



FORT DETRICK THE STANDARD

A SUSTAINABLE COMMUNITY OF EXCELLENCE



DoD Internship Program Helps Transition Veterans to Private Sector

By Ramin A. Khalili, MRDC Public Affairs

At the end of January, Lt. Col. Jian Guan will wrap-up her first-ever internship in the private sector at Maryland-based Emergent BioSolutions Inc. As the U.S. Army Medical Research and Development Command's former medical liaison officer to the Pentagon, Guan – who is set to retire soon – leveraged her 20 years of military service in support of the company's Defense Affairs team.

Guan's experience highlights the attempts of the nearly 200,000 Service Members who transition into the global professional workforce on an annual basis. As that number has risen in recent years, so too have efforts by the U.S. Department of Defense to facilitate that transition.

"No matter our military experience or classification, what we veterans bring with us is our focus," said Guan, who is also an accomplished medicinal chemist. "We are always mission-ready."

One example of the federal government's commitment to this effort is the DoD's SkillBridge program, which serves as an opportunity for Service Members to gain valuable civilian work experience through specific industry training. While Guan found her internship with Emergent via local networking, her efforts serve as a serendipitous prelude of sorts to the company's upcoming partnership announcement with the DoD. The SkillBridge internship program will debut at Emergent later this year at several of

the company's U.S.-based locations.

In 2022, a survey launched by one of Emergent's employee resource groups found that 71% of professional management personnel believe military experience is an asset in job applicants. Feedback from this survey was a key driver in the company's decision to partner with SkillBridge. The program itself is sup-

ported financially by the federal government, and offers Service Members up to six months of training and work experience in the civilian sector, help in transitioning their skills and guidance in starting a new career.

"These are not interns coming straight from college, these are individuals with a lot of life experience," said Jason Cauley, Guan's supervisor and the director of Defense Affairs at Emergent. "Many of them have spent their careers in the military, and so they are going to bring outside ideas and new perspectives that are directly related to our industry, especially important given Emergent supports the DoD and federal government."

Based on their experience and knowledge, transitioning military members could be placed across professional areas such as

program management, supply chain operations, quality control, manufacturing, protective services, operational excellence, human resources and more.

"This has been a fantastic experience," Guan said of her time at Emergent. "I have been able to gain a



Lt. Col. Jian Guan. (Courtesy photo)

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New program provides Fort Detrick CYS employees child care fee discounts

By Lanessa Hill, USAG PAO

In a program that went into effect on Dec. 1, 2022, Child Youth Services employees are now enjoying provisional child care fee reductions, as new incentive pilot programs are put in place for the individuals who help care for the children of Fort Detrick's service members.

According to Kimberly Johnson, Fort Detrick's CYC chief, an Army wide pilot program now allows for CYC employees to have fees cut by 50 percent for their most-expensive child using care. At Forrest Glen Annex, child care for the first child is free.

"This is a huge incentive for CYC employees currently on board and for those thinking about joining the CYC team,"



Johnson said. "This reduction definitely helps our staff who are taking care of our heroes' children (by providing) the opportunity to see some relief from their own

child care fees."

More information on CYC is available on the Fort Detrick Directorate of Family and Morale, Welfare and Recreation website.

INTERN, continued from Page 1

glimpse of how a multi-functional team works with a deep dive in defense medical countermeasure strategies."

According to the DoD, SkillBridge is an excellent option for installation and unit commanders who have Service Members about to be discharged from active duty, as the program can help bridge the gap between end-of-service requirements and the beginning of their civilian careers. Service Members can be granted up to 180 days of permissive duty to focus solely on training full-time with approved industry partners following written approval from the unit commander.

"SkillBridge is going to be a great resource for our people managers by offering up potential candidates you may otherwise have missed," said Cauley. "These individuals are not just qualified for the job, but will be coming to us with great leadership skills – a tremendous asset to Emergent, certainly."

Integrated Personnel and Pay System - Army (IPPS-A) Release 3 is live

Effective Jan. 17, 2023, the Integrated Personnel and Pay System became live, enabling all soldiers access.

The Army is committed to transforming the Army's industrial age human resource systems to a digital talent management system that supports Soldiers across all components.

IPPS-A provides Soldiers, Leaders, and HR Professionals access to personnel actions, talent management capabilities, and improved data driven decisions.

Everyone is encouraged to take the time to become familiar with the new system.

IPPS-A website: <https://ipps-a.army.mil/>

S1Net IPPS-A Resources: <https://www.milsuite.mil/book/community/spaces/apf/s1net/ipps-a>

US Army Garrison Employee Spotlight

Getting to know our
Garrison teammates!

Q&A



CYS Division Chief
Kimberly Johnson

If you or someone you know would like to be featured,
please email usarmy.detrick.usag.mbx.pao@army.mil

US Army Garrison Employee Spotlight

How long have you worked for the US Army Garrison? ***I have worked for the US Army Garrison for 22 years.***

What do you do? ***I am currently the Chief of Child and Youth Services.***

What do you love most about your job? ***I love the ability to be able to use my experience and knowledge to pour back into the front-line staff.***

What is one professional skill you are actively developing? ***It is a daily goal to become a better leader. I have led staff for many years however leading managerial staff is a newer task I am diligently seeking the skillset to assist in becoming my best.***

What were you doing before working for the Garrison? ***I was a young adult living in Brooklyn, New York attending college.***

What's your best life or productivity hack? ***Creating processes/systems. Productivity depends on your processes and processes determine your results.***

What do you enjoy doing outside of work? ***I enjoy spending time with my son, building my nonprofit and partaking in events that pour back into me.***

Favorite Quote? ***This is a hard question to answer because I love quotes and my favorite is determined by the day. Today I will choose "The death of expectations limits productivity" -TD Jakes***

What was the most recent book you read? ***I am currently reading "Adult Children of Emotionally Immature Parents."***

What is one thing you can't live without? ***Candy***

One thing you would tell your 13-year-old self, what would it be? ***Be you. You are uniquely and wonderfully made.***

Any role models and why? ***Sarah Jakes Roberts. Her authenticity and transparency encourage you to embrace your flaws and dare greatly to be you.***

Favorite pastime? ***Watching Woman's College Basketball***

Changes coming to Forest Glen in near future

By Lanessa Hill, USAG PAO

Forest Glen employees will begin to see changes in landscape, closures of roads and facilities, and overall increased construction beginning in the Winter of 2023/2024.

All this movement is necessary as planned Restoration efforts will focus on a waste disposal site located where the softball fields and a helipad are currently. The waste disposal area extends into this hillside, and is bounded on the northeast by a parking lot for Buildings 152, 154, and 156, and additional recreational areas. The preliminary assessment reported that waste disposed of at the landfills included construction debris, medical waste, incinerator ash, household waste, and office waste.

Since this is a non-permitted waste disposal site, closing it requires Fort Detrick to follow very specific regulatory guidance and requirements. The project will include capping the ball fields and helipad with additional topsoil and an impermeable liner to prevent contamination from seeping deeper into the ground.

Officials will continue working with the State of Maryland to address safety factors related to reinforcing the cap's edge that borders a steep slope. The technique chosen to reinforce the slope must be agreed upon with the state. Unfortunately, this will require removing trees from the steep slopes. Once this process is approved, the real work begins and is anticipated to begin in early Spring, 2024.

The project is currently in design phase and about 62 percent is complete. When we get to the 90 percent design, we will

present that information to stakeholders. Once we get to 100%, the project will go out for bid, offering local companies the opportunity to construct and complete the project and removing approximately 5 acres of trees. Seeing the trees come down will be the most dramatic change in landscape that everyone will see. Most of the trees are along the slopes on the back end and side of the ball fields. The project is estimated to take to 2 years to complete.

When we look at maps where the landfill and contamination is, our plans for the caps must extend past those boundaries. In this project, right outside those boundaries, include a playground and three pavilions that will need to be taken down. So, because of this restoration effort, there will no longer be softball fields, helipad, three pavilions and a playground. The onsite gym, basketball courts and parking lots will remain unaffected.

After the project is complete any further construction or use on that capped area has to be approved by the Maryland Department of Environment. Basically, nothing can penetrate the ground more than 18 inches.

Topics such as entrance and exit of construction vehicles, road closures, times, truck routes, traffic studies, etc., still need to be worked out and this will take time. The Garrison is aware of inconveniences this may cause and certainly the community sentiment of removing 5 acres of trees but this is a Maryland prescribed process and as our regulators, we must follow. As this project gains momentum and we have a clearer date of when construction begins, we will certainly share this information with local neighborhoods, Montgomery County officials and our employees.



Forest Glen restoration efforts will focus on a former waste disposal site located where the softball fields and a helipad are currently. (Photo courtesy of FMWR)

AMLC focuses on medical readiness of National Guard, reserve units

By Katie Ellis-Warfield, AMLC Public Affairs

FORT SAM HOUSTON, Texas -- Army Medical Logistics Command leaders are tackling the challenge of standardizing the processes and technology Army units, including the National Guard and Reserve, use to order medical equipment and supplies.

Army experts gathered for a workshop Nov. 29 to Dec. 1, as part of an ongoing initiative called Medical Logistics in Campaigning. The effort is aimed at streamlining medical materiel ordering and medical device maintenance while posturing the Army to be medically ready to transition quickly from peacetime at home station to an active operational environment.

The initiative is the combined effort of 16 different agencies working to fine tune these processes using available technologies.

"Integrating medical logistics into the Army Sustainment Enterprise requires a Total Army solution," said Col. Jason Hughes, director of AMLC's Strategic Initiatives Group. "The complexities of being arrayed across the United States and territories as a part-time force require a supply chain responsive to Army Reserve and Army National Guard medical requirements."

Workshop attendees included representatives from the Medical Center of Excellence, U.S. Army Medical Materiel Development Activity, U.S. Army Forces Command, U.S. Army Special Operations Command, Office of The Surgeon General of the U.S. Army and Defense Logistics Agency-Troop Support.

"This offsite allowed the enterprise to understand the challenges of transitioning from a medical treatment facility ordering construct and develop an outcome that enables our National Guard and Reserve partners to build readiness and replicate processes used during crisis or conflict," Hughes said.

Currently, National Guard units pull medical materiel from warehouses located stateside, using separate ordering and inventory systems that do not "talk" to the active-duty Army's systems including Global Combat Support System-Army, or GCSS-Army.

Furthermore, the group noted that reserves mainly depend on direct shipments from the national or wholesale level.

AMLC logistics management specialist Pete Ramos said moving the



Army Medical Logistics Command Chief Warrant Officer 5 Lee Nelson talks to other members of the medical maintenance group during a workshop, Nov. 29 . (U.S. Army photo by Katie Ellis-Warfield)



Attendees listen as subject-matter experts during a workshop on Medical Logistics in Campaigning and its impact on the National Guard and Reserve at Fort Sam Houston, Texas, Dec. 1. (U.S. Army photo by Katie Ellis-Warfield)

National Guard and Reserve units into a system that runs orders through a standardized, centrally managed process -- the same systems and processes used by active duty -- will improve Total Army readiness.

"AMLC will be able to provide oversight over the national-level processes and function as the Army's 'finger on the pulse' of medical materiel order satisfaction and distribution," Ramos said.

Additionally, the team recommended improvements to unit-level medical maintenance procedures. AMLC's Chief Warrant Officer 5 Lee Nelson said National Guard Soldiers should work closely with AMLC's Medical Maintenance Operations Divisions, or MMODs, to develop additional training experience with sophisticated medical devices.

"I anticipate that once this is structured correctly, 68As (biomedical equipment specialists) assigned to Army National Guard units will be provided more opportunities to work on the equipment that is in the region," Nelson said.

Nelson added loading and tracking equipment with associated maintenance plans in GCSS-Army will also increase visibility of the unit's actual readiness. In other words, are the unit's medical devices working and ready to save lives when needed in an operational environment?

"The work will actually be captured entirely in GCSS-Army allowing the National Guard to better see what needs to be done versus what is done," Nelson said. "This is likely going to increase the requirements and will be important supporting data for future development of the maintenance program."

The team also explored the Reserve's Medical Equipment Concentration Sites, or MECS, located in Ogden, Utah, and Fort Dix, New Jersey, which focus primarily on readiness of medical devices.

Jorge Magana, director of the Medical Maintenance Management Directorate at the U.S. Army Medical Materiel Agency, a direct reporting unit of AMLC, said the team is exploring how to expand this capability.

New OWL Tool Seeks to Improve Sleep, Readiness

By Ramin A. Khalili, MRDC Public Affairs

Following a successful test run on the USS Shoup, a new fatigue management tool funded by the U.S. Army Medical Research and Development Command is scheduled for placement on more than a dozen additional Navy vessels in the coming year.

The device, called the Optimized Watchbill Logistics tool, is funded chiefly by USAMRDC'S Military Operational Medicine Program, and stands as just one part of the U.S. military's increasing investment in the collection of real-time biometric health data in order to benefit the overall welfare of Service Members.

"The goal of the entire OWL project is to make leadership aware of potential areas of fatigue risk," says Dr. Malena Rone, who manages the Joint Fatigue Mitigation and Countermeasures Research Portfolio at MOMRP. "Everything comes down to operational risk management; leaders need be informed in real-time of fatigue-related risk, and so we are striving to provide a robust tool to help mitigate such risks and also to enhance operational safety for our nation's Warfighters."

At its most basic level, the OWL tool organizes a group of Sailors' tasks for any given day and week. The tool reviews each Sailor's work, watch and sleep schedules and then develops new schedules based on circadian rhythms and unique fatigue prediction scores for each individual person. The OWL tool then generates dedicated blocks of time where Sailors get so-called "protected" sleep – or, periods of dedicated, uninterrupted rest time. In turn, managers in charge of developing schedules for a ship's crew could make the decision to adjust those schedules (if feasible) based upon the OWL tool's suggestions. Currently, these schedules are organized through basic computer word processing documents and off-the-shelf spreadsheet tools.

Securing proper rest for all Service Members remains a hurdle to readiness. A survey conducted by the federal government in 2020 estimated that 67 percent of all naval officers received five or fewer hours of sleep per day on their most recent deployment. On top of that, a pair of recent studies found that less than one-third of Service Members overall receive the recommended seven-to-eight hours of sleep per day. The OWL tool was originally developed in the wake of the fatal 2017 accidents involving both the USS John S. McCain and the USS Fitzgerald; both ships collided with merchant vessels in separate incidents.

"The OWL tool gives leadership a better understanding of the fatigue readiness of the group," says Elena Wirz, a product manager for the OWL tool at PULSAR Informatics, Inc. "Some of the junior Sailors may not understand the importance of good, quality sleep – or they simply may not pay attention to the importance of sleep. They may not be so willing to voice their

concerns to leadership."

A former Surface Warfare Officer with the Navy, Wirz brings a unique perspective to the development of the OWL. Not only did she serve in uniform for five years before starting her career in the private sector last year, Wirz also served on the USS Shoup, where the OWL tool was tested (following an Authority to Operate order) just last month. Her understanding of the scheduling required on such vessels has aided her work on the project.

"It was very important to me that the people who worked under me were well-rested and alert and attentive so they could back me up and accomplish the proper tasks," she says. "They might be trained and they might have the knowledge, but a Sailor may not be fully mentally focused if they're just exhausted."

Initial feedback from the Sailors themselves has been promising. Dr. Dale Russell, the human factors engineer for Naval Surface Force, U.S. Pacific Fleet in Coronado, California, is cautiously optimistic regarding the early data on the OWL tool.

"The only thing I've heard is positive feedback so far, but the OWL tool has only been available for pilot testing for a little over a month – there's much more work that needs to take place," says Russell. "Vice Adm. [Roy] Kitchen,

commander of U.S. Naval Surface Forces, has made addressing crew endurance a priority to ensure that the needed work gets accomplished."

More data is indeed incoming. Sixteen more Navy guided-missile destroyers are scheduled to receive the OWL tool this year. Additionally, the Command Readiness, Endurance, and Watchstanding program – which is also funded by MOMRP and jointly-operated by the Naval Health Research Center and CNSF – is assessing whether individual biometric data collected using wearable devices can enhance fatigue risk predictions within the OWL tool. The integration of that data occurs using secure data hubs that automatically transfer biometric, fatigue-related data when Sailors come into close proximity of a CREW hub. The CREW/OWL integration will be tested in several of the ships receiving the OWL tool this year.

"Wearables may be an ideal way to automatically relay when changes occur to personnel schedules during underway operations, something that occurs often and may be due to a number of reasons including personnel pulled to perform unplanned maintenance or cover in the event others become sick or injured," says Dr. Rachel Markwald, the NHRC principal investigator for the CREW program.

"Wearables can bring a greater level of granularity," agrees Rone. "Wearable data combined with data from the OWL tool will give a much more individualized and comprehensive picture of what the fatigue risk looks like within a ship's crew."

"The only thing I've heard is positive feedback so far, but ... there's much more work that needs to take place."

- Dr. Dale Russell

DOD Expands Military Parental Leave Program

By U.S. Department of Defense

On Jan. 4, 2023, the Department of Defense announced the expansion of the Military Parental Leave Program via Directive-type Memorandum 23-001 – “Expansion of the Military Parental Leave Program.”

The expansion was made in accordance with DTM 23-001 and the National Defense Authorization Act for Fiscal Year 2022, builds on the Department’s support of military families and Service members by streamlining and enhancing the parental leave benefit for Service members. Specifically, the expansion provides parental leave to active and reserve component service members (on active duty for 12 months or more) who have given birth, adopted a child or had a child placed for adoption or long-term foster care with

them. Birth parents will be granted 12 weeks of parental leave following a period of convalescent leave and non-birth parents will be granted 12 weeks of leave following the birth of their child. Adoptive parents and eligible foster parents will also be granted 12 weeks of parental leave. The MPLP is designed to allow members to care for their children while balancing the needs of their unit.

Members who were on maternity convalescent leave or caregiver leave on 27 December (before the new policy went into effect) and had not used up their leave will transition to leave under the new policy without any loss of benefit and will receive the expanded benefit. For example, birth parents on six weeks of maternity convalescent leave or six weeks of primary caregiver leave as of 27 December will, with transition to the new policy, receive a combined total of eighteen

weeks of non-chargeable leave following the birth of their child. In the future, under the new policy, the amount of convalescent leave birth parents receive will be determined on an individual basis, and the amount of parental leave will be a standard 12 weeks. Members (other than birth parents), on caregiver leave, e.g., a father on three weeks of secondary caregiver leave, as of 27 December, will also transition to leave under the new policy and receive a combined total of twelve weeks of parental leave. The transition to the expanded parental leave benefit is intended to occur without interruption.

The leave can be taken by both birth and non-birth parents and must be administered in accordance with the policies and procedures outlined in the DTM. The expansion of the MPLP takes precedence over previous DoD issuances and service regulations.

2023 National Veterans Day Poster Contest Open for Submissions

By Terri Evans, VA National Veterans Outreach Office

Whether you’re a seasoned photographer or a budding painter, here’s your opportunity to show off your talent and use your artwork to honor Veterans. VA and the Veterans Day National Committee are now accepting submissions for the 2023 Veterans Day Poster Contest. Submissions are due by 11:59 p.m. (EDT) on April 1, 2023.

This contest is open to all. Your art should reflect this year’s theme of “Service.” Veterans have shaped the American character, giving us an extraordinary legacy of patriotism and honor. Their service represents the highest form of citizenship.

Briana Cummings, creator of the winning 2022 design, entered the contest because “I believe in the VA mission, not only as a VHA employee but as an indebted citizen of our nation. The sacrifices our service members and their loved ones endure to secure our freedoms astound me. As a designer, I entered the contest to express my utmost gratitude for our Veterans and to help honor them on Veterans Day.”

The winning poster will be distributed to VA facilities, military installations worldwide and across cities and towns in our nation. It will also serve as the cover of the official program for the Veterans Day observance at Arlington National Cemetery, scheduled for Nov. 11, 2023.

Although creativity has no rules, there are a few submission

guidelines:

Artwork must be 18” x 24” at 300 dots per inch, with scaled down submissions to 9”x12.”

The design will be used for a 1” x 1.5” lapel pin. Simple designs look best scaled down to lapel pins. If you’d like to submit a modified design for the lapel pin based on the original poster design, you may do so.

Submissions are not restricted to “human-centric” images, such as a joint color guard. Images of American icons, monuments or scenery can qualify.

Submissions must be representative of all Veterans who served. The Committee may select a particular submission but ask the artist to modify the original design. Additional changes may be required prior to printing.

Each design must include the words “Veterans Day,” “November 11, 2023,” and “Honoring all who served.”

All submissions must include sufficient information to demonstrate that the image is the artist’s work and is not copyrighted material (i.e., photos and concepts).

Successful designs are very simple, with minimal imagery and verbiage. To view examples of past winning submissions, visit The Veterans Day Poster Gallery.

Submit electronic versions as jpg images or PDF files by email to vetsday@va.gov.

News - Events - Training

COVID-19

Masks and COVID-19 testing are not required to enter most facilities on Fort Detrick or Forest Glen Annex. Masks are still required inside the Barquist Army Health Clinic and the VA Community Based Outpatient Clinic. Commanders/Directors may implement more rigorous workplace mandates to meet mission requirements.

For updates and materials on COVID-19 visit:

<https://home.army.mil/detrick/index.php/covid-19-information>

Retirement Ceremonies

USAG Fort Detrick conducts Quarterly Retirement Ceremonies honoring retiring Service Members, and Civilian employees and their families. These ceremonies take place on the second Thursday of the second month of each quarter in the auditorium, Building 1520 at 10 a.m.

The Feb. 9, 2023 Quarterly Retirement Ceremony is cancelled. The next ceremony is scheduled for May 11, and the deadline for registration to participate is April 28.

Any Military at Fort Detrick or in the local surrounding community or Civilian employees who wish to participate should contact Tom Yocklin with the Directorate of Operations by calling (301) 619-2503. The deadline for participants to be included is two weeks prior to the ceremony.

Military One Source provides tax software, support

The Defense Department offers MilTax software through Military OneSource. It's built to account for deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more. If SM's have questions, they enlist free one-on-one help from MilTax experts: tax pros with special training in military-specific tax situations. Call or chat anytime 24/7 to schedule a consultation, or

get in person support at a Volunteer Income Tax Support Assistance office location.

Visit <https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>, or contact your Fort Detrick Financial Readiness Team at (301) 619-3455 or usarmy.detrick.usag.mbx.acs-frp@army.mil.

FMWR News and Events

To stay up-to-date, visit www.detrick.armymwr.com, Instagram us at #DetrickMWR, and like us on Facebook at www.facebook.com/DetrickMWR.

- Friday Playgroups at Fort Detrick resume Feb. 3, 2023.
- Fitness Swim will resume Feb. 1, 2023 on Mondays, Wednesdays, and Fridays from 6 - 8 a.m. at Odom Fitness Center. For information, call (301) 619-2498.

USAG Security Office closed Feb. 13-17

The USAG Security Office will be closed Feb. 13-17, 2023. No "daily" services will be performed during this time period. For assistance with clearances or to sign DD2875's, please contact the Security Office prior to Feb. 10. Full services will resume Feb. 21.



**THESE
THREE DIGITS
COULD
SAVE A LIFE**

988 will serve as the new direct dial number for the National Suicide Prevention Helpline. The number will be available for use at national, state, and local levels.



Call, Text, Chat



Upcoming Events

FEBRUARY

MARCH

**15 NEWCOMERS
ORIENTATION TO FORT
DETRICK AND FREDERICK**
FEB 15 AT 10 AM
AUDITORIUM
CALL 301-619-6364 TO REGISTER

**18 INSTALLATION 5K
SHAMROCK RUN**
6:30 A.M.
BLUE AND GRAY FIELD

**16 BARRICKS RESIDENT
TOWNHALL**
4-5 PM
AUDITORIUM

**25 MHS GENESIS COMES TO
BARQUIST**
VISIT
HEALTH.MIL/MHSGENEIS
FOR MORE INFO

**20 WASHINGTONS
BIRTHDAY**
ONLY NALLIN FARM GATE WILL
REMAIN OPEN

**29 VIETNAM WAR VETERANS
COMMEMORATION AT THE
COMMISSARY**
11:30 AM-12:30 PM



**American Legion FSK Post 11 is
co-hosting "Hire A Vet"**

**March 10, 2023 at the Elks Lodge #684
located at 289 Willowdale Drive.
Volunteers needed from 12:30 to 3:30pm.
This day is to help prepare a veteran for a
job. Please email if you are interested in
volunteering to type resumes, do mock
interviews, distribute clothes, prepare
consolidated job listings and receptionist
to:**

HireAVet684@yahoo.com

Thank you

**FORT DETRICK
UPCOMING RACES**

18 March 2023	Shamrock 5K Race
15 April 2023	Fort Detrick 10 Mile Race
12 August 2023	Fort Detrick 10K Race
18 November 2023	Turkey Trot 5K race

Trophies and Giveaways
There will be 1st and 2nd place male and female winners.

Odom Fitness Center Roads and Grounds
\$5 for runners 4 and older, Credit Card Payment Only
Register from 8:00AM - 5:00PM Monday - Friday
7:00-7:30 Same Day Registration
to register please call 301 - 619 - 2498

PLAYGROUP AT FORT DETRICK



Family Advocacy & New Parent
Support Programs

When: Fridays @ 10am – 11:30am

Where: Neighborhood Center

6000 Ditto Ave.

Phone: (301)619-0323

It's time to get out of your house and get to know your neighbors. Join us on Fridays for some fun for the kids. We will do circle time singing songs, crafts, and some free play as well. Geared for children age infant to five.

Come out and join the fun!

National Vietnam War Veterans Day

Honouring All Who Served.

March 29, 2023

1130-1300

Fort Detrick Commissary

Fort Detrick US Army Garrison

Guest Speaker

Howard Michael Cartwright

Vietnam War Veteran, US Army



U.S. Department
of Veterans Affairs

News Release

Office of Public Affairs
Media Relations

Washington, DC 20420
(202) 461-7600
www.va.gov

FOR IMMEDIATE RELEASE
Jan. 13, 2023

Starting Jan. 17, Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care

WASHINGTON – Starting Jan. 17, Veterans in acute suicidal crisis will be able to go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit.

This expansion of care will help prevent Veteran suicide by guaranteeing no cost, world-class care to Veterans in times of crisis. It will also increase access to acute suicide care for up to 9 million Veterans who are not currently enrolled in VA.

Preventing Veteran suicide is VA's top clinical priority and a top priority of the Biden-Harris Administration. This effort is a key part of VA's 10-year [National Strategy for Preventing Veteran Suicide](#) and the Biden-Harris administration's plan for [Reducing Military and Veteran Suicide](#). In September, VA released the [2022 National Veteran Suicide Prevention Annual Report](#), which showed that Veteran suicides decreased in 2020 for the second year in a row, and that fewer Veterans died by suicide in 2020 than in any year since 2006.

"Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve – no matter where they need it, when they need it, or whether they're enrolled in VA care," said **VA Secretary for Veterans Affairs Denis McDonough**. "This expansion of care will save Veterans' lives, and there's nothing more important than that."

VA has submitted an [interim final rule](#) to the federal register to establish this authority

[under section 201 of the Veterans Comprehensive Prevention, Access to Care, and Treatment \(COMPACT\) Act of 2020](#). The final policy, which takes effect on Jan. 17, will allow VA to:

- Provide, pay for, or reimburse for treatment of eligible individuals' emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care.

Eligible individuals, regardless of VA enrollment status, are:

- Veterans who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.
- Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

Over the past year, VA has announced or continued several additional efforts to end Veteran suicide, including [establishing 988 \(then press 1\) as a way for Veterans to quickly connect with caring, qualified crisis support 24/7](#); proposing a new rule that would [reduce or eliminate copayments](#) for Veterans at risk of suicide; conducting an ongoing public outreach effort on [firearm suicide prevention and lethal means safety](#); and leveraging a [national Veteran suicide prevention awareness campaign, "Don't Wait. Reach Out."](#)

###

Reporters covering this issue can download [VA's Safe Messaging Best Practices](#) fact sheet or visit ReportingOnSuicide.org for important guidance on how to communicate about suicide.

If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at VeteransCrisisLine.net/Chat, or text 838255.



Ft Huachuca Directorate of Emergency Services

FRAUD/SCAM ALERT

The Fort Huachuca Military Police have identified a scam targeting Soldiers and want to make the Fort Huachuca community and all Soldiers aware of the methods being used to target and take advantage of Soldiers.

SCAM METHOD

Unknown individuals call Soldiers and identify themselves as an NCO or a First Sergeant. The caller tells the Soldier they are from the finance or "DFAS" and that there is a problem with the Soldiers military pay. Then they tell the Soldier, that to correct the issue and get the appropriate amount of backpay the Soldiers need to send money to the caller or a third-party via peer-to-peer money transfer applications such as CashApp, Venmo, PayPal, Zelle, and Apple Pay. If the Soldier questions the caller, the person tells the Soldier they are being disrespectful and threatens them with punishment through their chain of command.



The unknown persons appear to be targeting initial entry Soldiers who are in Basic Combat Training (BCT), Advanced Individual Training or those who have newly arrived at their first duty station. Victims have been identified throughout the Army, among all components and within other uniformed services.

Soldiers should be aware that any problems with their pay should be handled in person at their supporting military pay office. The Defense Finance and Accounting Service (DFAS) or your local military pay office will never ask or require a Soldier to pay a debt or receive backpay through any peer-to-peer money transfer applications.

If you have received a similar call or have been a victim of this scam, please contact your local Military Police or civilian law enforcement agency to file a report and also file a report with the FBI's Internet Crime Complaint Center (IC3) at <https://www.ic3.gov>.



Policy to Enter Fort Detrick and Forest Glen Annex



Entrance into Fort Detrick or the Forest Glen Annex requires clearance.

Taxi Drivers Must Have:

1. Valid State Issued Driver's License
2. Vehicle Registration and Proof of Insurance
3. Valid Taxicab Individual Driver License from the county where the Taxi is based
4. A background check conducted onsite through the National Crime Information Center

Food Delivery Drivers/Vendors Must Have:

1. Valid State Issued Driver's License
2. Vehicle Registration and Proof of Insurance
3. A background check conducted onsite through the National Crime Information Center

If you frequently need to enter Fort Detrick or Forest Glen Annex, you can apply for an

AIE Pass (good for up to one year)

Begin the process now!

Contact the Fort Detrick Visitor Control Center (VCC) located at the Nallin Gate, Bldg. 9000. Monday—Friday, 6 a.m.—4 p.m. Contact number is (301) 619-0101.

After duty hours, weekends and holidays go to Nallin Gate, Bldg. 9100.

Contact number is (301) 619-0110.

Forest Glen Annex visitors go to Brookeville Gate, Bldg. 605, 24/7.

Contact number is (301) 319-5502.

Newcomers Community Orientation to Fort Detrick and Frederick, Maryland

Where: AUDITORIUM

Community Support Center, building 1520
Sign in begins at 9:45, event begins at 10:00

- **February 15, 2023**
- **April 19, 2023**
- **May 17, 2023**
- **June 21, 2023**
- **July 19, 2023**
- **August 16, 2023**
- **September 20, 2023**
- **November 15, 2023**

Please join us at the Fort Detrick Auditorium, building 1520 Freedman Drive. We have Frederick County community agencies joining our internal Fort Detrick agencies to provide information and an overview of their programs, activities, and upcoming events. There will be subject matter experts from all the entities and agencies which allows you to personally meet the individuals that are assisting you and your Family while here at Fort Detrick! This is a live and in person event, virtual attendance is not an option.

For more information or to register, call 301-619-6364 or visit
<https://installation.detrick.army.mil/newcomers/index.cfm>



#DetrickMWR
www.detrick.armymwr.com
www.facebook.com/DetrickMWR

FINANCIAL READINESS CLASSES

January | @ 9

10 | True About Credit Cards
17 | Tax Prep
31 | Debt Destruction

Feburary | @ 9

07 | Tax Prep
14 | LES and Reducing Your 2023 Taxes
21 | Investing in the Digital Age
28 | Home Buying the VA Way

March | @ 9

07 | Spending Plans That Work
14 | TSP Review
21 | Car Buying Smarts
28 | What's Your Net Worth?

REGISTRATION INFORMATION:

- CALL (301) 619-3455
- EMAIL USARMY.DETRICK.USAG.MBX.ACS-FRP@ARMY.MIL

***CLASSES ARE SUBJECT TO CHANGE.**

***ELIGIBLE PARTICIPANTS ARE: ACTIVE DUTY, RETIRED MILITARY AND THEIR ID CARD FAMILY MEMBERS, RESERVISTS AND NATIONAL GUARD (ACTIVE DUTY) AND THEIR ID CARD FAMILY MEMBERS, SURVIVORS, AND DOD CIVILIANS.**



Community Support Center
1520 Freeman Dr., Bldg. 1520
Fort Detrick, MD

 **DETRICKMWR**
DETRICK.ARMYMWR.COM



Fort Detrick Family Advocacy & New Parent Support Program

"Nobody told me that!"

YOU HAD A BABY... NOW WHAT?

February 7, 2023
10:30 am - 12 pm

Please Call To Rsvp:
(301) 619-0323 Or (785) 488-7238

4th Trimester

The Purpose Of This Class Is To Provide An Open Dialogue Between Instructor And Future Parents To Help Them Prepare For The First Month At Home With Their New Baby.

Topics Covered:

*Sleep Deprivation • Doctors' Appointments • Hormonal Changes • Expectations
Pre And Post Baby Brain • Postpartum Depression • Family Members / Support System*

Breast Feeding

The Purpose Of This Class Is To Teach And Offer Support To Parents As They Learn How To Navigate Providing Nourishment To Their Baby Through Breast Feeding. Breast Feeding Is One Of The Most Natural Things On The Planet. Nursing Your Baby Is A Very Special Bond Between You And Your Baby. The Gift Of Food, Life And Love. However, Like Any Good Relationship, It May Come With Challenges And May Take Some Work. This Often Leads To "Severe Guilt" And "Feelings Of Extreme Failure As A Woman And Mother".

Neighborhood Center • 6000 Ditto Ave. Frederick, MD 21702



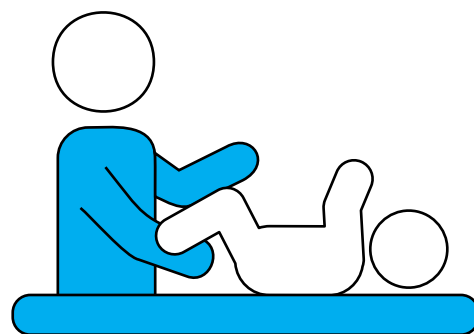
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INFANT MASSAGE

March 14 & 21, 2023
10:30 -11:30 am



Join Us For A Two-part Class And Learn The Many Benefits Of Infant Massage. These Benefits Include: Relaxation, Stimulation, And Communication. Please Bring A Blanket And Your Child As Well. If You Are Still Pregnant, No Worries, We Will Have Practice Babies Available For You. To Register, Please Email Antoinette Thompson At Antoinette.m.thompson3.ctr@army.mil Or Call (301) 619-0323 Or (785) 488-7238 (Leave Your Name And Phone Number).

Note: Please email or call to register for attendance.

Neighborhood Center • 6000 Ditto Ave. Frederick, MD 21702



detrick.armymwr.com
Follow us on Facebook
Detrick MWR





As your child grows



Who are we? The New Parent Support Program (NPSP) is a professional team of nurses and social workers who provide support and education. Our staff knows about the concerns of parents, and the challenges that only Military Families face.

Who is eligible for this? This program is voluntary. It was developed to help families in many ways that friends and family often do. Military Families expecting a child, or with a child ages 0-3, are invited to participate free of charge in all the services offered.

What can NPSP do for me? This program offers the opportunity to learn new skills as parents, and to improve old ones. Parents often have many questions about the needs of infants and young children. NPSP is a reliable source for your answers to your questions in the privacy of your home.

The program is designed to strengthen parent's knowledge and skills so that they can then provide environments where their children can thrive. The program also seeks to reduce stressors that can increase the risk of child abuse and neglect. Our services are confidential and free.

The New Parent Support Program Helps you...

- To prepare for parenthood
- To become a more confident parent
- To understand the ages and stages of your child's development
- To lessen stress
- To improve your relationship with your children
- Develop a support system
- To make parenting fun
- To feel more at home in the military community
- To help understand your child's behavior

Client Services

- Home visits
- Play mornings
- Classes
- Support Groups
- Referrals
- Parenting books



What if we're not new parents? Even if you've been raising your Family for a few years, new ages, and stages bring different challenges.

The New Parent Support Program offers you the opportunity to express your concerns and ask questions.

When will you come to our home? Home visits are arranged, whenever possible, at your convenience. Families can schedule visits so that both parents can be present to learn about being a parent and acquiring new skills in caring for a growing Family. The range of topics vary from visit to visit.





WHY SLEEP MATTERS

Did you know?

24 hours of sleep loss or 5 consecutive days of 5 hours of sleep leaves you functioning as though you are legally intoxicated = Working Drunk.

Sleep loss doesn't just leave you feeling tired. There are serious consequences including:

POOR DECISION MAKING

INCREASED INJURY RISK

LACK OF FOCUS

UNWANTED WEIGHT GAIN

INCREASED IRRITABILITY

POOR MUSCLE RECOVERY

LOW MORALE

LOWER TESTOSTERONE

HABITS FOR HEALTHY SLEEP

THE DOs



Keep a regular sleep schedule. Go to bed and wake up at the same time even on off-duty days.

7+

Schedule enough time to get 7 or more hours of sleep a night.



Establish a routine. Start an hour before bed to calm the body and brain.



Only use your bed for sleep and not work or entertainment.



Exercise regularly during the day, but only light exercise closer to bedtime.



Get out of bed if you cannot fall asleep to avoid connecting your bed with stress.

& DON'Ts

Use electronic devices in bed or within an hour of bedtime.



Go to bed hungry, thirsty, or too full.



Consume caffeine within 6 hours before bed or more than 400mg/day.



Drink alcohol before bed because it disrupts healthy sleep cycles.



Nap too close to bedtime or too long if you have trouble sleeping at night.



Focus on not being able to sleep (e.g., repeatedly checking the time).



Try this breathing exercise to help focus the mind and prepare for sleep.

BREATH IN AND OUT, FEELING THE BELLY RISE AND FALL WITH EACH BREATH
NOW BREATHE IN AND OUT 7 TIMES
COUNT EACH IN-BREATH AND OUT-BREATH FROM 7 TO 1...
INHALE, BELLY RISING 7, EXHALE, BELLY FALLING 7
INHALE, BELLY RISING 6, EXHALE, BELLY FALLING 6

Continue counting your breaths down from 7 to 1. If you lose track or get distracted, start again at 7.
Repeat this practice 3-5 times.

SUFFICIENT SLEEP LEADS TO:

INCREASED ALERTNESS

IMPROVED LEARNING

IMPROVED IMMUNITY

IMPROVED MEMORY

GREATER ENDURANCE

BETTER COMMUNICATION

POSITIVE MOOD

LESS RISKY BEHAVIOR

FEWER ACCIDENTS

FEWER HEALTH RISKS

HOW'S YOUR SLEEP *SLANT*?

Environmental factors can degrade sleep.
Improving these factors can boost the recuperative value of sleep.



SURFACE

S

Aim to have a soft, yet firm sleeping surface, including mattress, cot and pillows.



LIGHT

L

Use darkening shades, if possible. Get 1 hour of bright light exposure upon awakening.



AIR QUALITY

A

Clean/replace air filters regularly. Sleep away from burning waste.



NOISE

N

Use white noise, loud fans or earplugs. Sleep away from military operations.



TEMPERATURE

T

Use A/C or heat, if available (65-67° F is optimal). Use blankets and insulation.

Developed by the Behavioral Biology Branch, Center for Military Psychiatry and Neuroscience
For more sleep resources, check out our website: <https://wrair.health.mil/Sleep-Resources/>

We are recruiting healthy volunteers for cutting-edge sleep research studies.

If interested visit <https://wrair.health.mil/Join-a-Study/Sleep-Research-Center/> for more information!

The opinions or assertions contained herein are the private views of the authors and are not to be construed as official.



HEALTHY VOLUNTEERS NEEDED FOR SLEEP RESEARCH STUDY!

PURPOSE OF STUDY: To determine if brain stimulation using weak electrical currents during sleep loss will result in more refreshing sleep and better alertness while awake.

REQUIRES:

- **3-hour** screening visit
- **7 days (at home)** of recording sleep/wake activity with a wrist-worn activity monitor
- **2 overnights** in the lab
- **5 continuous days and 5 nights** in the lab

You must test negative for alcohol, nicotine, and drugs and not take certain prescription medicines (birth control allowed).

Active duty military and federal personnel must be on leave status. Total compensation possible is \$2,737.

AGES:

**18-39
Years**

WHERE:

WRAIR Sleep Research Suites
503 Robert Grant Avenue
Silver Spring, MD 20910



PRINCIPAL INVESTIGATOR:

Tracy Jill Doty, PhD

FOR INFORMATION CALL:

(301) 319-9287





Are you a “healthy sleeper?”

Volunteer for a sleep research study!

The purpose of this study is to determine if stimulating the brain using very weak electrical currents, during a period of sleep loss, will help people feel more refreshed and alert when awake.

CRITERIA TO QUALIFY:

- ✓ Ages 18-39 and in good health
- ✓ No current or history of sleeping problems
- ✓ Test negative for alcohol, nicotine, and drugs and not take certain prescription medicines (birth control allowed)
- ✓ Active duty military and federal personnel must be on leave
- Total compensation possible: \$2,737

REQUIRES:

- **3-hour** screening visit
- **7 days (at home)** recording sleep/wake activity
- **2 overnights** in the lab
- **5 continuous days and 5 nights** in the lab
- Agreement to receive study stimulation or placebo

WHERE:

Walter Reed Army
Institute of Research
503 Robert Grant Avenue
Silver Spring, MD 20910

PRINCIPAL INVESTIGATOR: Tracy Jill Doty, PhD

FOR INFORMATION CALL:

(301) 319-9287



Email: usarmy.detrick.medcom-wrair.mbx.sleep-research-center@health.mil

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