



The Fort Detrick Weeklies

U.S. ARMY ANNOUNCEMENTS, EVENTS AND TRAININGS



18 September – 18 October 2025

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 and "Like" us or follow us on Twitter: @DetrickUSAG.

As a reminder, all Army social media sites must be registered with the U.S. Army. For more information, contact the Public Affairs Office.

The Trusted Traveler Program is suspended until further notice. All visitors without Department of Defense ID or Personal Identity Verification (PIV) cards are required to be vetted at Nallin Farm Gate. This gate is open 24/7.

ANNOUNCEMENTS AND EVENTS

- **The Directorate of Public Works will be flushing the Fort Detrick water distribution system from 20-21 September.** This routine activity performed twice a year prevents accumulation of material in the pipes and has been shown to ensure good water quality throughout the system. Customers in the immediate vicinity of flushing activities may notice temporary discolored water (caused by turbulence of the flushing process) and lower than normal water pressure. The discoloration does not pose any type of risk. While the water is safe, it is recommended that customers observing discolored water run the faucets for 5-10 minutes until the water appears clear. Installation occupants may contact the DPW Trouble Desk at 301-619-4357 if they have questions or concerns related to this activity.
- **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>

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- **Beginning Sept 22, 2025, the track and infield will be closed. The closure is necessary for renovation. A new track and field are anticipated to open June 2026.**
- **The Directorate of Emergency Services has announced a delay with the planned lane closure project at Nallin Farm Gate, originally scheduled to begin mid-August. The project will now commence in October 2025.**

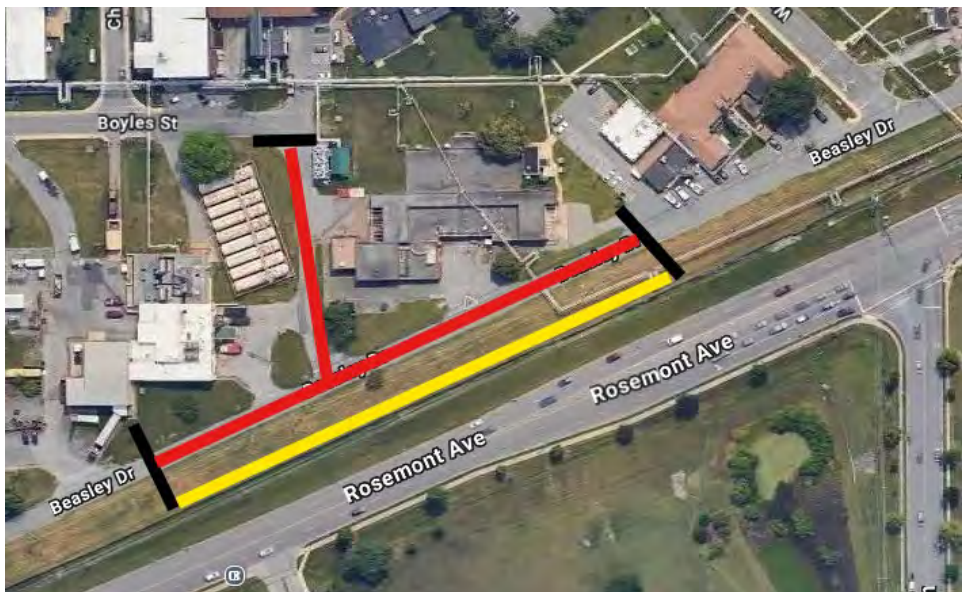
In the beginning phase, both lanes of the inbound side will be closed and redirected to a single lane normally designated as an outbound lane. Once inbound lane barriers are replaced, both outbound lanes will close, and vehicles will be redirected to a single lane normally designated as an inbound lane. These improvements are essential to ensure the long-term safety and reliability of Nallin Farm Gate for the traveling public. This project is estimated to take several months to complete. We understand that lane closures can cause inconvenience, and we apologize for any disruption this may cause. We are committed to delivering a high-quality project that will benefit the Fort Detrick community for years to come.

- **Construction Project Updates:**

Beasley Dr. between B375 and B393 (including the perimeter walking path) and Davis St. is closed for the duration of an ongoing demolition project in that area. The project is expected to last until 2031.

Please treat all areas with posted signs as off limit areas. **DO NO WALK around the barriers.**

Please see the map (Right) for details and plan your routes accordingly. We apologize for any inconvenience this may cause.





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- **Upcoming: Barquist reduced hours and clinic closures**

26 September: Reduced Hours of Operation – Closed at 12 p.m.

- **Basic Life Saving Training Dates:**

October 9

November 13 and

December 11

Enrollment deadline is 2 weeks before the course date. Please ensure BLS Eligibility Form is completed and emailed to the POC prior to course entry. Please contact Ms. Burns for availability, registration and questions. Priority is to Barquist staff. Additional slots only available to Active Duty Service Members and DOD Civilian.

POC: Maylis Burns, 301-619-2275 maylis.n.burns.civ@health.mil

- **Upcoming Chapel Events:**

September 25: USAMMA Prayer Breakfast (8-9 a.m.)

September 26: Fort Detrick Chapel Volunteers Appreciation Day (11 a.m. – 1 p.m.)

October 24: Harvest Festival (more information to follow in the upcoming weeks)

November 20: Thanksgiving Turkey Basket (Distribution Day)

November 24: Fort Detrick Chapel Community Dinner (6-8 p.m.)

- **Earn Your Graduate Degree Tuition-Free Through the Fort Detrick–Hood College Partnership**

Active-duty military stationed at Fort Detrick can take advantage of Hood College’s tuition waiver program for graduate, certificate and master’s degrees. This special partnership fully honors the Army Tuition Assistance benefit of \$250 per credit—meaning your graduate tuition is waived. Eligible soldiers are only responsible for a one-time \$50 Hood College application fee, textbooks, and the term comprehensive fee. To learn more, visit:

<https://www.hood.edu/fort-detrick-soldiers>



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TRAININGS

- **Local Hazards Briefing Training 2025**

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

Class Hours: 1400-1530

Dates:

29 SEP 25	27 OCT 25
17 NOV 25	16 DEC 25

Description: Local Hazards Briefing meets the intent of DoDI standard 6055.04 and AR 385-10, 24 July 2023, Chapter 13, Section 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.)

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

October 14, 2025	November 4, 2025	December 23, 2025
January 20, 2026	February 17, 2026	March 17, 2026
April 14, 2026	May 19, 2026	June 16, 2026
July 21, 2026	August 18, 2026	September 22, 2026

- **ACE Training – Suicide Prevention Training - Sept. 23 at 10 a.m.**

This training will count towards the Suicide Prevention education portion of Personal Readiness. Please be advised you must also take the ASAP Drug and Alcohol Prevention training to obtain full Personal Readiness credit.

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*Registration is required. Drug and alcohol awareness contact
morgan.c.lawson4.civ@army.mil. ACE Suicide Prevention contact
Erika.r.bishop2.civ@army.mil.

If you believe that attending suicide prevention training will be offensive or emotionally stressful, you are encouraged to contact your supervisor to discuss an alternative to the training and contact Erika Bishop.

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usarmy.detrick.usag.mbx.pao@army.mil or call 301-619-2018.



Sergeant Audie Murphy Club

Fort Detrick Chapter

Did you know that there was a Fort Detrick Chapter of the Sergeant Audie Murphy Club? Are you looking for a challenge? Are you interested in joining a prestigious NCO club that will enhance your career and help you serve your community? If so, we are looking for you.

Contact for information:

President:
MSG Zachary Phillips 443-987-3463

Vice President:
MSG William Harbeson 706-536-4068



Fort Detrick
Influenza Vaccination Schedule TEMPLATE
Dates Coincide with Vaccine Arrival

Unit	Date & Time	Location
Ft Detrick HQs	01 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
Marines	02 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
Navy	02 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
Air Force	02 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
MRDC, USAG (others) & AMLC	02 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
114 th SC BN STRAT SIG BN	08 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
DEL 8, USSF (formerly 53d Sig)	08 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
302d SC BN A CO	08 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
302d SC BN HHC	08 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
U.S. Army Signal Activity	08 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
21 st SC BDE HHC (STRAT)	09 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
6 th MLMC	09 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
USAMMA	09 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
USAMMDA	09 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
NCMI	09 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B
USAMRIID	09 October 2025, 0830-1500	Bldg. 1520 Classroom 5A/5B

Active Duty Military Make-up day & Fire Department

14 October 2025, 0830-1500, Bldg. 1520 Classroom 5A/5B

DOD Civilians, Eligible Military Beneficiaries, and Children (4 years and older) 15,16, & 17 October 2025, 0830-1500, Bldg. 1520 Classroom 5A/5B

Children **3 year and under** will be vaccinated at Barquist Army Health Clinic During appointments and Boo to the Flu.

Additional Dates:

20 & 21 October 2025, 0830-1530, Bldg. 1520 Classroom 5A/5B

24 October 2025, Boo to the Flu, Children 6 months to 18 years, Barquist 1600-1830

28 & 29 October 2025, 0830-1530, Bldg. 1520 Classroom 5A/5B

30 October 2025- Fort Detrick CDC Staff Only

3, 4, 12, & 18 November 2025, 0830-1500, Bldg. 1520 Classroom 5A/5B



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September is National Preparedness Month!!

Through the help of everyone in our community as well as around the globe, this month is a great time to take small steps to make a big difference in being prepared for all types of emergencies. The theme of 2025 preparedness focuses on: **“Preparedness Starts at Home.”** We all have responsibilities for our families, pets, neighbors, and communities. By taking steps now, you can be in control of both your safety and those you care about before, during and after a disaster. Think about what you’ll need and how the people in your social circles can help each other. A great place to start is by knowing the risks, this means taking a closer look at our basic elements for success such as:

- Awareness of disasters and emergencies
- Knowing your risk
- Making a plan
- Building emergency supply kits
- Resources available (in your language)
- Social Media toolkits
- Getting involved in your community

Let’s start the conversation to make sure we are all prepared in helping ourselves and one another! Throughout the month of September, we will be pushing forward helpful tips, messages, and resources that you can use to ensure preparedness starts both in your home and in your workplace. Please disseminate this information to your organizations to help bolster readiness and to help make a difference.

Quick links to preparedness resources

Ready.gov: <https://www.ready.gov/>

National Preparedness Month: <https://www.ready.gov/september>

FEMA: <https://www.fema.gov/>

Ready Army: <https://ready.army.mil/>

American Red Cross: <https://www.redcross.org/>

Power Outages: <https://outages-mdwv.firstenergycorp.com/>

NOAA: <https://www.noaa.gov/>

National Hurricane Center: <https://www.nhc.noaa.gov/>



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Army ADPAAS:

<https://adpaas.army.mil/cas/login?service=https%3A%2F%2Fadpaas.army.mil%2F>

FEMA National Risk Index: <https://hazards.fema.gov/nri/map>

September is Disaster Preparedness Month:

Disasters disrupt thousands of lives every year, leaving behind lasting effects on people and property. You and your family can take simple steps now to prepare for emergencies. By doing so, you **take back control** – even in the uncertainty of disaster. Let's stay prepared together as a community by doing our parts!

Planning will help ensure that all the members of your household – including children, pets, and people with disabilities and others with access and functional needs, as well as outside caregivers – know how to reach each other and where to meet up in an emergency. Be prepared with a few simple steps.

**Be Aware
Be Prepared
Take Action**



12 Ways to Prepare Before a Disaster Happens:



Sign Up for Alerts and Warnings



Make a Plan



Save for a Rainy Day



Practice Emergency Drills



Test Family Communication Plan



Safeguard Documents



Plan with Neighbors



Make Your Home Safer



Know Evacuation Routes



Assemble or Update Supplies



Get Involved in Your Community



Document and Insure Property

For additional information or questions please contact the Installation Emergency Managers

at 301-619-3305 or 2652



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The crisp autumn air signals the changing of seasons, but it also brings fire safety risks associated with fall activities. Here are some fire safety tips for the coming Fall:

- * Be sure you are at least 25 feet away from structures or anything else that can burn before building a fire. Choose an open, level location and clear away any dry leaves and sticks, overhanging branches and shrubs.
- * Never use gasoline, kerosene or any other flammable liquid to start a fire. Instead, use a match or lighter to ignite tinder (small twigs and dry leaves); add larger sticks and pieces of dry wood.
- * Keep the fire small and controlled, and never leave it unattended.
- * Keep a hose, a bucket of water, or a shovel and dirt or sand nearby to extinguish the fire once you're finished. Be sure the fire is completely out before leaving the site — any remaining embers could ignite, with disastrous consequences.

Halloween Decorations and Fire Safety:

Dried flowers, crepe paper, cornstalks and decorative scarecrows may make your home look festive for fall, but these classic decorations can also pose a scary fire risk. The National Fire Protection Association says flammable decorations are the first things to ignite in 900 reported home fires each year; two of every five of these incidents start by a candle.

Decorate safely and keep these tips in mind:

Don't put decorations near open flames and other heat sources, such as light bulbs and heaters.

Check that any decorative lights have been tested for safety by a recognized testing laboratory. Examine each set of lights for broken sockets, frayed wires or loose connections, and discard any damaged sets. Be careful not to overload sockets when plugging in lights and other electronic decorations.

Consider glow sticks or battery-operated candles instead of real candles when lighting your jack-o'-lanterns or other luminaries. If you do use real candles, light them with long, fireplace-style matches or a utility lighter. Keep lit decorations off of doorsteps, yards and sidewalks where excited trick-or-treaters may knock them over.

Check that no decorations are blocking your home's exits or pathways, so you have a clear escape route in case of an emergency.

By Order of: *Matt Spencer*
Fire Protection Specialist



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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:

- ❖ September 15 – October 3, 2025
- ❖ October 27 – November 18, 2025
- ❖ January 20– February 10, 2026
- ❖ March 9– 27, 2026
- ❖ April 27 – May 15, 2026

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

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THE FAMILY ADVOCACY PROGRAM

DOMESTIC VIOLENCE PROCLAMATION SIGNING & IN THEIR SHOES SIMULATION



We are honored to announce that COL Chung will be joining us for the official signing of the Proclamation Against Domestic Violence.

As part of the event, we invite you to participate in the "In Their Shoes" Simulation - An interactive experience that offers a powerful, eye-opening look into the real-life decisions and challenges faced by survivors of domestic violence.

TIME
1000 - 1300

DATE
1 OCT 2025

**This is a Free Event
but you must sign up. Please scan
the QR code.**



OPEN TO ACTIVE DUTY, CIVILIANS, CONTRACTORS, FAMILY MEMBERS

SIMULATION | SPECIAL GUESTS | REFRESHMENTS

ADDRESS : 1529 FREEDMAN DRIVE FREDERICK MD 21702



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The Family Advocacy Program Presents

Self Defense Workshop

Special Feature:
Martial Arts, Led
By 5th & 6th Degree
Black Belt Masters



Date: October 15th, 2025
Time: 1300-1500

Location: Odom Physical
Fitness Center

Please scan code below to
register for event.



This self-defense workshop is in support of Domestic Violence Awareness Month. By combining martial arts and self-care activities, this event fosters camaraderie and educates participants on types of self-defense, self-respect, while learning martial arts.



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THE FAMILY ADVOCACY PROGRAM
PRESENTS



HORIZON OF HOPE SUNSETS & HEARTS — CANVAS NIGHT —

WHERE EVERY HEART-FILLED SUNSET PAINTS A BRIGHTER TOMORROW

25 OCT, 2025



6:00-9:00PM



1529 FREEDMAN DRIVE
FREDERICK MD 21702

JOIN US FOR AN EVENING OF ART, EMPOWERMENT, AND SOLIDARITY.
PAINT YOUR OWN BEACH SUNSET WITH HEARTS CANVAS WHILE SIPPING
REFRESHMENTS, CONNECT WITH SURVIVORS STORIES, AND HELP SHINE
LIGHT ON DOMESTIC VIOLENCE AWARENESS.

ALL SKILL LEVELS WELCOME- COME AS YOU ARE AND LEAVE
INSPIRED!

OPEN TO ACTIVE DUTY, FAMILY MEMBERS, CIVILIANS, AND CONTRACTORS

ADMISSION IS FREE,
BUT YOU MUST RESERVE A TICKET
BY SCANNING QR CODE



OPEN CASH BAR SERVING
WINE AND NON-
ALCOHOLIC DRINKS



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Blendabowl Food Truck Tues, Wed, Thurs 11am-1pm @PX

build your bowl

16oz. \$12.95

1st choose your blend



acai
(ahh-sigh-ee)

or



pitaya
(dragonfruit)

choose your crunch

no
granola

reg.
granola

extra
granola
(\$1.25)

choose 2 fresh fruits

(\$.95 per additional)

strawberry
mango

banana
blueberry

pineapple
blackberry

choose 1 topping

(\$.95 & \$1.25 per additional)

honey
*almond butter
*nutella
cacao nibs

coconut
bee pollen
agave
chia seeds
almonds

*processed in a facility with nuts & wheat

smoothies

20oz. \$8.95

freshly blended with unsweetened
vanilla almond milk

strawberry banana

blast

strawberry, banana
& honey



tropical twist

mango &
pineapple



chocolate covered banana

banana & raw cacao powder



going green

spinach, kale, flaxseed,
pineapple & banana



***add protein powder \$2.00**



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Fort Detrick Morale, Welfare and Recreation presents

Family Fun Night

October 18, 2025

1700-2000

DECADES PARTY!

take a trip through time with your family

Music | Food | Games

Entry \$50/ couple

\$20/ each additional ticket

To purchase tickets call

301-619-3972

Community Activities Center

1529 Freedman Drive

**....and more
50's
60's
70's
80's
90's**



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New Parent Support Program Presents

DATE: Sept 29th, 2025

TIME: 9:00am – 12:00pm

PLACE: Building 1520, Freedman Dr.
Fort Detrick, MD, 21702
Classroom #1

CONNECT & LEARN with other parents and professionals in the community as you plan for the arrival of your newborn.

For Active Duty members and their dependents:
ALL Parents- new, existing & expecting!



"Light food & refreshments served"

CONTACT NEW PARENT SUPPORT 301.619.0323



Raffle, baby item giveaways & MORE!

#DetrickMWR

www.detrack.armymwr.com

www.facebook.com/DetrackMWR

Sign-up @ <https://signsp.com/gokt1BhUV>
or scan the QR code below to register



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Fort Detrick In-Person Classes

***VA Benefits and Services**

19 August 25

18 November 25

***Department of Labor 1-day**

Employment Fundamentals of Career Transition (EFCT)

20 August 25

19 November 25

Department of Labor- 2-day Employment Workshop

21-22 August 25

20-21 November 25

SBA-Entrepreneur Workshop

Boots to Business

9-10 September 25

2-3 December 25

Need to submit your VA claim prior to your separation? Join the Maryland VA Representative during the Benefits Delivery at Discharge (BDD) Brief from 1300-1400 on the following dates:

14 August 25

9 October 25

4 December 25

To schedule Fort Detrick in-person classes

Servicemembers are required to have completed the Self-Assessment, IIC, and Pre-Separation Counseling before attending TAP classes.

Contact the Transition Service Manager:

Kira Fisher

Phone- 301-619-3448

Email- kira.l.fisher.civ@army.mil

MS Teams: 520-674-8727

*** Mandatory TAP Classes**



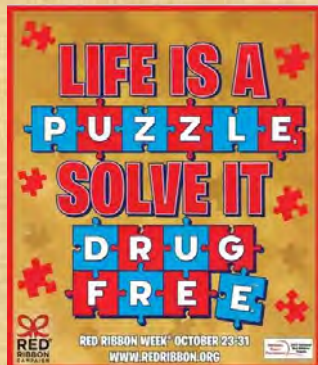
In honor of Red Ribbon Week

The ASAP team invites you to communicate, collaborate and engage with one another to build resilience.

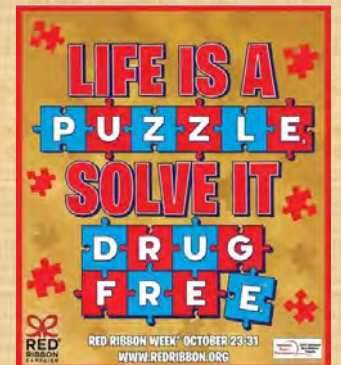
Pick up your unit or work group puzzle kit to take back to your breakroom and enjoy time communicating with others!

When: 17 OCT 0900-1000

Where: Building 1520, RM 217



The Red Ribbon Campaign serves as a catalyst to mobilize communities, educate youth and encourage participation in drug prevention activities.





Barquist Army Health Clinic BLS Schedule

10 September 2025

9 October 2025

13 November 2025

11 December 2025

Enrollment deadline is 2 weeks before the course date.

Please ensure BLS Eligibility Form is completed & emailed to the POC prior to course entry

POC is Maylis Burns
maylis.n.burns.civ@health.mil
301-619-2275

CUI

Mandatory DA Pre-Retirement/SBP Briefing

THIS IS **MANDATORY FOR ALL RETIRING ACTIVE-DUTY SOLDIERS.**

Spouses are encouraged to attend.

In-person briefings will be held in building 1520, classroom 1

Time: 0800-1200

BRIEFING DATES FY26:

7 October 25

2 December 25

3 February 26

7 April 26

2 June 26

4 August 26



Run for Healing, Stand for Hope

Color Run/Walk 5K

**Breast
Cancer
Awareness**

**Domestic
Violence
Awareness**



**Odom Fitness Center
1507 Porter St.
Frederick, MD 21702**

**To Register:
Scan here or
call 301-619-2498**



**Start time: 8am ~ Same Day Registration until 7:30am
\$6 fee per participant (includes a FREE T-Shirt!)
TWO lucky winners will receive a FREE pair of shoes
sponsored by Charm City Run!**



www.instagram.com/ftdetrickmwr
www.detrack.armymwr.com
www.facebook.com/DetrackMWR





FORT DETRICK

HARVEST FESTIVAL



Hosted by Child and Youth Services



October 24th, 4:00PM - 7:00PM
Hosted at the Blue and Gray Field

FEATURING
COSTUME CONTESTS, TRUNK OR TREAT COMPETITION
PUMPKIN TOSS, CUPCAKE EATING CONTEST

FOOD & DRINKS!

Food Trucks Galore
MWR Beer Tent

PLENTY OF FUN!

Bounce Houses
Face Paint
Game Truck/ Laser Tag
Circus Performers
Quiet Sensory Tent

FOR MORE INFO

CONTACT YOUTH SPORTS
AT 301-619-2538

STAY UP TO DATE
FOLLOW US ON FACEBOOK
WWW.FACEBOOK.COM/DETRICKMWR





October 24th 1600-1700
Blue Grey Field

We Invite you to participate in our Trunk or Treat event!
You are welcome to decorate your vehicle's trunk and
provide candy for children and youth at Fort Detrick. A
trophy for the best trunk, voted on by MWR leaders, will
be awarded for the best Trunk of Treat design!

FOR MORE INFO CONTACT YOUTH SPORTS AT 301-619-2538

STAY UP TO DATE

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BARQUIST ARMY HEALTH CLINIC

**SAY NO TO
TOBACCO OR
NICOTINE
PRODUCTS
TODAY!**



**EMAIL YVONNE.C.ROTTLER.CIV@HEALTH.MIL
TO BE ADDED TO THE GROUP
*FOR BARQUIST PATIENTS ONLY***





Public Health
Prevent. Promote. Protect.

Frederick County Health Department

Volunteers Wanted

The Frederick County Health Department is looking for youth volunteers for the *Tobacco Merchant Enforcement* program.

Volunteer Requirements

- Between the ages of 16 - 20
- Have a valid Maryland identification card
- Parent/Guardian consent
- Complete volunteer registration documents

Volunteer Benefits

- Earn community service hours
- Receive a gift card for participation
- Keep your peers safe and tobacco free

For more information or to register as a volunteer, contact P.J. Miller, Tobacco Program Manager, at PMiller@FrederickCountyMD.gov or 301-712-7277





Flu Shots for Feds

Did you know that all FEHB health plans cover flu shots at no cost to their members? Many plans offer flu shots for children and adults at convenient locations, like retail pharmacies.

Scan the QR codes using your mobile device camera or use the websites to find out more:



Use your zip code to find your local flu shot at: vaccinefinder.org. Always ask about full coverage before receiving care.



Review your FEHB Plan Brochure at: www.opm.gov/healthcare-insurance/healthcare/plan-information/plans/.

For the best protection against seasonal flu, get an annual flu vaccine each and every year. It's also a great time to make sure you are up to date on other recommended vaccines.



Take advantage of your preventive health benefits!

NO MORE EXCUSES

**THERE ARE MANY PLACES
TO GET YOUR FLU VACCINE.**

Anyone can get the flu, and it can be serious. Every year, protect yourself and those around you by getting a flu vaccine.



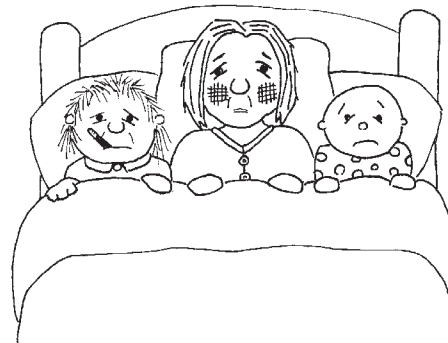
For more information, visit
<http://www.cdc.gov/flu>

FOR OFFICE USE



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

Don't take chances with your family's health – make sure you all get vaccinated against influenza every year!



Here's how influenza can hurt your family ...

Influenza can make you, your children, and your parents really sick.

Influenza usually comes on suddenly. Symptoms can include high fever, chills, headaches, exhaustion, sore throat, cough, and all-over body aches. Some people say, "It felt like a truck hit me!" Symptoms can range from mild to severe. When influenza strikes your family, the result is lost time from work and school and, possibly, doctor visits and trips to the hospital.

Influenza spreads easily from person to person.

An infected person can spread influenza when they cough, sneeze, or just talk near others. Some people might get flu by touching a surface contaminated with the flu virus and then touching their own mouth, nose, or eyes. People infected with flu don't have to feel sick to be contagious – they may even spread the flu virus to others the day before they have symptoms.

Influenza and its complications can be so serious that they can put you, your children, or your parents in the hospital – or lead to death.

Each year in the U.S., from 140,000 – 810,000 people are hospitalized and from 12,000 – 61,000 people die from influenza and its complications. The people most likely to be hospitalized and die are infants, young children, older adults, and people of all ages who have conditions such as heart or lung disease. But it's not only the youngest, oldest, or sickest who die: every year influenza kills people who were otherwise healthy.

Influenza can be a very serious disease for you, your family, and friends – but you can all be protected by getting vaccinated.

There's no substitute for yearly vaccination in protecting the people you love from influenza. Vaccination will help keep you and your loved ones safe from a potentially deadly disease. Get vaccinated every year, and make sure your children and your parents are vaccinated, too.

**Get vaccinated every year! Get your children vaccinated!
Be sure your parents get vaccinated, too!**





Planning a playdate?

Asking about firearm storage may feel awkward at first, but it's just as important as other safety topics we're used to talking about, like allergies and pets.

Keeping guns unloaded and locked up prevents unauthorized users—including children—from accessing and then being injured by firearms.

SAFE & SECURE GUN STORAGE REDUCES INJURY

1 in 3 children in the U.S. lives in a home with a gun.

55% of gun owners with children in the home do not practice safe firearm storage.

~82% of adolescent firearm suicides involve a gun belonging to a family member.

Thanks so much for inviting Sam over tomorrow! Reminder that she's allergic to peanuts, I can send a snack if that's easier?

Happy to host! Up to you, we have lots of peanut-free snacks. :)

While we're talking safety - do you have any guns in the house? If so, can you tell me how they're stored? Thanks!

We do have one. It's in a locked safe and it's not loaded. And we store the ammo separately.

Ok great, thank you!



HERE ARE SOME IMPORTANT QUESTIONS **YOU** CAN ASK:

- Do you have any guns in your home?
- How are they stored? Are they unloaded and locked up in a gun safe or lock box?
- Is ammunition stored separately?
- Are they stored in an area where kids don't have general access?
- What are your rules for accessing guns without supervision?



IF YOU DON'T FEEL COMFORTABLE **ON** THEIR ANSWERS,

- Offer to host the playdate at your house instead.
- Suggest a destination for the get-together, like a park or the movies.
- Remember that it's ok to postpone or cancel.



Effective Methods for Safe Firearm Storage

Together VA, the National Shooting Sports Foundation (NSSF), and the American Foundation for Suicide Prevention (AFSP) have compiled tips for safely storing firearms as well as best practices for sharing these guidelines in your community. Responsible firearm ownership begins by understanding safe storage and the steps for properly securing firearms in your home.

What is safe firearm storage? Firearm safety is not only about the handling of a firearm, but that responsibility also extends to secure storage. Safe storage consists of keeping firearms locked and unloaded, and separating firearms and ammunition when not in use. It also involves making sure household members understand the safety guidelines concerning firearms.

What are options for safe storage? There are several different ways to safely secure firearms, with some options shown in the image below. Learn more and find the option that works best for you and your family at www.nssf.org/safety.

A RANGE OF OPTIONS

	CABLE LOCK Price Range: \$10–\$50 <p>A cable lock can be used on most firearms, allows for quick access in an emergency and offers security from theft. The cable runs through the barrel or action of a firearm to prevent it from being accidentally fired, requiring either a key or a combination to unlock it.</p>	<ul style="list-style-type: none">AFFORDABLEACCESSIBLETHEFT DETERRENT
	GUN CASE Price Range: \$10–\$150 <p>For those looking to conceal, protect or legally transport a registered firearm, a gun case is an affordable solution available in a variety of materials including plastic, fabric or metal. Be sure to lock it with an external device for added security.</p>	<ul style="list-style-type: none">AFFORDABLEPORTABLEPROTECTS FROM DAMAGE
	LOCK BOX Price Range: \$25–\$350 <p>With integrated locks, storage boxes provide reliable protection for firearms, and allow gun owners to legally transport them outside of their home.</p>	<ul style="list-style-type: none">PORTABLEACCESSIBLEPROTECTS FROM DAMAGE
	ELECTRONIC LOCK BOX Price Range: \$50–\$350 <p>Electronic lock boxes are an effective way to store or legally transport firearms, and they also prevent theft since only the person with the code can access the contents. Some electronic lock boxes are specially designed for quick access to stored firearms.</p>	<ul style="list-style-type: none">PORTABLETHEFT DETERRENTPROTECTS FROM DAMAGE
	FULL SIZE AND BIOMETRIC GUN SAFES Price Range: \$200–\$2,500 <p>A gun safe protects its contents from the elements and allows owners to safely store multiple firearms in one place. Gun safes of all sizes are now available with biometric options to ensure only certain people have access.</p>	<ul style="list-style-type: none">THEFT DETERRENTPROTECTS FROM DAMAGE