



FREEDOM FLYER

October 2013



"Swoop" The Philadelphia Eagles Mascot makes an appearance on the FOX29 Philadelphia newscast "Salute to the Troops" Sept. 27. U.S. Navy
Photo by Mass Communication Specialist 2nd Class Ace Rheaume



NAVSUP Weapon Systems Support (NAVSUP WSS) Capt. Rick Smitha, Director Engineering & Product Support, presents the Commander's Coin on behalf of Rear Adm. John G. King to retired Army Colonel Ward B. Nickisch after his informative multi-media presentation during the annual Naval Support Activity (NSA) Philadelphia POW / MIA Remembrance Ceremony on Sept. 19. U.S. Navy Photo by Mass Communication Specialist 2nd Class Ace Rheume

Fallen Not Forgotten Remembered

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

Civilians and military onboard the Naval Support Activity (NSA) Philadelphia honored Prisoners of War and those Missing in Action during the base's annual POW/MIA Remembrance Ceremony on Sept. 19.

With a theme of "Fallen Not Forgotten," retired U.S. Army Colonel Ward B. Nickisch provided sobering statistics during his memorable multi-media presentation before a rapt audience. Nickisch detailed "what goes on behind the headlines" from POW/MIA recovery missions conducted in the field to the "remarkable technology" used in laboratories to identify human remains buried for decades.

The retired Colonel also shared stirring stories of successful missions and ensuing tributes to the recovered service members as their remains were brought home to their final resting place. He also reflected on profound statements said to him during his involvement with scores of recovery missions, such as "I didn't know someone cared" by a crusty Vietnam Veteran with tears in his eyes after one of Nickisch's presentations.

The audience gasped in awe as he described how human remains were located in Vietnam years later after reenacting how two U.S. soldiers had been pushed over a cliff during hand-to-hand combat.

"What appears to be debris to some turns out to be a piece of skull," Nickisch said, adding sometimes all that is found is a tooth.

DLA Troop Support Commander Brig. Gen. Steven A. Shapiro, USA, provided opening remarks to kick off the program.

"Never leave a soldier behind. Never leave a comrade behind. These are words we usually never think about," Shapiro stated, emphasizing that all should remember to take care of our veterans when they come home.

After Shapiro gave a token of appreciation to Nickisch from DLA Troop Support, NAVSUP Weapon Systems Support (NAVSUP WSS) Director, Engineering and Product Support Capt. Rick Smitha presented a Commander's Coin on behalf of the organization's Commander Rear Adm. John G. King.

Other highlights of the hour-long ceremony included the official POW/MIA Remembrance Ceremony conducted by retired Col. Siegfried Honig, USA, President of the Philadelphia Flag Association; National Anthem performed by DLA Troop Support's LaTosha Wray; Posting and Retiring of Colors by the Compound All Service Color Guard; Invocation and Benediction by William Nolan, Defense Contract Management Agency; Taps by Chief Petty Officer Doug Warren, NSA Philadelphia Funeral Honors Division; and emceeding by William J. Eves, DLA Troop Support and Chairman of the Philadelphia Compound Veterans Committee (PCVC).

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Rosanne Sarkissian, DLA Troop Support, and Mark Lawrence, NAVSUP Weapon Systems Support, entertain the audience with their musical talent at the Hispanic American Heritage Month Program on September 25 at Naval Support Activity Philadelphia. Photo by June Goldberg, DLA Troop Support

NAVSUP Weapon Systems Support Employees Celebrate Hispanic Heritage at Annual Program

Story by Sarah Glinski, NAVSUP Weapon Systems Support (NAVSUP WSS) Office of Corporate Communications

Improvisational jazz music with a Latin flavor filled the auditorium at the start of the Hispanic American Heritage Month Program held at Naval Support Activity Philadelphia on September 25.

The four-piece Jazz Debonair Ensemble featured NAVSUP Weapon Systems Support (NAVSUP WSS) and DLA Troop Support employees on piano, bass, percussion/vocals, and drums. Serenading their audience in both Spanish and English, the ensemble had employees smiling, tapping their feet, and even singing along to songs like Engelbert Humperdinck's "Quando, Quando, Quando."

But the jazz ensemble wasn't the only highlight of the diversity event, which celebrated this

year's national theme of "Hispanics: Serving and Leading Our Nation with Pride and Honor."

After the musicians finished their performance, Robert Ratner, DLA Troop Support Chief of Staff, officially welcomed everyone to the program and emphasized the positive influence that Hispanic Americans have had on our country.

"Hispanics have made a number of significant contributions within our society that benefit us all each and every day," Ratner said. "They have added richness to the fabric of our country, and truly, of the organizations represented here today."

Ratner then went on to introduce the key-



NAVSUP Weapon Systems Support (NAVSUP WSS) Capt. Rick Smitha, Director Engineering & Product Support, presents a Commander's Coin on behalf of Rear Adm. John G. King to Dr. Elizabeth Conde-Frazier, Vice President of Education & Dean of Esperanza College, after her inspirational and moving speech given during the Naval Support Activity Philadelphia Hispanic American Heritage Month Program on September 25. Photo by June Goldberg, DLA Troop Support

note speaker: Vice President of Education and Dean of Esperanza College, Reverend Elizabeth Conde-Frazier, Ph.D.

Focusing on the importance of serving as described in the national theme for the month's observance, Conde-Frazier gave examples of notable Hispanics who made vital contributions to the United States, described the differences between vocations and careers, and discussed the importance of being creative and persevering in the face of injustice.

"Justice is something to be worked at on a local and global level," the reverend said. "It's a moral obligation.

"What is the heritage of Hispanics that we celebrate this month?" Conde-Frazier paused. "Our heritage of serving and leading with honor has been marked with sacrifice, service, and solidarity."

Conde-Frazier left the stage to rounds of applause, but it wasn't long before she was invited back up to receive a Commander's Coin presented by NAVSUP WSS Director, Engineering & Product Support, Capt. Rick Smitha on behalf of Rear Adm. John G. King.

After the program concluded, guests were invited to the back of the auditorium to sample some Latin American pastries, including Guava and arequipe pastries.

AS2 Johnson Reenlistment Ceremony



Aviation Support Equipment Technician Second Class Ryan Johnson is congratulated by Commander Robert Speight, Naval Support Activity Philadelphia Officer In Charge, for reenlisting for six years on September 11 at NSA Philadelphia. U.S. Navy Photo by Mass Communication Specialist 2nd Class Ace Rheume

Change of Command



Captain James Smart, former Commanding Officer of Naval Support Activity (NSA) Mechanicsburg/Philadelphia renders a final salute while being piped ashore for the last time with his wife Lea during a Change of Command Ceremony/Retirement Ceremony in NSA Mechanicsburg Oct. 4. U.S. Navy Photo by Mass Communication Specialist 2nd Class Ace Rheaume



NSA Mechanicsburg Change of Command

Story by Micheal Mink, CNRMA Public Affairs

Capt. Jeffery Rathbun relieved Capt. James W. Smart as commanding officer Naval Support Activity Mechanicsburg, Oct. 4 during a ceremony at NSA Mechanicsburg.

Immediately following the change of command, Smart will retired from the Navy after serving 28 years.

Smart, originally from Albany, NY, was commissioned through Officers Candidate School in 1986. He holds a Bachelor's Degree in Business Administration from Bryant College, Smithfield, Rhode Island, a Master's of Science in Transportation Logistics from the Naval Postgraduate School in Monterey, California and attended the Executive Education program at Wharton business school.

Smart's sea duty assignments include service as the Disbursing, Sales, and Food Services Officer on the USS KIRK (FF 1087) home ported in Yokosuka, Japan and Supply Officer of the USS CHANCELLORSVILLE (CG 62) home ported in San Diego, California.

His overseas and joint assignments includes duty as the Air Terminal and Stock Control Officer at Naval Air Station, Cubi Point, Republic of the Philippines, Security Assistance and Mobility Officer at Headquarters, US Central Command in Tampa, Florida, Deputy N41 at Commander Task Force 73 in Singapore, and Chief of Staff, Commander Task Force 53 in Bahrain.

His military decorations include the Legion of Merit, Defense Meritorious Service Medal (2 awards), the Meritorious Service Medal (2 awards), the Navy Commendation Medal (3 awards), Joint Achievement Medal, and the Navy Achievement Medal (2 Awards).

As commanding officer, Smart is responsible for three Naval installations in Pennsylvania - Mechanicsburg, Northeast Philadelphia, and the Philadelphia Navy Yard - which collectively support 78 tenant commands with more than 11,000 military, civil service, and contractor personnel.

Rathbun previously served as Commanding Officer for Explosive Ordnance Disposal Expeditionary Support Unit 2 at Joint Expeditionary Base Little Creek-Fort Story.



Air Force Col. Jody Cox, C&T director, and Capt. Andrew Schweichler, of C&E, cut the cake in celebration of the Air Force's 66th birthday Sept. 17. In accordance with tradition, the service's birthday cake is cut by the oldest and the youngest airman in the organization. Photo by Ed Maldonado

DLA Troop Support celebrates Air Force birthday with two-day celebration

*Story by Janeen Poulson, Senior Public Affairs Specialist -
Corporate Communications Defense Logistics Agency Troop Support*

DLA Troop Support celebrated the service's 66th birthday with a two-day celebration including cake, lunch and a fun run Sept. 17-18 at Naval Support Activity Philadelphia.

"At 66, the Air Force is the youngest sibling of the military services," Air Force Col. Jody Cox, Clothing and Textiles director and DLA Troop Support's oldest airman, said during the cake cutting celebration.

With youth comes energy and forward thinking, he said, calling the Air Force the most progressive technologically of all the services.

A part of that energy was demonstrated during the 3-kilometer run at the compound's baseball field, which included airmen, soldiers and civilians.

The goal of the run was "to unite all services, to build camaraderie and to show that the Air Force and DLA Troop Support are fit to fight, ready to support our warfighters anytime, anywhere," Tech Sgt. Antoinette Jones, an Industrial Hardware supply planner said.

"It is awesome to be here," said Air Force Lt. Nick Vallera, a member of the St. Joseph University ROTC who participated in the run. "Philly has a huge military presence and when we all can get together, it's great."

Jones said that all of the DLA Troop Support Air Force active duty officers and enlisted members worked together to coordinate the event.

"It was truly a team effort," she said. To conclude the birthday celebration, the airmen had a lunch and learn with DLA Troop Support Chief of Staff Robert Ratner.

"He gave inspiring words in celebration of the United States Air Force birthday," Jones said. Jones and members of the planning committee were pleased with the outcome of all the events.

"Overall, it was very well received," Jones said. "We had positive feedback from leadership and employees. Although the Air Force is the youngest service, we proved to our sister services that we have a rich heritage that is built on our Air Force core values: 'Integrity first, excellence in all we do, and service before self.'"



DLA asks employees: Are you ready?

Story by Bill Addison

If your home or family were affected by a hurricane, lengthy power outage or local chemical spill, would you be ready?

That's the question the Defense Logistics Agency is asking its employees and service members to consider this September during the 10th annual National Preparedness Month, sponsored by the Federal Emergency Management Agency and Department of Homeland Security.

To mark its first year recognizing the national observance, DLA Troop Support hosted a Personal and Family Preparedness Workshop presented by the Philadelphia Office of Emergency Management and FEMA at 10 a.m. Sept. 10 in the Building 6 auditorium.

Ensuring employees and their families are ready for any emergency plays a large part in maintaining DLA Troop Support's mission readiness, Army Brig. Gen. Steven Shapiro, the organization's commander, said.

"When disasters strike, our mission doesn't stop, it only grows," he said.

During the workshop, employees learned how to prepare for any emergency, develop a household emergency plan, create a go bag and shelter-in-place kit, as well as how to stay informed during an emergency, Joan Przybylowicz, deputy director of External Affairs for the Philadelphia Office of Emergency Management, said.

Przybylowicz said the city takes an all-hazards approach to emergency preparedness, noting that while the most common hazards for the Phila-

delphia area are fires, hazardous chemical releases and power outages from hurricane remnants, the city has also experienced tornadoes and even mild earthquakes.

She also pointed to the recent Boston Marathon bombing as an example of unforeseen emergencies.

"The local police in Watertown were asking people to shelter in place while they searched for the suspects," she said.

Przybylowicz said that while the federal, state and local governments do plan for and respond to disasters, aid can sometimes take time to reach the affected areas. For that reason, individuals must be prepared to take care of themselves until help arrives.

"If it happens to you, it's an emergency for you. And that's why we encourage people to be prepared for any kind of emergency, no matter what it is," she said.

Shapiro agrees.

He noted that DLA employees only need look as far back as last October and the after-effects of Super Storm Sandy to see how critical emergency preparedness can be.

"When Sandy hit, Troop Support employees were personally affected," he said. "But there was still a mission to accomplish, still warfighters who needed to be supported and a new requirement to provide humanitarian assistance to the eastern shore."

Shapiro applauded the efforts of Troop Support employees, and noted that their accomplishments could not be achieved had they not first prepared for their families.

"That is why it is so important that our Troop Support team members take the necessary steps to ensure their family is well prepared," he said. "I urge every employee to go to this workshop, learn what they need to do to be prepared, and then implement what they've learned."

The goal of NPM is to encourage Americans to take steps to prepare for emergencies in their homes, schools, organizations, businesses and communities through FEMA's Ready campaign, according to the agency website.

The campaign and additional information on how to prepare can be found on FEMA's website, www.ready.gov.

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Stress Overload Can Affect Your Safety

Excessive stress is a common problem in today's hectic, "needed it yesterday!" world. Here are a few tips to help you to learn to manage stress to maintain your health AND your safety.

Everyone has it and it isn't all bad. But when we suffer from stress overload it can affect our health, and even our ability to work safely. A reasonable amount of stress can motivate us to work better and faster. But excessive stress can cause many problems such as health difficulties. It can also keep us from concentrating on working safely. Here are some of the symptoms of too much stress:

- Sleeping difficulties.
- Feelings of anxiety and of being overwhelmed.
- Being short-tempered and uptight.
- Physical sensations such as tense muscles, headache or upset stomach.
- Abuse of substances such as food, cigarettes, alcohol or drugs.

These suggestions might give you some ideas of how to cope with stress:

- Maintain general good health. Eat nutritious meals regularly each day. Your diet should consist largely of healthy food such as whole grains, fresh fruits and vegetables. Foods which are high in fat, salt and sugar should be kept to a minimum. It is important to get adequate sleep and rest. Exercising daily or at least several times a week will also help you to stay strong enough to cope.
- Avoid drugs. When we are under stress, it is tempting to turn to this kind of relief. However, the abuse of drugs such as alcohol, caffeine, nicotine, prescription drugs, over-the-counter remedies and street drugs will eventually just add to your problems.
- Special relaxation techniques might prove helpful. You can obtain more information about these

methods from books and tapes which are widely available, as well as community programs, self-help groups and some therapists. One of the most simple of these techniques is taking a number of deep, slow breaths and exhaling completely. Another involves deliberate progressive relaxation of different muscle groups.

- Find someone to talk to. Problems become more manageable when you discuss them with a friend, a member of your family, a member of the clergy or a counselor. Your company might have an employee assistance officer who can point you in the right direction.
- Give some thought to your priorities. You can't do everything and you can't be responsible for everything. Decide what is really important in your life and focus on that.
- Other problems can be ignored. Many of the things we worry about are beyond our control or never actually affect us.
- Learn to relax on your time off. Every day do something you enjoy.
- Learn to set realistic goals. If you are working toward specific goals, day-to-day difficulties are easier to handle.
- Learn to make the most of the time you have each day. You might find it useful to get up a little earlier each day or leave for work a little earlier so that you don't feel rushed.

Please look at some of the Operational Stress Control Program websites that the Navy supports:

<http://navynavstress.com/>

<http://www.med.navy.mil/sites/nmcsc/nccosc/serviceMembersV2/stressManagement>

<http://www.med.navy.mil/sites/nmcsc/nccosc/Pages/welcome.aspx/>

MWR Softball



Congratulations to the 2013 MWR Intramural Softball League Champions - Eastbound & Down! Over 175 players participated in the inaugural season of the intramural league. MWR would like to thank all of the coaches and players who made the season a success! Photo Courtesy of Jenny Wallace





REAL WARRIORS.

Photo by SN Kevin T. Murray Jr.



REAL BATTLES.

Photo by MC 2nd Class Kenneth R. Hendrix



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Photo by PH 3rd Class Bre N. Cameron-Smith

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Thursday, October 31

2:00 p.m.

Locations:

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Free. Limit 1 per person. While supplies last.



Spring and summer reservations are available for the MWR Picnic Pavilion Area. The rental fee is \$70 and includes use of the MWR pavilion, sand volleyball court, horseshoe pits, the basketball court, and assorted lawn games. Access to a refrigerator and indoor restrooms is also included. (Payment of the rental fee is required to reserve your date.)

Looking for something fun to do after work? Fran's Hangar Bay (MWR All Hands Club) is open Wednesday and Thursday nights at 4:00. The Club is also available to rent for your next special occasion.

Planning a trip to New York City? Did you know that you could book a show, tours, dinner, and an overnight stay through MWR's Broadway Spotlight Ticket Program? Visit the website at <http://www.broadway-getaways.com/packages/packages.taf?pid=136215> to see all of the wonderful opportunities available to you. Want to enjoy a delicious meal before or after the show? Make reservations for a three course meal at the famous Russian Tea Room or Sardi's. You can even purchase tickets to visit the Empire State Building Observatory or Top of the Rock at 30 Rockefeller Plaza. Also available are hotel accommodations at some of the city's best hotels, such as the Waldorf-Astoria and the Four Seasons.

For more information, please contact the ITT office at 215-697-5392 or NSAPHILITT@navy.mil or the Club office at 215-697-2297 or e-mail NSAPHILMWR@navy.mil.

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(SCW) Ace Rheume at ace.rheume@navy.mil.



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H1N1 Influenza

Preparedness Empowers You It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

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I am. Are you?**

- The H1N1 virus is an influenza virus strain causing contagious illness in people, first detected in people in the United States in April 2009.
- H1N1 was called “swine flu” at first because it was thought genetically similar to flu viruses normally occurring in pigs. It actually contains genes from viruses that circulate in birds and humans as well.
- In June 2009 the World Health Organization (WHO) raised the worldwide pandemic alert level to Phase 6, indicating that a global pandemic was under way. This designation reflects the spread of the virus, not the severity of the illness it causes.
- In the United States, most people who have become ill with the H1N1 virus have recovered without requiring medical treatment. A majority of those hospitalized have had one or more medical conditions that increase risk for complications, including pregnancy, diabetes, heart disease, asthma, kidney disease, and immunosuppression.
- On August 10, 2010, WHO announced that the world is in a post-pandemic period. However, H1N1 is still circulating. An H1N1 vaccine is included in the seasonal flu vaccine.
- You should be able to recognize the symptoms and know what to do if you or people around you become ill.

Transmission

- The H1N1 virus spreads from person-to-person the same way that regular seasonal flu viruses spread—mainly by people with flu coughing or sneezing. People may also sometimes become infected by touching something with flu viruses on it and then touching their mouth or nose.
- People with seasonal flu may be contagious from one day before they develop symptoms to as long as a week after they get sick. Children may be contagious for longer periods. Current information on H1N1 indicates similar experience.

Symptoms

- The symptoms of H1N1 flu virus are similar to those of seasonal flu—fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some are more likely to experience vomiting and diarrhea with H1N1.
- Seek medical care promptly at any of the following warning signs:
 - » In children, fast breathing or trouble breathing, bluish or gray skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or not interacting, or flu-like symptoms improve but then return with fever and worse cough.

H1N1 Influenza



- » In adults, difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, or flu-like symptoms improve but then return with fever and worse cough.

Vaccine and Treatment

- The best way to prevent the H1N1 flu is to get the seasonal flu vaccine, which includes protection against the H1N1 flu virus.
- Some existing prescription antiviral medications that suppress reproduction of viruses in the body to make your illness milder and prevent serious complications are available.
- The Centers for Disease Control and Prevention (CDC) discourages intentional exposure in hopes of gaining natural immunity through a mild infection.

Prevention

- Frequently wash your hands with soap and water. Alcohol-based hand cleaners also work. Rub your hands thoroughly; don't just get them wet.
- Avoid touching your eyes, nose, or mouth and contact with people who are ill.
- Cover your own mouth and nose when coughing or sneezing.
- Teach your children flu prevention hygiene.
- There is no reason to avoid normal water supplies, properly handled and cooked pork, or recreational water venues treated in accord with recommendations.

- If people in your area have been diagnosed with H1N1 flu, minimize contact with others to the extent possible. If advised to stay home, leave only to seek medical care.
- Periodically check your regular prescription medications to ensure you have an adequate supply and expiration dates are not exceeded.

Flu in the Family

- If you are sick:
 - » Avoid contact with other people as much as possible to keep from spreading your illness.
 - » Consider wearing a facemask to help prevent spreading the illness to others in your household.
 - » Remain at home until at least 24 hours after you are free of fever or signs of a fever without the use of fever-reducing medications.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you or a family member has a severe illness or is at high risk for flu complications, contact your health-care provider or seek medical care to learn whether flu testing or treatment is needed.
- Redouble the anti-flu hygiene measures listed above, carefully dispose of used tissues, and use germicidal cleaners on appropriate surfaces.

Pandemic Preparation and Response

- The CDC tracks cases of H1N1 in humans. The CDC reports H1N1 cases weekly in its flu surveillance report. The CDC also reports all cases of

H1N1 in humans to WHO. No special preparatory steps are currently recommended beyond those listed above. Building an emergency plan, making a family emergency plan, and staying informed are still the smart things to do. Periodically refresh the water and food supplies in your kit, as always.

- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues, and similar related items could be useful and cut the need to make trips out in public while you are sick and contagious.
- If circumstances worsen, stay calm, limit exposure to sick people, stay home if you are sick, rely on local officials and health and government websites to stay informed, and follow emergency plans.

Travelers and Those Living Abroad

- Up-to-date H1N1 flu information for travelers is available at the CDC "Travelers' Health" website at <http://wwwnc.cdc.gov/travel/default.aspx>.

Where to Find Additional Information

- Flu.gov (U.S. Department of Health & Human Services)—www.flu.gov
- Centers for Disease Control and Prevention—www.cdc.gov/flu
- World Health Organization—http://www.who.int/influenza/gisrs_laboratory/updates/en/
- U.S. Department of State—www.travel.state.gov/index.html

Salute to the Troops



Sailors assigned to Naval Support Activity Philadelphia and Naval Recruiting District Philadelphia take a group photo after being featured in a FOX29 Philadelphia newscast "Salute to the Troops" Sept. 27. U.S. Navy Photo by Mass Communication Specialist 2nd Class Ace Rheaume

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