

MECHANICSBURG SUPPLIER

NOVEMBER 2011

NSLC Mechanicsburg's Alignment with NUWC Keyport Creates Opportunities for Synergy

By NSLC Public Affairs Office

Naval Sea Logistics Center (NSLC), Mechanicsburg, officially transitioned and aligned to the Naval Undersea Warfare Center, (NUWC) Division, Keyport during a ceremony held here, Oct. 3.

After a comprehensive review of current and projected NSLC business operations by Naval Sea Systems Command (NAVSEA) Headquarters and the board of directors of the working capital fund activities, the decision was made to transition NSLC to the Navy Working Capital Fund (NWCF).

The ribbon joining ceremony took place in Bldg. 307's Patriot Conference Room, where NSLC Commanding Officer Capt. Tim Harrington, S.C., welcomed the audience and distinguished visitors, including: NUWC Commander, Rear Adm. Thomas Wears; Sharon Smoot SES, SEA 04; Keyport Commanding Officer, Capt. Stephen Iwanowicz; Keyport Technical Director, Jim Van Antwerp, SES; and Lynn Kohl NSLC's Executive Director.

(Left to right) Rear Adm. Thomas Wears, Naval Undersea Warfare Center (NUWC) Keyport Commander, Capt. Stephen Iwanowicz, Commanding Officer NUWC Keyport, Capt. Tim Harrington, S.C., Commanding Officer Naval Sea Logistics Center (NLSC) and Sharon Smoot, SES, Naval Sea Systems Command Code 04, participate in a 'ribbon joining' ceremony, Oct. 3.



The first guest speaker was Rear Adm. Wears, who discussed a number of issues, including how this alignment came about.

Wears said that about a year and a half ago NAVSEA senior leadership sought the most efficient and effective organizational structure and it was decided early on to transition NSLC to Keyport.

“Over the last twelve months or so there has been great work by the leadership teams of both activities to put together the concept and the operating instructions for how we work together. I think we have effectively come through all that and have a good start for where we are today,” Wears said.

Wears cautioned that budget challenges may impact some of the decisions that have to be made going forward, but these are not insurmountable. Moreover, when alignment issues arose they were effectively resolved by both leadership teams

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NSLC

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“I think we have a great platform to move forward from during the next year as we fully implement the alignment between the two organizations and get to know each other personally and professionally in order to serve our customers,” said Wears.

Van Antwerp and Iwanowicz both expressed their excitement about the union of the two commands and acknowledged that there is much to do and that the focus has to remain on customers and war fighters.

“We have a lot of work to do, but I think the energy is right and I encourage everybody to embrace this and find your piece of it and find out where we can be more effective in supporting the program offices, our customers and the war fighters, because that is our real challenge,” Van Antwerp said.

“At the end of everything we do, our men and women in uniform depend on us to get it right every day. I am excited about this team being together and this is just really the first milestone,” said Iwanowicz.

Both commanding officers came together and each connected a ceremonial rope to a central stanchion between them, binding the two commands together. Iwanowicz then presented Harrington with a redesigned command coin that had ‘NSLC Mechanicsburg’ engraved on the backside as a member of the Naval Undersea Warfare Centers.

The ceremony concluded when Harrington addressed the audience present in the room and employees NSLC sites linked via VTC.

“I am proud to be the commanding officer of this organization and to be a part of the Undersea Warfare Centers, and particularly Keyport. I am very proud of all of you for all the hard work getting to this business model. Implementing Enterprise Resource Planning and aligning to a new command is a massive undertaking and you guys have all made that happen seamlessly for that Sailor or that Marine out there. Thank you.”

About the Naval Sea Logistics Center: NSLC provides integrated logistics, engineering, information technology expertise, and a range of products and services to all facets of the Navy’s worldwide logistics support structure. NSLC employs more than 200 engineers, information technology specialists, technicians, civilian and uniformed logisticians and administrative personnel. In addition to its Headquarters here at Naval Support Activity Mechanicsburg, NSLC operates six remote sites. For more information please go to <http://www.nslc.navsea.navy.mil/default.htm>.

Energy Fair



Base energy and facilities managers and employees, like Safety Division’s Nancy Weaver (on right), got an up-close view of a variety of commercially available energy efficient, environmentally friendly residential and commercial products from local area vendors at the Energy Fair held at Bldg. 305 South, October 19th.



2011 Navy Ball



The Mechanicsburg Chief Petty Officers Association appointed its first ever 'Honorary' Chief Petty Officer, Capt. Brian Drapp (center), during the 2011 Navy Ball. At the time, Drapp was assigned to NAVSUP Headquarters Code N1 and is currently the President of the Mechanicsburg Supply Corps Association. Drapp is flanked on the left by CSC Sharon Anthony, NAVSUP WSS, and on the right by CMDCM Sidney Dawson Jr., NAVSUP HQ.



The 2011 Navy Ball cake cutting ceremony was held in Camp Hill, Pa. The ceremony signifies the passing of knowledge and experience from one generation of sailors to the next. Pictured left to right are: Rear Adm. Sean Crean, Deputy Commander, NAVSUP; John Goodhart, SES, Vice Commander, NAVSUP; Vice Adm. (retired) Keith Lippert, former NAVSUP Commander and Chief of Supply Corps; LC3 Kaye Checote, Navy Sea Cadet and the youngest Sailor at the Navy Ball; John Leak, World War II Navy Veteran and the eldest sailor at the Navy Ball; Force Master Chief (retired) David Pennington, Anchor Program Director for Navy Safe Harbor and Navy Ball guest speaker; and Master Chief Sidney Dawson Jr., NAVSUP Command Master Chief and Navy Supply Community Master Chief.

Your Passport to a Culinary/Event Adventure

Discover what the new Flagship Catering Center and 'Ready for Sea' Pub have to offer.

By NSA Public Affairs

The Flagship Catering and Conference Center celebrated its grand re-opening on September 29 and 30, 2011, with an open house for all base employees, past members of the Commissioned Officer's Club and the local community.

Bacon-wrapped dates, fall-off-the-bone ham, melt-in-your-mouth roast beef, and a cornucopia of fine pastries and treats were just some of the unique and delectable signature items from the new banquet menu presented by Chef Chris and the staff for the enjoyment of all guests. Local florists, decorators, and bakers were also on hand to present their wares and discuss ways they could compliment any function held here at the Flagship.

"The staff at the Flagship Catering Center are grateful for the large number of base employees who attended and the warm welcome and support that they showed for us at our opening," Richard Ellis, the Center's manager, told the Supplier.

The Flagship Catering and Conference Center is available to all base personnel, retirees, and associates and can accommodate groups from 30 to 250.

"We are the perfect location for all events from wedding receptions, conferences, or retirements to command functions and school banquets. Our catering staff would welcome the opportunity to discuss any upcoming events you have planned, and how we can best help you make them a success," Ellis added.

The Center's 'Ready for Sea' Pub is open on Wednesdays and Fridays from 1600 to 2000 for libations, a light fare pub menu, and warm, friendly conversation. For more details please call ext. 3505.



Employee Spotlight

Paradise Regained: NAVSUP WSS's Ann Wise Helps Restore Hope to a Nation in Crisis

By Ann Wise, Program Manager, NAVSUP Weapons Systems Support

I would like to share a little bit about the country of Haiti and some of the volunteer work I have done there.

Officially known as the Republic of Haiti or Ayiti, this Caribbean country and its people are very near and dear to me. I've taken 14 missionary trips to Haiti since 2000 with the Capital Area Christian Church (CACC). I continue to be humbled and amazed by the extraordinary resiliency of the Haitians. Each trip has resulted in unique experiences, new relationships, lifelong lessons and lasting memories. I hope the readers of this issue of the Supplier will go away with an increased awareness and appreciation of the heart of Haitian people.

Haiti is less than 700 miles from Miami, yet very few Americans know much about the country. Haiti's spectacular mountains and undeveloped coastline, the people's social and cultural links with their West African ancestry, their vibrant voodoo and religious influences and amazing artistic creativity make it well worth a visit. If you have a spirit of adventure and can take the rough with the smooth, I can assure you Haiti is an awe-inspiring and memorable experience.

Haiti's culture is a reflection of the history of the island and its people. From the beginning of its rich, but tragic, history, it has been shaped by the actions of adventurers, missionaries, opportunists, and governments: all the good and the bad of Haiti are a product of that history.

Haiti occupies the western portion of the island of Hispaniola, shared by the Dominican Republic. The country is nearly 11 thousand square miles, about the size of Maryland, and has a population of more than 9 million. Haiti's capital is Port-au-Prince, with Haitian Creole and French being the official languages. Haiti was the first independent nation in Latin America and the first black-led republic in the world when it gained independence as part of a successful slave revolution in 1804.



This photo, which was taken at the Saline Mayette's Orphanage in Haiti, shows NAVSUP WSS's Ann Wise with 11 yr-old Sonise Joseph, her sponsor child of 8 years.

It is the poorest country in the Americas and one of the poorest in the world. It has experienced extreme political violence throughout its history. In February 2004, an armed rebellion forced the resignation and exile of previous President Aristide, and a provisional government took control with security provided by the United Nations Stabilization Mission. Coping with violence and poverty are day-to-day struggles there.

Unfortunately, Haiti just continues to be besieged with tragedy. The January 2010 Haiti earthquake left up to a an unofficial reported 316,000 people dead and 1.6 million homeless; many still living in tent cities throughout the capital and surrounding areas this past August when I was there. In October 2010 a cholera epidemic was identified and continues to plague the country today killing several thousand people and overcrowding every medical facility in the country.

The Haitian people have very distinct cultural values. They are affectionate, generous, polite but shy, and extremely modest. They are not committed to time or schedules. They have tightly knit extended families and are a matriarchal society.

Life is hard for the Haitian people though, despite this difficult way of life, Haitians are usually friendly and generous. Six out of 10 people are illiterate and more than a quarter of the children suffer from malnutrition. Unemployment is very high; the average six-person household income in Haiti is about \$500 U.S. a year.

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Employee Spotlight

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One thing that amazes me is the hope of the people. They love to laugh, sing, dance and dream of a better life.

In May of this year our team from CACC went in to assist with post-earthquake relief efforts in North West Haiti. We held a 3-day medical clinic at a village church and saw several hundred patients.

In one incredible story a young woman brought her baby in and both were very sick. As we talked to her through our interpreter we learned that she had lived in Port au Prince with her husband and seven children. Her husband was killed in the earthquake. With no home, no way to support her and her children and not knowing what else to do she began to walk north, 200 miles to the village of Beau Champ where her mother-in-law lived. Incredibly, despite not having any food or water for more than a week, she and all seven children made it safely to the village the day before we held the clinic. I am happy to report that as of this writing all are still surviving, doing well and remain living in the north with the mother-in-law.

There is still so much to do in Haiti, so much that anyone with or without specific skills can help. We have done everything from construction projects, feeding programs, medical clinics, working with the elderly and orphanages, evangelism, teaching, cleaning, organizing, building and repairing but the most important thing we continue to do is build lasting relationships with the people of Haiti.

Going to Haiti is not for everyone but my hope is that many more people around the world take the time to help our brothers and sisters, even by learning a little more about the beauty and the brilliance of Haiti and its amazing people.



Visiting with a paralyzed woman in the "Meals on Heals" Feeding Program in Port au Paix, Haiti.



In Beau Champ, Haiti, members of Capital Area Christian Church build an outdoor kitchen to support the 'Feeding the Thousands' program, two meals served each day to over a thousand people.



Spending time with a group of Haitian village youth in St. Louis du Nord.



Ann Wise playing with a native girl during a children's program on Haiti's Tortuga Island.

Wounded Warrior Shares Why He is the 'Luckiest Man Alive'

By Kathy Adams, NAVSUP Office of Corporate Communications

Naval Supply Systems Command (NAVSUP) employees welcomed a professional speaker to the Bldg. 309 Auditorium Oct. 27, who shared his experiences as a wounded warrior.

"When I speak with groups like this, it allows me to take a few steps toward my total recovery," said retired Master Sgt. Jeffrey Mittman, National Account Manager for National Industries for the Blind and a wounded warrior.

During his military career, Mittman was deployed as an advisor to the forces of the Iraq Ministry of the Interior. In 2005, Mittman's unit came under attack and he was severely injured by an improvised explosive device (IED). Since then, he has spent years recovering both physically and emotionally. He spends some of his time now traveling the country and sharing the many lessons he has learned from his experiences.

Mittman indicated that emotional support is just as important as physical support for the wounded. During his time spent in hospitals and having surgeries to repair his injuries, the support of his family, his team members, and the medical staff, gave him hope that he could someday return to a somewhat regular routine.

"I wouldn't be here without the support system I had or the opportunities that came my way," said Mittman. "I realize I am lucky."

Once he realized his situation, he had to figure out what the next step was for him. He was at a Blind Veterans Association (BVA) conference when he realized that his life didn't stop because he had been blinded

during the IED attack. He had an opportunity to learn about National Industries for the Blind (NIB), and the work they do across the country. He began working for NIB as a way to give back.

Sharing his experiences "is the ultimate road to recovery for me," Mittman said.

"When I speak with groups like this, it allows me to take a few steps toward my total recovery"

-Retired Army Master Sgt. Jeffrey Mittman



Retired Army Master Sgt. Jeffrey Mittman, who is the National Account Manager for National Industries for the Blind, shared his experiences as a wounded warrior during a speech he gave at the Bldg. 309 Auditorium, Oct. 27.

Top Holiday Stressors

A recent survey by Mental Health America reveals the most common stressors during the holidays:

1. Finances are the most common source of holiday stress (40%). Parents are more stressed than all other demographic groups by finances (51%), and females (45%) are more likely than men to feel stressed by finances.
2. 37 percent of Americans feel stressed by memories of a loved one who passed away.
3. Having too much to do causes stress for 34% of people during the holidays. Parents are more stressed than any other demographic group by too much to do (43%).

Tips for coping with holiday stress

To help minimize financial stress Set a budget and keep it! Not just for gift giving, but plan for the top-dollar amount you can afford to spend for everything including gifts, big family dinners, wrapping paper, decorations, parties, etc.

To help minimize emotional stress Acknowledge your feelings. If you've recently had a loss in the family, if you are separated from your children or loved ones, if you're suffering from a recent romantic break-up, realize that these can cause great feelings of loneliness and sadness. It is okay now and then to take time just to cry or express your feelings. If your feelings of stress or sadness are interfering with your relationships, family life or job performance, consider seeking the help of a mental health professional.

To help minimize physical stress Keep holiday plans realistic. Simpler can be better and make for a happier and more



relaxed holiday. Make a "To Do" list. Prioritize what has to be done. Delegate responsibility and/or divide holiday chores with other family members. Take care of yourself. Avoid overindulgence of holiday food, alcohol or caffeine. Be sure to get adequate sleep and rest and schedule some personal time to do things you enjoy.

INCREASE YOUR STRESS FITNESS

A healthy lifestyle is your best defense against stress. Stress experts recommend the following to strengthen your stress resistance:

- Avoid using alcohol, caffeine or nicotine as a means of alleviating stress.
- Exercise regularly to dissipate stress energy and lift your mood.
- Unleash tension or worry by sharing your feelings with a close friend, family member or counselor.
- Practice relaxation daily. Try deep breathing, yoga, meditation, imagery, listening to quiet music, being in nature, or prayer.
- Get at least 7 to 8 hours of sleep nightly.
- Eat well-balanced, nutritious meals. Reduce consumption of refined sugars, which cause frequent fluctuation in blood glucose levels, increasing your stress. (Source: EAP Consultants Inc.)



Transition Benefits: Military Experience Equals Civilian Career Opportunities

From Department of Navy Office of Civilian Human Resources

WASHINGTON, D.C. - Men and women leaving military service bring a breadth of skills, experience and knowledge in civilian careers.

“Many of the skills gained in their military service relate to civilian jobs so it is important to capture that information on their resumes for civilian careers,” said Jean Mercer, Director of Department of Navy’s (DON) Office of Civilian Human Resources, Human Resources Systems and Business Transformation Department.

Learning how to translate military experiences and occupations will help hone the search for civilian jobs best suited for the veterans, said Mercer. The Verification of Military Experience and Training (VMET) website, <https://www.dmdc.osd.mil/appj/vmet/index.jsp> helps veterans identify job skills, experience, training and certifications gained while on active duty that may have application to employment in the civilian sector. VMET information may be used in building a civilian resume and includes various resource links. The Mil2-Feds website, <http://mil2fedjobs.com> serves as a military-to-civilian job translator, providing information to both applicants and hiring managers.

Once veterans have identified the equivalent civilian occupations, they can begin to search for openings on USAJOBS. USAJOBS allows applicants to save up to 20 different job searches tailored to their interests and skills. Additionally, USAJOBS allows applicants to save up to five distinct resumes.

The Navy’s webpage for veterans interested in pursuing civilian careers, <http://www.public.navy.mil/donhr/Employment/Vets/Pages/Default.aspx>, not only contains information on the application process, but also provides tip sheets and links to additional resources.

Veterans should first pursue the resources and support provided through their local Fleet and Family Service Centers. Resources and information also are available through www.usajobs.gov.



fedshirevets.gov/ or, for information on veterans hiring eligibilities and tip sheets to help with the application process, visit the DON Civilian Human Resources website, www.donhr.navy.mil or the Department of Labor Veterans Preference Advisory website www.dol.gov/elaws/vetspref.htm.

Additional questions on DON civilian employment and the application process may be directed to DON Employment Information Center at DONEic@navy.mil.

A civilian career with the Navy is one of the opportunities that should be considered by separating Sailors including those affected by the Enlisted Retention Board (ERB).

For the latest ERB information, visit Navy Personnel Command’s ERB website www.public.navy.mil/bupers-nps/boards/ERB/Pages/default2.aspx.

“The Navy remains committed to improving the applicant’s experience, reducing the time to fill vacancies and securing quality candidates for DON positions,” Mercer said.

“Civilian careers in the Navy offer real world challenges with real life rewards, careers where purpose and patriotism unite,” he concluded.

For webpages see page 10.

USAJOBS

Message Board



Webpages of Note:

- Verification of Military Experience and Training (VMET)
<https://www.dmdc.osd.mil/appj/vmet/index.jsp>
- Mil2Feds
<http://mil2fedjobs.com>
- Veterans Interested in Pursuing Civilian Careers
<http://www.public.navy.mil/donhr/Employment/Vets/Pages/Default.aspx>
- Feds Hire Vets
www.fedshirevets.gov
- DON Civilian Human Resources
www.donhr.navy.mil
- Department of Labor Veterans Preference Advisory
www.dol.gov/elaws/vetspref.htm
- USAJOBS
<http://www.usajobs.gov/>

Student Loan Seminar, Dec. 1

Federally Employed Woman in cooperation with Members First Credit Union is hosting a student loan seminar at 1300 on Dec. 1, 2011, in the Bldg. 309 auditorium. All base personnel are welcome with supervisory permission. Please contact Harriet Molnar at extension 2848 for more details.



Christmas Party Dec. 6

Choral Program Dec. 15



2012 American Heart Association adult CPR

The following is the class schedule for the 2012 American Heart Association adult CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) classes:

- Jan. 10 & 12
- Feb. 14 & 16
- Mar. 13 & 15
- Apr. 10 & 12
- May 8 & 10
- June 12 & 14

CPR
Saves Lives

Classes are free for military, dependents, and Navy civilian personnel. All classes will be held from 1400 to 1630 in Building 14. For more information, or to sign up, please contact Nancy Weaver at extension 2996.



Classifieds

Free Classified Ads

The Mechanicsburg Supplier will publish free listings of personal items and services for sale by personnel of the Naval and Defense Activities at Mechanicsburg. Such items and services must represent an incidental exchange between personnel on the installation and not be business operations. Ads are limited to 15 words, one to an employee, and photos are highly encouraged. Work extensions may be used on car and van pool ads only. All others must use a home or cell phone number. Ads are printed on a space available basis.

Please fill out the form below and send it to Mike Randazzo, (Ext. 2448) at the NSA office in Bldg. 306C, fax to 605-5655, or e-mail to michael.randazzo@navy.mil

Submitted by

Code & Ext.



Gaming Headphones:

Turtle Beach brand new 'X11' gaming and entertainment headphones; plug right into your TV; normal price \$60; asking \$30; please call 717.304.0876.



GE Microwave Oven:

just like new counter/tabletop type; white, with automatic turntable; operating manual included; 22" wide by 12" high by 16" deep; \$65; please call 717.533.5256.



2004 Yamaha V-Star Custom 1100 Motorcycle:

13,000 miles; runs great, please call 717.773.3124.



Dog Pen: chain link dog pen:

10' by 10' by 6'; one year old; asking \$150; please call 717.509.5008.

'Jazzy' Select Power Chair:

asking \$5,000 OBO; please call 717.975.0757.

Hershey/Lebanon/Palmyra Van Pool:

Save a boatload on gas and reduce expensive vehicle wear and tear. There are still seats available in the Hershey-Lebanon-Palmyra van pool; please call ext. 9288 for more details.

The Supplier is an authorized publication for members of the military service and civilian personnel of the Navy and Department of Defense commands and activities located at the Naval Support Activity (NSA) Mechanicsburg. Its contents do not necessarily reflect the official views of the U.S. government, the Department of Defense, or the U.S. Navy, and do not imply endorsement thereof. The editorial content of this publication is reviewed, prepared, edited, and distributed by the NSA Mechanicsburg Public Affairs Office, P.O. Box 2020, Bldg. 306C, Mechanicsburg, Pa., 17055-0791. For more information please call Mike Randazzo, NSA Mechanicsburg Public Affairs Officer, ext. 2448 or michael.randazzo@navy.mil.

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