

# Mechanicsburg *Supplier*



HARRISBURG

SWIMMING POOL



June 2011

## Navy/NJROTC/Civilian Volunteers Help Paint Harrisburg Swimming Pool

By Mike Randazzo, NSA Public Affairs



“This was a great opportunity to mentor our young NJROTC students while giving back to the community. The students can take pride in their work knowing they have contributed to improving their community pool for the upcoming summer break,” Frazee said.

The intermittent rain and constant heat made the work difficult, but the team prevailed.

On Saturday and Sunday, May 28th and 29th, a team of Sailors from the Naval Support Activity Mechanicsburg along with cadets from the Harrisburg High School Navy Junior Reserve Officer Training Corps program and civilian volunteers painted and sealed the Jackson Lick community pool located at 6th and Calder Streets in Harrisburg.

All in all, these volunteers painted nearly 11,000 square feet of the pool’s surface, which was in very poor shape. This restoration project was part of “OPERATION PAY IT FORWARD”, a community outreach and education effort that was part of Armed Forces Week proclaimed by Mayor Linda D. Thompson on May 16th.

“In the end the children of Harrisburg will be able to swim in a clean, safe and aesthetically pleasing pool for their summer activities,” Frazee added.

The Mayor’s proclamation recognized the commitment of Navy and armed forces personnel in Central Pa. and the positive impact military installations have on the mid-state.

“We greatly appreciate [the Navy’s] commitment to our nation, our city, and our region,” she said.



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OPERATION PAY IT FORWARD was led by Lcdr. Troy Frazee, CEC, the base’s assistant public works officer.



On Thursday, April 7, runners, walkers and wheelchair racers participated in the annual 5K event to benefit the 21st Adult Special Olympics games. The race began at 11:30 a.m. with the start and finish lines between buildings 310 and 311. Prizes were awarded to participants bringing in the top three pledge totals.



Mike Loe, chief of security and emergency services for DLA Installation Support at Susquehanna (right), presented letters of appreciation to Leslie Van Derau and David Stecher for their participation in 2011 Solid Curtain/Citadel Shield conducted February 22-25 here and on all installations throughout the continental United States, Hawaii, and Guam. Solid Curtain/Citadel Shield is the largest anti-terrorism and force protection exercise conducted nationwide. The exercise is designed to enhance the training and readiness of Navy security personnel to respond to threats to installations and units.



Naval Supply Systems Command hosted a Post-Deployment Brief recently as part of a Professional Speaker Series. Cmdr. Chris Parker, center, Supply Officer, USS Harry S. Truman (CVN 75), and Cmdr. John Soracco, left, Supply Officer, USS Abraham Lincoln (CVN 72), shared their deployment experiences with the audience. Rear Adm. (Sel) John King, Naval Supply Systems Command Deputy Commander for Fleet Logistics Operations, introduced the two SUPPOS.



As part of the Professional Speaker Series, Rear Adm. Timothy Matthews, NAVAIR Assistant Commander for Logistics & Industrial Ops, gave a talk on “100 Years of Naval Aviation - From Then to Now.” Matthews included information on the Centennial of Naval Aviation, current platforms, transitions underway and in the future, partnerships with supply, forging ahead in a fiscally constrained environment, and current issues and opportunities in his presentation.

# 2011 Bring Your Child to Work Day



At the 2011 Bring Your Child to Work Day, Lt. Kevin McNulty, of the Naval Inventory Control Point, gave a lecture on how the Navy recycles aboard ships and the importance of pollution prevention in a marine environment. The lesson also included real-life footage from U.S. Navy ships and hands-on visual aids.



Jennifer Person Whippo (purple shirt on left), Naval Supply Command's (NAVSUP) Nutrition Program Manager, dishes out fruit and vegetables to children who attended a nutrition class she conducted during NSA Mechanicsburg's Bring Your Children to Work Day, April 28. She explained to the children that they need to eat food to help them "grow up, not grow out." "Fruits and vegetables are easy to eat, they do not have to be cooked, and they make for a quick snack," Whippo said. "And they give you a lot of energy, which allows you to run around outside and be a kid," causing many smiles and applause from the children. (Photo by Tom Jablonski, NAVSUP OCC)



At this year's Bring Your Child to Work Day, the Naval Operational Logistics Support Center (NOLSC) highlighted its Wounded Warrior Program. Vinnie Demedici, one of NOLSC's Wounded Warriors, discussed his life experiences on and off the battlefield, before and after deployments. He also demonstrated the gear he used, as well as showed videos of various soldiers and ammunition in action. One of the children is being shown how camouflage paint is used.



NSA firefighter Eric Bender (foreground) describes the medical equipment that base firemen carry and use during medical emergencies. The firefighter furthest in the picture is Keith Leonhard, and he is describing all parts of personal protective clothing that fire fighters wear. These were two of the four display tables that the fire house manned during the base's annual Bring Your Child to Work Day event.

## Choosing and Using Ladders

**W**hen you're in a hurry to reach a high place, it's tempting to climb on a chair, table or anything handy to get there. But is it worth the risk?

Falls from heights are a safety problem in industry and in homes. At least three hundred people a year die in simple falls from ladders, according to industry statistics. Ladders account for about 100 thousand injuries each year. The distinction between ladder accidents and elevated fall accidents is blurred in accident statistics. We know the effect of falls. A person falling from any height will accelerate until he hits a fixed object. The results will depend on several variables, but, statistics show that in a fall of eleven feet or more, 50 percent of victims will die. The good news is that most ladder accidents are preventable. All it takes is the right ladder in good working condition along with solid placement of that ladder before climbing on it.

### Choose the Right Ladder for the Job

When you select a ladder, make sure it's strong enough and long enough for the job. Ladders are labeled with duty ratings: Type I, the industrial ladder, holds 250 pounds; type II loads up to 225 pounds; and Type III, the household ladder, holds up to 200 pounds. Check the ladder's rating and don't exceed its limits. Remember to include the weight of the tools or materials you plan to use.

If you work around electrical wires, don't choose a metal ladder. A number of accidents occur each year because power lines and equipment wires contact metal ladders. Use a dry wooden or non-conductive fiberglass ladder for this kind of work.

### Inspect the Ladder Before You Use It

Before you use any ladder, inspect it. Make certain that the spreaders can be locked in place when open. Be sure straight ladders have safety feet. Metal ladders, either straight or step, should have rubber or plastic feet as well as step coverings. Be certain the ladder's steps are wide enough for you to spread your feet for balance.

Check for loose or bent rungs. A rung that revolves may seem solid, but if it twists unexpectedly under your weight, you could lose your balance and fall. Look for cracked side rails on wooden or plastic ladders and for bent parts on metal ladders. Replace any missing parts and tighten loose hardware, but don't try to repair major structural damage. Instead, invest in a new ladder.

### Set Up Your Ladder Carefully

Place your ladder on a firm, level surface with its feet parallel to the wall it's resting against. If you have to use the ladder in a busy area, use a barricade to prevent collisions and lock any nearby door that opens toward you.

Use the four-to-one ladder rule: Set the base of your ladder one foot away from the wall for every four feet of ladder height. This ratio is important because if the angle is too steep, you can fall backward. If the angle is too horizontal, the ladder can slip out from under you.

### Climb Cautiously

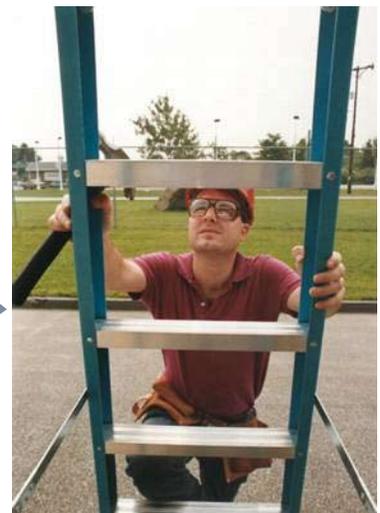
When you climb up or down a ladder, be sure to face it. Hold on to the side rails with both hands. Carry only necessary tools on your belt and use a rope to raise heavier equipment. If you use power equipment, make sure the ladder is securely tied. One of the most dangerous ladder hazards is the tendency to overreach. Use the "belt buckle" rule: Always keep your body centered between the rails.

Allow only one person on a ladder at a time. Wear shoes with nonskid soles, and make sure your shoes and hands are clean, and dry. Remember, never use the top two rungs of a ladder, and be sure to tie off the ladder or have someone support the base.

### Reach New Heights in Safety

It's not difficult to use a ladder safely. Just keep in mind four basic rules: choose the right ladder for the job; inspect the ladder before you use it; set the ladder up with care; and climb carefully.

*When you select a ladder, make sure that it's strong enough for the job, and remember to include the weight of the tools and materials you intend to use.*



# NAVSUP Holds 1st Annual Cougar Challenge Field Meet

By NAVSUP Office of Corporate Communications

Nearly 100 Pennsylvania Junior Reserve Officer Training Corps (JROTC) and Sea Cadet students took part in the first annual NSA Mechanicsburg track and field event, Cougar Challenge, May 7, hosted by the Naval Supply Systems Command (NAVSUP).



*On May 7 the Naval Supply Systems Command (NAVSUP) hosted the first annual "Cougar Challenge" field meet for nearly 100 Pennsylvania Junior Reserve Officer Training Corps and Sea Cadet students. The participants begin a run in this photo.*

Cougar Challenge, which honored the Harrisburg High School's mascot, pitted the teams from area high schools against each other in a variety of events, including free-throw shootout, tug-of-war, 400-yard relay, and softball throw.

"Our local high schools support a growing number of JROTC and Sea Cadet students and this event provides an opportunity to share their enthusiasm and professional aspirations with folks here at home," said Capt. Brian Drapp, Assistant Deputy Commander for Financial Management-Comptroller, NAVSUP. "Events like this are essential to forming the camaraderie among services, which is so important in today's military environment."

The event also showed to the students that military members are proud of their choice to continue on a legacy of military professionalism.

"It's important for these JROTC and Sea Cadet kids to feel welcome by the military community here. We want them to know we support their choices and admire their decision to explore military principles and values," said Chief Petty Officer Sharon Anthony, Naval Inventory Control Point.

Harrisburg High School came in first; Gettysburg High School took second place; followed by Philadelphia's Benjamin Franklin High School in third; and William Penn High School, York, Pa.

"This is going to be an annual event at NSA Mechanicsburg and we are looking forward to next year's event being bigger and better," Drapp added.



The official party cuts the cake and welcomes Ens. Tia Nichole McMillen (center) into the U.S. Navy Reserve Public Affairs Program. McMillen, who is the public affairs officer at the Navy Supply Information Systems Activity, received her direct commission on May 20th during a ceremony held at the Special Events Forum. From left to right: Capt. Glenn J. Lintz, Gail McMillen, Dr. James McMillen, Capt. Mark E. Semmler, and Trenton James McMillen (front). McMillen will report next month to Navy Public Affairs Support Element East in Norfolk, Va.

## 2011 F.E.W. Special Olympics

The 2011 Adult Special Olympics, sponsored by the Federally Employed Women was held at Naval Support Activity Mechanicsburg on Saturday, 30 April 2011. This year's Adult Special Olympics was a huge success. In attendance at this great event were two hundred Special Olympic athletes and over 250 volunteers that included buddies, Special Olympic staff members, food vendors, and the various personnel involved in setting up and operating the games and activities. This year's events included bowling, track and field, swimming and dancing. After the mornings activities and Olympic events, the participants were treated to a barbecue.



# 10th Annual **ARMED FORCES DAY**

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### For Rent:

Fully-furnished duplex townhouse (photo below) two miles from NSA Mechanicsburg; two bedroom, 1 1/2 bath; no smoking; no pets; \$1100 per month includes all utilities and TV Dish Network; please call 717,579.1074.

### New Harley Mustang Seat:

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### Restaurant equipment:

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#### Editorial Director

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MC2 Matthew R. White

#### Copy Editor

Roberta Carey



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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

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## Summer means fun in the sun!



Always drink plenty of water and take frequent breaks when working or playing in the hot weather