

## Fleet Mail Center certification nets top score

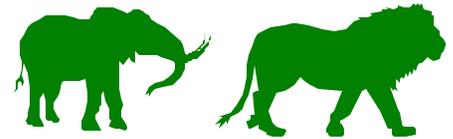
Fleet and Industrial Supply Center's Fleet Mail Center recently passed United States Postal Service certification tests with an almost perfect score. The certification was required for the center's bar code sorter equipment used to sort incoming and outgoing mail.

The minimum acceptable "score" for certification by USPS is 97 percent – the Fleet Mail Center achieved a 99.5 percent score. Used primarily to sort outgoing mail, this particular equipment reduces the cost of processes outgoing mail and saves time when mail from the Naval Station is taken to the main area post office in downtown Norfolk. For example, all mail going to California from the Fleet Mail Center is already properly sorted and grouped when delivered to the downtown Norfolk post office, and that "batch" of mail thus bypasses three additional processing and sorting operations through which it would normally go downtown. Basically, the mail would be delivered in one door downtown, ready to immediately go to California and, saving money and time and thus speeding up delivery.

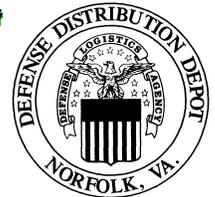
## The circus is coming!

Fleet and Industrial Supply Center's Welfare and Recreation Association wants to remind all hands that Friday, Feb. 18, will be "Norfolk Center Night at the Circus" for the Ringling Bros. and Barnum & Bailey Circus at Norfolk Scope. The show under the Big Top begins at 7:30 P.M.

Discount circus tickets can be purchased at the WRA ticket office on the 6<sup>th</sup> floor of building W-143 on Fridays between noon and 1 P.M.



# SUPPLY CHEST



February 11, 2000

Navy Core Values: Honor, Courage, Commitment

Vol. 52 No. 3

## January's savings alone were \$6,000!

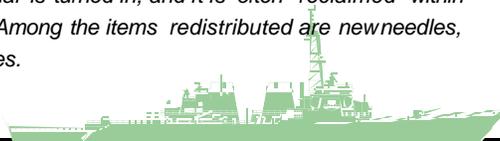


Lt. Hyung Jackson, MSC, Fleet and Industrial Supply Center's medical/dental liaison officer, stands outside the cage in building W-143 where excess medical material is stowed for fleet units. Through a program she initiated last August, Lt. Jackson has saved \$27,000 by acquiring excess material from waterfront units and reissuing the material to other ships. She notifies type commanders when material is turned in, and it is often "reclaimed" within a day or two upon being made available. Among the items redistributed are new needles, surgical gloves, gauze, blades, and sutures.

## Mileage rate for POV use while on TDY goes up

Reimbursement for mileage when using privately owned vehicles (POVs) while on official temporary duty (TDY) increased on Jan. 14. As of that date, the POV TDY mileage rate increased from 31 cents per mile to 32.5 cents per mile. The reimbursable mileage rate for privately owned aircraft and motorcycles remains the same at 88 cents per mile, and 26 cents per mile, respectively.

The rates apply to uniformed and civilian personnel traveling in accordance with Joint Travel Regulations (JTR). The new rates are scheduled to appear in printed change number 159 to Vol. 1 of the JTR, and change number 413 to Vol. 2, and which are to be distributed March 1, 2000.



# Bravo

# Zulu



*Mr. Edward Fuller, a Material Handler Supervisor in FISC's Terminal Operations Branch (Code 302.16), was selected as the Supervisor of the Quarter during FISC's 1st year 2000 quarterly awards presentation held Feb. 2. Mr. Fuller was recognized for coordinating container freight operations in building CEP-201.*



*Mr. Edurado Aguya, from FISC's Navy Regional Mail Center (Code 308), was the General Schedule Employee of the Quarter during the Feb. 2, quarterly awards ceremony. He was cited for his professionalism and efforts in reducing wrongly sorted mail, streamlining mail consolidation, and training co-workers.*



*M ATAC Hub (Code 303.1), was selected as the FISC Wage Grade Employee of the Quarter at the Feb. 2, quarterly awards ceremony in successfully processing more than 2,000 line items at the hub.*



*The FISC Work Team of the Quarter consisted of 14 men and women from the FISC Information Technology Division (Code 82). They were lauded for their efforts in successfully converting 700 work stations to Lotus Notes, and for ensuring FISC had no Y2K problems. See the team members' names on page 8.*

FISC



## SUPPLY CHEST

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Fred Klinkenberger, Assistant Public Affairs Officer/Editor  
Bill Pointer, Photographer  
Seve Craddock, Graphics Illustrator



DDNV

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## NMC Portsmouth to offer prostate cancer screening clinic for eligible men

The Urology Clinic at Naval Medical Center Portsmouth will conduct a prostate cancer screening clinic for active duty and retired military men during the week of Feb. 28 to March 3. Screening appointments will be scheduled in the evenings from 6 to 7:30 P.M. All eligible men interested in an appointment or wanting more information should call the Urology Clinic at 953-2342 or 953-2343.

While the causes of prostate cancer are not yet completely understood, researchers have found several factors that are consistently associated with an increased risk of developing this disease.

**Age** – The chance of having prostate cancer increases rapidly after age 50. More than 80 percent of all prostate cancers are diagnosed in men over the age of 65.

**Race** – Prostate cancer is about twice as common among African-American men as it is among white American men.

**Nationality** – Prostate cancer is most common in North America and northwestern Europe. It is less common in Asia, Africa, Central America, and South America.

**Diet** – Most studies suggest men with high-fat diets have greater chances of developing prostate cancer. Other research indicates that men with a high-fat diet tend to eat fewer fruits and vegetables and more dairy products, and that these factors may be responsible for increasing risk rather than the amount of fat itself.

**Physical Activity** – Regular physical activity and maintaining a healthy weight may help reduce prostate cancer risk.

**Family History** – Prostate cancer seems to run in some families, suggesting an inherited or genetic factor. Having a father or brother with prostate cancer doubles a man's risk of developing this disease.

Screening tests can often detect prostate cancer at an early stage, when treatment is most likely to be successful. For men appropriately treated for cancer that has not spread beyond the prostate gland, the five-year relative survival rate is 100 percent. The American Cancer Society recommends annual prostate cancer tests beginning at age 50, and for all younger men who are at high risk based upon family history or other factors. For additional information about prostate cancer screening, detection, symptoms, risk factors and treatment, consult the American Cancer Society web site at [www.cancer.org](http://www.cancer.org).

## Friday was "Flag Day" as three admirals visit FISC and DDNV



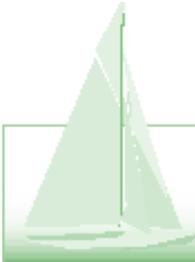
Three Naval Supply Corps admirals visited the Fleet and Industrial Supply Center and the Defense Distribution Depot on Feb. 4. Rear Adm. Daniel Mc Carthy, Deputy Chief of Staff for Logistics, Fleet Supply and Ordnance for the U.S. Pacific Fleet (above left), visited the Customer Information Center and the Naval Sea Systems Command's Integrated Call Center, then toured the Super ServMart. Rear Adm. Daniel Stone, Commander, Defense Logistics Support Center (above right) visited DDNV's Pier 3, DRMO buildings, and toured DDNV's shipping and receiving floor. Also visiting FISC was Rear Adm. Paul O. Soderberg, former FISC Commanding Officer and currently the Director, Logistics, and Fleet Supply Officer for the U.S. Atlantic Fleet.

### Leap year considered alteration to natural order

Every four years, our Gregorian calendar adds a day at the end of February to account for the fact that it actually takes the earth five hours and 48 minutes longer than 365 days to make a complete revolution around the sun. This is why every four years we have 29 days in February, and the year is thus known as a leap year.

Feb. 29, is also known as Ladies' Day or Bachelors' Day because women can supposedly propose to men on this date – or anytime throughout the leap year. Folklore historians believe this tradition coincided with leap year because the year itself was seen as an alteration of the natural order of things.

In 1288, the Scottish parliament decreed, "For each year known as lepe yeare, any maiden ladye of both highe and lowe stait shall hae liberte too bespeke ye man she like." If the Scotsman in question turned down his lass's proposal, the law held that he be fined one pound – unless he was already married.



## shifting colors

### Lt. j.g. Porter relieves Lt. Cmdr. Martinez; Cmdr. Alexander off to NAVSUP

Lt. j.g. Roscoe Porter has relieved Lt. Cmdr. Brian E. Martinez as Fleet and Industrial Supply Center Norfolk's Customer Service Officer (Code 105). Lt. Cmdr. Martinez arrived at FISC in December of 1998 and relieved Lt. Jeff Davis as the Customer Service Officer. Lt. Cmdr. Martinez will become the executive assistant to the Commander, Defense Logistics Support Command, at Defense Logistics Agency headquarters in Ft. Belvoir, Va. Lt. j.g. Porter, the incoming Customer Service Officer, can be reached at 443-1224 or 443-1183.

In another move, FISC Customer Service Department Director, Cmdr. Cathy Alexander, will be transferring to Naval Supply Systems Command headquarters in Mechanicsburg, Penn., where she will be on the staff of the Deputy Commander for Fleet Logistics Operations. The U.S. Naval Academy graduate says she has really enjoyed working with people at FISC and deeply appreciated the support she received while here.

#### **Trigon rep to be available**

Linda Fletcher, a Trigon Blue Cross/Blue Shield representative, will be available in the FISC satellite Human Resources Office conference room on the 6th floor of building W-143 on Thursday, Feb. 17. She will answer health care plan subscribers' questions between 9 and 11:30 A.M. Ms. Fletcher will regularly visit FISC after Feb. 17 – being available the 3rd Thursday of each month between 9 and 11:30 A.M. – to answer employees' questions about health benefits for the HMO and fee-for-service insurance.



*Lt. j.g. Roscoe Porter is the new Director of the Customer Service Division, Code 105. He relieved the transferring Lt. Cmdr. Brian E. Martinez, who is headed to Ft. Belvoir, Va.*



*Cmdr. Cathy Alexander is transferring to the Naval Supply Systems Command headquarters in Mechanicsburg, Penn. Her relief as Code 100 Department Head has not yet been identified.*

#### **We've gone "electronic"**

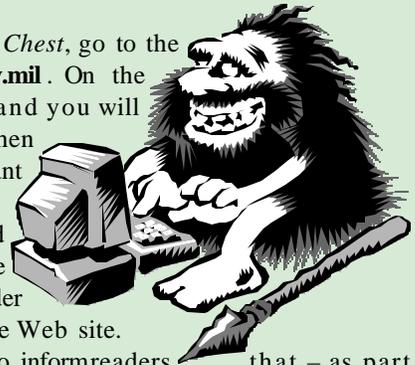
### **Supply Chest is now available on FISC Web site**

With the Dec. 17, 1999 issue, the *Supply Chest* made its debut on the Fleet and Industrial Supply Center, Norfolk, Web site. All upcoming editions can now be read and printed from the Web.

In order to get to the electronic *Supply Chest*, go to the FISC Web site at <http://www.nor.fisc.navy.mil>. On the home page click on **FISC Newsletter**, and you will reach the *Supply Chest* archives page. Then simply click on the date of the issue you want to read.

Adobe Acrobat Reader is needed to read and print the electronic *Supply Chest*, since the paper is in PDF format. Acrobat Reader can be downloaded for free from the Adobe Web site.

The *Supply Chest* staff also would like to inform readers that – as part of cost-cutting measures – funds are no longer available for mailing the paper to FISC retirees. Hopefully the paper's availability on the Web will make up for the discontinued mailings.



## **DoD information highway is too congested – new usage guidelines studied**

Department of Defense personnel – uniformed and civilians – will soon be asked to better discipline themselves when it comes to using DoD communications networks, according to the Jan. 27 edition of *Inside the Pentagon* in Washington, D.C. The article indicates a memorandum addressing the clogged DoD information network is currently being reviewed by high level DoD officials, and current Deputy Defense Secretary John Hamre is expected to implement many of the document's recommendations.

The memorandum is the result of U.S. defense civilian and uniformed leaders' fears that the DoD internal information highway is so clogged due to bandwidth constraints that timely transmission of critical operational information is already being delayed, and will continue to be during future missions and responses to crises if corrective measures are not taken immediately.

According to the article, the document draft currently under review states, "The global Internet and the vast private sector communications network capacity, called bandwidth, have made it possible to provide high volumes of information to practically anywhere, on

demand. The public has become used to processing this information quickly and reliably at low cost. There appears to be an unlimited bandwidth to satisfy expectations."

The article points out that military communications networks, have limited bandwidths. *Inside the Pentagon* quotes the memorandum as stating, "However, unlike the commercial world, the department (DoD) is faced with serious restrictions on the amount of information that can be provided to our forces, particularly in remote areas of the world." The memo adds that DoD communications networks improvements cannot keep pace with demand, although the improvements are helping somewhat.

Mission-essential information transmittal is now often delayed because of "clogged" networks, the memo states,

and network discipline by users will be required to free networks so field and operational commanders can receive the vital strategic and tactical information needed to successfully carry out missions."

Some recommendations contained in the memorandum include limiting the emailing of large documents, restricting the use of e-mail graphics and color in documents, and generally limiting the transmittal of documents to black and white. Specifically, the memo states background logos and seals should be used only once (on briefing title slides). Also, rich context pictures requiring more than one megabyte of memory should be avoided.

The guidelines also will recommend that instead of mass mailing the briefings themselves, they should be placed on a Web site accessible by interested parties, with Webmaster establishing links for those needing to view the briefs. Briefs or documents which must be sent as attachments should be as compressed as possible.

Additionally, Internet surfing while on DoD systems will also be discouraged, as will be the use of non-government provided, commercial e-mail services (such as Yahoo!, Hotmail etc.).

Also strongly discouraged (perhaps prohibited) will be personal subscriptions to newsgroups and other "electronic" organizations which are not mission-related or mission-essential.

*Supply Chest* will publish more information on the memorandum and its implementation as official policy as the information becomes available.



### **Navy dungaree bell bottoms fade into history**

The last of the traditional bell-bottom dungarees was recently issued to incoming recruits, as the new CPO-style utility uniform becomes the standard for fleet sailors in pay grades E-6 and below. In the past, each recruit was given one pair of the traditional dungarees and three sets of the new utility uniforms. From now on, though, enlisted members will be issued four sets of the modernized working uniform, similar in fit to wash khakis worn by officers and chiefs at sea. The Navy had continued to issue recruits the traditional dungarees in order to use up existing stock.

The new straight-leg dark blue pants, with permanent creases, and the light blue shirts, are both 65/35 percent polyester/cotton mix. The uniforms have deep pockets, and the name and warfare specialty designators are embroidered onto the shirt above the appropriate pockets instead of being stenciled.

"The bell bottoms are going away," said Senior Chief Petty Officer Catherine Phillmon, uniform liaison officer. "The new uniform looks more professional – it is more presentable. It seems it will be more serviceable in the fleet," Phillmon added. "It is like the chief's uniform, only the color is different, and it will have a better fitting pocket."

**Don't forget your  
sweetheart on Valentine's  
Day – Monday, Feb. 14<sup>th</sup>!**

## Speed traps to be set on I-64 for all of February

During all of February, the Virginia State Police will have speed traps on Interstate 64 between the Jefferson Avenue exit in Newport News and the Indian River Road exit in Virginia Beach. The speed limit on the I-64 is 55 mph, although the majority of commuters seemingly travel between 60 and 70 mph. It should interest readers to note that when the Virginia State Police set up similar speed traps approximately a year ago, 17,000 traffic tickets were issued!

Along with suffering the frustrating inconvenience of being stopped and fined, those ticketed for speeding could also see an increase in their annual automobile insurance premium, since speeding is a moving violation. Along with reckless and careless driving, and driving while under the influence of alcohol (DUI), a speeding violation could end up costing the driver a hefty sum of money.

Obey posted speeds – the consequences of not doing so will not only cost money but could also result in an accident. Is it worth the risk just to get somewhere five or ten minutes earlier?

## Ethics Quiz for February: Sheila's popularity "crashes"

Sheila is a FISC employee who has been assigned to a Commercial Activities Outsourcing Study Team. In a nutshell, Sheila must figure out whether OMB Circular A-76 is going to put her fellow civil servants out of their jobs. It is unclear how Sheila so offended her supervisor that she was assigned to perform this task. However, she is naturally cheerful and has adapted to little changes in her daily routine, like asking the local Navy Explosive Ordnance Disposal Squad to examine her daily incoming mail.

One person still willing to talk to Sheila is husband Jeremy, who works at the FISC's Norfolk Naval Shipyard annex. Jeremy is also a shop steward in the American Federal of Government Employees, and he is the Hampton Roads coordinator for the "SWAMP" Campaign (Stop Wasting America's Money on Privatization).

Yesterday, Sheila's team was tasked to study – you guessed it – the shipyard annex. Are there any ethical issues involved?

*Ans. At first blush, this appears to be a conflict of interest under 18 U.S.C. 208, which prohibits a Federal employee from participating in any particular matter (the CA Study) that has a direct and predictable effect on the employee's financial interests (loss of husband's salary). However, general guidance provided by the Office of*

*Government Ethics (OGE), recently reiterated in a Sept. 9, 1999, memorandum, indicated this situation is not a violation of the statute. Nevertheless, it is possibly a conflict of interest under the similar standards of 5 C.F.R. 2635.402(b)(2). However, OGE usually considers mere participation in the CA Study process "too remote" from the ultimate decision to outsource or award work to a contractor. If Sheila's duties included subsequent participation in the source selection team, this might well be a conflict under the ethics regulations. The prohibition against private use of nonpublic information (5 C.F.R. 2635.703) also suggests itself, but it is possible that much of the CA Study information is already known to her husband. The best answer would be that this situation calls into question Sheila's ability to perform her duties in an impartial manner (5 C.F.R. 2635.502) and also raises the appearance of impropriety. 5 C.F.R. 2635.101(b)(14). Accordingly, Sheila should make a written disclosure to her supervisor, who should then assign Sheila to other duties. Unfortunately for Sheila, there are plenty of other CA Studies to be performed.*

If you have any questions about this or any other ethical matter, please call the Office of Counsel (Code 08) at 443-1089.

## Stop heart disease, strokes!

CEAP philosophy for healthy living – especially for preventing heart disease and strokes – is preventiveness. Maintain a healthy and long life by managing your blood pressure. Start by seeing your doctor regularly and have periodic, complete physicals. If on medication, take it as prescribed and follow recommended diets, and lifestyle changes if your physician suggests them.

CEAP wants employees to be informed about heart disease and stroke prevention and will distribute literature and posters to reinforce the importance of taking preventive measures to stem the onset of heart disease and strokes.

The cancelled lunch-and-learn session "Anyone can get AIDS" has been rescheduled Wednesday, Feb. 23, from 11 A.M. to noon, in the W-143, 6<sup>th</sup> floor San Diego Room. Guest speaker will be Ms. Cynthia Corbett from the Little Creek branch of the Norfolk Department of Public Health.

CEAP offers numerous cost-free, professional counseling services to employee and immediate family members of FISC, NAVTRANS, FOSSAC, DIPC, and ILO. For information call Veronica Thomas at 443-1049 or 443-1490.

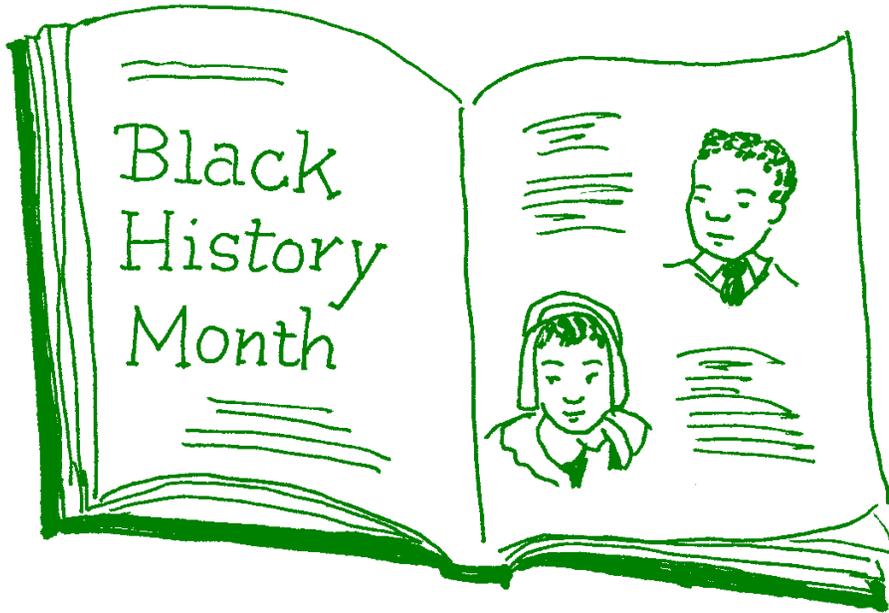
### "Have a heart!"

- ◆ The average person's heart is roughly the size of his or her clenched fist.
- ◆ Women's hearts beat faster than men's.
- ◆ In one year, the average human heart circulates about a million gallons of blood through the body.
- ◆ An average-sized adult's body contains 70,000 miles of blood vessels. The heart pumps blood through this labyrinth and back again once every minute.
- ◆ The average heart beats about 100,000 times in 24 hours. In 72-year lifetime, that's more than 2.5 billion beats!
- ◆ The heart rests between beats for a total of 40 years in a 70-year lifetime.

## FISC and DDNV to have unique displays for Black History Month

In observance of February as Black History Month, there will be three interesting and informative displays in building W-143. Elizabeth Green from FISC Code 53 will have a display entitled "Songs of Freedom," in the

*At right, Code 53's Elizabeth Green stands by her Dr. Martin Luther King, Jr., display for his January birthday observance.*



it is a month of numerous events which highlight the significant contributions African-Americans have made to America's culture and history. The celebration began in 1926 as Negro History Week, established by Dr. Carter G. Woodson. He was an African-American scholar with a doctorate from prestigious Harvard University, and whose parents had been slaves. He devoted his life to studying African descendants' experiences throughout the world. In 1915, Dr. Woodson established the Association for the Study of Negro Life and History, which is today the Association for the Study of Afro-American Life and History, and which sponsors Black History Month.

glass enclosed display board on the 6<sup>th</sup> floor of building W-143 just outside the Robert Jack Room.

Meanwhile, in the 6<sup>th</sup> floor display case adjacent to the building's main elevators there will be two additional displays. One will be a tribute to African-American inventors, and will be set up by Defense Distribution Depot Norfolk's Rita Lemon and Mary Bunn.

Another display will take a look at African-American jazz musicians and their contributions to the country's Civil Rights Movement. This display will be the work of Public Affairs Office graphics illustrator Steve Craddock, who will also be assisting with the graphic elements of the other displays.

Black History month is celebrated annually and began in 1976. Nationally,



*Legendary jazz singer Billie Holiday, drawn by PAO graphic artist Steve Craddock*

## Third annual Chili Cook-Off takes place Feb. 29<sup>th</sup>

Don't miss the 3<sup>rd</sup> annual, special Leap Year Chili Cook-Off to be sponsored by Fleet and Industrial Supply Center's Welfare and Recreation Association (WRA) on Tuesday, Feb. 29, from 11:30 A.M. until 1 P.M. in the building W-143 6<sup>th</sup> floor mall. This is your chance to bring your culinary masterpiece and compete with others' creations, while satisfying your co-workers' palates.

Entries will be judged by taste, appearance, and presentation (including table decorations). All entrants must provide a minimum of two quarts of pre-cooked chili and WRA will provide tables and serving containers.

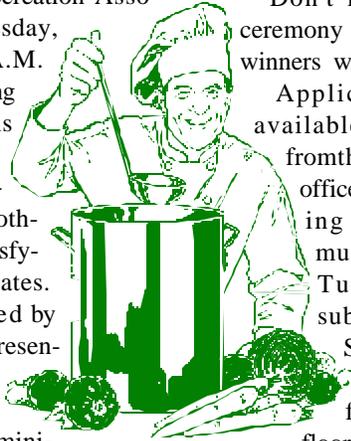
Everyone is invited to taste test, then

vote, on their favorite chili. The entry categories are: hot, mild, vegetarian (meatless), and beanless.

Don't miss the special award ceremony after the tasting, when winners will be announced.

Applications to register are available at the WRA office or from the FISC Code 104 SPV office on the 1<sup>st</sup> floor of building W-143. Registrations must be received by Tuesday, Feb. 22. Please submit your registration to SKC James E. O'Neal in the Code 104 (SPV) office on the W-143 1<sup>st</sup> floor. Registrations may be delivered, sent by guard mail, faxed to 443-1236, or e-mailed to [james\\_e\\_o'neal@nor.fisc.navy.mil](mailto:james_e_o'neal@nor.fisc.navy.mil).

For more information, call 443-1250.



## Gate E open to pedestrian traffic for Orange lot

Gate E is open for general pedestrian traffic for those who park in the Orange lot. Gate E is the gate at the east end of that section of Gilbert Street which runs along the front, or south side, of building W-143 and the new DDNV warehouse, W-148 (the gate is right by W-148). The gate will be open Mondays through Fridays from midnight to midnight. It will not be open on weekends.

For those who walk to the Orange lot, you are reminded you cannot walk the length of building W-143 between Gate E and the 1<sup>st</sup> floor main entrance due to the locked gate approximately a third of the way down the length of the building. You can leave or enter W-143 by taking the steps in the southeast corner of the building (the same steps which lead to the fitness room).

There is also a set of stairs going to the ground level from the cafeteria. These steps are accessed right next to the men's restroom in the back half of the 6<sup>th</sup> floor, building W-143 cafeteria.

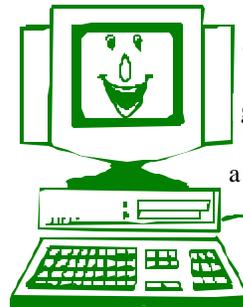
Those who do walk through that section of Gilbert Street inside the fenced compound to gate E are reminded the area is an industrial area, and pedestrians should be alert for moving trucks and other vehicles while walking to their vehicles. Pedestrians should also be cautious when going around equipment and the large metal bins in the area. In short, please watch where you're going!

## "Fat Tuesday is really the countdown to Lent"

Mardi Gras is the annual celebration which made New Orleans famous. A French term, it means "Fat Tuesday," and came from Paris where it has been celebrated since the Middle Ages, maybe earlier as a pagan festival. The name came from roasting a fatted calf on the last day of Carnival, a period that began Jan. 6 – the 12<sup>th</sup> night after Christmas which "officially" ended the Christmas Season and began the countdown to Lent. Mardi Gras falls on March 7, but festivities and parades begin in February. Mardi Gras revelers celebrate life's excesses – food, drink, parties, romance – before observing the rigors of the Lenten penitential period.

## IT Division team is tops

The Fleet and Industrial Supply Center's 1<sup>st</sup> Work Team of the Quarter for year 2000 consisted of 14 men and women from the Information Technology Division (Code 82), and were chosen because they kept our computers "computin'" when clocks rolled over to one minute past midnight on Jan 1, 2000. Long before the new year came upon us, these men and women made sure software packages were Y2K compliant by updating or replacing those which were not ready for the year 2000. Additionally, the team collectively upgraded more than 700 work stations to Lotus Notes, with little or no work stoppages to those concerned.



The team even gave up New Year's morning and came to work

to ensure FISC computer systems would not have any of the dreaded Y2K crashes – none did.

The team members recognized were Elizabeth Blackwell, Karen Brinster, Alice Burford, Barbara Byars, Mercer Collier, Star Foreman, William Gray, Richard Hagen, Sheryl Harts, Clinton Johnson, Curtis Mims, Olga Summerville, Susan Thornes, and George Turner.

Congratulations to all!

## FISC Norfolk's Fraud, Waste, and Abuse Hotline is 443-1533.

† Callers need not identify themselves.

† The line is open seven days a week, 24 hours a day.

† Confidentiality of Hotline calls is assured.

† Prompt investigations and responses will be conducted for all calls.