

freedom FLYER

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• cnic.navy.mil/philadelphia

Volunteers Clean Up Base for Earth Day

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

More than 100 employees from various commands volunteered their time and energy to participate in the annual NSA Philadelphia Earth Day Base Cleanup.

The employees gathered at Building 1 at 0900 to grab trash bags, gloves, and trash grabber tools. They then broke off into small groups and headed to different areas of the base to collect litter and garbage.

Some Sailors headed outside the gate to clean up the litter that had blown up against the perimeter fence.

“As a military member assigned to NSA Philadelphia it was great to get outside the gate and help clean up the neighborhood we serve in,” said Aviation Boatswain’s Mate Equipment 1st Class Jason Roberts, assigned to the Funeral Honors Division. “Trash gets blown around and eventually

ends up at our fence so it’s good to get out there and make our border look as nice as the inside does.”

Other base employees, military and civilian, walked NSA’s roads and grassy areas and picked up windswept garbage and carelessly discarded litter.

The 200 bags of collected garbage were left along the side of the road and picked up by other volunteers to be properly disposed of.

Earth Day was first celebrated April 22, 1970, and is the idea of former Wisc. Senator, Gaylord Nelson. He was inspired to help the environment after witnessing the ravages of the 1969 massive oil spill in Santa Barbara, Ca. Earth Day is widely credited with launching the modern environmental movement.



Far Left: Larry Bruno, DLA Troop Support, picks up trash in the parking lot across from Bldg 9.

Left: Sailors assigned to the Funeral Honors division filled multiple trash bags along Tabor Ave.

Below: The volunteers gathered before setting out to clean up the base.



NSA Philadelphia Spring Blood Drive

To make an appointment:

- Call MC2 Matt White at (215) 697-5995
- Sign up online at redcrossblood.org and enter Sponsor Code: 02212216

Tuesday, May 8 - Building 15

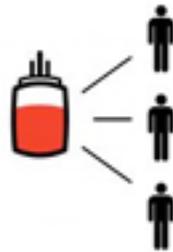
Wednesday, May 9 - Building 6

Thursday, May 10 - Building 15

6 a.m. - 4 p.m. each day



**American
Red Cross**



**1 pint of blood can
save up to 3 lives**

Spring Comes to the South End

The south end of NSA Philadelphia has many planned changes in store and with winter over work has commenced on a few of them.

One of the more noticeable projects is the planting of 176 new trees to replace the ones that were uprooted during a powerful wind storm in November 2010. The new trees will provide shade and enhance the aesthetics of the former housing area and around the new picnic pavilion.

Being planted are two greenspire linden (*Tilia cordata*), 32 northern red oak (*Quercus rubra*), six thornless honey locust (*Gleditsia triacanthos inermis* shademaster), seven eastern white pine (*Pinus strobes*), six Norway spruce (*Picea abies*), 106 green giant arborvitae (*Thuja X*), four *Cornus*

florida dogwood, six old man's beard (*Chionanthus virginicus* fringe), and seven *Amelanchier arborea* serviceberry. They are all native to the Philadelphia area.

Work is progressing on the mass plantings and the final trees should be planted around the former Quarters A location by early May.

Far Right Top: Trees lined up and waiting to be moved to their planting site. Far Right Bottom: Trees planted along Patrol Rd. Right: A newly planted tree near the picnic pavilion.



Quarters A Coming Down

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



SafePractices

From the NSA Philadelphia Safety Office

Spring Cleaning

Spring is here and so spring cleaning is on the to-do lists of many people. Be sure to follow the tips listed below to stay safe while gearing up for the summer months and to make sure you make it to next year's spring cleaning season.

Be safe while on ladders.

- Do not lean too far to either side. A good rule of thumb is that your belly button should not go beyond the sides of the ladder.
- Have someone available to hold the ladder steady for you, and make sure before you step on them that the rungs are not wet, and you are wearing non skid shoes.
- Remember the 4-to-1 rule. For every four feet of ladder height, the bottom of the ladder should be one foot away from the wall or object it is leaning against.
- Whether your ladder is brand new or it has seen a few spring cleanings, read the instructions and warning labels before using it. They'll help you choose the right ladder for the job and describe ladder weight and height limits.
- Use a fiberglass ladder if you're working near electricity or overhead power lines.

Avoid lawn mower dangers.

- When pulling out the lawn mower for the first time this year, refresh your memory by reading the owner's manual. Be sure you know how to stop the machine in case of an emergency.
- If you have a gasoline-powered mower, store the gas in a UL Classified safety can.
- Always start your mower outdoors. Never operate it where carbon monoxide can collect, such as in a closed garage, storage shed or basement.
- Don't operate an electric or gas-powered lawn mower on wet grass.

Be safety conscious with tools.

- If you're reusing last season's lawn and garden power tools, inspect them for frayed power cords and cracked or broken casings. If the item is damaged, have it repaired by a qualified technician or replace it.
- Never carry a power tool by the cord or yank a power cord from a receptacle. When disconnecting the cord, always grasp the plug, not the wire. Keep cords away from heat, oil and sharp edges.
- When you're through with power tools and garden appliances, store them away from water sources to avoid electric shock. Never use them in the rain.

Use caution on the stairs.

- Place all boxes or clutter away from steps and stairs where someone may trip on them.
- Make sure you keep a hand free to hold onto the stair railing.

Stay safe this cleaning season.

- Do not mix ammonia and bleach together, both of which are common household cleaners, because they create toxic fumes when combined.
- Wear rubber gloves to keep your hands from getting dry and cracked from the hot water and chemicals.
- Do not walk on wet surfaces.
- Use proper lifting technique, keeping your back straight and lifting with your legs.
- Wear shoes when moving heavy items so you don't hurt your toes.
- Spring cleaning can be tiring work. If you are exhausted, remember to stop and take a break, drink a glass of water, sit under a nice cool fan, and rest.



Employee Spotlight David Carter

David Carter joined the Morale, Welfare, and Recreation office (MWR) staff in late in 2011 but has already made a significant impact on the office and the offerings to its customers.

Carter's main responsibilities include getting new ticket agreements with parks and other entertainment destinations, organizing day trips, and he is the travel director.

"David is our newest employee but he came on real strong and is a very hard worker," said Jenny Wallace, MWR Director. "He added an element of fun to the MWR and ITT staff," she added. "He has great customer service and has been an all around positive

impact on our office since he started here," Wallace said.

Originally from the Olney neighborhood of Philadelphia, Carter has moved around the east coast, from Virginia to North Carolina, but made his way back to Philadelphia to be close to his family once again.

When not working at MWR or drilling in the Army Reserve, Carter enjoys spending time with his family. He married his wife on Christmas Day, 2011, and has two children with one more on the way.

Carter said he really enjoys working with the other members of the MWR staff and the camaraderie with his co-

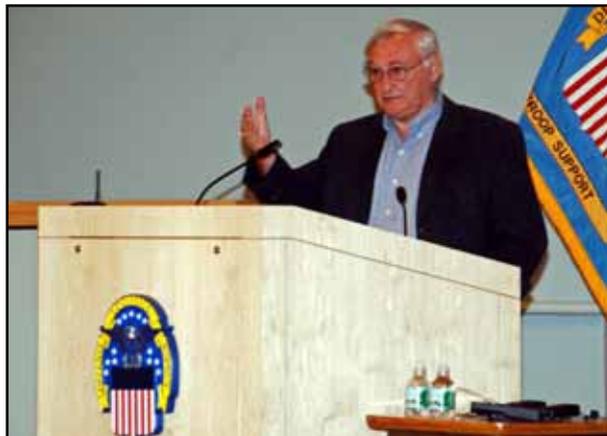


workers makes for a fun workday.

Around the Base



The main entrance to the temporary gym in Building 27C.



Shelley M. Zeiger relates his Jewish family's experiences evading the Nazi's in Poland during the Holocaust. Zeiger spoke during the DLA/NAVSUP WSS Holocaust Observance Day program.



CDR David Adams, right, the former Officer-in-Charge of NSA Philadelphia, retires from the Navy after 29 years of service.



Chief Aviation Boatswain's Mate Manuel Perez, assigned to NAVSUP WSS, holds an American flag over the outfield of Citizens Bank Park during the Philadelphia Phillies opening day ceremony. More than 150 service members unfurled the flag for the national anthem. (U.S. Navy photo by MC1 Michelle Turner)



NSA Classifieds

FOR SALE 150cc Scooter
650 miles \$1400. Contact
Mike Bauder 570-233-6106



RIDE SHARE Warminster Pa to NAVICP/DSCP,
630 am to 5 pm Wed and Thursday, emergency rides.
Mike EagleEye4u2@gmail.com 267-614-9939

MWR/ITT Information

The NSA Philadelphia MWR Department is in the process of forming an intramural tennis league. If you are interested in participating in the league, please contact Jenny Wallace at 215-697-2055 or jenny.wallace@navy.mil.

FFSC Lunch & Learn: Tuesday, 15 May 12:00-1:00 at the Bldg. 15 Cafeteria (small side) Topic: Workplace Communication



NSA PHILADELPHIA
FREE!
BEAT THE HEAT
5K RUN AND WALK
THURSDAY, JUNE 21
11:30 A.M. AT THE
MWR PICNIC PAVILION

MWR
EXERCISE YOUR OPTIONS
NAVY FITNESS
Proper PT gear must be worn at all times.

ELIGIBILITY
Active duty, retirees, eligible family members, reservists, DoD civilians and contractors.

REGISTRATION
Preregistration is encouraged. Entries may be returned to the Fitness Center or faxed to 215-697-9044.

For more information, contact Joe Malak at 215-697-2069 or joseph.malak.ctr@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.

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