



Life on NSA



Above: Members of Memphis #119 Navy Wives Club pose for a group photo at the their 60th Anniversary luncheon. Below: Lifetime members of Memphis #119 Navy Wives Club Janet Park and Pat Rutter say the Pledge of Allegiance before the Memphis #119 60th Anniversary luncheon. Capt. Doug Walker, Naval Support Activity Mid-South commanding officer, speaks at the Memphis #119 Navy Wives Club 60th Anniversary luncheon. (Photos by MCI William Jamieson)

NSA Mid-South Welcome New Student Liaison Officer



Jennifer Lundy serves as the new Student Liaison Officer at Naval Support Activity Mid-South. (Photo by MCI William Jamieson)

By MCI William Jamieson

Moving across the country is stressful for any servicemember, but when the pressure of picking schools for children is added to the mix, it can create a perfect storm of anxiety for parents seeking to ensure their children receive the best possible education in the best for that child's success. So when you or one of your Sailors is beginning to plan that move or even just looking to change their children's schools it is important to start SLO.

SLO is an acronym for Student Liaison Officer and the new SLO onboard Naval Support Activity Mid-South, Jennifer Lundy, is anything. Lundy began her new position as SLO at NSA Mid-South in June, but has been in Mid-South education since 2010. She said a desire to do something for military youth led her to accept the position at NSA Mid-South.

"I had been working in education by recruiting and training teachers in the Mid-South area, which was great, but when the opportunity to work with military families presented itself, I knew that was where I wanted to be," said Lundy. "My husband is in the Navy, and I have always had a huge amount of admiration for the resiliency and strength of military children. That admiration made me want to help in any way I can to help them have a smooth transition."

The role of a SLO, Lundy explained, is to facilitate a direct line of communication between area schools, military parents and base commanders. This can mean providing information about local schools, arranging student-to-student sponsors, advocating for special needs students and even helping local Sailors get involved with school based volunteer opportunities. However, Lundy is quick to note that she is not advocating for any individual school in the area.

"I'm here to let parents know the resources they have, but the decision as to which school their child should attend is theirs and theirs alone," said Lundy. "The parents are ultimately going to be the best advocate for their child, and being a good advocate means having all the resources available to make an informed, considered opinion. I am here to provide those resources."

Lundy struck a hopeful tone when asked about her hopes for the future of the SLO program at NSA Mid-South.

"I want this program to continue the process of growing and becoming as good and valuable as it can possibly be," said Lundy. "The key to our growth is getting the word out to families on base and newly assigned personnel that I am here and that I can help get rid of some of the stress that comes with a move."

Personnel or Dependents who are interested in setting up a meeting with Lundy can call 874-5343, (901) 508-1083 or visit the School Liaison Office in the NSA Mid-South Chapel Complex between the hours of 8 a.m. - 4:30 p.m.

Memphis No. 119 Navy Wives Club Celebrates 60 Years of Service and Community

By MCI William Jamieson

Memphis #119 Navy Wives Club celebrated their 60th anniversary with a luncheon at the Helmsman complex on board Naval Support Activity Mid-South August 7.

During the event, guest speakers including Capt. Doug Walker, NSA Mid-South commanding officer and Navy Wives Club of America National President Melissa Worthy delivered remarks on the important role the Navy Wives Club has played on the installation and in the Mid-South community during their 60 years of service.

Walker said the Navy Wives Club was an incredible asset for the base and area.

"The Navy Wives Club has been a constant, and valuable part of the NSA Mid-South family since their founding," said Walker. "They continue to work hard here on base and in the community and provide innumerable services to our Sailors and community alike. NSA Mid-South is a better place because our Navy Wives Club is here."

The Luncheon also saw four scholarships awarded to deserving youths. The Pauline Langkamp Scholarship was awarded to Joshua Martinez. The Judith Hapt Scholarship was awarded to James Cornado, and two Member's Child Scholarships were awarded to James Coronado and Taylor Martchek.

After the lunch, Navy Wives Club of America National President Melissa Worthy delivered the keynote address. It is customary for the National President to pick a theme for their time in office and Worthy's theme is, "Be the Change." During her remarks, Worthy said a legacy of service and change for the better is the calling cards of Memphis #119.

"Without a doubt, Memphis #119 hits it out of the park with regards to the Navy Wives Club of America mission statement of education and charity," said Worthy. "It is clubs like Memphis #119 that makes me proud to stand anywhere and say I represent them. Thank you for the first 60. I look forward to the next 60. Please continue to stand in the gap, providing services that are missing and being the change."

After Worthy spoke, members of Memphis #119 awarded a member, Lois Wilber, with a lifetime membership, a ceremonial honor bestowed upon members who have provided years of exemplary service to the club.

Wilber, who is a past National President, said lifetime membership was an incredible honor to receive.

"I came to Millington 25 years ago as welcomed with open arms," said Wilber. "The reason this club has been able to continue for 60 uninterrupted years, is because this club is not just an organization, it is a family. We all strive to take care of each other and teach each other how to care for themselves."

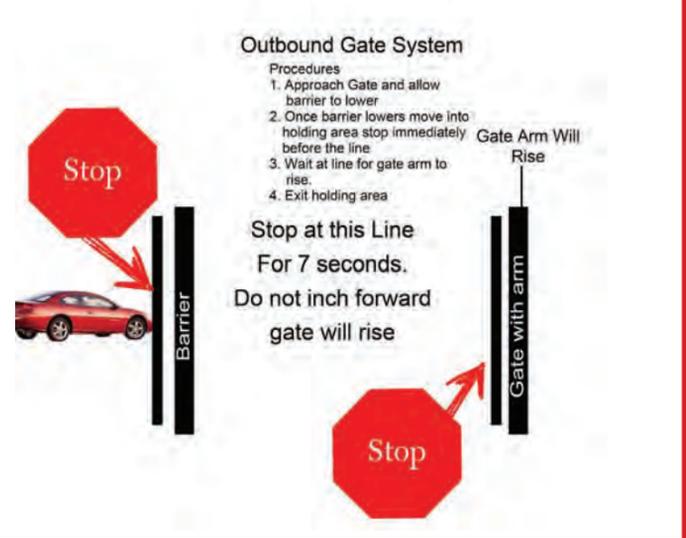


When asked what she would say to spouses considering joining the Navy Wives Club Wilber broke into a large smile and said, "If you want to be somewhere where you will have a great time, doing good work helping others, then the Navy Wives Club is for you."

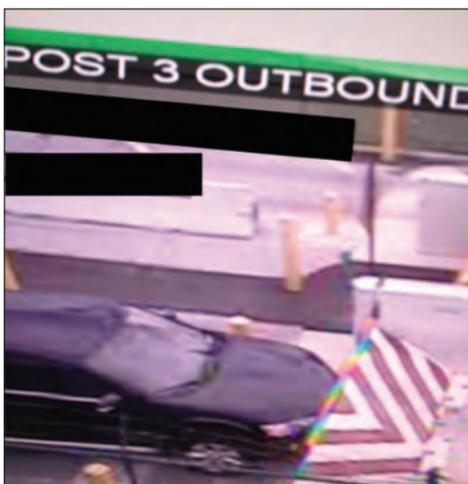
Navy Wives Clubs of America Inc. is the country's only national federation of Navy, Marine Corps, and Coast Guard spouses. NWCA was chartered in 1936 with a federal charter granted in 1984. It is represented on the Naval Services FamilyLine Advisory Board and is a member of the Navy-Marine Corps Council, which is composed of thirteen Navy-oriented volunteer organizations dedicated to improving life in the Naval Service



Before You GO



Harrison Automated Gate Procedures



As there have been repeated instances of personnel damaging their vehicles and the Automated gate it is important that all personnel using the Automated gate understand the correct procedures.

Key Points for using the Harrison Automated Gate:

OBEY THE SIGNAGE AND BARRIER SIGNALS! ONE CAR AT A TIME, BOTH INBOUND AND OUTBOUND! If you do not comply with this operational requirement, you will be trapped on the inbound lane, or stopped by the ATRP barrier on the outbound lane.

The same card reading system is in operation, thus if you did not have access previously, you will need to get your card programmed.

Procedures for Using Harrison Automated Gate:

A. Vehicle approaches the pedestal. Other vehicles in line behind the front vehicle must stop at the first stop sign. This allows time for the camera to record the license plate

B. At the pedestal there is a Lane Status indicator (Pictured) that depicts the status of the lane as well as indicates access granted/access denied.

1. Lane Busy (Yellow) – Driver must wait for the lane ready status BEFORE inserting Credentials

2. Lane Ready (Green) – Driver inserts credentials and enter pin

3. Access Granted (Green) – Wait

for proceed to gate signal

4. Proceed to Gate (Green) – Driver pulls up to the white line in front of the gate and follows all signals and signs.

5. Access Denied (Red) – Driver must turn right and exit the base.

C. A 60 second Delay will occur between the time a vehicle is denied access and the panel resets.

D. Currently Only Active Duty Common Access Card (CAC) Holders who are registered with the Visitor Control Center can get access to the Harrison Automated Gate.

E. If found to be in violation of the Harrison Gate entrance procedures, violators could have their decals terminated and/or be debarred from base.



This week in Navy History

August 15

1845 - U.S. Naval Academy established at Annapolis, MD on former site of Fort Severn.
 1895 - Commissioning of Texas, the first American steel-hulled battleship. Texas served off Cuba during the Spanish-American War and took part in the naval battle of Santiago. Under the name of San Marcos, she was sunk in weapon effects tests in Chesapeake Bay in 1911. Her hull continued in use as a gunnery target through World War II.
 1908 - First Navy post offices established in Navy ships
 1944 - Operation Dragoon, Allied invasion of Southern France
 1953 - First naval officer appointed Chairman, Joints Chiefs of Staff, Admiral William Radford. He served from 15 August 1953 until 15 August 1957.
 1958 - USS Lexington (CVA-16) arrives in vicinity of Taiwan
 1812 - USS Constitution recaptures American merchant brig Adeline
 1954 - Beginning of Operation Passage to Freedom, transport of refugees from Haiphong to Saigon, Vietnam
 1812 - USS Constitution recaptures American merchant brig Adeline
 1954 - Beginning of Operation Passage to Freedom, transport of refugees from Haiphong to Saigon, Vietnam
 1942 - Submarines USS Nautilus and USS Argonaut land 222 Marines on Makin Island,

first amphibious attack made from submarines
 1959 - ADM Arleigh Burke reappointed CNO for 3rd 2 year term, serving longest term as CNO
 1962 - Navy's first hydrofoil patrol craft, USS High Point (PCH-1) launched at Seattle, WA
 1838 - Exploring Expedition under LT Charles Wilkes embarks on world cruise.
 1911 - First Navy Nurse Corps superintendent, Esther Voorhees Hason, appointed
 1965 - First major amphibious assault in Vietnam, Operation Starlight captures 2,000 Viet Cong
 1966 - First ship-to-shore satellite radio message sent from USS Annapolis in South China Sea to Pacific Fleet Headquarters at Pearl Harbor
 1974 - After flooding in Philippines, Navy helicopters begin 6 days of operations to rescue people and bring supplies (244 flights)
 1812 - USS Constitution captures HMS Guerriere.
 1812 - Devastating hurricane struck the Navy's New Orleans station, delaying military preparations in the War of 1812
 1818 - CAPT James Biddle takes possession of Oregon Territory for U.S.
 1967 - Operation Coronado IV begins in Mekong Delta
 1981 - 2 VF-41 aircraft from USS Nimitz shoot down 2 Libyan aircraft which fired on

them over international waters
 August 20
 1952 - In interservice air operation at Chang Pyong-ni, Korea, U.S. Navy, Marine and Air Force aircraft destroy 80 percent of assigned area.
 1959 - USS Thetis Bay (LPH-6) completes 6-day humanitarian operation after floods in Taiwan.
 1969 - Navy Seabees and sailors from Helicopter Training Squadron Eight (HT-8) evacuated 820 people from Pass Christian, MS after Hurricane Camille.
 August 21
 1800 - U.S. Marine Corps Band gave its first concert in Washington, D.C.
 1883 - Installation of the first electric lighting on a US Navy Ship completed on USS Trenton.
 1920 - Radio station built by U.S. Navy and French Government transmits first wireless message heard around the world. At time it was the most powerful radio station in the world.
 1951 - First contract for nuclear-powered submarine awarded.
 1965 - Launch of Gemini 5, piloted by LCDR Charles Conrad Jr., USN, who completed 120 orbits in almost 8 days at an altitude of 349.8 km. Recovery was by helicopter from USS Lake Champlain (CVS-39).
 1980 - USS Truxtun rescues 42 Vietnamese refugees and USS Merrill rescues 62 Vietnamese refugees, over 200 miles southeast of Saigon

Chaplain's Compass The Seven Checkpoints — Putting Others First

By Chaplain Dave Mowbray
NSA Mid-South Chaplain

Quote of the Week: The high destiny of the individual is to serve rather than to rule.
—Albert Einstein

I've been looking at Pastor Andy Stanley's book, The Seven Checkpoints over the past few weeks. This week we will look at our last checkpoint of "putting others first!" These are seven things that Christians should display in their faith-walk.

Stanley says that Christians should have a habit of thinking of others and putting their legitimate needs ahead of their own. The key Scripture passage here is Philippians 2:3-5: "Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had."

We live in a self-centered world. James hits the source of the problem on the head in James 4:1-2—the problem? Someone is not getting their way. The wants of one person runs into the wants of another. Everyone wants it their way; to be the first in line, first at the red light, etc... Selfishness is like every other appetite. The more you feed it, the bigger it grows.

C.S. Lewis once said, "An appetite grows by indulgence. Starving men may think much about food, but so do gluttons." A big danger is that self-centeredness is not a desire that is ever finally and completely satisfied. The more it gets, the more it wants.

For Christians, Jesus set a new standard. This is reflected in the passage in Philippians 2, where Paul raises the bar by telling us: 1) Don't allow ambition or conceit to drive your decisions, 2) View others as more important as yourself, 3) Look out for the interests of others and 4) Follow Christ's example of humility. He then lists in the verses following (Phil. 2:5-11) the exact nature of the love of Jesus for humanity. By the way, these verses (5-11) may be one of the very earliest Christian hymns, and presented as a statement of faith!

So Paul is telling Christians to imitate Jesus. Having an attitude that is a reflection of the love Jesus had for everyone. How am I putting others first?

- Is my schedule of activities more important than serving others?

- Is my position more important than serving others?

- Is my pride or ego keeping you from serving others?

- Is my attention focused more on media and electronics than on those around me?

Sometimes it requires little more than being a good listener. Think about marriages that work well. Think about friends and relationships that seem to work well too. What do they always seem to have in common?—they are almost always relationships where people share and put each other's needs ahead of their own.

I challenge each of us to take the time to serve God by serving others. If we don't have the time, what can we do to throttle back and make time to do so? If we don't serve others, who do we serve?

Name That Tune:
 What? School is about to start, August is here ... Where did the good times go? In honor of the dog days of summer, here are some classic rock tunes for your "listening" pleasure:
 1) "All around, people lookin' half-dead ... but at night it's a different world..."
 2) "She ... wore ... an ..."
 3) "Hi - hi - hi - hi there! ... Them summer days..."
 4) "Got my first real six-string, bought it at the five and dime..."
 5) "Well I'm goin' out west where I belong, where the days are short and the nights are long."

What's Happening:
 NSA Mid-South Women's Summer Bible Study Kickoff!

Starting on Mondays beginning July 29 and through Aug 26, 6:30 pm - 8:00pm in the Chapel Center. We will be using a video series featuring Beth Moore, Jennifer Rothschild, Kay Arthur, Vicki Courtney, and Priscilla Shirer. Moms are welcome to bring infants. For more information: Facebook: NSA Mid-South Women's Bible Study or email mswomensbiblestudy@gmail.com.

Chapel Bible Studies
 The chapel hosts a men's Bible study at 11:30 each Thursday in the conference room. Ladies have a 1200 Thursday Bible study in the classroom next to the Navy and Marine Corps Relief office.

Youth Bible Study
 Meets Sunday nights at 17:30 in the Chapel Fellowship Hall. All teenagers are invited, and bring an appetite!

St. William's Catholic Church - Knights of Columbus Fund-Raiser
 There will be a "Sloppy Joe" fundraiser from 5-7 pm on August 16th at the St. William Family Life Center on Easley Street in Millington. Cost is only five dollars and donations will go to support our own Millington Crisis Center. Come support this great organization!

Community Relations Projects
 Have a command community relations project in mind? Let the chapel advertise and help you promote your event as you support our community.

Feds Feed Families
 This is a donation drive of non-perishables in support of our local food banks. Donations may be dropped off at the chapel center during business hours. Please encourage everyone in your command to donate! We will accept donations through 31 August!

Answers to "Name That Tune"
 1) Summer in the City - The Lovin' Spoonful, 1966
 2) Itsy Bitsy Teenie Weeny Yellow Polkadot Bikini - Bryan Hyland, 1960
 3) Hot Fun in the Summertime - Sly and the Family Stone, 1969
 4) Summer of '69 - Bryan Adams, 1985
 5) California Sun - The Riverias, 1964

You're Invited!
 There are many places of worship in the Millington and Memphis area. Make plans to attend and plug into the great community of faith here in the Mid-South. If you have questions about what is available, please call Chaps at 874-5344. You are always welcome to visit our interfaith service at the base chapel at 1000 each Sunday morning!

CALENDAR OF EVENTS

Mid-South Commissary Tour by a registered Dietitian- dates are available upon request. Go on a free 90-minute interactive tour of the DeCA commissary with a registered dietitian for inside tips on how to identify tasty, healthful food choices and discover popular food and marketing trends. To register call 874-6178. The information, Tickets and Travel office (ITT) and, Navy Getaways has moved into the newly renovated Ellison Family Recreation Center (Bldg. S-499 |5671 McCain St.) Our hours of operation are Monday - Friday 11 am - 9 pm, Saturday and Sunday 2-9 pm and holidays 2-7 pm. Date for our grand opening remains to be announced. Updates to this information will be available online at www.facebook.com/MillingtonITT.

Domestic Violence Awareness-The Memphis NCIS office is currently offering Domestic Violence Awareness Briefings for NSA Mid-South Commands. Interested Units and Commands should contact NCIS agent Chad Willie at 901-874-5387 to schedule a briefing.

Insider Threat Counter Intelligence Briefing Opportunities-The Memphis NCIS office is currently delivering "Insider Threat" Counter-Intelligence and Counter-Terrorism Briefings for NSA Mid-South Commands. Interested Units and Commands should contact Deborah Cross at 901-874-5387 to schedule a briefing by an NCIS Special Agent.

Tobacco Cessation Classes- (TBD) Monthly at Naval Branch Health Clinic. If you are unable to attend a class, individual appointments are also available. Call Beth McKinzie RN, CDE Health Promotion/Education at 874-6178 to register.

Child Abuse and Exploitation Briefings-NSA NCIS office. Interested Units and Commands should contact Deborah Cross at 901-874-5387 to schedule a briefing by NCIS Special Agent Chad Willie.

The Rock- A teen bible study, every Sunday evening from 5:30 p.m. to 7:00 p.m. This is a FREE, basic religious instruction for the military teen. Free food and drinks provided. Join us for a fun and informative time at the NSA Mid-South Chapel Center. Please call 874-5341/7232 for more information.

NSA Mid-South & MWR present "Summer Family Fun"

Millington Family YMCA Summer Membership May 25 thru September 3, 2013. Program is for Active Duty Military and their immediate family members only. Purchase your Millington Family YMCA "Summer Fun 2013" Membership at Joe Dugger Fitness and Sports Complex. Activation will take 2-5 business days. For more information call 901-874-5497. Updates to this information will be posted online at www.facebook.com/navyfitnessmidsouth.

Hands Only CPR Class -One quarter of Americans say they've been in a situation where someone needed CPR. If you were one of them, would you know what to do? Studies have shown that being trained in hands-only CPR can make the lifesaving difference when someone suffers sudden cardiac arrest. If you are interested in completing this fifteen-minute manikin hands-on training, contact Cliff Oliver at the NSA Safety Office 874-5398 to sign up for an upcoming class. Groups of six or more can request the training be brought to their worksite on base.

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

At Eagle's Peak... Every Friday 4-6 p.m. join us for Happy Hour. Come in for food, drinks and friendly conversation! For more information call 874-5415/5372 or send email to marybalzell@navy.mil.

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

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

Every Wednesday and Thursday - Free Yoga Class

Mid-South Navy Ball Golf Tournament
 First Place Prize:
 1 Round of Golf for 4 at TPC Southwind
 4-Man Scramble
 2-Man Split
 Lunch will be served at the end of the tournament.
 For more information, contact:
 HM2 Byron Field #3820
 LT Kyle Glenn #7695
 LT Ben Addison #9135
 1912 Ruth Stewart #5668
 Friday, 23 Aug 2013
 Shot Gun Start @ 0800
 Glen Eagle Golf Course
 \$45 per person
 Sign Up by 21 Aug
 Late Sign Up will be \$50 per person
 Prizes: 1st Place, 2nd Place, Last Place, Longest Drive, & Closest to the Pin

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

Complex. For more information call 874-5497 or visit www.facebook.com/933Yoga.

Every Thursday - The NSA Mid-South Toastmaster Club Meeting

The NSA Mid-South Toastmaster Club can help you: 1) become a better speaker and presenter, 2) communicate with more confidence, 3) develop better leadership skills, and 4) listen more effectively. All military and civilians are invited to be guests at our weekly meetings held Thursdays, 1135-1235, Whitten Bldg (791), Rm B102. For more information on the benefits of joining Toastmasters, please contact Julieanna Walker at 901-874-6898 or Julieanna.walker@navy.mil.

Chief Petty Officer's Association 200 Mile Club - Open to all NSA Mid-South personnel, both Military and Civilian. Log 200 miles running or walking to be officially recognized as a member of the 200 mile club and receive your 200 mile club T-shirt

SEE: FCC ALLRED 874-5071 BLDG-S237 FOR MORE INFORMATION AND TO JOIN

\$5.00 REGISTRATION FEE

Naval Support Activity Mid-South Food Drive - Non-perishable canned goods are now being accepted through August 31, 2013 at the NSA Chapel Center. All donations will go to the Feds Feeds Families Campaign to assist them in their fight to stop hunger across America. Contact the Chapel at 874-5341 for more information.

Navy Exchange Hours Will Not Change

The current Navy Exchange hours will remain the same throughout the furlough period. These hours of operation are as follows: Monday through Friday: 0800-1900

Saturday: 0900-1900

Sunday: 1000 - 1700

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

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

Watercolor 101 with Barrie Foster

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

Friday, August 16 and September 13 - ITT

Tunica Trips

Join ITT on a bus trip to Gold Strike Casino and Resort in Tunica Mississippi. Enjoy Seafood Night at the newly renovated Buffet Americana! Leave the driving & parking to ITT! Trip Itinerary: Depart North-side parking lot at 4:30 p.m. Arrive Gold Strike by 6 p.m. Depart 10:30. Return to NSA Mid-South by midnight. Trip cost \$17 per person. Upon arrival at Gold Strike you will receive \$5 & one \$10 food coupon! Sign up by 1 week prior to trip departure. Note minimum required—20 passengers to conduct these trips. The ITT office is located in the Ellison Family Recreation Center (Bldg. S-499 |5671 McCain St.) For more information call 874-5652 or visit www.facebook.com/MillingtonITT.

Sunday, August 18 - Champagne brunch

Champagne brunch special served Sunday, August 18, 11 a.m.-1 p.m. at the Helmsman Complex (bldg. S-760 | 7611 Singleton Ave.) Menu includes Carved top round of beef with au jus, Southern fried chicken, Broiled tilapia, Whipped potatoes with gravy, Country style green beans, Broccoli casserole, Creamed corn, Scrambled eggs, Sausage links, bacon, grits, French toast with syrup, Soup and salad bar, Dessert bar, coffee, tea, orange juice and champagne. Patrons must be 21 years of age to be served champagne. Adults \$10.50, Children 5-10 \$5.75, Children under 4 eat free. Call (901) 874-5132 for more information.

Friday, August 23 - Mongolian BBQ dinner

Mongolian BBQ dinner special served Friday, August 23, 5 - 7:30 p.m. at the Helmsman Complex (bldg. S-760 | 7611 Singleton Ave.) Menu includes an array of meats, vegetables and sauces cooked to your liking served with rice and rolls. Choose ... turkey, pork, beef, shrimp, green cabbage, bean sprouts, water chestnuts, celery, red/green and white onions, bamboo shoots, snow peas, carrots, mushrooms, pineapple and jalapeno peppers. Cost: 85 cents per oz. Call (901) 874-5132 for more information.

October 4 and 5 - Smokin' by the Lake.

Cooking teams from all over will spread the pleasing aroma of hickory smoke and BBQ throughout the Navy Lake picnic area as they compete for cash and prizes in the Smokin' by the Lake BBQ Cooking Contest Oct. 4 and 5 at Navy Lake. This event has evolved from a side activity for amateur BBQ Cookers in our Navy community (that were unable to compete in the Memphis in May competition previously hosted a Navy Mid-South) into a major community event. Because participation grew to exceed the hosted event in which it was associated, the 2013 event is certain to be one of the most highly anticipated annual events of the year. Competition Categories: Pork Shoulders * Pork Ribs * Chicken * Beans * Chicken Wings * Brisket * Anything But and Sauce Competition awards to be announced. Entry forms available at Ellison Family Recreation Center (Bldg. S-499 |5671 McCain St.) To sign up and/or for more information call (901) 508-1982 or visit www.facebook.com/MWRSmokinbythelakeBBQcontest.

Robinwood Retirement Resort

Voted Best Senior Living Community!

Come Find out Why our Residents are Proud to call us "Home"
 Open for Tours 7 days a week 10 a.m. to 4 p.m.
 2795 Kirby Whitten Parkway Bartlett TN 38134 ~ 901.300.3833

Best OF THE BEST

Lola:
 "I live at Robinwood because of the location. I live near my children and my grandchildren. I love not having to cook and truly enjoy the food here at Robinwood."

Doris:
 "I tried living alone after my husband passed away. I grew tired of being by myself and did not feel safe. What really sold me on Robinwood was when I saw my friend Dixie's apartment. I also did a cost comparison and feel like I'm not spending any more than before I moved."

Dr. Jim:
 "Robinwood is marvelous!"



HOMER SKELTON



WOLFCHASE HYUNDAI

hyundaiwolfchase.com

NEW 2013 HYUNDAI ACCENT

#D1134
MSRP: \$16475

\$209/mo

36 MONTH LEASE

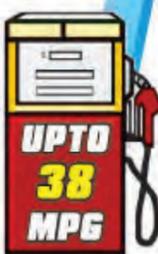


0^{DOWN}
0^{DUE AT SIGNING}

NEW 2013 HYUNDAI ELANTRA

#D1244, MSRP: \$18870

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NEW 2013 HYUNDAI SONATA

#D764, MSRP: \$22245

0^{DOWN}
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\$229/mo

36 MONTH LEASE

\$269/mo

36 MONTH LEASE

NEW 2013 HYUNDAI TUCSON

Auto, PW/PL, #D1180, MSRP: \$24090

0^{DOWN}
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NEW 2012 HYUNDAI SONATA HYBRID

Auto, PW/PL, #C988, MSRP: \$26775



NEW 2013 HYUNDAI SANTA FE

#D1035, MSRP: \$30430

0^{DOWN}
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\$295/mo

36 MONTH LEASE

\$22899

\$389/mo

36 MONTH LEASE



NEW 2013 HYUNDAI AZERA

#D1079
MSRP: \$33305

0^{DOWN}
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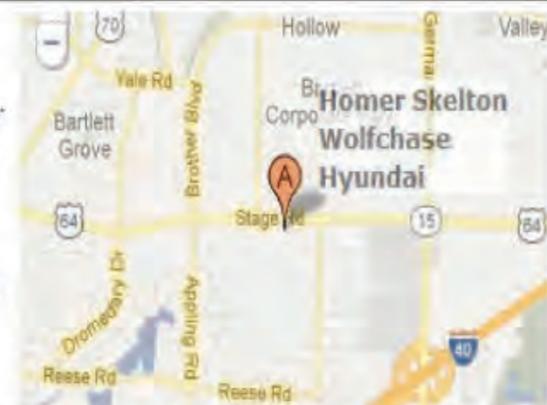
\$469/mo

36 MONTH LEASE

Homer Skelton
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901.435.9400

HYUNDAI
100,000
REASONS EVENT
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America's Best Warranty[®]
10-Year/100,000-Mile
Powertrain Limited Warranty
HYUNDAI Assurance



PRICE PLUS TT&L. INCLUDES \$399 DOC FEE. PICTURES FOR ILLUSTRATION PURPOSES ONLY. SEE DEALER FOR DETAILS. ALL LEASES 36 MONTHS, 12,000 MILES PER YEAR, +TT&L. MPG REFERENCE HYUNDAI USA.

Afghan War Entering the Final Chapter, Obama Tells Marines

By Jim Garamone
American Forces Press Service

The commander in chief told Marines at Camp Pendleton, Calif., today that the war in Afghanistan has entered its final chapter. President Barack Obama thanked the Marines and their families for the burdens they have carried since the attacks of Sept. 11, 2001.

"I'm here because we recently marked another milestone in this war," he said during a speech in a hangar. "As of this past June, for the first time, Afghan forces have taken the lead for security across their entire country. Instead of leading the fight, our troops now have a different mission, which

is to train and advise and assist Afghan forces."

This shift in mission signals the beginning of the final chapter in the fight in Afghanistan, Obama said. More troops will be coming home — 60,000 Americans are in Afghanistan now, and that number will drop to 34,000 by the winter.

"By the end of next year, in just 17 months, the transition will be complete — Afghans will take full responsibility for their security, and our war in Afghanistan will be over," the president said.

The president, who met with wounded warriors and Gold Star families before the speech, remembered the 326 fallen heroes from Camp Pendleton. "We honor all of them," he said. "Every single one."

Still, the war is continuing, and the president did not sugarcoat the way forward. "I know some of you are getting ready to deploy in the months to come. It is a hard fight," he said. "Our Afghan partners have stepped up. They are bearing a bigger brunt of the firepower. They are taking on a lot more casualties. They are in the lead. But it is still tough, and we are still needed."

This generation of service members has made progress, the president said, and he listed some of it. "Because of you, Osama bin Laden is no more," he said. "Because of you, al-Qaida's top ranks have been hammered. The core of al-Qaida, in Afghanistan and Pakistan, is on the way to defeat."

Because these Marines and thousands of others went to Afghanistan, millions of

Afghans have a chance at a normal, peaceful life, the president said. And this will be a lasting accomplishment, he added.

"We are going to make sure that Afghanistan is never again a source of attacks against our country," he said. "That happened because of you."

But the end of the war in Afghanistan does not mean the end of threats to America. Al-Qaida affiliates still threaten American embassies, consulates and interests overseas. "We have got to take these threats seriously, and do all we can to confront them," Obama said. "We have been reminded of this again in recent days."

The president vowed that the United States will never retreat from the world. "We do not get terrorized," he said. "We're going

to keep standing up to our enemies."

Obama said that with allies, the United States will remain the greatest force for freedom the world has ever known, and this means a strong military.

With the end of the war, the military will shrink, the president said, but America cannot allow a hollow force to develop.

"We have got — right now — the best-led, best-trained, best-equipped military in human history," he said. "And as long as I am commander in chief, I will keep it that way."

The president called on Congress to work with him to undo the sequester spending cuts and find a way to reduce military spending that doesn't cripple the services at a very dangerous time.

NAVY COLLEGE IS RELOCATING

The Navy College Office (NCO) along with Park University, Southern Illinois University, University of Arkansas, and Webster University has relocated to new office and classroom spaces in Bldg. S-239. Bldg. S-239 is located next to the Harrison Gate on the corner of Essex Street and Hornet Avenue near the base firehouse. Please contact the NCO at 901-874-5290 or the current school you are attending for additional information.



Triad Corner is your chance to ask the NSA Mid-South Commanding Officer, Executive Officer or Command Master Chief the questions you have about life on NSA Mid-South. Please send any questions you have to Mill_NSA_PAO@navy.mil or write to

c/o PAO
5722 Integrity Dr.
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Clinic Corner WORK PLACE SAFETY & HEALTH

SLIPS, TRIPS, AND FALLS: Slips, trips, and falls are some of the most common causes of lost-workday injuries in the Navy and Marine Corps and can cause back injuries, sprains, strains, contusions, fractures, severe head injuries, paralysis, and even fatalities. Slips occur as a result of low friction between the shoe and walking surface; trips occur when a person's foot contacts an object or drops to a lower level; and falls can result from either a slip or trip.

Most slip, trip, and fall incidents can be PREVENTED with proper attention to the three categories of risk factors: workplace, work organization, and individual.

SPORTS AND PHYSICAL TRAINING INJURIES: Due to the increase in light, limited, and lost duty days, physical training and sports injuries are of particular concern. Based on the likelihood of

success in decreasing injuries having the greatest impact on military readiness, the Defense Safety Oversight Council (DSOC) recommends that the greatest reduction of lost duty days due to injuries across DoD may be achieved through efforts focused specifically on sports and physical training related injuries.

It is important to remember that the member is personally accountable to prevent injury when participating in sports or physical training on or off duty. No pain — No gain is not a healthful approach to physical activity of any kind. Being a football hero 10-20 years ago doesn't mean a Saturday on the field is without the risk of injury!

When injured proper and prompt first aid and medical care can prevent complications and extended time off.

Is That the Worst You've Got?

"I question the need for this insulting, unprofessional message," the email read. I'll say one thing for the occasional anti-kudo that rolls in for the Friday Funnies. They don't beat around the bush. Here are a few more examples:



- "I was appalled at the degrading tone."
- "I find it offensive and out-of-line."
- "Most weeks I'm just moderately annoyed at your flippant tone and condescending manner." This guy was steamed about something, but at least he kept reading the messages.

nautical raccoon rescue.

"I guess your message has been received by the fleet," he replied. "If a sprained ankle is one of the worst things, then we are doing a great job." I could tell he was still disappointed,



though. I believe that even with minor mishaps, things could always have been worse. If you can get a handle on the small things, you can avoid some of the bigger (albeit more dramatic) things.

I don't think I'm supposed to

encourage Sailors to do stupider stuff, just so that I have better material. That would be the buddy system in reverse, and I don't need any more examples of that particular type of failure.

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- Another accused me of "opening up the armed forces for public ridicule and making light of other service member's and coworker's misfortunes."

The long-standing Naval Safety Center message has always generated feedback—mostly positive, with a few "I don't get it" and a smattering like those just listed. We value all these responses. I'm glad to explore the limitations of someone's sense of humor.

I always thank them for their two cents worth and recommend our serious products (which, other than the Photo of the Week, is basically everything else). I explain that we probably aren't going to cancel the Funnies because a small minority of the target audience hates them. Everyone is entitled to his or her opinion.

One correspondent recently wrote to tell me he was "greatly disappointed" in the most recent Summary of Mishaps. His concern was that "the mishaps reported are very insignificant, and other than the guy lighting his eyeball on fire (which is simply awesome!) are everyday things that are simply going to happen. These messages used to be full of stories of people doing amazingly stupid activities, not people who twist an ankle playing with their dog or breaking a bone in their hand while building something at home. My initial thought while reading the message was 'Why bother releasing this message if that's the worst they could come up with?'"

He continued, "This message makes me not want to report minor injuries for fear of becoming internationally famous for a trivial, everyday mishap. It also unfairly ridicules service members for simple accidents that happen to all of us. Please bring back the days of Marines playing catch with K-Bars and drunk Sailors doing handstands off the 3rd floor barracks railing."

This note engaged me in several ways. First, I enjoyed the implied compliment of "internationally famous." Second, I never miss a chance to point out that accidents don't "happen"—they're caused by people. Third, I appreciated the fact that the writer had read a bunch of past issues. He didn't deserve the if-you-don't-like-my-peaches response.

I assured him that I wasn't avoiding the juicy incidents. I'm limited to what I can find scouring through WESS reports, which I plow through by the bushel (out of 100 narratives, one or two seems promising, in terms of knuckleheadedness). If "asking for trouble" was one of the official WESS data fields, my job would be easier. I, too, much prefer ones like the homemade propane potato gun or the



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Millington Family YMCA hours of operation

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 (Millington Family YMCA only)

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

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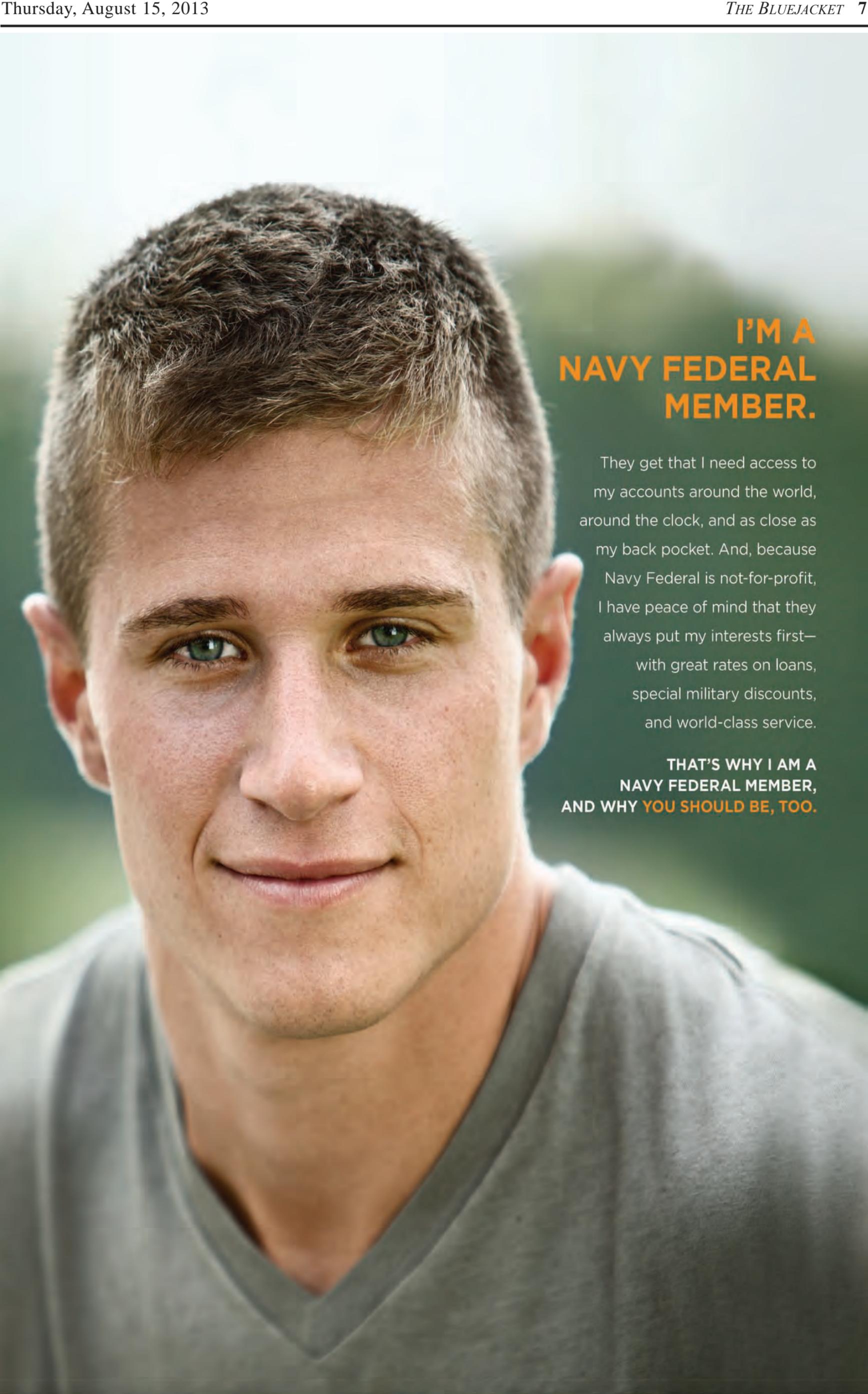
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MWR DINING & EVENT HIGHLIGHTS!

AUGUST 15 - 24, 2013 MWR

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<p>Movie Birthday Party Package Celebrate your birthday with us! 2 1/2 hour birthday party package includes: Table & chairs set up in designated area for the party decorated with plastic table coverings (red, blue, pink or yellow) and 12 helium balloons. A G-Rated Movie will be scheduled in the 36-seat movie theater. Chaperones are responsible for maintaining control of party attendees. Birthday party scheduling is based on availability. Cost \$45 - for a Saturday party at 2:30 or 4:30. Ellison Family Recreation Center (901) 874-5455 Bldg. S-499 (5671 McCain St.)</p>				<p>Helmsman Lunch Buffet 15 Carved roast beef Carved pit smoked ham Eagle's Peak Lunch Special Hamburger steak with onion gravy, mashed potatoes, buttered carrots, a roll and drink \$8.0</p>	<p>Helmsman Lunch Buffet 16 Fried catfish Lemon pepper broiled fish Eagle's Peak Lunch Special Catfish, White Beans, Slaw, Hush-puppies and drink \$8.00</p>	<p>COED YOGA @ Joe Dugger 4:30 p.m. - 5:30 p.m. Ellison Family Recreation Center Free movie in Cinema 36 1830 Rataouille (G)</p>	<p>Helmsman Lunch Buffet 17 Family Movie MATINEES!! Ellison Family Recreation Center Free movies in Cinema 36 1430 Monsters, Inc. (G) 1630 Monsters University (G) 1815 After Earth (PG-13)</p>
<p>Helmsman Plated Lunch 18 Country fried steak Whipped potatoes with gravy Eagle's Peak Lunch Special Pick two (Soup/ sandwich or Soup/ salad) and drink \$7.00</p>	<p>Helmsman Plated Lunch 19 Country fried steak Whipped potatoes with gravy Eagle's Peak Lunch Special Pick two (Soup/ sandwich or Soup/ salad) and drink \$7.00</p>	<p>Helmsman Lunch 20 Twin hot dogs on a pretzel bun Eagle's Peak Lunch Special Taco Salad, Refried Beans and drink \$7.00</p>	<p>Helmsman Lunch Buffet 21 Southern fried chicken Liver and onions Eagle's Peak Lunch Special BBO Bun, Baked Beans, Slaw and drink or Nachos, Cheddar Cheese Sauce, condiments and drink Bldg. S-499 and Business Operations including Joe Dugger, ITT and Rec Lodging Closed for Maintenance</p>	<p>Helmsman Lunch Buffet 22 Carved roast beef Carved pit smoked ham Eagle's Peak Lunch Special Hamburger steak with onion gravy, mashed potatoes, buttered carrots, a roll and drink \$8.0</p>	<p>Helmsman Lunch Buffet 23 Fried catfish Spaghetti with meat sauce Eagle's Peak Lunch Special Catfish, White Beans, Slaw, Hush-puppies and drink \$8.00</p>	<p>Helmsman Lunch Buffet 24 Family Movie MATINEES!! Ellison Family Recreation Center Free movies in Cinema 36 1430 Journey to the Center of the Earth (PG) 1630 The Rookie (G) 1845 The Internship (PG-13)</p>	
<p>Ellison Family Recreation Center Free movies in Cinema 36 1430 The Hangover (R) 1630 The Hangover Part II (R) 1830 The Hangover Part III (R)</p>	<p>Ellison Family Recreation Center Free movie in Cinema 36 1815 Man on Fire (R)</p>	<p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Wanderlust (R)</p>	<p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Fast & Furious 6 (PG-13)</p>	<p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Epic (PG)</p>	<p>Ellison Family Recreation Center Free movie in Cinema 36 1830 The Purge (R)</p>		



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New Apprenticeship Trade for Sailors, Marines and Coast Guardsmen

By Darryl Orrell
Center for Security Forces Public Affairs

The Center for Security Forces (CENSECFOR) announced Aug. 9 that Criminal Investigator, the latest installment to its growing list of apprenticeship trades, is now open for enrollment by Sailors, Marines and Coast Guard personnel.

The United States Military Apprenticeship Program (USMAP) works closely with the Department of Labor (DoL) to provide nationally recognized apprenticeship programs that result in journeyman-level Certificates of Completion for service members.

During their apprenticeship, service members document their military duties while working in their rating or military occupational specialty.

"This new apprenticeship applies to personnel who are performing criminal investigator duties. Duties such as securing crime scenes and conducting crime scene analysis; collecting, analyzing, processing and storing evidence; responding to crimes; conducting interviews and interrogations; managing and utilizing confidential informants; testing suspected narcotics; submitting evidence for forensic tests; conducting surveillance and counter surveillance operations," said Jose Bautista, Master-at-Arms (MA) programs manager at CENSECFOR.

MA personnel must have completed the Police Officer I Apprenticeship Trade and hold Navy Enlisted Classification Code MA-2002 for Military Investigator. All applicants must provide a command letter

stating they are properly assigned and performing investigative work to enroll in the Criminal Investigator apprenticeship.

"Sailors who successfully complete the required 2,000 hours of documented experience will earn the distinction of being a criminal investigator. The level of experience covers eight select skill areas such as administration, safety, communications, legal procedures, investigative procedures, crime scene processing, evidence processing and report writing just to name a few," Bautista said.

Bautista also mentioned the next apprenticeship on the horizon for release is the Military Working Dog (MWD) Apprenticeship Trade. The MWD apprenticeship is currently pending DoL review/approval. The anticipated release date for this new apprenticeship is sometime this fall or next spring.

The forerunners to this new apprenticeship have held a high success rate since their debut. For example, the Armory Technician Apprenticeship has already achieved nearly 600 enrollments in just over six months from its release.

For more information or to enroll now, visit <https://usmap.cnet.navy.mil/usmapss>.

The Center for Security Forces provides specialized training to more than 28,000 students each year and has 14 training locations across the U.S. and around the world.

For more news from and information about the Center for Security Forces, visit <http://www.navy.mil/local/csf>, www.netc.navy.mil/centers/csf, or www.facebook.com/CENSECFORHQ.

Retiree Corner

TRICARE Pharmacy Home Delivery- the convenient way to fill prescriptions

By Yan Kennon
Naval Hospital Jacksonville Public Affairs Senior Writer

TRICARE Pharmacy Home Delivery offers a safe, affordable and convenient method of getting prescriptions delivered to patients' doors, by way of the U.S. Postal Service.

Home Delivery includes generics at no-cost; a 90-day supply for most medications; refills by mail, phone or online; and an automatic refill option. Active duty have no co-pays, while other patients have no co-pay for generics, \$13 for brand-name formulary and \$43 for non-formulary. For brand-name and non-formulary medications, the co-pays for a 90-day supply are about the same as a 30-day supply from a retail pharmacy - a savings of up to 65 percent.

"TRICARE Pharmacy Home Delivery offers patients the opportunity to save time and money on prescription medications," said Capt. Gayle Shaffer, Naval Hospital (NH) Commanding Officer. "For our patients, this means no waiting in line, no

extra driving, and the assurance of safe, reliable and confidential receipt of medications. It also reduces DoD retail pharmacy costs and places hard-earned money back into the pockets of our nation's heroes and their families."

According to TRICARE, more than one million prescriptions are filled each month through Home Delivery, which is administered by Express Scripts, Inc.

Home Delivery is best suited for maintenance medications - those taken on a regular basis. Benefits of Home Delivery include free generic medications, refill reminders, help with renewing expired prescriptions, and a review of prescription history to help prevent harmful drug interactions. One of the most popular features is the automatic refill option, which ensures that patients don't run out of their medications. Patients can also refill their prescriptions manually - by phone, mail or online.

Prescriptions can be delivered to any address in the U.S. and its territories, including temporary addresses and APO/FPO addresses. Patients living outside the

U.S. and its territories who don't have an APO/FPO address can have medications shipped to their U.S. embassy. Refrigerated medications can't be mailed to APO/FPO addresses.

To enroll at no-cost, there're three options: online at www.tricare.mil/home-delivery, by telephone at (877) 363-1303, or by mailing a registration form to Express Scripts Inc., P.O. Box 52150, Phoenix, AZ 85072-9954.

Naval Hospital Jacksonville's priority since its founding in 1941 is to heal the nation's heroes and their families. The command is comprised of the Navy's third largest hospital and five branch health clinics across Florida and Georgia. Of its patient population - 163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen and their families-more than 57,000 are enrolled with a primary care manager at one of its facilities. To find out more, visit the command website at www.med.navy.mil/sites/NavalHospitalJax.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.



EYE ON THE FLEET

Chief Boatswain's Mate Jabari Turner braces himself as an SH-60B Sea Hawk helicopter from the Island Knights of Helicopter Combat Support Squadron (HSC) 25 as it delivers supplies on the bow of the guided-missile destroyer USS Preble (DDG 88) during a vertical replenishment with the Military Sealift Command dry cargo and ammunition ship USNS Charles Drew (T-AKE 10). Preble is on patrol with the George Washington Carrier Strike Group in the U.S. 7th Fleet area of responsibility supporting security and stability in the Indo-Asia-Pacific region.

Photo by MC3 Paul Kelly

New, Flexible Career Options Provide Opportunities for a Lifetime of Service

By MC2 Andrea Perez

Continuum of Service (CoS) programs provide Sailors more flexibility to move between the active and Reserve components, allowing for a lifetime of service, officials said in a message released Aug. 7.

NAVADMIN 198/13 applies to eligible officer and enlisted Sailors who currently serve on active duty or in the Reserves.

The message provides an overview

of various CoS programs which allow Sailors to transition between the components. The message also details rating and designator conversion programs for enlisted and officer personnel, and the Career Intermission Pilot Program, which allows Sailors to temporarily transition to the Individual Ready Reserve.

Applications for CoS programs can be submitted by detailers, command career counselors or anyone with prior access to Fleet-RIDE through the new Career Waypoints (C-WAY) informa-

tion technology system. A NAVPERS 5239/8 (SAAR Addendum) is required to access C-WAY.

The C-WAY system is a part the Career Navigator Program and combines all Navy career management processes together to provide Sailors with tools that are more transparent and integrated, and give them a more active role in managing their careers.

Sailors considering any rating conversion may improve their opportunity for selection by taking the Armed Forces Classification Test to improve

their initial ASVAB (Armed Services Vocational Aptitude Battery) score. This may expand the number of ratings for which they qualify.

Active-duty Sailors not granted an in-rate or conversion opportunity can always request to join the Navy Reserve five-to-three months prior to their end of active obligated service. The Navy Reserve also offers a two-year deployment deferral for Sailors who join within six months of leaving active duty.

The Career Transition Office

(CTO) at Navy Personnel Command (NPC) provides counseling and support to active-duty officer and enlisted Sailors considering a transition to the Reserves. Interested Sailors can contact a CTO representative by phone at (901) 874-4192, or email at cto.officer@navy.mil or cto.enlisted@navy.mil.

For more detailed information on CoS programs and the Career Navigator Program, visit the C-WAY Web Page on the NPC website at www.npc.navy.mil/career/careercounseling/Pages/CareerWaypointSystem.aspx.

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