

# freedom FLYER

## In This Issue:

- NSA Summer Picnic
- Food Drive / Flag Retirement
- Safe Practices: Summer Safety
- Spotlight: Matt Fende
- Around the Base
- Classifieds and MWR

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

## NSA Conducts Security Training

Story and photo by MC2 Matthew R. White, NSA Philadelphia Public Affairs

Approximately 300 people took part in the Naval Support Activity Philadelphia's Installation Training Team (ITT) exercise, which was coordinated with the Defense Logistics Agency (DLA), Human Resource Service Center Northeast (HRSC NE), and several city emergency response organizations, July 18.

The NSA ITT exercise was evaluated by members of the Regional Training Team (RTT) on their ability to develop, execute, and assess an integrated training event.

"The exercise went very well. It was a safe evolution, and it provided an opportunity for recently relocated HRSC personnel in Building 9 to learn what to expect from police during an active shooter event on NSA Philadelphia," said Sam Phillips, NSA Emergency Management Officer. "It also provided recently arrived Navy Security Force members familiarization with City of Philadelphia tactics; and likewise, the City of Philadelphia gained familiarity with one of the base's newest buildings. Members of the base's Emergency Operations Center continued to gain experience in handling emergency situations and working with City of Philadelphia on-scene commanders," Phillips added.

The exercise consisted of two separate events that tested not only the responsiveness of the base security forces, but also the effectiveness of the NSA Emergency Operations Center team.

The action started when an actor

portrayed an active shooter inside HRSC NE's Building 9. NSA's Master-at-Arms were called to respond and eliminate the threat. To make the exercise more realistic, several employees from HRSC NE acted as victims by pretending to be in pain and having moulage, or fake injuries, applied to them.

While responding to the active shooter exercise, a series of suspicious packages were found near DLA's Building 5. The first responders were tasked with evacuating buildings in case the packages were explosive devices.

For both incidents, local Philadelphia emergency services assisted base security in neutralizing the threats. Philadelphia Police, Fire, Homeland Security, and

SWAT all had members playing active roles in the exercise.

"The inclusion of city assets is an important component of any drill on the installation as our base falls into the jurisdiction of Philadelphia City," said Steve Michael, NSA Installation Training Officer. "Including those response disciplines during our drills provides them with firsthand knowledge of our installation in the event that they have to respond to an incident and emergency, developing those relationships prior is paramount to a successful operation," he added.

Michael said the willingness of the tenant commands to be active participants in the exercise was what really made the day a success.

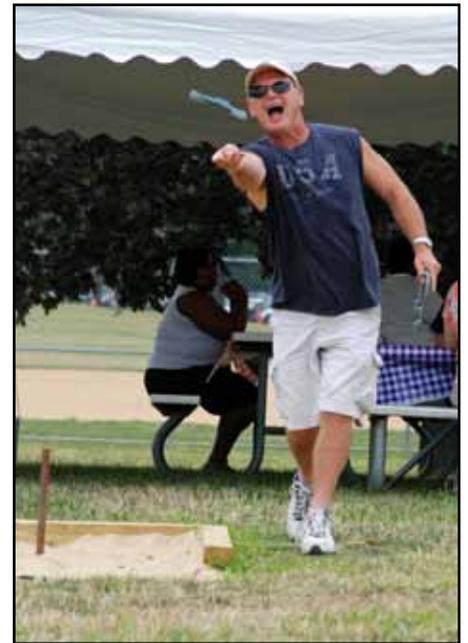


NSA Philadelphia Officer-in-Charge Cmdr. Robert Speight, Emergency Operations Center (EOC) Incident Commander, gives orders to members of the EOC during the Regional Training Team evaluation. The EOC supports the on-scene security members with logistics, supplies, and other needs that may arise during the course of an emergency.



# NSA Philadelphia Summer Picnic

Photos by MC2 Matthew R. White, NSA Philadelphia Public Affairs



# Feds Feed Families Food Drive

## Collection boxes:

- Building 15 (near MWR/ITT)
- Navy Exchange
- Building 27 Fitness Center
- Building 9

## Items needed:

- Canned Tuna
- Canned Meats/Stew
- Creamy Peanut Butter
- Jelly (plastic containers)
- Macaroni and Cheese
- Canned Fruits/Vegetables
- Canned Beans
- Soup
- Packaged Pasta or Rice

NSA Philadelphia is proud to participate in the annual Feds Feed Families food drive. This year's theme is, "Beat Our Best." DoD's goal is to collect 1.5 million lbs of food, with a Navy goal of 396,000 lbs, for distribution to local food banks. NSA Philadelphia's total was 1043 pounds for the 2011 campaign.

There is also an official site for Feds Feed Families: <http://www.fedsfeedfamilies.gov/> which also has more information.



## Drive ends August 31

**All items collected will be donated to Philabundance**

# Veterans Committee holds Flag Retirement Ceremony

*Story and photo by Margaret Kenyon-Ely, NAVSUP Weapon Systems Support Office of Corporate Communications*



**Members of The Veteran Guard, Third Regiment Infantry National Guard of Pennsylvania, stand in formation during the Unserviceable Flag Ceremony.**

As the first of more than 200 worn U.S. flags was gently placed into the flames, Naval Support Activity military and civilian personnel continued to somberly witness the annual Unserviceable Flag Disposal Ceremony on base on June 20.

It took two NSA Philadelphia Fire Safety Inspectors four hours to ensure that the faded and torn flags were properly disposed of by burning.

"A flag may be a flimsy bit of printed gauze, or a beautiful banner of finest silk. Its intrinsic value may be trifling or great, but its real value is beyond price, for it is a precious symbol of all that our dear country stands for: a free nation of free men and women, true to the faith of the past, and devoted to the ideals and practice of Justice, Freedom and Democracy," stated master of ceremonies Bill Eves, DLA Troop Support employee and Chairman of the Philadelphia Compound Veterans Committee.

"It represents all that our fathers, and our nation's defenders in all conflicts lived for, sacrificed for and died for," added Eves.

Other highlights of the ceremony sponsored by the Philadelphia Compound Veterans Committee included the participation of the Frankford High School Junior ROTC; Col Siegfried Honig, President of the Philadelphia Flag Association; and the Veteran Guard, Third Regiment Infantry National Guard of Pennsylvania, a historical and ceremonial unit. NAVSUP Weapon Systems Support's Jackie Baxter, co-chairperson of the Philadelphia Compound Veterans Committee, served as chaplain.

The Philadelphia Compound Veterans Committee, with members from NAVSUP Weapon Systems Support, DLA Troop Support, NSA-Philadelphia and other base commands, fosters an environment of respect and support for the sacrifices of veterans and active duty military personnel worldwide through various ceremonies and educational programs.



# SafePractices

From the NSA Philadelphia Safety Office

## Summer Safety

Summer should be a fun time for you and your family. It would be impossible to go over all the summer season safety issues that might occur, so we're going to highlight the following topics of Summer Water Safety. During the heat of summer families like to hit the water. Water fun is a great way to cool off but it also creates numerous safety concerns.

### Boating

Boating can be fun and relaxing, but boating is also dangerous if you don't know what you're doing. Some common boating dangers include:

**Weather:** Weather is unpredictable and poor weather can turn a fun boating trip into a nightmare. Make sure you know what to do should the weather turn on you.

**Falling overboard:** Everyone aboard a boat needs to wear a life jacket at all times. Adults and children should know what to do if someone falls overboard (i.e. how to help or who to tell).

**Electrocution:** Electrocution is not often thought of, but accidents with electricity do occur. If your boat mast touches a power line you could be in trouble.

The best preparation for a fun and safe season of summer boating is to take a boating safety course. You can look through your local yellow pages or even take an online boating safety course at

<http://www.boatus.org/onlinecourse/>

### Swimming Pools

Swimming pools, both large community pools and small backyard pools contribute to summer season safety issues. Some tips include:

A child can drown in literally inches of water. When using backyard pools you need to supervise at all times and empty the pool when you're done with it.

Proper supervision is needed at large pools as well. Even if the pool has a certified lifeguard, always keep an eye on your own family members. Watch for roughhousing, and be sure that all family members take breaks out of the pool - once you get tired it's hard to swim safely.

Learn CPR. If someone falls in the water, comes up, and is not breathing, would you know what to do? If you're not sure, then a CPR course is a must this summer. Check with your local Red Cross Chapter for more information.

Lastly, the "dog days" of summer can be dangerous for our children and pets — especially when they're left unattended inside of hot vehicles. The combination of hot summer sun and carelessness can have devastating consequences. Every year, children and pets perish after being locked in vehicles while their parents or owners work, visit, shop, or run errands. I can't think of anything more devastating than dealing with the loss of a beloved child – and for some that holds true for their cherished pets. Please take the time to review the following sites for you and your family: <http://ggweather.com/heat>. Get the word out,

**“Beat the Heat, Check the Backseat.”**



## Employee Spotlight Matt Fende

Philadelphia native, and Morale, Welfare, and Recreation Facilities Assistant Matt Fende, grew up only a few block from NSA Philadelphia. He graduated from the, now shuttered, Cardinal Dougherty High School before attending Penn State University, where he earned a degree in economics with a math minor.

Fende started working for MWR in April of 2012. His main duties include dragging and lining the ball fields each morning, keeping the club organized and in working order, getting the picnic area ready for events and making sure all is in order when they are over.

In addition to working outside and getting a nice tan, Fende says he enjoys working at his own pace.

“I really enjoy being able to accomplish

tasks the way I see fit,” he said. “I am given jobs to do and can go about getting them done without supervision.”

“Matt is a very hard worker and the improvements to the softball fields and pavilion area have been great since he came on board,” said Cmdr. Robert Speight, NSA Philadelphia Officer in Charge. “All the MWR facilities on base are in better working order and look much better because of him.”

When not making sure MWR’s facilities are in working order, Fende spends his free time playing soccer, hitting the gym, or playing video games- especially Call of Duty.

Fende said his goals are to get an internship with either DLA or NAVSUP or he said he would like to join the military.



## Around the Base



Left: Cdr. Rob Speight and Lt. Jayson Dooley inspect the progress of the gym demolition. (Photos by MC2 Matthew R. White)



Above: Trusses that will form part of the gym’s new roof. Right & Top Right: Demolition progress at the Bldg. 8 Fitness Center.



## NSA Classifieds

Submit your FREE classified ad today! Contact MC2 Matthew White at 215-697-5995 for more info.

## MWR/ITT Information

- Tickets are now on sale for the Saturday, August 25th NSA Philadelphia and Mechanicsburg Day at the Ballpark. It's a great opportunity for you and your family and friends to enjoy a day at Citizens Bank Ballpark and watch the Phillies take on the Nationals. Your ticket includes a seat in section #307 and a pre-game picnic from 5:35 p.m. to 7:05 p.m. The picnic will take place in the Phillies Tent (East of Citizens Bank Park, on Darien Street). The menu includes Hatfield jumbo all-beef hot dogs served with sauerkraut, cheese burgers, Bull's coleslaw, freshly popped popcorn, Philadelphia soft pretzels, Mrs. Good Cookie chocolate chip cookies, and a selection of sodas. Tickets are \$68.50 each. For more information about Phillies tickets, please call the MWR ITT office at 215-697-5499/9092

- Save the Date: The Navy Birthday celebration will be October 11. Contact Jenny Wallace, MWR Director, at 215-697-2055, for more information.

- Fran's Hangar Bay (MWR All Hands Club) is open Wednesday and Thursday nights from 4:00 to 8:00 p.m. The Club is also to rent for your next special occasion. For more information, please contact the Club office at 215-697-2297.

- NSA Philadelphia MWR ITT has received 60 free tickets for the Pennsylvania 400 NASCAR Sprint Cup Series race at Pocono Raceway on Sunday, August 5. Tickets will be distributed to active duty military beginning at 0900 on Wednesday, 25 July at the ITT office. Tickets are limited to active duty only, 2 tickets per person. Additional tickets may be purchased by visiting [www.poconoraceway.com](http://www.poconoraceway.com) and entering Promo Code "USMILITARY" for a 15% discount on all tickets. All eligible MWR patrons (Military Retirees, DoD civilians) may purchase these tickets.

## 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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