



Mechanicsburg Supplier

August
2011



NAVSUP Weapon Systems Support Welcomes New Commander

By Sandra Gallagher, NAVSUP Weapon Systems Support Corporate Communications

Naval Supply Systems Command Weapon Systems Support (NAVSUP WSS) welcomed its new commander during a ceremony held aboard Naval Support Activity Mechanicsburg, July 7.

Capt. John G. King, who was recently selected for promotion to Rear Admiral (lower half), is the new NAVSUP WSS commander replacing Rear Adm. Raymond E. Berube who retired after 32 years of honorable naval service during a ceremony held in June.

King's previous assignments include: USS Nimitz (CVN 68), USS Pensacola (LSD 38), USS Harry S. Truman (CVN 75), Naval Air Station, Oceana, Va., and Naval Supply Systems Command.

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Heinrich Becomes Commander NAVSUP, Chief of Supply Corps

By Debbie Dortch, Naval Supply Systems Command Corporate Communications Office



Rear Adm. Mark F. Heinrich (center) salutes upon his becoming Commander, Naval Supply Systems Command and 46th Chief of Supply Corps, July 22. Also pictured are Chief of Naval Operations Adm. Gary Roughead (left) and Rear Adm. Mike Lyden, who was relieved of command by Heinrich and retired after 33 years of U.S. Navy service.

Rear Adm. Mark Heinrich relieved Rear Adm. Mike Lyden as Commander, Naval Supply Systems Command (NAVSUP) and Chief of Supply Corps, during a change of command and retirement ceremony at the Naval Support Activity Mechanicsburg, July 22.

Nearly 600 military and civilian personnel attended the event.

"There is no one better suited than you to take up this awesome responsibility to lead NAVSUP and the entire Supply Corps at such a critical juncture in our nation's history," Chief of Naval Operations Adm. Gary Roughead said to Heinrich during his keynote address.

"I am committed to focusing on the Fleet, so the Navy can deliver combat capability that is persistent, resilient, and global, as well as build the Fleet of the future, and take care of our people in order to help secure our nation, and the freedoms we enjoy," Heinrich said.

Prior to assuming his new position, Heinrich served as Commander, NAVSUP Global Logistics Support. His previous flag assignments include, director of Logistics Operations and Readiness, Defense Logistics Agency;

director, United States Central Command Deployment and Distribution Operations Center, Camp Arifjan, Kuwait; and, commander, Defense Supply Center Richmond, Va.

A native of southern California, Heinrich holds a bachelor's degree in Engineering from the Naval Academy and master's degrees in Business Administration and Petroleum Management from the University of Kansas. He is also a graduate of the Kellogg Graduate School of Management Advanced Executive Program.

He has served in a wide-range of key leadership positions, afloat and ashore. At sea, he served as assistant supply officer, USS Kinkaid; supply officer, USS Gridley, and supply officer, USS Constellation. His ashore assignments include Naval Supply Depot Subic Bay; Commander Naval Air Force staff; U.S. Pacific Fleet staff; the former Naval Aviation Support Office; Naval Information Systems Management Center; Naval Air Station Whidbey Island; commanding officer, Naval Petroleum Office; and Force supply officer, Commander Naval Surface Forces. He is a qualified surface warfare supply corps officer, naval aviation supply officer, and is a Department of the Navy Acquisition Professional.

Lyden retired after 33 years of honorable service to the U.S. Navy. He assumed command of NAVSUP and the position as 45th Chief of Supply Corps in October 2008.

"Rear Adm. Lyden's service shows a depth and breadth of logistics and acquisition management experience

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NSA, Central Pennsylvania Food Bank Partner on Feds Feed Families

By Mike Randazzo, NSA Public Affairs

Naval Support Activity (NSA) Mechanicsburg and the Central Pennsylvania Food Bank have joined the nationwide federal government effort known as “Feds Feed Families.”

The Feds Feed Families Food Drive Campaign encourages federal employees to bring nonperishable food items to their offices for distribution to local food banks.

“Fed’s Feeds Families’ is a way for base employees to give back to our local communities,” said Capt. James W. Smart, NSA Mechanicsburg’s Commanding Officer.

Feds Feed Families is an Office of Personnel Management initiative that supports the “United We Serve Act,” signed by President Barack Obama in April 2009, calling for all Americans to contribute to the nation’s economic recovery by serving their communities.

This is the first year the base is participating in the campaign, along with all other local military installations.

This year’s theme is “Feeding Families One Fed at a Time.”

“This is an opportunity for Sailors and civilians alike to make a difference and help fill a critical need in our local Central Pa. communities,” Smart said.

The federal goal is to collect two million pounds of food, with Department of Defense (DoD) setting a collection goal of 733,800 pounds of food distributed to local food banks worldwide.

Food banks are most in need of donations during the summer months, when other donations are traditionally lower. Last year, Feds Feed Families raised 1.7 million pounds of food during the summer months, far exceeding its goal of 1.2 million pounds.

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NAVSUP Change of Command Continued from front page

from which our Navy and our nation have benefitted greatly,” Roughead said. “I am pleased to be able to take part in this celebration of his service.”

“There are many aspects to our reach and responsiveness that come after the work you do, to be sure, but little else could come before, or without it,” said Roughead, “We are a great Navy because of our people and a global Navy because of our logistics.”

NAVSUP’s primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse, worldwide workforce of more than 25,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for quality of life issues for our naval forces, including food service, postal services, Navy Exchanges, and movement of household goods.

The Supply Corps is one of the oldest staff corps in the U.S. Navy. The Supply Corps provides logistics capabilities to the Navy and Joint warfighter. More than 3,500 active and Reserve component naval officers from warrant officer to vice admiral, serve on nearly every afloat platform, in nearly every expeditionary environment, and at hundreds of shore installations located worldwide acting as force multipliers for a global logistics network.

NAVSUP WSS Welcomes New Commander Continued from front page

NAVSUP WSS provides Navy, Marine Corps, joint and allied forces with products and services that deliver combat capability through logistics.

There are more than 2,000 civilian and military personnel employed at its two Pennsylvania sites. The NAVSUP WSS Philadelphia site supports aircraft, while its Mechanicsburg, Pa., site supports ships and submarines.



Former NAVSUP Commander Rear Adm. Mike Lyden congratulates Capt. John G. King, as he assumes command of NAVSUP Weapon Systems Support during a ceremony held aboard Naval Support Activity Mechanicsburg, July 7.

Food Bank Continued from page 2

One of 20 Central Pennsylvania Food Bank collection barrels that were distributed throughout the installation to support the Feds Feed Families Food Drive Campaign. This photo was taken at NAVSUP's HQ in bldg. 306.



To support this effort, the Food Bank placed more than 20 collection barrels at various sites throughout the base that have significant employee populations or good foot traffic.

The campaign will run to August 30, with the barrels being picked up on or around July 27 and August 31.

“American families should never have to go hungry,” said OPM Director John Berry.

“Federal workers are big-hearted people who are eager to help those in their communities who need it most. Together, we hope to collect two million pounds of food nationwide this summer,” Berry added.

At the time this article was written, approximately 1,000 pounds had been collected.

For more information on the effort please contact the NSA Mechanicsburg Public Affairs Office at extension 2448 or Brad Peterson, Central Pa. Food Bank, 717-564-1700.

In 2010, the Central Pennsylvania Food Bank distributed 20 million pounds of food and grocery products to more than 600 soup kitchens, shelters, and food pantries in 27 Central Pa. counties. These agencies directly feed thousands of hungry families throughout this region.

“Summer is always a time of great need,” said Kendall Hanna, Executive Director of the Central Pa. Food Bank. “Many people associate summer with a time of harvest, and think food is plentiful, but without access to school breakfasts and lunches, many families struggle to provide food for their children during the summer months.”

Fire Department & Safety

The base’s fire department and safety office along with first responders from DLA Distribution Susquehanna, Pa., conducted a confined space rescue exercise on Zero Ave between Buildings 12 & 14, July 17. The exercise was performed to test skills and mutual aid capabilities for a person unconscious in a storm drain (inset). The rescue was completed within 30 minutes.



Barber Shop Re-Opens

The newly renovated barber shop in Bldg. 214 is open from 0900-1500, Mon. to Thurs., and 0900-1400 on Friday. For appointments or for more information please call ext. 4344. Hair cut prices have not changed.

BARBER SHOP

MONDAY - THURSDAY
0900 - 1500

FRIDAY
0900 - 1400



Employee Spotlight: Sigmund “Sig” Bauriedl

Naval Systems Supply Systems Command (NAVSUP) Business Systems Center

On July 25, Sigmund “Sig” Bauriedl received a ‘You Made a Difference’ award for his work while at NAVSUP Weapons Systems Support (NAVSUP WSS).

The You Made a Difference Award Program allows for peer-to-peer recognition that thanks federal government civilian employees for a job well-done. Each individual recipient is awarded an individual certificate and a recognition store coupon.

In November 2010, Bauriedl transferred to Naval Systems Supply Systems Command (NAVSUP) Business Systems Center after receiving a promotion to assistant security manager. While em-

“Sig is a one of a kind, outstanding employee that supports the war fighter in the truest sense of the word,”

-Lisa Davenport

ployed at NAVSUP WSS, he was responsible for the day-to-day operations, contingency planning, risk management planning, and control and configuration management for the integrated base-wide security network called the Lenel system.

Since transferring, Bauriedl continues to support Lenel initiatives and to provide technical guidance to the command to support critical security systems.

“Sig is a one of a kind, outstanding employee that supports the war fighter in the truest sense of the word,” said Lisa Davenport, his former supervisor.

ABOUT NAVSUP BUSINESS SYSTEMS CENTER: The Naval Systems Supply Systems Command (NAVSUP) provides information systems support through its Business Systems Center. NAVSUP Business Systems Center is the Navy’s premier information technology provider of choice with responsibility to design, develop, and maintain information systems supporting numerous activities in the functional areas of logistics, supply chain management, transportation, finance and accounting. This command employs over 700 civilians, military, and contractor personnel.



NSA Mechanicsburg’s security director Mike Zynski (left) presents Sigmund Bauriedl with a ‘You Make a Difference’ award for his previous and continued work on critical base security systems.

To Your Health



FAST FOOD FEASTING

General Guidelines for Choosing Foods

If you're like most people, you probably enjoy the convenience of eating at a fast food restaurant every now and then. But you may also be concerned about nutritious and healthy eating. You may wonder if it's even possible to choose healthy foods at a fast food restaurant. Although selections will vary from one restaurant to the next, the following guidelines can help you make healthy food choices the next time you find yourself in a fast food restaurant.

Foods To Avoid

- **Deep fried foods:** french fries, hash browns, fish sandwiches.
- **Double, Jumbo, Super:** more fat, sodium, and calories for the money.
- **Added Fats:** as oils, spreads, special sauces and toppings.
- **Soft Drinks and Shakes:** high in calories and sugar, low in nutrients.
- **Commercial Pastries:** croissants, pies, cookies are high in fat, sugar and calories.

Foods To Choose

- **Broiled or baked:** meat or poultry.
- Fresh salads and vegetables: instead of fries or chips.
- **Reduced-calorie dressings:** for side salads.
- **Low-fat milk or fruit juice:** instead of soft drinks.
- **Whole grain breads/rolls:** instead of refined "white" flour products.

For Additional Information

To get complete nutritional breakdowns for the foods served at your favorite fast food restaurants, try looking on the company's web site, checking out the nutrition information placard inside the restaurant or just ask for the information at the counter. Also <http://www.nal.usda.gov> is an excellent resource.

Smart Salad Bar Dining: How to Be Savvy, Not Sorry

Many restaurants and supermarkets offer salad bars as a low-calorie, healthy addition to their regular menus. In addition to low-calorie, nutritious foods, however, many offer selections that may be high in fats, sodium, and calories. So the next time you dine at a salad bar, use these tips and be a savvy eater.

Foods to Choose

In general, stick with raw vegetables, a good source of nutrients. Legumes, such as kidney beans or chickpeas are also good choices since they are sources of low-calorie protein. Use lettuce, tomato, pepper and onion. Some salad bars offer broccoli or cauliflower, which are high in nutrients and natural fiber. Fresh peas and beans are also sometimes available. Choose a vinegar and oil dressing, or reduced calorie dressing, often found in the condiment section, or use sliced lemon to avoid fatty dressings altogether.

Foods To Limit

Unfortunately, salad bars can also be fattening. It's easy to load up a plate and rack up the calories. In addition, people may tend toward salad bar foods that are high in fat or sodium. Macaroni, pasta and potato salads should be avoided because of their high fat content. Bacon bits, processed cheeses, and croutons are high in sodium. It's easy to overdo high fat dressings, too.

Healthy Salad Bars

- A healthy salad bar should be well refrigerated and should carry a food shield, also called a sneeze guard. It should have no flies and look clean and fresh.
- If food is in buckets surrounded by ice, scoop from the bottom. The temperature at the top may be warmer than is safe.
- Marinated foods are generally considered to be safe, principally because of their high lemon and vinegar content.

General Guidelines

Try to keep food choices to a reasonable quantity. A study at Mississippi State University found that students averaged about 1,000 calories per tray when selecting from a salad bar, but less than 900 calories for a hot meal. Salad bar meals averaged 43% of calories from fat while hot meals averaged only 40%. Both meals are above the American Heart Association advice that suggests less than 30% of calories should come from fat.

Savvy, Not Sorry

Salad bars can be a fast, convenient, tasty alternative to the usual restaurant fare, but you should approach them with the preceding tips in mind. Select a variety of fresh fruits and vegetables and avoid foods with added fats like oil or mayonnaise or prepared dressings. When you make savvy salad bar choices you won't be sorry.



CLASSIFIEDS

Dirt Bike: 2008 Honda CRF 100 dirt bike; like new; helmet and accessories included; \$1,200; please call 717.309-5008.



◀ **Double Bed:** Cherry head board, wood side rails, double bed; excellent condition; asking \$350 OBO; please call 717.691.1775.



◀ **Recliner:** Rust colored recliner, like new (not leather) \$175; please call 717.533.5256.

Sewing Machine: Singer Zigzag sewing machine in wood cabinet for \$35.00; please call 717.343.8992.

▶ **Townhouse:**

Quiet community in Palmyra; well maintained interior w/upgrades, recent installations; HOA handles all exterior maintenance; \$165,900; please call 717.533.5256.



Van Pool: Looking for riders with '8-9's, 8, pay day RDO' work schedule for Lebanon/Palmyra/Hershey van pool; please call Pete at extension 9288 for more info.

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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

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CODE & EXT.

In Support of National Disability Employment Awareness Month

Free Admission!

New For This Year!
Skills Challenge Relay +
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22nd Annual
WHEELCHAIR BASKETBALL TOURNAMENT

WED, SEPT. 28TH
6:45pm - 9:00pm

Mechanicsburg Middle School
1750 S. Market St.
Mechanicsburg, PA 17055

Hosted by NAVSUP Business Systems Center
Sponsored by Commands, Detachments & Activities
Served by HRO Workforce Diversity Dept
For More Info Contact Josh Starmer @ 717.605.9349

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