



# The Fort Detrick Weeklies

U.S. ARMY ANNOUNCEMENTS, EVENTS AND TRAININGS



2 April 2026 – 2 May 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](mailto: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](http://www.facebook.com/DetrickUSAG).**

### ANNOUNCEMENTS AND EVENTS

- **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>
- **Reminder from the Fort Detrick Fire Department:**  
**If you have an emergency on the installation, please dial 9-1-1.** With the help from our county colleagues, calls are immediately dispatched to us here with details about the call, location, and necessary needs. If you call the Fire Department directly, you are dialing a non-emergency phone line.
- **From the Fort Detrick Military Personnel Division.**  
Attention Fort Detrick Military Community, please be advised that the Fort Detrick Military Financial Management Analyst will be out of the office from March 20- April 20, 2026. For any financial briefings or to schedule an appointment during this period, please contact the Bethesda Finance points of contact below:

Contact Person	Office Phone	Email
Mr. Philip Anderson	301-400-1057	<a href="mailto:philip.r.anderson4.civ@army.mil">philip.r.anderson4.civ@army.mil</a>
Mr. Brian Bayes	301-400-1057	<a href="mailto:brian.n.bayes.civ@army.mil">brian.n.bayes.civ@army.mil</a>

**NOTE:** Weekly announcements will be sent out every Thursday. If you have an announcement you would like to include, please send the information to [usarmy.detrick.usag.mbx.pao@army.mil](mailto:usarmy.detrick.usag.mbx.pao@army.mil) or call 301-619-2018.



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- **The 2026 AER Campaign is officially underway: March Forward with Generosity!**

The Army Emergency Relief campaign is officially underway, and Fort Detrick is already making waves! Let's set the tone for success by rallying together and showing our commitment to Soldiers helping Soldiers. Whether it's \$1 or \$100, every donation counts. Visit the AAFES kiosks, connect with your unit reps, or scan the QR code to make your contribution today. Let's make March the month that sets us on the path to 50% participation!



**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=company&fr\\_id=1060](https://give.armyemergencyrelief.org/site/TR/Events/General?company_id=1051&pg=company&fr_id=1060)

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](mailto: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!!

- **Barquist Army Health Clinic Updates:**

**Reduced Hours and Clinic Closures:**

17 APR: Barquist Closed (1200-1600) – training afternoon

22 MAY: DONSA – no Sick Call

25 MAY: Memorial Day – Clinic closed

19 JUN: Juneteenth Holiday – Clinic closed

26 JUN: Barquist Closed (1200-1600) – training afternoon

14 JUL: Barquist AHC Change of Command – Closed (1200-1600)



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### Upcoming Events:

- Nicotine Cessation Program – Call 301-619-8783

### Basic Life Saving Training Dates: April 16, May 14

Enrollment deadline is 2 weeks before the course date. Please ensure BLS Eligibility Form is completed & emailed to the POC prior to course entry. Please contact Ms. Burns for availability, registration, and questions.

Priority is given to Barquist staff. Additional slots are only available to Active-Duty Service Members and DOD Civilians. POC: Maylis Burns, (301) 619 – 2275, [maylis.n.burns.civ@health.mil](mailto:maylis.n.burns.civ@health.mil)

## TRAININGS:

### Local Hazards Briefing

**Location:** Bldg. 1520, Classroom #5C

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

#### Dates:

<b>29 APR 26</b>	<b>18 MAY 26</b>	<b>23 JUN 26</b>
<b>27 JUL 26</b>	<b>24 AUG 26</b>	<b>28 SEP 26</b>
<b>26 OCT 26</b>	<b>16 NOV 26</b>	<b>15 DEC 26</b>

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

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**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:**

April 14	May 19	June 16	July 21	Aug 18	Sept 22
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• **Traffic Advisory**

Location: Forest Glen Annex, Building 156 area, Stephen Sitter Avenue

Dates: March 18, 2026 - May 30, 2026

Reason: Demolition of Building 156

Drivers should expect changes to traffic patterns and the presence of road flaggers. Please obey all posted signs and exercise caution when driving in this area.



## 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 15, 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](mailto:angela.s.sutsakhanctr@army.mil)



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- **Full Scale Exercise 29 April**

Fort Detrick will conduct a Full-Scale Exercise 29 April that will test capabilities, Standard Operating Procedures, organization Emergency Action Plans, and response and recovery capability within the Emergency Operations Center and response entities. There will be little disruption to the installation. However, you will see an increase in police and first responder activity across the installation, please stay alert and pay attention to detours and changes in traffic patterns. For additional information contact the Installation Emergency Managers at [beth.a.bolish.civ@army.mil](mailto:beth.a.bolish.civ@army.mil) or 301-619-2652 or [tasizcha.castro.civ@army.mil](mailto:tasizcha.castro.civ@army.mil) or 301-619-3305.

- **Attention Commissary Patrons:**

Beginning April 6, 2026, the Commissary will begin charging for single-use shopping bags. This change will allow the Defense Commissary Agency (DeCA) to continue to offer its eligible patrons significant savings while strengthening fiscal stewardship. The goal is to inform commissary customers about the cost of single-use bags and encourage them to bring their reusable bags or purchase reusable options available in-store or via Commissary CLICK2GO®.

## **EASTER SUNRISE SERVICE**

**Sunday, April 5th • Sunrise Gathering**

**Join us for a peaceful and uplifting celebration as we welcome the joy and hope of Easter morning together.**

**Fort Detrick Chapel ~ 1776 Ditto Ave  
7-8 a.m.**

**Refreshments Provided: • Fresh Doughnuts • Hot Coffee**

**Come as you are — all are welcome to share in this beautiful moment of reflection, community, and renewal**



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

*Empowering Soldiers, Enhancing Lives*  
**2026 Annual Campaign**

CGT-1942  
**ARMY EMERGENCY RELIEF**

**March 1 - June 14**

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## Anger Management

### A Journey to Self-Mastery

For Active Duty, Family Members, Civilians, and Contractors



In the military, life often demands rapid decisions, high-stress performance, and the constant balance of duty and family. This interactive class provides service members and their families with practical tools to stay in control, maintain composure, and channel anger into positive, purposeful action, even in the most challenging situations.



**Dates:**  
February 9, 2026  
April 6, 2026  
June 8, 2026

**What you will learn:**

- Defuse Situations
- Identify Your Triggers
- Master Conflict Resolution
- Communicate Like a Leader

**Time:**  
1:30pm

**Location:**  
Building 1520, Classroom 1,  
Freedman Drive, Fort Detrick.

301-619-7171/3774

Please, register  
NLT 2 days prior to  
any event

<https://signup.com/go/NFgGrrS>  
Or  
Scan the QR Code to register



#DetrickMWR  
[www.detrick.armymwr.com](http://www.detrick.armymwr.com)  
[www.facebook.com/DetrickMWR](http://www.facebook.com/DetrickMWR)



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# April is Alcohol Awareness Month



To find resources and support, visit [ownyourlimits.org](http://ownyourlimits.org).

Want to check your drinking habits? Scan the QR code above.



*Disabled American Veterans*  
*Service Officer*

Disabled American Veterans Service Officer Assistance for Service Members, Veterans, their Spouse/Widow, and/or Dependents is provided at Fort Detrick, Maryland.

The monthly Fort Detrick schedule for the DAV Service Officer at the **Community Support Center, Room 134, Building 1520, Freedman Drive, Fort Detrick, MD.**, is listed below.

**SCHEDULE**

**Community Services Building, Room 134, 1520 Freedman Dr., Fort Detrick**  
**Appointments Scheduled 9:30am – 3:00pm**

**APRIL**

**Friday, April 17, 2026**

**MAY**

**Friday, May 15, 2026**

**JUNE**

**Friday, June 19, 2026**

**JULY**

**Friday, July 17, 2026**

**AUGUST**

**Friday, August 21, 2026**

**SEPTEMBER**

**Friday, September 18, 2026**

**Appointments preferred!** Walk-ins may be seen if time is available between appointments, **Please Note:** Set-up times may end early if no further appointments are scheduled that day, please call 301 331 0091 before you walk-in.

To schedule an appointment call **(301) 842 2562 or (301) 331 0091**, or contact me by email at **michebobqt@yahoo.com**. If you call and receive the unavailable message, please leave your name and a call back phone number.

This is a free service provided by the DAV to all Service Members, Veterans, their Spouse/Widow, and/or Dependents.

*Respectfully, Ernie Unger*  
*Disabled American Veterans*  
*Service Officer*

*Please publish as you feel appropriate.*

**Note:** Dates may change due to inclement weather, illness or medical appointments. I will send notification should this occur.

Fort Detrick Child and Youth Services



AMAZING  
KIDS FEST

Talent Show



***Come join us April 10<sup>th</sup> from 1500-1800 at the Blue and Gray Field***

***Plenty of fun activities from Bounce Houses, Talent Shows, Obstacle Courses, and more!***

***A Lending Closet will be on site to donate or take home***

**For more information contact: Kelly Osborne- Rozgonyi 301-619-3246**

302D SIGNAL BATTALION  
PRESENTS

# KIDS CLOTHING AND TOY SWAP

Donate gently used or new clothes or toys  
and bring joy this season.

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*DONATION DROP OFF: BLDG  
1520, ROOM 126  
TUESDAYS 1000-1130  
THURSDAYS 1500-1630*

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**SWAP: AMAZING KIDS FEST**  
**Friday, April 10, 2026 - 1500 to 1800**  
**Blue and Gray Field, Fort Detrick**

*For Questions, Please email  
[302dsfrg@gmail.com](mailto:302dsfrg@gmail.com)*



# KIDS QUEST

*A Bible Adventure Day*

Join Us for a day of Fun and Adventure!



**SATURDAY, 11 APRIL 2026**

Fort Detrick Chapel  
1776 Ditto Ave, Frederick, MD 21702

**3:00PM-8:00PM**

**AGES 4-11**

**COST: FREE**

Registration Required, Sign up here



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

<del>January 21, 2026</del>	June 17, 2026
<del>February 18, 2026</del>	July 15, 2026
April 15, 2026	August 19, 2026
May 20, 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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## FORT DETRICK 2026 Volunteer Recognition Ceremony



**You are cordially invited to join us for the 2026  
Volunteer Recognition Ceremony where we  
will acknowledge all 2025 Volunteers.  
Please join us for a beautiful and inspiring event!**

Food and refreshments will be served

**APRIL**

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**FRIDAY 17 12:00 PM**

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**2026**

Event location: Community Activity Center  
1529 Freedman Drive

RSVP BY MARCH 30, 2026  
BY PHONE: 301-619-2197, 301-400-0174  
OR BY SCANNING THE QR CODE










[www.detrick.armymwr.com](http://www.detrick.armymwr.com)  
[www.facebook.com/DetrickMWR](https://www.facebook.com/DetrickMWR)  
[www.instagram.com/detrickmwr](https://www.instagram.com/detrickmwr)

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## VETERINARY MEDICINE DAY



Explore the museum's veterinary medicine and comparative anatomy collections!

- Meet military and community veterinary experts.
- Learn about STEM career paths.
- Explore learning stations that may include facility animals, laboratory science, food safety and inspection, zoonotic diseases, and veterinary medical training.

Recommended for children ages 11+. Scouts and non-Scouts are welcome to attend.

**This event is free!**

**SATURDAY, APRIL 25**

**10 AM - 12 PM**

Please request ADA accommodations five business days in advance at (301) 319-3303 or by email to:



NATIONAL MUSEUM OF HEALTH AND MEDICINE

2500 Linden Lane, Silver Spring, MD 20910  
(301) 319-3300  
[medicalmuseum.health.mil](http://medicalmuseum.health.mil)  
f i s @medicalmuseum

NOTE: Weekly announcements will be sent out every Thursday. If you have an announcement you would like to include, please send the information to [usarmy.detrick.usag.mbx.pao@army.mil](mailto:usarmy.detrick.usag.mbx.pao@army.mil) or call 301-619-2018.



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## 2026 Medical Museum Events

The National Museum of Health and Medicine is open Wednesday - Sunday, from 10 a.m. to 5:30 p.m.

For tour programs, call: (301) 319-3312

Please request ADA accommodations at least two weeks in advance at (301) 319-3303 or by scanning the QR code below:



NATIONAL MUSEUM OF HEALTH AND MEDICINE

2500 Linden Lane, Silver Spring, MD 20910  
(301) 319-3300

[medicalmuseum.health.mil](http://medicalmuseum.health.mil)

[f](https://www.facebook.com/medicalmuseum) [i](https://www.instagram.com/medicalmuseum) [X](https://twitter.com/medicalmuseum) @medicalmuseum

### Lecture Series

2 p.m.

**JANUARY 11** | Fighting Ebola: 10 Years Since the West African Epidemic

**MAY 3** | The Body's Keepers: A Social History of Kidney Failure and Its Treatments

**AUGUST 2** | Think It Over, Soldier: Combating Venereal Disease During the World Wars

**NOVEMBER 15** | So Others May Live: Army Aeromedical Evacuation Operations in the Republic of Vietnam, 1962-1973

### Family Friendly

**MARCH 21** | Brain Awareness Day | 10 a.m. to 12 p.m.

**APRIL 25** | Veterinary Medicine Day | 10 a.m. to 12 p.m.

**JUNE 13** | Bugapalooza | 10 a.m. to 12 p.m.

**SEPTEMBER 19** | Teddy Bear Clinic | 9:30 a.m. to 11:30 a.m.

**OCTOBER 24** | Scout Day | 10 a.m. to 12 p.m.

### Public Tours

2 p.m.

**FEBRUARY 15** | Presidents Day Tour

**MAY 24** | Memorial Day Tour

**NOVEMBER 11** | Veterans Day Tour

### Virtual Events

**MARCH 26** | Brain Awareness Program: Sleep and TBI

**MAY 7** | Nurses Week Program

Some of our events may be available virtually. Check our website and social media channels, @[medicalmuseum](https://www.instagram.com/medicalmuseum), for updates.

Dates are subject to change. Visit [medicalmuseum.health.mil](http://medicalmuseum.health.mil) for updates.  
(Current as of December 2025)

Background Image: Large format histology slide of a femur with osteosarcoma. AFIP 1407778

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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

### Upcoming Classes

#### Upcoming Classes

- 09 Apr – Budgeting for PCSing @ 2pm
  - 22 Apr – Budgeting for PCSing @ 10am
  - 14 May – Car Buying Tips @ 2pm
  - 27 May – Car Buying Tips @ 10am
- For additional information or to register call 301-619-3455.

### 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](mailto:usarmy.detrick.usag.mbx.acs-frp@army.mil)

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**FORT DETRICK SAAPM 2026**

# SHARP VOLLEYBALL TOURNAMENT

**ODOM FITNESS CENTER**

**APRIL 9, 2026**

**1000 - 1300 HRS**

**SERVE. PROTECT. PREVENT.**  
STAND TOGETHER FOR A SAFER COMMUNITY!

OPEN TO ALL SOLDIERS & CIVILIANS • TEAMS OF 6 • PRIZES & MORE!

Come out and join us for some exercise, camaraderie and to support Sexual Assault Awareness and Prevention Month is. For more information, call 301-619-2837 or 7387

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★★ SAAPM 2026 ★★

# SHARP

## TRAIN THE TRAINER (T3)

### TRAINING OPPORTUNITY

#### TRAINING DATES & TIMES

<b>APRIL 2<sup>ND</sup>, 2026</b>	<b>APRIL 7<sup>TH</sup>, 2026</b>	<b>APRIL 16<sup>TH</sup>, 2026</b>
🕒 0800 - 1100	🕒 0800 - 1100	🕒 1300 - 1600
<b>APRIL 21<sup>ST</sup>, 2026</b>	<b>APRIL 30<sup>TH</sup>, 2026</b>	
🕒 1300 - 1600	🕒 0800 - 1100	

#### 📍 LOCATION:

**201 BEASLEY DR., BLDG 243 RM 105**

FOR FURTHER DETAILS & **SIGN UP**, CONTACT:

<b>Ms. Ella I. Greene</b>	OR	<b>Mr. Christopher Chatman</b>
✉ Ella.greene4.civ@army.mil		✉ Christopher.e.chatman.civ@army.mil

LEAD. EDUCATE. PREVENT.

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U.S. ARMY ANNOUNCEMENTS, EVENTS AND TRAININGS



2 April 2026 – 2 May 2026

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

**STAND UP, STEP IN, SPEAK OUT!**

# SAAPM SHARP CHALLENGE

**Teal Toss: Step Forward**



"Name one safe "Step Forward" action you can take if you see a situation starting to feel unsafe."

**Step Forward Shootout**



**The SHARPshooter**



**Football Toss**

**Blurred Lines: Choose Your Path**



**Beer Goggles Maze**

**Test Your Skills • Learn**



**Mini Hoop Challenge**

**APRIL 22ND, 2026**  
 On Blue & Gray Field  
 1100-1300 hrs  
**Test Your Skills • Learn • Have Fun!**

Who: Unit 5-person team (no SHARP personnel can compete)

Show up and compete! Wear running shoe and appropriate exercise attire.

For more information or to register please contact 301-619-2837 or [ella.greene4.civ@army.mil](mailto:ella.greene4.civ@army.mil)

NOTE: Weekly announcements will be sent out every Thursday. If you have an announcement you would like to include, please send the information to [usarmy.detrick.usag.mbx.pao@army.mil](mailto:usarmy.detrick.usag.mbx.pao@army.mil) or call 301-619-2018.



# The Fort Detrick Weeklies

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## FORT DETRICK DENIM DAY

SAAPM 2026 | Wear denim to show support for survivors and challenge victim-blaming myths

WEDNESDAY  
APRIL 29, 2026

### Why Denim Day?

Denim Day is an internationally recognized SAAPM observance. It began after a 1999 Italian Supreme Court decision overturned a rape conviction based on the victim's clothing, sparking protests in which people wore jeans in solidarity.

#### Show your support by:

- Wear professional, appropriate denim.
- Add a teal accent (pin, ribbon, lanyard).
- Challenge myths - reinforce dignity and respect.
- Share #DenimDay (as allowed).

### Dress Guidance (Army)

Participation is voluntary. Per Army guidance, commanders and appropriate authorities may authorize Soldiers to wear jeans for Denim Day in accordance with AR 670-1.

#### If you wear denim:

- No rips, tears, cut-offs, or heavy fading.
- Wear at the waist (not below).
- Professional top + duty-appropriate closed-toe footwear.
- Follow supervisor/chain guidance.

**WEAR DENIM • SHOW SUPPORT • LEAD WITH RESPECT**

A visible stand against sexual violence and the myths that fuel it.

### Fort Detrick: How to Participate

#### Where/When:

All day - Wednesday, April 29, 2026  
Fort Detrick (workplace approved).

#### Local policy:

Follow the Fort Detrick Installation SHARP Command Policy and supervisor/chain guidance. Wear workplace-appropriate denim.

### Need Help or Info?

#### DoD Safe Helpline

**877-995-5247**  
SafeHelpline.org

Unit SARC/VA • SHARP Office • Chaplain  
Immediate danger: 911 / Military Police

Sources: Army Denim Day Memo (11 Feb 2025) • DenimDay.org • Fort Detrick Policies & Memos • DoD SAPRO Safe Helpline

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## JOIN THE FORT DETRICK SAAPM STEP CHALLENGE!



Sexual Assault Awareness & Prevention Month



**WALK FOR AWARENESS. STEP FOR PREVENTION.**

**TRACK YOUR STEPS & SUPPORT AWARENESS!**



**WHEN:**

**28 APRIL 2026**



**GOAL:**

**YOUR BEST EFFORT**



**PRIZES:**

**AWESOME REWARDS FOR TOP STEPPERS!**

**LOG YOUR STEPS & JOIN THE FUN!**

**APRIL 28TH, 2026**

**BLUE & GRAY FIELD 1100-1300 HRS**

**RAISE AWARENESS • GET ACTIVE • MAKE A DIFFERENCE!**

Come out and join us for some fresh air, exercise, and camaraderie in support of Sexual Assault Awareness and Prevention Month. Stop by the information booth to meet your SHARP representatives. For more information, call 301-619-2837 or 7387

NOTE: Weekly announcements will be sent out every Thursday. If you have an announcement you would like to include, please send the information to [usarmy.detrick.usag.mbx.pao@army.mil](mailto:usarmy.detrick.usag.mbx.pao@army.mil) or call 301-619-2018.

# Quit Nicotine Your Way

*Barquist Army Health Clinic Patients Only*



\*Join Us In-Person or Virtually – Support That Fits Your Schedule. Weekly group sessions – flexible, confidential, and proven effective.\*

**Schedule an appointment with your provider to get started or use the QR Code to sign up.**





**ASAP**  
ARMY SUBSTANCE  
ABUSE PROGRAM

# Substance Misuse Prevention

Please ensure you are also completing the annual ACE requirement.

5 MAY 2026 @ 1000  
VIRTUAL

[https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting\\_4fc90599f60b4b47ac088b7d9ceccefa%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22c7d5f1af-4e2c-4e64-a48f-696cdd0958fc%22%7d](https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_4fc90599f60b4b47ac088b7d9ceccefa%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22c7d5f1af-4e2c-4e64-a48f-696cdd0958fc%22%7d)

Trainings are on a first come, first serve basis. Contact: [morgan.c.lawson4.civ@army.mil](mailto:morgan.c.lawson4.civ@army.mil)

# SOAR & EXPLORE!

## MONTH OF THE MILITARY CHILD 2026 CELEBRATION EVENT

Join us for a day of fun, adventure & bonding for veteran and military families!



Two Dates & Locations to Choose From:

- March 31<sup>st</sup> at Urban Air in Glen Burnie: 10AM-1PM
- April 9<sup>th</sup> at Urban Air in Frederick: 10AM-1PM

Exclusive Use of the Park!

Mini Go-Karts • Laser Tag • Sky Rider • Flip Zone • Spin Zone • Ropes Course  
Climbing Walls • Wipeout • Leap of Faith • Basic Trampolines • Tubes  
Indoor Playground • Battle Beam • Warrior Course

- Resource Tables & Giveaways
- Registration Required – Sign up today!
- Concessions and Jump Socks Included
- All Attendees Must Complete Waiver



The Steven A. Cohen  
Military Family Clinic  
at Easterseals



**Elizabeth Dole Foundation**  
CARING FOR MILITARY FAMILIES



Maryland  
Joins  
Forces

**Maryland**  
DEPARTMENT OF  
VETERANS & MILITARY FAMILIES




# KNOW WHEN TO CALL

# 9-1-1





## DON'T DELAY, CALL RIGHT AWAY!



### FIRE EMERGENCIES

-  Smoke or Fire
-  Explosion or Gas Leak
-  Hazardous Materials Incident

### MEDICAL EMERGENCIES

-  Chest Pain or Heart Attack
-  Difficulty Breathing
-  Severe Injury or Illness
-  Unresponsive Person

## WHEN IN DOUBT, CALL 9-1-1!

## CALL 9-1-1 DIRECTLY FOR FAST HELP

- Get Immediate Assistance
- Provide Accurate Information
- Save Valuable Time

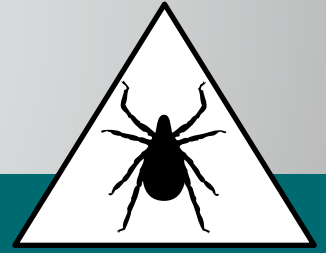


## FORT DETRICK FIRE & EMERGENCY SERVICES

## DON'T HESITATE – CALL 9-1-1!



# Understanding Tick Bites and Lyme Disease



## How to prevent tick bites



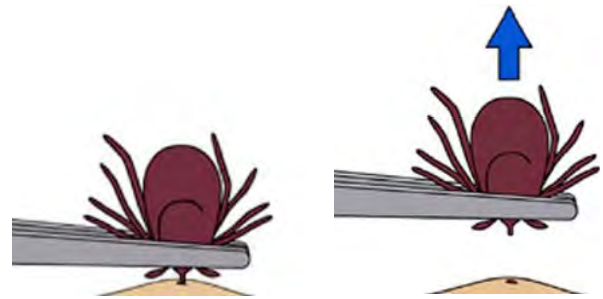
**Ticks can spread disease, including Lyme disease.**

### Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

## How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



### Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention



*Facial paralysis.*



*Bull's eye rash on the back.*



*Arthritic knee.*



## When to see your healthcare provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live.

If left untreated, Lyme disease can affect the joints, heart, or nervous system.

## Antibiotics treat Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include: doxycycline, amoxicillin, or cefuroxime axetil.

## Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.

**For more information see [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)  
and [www.cdc.gov/Ticks](http://www.cdc.gov/Ticks)**



# Spring Cleaning

for **Fire Safety**



## Inside The Home



Test your home's smoke and carbon monoxide alarms.



Don't use electrical appliances with frayed cords.



Check for water around electrical appliances.



Clean debris from your clothes dryer lint trap and exhaust duct.

## Outside The Home



Remove dead leaves and other debris around foundations, decks, porches, and stairs.



Check grills for rust, worn parts, insects, grease, and other debris before use.



Grills should only be used when at least 10 feet away from your house or any building.



## Directorate of Emergency Services

### Fire & Emergency Services Division

#### Fort Detrick/Forest Glen



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As warmer weather nears Fort Detrick FE&S along with NFPA offers 6 key tips to safely tackle spring cleaning

Melted snow, budding trees, longer days: they're all signs that the warmer months are nearing. For many of us, these seasonal hallmarks are reminders to start spring cleaning in and around our homes.

As people power up their lawnmowers, rake up debris, touch up chipped paint, and take on myriad projects to get their homes and yards ready for the months ahead, following are six key practices and supporting recommendations to help minimize the risk of fires and associated hazards:

#### **Properly use and store gasoline**

- ❖ Use gasoline only as motor fuel, never as a cleaner or to break down grease.
- ❖ Only store gasoline in a container that is sold for that purpose and never bring it indoors, even in small amounts.
- ❖ Never store gasoline containers in a basement or in the occupied space of a building. Keep them in a detached garage or an outdoor shed.
- ❖ Make sure the container is tightly capped when not in use.

#### **Carefully dispose of rags with paint and stain**

- ❖ The oils commonly used in oil-based paint and stains release heat as they dry. If the heat is not released in the air as the rags dry, the heat is trapped, builds up and can cause a fire.
- ❖ Never leave cleaning rags in a pile. When you're finished using the rags, take them outside to dry, keeping them well away from the home and other structures.
- ❖ Hang rags outside or spread them on the ground and weigh them down so that they don't blow away.

- ❖ Put dried rags in a metal container, making sure the container is tightly covered. Fill the container with a water and detergent solution, which will break down the oils.
- ❖ Keep containers of oily rags in a cool place out of direct sunlight and away from other heat sources. Check with your town for information on how to properly dispose of them.

### **Use/store flammable and combustible liquids with care**

- ❖ Flammable and combustible liquids should not be used near an open flame.
- ❖ Never smoke when working with these liquids.
- ❖ If you spill liquids on your clothing, remove your clothing and place it outside to dry. Once dry, clothing can be laundered.
- ❖ Keep liquids in their original containers. Keep them tightly capped or sealed. Never store the liquids in glass containers.
- ❖ Use and/or share our Safety with oily rags tip sheet, which includes the above tips and more.

### **Inspect grills to ensure they're in good working order**

- ❖ Inspect your grill carefully and make sure it's free of grease or fat buildup. Clean out any nests, spider webs, or other debris you may find.
- ❖ For propane grills, check the gas tank hose for leaks before using it for the first time each year.

### **Keep debris well away from your home**

- ❖ Every year, wildfires burn across the U.S., with more people living in communities where wildfires are a real risk.
- ❖ Dispose of branches, weeds, leaves, pine needles, and grass clippings to reduce fuel for fire.
- ❖ Remove leaves, pine needles, and other flammable material from the roof, gutters, and on or under the deck to help prevent embers from igniting your home.
- ❖ Remove dead vegetation and other flammable materials, especially within the first five feet of the home.
- ❖ Move construction material, trash, and woodpiles at least 30 feet away from the home and other outbuildings.

### **Clean out your clothes dryer**

- ❖ Make sure the air exhaust vent pipe for your dryer is not restricted and that the outdoor vent flap will open when the dryer is operating. This includes making sure the outdoor vent flap is not covered by snow.

- ❖ Move things that can burn, such as boxes, cleaning supplies and clothing, away from the dryer.
- ❖ Clothes that have met flammable substances like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

**If you have any questions, please contact the Fort Detrick Fire Prevention Office at (301) 619-6000.**

***Matt Spencer***

Assistant Chief of Prevention  
Fort Detrick/ Forest Glen Fire & Emergency Services



# JOB FAIR

Come out to the Job Fair and find exciting career opportunities that align with your skills and interests

Open to the Community

Service members, Spouses, Veterans, Retirees,  
Dependents, Civilians

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Friday, 15 May 2026

Time: 1100-1300 (1pm)

Location: Building 1520, Room 130, Fort Detrick, MD

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***Bring your resume to be reviewed by a Certified Resume Specialist***

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Questions call: 301-619-3448 or email: [kira.l.fisher.civ@army.mil](mailto:kira.l.fisher.civ@army.mil)



**SAVE THE DATE**

# Frederick County Veterans Appreciation Day

Honoring **Veterans**,  
Celebrating **250** Years of Freedom

## Veteran Resource Fair and Career Fair



**Saturday, May 2, 2026**

**9:00 a.m. to 12:00 p.m.**

**Frederick Health Village**

1 Frederick Health Way, Frederick, MD 21701

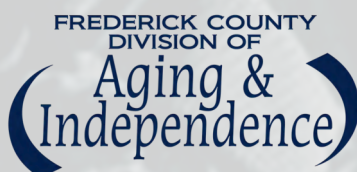
### What You'll Find

- Employers ready to hire
- Benefits & claims support
- Veteran resources
- Quilts of Valor dedication ceremony

### Who's Invited

- Veterans
- Service Members
- Military-connected families
- Job seekers

**Learn more** at [www.FrederickCountyMD.gov/VAD](http://www.FrederickCountyMD.gov/VAD) or **Scan the QR code** below. | 301-600-1234



# MyArmyPost



Try the Army's Newest  
Mobile Application!

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## EXISTING FEATURES

- One-click emergency calls
- Near real-time updates
- Installation-wide alerts
- Interactive bus routes
- Current Air Quality Index
- Newcomer information
- Intuitive search functions
- Bookmark common resources
- Resource Alerts
- Events
- Maintenance Requests
- MHS Genesis Login