

# freedom FLYER

## In This Issue:

- St. Patrick's Day 5K
- Dr. Suess • Gym Update
- Safe Practices: Asbestos
- Spotlight: CDR Robert Speight
- Around the Base
- Classifieds and MWR

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• [cnic.navy.mil/philadelphia](http://cnic.navy.mil/philadelphia)

## NAVSUP WSS Flies in New Display

*Photographs by Mass Communication Specialist 2nd Class Matthew R. White, NSA Philadelphia Public Affairs*



NAVSUP WSS gained custody of an H-60B Sea Hawk helicopter and will turn it into a static display on the lawn in front of Building 1.

The Sea Hawk landed on the NSA Philadelphia ball fields, March 17, and was drained of all fuel and hydraulic fluid and demilitarized by a Navy Stricken Aircraft Reclamation and Disposal (SARDIP) team.

The helicopter, with a call sign of "Tester 66," was used for training Navy pilots and was assigned to the U.S. Naval Test Pilot School (TPS), at Naval Air Station Patuxent River, Md.

The H-60B Sea Hawk is an airborne platform based aboard cruisers, destroyers, and frigates, and deploys sonobuoys (sonic detectors) and torpedoes in an antisubmarine role.



# St. Patrick's Day 5K

Photographs by Mass Communication Specialist  
2nd Class Matthew R. White, NSA Philadelphia  
Public Affairs



## Fastest Finishers

### Men:

- |                  |       |
|------------------|-------|
| 1. Matt Holman   | 19:38 |
| 2. Robert Meller | 20:40 |
| 3. Josh Lasater  | 20:47 |

### Women:

- |                    |       |
|--------------------|-------|
| 1. Joan Hasenmayer | 21:46 |
| 2. Leanne Brook    | 25:35 |
| 3. Sophorn Smiley  | 26:21 |



# The Admiral and Dr. Suess

*Story by Janeen Poulson, DLA Troop Support Corporate Communications*

The Defense Logistics Agency Troop Support commander took a moment out of his schedule to visit a class at the Child Development Center in Philadelphia March 2.

Navy Rear Adm. David F. Baucom sat with one of the 3- to 5-year old classes at the center, reading one of the author's most well-known books, "Green Eggs and Ham."

"This is my favorite book in the whole world," Baucom told the children.

Administrators at the CDC invited Baucom to participate in the reading event in honor of Dr. Seuss' 108th birthday, Megan Davis, the CDC operations clerk, said.

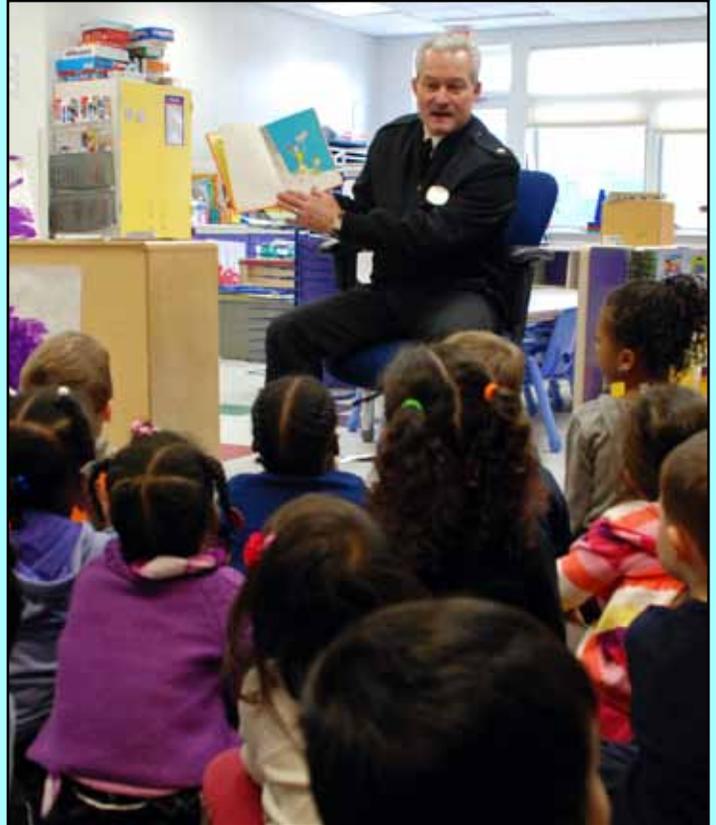
The commander laughed as he saw the faces and heard the responses of the children to the thought of eating green eggs.

"Green eggs aren't real," said one of the children.

After the reading was over, Baucom went around the room, asking each child their name and fielding questions.

Before leaving, he expressed to the children how happy he was to spend time with them.

"Thank you for letting me come by and read to you," he said. "I had a great time."



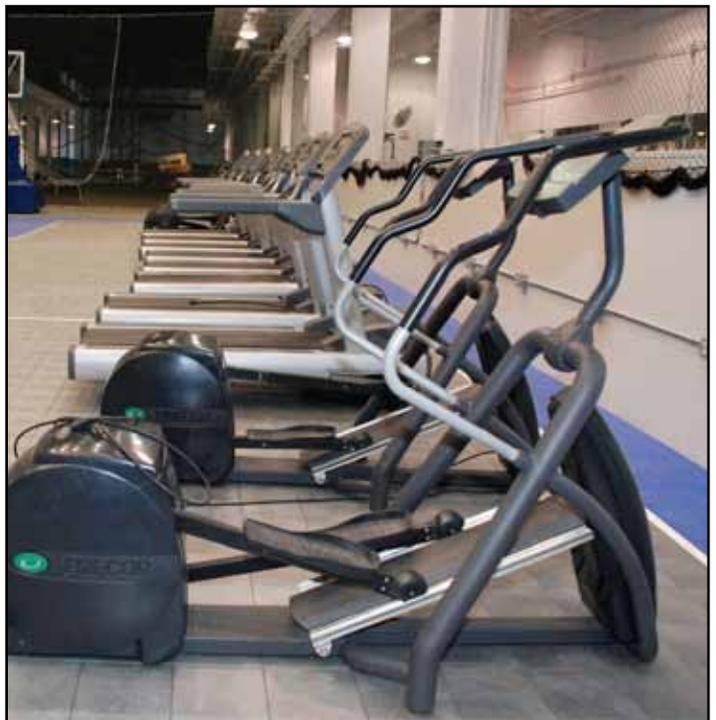
## Gym Transition Update

Work has commenced on turning a former warehouse area of Building 27C into a temporary gym while the roof of the current Fitness Center in Building 8 is repaired.

MWR is currently working on a plan to refund locker rentals.

Below is the tentative schedule of events during the transition:

- 23-24 April - Limited locker room access in Bldg. 8 Fitness Center (both Men's and Women's sides)
- 25-29 April - No Fitness Center services or locker room access available (Bldg. 8 closed until roof project completed)
- 30 April - Temporary Fitness Center in Bldg. 27C opens for Patron use
- TBD approx November - Transition gym operations back to Bldg 8



Gym equipment will be moved from Bldg. 8 to Bldg. 27C during the week of April 25-29



# SafePractices

From the NSA Philadelphia Safety Office

## ASBESTOS AWARENESS

Asbestos is a naturally occurring mineral. It's an excellent fire, heat and sound insulator which have been used in gaskets, brake shoes/pads, as well as Asbestos Containing Building Material (ACBM). ACBM comes in the form of sprayed or troweled-on fireproofing, acoustical or decorative surfacing materials, Thermal System Insulation (TSI) and miscellaneous products including plasters or as siding, roofing, window glazing and wallboard.

Asbestos that can be crumbled in your hand is called friable. The mineral fibers break into still smaller microscopic fibers which may become airborne. Examples of friable asbestos products include some types of thermal system insulation or pipe lagging and sprayed on surfacing materials. Fibers in non-friable asbestos cement, mastic, asphalt and vinyl floor tiles are usually firmly bound in the cement or tile material and will be released only if the material is mechanically damaged by cutting, sanding or weathering.

Personnel who come into contact with or actually remove or encapsulate asbestos containing materials must be trained. Only trained NAVFAC MIDLANT asbestos workers or licensed contractors may disturb or remove ACBM. Asbestos abatement repair or removal requires extensive engineering controls such as wetting the material prior to starting, enclosing the work area to contain fibers, ventilating the area and vacuuming only with high efficiency particulate air (HEPA) filters and equipping workers with special protective clothing and respiratory protection. After abatement, the air must be tested to ensure a safe and healthful environment.

The Safety Office should be notified of potential or suspected asbestos disturbance. If ACBM is inadvertently disturbed, the NAVFAC MIDLANT abatement team needs to be notified to safely resolve the situation. All asbestos projects must be reviewed by the Safety Office.

## Asbestos Information

- Airborne asbestos fibers present a potential health hazard.
- Personnel who perform housekeeping should be aware of which materials in their area may contain asbestos or presumed Asbestos Containing Building Material (ACBM). Any change in the condition of these materials or their accidental disturbance should be reported to their supervisor or management, and the Safety Office. Corrective action will then be initiated. Please do not attempt to clean up asbestos or ACBM yourself.
- Buildings constructed before 1980 are presumed to have asbestos containing floor tile. Any carpeted area is assumed to have asbestos floor tile beneath it. Asbestos containing floor tile is usually 9" x 9" size tile, not 12" x 12" size tile. Asbestos floor tile is considered non-friable and does not constitute a health hazard unless it is sanded, ground or crushed. Carpet should not be removed without first having any tile beneath it tested for asbestos.
- Do not disturb or cause damage to ACBM: no sanding, grinding, drilling or abrading of materials or causing damage with any type of equipment. Routine cleaning of vinyl asbestos floors (usually 9" x 9" floor tile) is authorized as long as buffers and strippers (300 rpm or less) do not damage the surface of the floor tiles.
- Smoking increases the risk of health hazards associated with exposure to airborne asbestos fibers by 50 to 90 times. Asbestosis and Mesothelioma are the primary health hazards of airborne asbestos fiber exposure. Be safe and smart, immediately report any suspected asbestos to your supervisor, management and the Safety Office.



## Employee Spotlight CDR Robert Speight

CDR Robert Speight was born in Lynchburg, Va. and enlisted in the Navy in September 1989. He served as an Electronics Technician (Submarines) before being accepted into the Seaman to Admiral Program. He was commissioned an Ensign through Officer Candidate School in Pensacola, Fl. where he reported to Surface Warfare Officer School in Newport, RI.

At sea, Speight's initial assignment was as Main Propulsion Assistant aboard USS Elrod (FFG 55), he also served as the Damage Control Assistant and Ship's Training Officer during the tour. He then completed a follow-on sea assignment as Main Propulsion Assistant aboard USS Moosbrugger (DD 980). While on Moosbrugger, he deployed as part of NATO's Standing Naval Forces Atlantic 2000.

Following a shore tour, he was assigned as Chief Engineer aboard USS Carney (DDG 64). Following his Chief Engineer tour, he was assigned to Commander, Destroyer Squadron Two Four as the Material and Readiness Officer. While assigned to DESRON TWO FOUR, he deployed as part of USNS Comfort's Humanitarian Assistance / Disaster Relief training to South America. Speight was assigned to U. S. SEVENTH Fleet as Deputy Lead Planner. While at SEVENTH Fleet, he participated in Operation Sea Angel and USNS Mercy Pacific Partnership 2008. Speight's most recent at sea assignment was as Executive Officer and Commanding Officer of USS Boone (FFG 28).

Ashore, Speight attended school at Jacksonville University in Jacksonville,



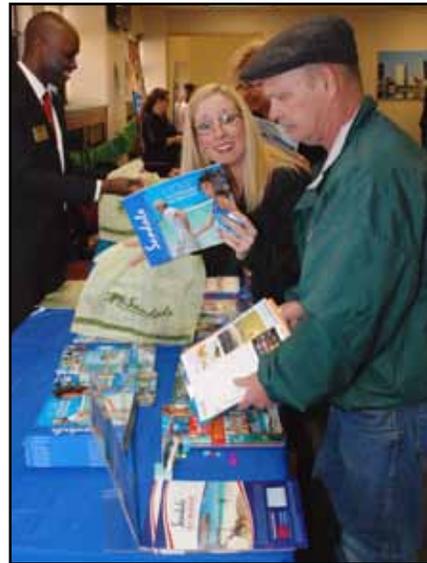
Florida earning a Bachelors of Science in Business Management and Marketing in 2003. Following graduation, he attended department head Surface Warfare Officer School in Newport, RI.

Speight is the incoming Officer-in-Charge of NSAP and will replace CDR David Adams, who is retiring.

## Around the Base



Quarters A demolition has begun with the clearing of trees and removal of interior finishings.



Left: Donna Hart grabs some literature during the MWR Leisure Fair, March 28.

Below: Flowers were blooming on base due to the warmer than normal weather in early March.



*Correction: In the February Freedom Flyer it was stated that "The Navy Exchange (NEX) now offers a variety of sandwiches, pastries, and other snacks, which are available for purchase by all base employees even without a military ID." Only the sandwiches and Danishes are available for purchase by employees without a military ID. We apologize for any inconvenience this may have caused.*



## NSA Classifieds

Please submit your free Classified Ads for the April Flyer to the NSA public affairs office by April 14, 2012. Call 215-697-5995 or email [matthew.r.white2@navy.mil](mailto:matthew.r.white2@navy.mil) for more information.

## MWR/ITT Information

- Lockers will be provided in the temporary MWR Fitness Center (Bldg. 27C), however all lockers will be day-use only. Immediately following the move, MWR will begin to process refunds for the individuals that paid their FY12 locker rental fees. Refunds will be based on five months of lost locker use. Depending on the size of the locker rented, refunds will be between \$16 and \$25. MWR will be processing the refund requests in both Bldg. 27C and Bldg. 15 (MWR ITT office) to make the process more convenient to our patrons. For additional information regarding MWR Fitness Center operations or locker rental refunds, please contact Jenny Wallace at (215) 697-2055 or [jenny.wallace@navy.mil](mailto:jenny.wallace@navy.mil).

## Free Classified Ads

The Freedom Flyer will publish free listings of personal items for sale by personnel of the Naval and Defense Activities at Philadelphia. 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, include Command/Code, one per employee, and photos are highly encouraged. Work extensions may only be used on car and van pool ads. All others must use a home or cell phone number. Ads are printed on a space available basis.

Send submissions to MC2 Matthew White at [matthew.r.white2@navy.mil](mailto:matthew.r.white2@navy.mil).

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Commanding Officer  
Capt. James W. Smart

Officer-in-Charge  
Cmdr. David G. Adams

Deputy Site Manager NSAP  
Dennis Donahue

Site Manager PNY  
HTC (SW/AW) Michael Wilkey

Editorial Director  
Mike Randazzo

Editor-in-Chief  
MC2 Matthew R. White

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