



NAVSUP COMMANDER SPEAKS AT PENNSYLVANIA PEARL HARBOR SURVIVORS REMEMBRANCE PROGRAM

By Debbie Dortch, Naval Supply Systems Command Public Affairs

HARRISBURG, Pa. - Commander, Naval Supply Systems Command (NAVSUP) delivered keynote remarks to nine survivors of the 1941 attack on Pearl Harbor and more than 150 civilian and military personnel during a program at the Pennsylvania Capitol Building on Dec. 7, 2010.

“We must always remember those who fell on 7 December and those who stepped boldly into the footsteps of the fallen to carry on the fight,” said Rear Adm. Mike Lyden. “You [survivors] are truly an example of American patriotism...You have my deepest respect and gratitude.”

Lyden thanked the survivors for their heroic deeds and for fulfilling their duty.

Honored guest and speaker, retired Air Force Maj. Hank Heim, a Pearl

Harbor survivor, shared his personal experiences during the attack when he was attached to the Army Air Corps’ 31st Bomb Squadron at Hickam Air Force Base.

“I never saw 55 men get out of bed so quick in all my life...I went out the back to get to the hanger...then a 500-pound bomb came through the roof,” said Heim. “When I came to, I was blown to the side of the hangar...I was bleeding quite profusely. I was scared...but, I’d do it all over again in a heartbeat.”

“Making the connection to such an event through the eyes of those who witnessed it first-hand is a tremendous opportunity,” said Lyden. “They and their families here with us today know what the price of freedom really means.”

The program was highlighted by readings from the commanding of-

icers of USS Pearl Harbor (LSD 52) and USS Pennsylvania (SSBN 735) and also by increased participation from employees of Naval Support Activity Mechanicsburg tenant commands.

A letter from Cmdr. Homer R. Denius III, Pearl Harbor’s Commanding Officer, noted, “Your ship is well manned and forward-deployed. Every day we steam we honor Pennsylvanians and your fallen comrades’ sacrifices. Your efforts made us the finest country on earth and the efforts of your ship and crew continue that tradition.”

“We honor your service and strive to carry the mantle of service that your proud generation fought so diligently to protect,” wrote Cmdr. David K. Galuzian, Pennsylvania (Blue) Commanding Officer.

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PEARL HARBOR



Sharon Parks, who is a mechanical engineer/project manager with the Naval Sea Logistics Center's Code 0527, sang the national anthem.

"This was my first time attending (and participating in) this ceremony. I was honored to be asked to perform the national anthem. My thoughts while I sang were on those who lost their lives to keep this country free and what a great country we live in. I am proud to be an American and love serving my country in any way possible, as such with my voice," Parks said.

Bishop Willie Jones Jr., also from the Naval Sea Logistics Center, delivered the invocation and benediction, and Robert Goodman, Navy Supply Information Systems Activity, played taps.

Since 2000, the program has been sponsored by NAVSUP and NSA and takes place at the Pennsylvania State Capitol East Rotunda.





THE KEYSTONE STATE'S ROLE IN WORLD WAR II

On Dec. 7th, 1941, the Japanese assault lasted less than two hours, and when it was over:

- 2,400 Americans were killed ... 1,177 of them on the USS Arizona alone;
- 1,200 were wounded;
- 21 ships were sunk, beached or damaged; and,
- 323 aircraft were destroyed or damaged.

In World War II, 1.25 million Pennsylvanians served in the Armed Forces, and 33,000 paid the ultimate sacrifice in their country's service. More Medals of Honor were awarded to Pennsylvanians than to citizens of any other state: 33. The following are some other examples of how the Keystone State helped ensure an allied victory.

Pennsylvania had a high number of senior leaders in the Armed Services. Altogether, 130 Pennsylvania generals and admirals contributed to the victory of WWII.

- General of the Army George C. Marshall was a native of Uniontown.
- The Commander of the Army Air Forces was General Henry H. "Hap" Arnold, born in Gladwyne.
- The Chief of Naval Operations at the outbreak of hostilities was Admiral Harold R. Stark, from Wilkes-Barre, who later became Commander of American Naval Forces in European waters.

- Admiral Richard S. Edwards, from Philadelphia, was Deputy Chief of Naval Operations.
- Admiral Thomas C. Kinkaid, also a Philadelphian, commanded the Seventh Fleet in the South Pacific.

During the war, there were 40 military and naval installations located within the Commonwealth, including Indiantown Gap Military Reservation and Camp Reynolds. The Army's doctors received training at Carlisle Barracks, and the Navy's photographic reconnaissance pilots were instructed at the Harrisburg airport.

The Philadelphia Navy Yard built the world's largest battleships, including the USS New Jersey, which was launched on December 7th, 1942, exactly one year after the attack on Pearl Harbor.

Among the dozen military depots in the state were Mechanicsburg Naval Supply Depot, Middletown Air Depot, Letterkenny Ordnance Depot, Frankford Arsenal, and the Philadelphia Quartermaster Depot.

Pennsylvania's industrial resources made it the "Arsenal of America." Ships, planes, tanks, armored cars, guns, and shells poured out of its factories. Steady streams of war goods flowed over its railroads and highways.

At the height of NSA's activities during World War II, new parts would arrive on one railroad track, be un-

loaded and sorted on the spot, and loaded immediately onto other boxcars for shipment. By March 1945, monthly freight traffic in and out of the depot included over 2,000 railroad carloads and more than 6,000 truck shipments.

Pennsylvania oil lubricated the machines of war, and its coal stoked the steel mills. Food from its fields fed war workers and soldiers. In total war production among the states, Pennsylvania ranked sixth. Pa. ranked fifth in shipbuilding, and fourth in ordnance. It furnished almost one-third of the nation's steel. More money was spent to expand production capacity in Pennsylvania than in any other state.

Pennsylvanians were second only to New Yorkers in the purchase of war bonds. Under the leadership of the Pennsylvania State Council of Defense, more than 1.5 million people organized to protect the state against enemy attack and to aid in the war effort.

The USS Arizona's Sister Ship, USS Pennsylvania, is rarely mentioned in references to Pearl Harbor: 24 men killed, 14 missing in action, and 38 men wounded. She was gallant in her actions in the Pacific. She was one of the first to return fire at Pearl Harbor and survived to deliver incredible fire power on enemy positions for the next four years. Feared by the Japanese, she fired more rounds than any other ship in Naval history.



GEOTAGS INVADE PRIVACY AND UNDERMINE OPSEC

By Marine Sgt. Heidi E. Agostini
1st Marine Expeditionary Force Public Affairs

You want to show off your new car and you take a picture with your smartphone. Then, you post it to Picasa or Flickr, both location-based social-networking services.

But did you know the GPS information embedded in that picture can show people where you live or work?

The growing trend is geotagging, where the GPS in your smartphone automatically attaches your longitude and latitude, along with other info, to your picture.

“If you have a smartphone, it’s already encrypted to supply meta-data,” said Maj. Rocky Williams, the future operations officer for I Marine Expeditionary Force. “Every time you take a picture, shoot video and share it with your friends, you pass grid coordinates of where you did that action. When you post it on Facebook or Picasa, the world has access to where you shot that footage.”

Williams said most smartphone users don’t realize what type of data they’re posting. By posting that information, they’re allowing their movements to be recorded and analyzed by anyone. After analyzing your photos, someone could find out where you live, commuting patterns, where you work and how many hours you’re at work each day, exposing your home to would-be thieves.

An example of geotagging gone wrong happened with Adam Savage, host of Discovery Channel’s “Mythbusters.” Savage inadvertently

revealed where he lived when he posted a picture from his iPhone of his car at his home.

Features such as Facebook’s Checkin, Foursquare, Gowalla and Loopt allow individuals with a smartphone to broadcast their location. These applications are typically used to earn points, badges, discounts and awards at various shopping locations. Williams warns about such features, adding that publicly broadcasting your whereabouts and revealing your every movements may put you in danger.

Concerns about social media are nothing new in the military, but location-based services pose a problem because they could reveal the military’s exact coordinates.

A search for “Afghanistan” on one site can reveal thousands of tagged images taken by deployed service members with smartphones.

“About 75 percent of those photos have a geotag encrypted in it,” said Williams. “You can download photos, put them on your computer and know where that checkpoint, security post or base is located. You are feeding the enemy information.”

“Technology is evolving rapidly,” said Williams. “The Marine Corps does not have an order and the ALMAR is outdated. There isn’t a lot of information on what to do and what not to do. There is a lot of latitude, but it only tells you to use your best judgment.”

Williams said no other military service except for the Army has a

strict punishment for compromising data via social networks. However, since the Marine Corps gives commander’s discretion, it allows them the flexibility to take it to Article 92, failure to obey order or regulation.

Situational awareness is not limited to a combat environment. Corps small-unit leaders have always preached terrorism awareness both at home and abroad and with the heightened sense of vigilance against threats of domestic terrorism and crime, it’s in an individual’s best interest to maintain a sense of unpredictability.

From routes taken to and from work, to favorite places to visit and eat, Internet users may want to reevaluate what information they share on social media sites. The potential compromising of operational security, as well as personal security, may cause some smartphone owners to rethink how much information they share in the future.

“I knew not to post anything on Facebook that would affect our security, but I never thought about what would happen if I checked into a location and accidentally let the entire world know I wasn’t home,” said iPhone owner, Cpl. Jose Ramos with 1st Marine Division. “I’ll probably disable the GPS from now on.”

The action of automatic geotagging takes place on many smartphones. Some are enabled by default. Users can prevent their information from being posted by disabling the GPS function on their phone.



Life Fitness Signature Series Selectorized Equipment: These 18 pieces of weight stack equipment are top of the line and each piece is designed to put users in the perfect position for both safety and muscle isolation while training a specific muscle groups.



Life Fitness Upright Bike Display Screen: The 95ci Life Fitness Upright Bike is Military PRT Compliant and offers a choice of seven different workouts and 25 levels of resistance.



Keiser M3 Exercise Bikes: These 16 state-of-the-art Keiser M3 Exercise Bikes offer a smooth ride for your favorite spinning routine. The display reports rpm, time, watts, gear, and is Polar Heart Rate ready.

ABOUT THE NSA FITNESS/ WELLNESS CENTER



The NSA Fitness/Wellness Center is located in Building 214 and is staffed by Certified Personal Trainers. The facility is open Monday through Friday from 0530 to 0900, Saturday 0800 to 1800, and Sunday 0800 to 1600. Active duty military, retired military, reserves, National Guard, and their dependents may join the Fitness Center for free as well as DoD civilian employees that work on this base. Retired DoD civilian employees and DoD contractors can join the Fitness Center for a fee.

Program where they take blood pressure, check body composition, talk with people about health concerns that they may have, and encourage them to join the Fitness Center to get fit.

Once a person has joined the Fitness Center, they can set up an appointment with a Certified Personal Trainer for a Fitness Assessment and Exercise Prescription. The members are encouraged to set an appointment with a Certified Personal Trainer once every three months to get a retest and an upgrade to their exercise program.

In Building 14 there is an indoor tennis court and basketball court. Beside the Officers Club there are two outdoor tennis courts. There are two racquetball courts in Building 214. All court times and appointments with a Certified Personal Trainer can be scheduled through the Fitness Center by calling 605-8147. Please call Felicia Newbury, NSA Fitness/Wellness Center Director at 605-1087 if you have any questions.

The Fitness Center offers 20 group exercise classes per week which include step interval, spinning, muscle pump, sculpting, weight training, boot camp, cardio interval, cardio choice, bar/ball/core, yoga, pilates, and strong seniors. All classes are open and ongoing and anyone can join a class at any time.

Life Fitness Treadmill: The Fitness Center has nine of these Military PRT Compliant, 97Ti Life Fitness Treadmills that are complete with a Flex Deck Shock Absorption System, six different profiles, incline to 15%, speed to 16 mph, pulse monitor, and are Polar Heart Rate ready.

The Fitness Center also offers monthly seminars on topics such as weight loss, muscle building, diabetes, massage therapy, cancer risk reduction, low back health, and preventing osteoporosis. The Fitness Staff travels to different buildings on the base throughout the year to offer an Outreach



Life Fitness Elliptical 95X: This Military PRT compliant Elliptical has a touch screen that includes 25 different levels of resistance and 14 programs within four basic workout choices.



Life Fitness Upright Bike: Certified Personal Trainer Becky Michaelian shows retired military Walt Buhay how to use the Military PRT Compliant 95ci Life Fitness Upright Bike in the PRT Room of the Fitness Center.



NAVAL SUPPORT ACTIVITY MECHANICSBURG DEFENSE ACTIVITIES VETERANS DAY PROGRAM



In honor of our veterans, Naval Support Activity Mechanicsburg hosted the Mechanicsburg Defense Activities Veterans Day Program on Wednesday, Nov. 10th, 2010, in the Special Events Forum in Building 14.

Base CO Capt. James Smart, presented Vietnam veteran and retired U.S. Army Major General Charles H. Armstrong with an appreciation

plaque for being this year's guest speaker. During his 31 + year career, Armstrong served two tours in Vietnam and one in Cambodia. Armstrong had extensive training experiences with the Reserve Components, Army Reserve and the National Guard; his last assignment was as the Deputy Commanding General, Fourth U.S. Army at Fort Sheridan, Ill., with responsibilities to coordinate return of reserve forces from the first Iraq War to include recovery of equipment.

Major General Armstrong retired in 1992 and he and his family settled in Mechanicsburg where he began to volunteer at the Whitaker Center for Science and Arts and rose to the position of Senior Vice President responsible for administration, finance, and construction of the Center which opened in 1999.

Immediately following the Veteran's Day ceremony members of the Marine Corps commemorated its 235th Birthday with a cake cutting ceremony held in the annex at the north end of the Forum. On the left is Col. Michael E. Rudolph (NAVSUP HQ, Code 04) and on the right is CWO4 Timothy Doty (NOLSC, Code 413.1). Col. Rudolph passed the birthday cake to CWO4 Doty after taking the symbolic "first bite" as the oldest Marine present during the ceremony. Semper Par



NSA ANNOUNCEMENTS

Editor's Note: We are happy to announce the return of the "Announcements" section to the paper. Please feel free to e-mail all promotions/awards, retirements, births, etc., and news about and pictures of family members serving in the military to michael.randazzo@navy.mil. Photos are highly encouraged.

DISA-DEEC

Melinda G Bowling, Inventory Management Specialist at DISA Mechanicsburg, was awarded the Employee of the Quarter for July 2010 through September 2010. Marilyn J Ryan, Security Specialist Intern at DISA Mechanicsburg, was awarded the Intern of the Quarter for July 2010 through September 2010. These awards recognize their exceptional teamwork, communication, initiative, and professionalism displayed every day.

Defense Enterprise Computing Center employee Luis Cosenza and his wife Jill welcomed the birth of their son, Giovanni Cosenza, on Nov. 12, 2010. Giovanni weighed 9 pounds, 2 ounces and was 20 1/4 inches long. Baby and mom are doing fine!

HRO APPOINTMENT SCHEDULING, BUILDING ACCESS

Supervisors and employees are strongly encouraged to schedule appointments with their Human Resources Office (HRO) Mechanicsburg points of contact, rather than show up unexpectedly. Access to HRO at the south end of Building 407 is restricted. This allows HRO staff to safeguard and secure customers Personally Identifiable Information. When customers arrive for their scheduled appointment, they use a phone in the entryway to call their HRO points of contact to gain entry and be escorted through HRO work spaces. HRO will make every effort not to turn away unscheduled visitors. Please contact Helen Townsend on ext. 1299 if you have any questions.



CROSSWALK OR COMBAT ZONE?

By MC3 Samantha L. Rivero

With a recent rise in crosswalk accidents on board installations in the Mid-Atlantic Region, Naval Support Activity leadership encourages all base employees and visitors to remember that safety should always be a primary concern.

More than 4,000 pedestrians were killed and 69,000 injured in car accidents in the United States in 2008. In Pennsylvania, there were more than 4,500 pedestrians involved in traffic accidents, of which 142 were killed and 80 of those occurred while the pedestrian was entering a crosswalk.

“Pedestrians often incorrectly perceive marked crosswalks as a safety device, which allows crossing without regard to other safety considerations,” said Karen Mack, Safety Director of the Sewells Point Safety Office in Norfolk, Va. “This false sense of security has left pedestrians feeling overly secure with a result of colliding with an oncoming or turning vehicle.”

Crosswalks are intended to take some of the hazards out of a dan-

gerous situation, however pedestrians often have the mistaken belief that drivers can and will stop in all cases, even when it may be impossible for them to do so.

“Drivers can’t always see pedestrians,” said Mack. “Their vision can be impaired from many things, such as weather, glare or even a dirty windshield. They may also be too close to the crosswalk to be able to safely stop without colliding with a pedestrian.”

Mack suggests that drivers remain vigilant of those walking towards or near the roadways and never assume that someone will not cross because they don’t have the signal.

“Studies have shown that eight times as many pedestrian-vehicular accidents occurred at intersections with marked crosswalks as at those without,” Mack said. “Over confidence of the pedestrian is often seen as a factor in accidents.”

Mack said that many accidents can also be attributed to distracted driv-

ers who fail to properly look for pedestrians who may be crossing.

One of the most common distractions in these situations is cell phones, which should be used only in conjunction with hands-free devices while driving. Pedestrians should always watch for potential hazards and always wait until the vehicles have come to a complete stop before crossing.

“Crosswalks are intended to provide direction to pedestrians for stepping into the road only when traffic flow has stopped,” said Mack. “They also serve as a device to warn drivers of potential pedestrians crossing the road.”

It’s the Navy’s goal to eliminate these incidents entirely and service members, civilians, motorists and pedestrians, need to understand that caution is paramount even when you have the right of way.



ABOUT NLSC:

Since 1973, the command has supported the fleet with integrated logistics support, engineering, quality assurance, and information technology expertise. The command was first established on base as the Naval Sea Logistics Support Engineering Activity (NSLSEA) to provide engineering provisioning support. In 1974, Naval Detachment Hull, Mechanical & Electrical and Naval Electronic Systems Detachment, Great Lakes joined as divisions of NSLSEA. Finally, in 1985 the command was named NSLC when it further merged with Navy Maintenance Support Office of the Navy Ships Parts Control Center to provide ship's maintenance and material management and IT systems support. Currently, NSLC's workforce of over 200 under the leadership of Capt. Tim Harrington, Supply Corps, United States Navy, provides an array of life cycle logistics support and expertise for the fleet and military branches.



Kim Drawbaugh and Ben Hemler served chili at the command's first ever "Chili Cook-Off", Oct. 19, which benefited the 2010 annual Combined Federal Campaign.

NSLC'S SEASON OF GIVING

By Michelle M. Geary, Naval Sea Logistics Center Public Affairs

In 2010 the spirit of giving decked the halls of the Naval Sea Logistics Center (NSLC) as employees reached deep into their pockets for various charitable efforts that benefited the Combined Federal Campaign (CFC), deployed Soldiers, Toys for Tots, and the American Cancer Society.

During the fall season, NSLC:

- ...reached 98% of their \$15,000 CFC goal. Fund raising events included a chili cook-off in October, with Logistics Management Specialist Phil McCormick winning top honors for his chili. The event raised over \$300. A mini-golf tournament raised over \$200 for the CFC with Chief Operating Officer, Beth Howell winning for the ladies team, and Program Analyst Rex Feldmiller winning for the men.

- ...shipped 18 boxes of toiletries, snacks, and other necessities for deployed Soldiers. Employees contributed items to send and money for shipping costs.
- ...filled several large boxes of toys for the Toys for Tots campaign.
- ...collected about \$100 for the American Cancer Society, while celebrating survivors and the road to a cure.
- ...donated the time and talents of nine employees during the Children's Christmas Party in December.

Our command is proud of all of our sites for their CFC contributions totaling \$41,565: Indian Head, \$8,000; Fairfield, \$1,318; Mayport, \$4,467; Norfolk, \$2,238; Portsmouth, \$7,719; San Diego, \$3,015.

NLCS was a sea of pink as employees stepped up and shouted out for Breast Cancer awareness in October.





United Way of
the Capital Region

Naval Support Activity
5450 Carlisle Pike
P.O. Box 2060
Mechanicsburg, PA 17055

To the Employees of Naval Support Activity:

Thanks to our friends at Naval Support Activity, we are heading toward another very successful Combined Federal Campaign (CFC) here in central Pennsylvania!

I understand your installation raised a total of \$217,018, which is very close to the amount you raised last year. On behalf of the agencies that are part of our CFC, and the tens of thousands of people who will benefit from your generosity, I would like to thank you for this outstanding effort, especially in such challenging economic times.

We deeply appreciate the support Naval Support Activity provides our communities and are honored you have chosen CFC as one of the ways you demonstrate your caring for those who needs help; help that is needed more than ever this year.

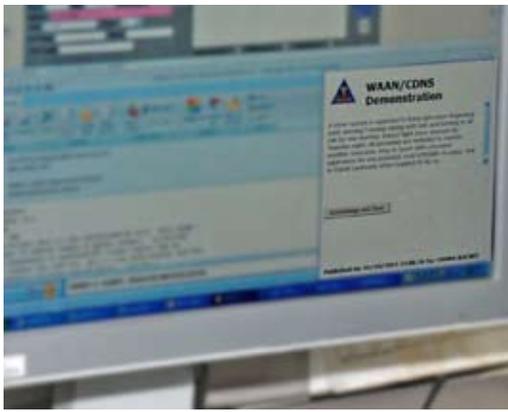
Because of caring people like you, CFC agencies can continue to provide the programs and services that help keep our communities and nation strong.

Thank you all for making our nation and central Pennsylvania better places to live, work and raise families and thank you for once again supporting CFC.

With best regards,

A handwritten signature in blue ink, appearing to read "Joseph M. Capita".

Joseph M. Capita
President & CEO



A Wide Area Network (WAAN) alert message pops-up on a computer located in the Commander Navy Region Mid-Atlantic Regional Operation Center to warn civilians and Sailors of the potential of snow showers that may delay base openings. The system is used to warn of road closures, weather delays and any other event that may potentially affect their commute to base. Photograph altered for security purposes. (U.S. Navy photo by Mass Communication Specialist 3rd class Samantha L. Rivero)

ALERT NOTIFICATION SYSTEM AVAILABLE TO NAVY INSTALLATIONS

By Commander, Navy Region Mid-Atlantic Public Affairs

With the on-set of winter weather threatening the Mid-Atlantic Region along the East coast, Sailors and civilians assigned to Navy installations can receive alert messages relating to emergency information, inclement weather, crisis events and road closings through the Commander, Navy Installation Command (CNIC) Shore Wide Area Alert Network, or WAAN system.

Tragedies such as 9/11, Hurricane Katrina and shootings at Virginia Tech and Fort Hood clearly demonstrated that being able to put out emergency information quickly is vital to the safety of personnel. Government agencies, educational institutions and private industry have taken great strides to develop critical emergency notification methods to protect life, limb, property and operational capabilities.

The Navy has developed a method to do that. But, to take full advantage of the system, users need to register their emergency contact information to get alerts when they are not at their work computers.



The system provides Navy Installations an effective and reliable mass notification system that can be used during a crisis to warn affected personnel. The network consists of four sub-systems: a Computer Desktop Notification System, Automated Telephone Notification System, Giant Voice and Interior Voice.

The computer notifications have been rolled out to each NMCI user and start automatically on computers at logon. Users are automatically registered for the computer messages when they log into a work computer via their Common Access Card (CAC). However, all NMCI users must manually register their emergency contact information in order to receive the telephone, E-mail or text notifications. These notifications can be received on personal cell phones, home phones and via personal E-mails, but users must register in order to receive the alerts.

Instructions for adding contact information to the WAAN using the AtHoc self-service client are:

1. Right-click on the AtHoc Self Service client (Purple Globe) icon in the users system tray, at the bottom of the computer screen.
2. Select "Access self-service" from the pop-up menu.
3. The AtHoc self-service client will open. Select the "My Info" tab and update your Last Name, First Name, and Display Name, then save. Do not enter PIN information.
4. Select the "Devices" tab and enter your contact information in the appropriate fields, then save.
5. This completes the registration process.

For assistance with these instructions or with technical issues, contact the CNIC Help Desk at (888) 264-4255, DSN: 942-6597, <https://supportcenter.cnic.navy.mil>.

Instructions on how to register for the WAAN using the AtHoc Self Service client is also available on the Commander, Navy Region Mid-Atlantic (COMNAVREG) website at www.cnic.navy.mil/cnrma or the COMNAVREG facebook page at www.facebook.com/cnrma.pao.

NOTES ABOUT WAAN SYSTEM:

- CNIC deployed WAAN, a Wide Area Alert Notification System, in 2008 to allow local commanders to pass critical information to all affected personnel stationed INCONUS and OCONUS.
- Currently only 20 percent of personnel are registered on the WAAN.
- All Navy personnel assigned to Navy installations worldwide need to register on WAAN as soon as possible.
- Goals are to increase user self-registration in an effort to increase the ability to notify personnel and provide guidance during a crisis.



SOLID CURTAIN-CITADEL SHIELD

Solid Curtain-Citadel Shield (SC-CS), the Navy's major annual Anti-Terrorism/Force Protection (ATFP) exercise, will be conducted on 22-25 February 2011. This exercise is the largest anti-terrorism exercise and will affect all Navy installations, units, activities, and Sailors in the U.S. Northern Command area of operation.

The primary objective of the SC-CS exercise is to assess the AT Command, Control and Communications capabilities, and to evaluate the readiness and effectiveness of AT plans in responding to terrorist threats and attacks. SC-CS is directed by U.S. Fleet Forces Command (USFFC) and requires participation of all Navy regions, installations and their tenant Commands. The base is expected to actually implement all directed Force Protection Condition (FPCON) measures.

During the exercise, various ATFP drills will be conducted that will drive the installation to set various FPCONs. The exercise scenario is dynamic, and as events occur the base will respond to the events in accordance with our AT Plan. The response to some events will undoubtedly result in:

- Temporary evacuation of predetermined work spaces;
- Temporary blockage of traffic for specific roads;
- Rapid movement of Security Forces and First Responders throughout the installation;

- Implementation of selected elevated FPCON measures include vehicle and bag searches;
- Elevation of FPCON to "C".

The scenario will include setting FPCON "C" on or about 23 February 2011 (AM) and maintaining "C" for greater than 24 hours. This will clearly impact access to the base, parking, access to mission critical

"The primary objective of the SC-CS exercise is to assess the AT Command, Control and Communications capabilities, and to evaluate the readiness and effectiveness of AT plans in responding to terrorist threats and attacks."

facilities, etc. It is recognized at the highest levels that the above will hinder "business as usual" but this is essential to ensure the exercise objectives are achieved.

During FPCON "C":

- Look at your scheduled events and ensure that your planned activities are compatible with the exercise;
- Minimize travel on and off base to only essential transit (i.e., come to work before 0830 and

don't leave until you are done for the day - not a good day to go out for lunch!);

- Minimize visitors to the base;
- Minimize commercial vehicle deliveries;
- Be prepared for extensive vehicle searches when entering the base and bag searches when entering facilities;
- Be prepared for traffic re-routes.

Any deviations (waivers) must be approved ahead of the exercise by USFFC via the Base CO and Region Commander. Waiver requests must clearly articulate justification and be submitted in time to allow USFFC evaluation at the 4-Star level.

As we gain more information regarding the exercise we will keep you informed. If you have any questions about the exercise, please contact the base's Installation Training Officer, John Ramstad, at 605-5713 (O), 324-1353 (M) or e-mail: john.ramstad1.ctr@navy.mil.

Please ensure your personnel are aware of the exercise, looking ahead to ensure they do not schedule activities that will need to be curtailed due to FPCON "C", vigilant to activities occurring around them and ready to follow the instructions provided by base security forces. If an issue develops regarding the exercise that requires our attention, please call our Security Director, Mike Zynski, 605-2055, or our Site Manager, Charles Hargraves, at 605-7081.



TO YOUR HEALTH

Editor's Note: "To Your Health" is a new section of the Supplier that focuses on various aspects of good health and safety, provided by the base Public Safety Office. This first installment features stories on *hypothermia* and *cross-country skiing*. We encourage our readers to submit suggestions for future topics to michael.randazzo@navy.mil.

Causes of Hypothermia

While current nationwide and Pa.-specific on hypothermia related deaths are not readily available, the numbers do show that hypothermia, when a person gets so chilled that their body cannot warm up, claims many lives each year. Case in point: in October of 2009, David F. Bone, 64, of Mechanicsburg, died of hypothermia after getting lost in Bald Eagle State Forest in western Snyder County.

It's most common in cold temperatures, but some people, such as infants and the elderly, can suffer hypothermia when it's as warm as 70°F. Hypothermia can be fatal, but its risks can be avoided and its effects can be less serious if you take care and use first aid quickly.

People who are not prepared for a change in weather may not dress properly. They can be at risk in even relatively mild temperatures. In both winter and summer, hikers, ice skaters, swimmers, boaters, hunters, and others are at risk for hypothermia. Water cools your body temperature

25-30 times faster than air, so falling into a 40°F lake can result in death within minutes. Even in the home, turning the heat down too low and not wearing enough clothing can be dangerous.

Symptoms and Stages

The body's temperature is usually about 98.6° F. As body temperature drops, symptoms go through stages. First, most people exercise or keep moving to stay warm. In this first stage, people may have a hard time doing things like lighting a match, tying a knot, or buttoning clothing. Next, speech becomes slurred. Victims may stumble, seem confused, or deny that they are cold or need medical attention. They may seem weak or tired. At this point shivering may stop. Breathing may be shallow and the pulse hard to find. As the body gets colder, muscles become stiff and the heartbeat becomes uneven. Unconsciousness sets in. Death can result if breathing or the heart stops.

Symptoms in the Elderly

The elderly may have additional symptoms such as difficulty walking. One side of the body may tremble, or movements may be stiff. Skin may look bloated, pale, or blotchy and pink.

First Aid Fast

Call an ambulance or doctor right away even if you only suspect hypothermia: it may be a life-or-death call. Administer first aid, which can

save the victim's life. Bring the person into a warm place. If no warm shelter is near, protect from any wind, rain, or snow and keep the head covered. Remove all wet clothing and bundle with dry blankets or dress in dry clothing. Do not rub or massage the victim or place the victim in hot water. Give warm beverages if the person is conscious, but no alcohol or caffeine. If the person is unconscious, use artificial respiration or CPR if you are trained in this life-saving technique.

Prevention Is Protection

Whenever you go outdoors, especially in cold weather, think about how to prevent exposure to the cold. Dress warmly, stay dry, and bring along extra dry clothes. Always have a buddy with you or let someone know where you'll be and when you expect to be back. Carry blankets, matches, first aid kit, and flashlight. If you are boating, wear a flotation device and layers of clothing. If you fall into cold water, huddle with others, or if you're alone, curl into a ball. People living alone should make an effort to speak to others every day, eat hot meals, wear enough clothing indoors, and keep their homes warm enough.

Cross-Country Skiing
Continued on page 13

CROSS-COUNTRY SKIING: THE WONDERFUL WINTER WORKOUT

Millions of Americans have experienced the pleasures and fitness benefits of cross-country skiing that their Canadian and European counterparts have been enjoying for decades. Cross-country skiing is not only a pleasant antidote to winter doldrums, but one of the best full body workouts available.

Where to Start

Contrary to popular belief, cross-country skiing is not like walking on skis. Cross-country skiing requires equal effort from both arm and leg muscles to achieve the “glide” that propels you forward. The proper technique takes both instruction and practice. Take lessons before you begin. Many ski-touring centers employ certified instructors as well as hills, flats, and machine-set tracks for practicing technique.

What You'll Need

First and foremost, dress appropriately. Wear long underwear (preferably polypropylene) to absorb and release sweat. Outerwear should be of a water-repellant fabric such as nylon that allows sweat evaporation and encourages freedom of movement. Always wear a hat and gloves to prevent against excess heat loss and hypothermia. Ski equipment including boots, poles, and skis, should be fitted by an experienced professional. You may prefer to rent equipment before making a major purchase.

How You'll Benefit

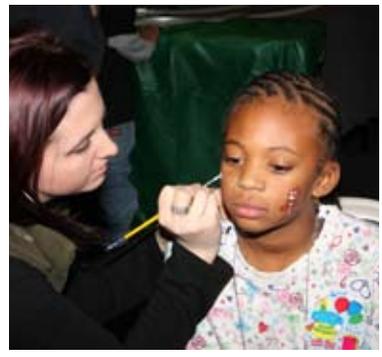
Research shows that cross-country skiers have the highest oxygen uptake levels, a measure of cardiovascular performance, than any other athletic group. Plus, cross-country skiing can burn as many as 600-1,500 calories per hour: a boon for those of us concerned with weight management. Many cross-country skiers find that their sport provides not only an excellent full-body workout but a sense of exhilaration, freedom, and relaxation as well. Why take their word for it? Try it yourself and see.

For more information go to the Susquehanna Ski & Snowboard Club's website, www.skissc.com. The Kick 'n' Gliders Nordic Ski Club is a cross-country ski club based in Harrisburg, www.kickngliders.org. Or just go to the base Fitness Center and get on the Nordic Track cross-country skiing machine!



About the NSA Safety Office: The Naval Support Activity Public Safety Office ensures all workplaces are safe and everyone works in a healthy environment free from hazards and nuisances which lessen productivity and well being. Some of the areas that our Occupational Safety and Health (OSH) personnel work with on a daily basis are: asbestos removal and control; sampling of potentially harmful air contaminants; noise measurements; indoor air quality surveys; and hazardous material usage and storage. The Safety Office also reviews all work requests, project designs, protective equipment procurements, and office layouts to ensure that safety and health considerations and concerns are met. Some of the other responsibilities are safety and health training, radiation safety, certifying confined space entries, hazardous material response, ergonomics, personal protective equipment from eye glasses to respirators, and general safety. The OSH Program at Naval Support Activity Mechanicsburg is based on DoD, DON, and Occupational Safety and Health Administration Standards, as well as accepted industry practices. For more information on safety-related products, services, and instructions please contact Safety Director Steve Brunson at 717-605-6094.

To Your Health



2010 CHILDRENS CHRISTMAS PARTY



ITT DESTINATIONS

FEBRUARY

- 2/5-13/11: PA Sports and Outdoor Show at the Farm Show Building. Discount tickets for just \$12/adult and \$6/child (ages 6-12). Tickets will be on sale until 2/4/11.

MARCH

- 3/12/11: Philadelphia Flower Show "Spring time in Paris" bus trip. Just \$65/adult and \$55/child (ages 2-16). Last day to sign-up is Monday, February 14th, 2011.
- 3/23/11: NSA Mechanicsburg 13th Annual ITT Lesiure Fair
- 3/26/11: New York City Do-As-You-Please Day bus trip, just \$48/person. OR "How To Succeed in Business Without Really Trying" bus and show ticket for just \$140.

APRIL

- 4/1-2/11: Disney on Ice at Hershey's Giant Center
- 4/9/11: Washington D.C. Cherry Blossom Festival bus trip. Just \$35/person.

Tour/Event itinerary may change without notice. Trips/Events may be added, changed, or canceled at any time. Please contact the ITT Office Phone at (717) 605-2297 with any questions or for more details.

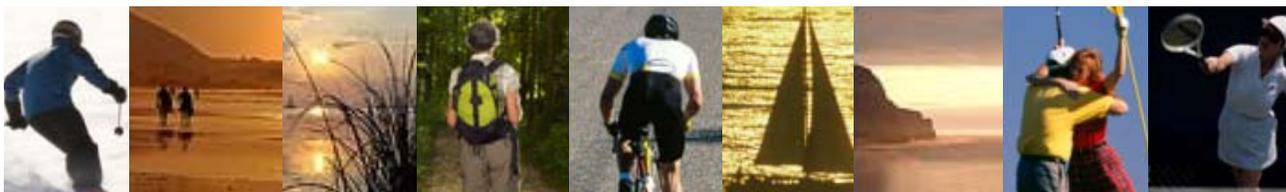
WINTER ATTRACTION TICKETS:

- Get your 2011 Hershey Park Season Passes for just \$132/all ages. Or, get a Gold Pass which includes admission to Hershey Park and Dutch Wonderland in 2011 for just \$174/all ages. Last day to purchase is Monday, February 28th, 2011.
- Longwood Gardens tickets are good anytime and the gardens are open year round! Adults \$13.00, Children (5-22) \$4.00.
- Cinema Center \$7.50, Regal Cinema \$7.50, Flagship Cinema \$6.50
- Roundtop Mountain Resort/Ski Liberty/Whitetail Resort discount lift tickets are now available for purchase.
- Whitaker Center discount IMAX tickets are now available. "Legends of Flight 3D- A New Generation" Opens Saturday, February 12, 2011, discount tickets are just \$8/person. Harry Potter and the Deathly Hallows: Part 2 An IMAX 3D Experience, June 2011, discount tickets are just \$10.75/person.
- 2011 Bonus Books are now on sale for just \$28 each.

Book your next vacations with us! Check out these current promotions:

- Military and DoD employees can enjoy an extra 10% discount off current promotions at Sandals and Beaches. Stop by to speak with a booking agent today!
- Let us book your next Walt Disney World vacation.
- The ITT Office is now offering individual cruise bookings. Book your next cruise through the ITT Office. Did you know that the commissions earned when booking a cruise through the ITT Office goes directly back to support the military? Why go anywhere else?
- Have you taken advantage of the Armed Forces Vacation Club? Check out www.afvclub.com or call 800-724-9988 for more information. A 2-bedroom condo in Orlando -8 for 7 days for just \$369, total! Make sure to use installation code "157".

FOR MORE INFORMATION STOP BY THE ITT OFFICE
OR CALL 717-605-2266



CLASSIFIEDS

1993 Saab 900S Coup: five speed; \$750; please call 717-241-0555 for more information.

“Sone” China Set: service for 12 with serving pieces; gold rim; like new; \$350; please call 432-0085 for more information.

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We are able to continually improve by hearing from our readers. Please share your ideas, stories, and feedback with us. Thank you for reading the Supplier!

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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.

GATE HOURS

Main Gate:
24 hours, 365 days/year

East Gate:
0515 - 1800 M - F, closed weekends and holidays

South Gate:
0545 - 0900, 1130 - 1230, 1500 - 1800 M - F, closed weekends & holidays

O'CLUB HOURS

The O'Club is open to all base employees, non-members and members: Lunch Tuesday and Thursday, 1130 to 2030; Friday - dinner a la carte, 1800 to 2030; Sunday brunch 1030 to 1330. The sales office is open Tuesday to Friday, 0800 to 1630. Contact Peggy Shover at 717-605-3505.

