



THE FORT DETRICK WEEKLIES

ANNOUNCEMENTS, EVENTS AND TRAINING

Dec. 23, 2020 – Jan. 23, 2021

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@mail.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 Fort Detrick Weeklies are located on the Fort Detrick homepage <https://home.army.mil/detrick> under "Weeklies".

ANNOUNCEMENTS AND EVENTS

For updates and materials on COVID-19 visit:

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

EFFECTIVE IMMEDIATELY: IF YOU CANNOT MEET PHYSICAL DISTANCING REQUIREMENTS OF 6 FT THEN FACE MASKS/COVERINGS ARE REQUIRED.

THE TRUSTED TRAVELER PROGRAM IS SUSPENDED UNTIL FURTHER NOTICE. ALL VISITORS WITHOUT DEPT. OF DEFENSE ID OR PERSONAL IDENTITY VERIFICATION (PIV) CARDS ARE REQUIRED TO BE VETTED AT NALLIN FARM GATE. THIS GATE IS OPEN 24/7.

In observance of the Christmas holiday, all visitor centers and gates EXCEPT Nallin Farm Gate at Fort Detrick and Brookville Gate at Forest Glen will be CLOSED the following days:

Thursday and Friday, 24-25 December 2020.

Vetting operations at Fort Detrick for all holidays will occur at Nallin Gate.

Nallin Farm Gate and Brookville Gate will be open 24/7

NOTE: Weekly announcements will be sent out every Thursday and will span two weeks' worth of events.

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Holiday Message from Leadership

MRDC & Fort Detrick Family,

Happy holidays!

CSM Laragione and I extend our warmest greetings to you, our MRDC and Fort Detrick family and friends.

We are honored and humbled to lead MRDC and Fort Detrick during these challenging and unprecedented times. Fort Detrick is home to some of the most remarkable people we have had the privilege to work with in our careers.

We hope that you find ways to make this holiday season special - despite the pandemic. Look for ways to slow down to take some well-deserved rest. This is also the season to be thinking more of others, so let's watch out for each other. Do what you can to prevent the spread of COVID-19 through frequent hand washing, wearing a mask, and avoiding large gatherings with those outside of your home.

Please also take time to reflect on the noteworthy accomplishments you've achieved this year. Fort Detrick is outstanding because of the amazing people who show up each day to support the mission.

You have our sincerest appreciation for your dedicated service and our heartfelt wishes for a joyous holiday season and a prosperous New Year.

Happy Holidays and God bless.

V/R

BG Mike Talley
Commanding General
USAMRDC & Fort Detrick

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- **Employment Opportunities Within US Army Garrison Fort Detrick**

The Garrison is currently recruiting to fill multiple vacancies. Those vacancies include:

USAJOBS ANNOUN OPEN DTE	USAJOBS ANNOUN CLOSE DTE	POSITION TITLE	PP-SERI-GR	LOCATION/S
15 Dec 20	28 Dec 20	Security Officer	GS-0080-13	Fort Detrick
23 Sept 20	30 Dec 20	Child and Youth Program Assistant	CY: 01/02	Fort Detrick

To view our 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>

- **A message from the Fort Detrick Environmental Management Office: Be careful what you dispose of down the drain**

Fort Detrick maintains and operates its own wastewater treatment plant for treatment of sanitary waste (organic wastes from humans) originating from the installation. Sanitary waste generated on Fort Detrick is conveyed through a series of pipes to the plant for treatment. With this in mind, we remind residents to only flush toilet paper. Fort Detrick encourages disinfecting your environment to prevent the spread of COVID-19, however never flush disinfecting wipes or other non-flushable items. Flushing only toilet paper helps ensure that the toilets, plumbing and sanitary sewer system will continue working properly.

Also, any chemicals disposed down the drain have the potential to harm the environment. Grease and solid material can clog pipes causing sewer disruptions and overflows and should not be placed in drains. Cooking grease and oil can be disposed by placing the cooled material into a container with a re-sealable lid and chill overnight so any fat solidifies, then dispose as regular garbage.

Thank you for your assistance.

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- **2020 Combined Federal Campaign**

We are officially (virtually) kicking off our CFC season with the very appropriate cause of the week for Fort Detrick Medical Research.

The 2020 Combined Federal Campaign (CFC) has begun and runs through Jan. 15, 2021. Through CFC, you can truly make a difference by contributing to support your favorite charities. With over 25,000 approved local, national, and international organizations, you can support your favorite causes. So let's make it possible to feed the hungry, treat the sick, and protect the vulnerable.

BE THE FACE OF CHANGE!

To contribute to CFC please visit the Giving Portal: <https://cbacfc.givecfc.org/>.

Contributions can be made by payroll deduction or one-time contribution. If you have not contributed via the CFC's Giving Portal before, you may need to sign up for an account. This is a very user-friendly system; please follow the easy on screen prompts to complete your contribution.

- **Quarterly Retirement Ceremonies**

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

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. Below are scheduled retirement ceremonies for the next 2 years.
Feb 11, 2021 / May 13, 2021 / Aug 12, 2021/ *Nov 10, 2021

* Due to National Holiday, ceremony not scheduled on the second Thursday of the month.

- **Tax Assistance Update**

The Fort Detrick Legal Assistance Office (LAO) will assist active duty members of U.S. Armed Forces assigned to units located on or supported by Fort Detrick in preparing and electronic filing of both federal and state income tax returns for Tax Year 2020 beginning in January 2021. Members in grades O-3 and below, to include enlisted personnel and warrant officers, and their DEERS dependent spouses, are eligible for

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assistance by appointment only. The LAO will publish instructions for making appointments in the coming weeks.

All active-duty military members may prepare and file federal and state tax returns via Military OneSource at <https://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services>. Others, including military retirees, may self-prepare their federal and state returns using free commercial software available at the following IRS Website: <https://www.irs.gov/e-file-providers/efile-with-commercial-software>.

FAMILY MORALE, WELFARE AND RECREATION

Army Community Service

- **Financial Readiness**

- First Termers Spend plan training-Developing Your Spending Plan**

- 5 Jan, 2 Feb, 2 Mar 2021, 1300-1500

- 1520 Freedman Drive, TBD

- Learn about the importance of developing financial goals and having a written plan to make your goals a reality. Using a comprehensive financial planning tool, you will learn how to account for all of your income, document living expenses and detail your indebtedness. You will also learn easy ways to improve your cash flow, reduce unnecessary living expenses, pay off debt and know where to go for help

- For more information, please call 301-619-3455 or email usarmy.detrick.usag.mbx.acs-frp@mail.mil

- Register here:** <https://installation.detrick.army.mil/spendplantrng/index.cfm>

- **Thrift Savings Plan (TSP) 101**

- 12 Jan, 9 Feb, 9 Mar 2021, 0900-1100

- 1520 Freedman Drive, TBD

- Do you think you are too young to worry about retirement, or that it is too late to start planning? This course will help you understand how the Thrift Savings Plan works and what it can do for you. It includes instruction and information to assist Service members and Families with their retirement planning. Training on the fundamental of understanding the TSP. Review the functions of the website to ensure that service members know how to utilize. Training on how the TSP is important to your life now and long term

- For more information please call 301-619-3455 or email usarmy.detrick.usag.mbx.acs-frp@mail.mil

- Register here:** <https://installation.detrick.army.mil/ThriftSavingsPlan101/index.cfm>

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- **Getting Out of Debt**

19 Jan 2021, 1300-1500

1520 Freedman Drive, classroom 3

Debt got you down? Wondering why you don't have enough money at the end of the month? Come learn strategies to systematically wipe out that debt. Topics include budget development, record keeping and credit

For more information, please call 301-619-3455 or email usarmy.detrick.usag.mbx.acs-frp@mail.mil

Register here: https://installation.detrick.army.mil/Getting_Out_of_Debt/index.cfm

- **Investing 101**

26 Jan 2021, 1300-1500

1520 Freedman Drive, TBD

Get your money working harder and smarter for you! Learn the basics of investing and take the mystery out of how investments fit into achieving your financial goals. This lesson includes instruction and information to assist Service members and Families with their long-term planning

For more information, please call 301-619-3455 or email usarmy.detrick.usag.mbx.acs-frp@mail.mil

Register here: <https://installation.detrick.army.mil/Investing101/index.cfm>

- **Home Buying**

23 Feb 2021, 1300-1500

1520 Freedman Drive, TBD

Thinking about buying a home? Are you really ready? What do you need to know before you buy? What programs are available to help you buy? Learn about credit reports, the mortgage process, the appraisal process, and many useful tools to become an educated consumer. This lesson includes instruction and information materials to assist Service members and Families with their home buying

For more information, please call 301-619-3455 or email usarmy.detrick.usag.mbx.acs-frp@mail.mil

Register here: https://installation.detrick.army.mil/Home_Buying/index.cfm

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- **Dollar & Sense**

16 Feb 2021, 1300-1500

1520 Freedman Drive, TBD

This course will help you better understand your relationship with money. Topics include budget development and record keeping, credit, consumer rights and obligations, insurance, and personal financial readiness. Learn to control your money instead of allowing it to control you

For more information, please call 301-619-3455 or email usarmy.detrick.usag.mbx.acs-frp@mail.mil

Register here: <https://installation.detrick.army.mil/DollarsandSense/index.cfm>

- **Credit Scores and Reports**

16 Mar 2021, 1300-1500

1520 Freedman Drive, TBD

What can you do to qualify for the best rates of interest? Understanding your credit is the first step. Learn how to read your credit report and get tips on how to improve and maintain your credit score and report. Topics include: credit as well as consumer rights and obligations related to credit management

For more information, please call 301-619-3455 or email usarmy.detrick.usag.mbx.acs-frp@mail.mil

Register here: <https://installation.detrick.army.mil/CreditScoresandReports/index.cfm>

- **Car Buying**

23 Mar 2021, 1300-1500

1520 Freedman Drive, TBD

Purchasing a vehicle is a large investment that can have significant short- and long-term financial consequences. Because purchasing a car can be a complex process, it is important that buyers understand the specific steps involved in making a wise purchase. The Car Buying Strategies module is designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car and to negotiate effectively when purchasing an automobile

For more information, please call 301-619-3455 or email usarmy.detrick.usag.mbx.acs-frp@mail.mil

Register here: <https://installation.detrick.army.mil/CarBuying/index.cfm>

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- **Family Advocacy Program (FAP)**

Co-Parenting through Separation and Divorce

January 12, 19, 26 2021, 1-3 pm

The 6-hour seminar covers the impact of conflict on children and strategies for parents to communicate and make decisions together on behalf of their children. Emphasis is placed on creating age appropriate parenting plans and preparations for mediation. This course is authorized by the Circuit Court for Frederick County Family Services. Registration is required by 5 January 2021. For location and registration information call 301-619-7453 or send an email to

usarmy.detrick.imcom-fmwrc.mbx.family-advocacy@mail.mil

- **New Parent Support Program (NPSP)**

Benefits of Breastfeeding

February 12, 2020, 11:45 am-12:45 pm

To breastfeed or not breastfeed? That is the question. To be able to make an informed decision you need the facts. Grab a bite to eat for you and the baby in your belly and join us for this informative session. Stop by Army Community Service before or after for free resources and supplies.

Registration is required by the 5th of the month

For location and registration information, call 301-619-0323

- **New Parent Support Program (NPSP) and the Military Family Life Counselor (MFLC)**

Military Parents Connecting

This is a challenging time, especially for parents and families. It is important to have support and connect with others. Join us starting Friday, January 8 at 11:00am for Military Parents Connecting. It will be a group for parents to get together to share their challenges & triumphs. The group will utilize an encrypted version of Zoom that allows for privacy and security for the group. There will be a video option or you can just join by phone! Come as you are- pajamas, kids, pets, and the chaos that is the new normal. The group is sponsored by Fort Detrick Army Community Service with New Parent Support and Military Family Life Counselors. The group will be offered on the 1st and 4th Friday of every month at 11:00. Due to the 1st Friday in January, being a holiday this year the group will be offered on Jan 8 and again on Jan 22. If you would like to participate, call and provide your email address at 301-619-0323. Email addresses will be used to send meeting link for meeting attendance ONLY

If you have questions about the group call New Parent Support at 301-619-0323 for more information.

Community Recreation

- **Event: Auto Skills Center**

Now Open

Cost: \$8 an hour for Lift Rental. Tools and oil disposal included. Bay rental by appointment only. All fees will be through credit card only. Max Capacity will be reduced to 6 patrons at a

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time, every other bay and two people per bay. Face Masks required at all times. Patrons and staff will clean and sanitize each tool used and clean all touch points

Hours of operation are as follows:

Wednesday-Saturday – 9 am-5pm

Sunday - noon-8pm

(Closed Monday & Tuesday)

For information, please call 301-619-2759

Child and Youth Services

- **Event: CYS Babysitter and CPR/First Aid Training**

Babysitter Training, Dec. 29, 2020, 9:00 am – 2:00 pm

CPR and First Aid Training, Dec 30, 2020, 9:00 am – 2:00 pm

949 A Sultan Drive

Registration is now open through Dec. 22, 2020

For information, call 301-619-7100

Cost is \$40 per participant

This training will provide information on how to be a responsible, trustworthy, and caring babysitter. You will also learn the basics of how to operate a babysitting business.

Screening will be done prior to entering training and a mask is required at all times.

Army Substance Abuse Program

- **Prime for Life**

PRIME FOR LIFE (Alcohol and Drug Abuse Prevention training-ADAPT) Prime for Life empowers individuals to make informed low-risk choices about alcohol and drugs that will help them protect all they value and move them toward the life goals they want to achieve. This course is FREE and available to all Service Members and DA Civilians and their family members! POC Ashley.d.bush5.civ@mail.mil / 301-619-1751

- **Personal Readiness Training Announcement**

PERSONAL READINESS YES! Personal Readiness training is mandatory BUT this mandatory training you do not want to miss! Personal Readiness is the physical, psychological, social, spiritual and family preparedness to achieve and sustain optimal performance in supporting the Army mission. This training meets the IAW AR 350-1 mandatory training requirement. POC Ashley.d.bush5.civ@mail.mil /301-619-1751

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- **Army Resilience**

New Army Resilience Directorate Website! The Army Resilience Directorate is excited to announce the launch of our new website! The new site provides resources and information on SHARP, Suicide Prevention, ASAP and Resilience for Soldiers and leaders in one easy-to-access location: <https://www.armyresilience.army.mil/index.html>

****Flyers with links to the trainings are at the end of the Weeklies****

TRAININGS

- **Local Hazards Training**

The monthly Local Hazards classroom training is canceled until further notice. The Installation Safety Office is requesting that Supervisors provide the briefing [found here](#), to their new employees and forward the last page to the Safety Office as proof of training. For questions, please contact the Safety Office at (301) 619-7318 or email at usarmy.detrick.usag.list.ismo@mail.mil. Thanks for your cooperation.

- **TARP for FY21 will be held via MS Teams IAW the below schedule there are two sessions per date at 1000 and 1400.**

Please use the below link to access TARP training.

<https://teams.microsoft.com/l/meetup-join/19%3a5c07dfca27024bd1aad572bad34a2cd9%40thread.skype/1602702259051?context=%7b%22Tid%22%3a%221acfb3-32be-4715-9025-1e2f015cbbe9%22%2c%22Oid%22%3a%22f771e93-e471-45bf-ae22-0fbd30f8e5d7%22%7d>

19 January 2021
16 February 2021
16 March 2021
20 April 2021
18 May 2021
15 June 2021
20 July 2021
17 August 2021
21 September 2021

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🌿 Holiday closures and reduced hours across the Installation 🌿

Fort Detrick Legal Assistance Office at 521 Fraim Street.

December 23-25 - No appointments

December 28-29 - Open for telephonic appointments 8 a.m. – 11 a.m. and 1 -4 p.m. (regular hours).

December 30, 2020 – Jan. 1, 2021- New Years - No appointments;

January 4, 2021 - Open for telephonic appointments during regular hours.

*Note that on December 23 and December 30, the voicemail line will be periodically checked to ascertain if there are any emergencies (e.g. Advance Health Care Directives) that cannot wait until the following Monday.

FMWR DECEMBER FACILITY CLOSURES

December 24, 2020

NAF Support Division - CLOSED

Army Community Services, Fort Detrick – OPEN 8 a.m. – 4 p.m.

Army Emergency Relief, Bethesda – CLOSED

Child and Youth Services, OPEN

Child Development Center, Fort Detrick – 8 a.m. – 4 p.m.

School Age Center/Middle School & Teen, Fort Detrick – 6 a.m. – 4 p.m.

Parent Central Services – 8 a.m. – 4 p.m.

Youth Sports & Fitness – 9 a.m. – 4 p.m.

Child Development Center, Forest Glen – 8 a.m. – 4 p.m.

Community Recreation

Auto Skills Center – CLOSED

Equipment Checkout Center – CLOSED

RV Storage Lots – CLOSED

Leisure Travel Services – CLOSED

Nallin Pond Recreation Area – Dawn to Dusk

Forest Glen Fitness Center – CLOSED

Community Activity Center – CLOSED

Odom Fitness Center – OPEN: 8-10 a.m., 11 a.m. – 1 p.m., and 2-4 p.m.

Indoor Pool - OPEN: 8-10 a.m., 11 a.m. – 1 p.m., and 2-4 p.m.

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Pet Kennel – OPEN: 7 a.m. - noon

December 25 2020, Christmas Day – all facilities will be closed

December 31 2020

NAF Support Division - CLOSED

Army Community Services, Fort Detrick – OPEN 8 a.m. – 4 p.m.

Army Emergency Relief, Bethesda – CLOSED

Child and Youth Services, OPEN

Child Development Center, Fort Detrick – 6 a.m. – 4 p.m.

School Age Center/Middle School & Teen, Fort Detrick – 6 a.m. – 4 p.m.

Parent Central Services – 8 a.m. – 4 p.m.

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Child Development Center, Forest Glen – 8 a.m. – 4 p.m.

Community Recreation

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Indoor Pool - OPEN: 8-10 a.m., 11 a.m. – 1 p.m., and 2-4 p.m.

Pet Kennel – OPEN: 7 a.m. – 4 p.m.

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Fort Detrick Commissary Holiday Schedule

December		
Wednesday	12/23/2020	Open
Thursday	12/24/2020 (Christmas Eve)	Close at 4 p.m.
Friday	12/25/2020 (Christmas Day)	Closed
Saturday	12/26/2020	Open
January		
New Year's Eve	12/31/2020	Open
New Year's Day	01/01/2021	Closed
Day after New Year's Day	01/02/2021	Open
Martin Luther King, Jr.'s Birthday	01/18/20/21	Closed

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National Center for PTSD

COVID COACH



COVID Coach is a **free, easy-to-use mobile application** created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. It was developed by the Department of Veterans Affairs (VA) in 2020. The app connects you to resources to help you cope with stress, stay healthy, stay connected, and navigate parenting, caregiving, and working at home while social distancing or sheltering in place. COVID Coach is not meant to replace professional care related to COVID-19 or mental health conditions, such as PTSD.

LEARN ABOUT COPING DURING THE PANDEMIC

COVID Coach can support you with information to help you stay balanced, connected, safe, healthy, and sane.

- Learn about healthy behaviors to protect yourself during the pandemic
- Find tips to help you with remote working, parenting, and caregiving
- Explore indoor activities to do on your own, with a partner, or with children

MANAGE SELF-CARE AND WELL-BEING

Find tools to help you manage stress during the pandemic. You can also mark the activities that are your favorites and create your own tools.

- Practice relaxation and other stress-management exercises
- Track your mood, anxiety level, well-being, and stress symptoms over time to recognize patterns and figure out what works for you
- Create your own personal support network

SET PERSONAL GOALS AND TRACK GROWTH

Creating a goal for yourself—something you can do on a daily basis to help you take care of yourself—and tracking your growth is a helpful way to focus on the positive.

- Set personal goals, small things to help yourself, a family member, or a friend
- View graphs that show your growth over time
- Set reminders to visit the app each day and work toward your goals

GET SUPPORT

If you're in crisis, use COVID Coach to connect with people who can help. There are also resources available if you just want to talk. Add contact information for people you trust and reach out when you need support.



For more information, visit:
www.ptsd.va.gov/appvid/mobile

Date Created: April 20, 2020



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THE FORT DETRICK WEEKLIES

ANNOUNCEMENTS, EVENTS AND TRAINING

Dec. 23, 2020 – Jan. 23, 2021
Please note: The Weeklies are also on
<https://home.army.mil/detrick> under
“Weeklies”



December Safety Bulletin:



INSTALLATION SAFETY BULLETIN SB 20-12-01



Holiday Safety Tips

Holiday Light Safety

- Only use lights tested for safety and throw out sets with broken sockets or frayed wires.
- Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind damage.
- Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.
- Never use electric lights on a metallic tree.

Decoration Safety

- Keep your fresh Christmas tree well-watered and look for “Fire Resistant” label when buying an artificial tree.
- Place burning candles away from flammable items and blow them out before leaving the room.
- Place tree away from fireplaces, radiators and other heat sources as heated rooms dry trees out rapidly and can create fire hazards.

Toys

- Follow safety information on packages and choose toys that match your child’s abilities.
- Get safety gear and ensure it is worn properly at all times and sized to fit.
- Keep small ball and toys parts away from children younger than age 3.



INSTALLATION SAFETY OFFICE
1520 FREEDMAN DRIVE SUITE 217
PHONE 301-619-7318
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SAFETY BULLETIN

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In Our Communities

Frederick: <http://www.visitfrederick.org/events> and <http://www.celebratefrederick.com>

Silver Spring: <http://www.silverspringdowntown.com/calendar>

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