



The Fort Detrick Weeklies

U.S. ARMY ANNOUNCEMENTS, EVENTS AND TRAININGS



21 May – 21 June 2026

Please note: The Weeklies are also on <https://home.army.mil/detrick> under "Weeklies"

**FORT DETRICK IS CURRENTLY AT FPCON BRAVO.
FOREST GLEN ANNEX IS CURRENTLY FPCON BRAVO.**

If you have any article submissions, you would like considered for the Fort Detrick website please send them to usarmy.detrick.usag.mbx.pao@army.mil.

USAG Fort Detrick on social media - You can follow USAG Fort Detrick on social media for daily updates and information. On Facebook go to www.facebook.com/DetrickUSAG.

ANNOUNCEMENTS AND EVENTS

In observance of the Federal Holiday, all visitor centers and gates EXCEPT Nallin Farm Gate at Fort Detrick and Brookville Gate at Forest Glen will be closed Monday, May 25, 2026

****Vetting operations at Fort Detrick will occur at Nallin Gate.****

- **To view our job openings, please visit USAJOBS or click on the link below:**
<https://www.usajobs.gov/Search/Results?l=Fort%20Detrick%2C%20Maryland&d=AR&a=ARBA&p=1&s=agency>
- **The Fort Detrick Commissary is Hiring!**
Visit USAJOBS for more information and to view vacancies including summer hires and part time merchandiser. You can also reach out to Joe Johnson at joseph.johnson@deca.mil
- **EEO Office Closure: June 1-12, 2026**
The Fort Detrick EEO Office will be closed June 1-12, 2026. The reach back will be provided by Fort Eustis, VA.
Ms. Harvey, Camille, Work Cell: (757) 508-3558 camille.m.harvey.civ@army.mil
Mr. Tillar, Haven, work cell: (520) 942-1954 haven.a.tillar.civ@army.mil

The Fort Detrick EEO staff will remain available via email throughout this period. We apologize for any inconvenience.



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- **The USAG Security Office will be closed: May 21-22, 2026**
For assistance with clearances or to sign DD2875's please contact the Security Office prior to May 21, 2026. If you have an Emergency Clearance that needs to be passed, contact 21st Sig Bde (Ms. Ravas) at (571) 588-0116. If you have an emergency involving Security, please call the USAG EOC at (301) 619-3111 for assistance. Full service will resume on May 26, 2026.
- **The Fort Detrick public Affairs Office will be closed Friday, May 22, 2026.**

AER UPDATE: We have a long way to go but we can get there Fort Detrick!!! Let's pick up the pace.

Now is the time to act! We're inching our way up, but we still need your donations!! How much will you contribute today to this great campaign?



Fort Detrick **we're at 11.52%....our goal is 50%...TIME TO SPRING INTO ACTION.**

Spring is here, and so is the opportunity to make a difference. Fort Detrick is known for its generosity, and now's the time to show up again for our Soldiers.

For our Active-Duty Soldiers, the goal is to reach 50% participation this year. But ANYONE can donate! We need YOU to help us get there. Whether it's a one-time gift or a payroll deduction, your contribution helps Soldiers and their families in times of need. Let's keep the momentum going—donate today and be part of the mission!

How can you donate? If you prefer to donate online you can scan the QR code on the flyer attached or click on the link here.

https://give.armyemergencyrelief.org/site/TR/Events/General?company_id=1051&pg=comp&fr_id=1060



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Or if you prefer to donate via check or cash, you can drop donations off to:

Rodger Knepper, AER Program Manager.

1520 Freedman Drive, Room 125A

USAG Fort Detrick MD 21702

Desk: (301) 619-3455

Email: rodger.e.knepper.civ@army.mil

Did you know that you can donate again at AAFES? When customers check out at AAFES here on Fort Detrick and select to give AER it goes direct to the Fort Detrick Campaign!!

TRAININGS:

Local Hazards Briefing

Location: Bldg. 1520, Classroom #5C

Class Hours: 2-3:30 p.m.

Dates:

23 JUN 26	27 JUL 26	24 AUG 26
28 SEP 26	26 OCT 26	16 NOV 26
15 DEC 26		

Description: Local Hazards Briefing meets the intent of DoDI standard 6055.04 and AR 385-10, 24 July 2023, Chapter 13, Section 13-18. The course fulfills a requirement of the Army Traffic Safety Training Program (ATSTP) and is mandatory for all new civilian and military personnel. This briefing orients all newcomers to the local driving hazards, laws, and regulations of the surrounding areas.

Who Should Attend? All newly assigned Fort Detrick civilian and military personnel.

Course Manager: Mr. Humberto Rivera (301) 619-3295, usarmy.detrick.usag.list.installation-safety-management-office@army.mil

Installation Safety Office Main Number: (301) 619-7318

NOTES: Individuals who require special services or accommodation due to a disability should advise this office immediately (wheelchair access, interpreter, etc). **NOTES:** Individuals who require special



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services or accommodation due to a disability should advise this office immediately (wheelchair access, interpreter, etc.)

FY 26 TARP Face to Face Training – All sessions at 1 p.m. Building 1520 Auditorium.

Note Training starts promptly at 1 p.m. allowing a 5 min grace. If you arrive after that time, the rosters will NOT be available for signing and you will NOT be credited for attendance.

CY 2026 Dates:	June 16	July 21	Aug 18	Sept 22
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- Upcoming Basic Skills Education Program Dates

BASIC SKILLS EDUCATION PROGRAM (BSEP)

@FORT DETRICK EDUCATION CENTER

Reasons to Enroll

- ❖ Increase General Technical (GT) score for Military Occupation Specialty (MOS) reclassification
- ❖ Establish for commissioning programs
- ❖ Prerequisite for attendance in career development courses, such as Non-Commissioned Officer Education System (NCOES)
- ❖ Improve basic skills for college courses
- ❖ Increase chances for promotion

UPCOMING BSEP DATES:

- ❖ ~~March 9 - 27, 2026~~
- ❖ ~~April 27 - May 18, 2026~~
- ❖ August 3 - 21, 2026
- ❖ September 21 - October 9, 2026
- ❖ November 2 - 20, 2026

To REGISTER for classes, please contact our BSEP instructor: Ms. Angela Sutsakhan@301-619-2854 or angela.s.sutsakhanctr@army.mil

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**NEWCOMERS
COMMUNITY
ORIENTATION
AND
INFORMATION
EXCHANGE!!!**



WELCOME NEWCOMERS!!!

Auditorium, 1520 Freedman Drive, USAG Fort Detrick

Sign-in begins at 1000hrs, event begins at 1030hrs

~~January 21, 2026~~

~~February 18, 2026~~

~~April 15, 2026~~

~~May 20, 2026~~

June 17, 2026

July 15, 2026

August 19, 2026

September 16, 2026

New Soldiers, civilian employees, and your Families!
USAG Fort Detrick has partnered with many state and county agencies, as well as local organizations, to provide information on their programs, activities, and upcoming events. All will have representatives so you can personally meet the individuals assisting you and your Family while here at Fort Detrick!

ARMY COMMUNITY SERVICE IS ADA COMPLIANT

For more information, or to register, call 301-619-6364 or visit:

<https://armyeitaas.sharepoint-mil/IMCCOM-ID-S-USAG-Detrick/SitePages/Newcomers-Orientation.aspx>



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BUGAPALOOZA



Join NMHM staff and military experts for specialized bug stations!

SATURDAY, JUNE 13

10 AM - 12 PM

**NATIONAL
MUSEUM
OF HEALTH AND
MEDICINE**

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FINANCIAL READINESS PROGRAM

Build a Strong Financial Future

Take control of your financial future with our trusted and comprehensive financial planning services.



Financial Readiness Program (FRP)

- **FRP:** offers education, counseling and support services to assist active and retired Soldiers, their Families and DA civilians with their financial affairs. FRP services trends.
- **FRP Services:** are geared toward building financial resiliency, living within means and financial planning for the future.
- **Mission:** to reduce indebtedness, prevent financial vulnerability, increase knowledge on personal finance, and to build wealth and financial resiliency through an array of personal finance classes and one-on-one counseling.
- **Vision:** a community of Soldiers and Families who are financially stable, resilient, living within their means, and building wealth for their future.



We welcome Family members and DA Civilians to attend all of our classes/ seminars



Services Include:

- Individual financial counseling
- Debt Liquidation assistance
- Emergency Financial Assistance
- Credit Report reviews
- Couples financial counseling



Classes & Seminars offered:

- Thrift Savings Plan (TSP)
- Budget Development & Record Keeping
- Consumer Credit
- Saving and Investing
- Planning for Retirement
- Car Buying
- Home Buying Process

Take the first step towards a secure financial future.

Contact us today for a personal financial counseling session, the financial readiness course schedule or if you need emergency financial assistance:



Fort Detrick
Army Community Service
Financial Readiness

1520 Freedman Drive, Suite 125
+301-619-3455
usarmy.detrick.usag.mbx.acs-frp@army.mil

Upcoming Classes

27 May – Car Buying Tips @ 10am
For additional information or to register call 301-619-3455.

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USAG ORGANIZATION DAY



8:45:

- GATHER AT NALLIN POND

9:00-9:30:

- COMMANDER REMARKS
- GROUP PICTURE (ALL USAG)

9:30:

- EVENTS BEGIN AT NALLIN POND PARK

11:00 - 14:00:

- FOOD TRUCKS, BOSS COOKOUT, & DJ

15:00: CLOSING COMMENTS



- Food Trucks
- BOSS Cook-out
- Disc Golf
- Softball Game
- Longest Drive (Golf)
- Corn Hole
- Horseshoes*
- Tabletop Games
- Dunk Booth
- Music

**Availability May Change*



JUNE 18, 2026

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ARMY EMERGENCY RELIEF
OFFICIAL NONPROFIT OF THE U.S. ARMY

Empowering Soldiers, Enhancing Lives
2026 Annual Campaign

CGT. 1342
ARMY EMERGENCY RELIEF

March 1 - June 14

AER

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SHARP
SEXUAL HARASSMENT/ASSAULT
RESPONSE AND PREVENTION



See Something? Say Something- Scan to Report **Anonymously!**

**IN THE EVENT OF
SEXUAL HARASSMENT:**



To help **STOP** sexual harassment, individuals who experience or witness inappropriate behavior are encouraged to submit an **Anonymous complaint**.

Service members: can report via the SHARP Hotline or by scanning the QR code for the anonymous complaint form.

Civilians: can report via the EEO hotline.

Submit your anonymous report with confidence handled with **confidentiality, professionalism, and respect**. Use the hotline or scan the QR code to get started.

Support is available.
Your voice matters!

MDW/JBM-HH SHARP Hotline: 703-217-9940
Fort Belvoir/Fort Walker SHARP Hotline: 703-740-7029
Fort Meade SHARP Hotline: 443-845-0876
Fort Detrick SHARP Hotline: 240-674-2802
EEO Hotline: 70-696-6258
DoD Safe Helpline: 1-877-995-5247 or text 55-247
Online DoD SAFE HELPLINE: www.safehelpline.org

SHARP Complaint Form



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SAVE THE DATE
YOU'RE INVITED!

PWOC Community 1 Day Wholeness Retreat

"Aligning the Spirit, Soul, and Body"



Foundational Scripture:
1 Thessalonians 5:23
May your whole spirit, soul, and body be kept blameless.

Location: Fort Detrick Community Activity Center (CAC)
Date: May 28, 2026
Time: 9:00 AM – 1:30 PM

What to expect:

- Spirit-filled encouragement and teaching
- Soul-care and emotional renewal moments
- Body awareness and healthy living insights
- Delicious food and light refreshments
- Spa-like experiences (facials, hand & neck massages)
- Memorable giveaways
- Meaningful fellowship and connection

Come experience a day designed for refreshing, renewal, and realignment.

This is more than a gathering, it's a moment to return to wholeness.

All are warmly welcomed, come as you are and invite a friend!

You don't have to strive to be whole...
Come and Realign.

Kindly RSVP

POC: Xiomara Nichols (240)-446-3313,
Yuki Holmman (301) 676-2776, Trilla Maxwell (210) 818-9062

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THIS WE WILL DEFEND



★ U.S. ARMY

251 YEARS
ARMY HERITAGE
MONTH

OPENING CEREMONY

June 04 | 0850-1130

Bldg. 1520, Fort Detrick Auditorium

Hosted by MG Paula Lodi

Guest speaker: CSM (R) Darryl W. Warren

Board of Trustees at Hope Fellowship Christian Church
and Commander of Frederick VFW Post 3285

Featuring Heritage displays
from the National Museum
of Health and Medicine.



Organized by the Fort Detrick
MEOA



Refreshments will be served!



Event is open to Soldiers and
family members, civilians, and the
Frederick community members.

Join us as we kick off Army Heritage Month with an opening ceremony to honor and commemorate the U.S. Army's 251st Birthday, recognizing its profound sacrifice and enduring contribution to our nation.

251
YEARS

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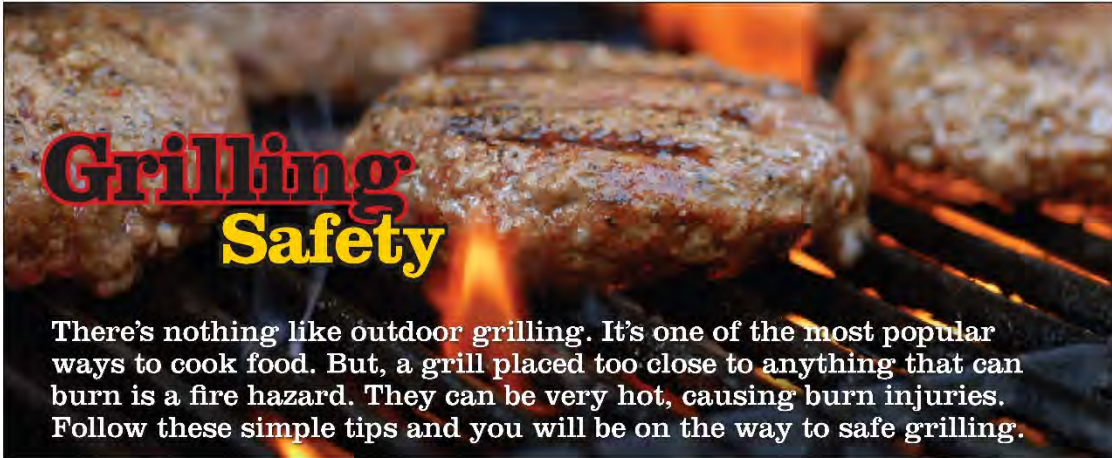
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SAFETY TIPS

- »» Propane and charcoal BBQ grills should only be used outdoors.
- »» The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- »» Keep children and pets at least three feet away from the grill area.
- »» Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- »» Never leave your grill unattended.
- »» Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- »» There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- »» If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- »» Keep charcoal fluid out of the reach of children and away from heat sources.
- »» There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- »» When you are finished grilling, let the coals completely cool before disposing in a metal container.

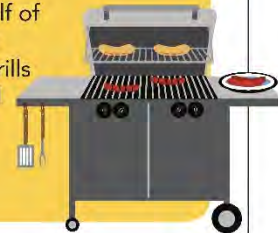
PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Fort Detrick Fire & Emergency Services
Fire Prevention Division
DIAL 911 FOR EMERGENCIES



nfpa.org/education ©NFPA 2019

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FORT DETRICK







WALK OF HEROES

**HONORING THE LEGACY OF
FALLEN SERVICE MEMBERS AND
REMEMBERING THEIR SACRIFICES
FOR OUR NATION**

COME WALK IN THEIR MEMORY
FRIDAY, 29 MAY 2026

REGISTRATION BEGINS AT 10:30 AM AND
WALK WILL BEGIN AT 11:00 AM

U.S. ARMY

**MEET AT THE BLUE & GREY FIELD PAVILLION
ON PORTER STREET**

PLACARDS WILL BE DISPLAYED ALONG PORTER STREET 22 MAY - 19 JUNE 2026

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May Is Mental Health Awareness Month!

Join the Fort Detrick ASAP Team as we spread awareness for Mental Health Awareness Month! This year, we are joining Mental Health America (MHA) to focus on a simple, shared goal: helping people have more good days, together. I hope that you join us and share what a good day looks like for you.

Having “more good days, together,” does not mean pretending everything is great or ignoring the challenges we are navigating. “Good” does not have to mean happy. Having a good day can be anchored in moments when a burden feels a little lighter after you talk about it, or when a small win gives you a boost of confidence. Good is defined by you.

This May, we invite you to join us as we explore ways to create moments of connection, joy, or other things that help you have a “good” day – whatever that looks like for you. Here are just a few ways we can start building more good days, together here on Fort Detrick.

- 1. Define what “good” means to you-** Take a moment to ask yourself, “What does a good day look like for me?” It is ok if your answer changes over time.
- 2. Care for your whole self-** You cannot separate mental health from physical health. They are equally important and deeply connected. Our sleep, stress, relationships, nutrition, environment, and other health conditions all impacted and are impacted by our mental health.
- 3. Work together for more good days-** Having more good days is not a solo mission. Connection is protection, and you do not have to carry the weight of not-so-good days alone.

Mental health is deeply personal, and what works for one person may not work for another. If you need help with ideas, see the MHA tips-calendar (attached) which provides a tip for each day in May! If you would like to see other resources MHA has to offer, here is the website:

<https://mhanational.org/>.

If you have any questions or need support from EAP, please do not hesitate to reach out.

Stop by the ASAP office to add to our display; we will have it up through the end of May.



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Get ready to unleash your inner artist in the most exciting way imaginable! We are thrilled to announce that your ASAP Team will have its first Mobile Splatter Room here for Suicide Prevention Month. Believe me, you will not want to miss this!



We are putting the final touches on our plan. In the meantime, save the date and get ready for an unforgettable and most colorful adventure! As we move closer to the date, we will have more details about this very exciting event. For now, just remember, something spectacular is on its way!

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HOW TO FEEL BETTER ABOUT YOURSELF: SIMPLE STEPS BACKED BY SCIENCE

It is hard to have a good day if you don't feel good about who you are. But when it feels impossible to face the day, remember that feeling better about yourself is a process, and you deserve grace and compassion.

Make little choices for big impact

When everything feels beyond your control, noticing what you can influence is important for your well-being. Research shows that when you feel like you're doing something because you want to, you feel better. Small things, like deciding where to go for lunch or how you'll do your hair, can give you a sense of control that can make you feel a little better when things are hard.

For instance, you may not think much about your daily clothing choices, but research shows they can be powerful in shaping how you feel about yourself. The colors, textures, or styles that you choose can help you feel more comfortable and confident as you go about your day, and can even help you perform better at work. You can also use what you wear to show the causes you care about, helping you tell the world around you who you are and what matters to you.

Help others for your health

One way to help yourself feel better is by helping others. Research shows that social behaviors like helping a friend, volunteering in your community, or giving to a cause you care about can trigger the release of oxytocin in your brain. Oxytocin is a chemical messenger that helps you feel good and is sometimes called "the love hormone." It also lowers stress, reduces pain, and is good for your heart. Helping others reminds us that we are caring, that we aren't alone, and that we have the power to make things better.

Simple steps

Complete the following sentences:

When I wear _____
(specific outfit/accessory/article of clothing/hairstyle), I feel comfortable and safe.

When I wear _____
(specific outfit/accessory/article of clothing/hairstyle), I feel in charge.

When I wear _____
(specific outfit/accessory/article of clothing/hairstyle), I feel most like myself.

Simple steps

Practice a random act of kindness, such as holding a door open for someone, giving a sincere compliment (or a positive online review), or checking in on an elderly neighbor.

Consider giving to MHA, volunteering with a Mental Health America affiliate in your area, or getting involved with another local community organization.

Flip the script on negative self-talk

On tough days, you might notice that you're being extra hard on yourself. But beating yourself up when things aren't going your way usually makes things worse. Instead of being mean to yourself, try talking to yourself the same way you would talk to a friend who is struggling. Be kind and patient.

Research shows that people who were kind to themselves were less likely to avoid their problems and more likely to do things to make themselves happy, leading to fewer depressive symptoms. Additional research shows that self-compassion can also help reduce stress and anxiety.

Even small changes can be hard sometimes, so be patient with yourself as you take these simple steps. Every time you choose to be kind or express who you really are, you are building the strength to handle whatever comes your way.

Simple steps

If you find it hard to be kind to yourself, try MHA's Changing Thoughts tool to help you reframe negative thinking.

Check out these affirmations for more good days and to remind yourself of your power.

If having good days feels hard, know that help is available and that you are not alone.

Check on your mental health with a free, quick, anonymous test at mhascreening.org.

Explore additional resources and tools for more good days at mhanational.org/may.

MOVEMENT FOR MENTAL HEALTH: WHY IT DOESN'T HAVE TO LOOK LIKE EXERCISE

Movement is an important tool for supporting well-being, but sometimes it can be hard to get going. Importantly, movement doesn't have to mean exercise, and it doesn't have to be all-or-nothing! Finding ways to move that you enjoy, even if they feel small, can make a big difference in supporting both your mental and physical health.

Overcoming the mental block to movement

It's no secret that moving your body is good for your mental health. Movement offers proven benefits, including feeling calm, reducing stress, boosting mood and connection with others, helping with pain, and fostering inspiration and creativity. So why don't people do it more? When most people think of "movement," thoughts of running or going to the gym are the first things that come to mind. Those things can feel overwhelming to fit into busy schedules or to do if you aren't used to exercising.

Sometimes, a mental block can make it difficult to get moving. This can be especially true when you are living with a mental health condition like depression, where symptoms like brain fog or anhedonia can make it harder to feel motivated. Dealing with mental blocks is hard, but it is possible to overcome them.

It can help to think about how you will feel after you move or how you've felt in the past after movement. This can help you push through the block and get started.

Remember that movement doesn't have to look a certain way, and what works for one person may not work for another. It is important to explore which forms of movement feel good to you and best fit your unique needs and circumstances.

Celebrating the ways you already move

When considering movement for well-being, it's worth celebrating the physical activity that is already part of your routine. You may be surprised to learn that you are more active than you realize.

Every bit of movement you do counts! Normal things like standing or walking during a work shift, carrying a baby or toddler, or using the stairs instead of the elevator are all forms of movement. You probably also don't give yourself credit for how many times you lift 10-15 pounds while carrying groceries, taking out the trash, or bringing laundry up and down the stairs.

You can support your current movement habits by drinking water throughout the day, using a pedometer on your phone, watch, or an app to track your steps, or wearing comfortable shoes.

Celebrating what you already do helps support a healthy perspective and mindset. As you consider enjoyable ways to add movement to your life, take time to praise yourself for the ways you are already moving in your day-to-day routine.

Adding movement to improve your mental health

Here are some tips for adding movement to your everyday life to improve your mental health:

Start small: Try walking down extra aisles next time you go to a store. Stretch at your desk throughout the workday. Do five push-ups, lunges, or jumping jacks at a time. Take a brief walk in the sun during your lunch break.

Dance: You'd be surprised to see how much moving to the music for a couple of minutes can boost your mood – whether in your car, at your desk, or at home.

Search YouTube: You can find many useful videos for walking or other home activities that use household items for movement. There are also playlists that can help you stay motivated. Remember to consult your doctor before starting a new or strenuous activity routine.

Pair moving with something you enjoy: You can read or watch your favorite show while using a treadmill. You can make playlists of your favorite songs or podcasts to listen to while you walk, run, or stretch. Don't be afraid to get creative!

Make movement social: Meet up with a friend to take the dog on a walk, push a young family member on a park swing, or try a TikTok dance with your child. There are also activity apps that let you add friends, make your movement competitive, or even join virtual monthly marathons just by counting your steps!

Finding opportunities to move when it feels difficult

Many factors that affect our health are beyond our control. Even when we can't change everything, noticing what we can influence is important for our well-being. In the face of difficulties – whatever they may be – remember, movement is not an all-or-nothing thing.

What you do for yourself doesn't have to look like what someone else does. For example, if you live with chronic pain or limited mobility, you could reach out to your doctor or physical therapist to discuss moves or stretches that you can do. This may even help with pain and offer moments of mindfulness.

There are also many things that you can do inside that count as movement, such as cleaning, moving while watching TV, or dancing, if being outside isn't a safe option.

Remember that even when things feel challenging, you have the power to take small steps toward improving your health and well-being. Finding ways to move that feel good to you can be one of those steps.

If having good days feels hard, know that help is available and that you are not alone.

Check on your mental health with a free, quick, anonymous test at mhascreening.org.

Explore additional resources and tools for more good days at mhanational.org/may.

KIDS QUEST

A Bible Adventure Day

Join Us for a day of Fun and Adventure!



SATURDAY, 06 JUNE 2026

Fort Detrick Chapel
1776 Ditto Ave, Frederick, MD 21702

2:30PM-7:00PM

AGES 4-11

COST: FREE

Registration Required, Sign up here



For more information:
CH Hollis Young
hollis.d.young.mil@army.mil

MOTORCYCLE SAFETY TIPS



U.S. ARMY

ARMY STRONG.

NOW THAT THE WEATHER IS GETTING BETTER FOR RIDING

IT'S A GREAT DAY TO RIDE—MAKE IT A SAFE ONE!



Motorcycles offer freedom and excitement—but they also come with increased risk. Follow these tips and the requirements in AR 385-10 and PAM 385-10 to stay safe and enjoy every ride.

- 1 WEAR THE RIGHT GEAR**
 - Wear a DOT-approved helmet.
 - Use eye protection, gloves, over-the-ankle boots, and protective clothing.
 - Proper gear saves lives.
- 2 INSPECT YOUR BIKE**
 - Check brakes, lights, tires, horn, chain, and fluids.
 - Ensure all equipment is in safe operating condition.
- 3 KNOW YOUR LIMITS**
 - Ride within your skill level.
 - Adjust speed for road, traffic, and weather conditions.
 - Never ride impaired or fatigued.
- 4 BE SEEN – BE AWARE**
 - Use headlights and wear bright/reflective gear.
 - Assume other drivers don't see you.
 - Stay out of blind spots.
- 5 TAKE A TRAINING COURSE**
 - Complete a Motorcycle Safety Foundation (MSF) course.
 - Build skills and confidence.
- 6 COMMUNICATE YOUR PLAN**
 - Tell someone where you're going and when you'll return.
 - Use proper hand signals while riding.

KNOW THE REQUIREMENTS

AR 385-10 – THE ARMY SAFETY PROGRAM

- Requires all riders to follow risk management principles and safe riding practices.
- Leaders must enforce standards and ensure compliance.
- Motorcycle operators must be licensed, properly trained, and medically fit.

PAM 385-10 – THE ARMY SAFETY PROGRAM

- Provides policy, responsibilities, and procedures for motorcycle safety.
- Mandates training, licensing, protective gear, and PMCS (preventive maintenance).
- All accidents must be reported IAW AR 385-10.



RIDE SAFE. ARRIVE HOME.

YOUR FAMILY, YOUR UNIT, AND YOUR MISSION COUNT ON YOU.



Take Command of Tick-Borne Threats

What is MiITICK?

- The MiITICK program identifies ticks that have bitten humans and tests the ticks for pathogens carried by that species that cause disease in humans.

Why use MiITICK?

- Find out if the tick submitted was infected with any pathogens that can cause disease in humans.
- By knowing the species and infection status of the tick, the provider can better diagnose and treat the patient, if treatment is required.

What does MiITICK Provide?

- Expert help in diagnosing and treating tick-borne diseases.
- Access to a wealth of surveillance data relevant to military-related populations and environments.
- Actionable evidence on tick-borne disease risk among individuals and track regional trends.

What You and Your Staff Can Do:

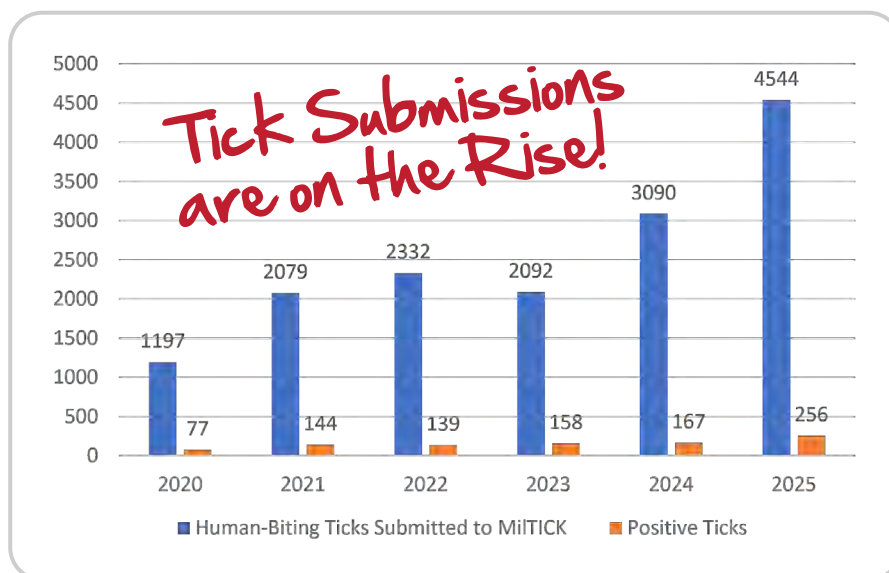
- Order tick kits, which are completely free, and distribute them to patients or keep them on retainer (follow QR code).
- Encourage patients to bring in the ticks that have bitten them.
- Complete the MiITICK submissions and receive results on patients' behalf. This is the best way for clinic staff or doctors to decide to treat the patient or disseminate information.

Who can use MiITICK?

- Active Duty Service members
- National Guard personnel
- Reservists in all Services
- Civilian personnel working for the DoW (including Army Corps of Engineers)
- Contractors supporting the DoW
- Retired Service members
- Dependents, including spouses, parents, or children of all above categories
- Clinic staff to support any of the above categories

What does MiITICK test for?

- Lyme disease
- Spotted fever group rickettsioses (including Rocky Mountain spotted fever)
- Babesiosis
- Human granulocytic anaplasmosis
- Human monocytic ehrlichiosis (HME)
- Ewingii ehrlichiosis
- Panola mountain Ehrlichiosis
- Powassan Virus
- Tick-Borne Relapsing Fever (*Borrelia miyamotoi*)
- And more!



TICK TOCK - time is of the essence!

If your Service members are training out in the woods, every one of them should have a tick kit. The MiITICK program wants ticks that have bitten Service members ASAP! The MiITICK program wants to test them immediately so you know what risks your personnel have been exposed to. The faster you send in ticks, the faster the MiITICK program gets results back to you!



For more information, contact dha.app
pub-health-a.mbx.tickcom@health.mil



BLOOD DRIVE

ARMED SERVICES BLOOD PROGRAM

Ft. Detrick Blood Drive
17 June 2026: 0900-1400

BLDG 1520, Classroom 5 A/B/C



Make your appointment online [HERE](#)
or scan the QR code.

Questions? Contact Shawntel at shawntel.c.trowell.civ@health.mil or (253)278-0320

MHS

Military Health System

health.mil

Blood donations directly support BAMC!

ASBP

Armed Services Blood Program

militaryblood.dod.mil

YOU'RE INVITED!

VETERAN SERVICES CENTER OPEN HOUSE

Join us for an informative and welcoming event to learn more about the services and resources available at the Veteran Services Center.



Thursday
May 28, 2026



3 PM - 6 PM



1750 Monocacy
Bvd., Suite A



SCAN TO RSVP

