled water) include aquifers, rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production and can, come from gas stations, urban stormwater runoff, and septic systems.
- Radioactive contaminants, which can be naturally- occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA and Tennessee Department of Environment and Conservation prescribe regulations, which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

Do I need to take any special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons, such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control and Prevention guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at (800) 426-4791.

Lead in Drinking Water

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. NSA Mid-South is responsible for providing high quality drinking water but can only control to the best of our ability the wide variety of materials used in plumbing components over the years. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may contact our Public Works Environmental Division. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

How can I get involved?

Please feel free to call your PWD Installation Environmental Program Director, Jim Heide, at 901-874-5367 any time during regular operating hours with your questions and concerns. These operating hours are from 7 a.m. until 3:30 p.m. Monday – Friday.

Table 1. Detected Regulated and Unregulated Contaminants

Contaminants	MCLG ¹	MCL ²	Level found	Date	Violation	Typical Source
*Total Coliform Bacteria (RTCR)	N/A	TT Trigger ⁶	None	Monthly	No	Naturally present in the environment.
³ Barium	No MCLG	2 PPM ³	.055 PPM	2/8/23	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion from natural deposits
⁴ Fluoride	4 PPM ³	4 PPM ³	Average: .71 PPM Range: .69-.75 PPM	Monthly	No	Water additive, which promotes strong teeth; erosion of natural deposits; discharge from fertilizers & aluminum factories.
⁵ Lead	0 PPB ⁴	AL ⁵ =15 PPB ⁴	<2 PPB, 90 th percentile	8/1/23	No	Corrosion of household plumbing systems; erosion of natural deposits.
⁶ Copper	1.3 PPM ³	AL ⁵ =1.3 PPM ³	.019 PPM, 90 th percentile	8/1/23	No	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives.
*Total Trihalomethanes	No MCLG	80 PPB ⁴	4.77 PPB	8/9/23	No	By-products of drinking water chlorination.
⁷ Radium 226 Radium 228 Combined	0 pCi/l	5 pCi/l	.803 pCi/l	2/9/23	No	Erosion of natural deposits
⁸ Sodium	No MCLG	No MCL	10.6 PPM	2/8/23	No	Erosion of natural deposits

*Other contaminants that are monitored and below detection limit are not included in table.

¹ **MCLG**- Maximum contaminant level goal or the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

² **MCL**- Maximum contaminant level or highest level of a contaminant that is allowed in drinking water. MCL's are set as close to the MCLGs as feasible using the best available treatment technology.

³ **PPM**- Parts per million or milligrams per liter, explained in the terms of money as one penny in \$10,000.

⁴ **PPB**- Parts per billion or micrograms per liter, explained in terms of money as one penny in \$10,000,000.

⁵ **AL** - Action Level, or the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

⁶ **TT**- Treatment Technique, or a required process intended to reduce the level of a contaminant in drinking water.

Iron occurs naturally in our raw water and occasionally accumulates in the distribution system. Iron shows up as "red" or "rusty" water at your tap. Although you do not want to drink water that is not clear, iron is not considered to be a hazard to your health. We test for iron daily and it is usually around .05 ppm. The aesthetic limit for iron is 0.3 ppm.

a. Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other; potentially harmful, bacteria may be present. No positive coliforms found in any of our monthly monitoring samples.

b. Some people who drink water containing barium in excess of the MCL over many years could experience an increase in their blood pressure.

c. Fluoride is added to our water at levels recommended by the EPA and the US Department of Health and Human Services to help prevent tooth decay. Some people who drink water that contains fluoride well in excess of the MCL over many years could get bone disease. This could include pain and tenderness of the bones, and children's teeth could become discolored.

d. TDEC requires all public water systems to test various sites in their distribution system for lead and copper. Corrosion of household plumbing systems and erosion of natural deposits are the sources for these contaminants. During the most recent round of lead and copper sampling, out of 20 samples taken, 0 samples contained concentrations exceeding the action level.

e. Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.

f. Some people who drink water containing radium 226 or 228 in excess of the MCL over many years may have an increased risk of getting cancer.

g. Some people who drink water that contains high levels of sodium could develop high blood pressure.

Table 2.

Contaminant	MRDLG ¹	MRDL ²	Level Found	Date	Violation	Typical Source
<u>^aChlorine</u>	4.0 PPM	4.0 PPM	Average:1.39 PPM Range: .46-2.20 PPM	Daily	No	Water additive used to control microbes

¹ **MRDLG** - Maximum Residual Disinfectant Goal, or the level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

² **MRDL** - Maximum Residual Disinfectant Level, or the highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for the control of microbial contaminants.

a. Some people who use water containing chlorine well in excess of the MRDL could experience irritating effects to their eyes and nose. Some people who drink water containing chlorine well in excess of the MRDL could also experience stomach discomfort.

What are per- and polyfluoroalkyl substances and where do they come from?

Per- and polyfluoroalkyl substances (PFAS) are a group of thousands of man-made chemicals. PFAS have been used in a variety of industries and consumer products around the globe, including in the U.S., since the 1940s. PFAS have been used to make coatings and products that are used as oil and water repellents for carpets, clothing, paper packaging for food, and cookware. They are also contained in some foams (aqueous film-forming foam or AFFF) currently used for fighting petroleum fires at airfields and in industrial fire suppression processes. PFAS chemicals are persistent in the environment, and some are persistent in the human body – meaning they do not break down and they can accumulate over time.

Is there a regulation for PFAS in drinking water?

On April 10, 2024, the US EPA established MCLs for a subset of PFAS chemicals. EPA requires implementation of sampling in accordance with the new MCLs within three years of the publication date and implementation of any required treatment within five years.

Compound	MCL
PFOA	4.0 parts per trillion (ppt) (also expressed as ng/L)
PFOS	4.0 ppt
PFHxS	10 ppt
PFNA	10 ppt
HFPO-DA (commonly known as GenX Chemicals)	10 ppt
Mixtures containing two or more of PFHxS, PFNA, HFPO-DA, and PFBS	1 (unitless) Hazard Index

These limits did not apply for the 2023 calendar year because they had not been published. However, the DoD proactively promulgated policies to monitor drinking water for PFAS at all service owned and operated water systems at a minimum of every two years. The DoD policy states that if water sampling results confirm that drinking water contains PFOA and PFOS at individual or combined concentrations greater than the 2016 EPA health advisory (HA) level of 70 ppt, water systems must take immediate action to reduce exposure to PFOS or PFAS. For levels less than 70 ppt but above the 4 ppt level (draft at the time of policy publication), DoD committed to planning for implementation of the levels once EPA’s published MCLs take effect.

Has NSA Mid-South tested its water for PFAS in 2023?

Yes. In April 2023 samples were collected from the potable water system.

We are pleased to report that drinking water testing results were below the Method Reporting Limit (MRL) for all 29 PFAS compounds covered by the sampling method, including PFOA and PFOS. This means that PFAS were not detected in your water.

Think before you flush!

Flushing unused or expired medicines can be harmful to your drinking water. Properly disposing of unused or expired medication helps protect you and the environment. Keep medications out of Tennessee's waterways by disposing in one of our permanent pharmaceutical take back bins. There are over 340 take back bins located across the state in all 95 counties, to find a convenient location please visit: <https://www.tnpharm.org/patient-resources/disposing-of-unwanted-drugs/>

Safety Comment Box



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



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.



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