

THE MAHAN LIDER

MAHAN

Returns to the Fleet,

Completes ESRA
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Volume 10 | Issue 10 | October 2019

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The Maintainer is the official Mid-Atlantic Regional Maintenance Center publication. All comments of this publication do not necessarily reflect the official views of the Department of the Navy. This is a monthly newsletter and the deadline for submission of articles is the fifth of each month. Correspondence should be directed to Public Affairs, Code 1100P, Building LF-18 or email: MARMC_NRFK_1100P_PUBLIC_AFFAIRS@navy.mil.

COMMAND CONVERSATIONS

With Captain Barney

Greetings MARMC Family,

Welcome to autumn in Hampton Roads. Depending on the day this is printed, it may be in the 90's or in the 50's – the weather can never make up its mind. We can easily experience at least three of the four seasons in a week. Again, welcome to autumn in Hampton Roads.

Last month we held our Fun Day and I had an opportunity to meet many of your spouses, kids, and other family members. My wife Linda was there too. I still can't figure out how she could miss the target by so much and yet I still was dropped into the dunk tank. Even though I'm sure I was somehow set up, it was a lot of fun. What a great opportunity to share a few laughs, lots of smiles and some great food. Now that fall is here, the holiday season is right around the corner. I'm looking forward to the opportunity for more command-sponsored events. Please continue to submit your ideas! I can't wait to meet more of your family members and to give them a chance to meet some of their extended MARMC Family.

As many of you are aware, the USS Bataan (LHD 5) Amphibious Ready Group, which includes USS Arlington (LPD 24) and USS Oak Hill (LSD 51), is a top priority for the Navy and our maintenance teams are working hard to make sure they are ready to not only deploy, but to complete the training required to get the crews ready. The entire MARMC team has been working together to answer the call anytime they need us. This includes our Diesel Engines Branch (Code 264), Diesels Work center (Code 931) and Rigging Shop (Code 910), which are actively engaged and working together to repair Oak Hill's #1 and #2 Ship's Service Diesel Generators (SSDG). These are team efforts, that require MARMC to work together to support the folks on the deck plate. They also include coordination and support from the crew and Type Commander. To not only repair one SSDG, but to tackle a second while still supporting the ship's training requirements – shows an outstanding level of commitment to our mission. I could not be more proud of the hard work and efforts of the Sailors and civilians who make things like this happen every day, on multiple ships and always with the goal of ensuring operational capability. That is what I think of when I say "We Fix Ships" and exactly what you are doing every day!

Working in ship repair means that ships returning home for the holidays will be requesting our support to take advantage of the pier side time to maintain or improve their material condition. We expect more than a dozen maintenance availabilities and countless requests for technical assistance pierside and any place around the world around. Yet another opportunity to show the Navy why you are the best at what you do. MARMC mission is the key to making sure all those ships are ready to execute their missions!

I don't know how it is possible, but every day in command seems better than the day before. That being said, my favorite thing so far is the honor and privilege I have of recognizing the diligent hard work, exceptional leadership and the incredible teamwork of outstanding MARMC Family members. I recently had such an opportunity when I meritoriously advanced eight MARMC Sailors. These Sailors all excelled and earned accelerated promotion. Great job to all of them!



Don't forget, October is Cybersecurity Awareness Month. Cybersecurity is a critical element to our National Defense and one of the focus areas that our Executive Leadership Council (ELC), Naval Sea Systems Command (NAVSEA), the Navy and the Department of Defense. As we move through Fiscal Year 2020, we all need to be more aware of the dangers that exist within the cyber world. This not only means safeguarding your work assets (computers, phones, tablets, etc.), but also learning and teaching your family the best cybersecurity practices while at home. The digital age is here to stay and every day our adversaries are probing our systems and networks for vulnerabilities. Do not be the weak link! Know what a spear phishing scam looks like, talk with the Command Information Systems Security Manager and make sure all of your electronic devices have up-to-date antivirus software.

Please remember to be safe in all aspects of your work and home life. Each and every one of you are a valuable part of the MARMC family and we couldn't do what we do without you – WE FIX SHIPS!

Sincerely,

Tim Barney
CAPT USN

CHALLENGE THE NORM



Notes from the Executive Director

Earlier this month the Chief of Naval Operations (CNO) put out a Fragmentary Order (FRAGO) focused on a design for maintaining maritime superiority. Right at the top of his list of priorities was on-time delivery of ships from maintenance availabilities. Within his first priority, he stated,

“Improve Ship Depot-Level Maintenance and Modernization. To responsibly grow and dynamically operate the fleet... Our toughest near term challenge is reversing the trend of delivering only 40 percent

speaking to the Critical Path Management training that many folks on our maintenance teams have participated in – all in an effort to change the norm and how we routinely conduct business at the command and on the waterfront to meet the expectation of on-time delivery.

Last week, MARMC’s Executive Leadership Council (ELC) conducted its annual SBP off-site meeting. Our focus at that meeting was to investigate and identify what we do that can impact critical path execution in order to help alleviate

off-site focused on the command’s acquisition strategy and how we are going to bundle ship availabilities in the future to help make private industry more successful. Our ability to assist our industry partners in creating long-term workforce stability is paramount to achieving the CNO’s FRAGO.

In November, we will head back to D.C. for the Commander’s Leadership Forum. If you haven’t already guessed the theme of that conference, I will give you a hint – on-time delivery! My expectation is to continue to show MARMC’s dynamic approach to meeting the mission, but I need everyone at the command on board and committed to nonstop execution of our CNO availability critical path and hyper focusing our efforts where they have the most impact on our strategic initiatives.

My concern is how easy it is to become wrapped around the axle on the wrong things. We know our business is very fluid and there are a lot of moving parts, but I will continue to challenge all of you to refocus your approach to ensure we meet the fleet’s deadlines. Continue to refine processes, remove barriers and meet with your counterparts in other codes, divisions and departments to help one another become successful. I will continue to put out the message, but it is incumbent on YOU to put into action the tools and processes leadership provides.

I am aware of the immense talent pool here at the command and how skillful we are at fixing ships whenever the call comes in, but I know with a renewed focus we can become even better. More than ever, when something stands in the way of our progress, remember you have the ability to influence change and never forget – if it feels like you are running in place – CHALLENGE THE NORM!

“Mission One for every Sailor, Chief Petty Officer, Officer and Navy Civilian – active and reserve – is the operational readiness of today’s Navy.”

of our ships from maintenance on time. Working with the shipyard and leveraging data analytics to identify and close performance gaps, the Surface and Submarine Type Commanders, supported by Naval Sea Systems Command, will deliver a plan in 60 days to eliminate days lost through depot-level availability extensions by the end of FY20 and to reduce availability durations from current baselines by 10 percent by the end of FY21.”

We, the Mid-Atlantic Regional Maintenance Center (MARMC) Team, are leading the charge on this. We have already begun shifting our Strategic Business Plan (SBP) focus to include better metrics tracking with the implementation of data analytics. Over the summer, I was continuously

availability extensions and get ships back to the fleet, mission ready, on-time. Over the next year, this is my challenge to every MARMC employee, define your contribution to nonstop execution of CNO availability critical path in your particular area of expertise and drive your workflow so that it impacts our ability to fix ships faster, smarter and on-time.

At the end of October, we will receive a visit from Commander, Naval Sea Systems Command (NAVSEA) Vice Adm. Thomas Moore and NAVSEA Executive Director Jim Smerchansky. The basis of our meeting will be to layout MARMC’s plan to execute on-time delivery. This will be followed closely by a Commander, Navy Regional Maintenance Center (CNRMC)

Command Master Chief

NOTES

Team MARMC,

Special thanks to our Inclusion and Diversity (IDC) Special Emphasis Sub-Committee for putting together a great command Fun Day! Unfortunately I could not be there, but I was told there was tremendous command participation. Commanding Officer Capt. Tim Barney went underwater numerous times and Executive Director Dennis Bevington was on a tri-cycle! Man, I wish I could have been there to see that. I am definitely looking forward to next year's Fun Day!

October is not only Hispanic Heritage Month, it's also Domestic Violence Awareness and Breast Cancer Awareness month. Stay tuned for more information from our IDC regarding any future events.

Oct. 11, we celebrated the Navy's 244th Birthday in Building CEP-200 on Main Street. We had a celebratory cake cutting. Thank you to everyone who came out and shared in the celebration.

MWR is working hard on fundraising for the upcoming Holiday Party taking place on Dec. 6, at the Virginia Beach Convention Center! They are looking for motivated volunteers to be a part of the Holiday Party Committee; this opportunity is open to civilians and military personnel. If you want to be a part of the Holiday Party Committee, send Chief Ailaine Paloukos an email at ailaine.s.paloukos@navy.mil with your contact information.

Thanks to everyone that participated in MARMC's Defense Equal Opportunity Management Institution (DEOMI) Survey. We will take all

the feedback we received and convey the results to the command in a debrief given by Capt. Barney.

CMC Final Word:

As we move closer to the holidays, the pressures of our daily financial responsibilities may sometimes begin to weigh on us as we look ahead to purchasing gifts for loved ones. There may be opportunities to help a shipmate or co-worker should you overhear of an extreme financial hardship that he or she may be going through. If you know of someone, please contact me at 400-2488 or come by my office located in Building CEP-200.



Sailors assigned to Mid-Atlantic Regional Maintenance Center (MARMC) attended a College Fair with more than a dozen colleges providing information for educational opportunities during and after their Navy career. U.S. Navy photo by Derry Todd/released

Enterprise Resource Planning

By Douglas Denzine, Public Affairs Specialist

This month Mid-Atlantic Regional Maintenance Center (MARMC) shines its spotlight on Enterprise Resource Planning (ERP), which is a division of the Corporate Operations Department.

ERP's mission is to provide personnel support to specialized Maintenance Data Systems (MDS), which includes access control for the Maritime Systems Environment (MSE) applications and for Navy Maintenance Database - Replatform (NMDR), in order for those who require access to perform their daily duties. If you are a member of a maintenance team or have a Citrix account, you may be familiar with members of the ERP Division and how they help you and the command meet their mission on a daily basis.

"We provide not only MARMC staff with access, but also our industry partners, to the MSE suite of applications and NMDR," said Senior Applications Analyst Cindy Wells. "The applications including NMDR handle a wide range of functionality for the command from time keeping and long lead time material ordering to availability planning and execution."

When new employees check into the command and are identified as needing access to one or more of the dozen applications, they receive a form from the ERP office that is filled out and used to set-up their respective account.

"Depending on the role that employee is going to play at the command, we may have to get them financial approval. For instance, individuals who will be credit card holders need our Financial Departments (Code 600) approval before they begin the process of obtaining their government credit card and Citi Bank account," said Wells.

Before application access is given to an employee, ERP holds training sessions to teach and show how to properly use the applications. These training sessions are set-up to best accommodate the individuals requiring the training. Some may visit the ERP office and in other instances, an ERP staff member will go on-site or to an employee's desk to give over the shoulder training.

"ERP also has the ability to run various reports through Business Objects. Reports can be generated from any of the applica-

tions and databases using the Business Objects platform," said Wells.

If end users experience any issues or errors within the applications or with their accounts they can contact ERP to provide technical review and validation to help pinpoint and assist in correcting the issue.

The faster the ERP staff is able to get user accounts set-up, training conducted and remedy issues within the MSE applications and/or NMDR, the better equipped MARMC is to capture every detail of its mission.

"From the time an availability comes in and we begin helping the MARMC team track their schedule, time and materials, the ERP staff feels a great sense of accomplishment and pride in making sure these applications work properly," said Wells.

For the past two years, the ERP Division has been MARMC's representative in supporting PMS-444 in the planning and imminent implementation of the Navy Maintenance Enterprise Solution - Technical Refresh (NMMES-TR) information technology (IT) toolset program. PMS 444 was established and tasked with replac-

ing the maintenance activities, including Naval Shipyards, current shore-based maritime maintenance IT toolset with commercial off the shelf products.

NMMES-TR will enable a seamless transition from a myriad of existing systems to a modernized system that will be better supported. The ERP Division is MARMC's dedicated team tasked by PMS-444 to support the development of an integrated implementation and deployment plan, as well as addressing organizational change management, advance planning, site management, vendor demonstration, requirement validation, system engineering, testing and training of the workforce for successful implementation of NMMES-TR. ERP is dedicated to ensure MARMC personnel are fully prepared for the transition to NMMES-TR.

"Our quality work ensures our ships are the best maintained and MARMC personnel are fully trained in order to meet our mission in a timely manner. Our team is working every day to meet our Strategic Plan's number one priority of On-Time Delivery," said ERP Division Head Liz Howe.

ERP Division Head Liz Howe (left) and Application Analyst Sara Evans (right) work on command time keeping through the Supervisors Desk (SUPDESK) application. (US Navy Photo by Douglas Denzine/Released)



MSE APPLICATION SUITE

- COST
- Advanced Industrial Management (AIM),
- Automated Training Management System (ATMS)
- Material Requirement (MRQT)
- Material Access Technology (MAT)
- Supervisors Desk (SUPDESK)
- Supplemental Administration Employee Management (SAEM)
- Project Sequencing and Scheduling (PSS)
- Business Objects,
- Navy Maintenance Database- Replatform (NMDR)
- Validation, Screening and Brokering (VSB)
- User Management (UM)

ERP PERSONNEL

- Liz Howe (Division Head)
- Sean Williams – NMDR
- Bonnie Odom – AIM, SAEM, PSS, COST, MRQT, MAT & NMMES-TR
- Sara Evans – SUPDESK, Business Objects & NMMES-TR
- Paul Fedorko – AIM & VSB
- Amy Studer – SUPDESK & NMMES-TR
- Cindy Wells – MRQT, MAT & Business Objects
- Joe Lagana – COST & AIM
- Terry Thrash – User Management

MAHAN

Returns to the Fleet,

Completes ESRA

Story and photo by Hendrick Dickson, MARMC Public Affairs Specialist

The Arleigh Burke-class destroyer USS Mahan (DDG 72) officially returned to the fleet Sept. 13, after completing an 18-month Chief of Naval Operations availability.

Mid-Atlantic Regional Maintenance Center (MARMC) provided oversight for the Extended Selected Restricted Availability, which was awarded to Marine Hydraulics International in Norfolk, Virginia, in early 2018.

During the availability, the ship received Hull, Mechanical, and Electrical and Combat Systems upgrades to include forward and aft stack replacement, intake preservation, fan room repair and preservation, radar tank level indicators (TLI) alterations, digital fuel control system installations, ballistic missile defense computer program 4.0, vertical launching systems vent modifications, as well as inspections of all tanks.

“We completed a lot of complicated work,” said Project Manager James Young. “Much of it was concentrated on corrosion control and preservation with a lot of time also spent on alterations to the TLI due to the inherent complexity of the system.”

Successfully completing an extended availability is a wide-ranging team effort that involves a number of personnel beyond the prime contractor. The managers, engineers and shipbuilding specialists at MARMC worked closely with the ship’s crew to oversee progress on the availability and to execute a number of intermediate-level maintenance projects required to get the ship back to sea.

Long availabilities are always taxing on the morale of the crew and the maintenance team praised them for their dedication and enthusiasm to return their ship to duty.

“Ship’s force was involved in every single checkpoint and really took ownership. They wanted to be a huge part of this availability,” said Project Support Engineer Cory Brewbaker. “Whenever we needed something from the crew they were more than eager to roger up.”

When Mahan departed Naval Station Norfolk for sea trials in early September it was the first time the ship had been underway in 2019. Now, the focus turns to Type Commander sea trials and sailor training, and eventual deployment.

MARMC provides surface ship maintenance, management and oversight of private sector maintenance and fleet technical assistance to ships in the Mid-Atlantic region of the United States and provides support to the 5th and 6th Fleet Area of Responsibility.



MARMC HELPS MAINTAIN NATO's Missile Defense System

By Derry Todd, MARMC Public Affairs Specialist

Mid-Atlantic Regional Maintenance Center (MARMC) Project Support and Integrated Test Engineer Richard Flere recently returned from a volunteer mission to repair and upgrade NATO's Aegis Ashore Ballistic Missile Defense site in Deveselu, Romania.

Aegis Ashore is part of the European Phased Adaptive Approach, which is designed to defend the U.S. military and its allies in Europe against possible ballistic missile attacks. The Aegis Weapon System is one of the world's most sophisticated weapons systems capable of targeting missiles and neutralizing them in the outer atmosphere before they can reach their destination.

Flere acted as the technical point of contact ensuring rigorous compliance was maintained. As the Integrated Test Engineer, he also took responsibilities ensuring the certifications related to key events were fully supported and that all Objective Quality Evidence (OQE) was properly documented.

"While working under the Naval Sea Systems Command (NAVSEA) Technical Warrant Chief Engineer (CHENG), I was responsible for all technical work conducted on the Aegis Ashore System," said Flere. "And for obtaining the certification for the availability, which is the documentation showing the work as accurate

and certifies approval by the CHENG."

Flere explained that the CHENG, as the technical warrant holder, was accountable to NAVSEA for all technical work conducted in their Area of Operation. The warrant holder enforces strict guidelines and is responsible for making difficult risk-management decisions when guidelines are not available.

"We have very strict standards when we complete technical work," said Flere. "If something doesn't meet those standards, they must be evaluated thoroughly before it will be implemented."

"An important part of compliance is safety," said MARMC Project Support Engineer Tone Daddario. "We are always focused on the safety of our Navy's personnel, and have a system of checks and balances in place to make sure our technical work is done as safely and effectively as possible."

MARMC provides surface ship maintenance, management and oversight of private sector maintenance and fleet technical assistance to ships in the Mid-Atlantic region of the United States and provides support to the 5th and 6th Fleet Area of Responsibilities.



Naval Support Facility Deveselu, Romania. U.S. Navy Photo by Lt. Amy Forsythe

LOOKING TO THE FUTURE

MARMC's STEM Outreach

Story and photos by Aaron Glover, Public Affairs Specialist



Mid-Atlantic Regional Maintenance Center (MARMC) participated in the outdoor Science, Technology, Engineering, and Math (STEM) Laboratory during Naval Air Station Oceana's annual Air Show held in Virginia Beach, Va., Sept. 20-22.

The event drew nearly 12,000 students from Virginia Beach and Chesapeake City Public Schools where they interacted with STEM related stations provided by organizations across the Department of Defense (DoD) and NASA.

MARMC's station took students step-by-step through the development process of a remotely operated vehicle (ROV) used in the SeaPerch program, culminating in a hands on experience with ROVs in a large water filled pool. One of the main components involved in the development process was a 3D printer used in the manufacturing of ROV parts.

"We're trying to let the kids see how we incorporate 3D printing into everyday life," said MARMC Mechanical Planning Engineering Technician Arvin Persaud. "We show them how we build components of the ROV using recycled PVC parts, why we use the ROVs and how the ROV is used in the Navy."

In addition to the SeaPerch program, MARMC also participates in the MATE (Marine Advanced Technology Education) program, which uses the Triggerfish robot and is a step up from the SeaPerch as

explained by Machinist Mate Nuclear 1st Class Trey Burns.

"Triggerfish uses four motors instead of three and overall is more complex than the SeaPerch. High school students fully build these kits from the ground up - from the motor controllers to the frame itself," said Burns. "The whole project is really in depth with a lot of time and effort going into it. At the end of the program there is a competition comprised of schools in Maryland, Virginia and North Carolina."

MARMC partners with Norfolk Naval Shipyard in their STEM community outreach events and visits many local schools and military installations in an effort to get kids excited about pursuing a career in STEM.

"There is a significant need for people to work in STEM related jobs across DoD," said Norfolk Naval Shipyard Nuclear Engineer Erica Shenae Miranda. "We partner with MARMC for all of these events, including a summer camp where we can engage more closely with students from local schools. This year we did a drone project for the first time and it was very successful given the age of the students."

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WATER POLLUTION

Why Should I Care?

Submitted by Lisa Kingsbury, Safety & Occupational Health Specialist, Code 106

The facts are simple – all of the freshwater in the world is only 2.5% of the total water available on this planet. Water is the greatest gift of nature and we have exploited this natural resource to a level where controlling water pollution may seem nearly impossible.

The use of hazardous chemicals at home, in manufacturing and agriculture cause severe water pollution as waste from these activities goes directly into nearby rivers, lakes and ponds without being treated to remove harmful toxins and compounds. In America, 40% of the rivers and 46% of the lakes are considered unhealthy for swimming, fishing or aquatic life. Cruise ships alone are also a major source of water pollution. They produce over 200,000 gallons of raw sewage, which is released into our oceans.



In 2012, Virginia was identified as the second-worst state for toxic Chemicals Dumped into its waterways. “Virginia’s waterways are a polluter’s paradise right now. Polluters dump 18 million pounds of toxic chemicals into Virginia’s lakes, rivers and streams every year,” said Laura Anderson, field organizer with Environment Virginia. “226 million pounds of toxic chemicals were discharged into 1,400 waterways across the country.”

For information about hazardous chemicals at work, please reference MARMC Instruction 5100.19B. Website: <https://navsea.navy.deps.mil/field/cnrmc-marmc/106/Pages/Home.aspx>

To find out how you can dispose of your own hazardous material, contact your local facility:

Virginia Beach: Re-source Recovery Center (757) 385-3111
City Landfill 989 Jake Sears Road Virginia Beach, VA 23464

Chesapeake: Southeast Public Service Authority (757) 420-4700
723 Woodlake Drive, Chesapeake, VA 23320 | <https://spsa.com/our-locations/suffolk-landfill>

Portsmouth/Suffolk/Hampton: SPSA Regional Landfill (757) 539-9373
1 Bob Foeller Drive, Off Route 58 Suffolk, VA 23432 | <https://spsa.com/our-locations/suffolk-landfill>

Norfolk: Southeast Public Service Authority (757) 961-3981
3136 Woodland Avenue, Norfolk, VA | spsa.com

Newport News: City of Newport News Household Hazardous Waste (HHW) Facility (757) 886-7947
550 Atkinson Way, Newport News | <https://www.nngov.com/906/Household-Hazardous-Waste>

County of Pasquotank, NC (Elizabeth City): Pasquotank County C&D Landfill (252) 335-4105
983 Simpson Ditch Road; Elizabeth City

Currituck (Moyock): Soundside C&D Waste Transfer & Recycling Center (252) 202-5247
7565 Caratoke Highway

<https://earth911.com/> - Join 54,000+ earthlings and keep on top of green living news, DIY tips, and info about recycling just about anything.



Leadership Values at MARMC

Information submitted by Dawn Dick, Corporate Operations Deputy
Article by Douglas Denzine, Public Affairs Specialist

During a recent Executive Leadership Council (ELC) meeting, MARMC department heads and deputies were asked – “What leadership values are most important to you?”

The ELC members were then given three minutes to identify 10 generic leadership values, which they wrote on post-it notes and displayed on the table in front of them. Using their first instincts, they had 30-seconds to eliminate three of the values.

After reviewing their remaining seven, they had 20 seconds to get rid of two more leaving them with five values on the table in front of them. After another 20 seconds of review, an additional two values were eliminated leaving each ELC member with three values in front of them.

Leaders were asked if they were surprised with the remaining values. Do they emulate these values on a daily basis?

Next, they were directed to take their remaining three values and consolidate them on white boards while also translating them into behaviors.

After all had finished, 51 values had been identified with relative behaviors.

The group was then asked – “Are there any of these values you don’t agree with? Do these values represent MARMC leaders? Is this what our employees see from MARMC Management Teams?”

Is this what is seen across departments/divisions/codes? Does our MARMC Organization mirror these values? If not, Why?”

The outcome of the exercise rendered the following top six leadership values/behaviors that MARMC leadership believe to be the most important for the continued success of the command.

1. Trusting
2. Honesty
3. Experience
4. Openess
5. Communicative
6. Integrity

Take some time to ask yourself if these are attributes that your direct leadership embody, or whether or not you are focused on these values in your daily work experience. What are the most important values and behaviors to you?

In a quest to further MARMC’s strategic initiatives, leadership is continuing to engage in activities that help shape and focus their approach to the command’s mission and number one priority of fixing ships on-time!

Thanksgiving Luncheon

Nov. 21, 2019, at 11:30
Building CF-18
Break Room

Tickets on sale for \$10 in CF-18 Break Room,
Now until Nov. 15, 11:00 a.m. to 12:00 p.m.

Damage Controlman 1st Class Sarah Aumiller hydro-tests a self-contained breathing apparatus bottle from the USS John C. Stennis (CVN 74). (U.S. Navy Photo by Chris Wyatt/Released)



CODE 900

IN ACTION

Hull Technician 2nd Class Joseph Robinson fabricates replacement parts for a hatch on USS Truxton (DDG 103). (U.S. Navy Photo by Chris Wyatt/Released)



COMMAND FUN DAY

SEPTEMBER 19, 2019







Command PANTRY

Information submitted by Debbie Morris

The holiday season is upon us! Every year at this time, Mid-Atlantic Regional Maintenance Center (MARMC) looks to bolster its supplies in the command food pantry. The food pantry is an on-going effort supported by the Naval Civilian Managers Association to give back to those at the command who may have fallen on hard times. We often think of the holidays as a joyous time to be with friends and family, but keep in mind that not everyone is so fortunate to get through the winter months without hardship. The MARMC family becomes stronger each year and those of us who can help others in need should certainly lend a hand. This year the following items are especially needed:

- Canned chicken
- Canned tuna
- Cans of soup
- Instant mash potatoes
- Boxed stuffing mix (around the holidays)
- Bagged Rice
- Peanut butter
- Jelly
- Juice boxes
- Non-perishable items for kids lunches
- Hot and cold cereals
- Canned raviolis, spaghetti, mac and cheese, etc.

Please drop off all donations at Building LF-18's Command Break Room. A Building CEP-200 donation collection area is currently being reestablished and will be announced soon!

Mid-Atlantic Regional Maintenance Center

HOLIDAY

Party
The 70's and 80's

Virginia Beach Convention Center
1000 19th St. Virginia Beach
Dec. 6, 2019, 6:00 p.m. to 12:00 a.m.

To purchase tickets, contact:
GSEC Ailaine Paloukos at 400-2294 (CEP-200)
Rachel Skelton at 400-0334 (LF-18)

Ticket price: \$25

Ticket sale dates: Now to Nov. 22

NATIONAL CYBERSECURITY AWARENESS MONTH

Understanding the consequences of our actions in cyberspace is essential to combating cyber threats, and Cybersecurity Awareness Month is an important time to be reminded of the ways we can contribute to the strength or weakness of the enterprise through our day-to-day actions - at work, at home and at sea.

- 1. Do not open emails from unknown senders**
- 2. Do not click on Hyperlinks in emails unless the email is from a trusted source**
- 3. Never connect any device to your NMCI asset**
- 4. Ensure PIN's to CAC's and passwords are not written down and meet security requirements**
- 5. Keep home computer systems up to date with patches and anti-virus software**