

freedom FLYER

In This Issue:

- CDC Pre-K Graduation
- STEP Scholarships
- Safe Practices: Driving Safety
- Spotlight: Brenda Janiszewski
- Around the Base
- Classifieds and MWR

vol. two, issue eight - august, two thousand and twelve • cnic.navy.mil/philadelphia

CPOA Supports Junior Enlisted

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

The NSA Philadelphia Chief Petty Officer Association's Bag of Chow (BOC) program is an ongoing effort to raise funds for junior enlisted Sailors that need a little extra help.

If a Chief notices that one of their junior Sailors seems to be having a bit of a hard time keeping up with their bills, or if they have a large and unexpected expense come their way, the Chief can request financial help for that Sailor from the Bag of Chow committee.

"They aren't just given a handful of cash," said Chief Machinery Repairman Karl Von Bueren, member of the BOC committee. "We look at what they need help with and give them funds toward that need, similar to how a gift certificate works," he added.

Bag of Chow is an ongoing program that migrated to NSA Philadelphia once the CPOA was stood up here following

Naval Air Station Willow Grove's closure in 2011.

"It was a very worthwhile cause when it was started at Willow Grove and since they're closed it was the right thing to bring it here," Von Bueren said.

Bag of Chow collects donations from

to donate.

While most assistance is provided during the holiday seasons, if a Chief notices someone in need they can be helped at any time of the year.

Von Bueren said that Chiefs have always been involved with their Sailors and in tune to their needs. The Bag of Chow program is one way that they can continue to provide assistance when they notice a problem.

"We just want to be able to help as many people as we can," Von Bueren said.

Donation boxes are located at the Navy Exchange registers and at the Building 15 Cafeteria.

"We just want to be able to help as many people as we can."

-Von Bueren

the general public, military members, VFW outposts, or anyone else that wishes



The Bag of Chow collection box located near the register in the Navy Exchange.



U.S. Navy's 237th Birthday Celebration

Save the Date

October 11, 2012

Fran's Hanger Bay 3

4 p.m. - 7 p.m.

Tickets will be \$15- MWR will announce when they go on sale.
Price includes food, entertainment, and a commemorative coin.

CDC Graduates 16 from Pre-K

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



NAVSUP WSS STEP Participants Receive Scholarships

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

Adele Mayo, the former Human Resources Office (HRO) Philadelphia Equal Employment Opportunity (EEO) Manager, mentored and inspired others, advocating for the youth in local communities. Before her untimely death in 2007 after bravely battling cancer, she made a difference in the lives of everyone she met.

But with the Adele Mayo Memorial Scholarship her legacy lives on.

August 1 marked the 6th annual barbecue benefit held in her honor on the Naval Support Activity (NSA) Philadelphia.

“For those of us who worked with her (Adele) and knew her, this is certainly a great opportunity to honor her legacy, to support the scholarship fund that she was so passionate about,” said NAVSUP WSS Commander Rear Adm. John G. King in his remarks.

After addressing the crowd of civilian and military anxiously waiting to dig into the hotdogs, hamburgers and sausage meals, King presented certificates to two of the Student Temporary Employment Program (STEP) scholarship recipients in attendance, Zana Johnson and Michael Moya.

Other scholarship recipients were Eddie Figueroa and Nathaniel McIntosh.

The STEP scholarship winners, who will be starting college as freshmen this fall, will have the funds sent directly to their schools for the purpose of defraying the cost of their textbooks.

Another highlight of the festivities was the annual military vs. civilian softball game, with King tossing a Commander’s Coin to determine which team would bat first. After playing seven full innings, the civilian team was victorious, winning by a score of 11-1.

This was the first year that the Navy Supply Corps Foundation



NAVSUP Weapon Systems Support Commander Rear Adm. John G. King gets ready to present certificates to two NAVSUP WSS Student Temporary Employment Program (STEP) participants receiving Adele M. Mayo Memorial Scholarships sponsored by the Navy Supply Corps Foundation Philadelphia Chapter on August 1 as event emcee Stacey Burnett, NAVSUP WSS Command Equal Employment Opportunity Advisory Committee (EEOAC) member, looks on. (Photo by Command Photographer Lizzie Poster)

...this is certainly a great opportunity to honor her legacy, to support the scholarship fund that she was so passionate about.

-King

sponsored the scholarship, with assistance from the NAVSUP WSS Command EEO Advisory Committee (EEOAC) at the Philadelphia site. Ashley Mason and Dara Ingram, NAVSUP WSS employees and EEOAC members, spearheaded the planning along with the Foundation. EEOAC member Stacey Burnett served as event emcee, introducing King and announcing the scholarship recipients.

All EEOAC members were involved in the success of the event in some way – from selling tickets to coordinating ads to working on the ball game, designing the commemorative t-shirt to recruiting cooks to setting up. Committee members include: Lauren Ginsberg (Chairperson), Kristy McDowell (Vice-Chairperson), Sarai Almanzar, Cynthia Baker, Richard Bayna, Stacey Burnett, Gwendolyn Champ, Norman Cooper, Lavette Delbridge, Min Elders, Timothy Gradoville, Frank Hauser, Sean Henry, Dara Ingram, Jenae Jackson, Margaret Kenyon-Ely (Corporate Communications liaison), Francis Litle, Ashley Mason, Anthony Montelone, CDR Daniel Norton (Military liaison), Sonny Phillip, Kimberly Smith, Samuel Tunes, and Melissa Waugh. A special thank you goes out to Rachel Brown, HRO Mechanicsburg – Philadelphia Site / Lead EEO Specialist.



SafePractices

From the NSA Philadelphia Safety Office

Distracted Driving An Accident Waiting to Happen

Did you know that most traffic mishaps are caused by distracted driving? What's distracted driving? Well... a quick look away from the road, changing the station on your radio, reaching for your coffee or water, looking into your windshield mirror to reprimand your children in the back seat (or admire how good you look this morning), or the most talked about distraction, texting or talking on your phone. All of these seemingly innocuous actions can have serious consequences. Accidents can not only injure you, your passengers, or someone else, but they can have long-ranging effects that last a lifetime. Generally speaking, anything that takes your eyes off and/or mind off the road is distracted driving.

As stated above, cell phone use in particular is a serious cause of distraction. When you talk on your cell phone your focus is on the conversation and your brain activity associated with driving is reduced by almost 40%. Add texting and driving, or checking your Facebook or Twitter on your Smartphone and it becomes the most dangerous thing you can do while driving. **YOU INCREASE YOUR CHANCE FOR A CRASH 23 TIMES.**

Teenagers especially are a driving group that takes chances by distracted driving. To begin with, they have very little driving experience. They also like technology: from the latest music and iPod, GPS, and cell phones. All of these things are distractions when you're driving and they increase your chances for an accident. Plus, most teens admit to texting and driving at some point. Surprisingly, they also agree that their text messages or conversations weren't that important to begin with and that they should have and could have waited. They know what they're doing is dangerous but admit to being willing to push the envelope. Their reasoning seems to be that the text or email will only take a few seconds. What is most disturbing is that most of these young people know what they're doing is wrong and dangerous. For those of us that are no longer teenagers, we know what it's like to be that age- we, like them, were once invincible. Likewise, as we've grown older, we also know that invincibility doesn't hold true.

Here are some overall tips that might help you and your teens to drive better and safer: always prepare for the trip by knowing how to get to your destination, no matter how long or short your voyage may be. When you get into your vehicle, always buckle your seatbelt, set your GPS, and sit back and enjoy the ride. Remember, as an adult or parent we need to set an example for our young people and their friends. Together we can work to keep our roadways safe and distraction free for all – and please remind yourself to treat others as you wish to be treated, whether in your vehicle, at home, or at work. Finally, check out these sites for some helpful distraction-free information. **Drive Safe.**



<http://www.distraction.gov>

<http://www.osha.gov/distracted-driving/index.html>



Employee Spotlight Brenda Janiszewski

South Philadelphia native Brenda Janiszewski started working at the old Navy Yard before making her way up to NSA Philadelphia in 2004. Until the end of 2011, she worked in the CAC office, but now spends her working hours as part of the NSA Philadelphia security team.

Janiszewski says she loves being the face of the security office and works with a fun group of people.

“I get to meet new people every day and help them with their problems,” she said. “I also have a lot of fun with my coworkers; they are awesome to work with.”

Recently, a medical emergency call came into the security office requesting someone with sign language skills. Janiszewski said she has signed for about 27 years and was able to assist the

emergency responders communicate with the person in distress. She rode with them to the hospital and continued to provide sign language assistance until the hospital could locate another interpreter.

“Having someone in our office that we can turn to in an emergency situation like that is extremely valuable,” said Lee Adams, NSA Security Director. “We can provide assistance much quicker since we aren’t forced to look off base for an interpreter.”

In her free time, Janiszewski said she enjoys going camping. She particularly enjoys camping at the Jersey shore, but also likes going to the Pocono Mountains, Florida, and anywhere else that she hasn’t been. Once she retires she’d like to go across the country in her RV.



Around the Base



Left: Rear Adm. John G. King, Commander, NAVSUP WSS presents Capt. John D. Titus with a Legion of Merit Medal during his retirement ceremony, July 20, after 30 years of distinguished Naval service. (Photo by NAVSUP WSS Command Photographer Lizzie Poster)



Chief Petty Officer Selectees from Navy Recruiting wash a car during their fundraising event. (Photos by MC2 Matthew White)



NSA Classifieds

Carpool Warminster Pa to NSA Philadelphia, 6:30 am to 5 pm Wed and Thursday, emergency rides. Mike EagleEye4u2@gmail.com 267-614-9939

MWR/ITT Information

- Fitness Lunch & Learn - September 26 - Self Defense from 11:00-11:30 in the Bldg. 15 Cafeteria (small side).
- Fran's Hangar Bay - Military Appreciation Night – every Thursday starting at 4:00 p.m.
- Navy Birthday 5K Run/Walk, Wednesday, October 10 at 11:30 a.m. (meet at the “new” MWR Pavilion)
- New tickets available through the ITT office: PA Renaissance Fair, Navy at Penn State football... coming soon: Army-Navy game tickets.



NSA PHILADELPHIA

FREE!

FIT & FUN 5K

Run and Walk

WEDNESDAY, SEPTEMBER 12

11:30 A.M. AT THE MWR PICNIC PAVILION

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.

EXERCISE YOUR OPTIONS **REGISTRATION FORM ON BACK**

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

www.cnic.navy.mil/philadelphia NSAP-07-101 TL12

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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