



OSC Community News

Operations Systems Center

December 2006

OSC Partnership with NJE Grows



NJE Principal Mary Ann Jenkins checks in with OSC's Chief Cranfill who is loading SW on OSC-donated computers.

OSC's partnership with North Jefferson Elementary (NJE) has kicked into high gear with volunteers and special events. OSC's

Partner in Education Coordinator LT Donald Shaffer says at least 20 volunteers are participating across a number of activities.

The list of activities and volunteer opportunities is extensive and includes:

Red Ribbon Week— A week during which NJE and OSC showed their resolve for a healthy, drug-free lifestyle

Slogan Contest Judging—OSC employees voted on Red Ribbon week theme posters. View the [winners](#) that received an award.

Star Student Plaques— Monthly, an

(See PIE page 2)



To volunteer...Contact
LT Donald Shaffer
Rm 2141; Ext 7917

OSC Exceeds Combined Federal Campaign Goal



OSC's Jimmie Williams announced that OSC had a 40% participation rate and exceeded our 2006 Combined Federal Campaign (CFC) goal of \$8,500 by \$416. In 2005, the total federal program raised \$268 million for charitable organizations .

CFC is the only authorized solicitation of employees in the Federal workplace on behalf of charitable organizations and is similar to the United Way

(See CFC page 2)

OSC Blood Drives Save Lives



Every fifty-eight days the OSC lunch room converts into what looks like a hospital room as OSC employees and their families give life to those in need through another OSC blood drive.

PO Scott Pike (ext 5095) is the new OSC Blood Drive Coordinator taking the reigns from Steve Munson, who reports that OSC donated over 27 gallons of blood last year.

Blood drives have been around at OSC for many years. There are a few "seasoned" OSC

employees who can remember donating at the IRS and VA Center prior to OSC

(CSee BLOOD page 2)



Matthew Campbell and Jason Watts "refuel" after giving life.

Young Halloween Guests spook OSC

Over 20 special guests invaded the OSC in late October for the annual Kids' Halloween Party. CPO Donald Eppley enlisted OSC volunteers to help present a great evening of fun for OSC's kids.



A WVU cheerleader made a very special appearance at OSC's Halloween party.

The evening was all treats for guests and parents with Pizza, soda, baked goods and a Trick-or-treat Trail. The event has been a long tradition for the OSC family.

Click [here](#) to view the gallery of young Halloween visitors. Click [here](#)

to view the gallery of adult costumed visitors.

OSC Offers CPR classes

Have you ever wondered how you can get a sign like this one for your work area ?

I am qualified in CPR

Each quarter, LT Steve Young and PO Scott Pike conduct an 8-hour class where you can learn CPR, CPR with an AED, and basic First Aid.

Five OSC employees became qualified during the last class bringing the OSC total to seven certified with the recently revised curriculum and a total of twenty people certified overall. After attendees pass a practical and written exam, they receive certification from the

(See CPR page 2)

Blood (cont'd)

having their own.

The Red Cross is always in need of donations to ensure an adequate supply is available. As of November 28, Red Cross says that the need for four of the eight blood types is either critical or urgent.

Donation Factsoids...

- One of ten hospital patients requires a blood transfusion.
- A hospital patient requires a blood transfusion every two seconds.
- One unit of blood you donate may help save several lives.

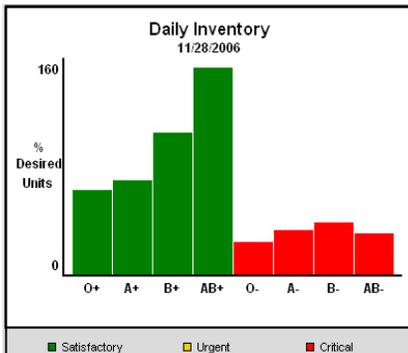
The next time you receive an appeal for blood, you may be considered if: 1) you are at least 17 years old (West Virginia), 2) you weigh at least 110 lbs. 3) you are generally in good health.



Canteen volunteer Paula Irwin and donor Leo Schneider.

The Red Cross figures every three units of blood donated saves a life. Red Cross records show that over the last year OSC has do-

notated 219 units or saved 73 lives. Since its first blood drive, OSC has given 1,222 units of blood or saved over 407 lives.



This chart shows the level of blood supply in our Greater Alleghenies region.

CPR (Cont'd)

local Berkeley Red Cross chapter .

LT Young has been certified in CPR and First Aid for over 20 years. He also volunteered to teach at the local Berkeley chapter (304-263-5241) where citizens can expand their training in a number of areas.

PO Pike is assisting LT Young as an instructor at OSC as well as providing technical assistance with their computers.

The next class is anticipated to be offered in late January.

- **What is an AED ?**
Automated External Defibrillator. It analyzes the heart's rhythm and can re-establish an abnormal rhythm.



- **Who is qualified to use it ?**
Individuals who qualified within the past 12 months through a certified CPR class. This includes those offered at OSC.

- **What do I do if assistance is needed ?**
*Call security at ext 2600 or an employee with a red **I am qualified in CPR** plate by their office or cube entrance.*

OSC Takes a Shot At The Flu

About seventy-five OSC employees took advantage of the opportunity to receive flu shots in early November. OSC's James Mackey set up the program through the Berkeley County Health Department.



Linda Parker receives her flu shot from R.N. Sandra LeMaster.

For anyone still interested in getting a flu shot, the Health Department is holding flu shot clinics each Monday from 1:00pm til 3:30pm (primarily for children) and each Friday from 9:00am til 3:00pm (anyone) at the health Department. Call 263-5131.

PIE (Cont'd)

NJE student who exemplifies the Coast Guard's Core Values is presented a plaque during an all-student assembly.

Pass Volunteers— OSC volunteers spend time with at-risk students to build a relationship to provide a positive role model in the student's life.

Bake Sale— OSC sponsored a bake sale with proceeds going toward playground equipment. Currently, the students have only very limited use of the play area. Click [here](#) for Bake Sale pics.

Computer Assistance. OSC contributed workstations and volunteers to stand up those computers.

Bulletin boards. OSC volunteers maintain a bulletin board at the school as well as the Annex lunch room. The board displays student work.

Office Furniture

— OSC donated some desperately-needed furniture which was made available as a result of the Annex II refurbishing



Reading— OSC Volunteers read weekly to third-grade classes for one half hour.

CFC (Cont'd)

in communities across America..

CFC is the largest and most successful workplace fundraising model in the world. The program is comprised of, both civilian and military contributions and is the result of combining many diverse charitable programs in the early 1960's. CFC brought many diverse fundraising efforts under one umbrella and provided one campaign, once a year across all federal agencies.

Read-to-Me Day At Eagle Intermediate School

Volunteers from across West Virginia participated in the Read To Me program in November. This annual event across West Virginia elementary schools provides an opportunity for fifth-graders to be read to aloud for at least 20 minutes.



A great big “Thank-you” to this year’s OSC readers:

- Scott, Causey.
- LTJG Michael Grochowski,
- IT2 Vauna Theiss.

NJE Volunteers Honored

Every volunteer feels the gratitude for their service at North Jefferson Elementary as students call out their name as they pass through the school or enter a class room for reading or other volunteer service. Students, faculty, and administration have expressed their gratitude in various ways

Browse the thank-you [letters](#) and see how serving as a volunteer is appreciated and impacts lives at NJE.

NJE provided a Thanksgiving luncheon for all of their Partners in Education volunteers. It was a feast enjoyed by all with a full-course meal including ham, turkey, potatoes, vegetables, and desserts.



This photo shows OSC members, left to right, IT1 Scott Pike, IT2 Luke Sigler, IT1 Michael Ownby, IT2 Larry Shelby, and IT2 Vauna Theiss enjoying their Thanksgiving meal.

CG Observes Great American Smoke-out

Just prior to the Thanksgiving holiday, the Coast Guard participated in the American Cancer Society’s (ACS) 30th annual Great American Smokeout. Smoking remains the leading cause of preventable death in the United States.

For any Coast Guard members or family who are interested, the office of CG-1111 offers a private telephonic tobacco quitline through the Mayo Clinic. You can access this free service by calling toll-free 1-888-642-5566. The service is available Monday—Friday 0800-2000 and Saturday 1100-1700 EST.

The ACS reports the following immediate benefits after quitting...

- 20 minutes—blood pressure drops close to that of a pre-cigarette level.
- 8 hours—the carbon monoxide level in your blood drops to normal.
- 24 hours—the chance of a heart attack decreases by 20%.
- 2 to 3 weeks—circulation improves and lung function increases by 30%.
- 1 year—the excess risk of coronary heart disease reduces to half that of a smoker.
- 5 years—stroke risk is reduced to that of a non-smoker and death rate is half that of a continuing smoker.

OSC Establishes North Jefferson Star Award

Each month, OSC presents a student with a Star Student award for “...exemplifying the U.S. Coast Guard’s Core Values of Honor, Respect, and Devotion to Duty”.

The plaque, with CAPT Deveau’s signature, was presented to Lane Fortney by OSC’s Director of Operations, Dave Springer at the school’s awards ceremony.



Star student Lane Fortney with his mother, LT Donald Shaffer, and ITCS Guy Cranfill.

Lane’s award was very special as he is one of over 20 autistic students at the school. NJE is the only school in the Jefferson County school system that provides an educational environment for autistic children.

Lane was selected for this month’s STAR award because when he sees someone get upset, he goes out of his way to help calm them down. He consistently exhibits honor, respect, and devotion to his teacher and classmates and is a tremendous encouragement to those around him.

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