

# freedom FLYER



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## Concert Honors 9/11 Anniversary

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

A selection of stirring songs performed by the Men of Harmony choral group moved attendees at a Patriotic Concert held at the Naval Support Activity (NSA) Philadelphia on September 8. Sponsored by the Philadelphia Compound Veterans Committee, the concert paid tribute to those who lost their lives on September 11, 2001, and during the ensuing wars.

“The concert was very inspirational and made you remember everything that has happened over the past 10 years. It certainly served as a reminder to focus on what is important,” commented NAVSUP Weapon Systems Support Deputy Commander – Aviation, Capt. Ray Rodriguez, SC, USN.

Several numbers, such as a comprehensive medley of “Service Songs,” were geared to motivate the audience to participate and sing along with the chorus. Solo performances during “God Bless the USA” and “When Johnny Comes Marching Home” received standing

ovations from the attendees. Robert “Bob”

Thompson, DLA Troop Support, Philadelphia Compound Veterans Committee (PCVC) member and Men of



Members of the Men of Harmony choral group wave American flags during their performance honoring the 10th anniversary of Sept. 11. Many patriotic and inspirational songs were sung during the hour long concert (Photos by MC2 Matthew R. White)

Harmony president performed the latter. William “Bill” Eves, PCVC Chairman also from DLA Troop Support, served as Master of Ceremonies.

Formed in the 1950s in Fairless Hills, PA, the Men of Harmony were originally known as the United States Steel Chorus. This organization of about two dozen singers seeks to preserve the traditional religious, folk, and popular songs of the United States while entertaining others.

The Philadelphia Compound Veterans Committee, with members from NAVSUP Weapon Systems Support,

DLA Troop Support, NSA Philadelphia, Defense Contract Management Agency (DCMA), and Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) fosters an environment of respect and support for the sacrifices of veterans and active duty military personnel worldwide through various ceremonies and educational programs.



“ It certainly served as a reminder to focus on what is important.”

-Capt. Rodriguez



# Dining Options Expanding

By Mass Communication Specialist 2nd Class Matthew R. White, NSA Philadelphia Public Affairs

The dining options on board NSA Philadelphia are expanding to meet the employee needs. Some of the fresh additions to NSA are:

## Navy Exchange

- The NEX will offer sandwiches, salads, and fresh fruit from J.P. Jones.
- Only customers who are eligible to use the NEX will be able to purchase these items.



## Subway

- Scheduled to open October 12.
- Run by the same people who ran the Subway on the former NASJRB Willow Grove base so they are already aware of the needs of a military community.
- Will serve breakfast.
- Open to all hands.
- Located in building 9- the new HRSC NE building

## Dominic's of New York

- The Building 3 and 15 Dominic's Deli Line opened mid-September.
- Has expanded its salad bar and hot food selection.
- Offers special theme meals such as Taco Day.
- Building 15 weekly menu can be found on the NSA Philadelphia Facebook page.
- The Bldg 6 location will see additions to its service in the coming months.

So the NEX can improve the base food service, please contact Jennifer Hamby, Navy Exchange Branch Exchange Manger, with questions, concerns, positive or negative feedback, about any of the food service on base (Dominic's, Subway, NEX, etc.) at 215-697-3703 or Jennifer.hamby@nexweb.org.

## FROM THE EDITOR

Welcome again to NSA Philadelphia's *Freedom Flyer* newspaper. I hope everyone who had a chance to read the August issue enjoyed it. I was pleased with all the comments and suggestions I received about improvements you'd like to see in future issues of the *Freedom Flyer*. I'd again like to make the call for your photos, stories or story idea, and classified ads. This is your paper and will continue to improve and grow with your contributions. If you are having a picnic or office gathering take a picture and send it my way- you just might find yourself gracing the pages of the *Freedom Flyer*. Thanks again for taking the time to read this issue and please contact me with any comments you may have.

--MC2 Matthew R. White



## NSAP Blood Drive

**Dates and Times:** Oct. 12: 0700-1630, Oct. 13: 0600-1530, Nov. 3 0600-1800

**Location:** Oct. 12 & 13, Bldg 15 cafeteria; Nov. 3, Bldg 6 Auditorium

**Sponsor Code:** 12216

Contact MC2 White at 215-697-5995 for more information.

*The need is great, please consider giving.*



**American Red Cross**



# HRSC NE Moves to NSAP

Photo and story by Mass Communication Specialist 2nd Class Matthew R. White, NSA Philadelphia Public Affairs

Naval Support Activity Philadelphia (NSAP) welcomed a new command and more than 250 new faces to the base when Human Resources Service Center Northeast (HRSC NE) officially opened Building Nine, Sept. 14.

HRSC NE moved from its previous location in Center City, Philadelphia, where it had resided since its formation in 1998, to NSAP due to a BRAC decision in 2005.

For many of HRSC NE's employees, the move to NSAP is their first real interaction with the military even though they work for the Department of the Navy.

"It is a big change," said Patricia D'Amico, HRSC NE Director. "Their only work location was the Bourse Building in Center City and rarely, if ever, had contact with military personnel," D'Amico said. "It was very different for them to move on to a military base and we spent a lot of time one-on-one getting them accustomed to working on a military base."

HRSC NE included their employees in deciding what the new workspace would look like, which helped ease the transition to NSAP and retain the majority of their workforce.

"Our employees helped pick the furnishings for the building, helped decide what the work stations would look like, they selected their office chairs, carpet colors, and those type of things. So, involving them in the process helped them feel more connected to the place they were going

to and that helped with our retention during the move. We

didn't lose nearly as many people as we thought we would," D'Amico said.

HRSC NE took advantage of their new space by including multiple training spaces in the Building Nine design, which



From left, Douglas A. Lundberg, Director, Department of the Navy (DoN) Office of Civilian Human Resources, Ted Canelakes, Director, DoN Human Resources Operations and Customer Engagement, Cmdr. Alex Barlas, NAVFAC Public Works Officer, Patricia D'Amico, HRSC NE Director, and Eileen Pieper-Shinn, Deputy Director, HRSC NE cut the ribbon officially opening the HRSC NE building on board NSA Philadelphia. (Photos by MC2 Matthew R. White)

will ensure they remain an important part of the Navy's Human Resources efforts.

"We have beautiful training spaces here, D'Amico said. "We expect to see an expansion

of our training responsibilities and the ability to train managers in any of the personnel disciplines. It is very much on the forefront of where HR is going; to improve the training capabilities in the HR profession. I think that that will make this a key location for the training," she added.

While the move to NSAP was a big change for the employees of HRSC NE, they never lost sight of the bigger picture.

"The most important thing for us is the Wounded Warrior program," D'Amico said. "We have a Wounded Warrior recruiting team physically here and we do outreach with the Marine Corps Wounded Warrior battalion in Lejeune (N.C.) as well as their call center in Quantico (Va.). The Wounded Warrior program is near and dear to our hearts," she added. "We have been working with young guys who have been injured and getting them back into the workplace for a long time," D'Amico said.

HRSC NE serves 18 Human Resources Offices and more than 40,000 civilian employees throughout its multi-state service area and is one of the largest of the Navy's five Civilian Human Resources Service Centers.

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**"The Wounded Warrior program is near and dear to our hearts."**

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-D'Amico



# SafePractices

From the NSA Philadelphia Safety Office

## Your Annual Flu Shot

### Q. Why do I need to get a flu vaccine every year?

Flu viruses change from year to year, which means two things. First, you can get the flu more than once during your lifetime. The immunity (natural protection that develops against a disease after a person has had that disease) that is built up from having the flu caused by one flu virus strain doesn't always provide protection against newer strains of the flu. Second, a flu vaccine made against flu viruses going around last year may not protect against the newer viruses. That is why the flu vaccine is updated to include current viruses every year.

Because of these reasons, a new flu vaccine is needed each year.

### Q. Does getting a flu vaccine early in the season mean that I will not be protected later in the season?

Flu vaccination provides protection against the influenza strains contained in the vaccine that will last for the whole season. Vaccination can begin as soon as vaccine is available. Studies do not show a benefit of receiving more than one dose of vaccine during a flu season, even among elderly persons with weakened immune systems.

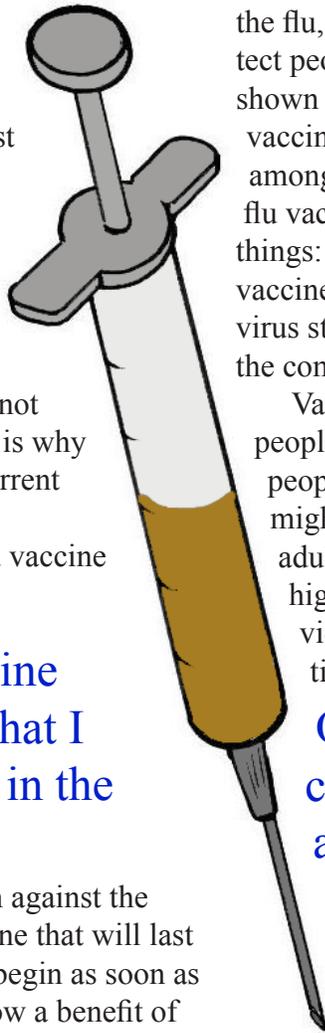
### Q. Does the flu vaccine work the same for everyone?

The flu vaccine is the single best way to prevent the flu, and vaccination is the main tool used to protect people from influenza. A number of studies have shown that the flu vaccine works, but how well the vaccine works can change from year to year and vary among different groups of people. The ability of the flu vaccine to protect a person depends on at least two things: 1) the age and health of the person getting the vaccine and, 2) the similarity or "match" between the virus strains in the vaccine and those being spread in the community.

Vaccine effectiveness is not 100%, and some people can still get the flu. For instance, some older people and people with certain chronic illnesses might develop less immunity than healthy young adults after vaccination. However, even for these high-risk individuals, the flu vaccine still can provide protection against getting severe complications from the flu.

### Q. Besides vaccination, how can people protect themselves against seasonal flu?

Getting the flu vaccine each year is the best way to prevent the flu. Antiviral drugs are an important second line of defense against the flu; these drugs must be prescribed by a doctor. In addition, good health habits, such as covering your cough and washing your hands, can help prevent the spread of flu and other respiratory illnesses.



For more information, go to:

<http://www.cdc.gov/flu/about/qa/vaccineeffect.htm>



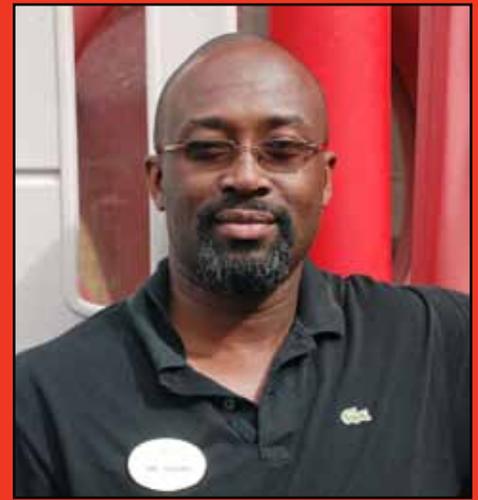
# Employee Spotlight

## Shawn Johnson

Shawn Johnson, known as Mr. Shawn to the children of the Child Development Center, is a Philadelphia native. Following his stint in the Marine Corps, Johnson went to college and majored in business. There, he took on the role of a Teacher's Assistant and realized his fondness for teaching. He started teaching at community colleges and did corporate training before moving to Okinawa, Japan, and teaching English at the Kitanagasuku Elementary School for six and a half years. "Working

with kids became fun," he said. He is currently the Program Lead at the CDC, where he says he does whatever is needed to improve the center.

"On any given day, you may find him working in the classrooms, answering the phones, washing the children's clothes, watering flowers, repairing furniture, helping in the kitchen, reading to the children, putting bandages on scraped knees, hanging the children's artwork, decorating the center for different events or lending a listening ear to a parent,"



said Cassandra Outlaw-Langston, CDC Director. "Most importantly, he provides all of the previously mentioned services with a smile and he never complains," she added.

## Around the Base



Above: Construction continues on the new picnic pavilion across from the ball fields. The pavilion is scheduled to open in October. (Photo by MC2 White)

Right: Master-at-Arms Seaman Apprentice Nicholas Ewer takes a hit in the "Red Man Suit" during a community outreach event at the Holmesburg Fish & Game's annual Open House. (Photo courtesy NSA Master-at-Arms)



Left: Lt. Col. Gary Seifert, Veteran Guard 3rd Regiment Infantry, N.G.P., performs ceremonial duties during the NSAP POW/MIA Remembrance Ceremony. (Photo by MC2 White)



Above: Sam Psoras, a World War II Destroyer Escort Service Veteran, pays his respects during the NSAP POW/MIA Remembrance Ceremony, Sept. 15. (Photo by MC2 White)



## NSA Classifieds

### Carpool:

Carpoolers needed travelling from Ocean County, N.J. area to NSA, M-F, hours flexible. Please call 215-737-3342

## MWR/ITT Information

### MWR Fall Workout Incentive Program

Earn a prize for working out through the Fall Workout Incentive Program. The program begins October 3 and runs through November 13. For more information call the MWR Fitness Center at 215-697-2069.

### Fitness Center Locker Renewal - ITT Office

It's time to renew your MWR Fitness Center lockers. FY12 payments will be accepted through Oct. 7. Full lockers are \$60 per year; half lockers are \$40 per year.



**NSA Philadelphia**

# Navy's 236th Birthday Celebration

**DJ ENTERTAINMENT** **CAKE CUTTING!**

**\$10** PER PERSON IN ADVANCE **\$15** PER PERSON AT THE DOOR

**Thursday, October 13**  
4 to 7 p.m.  
NSA Philadelphia  
All Hands Club/  
Fran's Hanger Bay

**Price includes hors d'oeuvres!**

ADVANCE TICKET PURCHASERS WILL RECEIVE A COMMEMORATIVE 2011 NSA PHILADELPHIA NAVY BIRTHDAY CELEBRATION DOG TAG BOTTLE OPENER!

Tickets available at the MWR ITT Office. For more information, call (215) 697-2055 or email jerry.wallace@navy.mil

## 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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