



Employee Spotlight Mission Possible: Reflections on a Rewarding and Challenging Temporary Assignment

By Mike Randazzo, NSA Public Affairs

TRAFFIC SAFETY PRECAUTIONS REMINDER

From the NSA Mechanicsburg
Safety Office

To protect personnel from vehicular traffic, the Navy has established universal preventive measures for all personnel. Precautions for bicycling, jogging, and fitness walking on Naval Support Activity Mechanicsburg are discussed below.

Bicyclists on the installation must comply with state, local and Navy requirements. Safety equipment will include lights and reflectors. Personal protective equipment includes: a helmet approved by the Consumer Product Safety Commission, American National Standards Institute or the Snell Memorial Foundation; light colored clothing; and reflective clothing at night or in periods of reduced visibility. Additionally, headphones, earphones or other listening

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Stacy Long received a warm welcome when she returned from a five-month detail as the acting director of the Child Development Center at NSA Philadelphia. The Mechanicsburg CDC currently has 79 children enrolled in its program.

For her outstanding service, professionalism, and dedication to duty Stacy Long, base CDC director, was awarded the Civilian of the Fourth Quarter, 2010, for the Commander, Navy Region, Mid-Atlantic Fleet and Family Readiness Program. The award was presented to her by Capt. James W. Smart, SC, NSA's commanding officer.



The base's Child Development Center (CDC) provides high quality educational programs for children ages six weeks to kindergarten. The center offers planned program activities in each age group that promotes the intellectual, social, emotional, and physical development of the child.

The Mechanicsburg CDC's capacity is 112. Oversight of 26 staff and 79 children currently enrolled falls squarely on the shoulders of Stacy Long, CDC director, but it's a responsibility that she embraces and one in which she makes a difference every day.

For her outstanding service, professionalism and dedication to duty, Commander, Navy Region, Mid-Atlantic Fleet and Family Readiness Program awarded Long the Civilian of the Fourth Quarter, 2010.

In addition to her duties at Mechanicsburg, she was detailed to the CDC at Naval Support Activity Philadelphia last November to serve as acting center director until the position could be permanently filled.

The Supplier caught up with Long and what follows will hopefully provide some insight into what her temporary assignment was like and the challenges and rewards of her vitally important position here.

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Employee Spotlight

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Supplier: How long have you been with the government and what jobs did you previously hold?

Long: I came on board the CDC in July of 2002 as the education technician leader and interim center director and before that I was a preschool teacher and assistant director at the Mulberry Child Care and Preschool in Mechanicsburg. At that time this facility was under contract to provide CDC services to the base.

Supplier: Why were you detailed to Philadelphia?

Long: The CDC director in Philadelphia transferred and I was asked to assist in the absence of a director. On November 15, 2010, I left Mechanicsburg with the intent that I was going to assist at the CDC in Philadelphia for a two-week period. Almost six months later my assist visit as the interim CDC director came to an end.

Supplier: What were the first weeks like and how did your family handle it?

Long: The first few weeks in Philadelphia felt very overwhelming to me. There were a total of eight open positions including a CDC director, assistant director, team lead, operations clerk, program assistants and flex teaching staff.

Looking back, the months passed by so quickly. I was very fortunate to leave my own center in the hands of a stellar team and to have the support from family and friends while working in Philadelphia for such an extended period of time.

Being away from home Monday to Friday was not easy, especially leaving my 11 year old daughter, Abby. I missed her so much during the week and felt guilty for working several hours on every weekend just to keep up.

Supplier: What were some of the challenges you faced there?

Long: Although I was assisting in Philadelphia, I still had tasks and responsibilities in Mechanicsburg to complete as well, including the opening of a second toddler room.



I covered classrooms throughout the day as needed and stayed several hours after close every evening to stay on top of management tasks as well as giving the office and lobby a face lift. My days were long and staff morale was low. Everyone was putting in extra hours to maintain child/teacher ratios. Even the MWR site director came to assist in the afternoon by covering the front desk.

Within two months, diligence began to pay off. Interviews were held; positions were getting filled; classrooms were getting supplies and materials needed; staff morale was building; additional training was being held and a new management team was formed, with the support of the training and curricu-

lum specialist, and leads. Parents and staff noticed positive changes and shared their support as well. At the end of January an assistant director joined the team and by late March a new CDC director was on board and I was relieved of my duties in Philadelphia.

Supplier: Was it hard to leave?

Long: In the end, I found myself having mixed emotions about leaving. It wasn't easy saying goodbye to the staff, children, and parents; however, I was really looking forward to getting back to Mechanicsburg.

Supplier: Why was a new toddler room needed?

Long: A second toddler room opened on May 2, 2011. Opening this classroom will generate 14 additional openings for children, which will clear the CDC's current waiting list.

Supplier: What motivates you?

Long: I am motivated by the opportunity to provide enriching experiences and warm loving care that strengthens each child's self-confidence and creating a positive environment that promotes the emotional stability of the child.

Supplier: What is the most rewarding part of your job?

Long: At the end of the day, I know that I have made a positive difference in the life of a child and that is the greatest reward of all.



Naval Sea Logistic Center's Wounded Warrior Program

By Phil McCormick, NSLC Public Affairs

Like many Navy activities, the Naval Sea Systems Command (NAVSEA) recognizes that hiring a Wounded Warrior brings armed services discipline, training, experience, and valuable skills to the work place. Under the aegis of the NAVSEA 'Wounded Warrior 1st Program' Scott Damrauer and Jason Nickles were able to join the Naval Sea Logistic Center (NSLC) team here in Mechanicsburg.

Damrauer, an IT Specialist, served more than twelve years in the Marine Corps and was medically retired in 2008. Since coming to NSLC he feels welcomed by the staff and appreciates the "family type" atmosphere here.

"This career has changed my life and it is programs like this that make the transition to civilian life that much easier," he said.

Nickles, a Logistics Specialist, served 13 years in the Army and was deployed to Iraq and Afghanistan with the 215th Quartermaster Company and 412th Civil Affairs Battalion. He said that the command's staff support has been outstanding and he is looking forward to being part of a great team.

Their ability to adapt to changing work environments and work under various levels of pressure is a proven capability. In addition to helping foster a positive command climate, Damrauer and Nickles have provided NSLC with 'real world' experience in supporting the war fighter. To be eligible for the Wounded Warrior Program applicants must have served on active duty since September 11, 2001, have a 30 percent or greater service-connected disability rating, and less than 20 years of service.

For More Information or questions on the Wounded Warrior 1st Program, please contact Billy Bruner, 717-605-4862 or billy.bruner@navy.mil.



Scott Damrauer, right, served more than twelve years in the Marine Corps and was medically retired in 2008. Jason Nickles served 13 years in the Army and was deployed to Iraq and Afghanistan with the 215th Quartermaster Company and 412th Civil Affairs Battalion. Both are new employees of the Naval Sea Logistic Center hired as part of a NAVSEA wounded warrior program.

A Money Saving "TIP"

The Transportation Incentive Program (TIP) is a program offered by the Department of Transportation (DOT) that purchases and distributes prepaid "fare media" vouchers to the Department of the Navy members and Federal employees to use on authorized mass transit systems.

Those eligible can receive up to \$230 a month as long as they use qualifying Capital Area Transit (CAT) bus routes and VPSI van pools.

NSA Mechanicsburg now has five established vanpools (Carlisle, Chambersburg, Turnpike, York, and

York Springs) and three bus zones that are supported via TIP.

Bus Zone 1 covers Harrisburg, Steelton, Highspire, Enola, Camp Hill, Lemoyne, Mechanicsburg, New Cumberland, Winding Hill, Hershey, Middletown and the Dauphin Park 'n Ride. Bus Zone 2 covers Carlisle, Halifax, and Dillsburg. Bus Zone 3 covers Newville, Shippensburg, Millersburg, and Elizabethville.

The DOT sends the TIP Program Manager vouchers in the amount of \$49.00 for each Zone 1 monthly pass, \$70.00 for each Zone 2 monthly pass, and \$87.00 for each Zone 3

monthly pass; 11 ride passes are also available for those not wishing to use the bus on a monthly basis.

Vouchers are received in the amounts of \$16.50, \$22.00, and \$28.00 for Zones 1 through 3 respectively.

The Program Manager receives the vouchers from DOT on a quarterly basis, distributes them, and travels to CAT in Harrisburg to pick up participants' passes, when they turn in their vouchers each month.

For more information and an application to participate in TIP, call Roberta Carey, Bldg. 306C, at extension 2139.



To Your Health

What YOU can do to protect your back IN THE YARD AND GARDEN

Weekend chores around the yard and garden often require stooping, reaching, lifting, and pulling. Because your back is not accustomed to this kind of workout and you may not be using good body mechanics, you may suffer from aches and pains on Monday morning. These morning-after backaches can be avoided if you observe some basic back safety tips. .

How Your Back Works

Your spine is the central support of your entire skeletal system. It is designed for strength to support your body weight, and flexibility to allow movement. A healthy spine is S-shaped with three natural curves. When these curves are in balance your body weight is evenly distributed. To maintain this alignment, you need to have strong muscles in your back, legs and abdomen.

Know Your Limits

Evaluate the job and decide whether you'll need any help. If heavy objects must be moved, call for help. Team lifting is easier and safer. If your grass seed or fertilizer is in a 50-pound bag, use a wagon or wheelbarrow to take it to the yard. If you can't reach the tools that you need, use a sturdy ladder and make sure you can lift the object comfortably. Try picking up a corner of the object to test its weight.

Tools of the Trade

Choose the right tool for the job and use it properly. Hoes, shovels, rakes and other large implements should be lightweight and have long handles. Avoid stooping, twisting or reaching. Keep your feet, hips and shoulders

facing forward. Stand up straight and don't reach too far.

Garden hoses can be difficult to lift and carry. Use a hose reel to store and transport the hose with ease.

When shoveling, avoid having your hands too close together. You'll gain strength and leverage if they are further apart on the handle. Remember to lift with your knees, not with your back. Avoid stooping or kneeling for extended periods. For planting and weeding chores, sit on a small stool or low chair.

Lifting, Carrying and Pushing

Avoid heavy loads; split large loads into smaller, more manageable loads whenever possible. Lift objects by standing close to the object, then bend your knees to lower yourself into a squatting position while keeping your back upright and moving slowly into a standing position. Carry objects close to your body with your elbows tucked close to the torso.

Whenever possible, push objects instead of pulling them—you'll have twice as much power. Keep your body close to your lawnmower, seeder or other equipment and use both arms for maximum strength and minimum strain.

Let Your Healthy Garden Grow

Don't let your garden put a cramp in your back. Learn how to maintain your three natural curves while doing yard work. Use the right tools for the job and enjoy the fruits of your labor.

Traffic Safety Continued from front page

devices shall not be worn while bicycling on installation roadways.

Joggers must jog in patrolled areas, facing oncoming traffic, in single file, and obey traffic rules. They are not allowed on roadways during high traffic density and peak traffic periods. Joggers shall wear light colored clothing and at night, or in periods of reduced visibility, wear reflective clothing. Portable headphones, earphones or other listening devices are not to be used while jogging on roadways or on Perimeter Road. Use of Perimeter Road is encouraged to minimize joggers' exposure to vehicular traffic. Perimeter Road now has been enhanced with a clearly marked 5K, 6 mile and PFT running courses.

Fitness walkers are to use paths or sidewalks along roadways during high traffic density and peak traffic periods. During periods of darkness or reduced visibility, high visibility belts or reflective vests are required. Portable headphones, earphones or other listening devices are not to be used while walking on roadways.

The responsibility to acquire reflective vests or a high visibility belt is up to the individual, unless occupationally related.

As a reminder, pedestrians are encouraged to use sidewalks and paths along roadways in the administrative area. In industrial sections, sidewalks and walking shoulders are not provided and are, by nature, dangerous. Tractor-trailers and forklifts are busy operating and foot traffic in congested areas is an unnecessary risk.

For more information please contact Paul Scarberry at ext. 4867.

Women's milestones in the U.S. Navy

1862

In 1862, Sisters of the Holy Cross served aboard USS Red Rover, the Navy's first hospital ship, joining a crew of 12 officers, 35 enlisted and others supporting medical care. Red Rover remained the only hospital ship in the Navy until the Spanish-American War.

1908

"The Sacred 20" are appointed in 1908, the first 20 Navy Nurses.

1917

Secretary of the Navy Josephus Daniels announced that the Navy will enlist females on March 17, 1917. Most of the 11,000 female Yeoman worked in the nation's capital filling a variety of jobs including draftsman, interpreters, couriers and translators.

1918

During World War I, 307 women enlisted in the Marine Corps and were limited to the enlisted ranks, participated in parades; the majority of them served in Washington, D.C.

1942

President Franklin D. Roosevelt signs the Public Law 689 creating the Navy's women reserve program on July 30, 1942.

1944

Public Law 238 grants full military rank to members of the Navy Nurse Corps. Sue Dauser, the Director of the Navy Nurse Corps, received a full commission in the rank of Captain. Thus, Dauser became the first female in that rank.

Harriet Ida Pickens and Frances Elizabeth Wills became the first African American female officers in the Navy.



Mother Angela Gillespie was the founder of the Holy Cross Nursing Sisters. She supervised 80 Holy Cross Sisters who served as military nurses during the Civil War. Photo courtesy of Sisters of the Holy Cross.

1948

Women's Armed Forces Integration Act, July 30, 1948 allowed women to serve in the peace time military with some restrictions

Edna Young was the first Black enlisted female to serve in the regular Navy in 1948 and retired as a Chief. Annie Neal Graham was the first Black female to enlist in the United States Marine Corps on Sept. 8, 1949

1972

Capt. Arlene Duerk, a World War II and Korean War veteran, served as Chief of Nursing Service, Naval Hospital Great Lakes until 1970, when she was promoted to Director, Navy Nurse Corps. Two years later she became the Navy's first female admiral.

1974

The first four Navy women pilots complete flight training. Lt. Barbara Allen became the first Navy woman to earn her wings on Feb. 22, 1974. The Naval flight officer program was opened to women six years later.

1976

Alene Duerk, Director of the Navy Nurse Corps became the first female appointed to the rank of Rear Adm. in the Navy.

President Gerald Ford signed Public Law 94 - 106 requiring the service academies to admit women by 1976.

1978

The Navy started its women in ships program in which allowed women to serve on tenders, oilers and other types of auxiliary ships.

1990

Rear Adm. Marsha J. Evans was the first woman to command a Naval Station.

Lieutenant Commander Darlene Iskra, was the first Navy woman to command a ship.

1993

In 1993, Congress repealed the Combat Exclusion Law allowing women to serve on combatant ships.

1998

On June 10, 1998, Cmdr. Maureen A. Farren became the first woman to command a combatant ship when she took command of USS Mount Vernon, an amphibious dock landing ship.

2010

Secretary of the Navy Ray Mabus announced that women would be assigned to Ohio Class submarines on Jan. 9, 2010. The first women are expected to report to subs in 2011.



During World War II, Joy Bright Hancock, a former Yeoman, became one of the first female Naval officers, and with the rank of Captain, was the director of the WAVES during the late 40s and early 50s. Photo courtesy Naval History and Heritage Command.



NAVSUP Sailors Lend a Hand to Local Community

By Kathy Adams, Naval Supply Systems Command Corporate Communications

Service members from commands on the Naval Support Activity Mechanicsburg donated their time to assist several hundred area senior citizens who were treated to a performance during the final dress rehearsal of Cumberland Valley High School's stage production of "Phantom of the Opera."

"Giving back to the community is important," said Capt. Brian Drapp, assistant deputy commander for Financial Management-Comptroller, Naval Supply Systems Command. "I was very impressed with the production and I was thrilled to be a part of this event."

Service members greeted and escorted attendees, and spent time interacting with the local community.

"I was proud of my fellow shipmates and the way they stepped up to help out," Drapp elaborated.

"I really enjoyed spending time talking with the patrons," said Lt. j.g. Darren Sablan of Naval Inventory Control Point (NAVICP), who coordinated the volunteers. "A smile and an open ear to just listen meant so much to them."

In addition to Sablan, participants included Capt. Tim Harrington, Naval Sea Logistics Center; Capt. Glenn Lintz, Naval Supply Systems Command Headquarters (NAVSUP HQ); Cmdr. Kimberly Robertson, NAVSUP HQ; Maj. Rob Flannery, USMC, NAVSUP HQ; Lt. Craig Dziewiatkowski, NAVICP; Lt. Marcus Jones, Department of Energy; Lt. Sean Payne, NAVICP; and Lt. j.g. Lisa Chen, NAVICP.

Naval Supply Systems Command (NAVSUP) "flipped a switch" Apr. 5, 2011, at a special program recognizing employees who helped transition all NAVSUP-managed items--including more than 400,000 different Navy line items of repair parts, components, and assemblies for ships, aircraft, and weapons--into Navy Enterprise Resource Planning (ERP). Pictured from left to right: Capt. Doug Newell, Commanding Officer, Navy Supply Information Systems Activity; Navy ERP Technical Director Susan Keen, NAVSUP Navy ERP Program Manager Karen Meloy; Rear Adm. Mike Lyden, Commander, Naval Supply Systems Command; and Rear Adm. Ray Berube, Commander, Naval Inventory Control Point.



Happy Birthday NEX! On Friday, April 1, 2011, (l to r) employee Meaghan Dempsey, manager Sue Bowers, and employee Pam Bitner joined Navy Exchanges all over the globe in celebrating 65 years of operation. The Mechanicsburg Navy Exchange was the first ship store ashore in the Navy.

The photo, taken in the Naval Inventory Control Point's (NAVICP) lobby in building 311, shows a 30-pound plastic puck of compressed plastic, similar to the ones found on a U.S. Navy ship. Its contents could include water bottles, yogurt containers, candy bar wrappers, potato chip bags and any other plastic product that winds up in shipboard trash. Six million tons of debris enter the world's oceans every year. Plastics Removal In The Marine Environment, or better known as the Navy's PRIME program, focuses on the reduction of plastic consumable commodities aboard U.S. Navy ships, which results in less handling and processing of plastic waste. This program was instituted to comply with U.S. Public Law and the International Convention for the Prevention of Pollution from Ships Treaty, which bans oceangoing vessels from disposing of plastics in the marine environment. NAVICP's Packaging, Handling, Storage and Transportation (PSH&T, Code 0772) WRAPS/PRIME Program Office has oversight of this program for the U.S. Navy.



On March 31, 2011, NAVSISA sponsored a deaf culture awareness seminar in the Bldg. 309 Auditorium. Liz Marvin (center) taught attendees about deaf culture, basic sign language, the difference between English and ASL language, and how to request and properly use a sign language interpreter. Christine Adzema (left) interpreted the 60-minute presentation.

Classifieds

Bass Guitar: Fender Precision bass and 40-watt amp with cord; set for \$250 obo; never used; call 717-304-0876.

BERG Captain's Bed: excellent condition; pull-out desk, full-size mattress included; \$1,000; call 619-5403008.



Bumper pool/card table: oak bumper pool/card table, 49" octagon table with balls, sticks; \$1,100; call 717-732-2688.



Camper: 1986 Jayco Pop-Up camper in good condition; \$800; call 717-652-3199 evenings, 7 to 9 PM.

China Set: Sango China (Phoenicia) set, 87 Pieces, 10 complete settings, plus additional pieces; serves five serving; \$600; call 717-732-2688.



Decorative Decoys: Looking to buy decorative/carved wooden decoys; call 717-304-0876.

Dog crate: Extra large dog crate; \$65; call 717-386-9479.

Home gym: Lifegear 8500 Powerhouse workout system; good condition; \$45 obo; call 717-773-3710.

House: bi-level 3br, 2 full baths, beautiful landscaping; asking \$149,900; call 717-652-6015.



Lawn edger: Honda Power Trim lawn edger model 208-H; good condition; \$75; 717-773-3710.

Luggage: Ricardo 25" and 29" expandable Pullman luggage; Navy blue; \$50 for both; call 717-773-3710.

Oak Table: 42 x 72" solid oak table set; two extensions, six chairs, table pads; \$2,200; call 717-732-2688.



Outdoor gazebo/canopy: used 2 summers; some fading; 10 x 12' with decorations; \$135; call 717-448-2451.

Printer: HP laser jet 4P; works fine; \$25 obo; call 717-773-3710.

Propane stove: portable one burner propane stove with new bottle; never used; \$25; call 717-773-3710.

Toys: Little Tikes shelf and bin combo for \$30; Little Tikes girls tool box and bench combo for \$30; call 717-386-9479.

Stone: Free B2-modified stone; 1/4 yard; call 717-258-6740.

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.

Send this form 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.

Commanding Officer
Capt. James W. Smart, SC, USN

Editorial Director
Mike Randazzo

Editor-in-Chief
MC2 Matthew R. White

Copy Editor
Roberta Carey

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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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