

WORKFORCE DEVELOPMENT NEWSLETTER

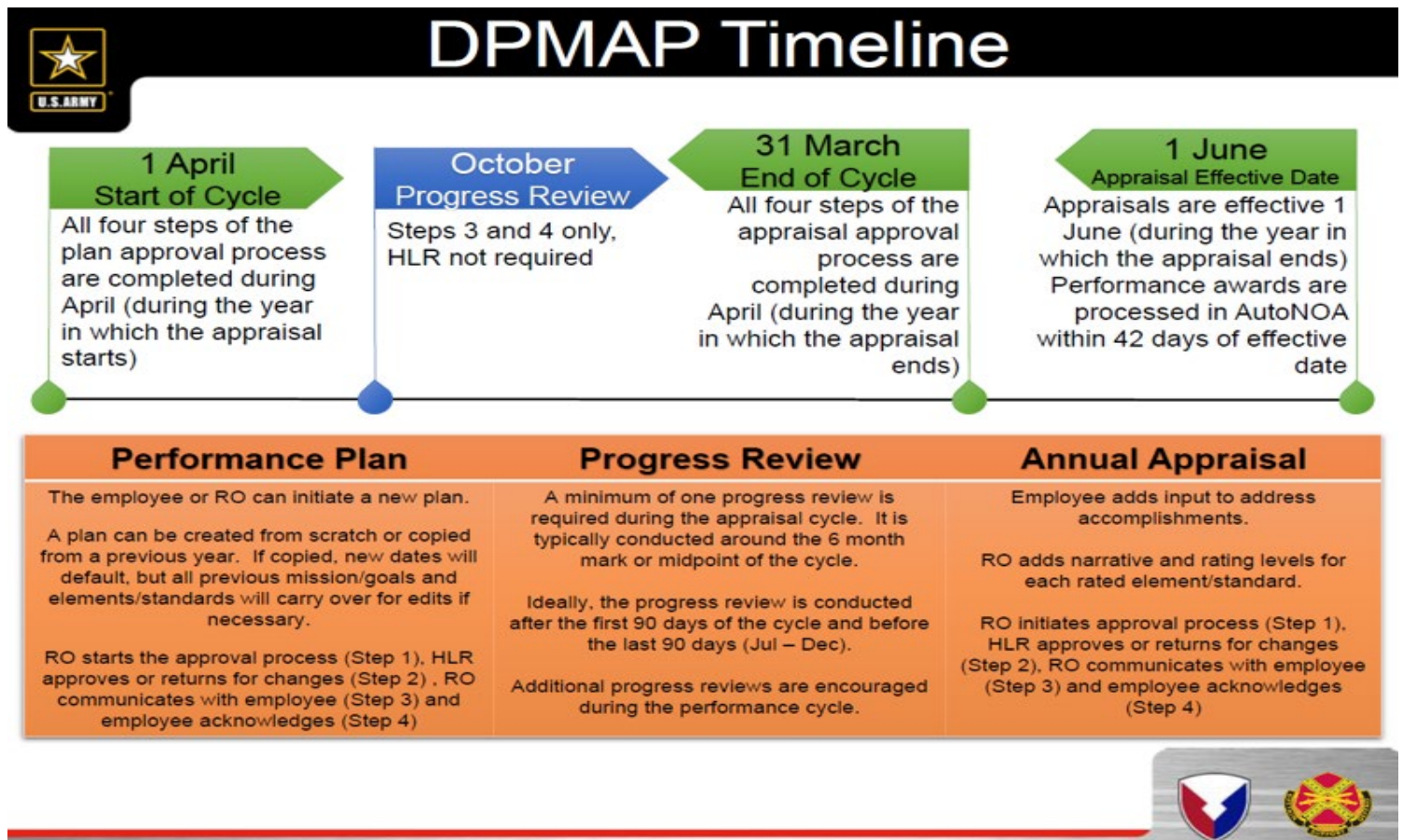


October 2024 | Volume 4

WARM FALL WISHES!!

WELCOME TO THE FIRST QUARTER WORKFORCE DEVELOPMENT NEWSLETTER

As we move into the first quarter of the fiscal year, we want to highlight key programs and initiatives that support your professional growth, performance, and overall well-being.



Progress Reviews in DPMAP: Stay on Track

[DPMAP Resources](#)

As we approach the middle of the performance year, now is the time to ensure your progress reviews are completed in the Defense Performance Management and Appraisal Program (DPMAP).

Regular check-ins with your supervisor are crucial to staying aligned with your goals and making any necessary adjustments. These reviews are an opportunity to showcase your accomplishments, address any areas of improvement, and ensure you're on track to meet your objectives by the year's end. If you haven't scheduled your progress review yet, make sure to do so soon.



Civilian Fitness and Health Promotion Program: Prioritizing Your Well-being

Looking back: Congratulations to all the Summer Step-It-Up Challenge participants! Ms. Tonja Hill was the first-place winner, Ms. Erika Payne was the second-place winner, and Ms. Julie Cordova was the third-place winner. Your dedication to health and wellness is genuine motivation.

We're excited to remind everyone of the Civilian Fitness and Health Promotion Program, designed to support a healthy lifestyle for all civilian employees. This program offers up to three hours of duty time per week for fitness activities. Whether you're taking a walk, hitting the gym, or joining a fitness class, we encourage you to take advantage of this opportunity to stay active and boost your health. Regular exercise not only improves physical health but also enhances focus, productivity, and overall mood.

Let's keep moving forward together—professionally, physically, and mentally!

[2023 USAG Fort CAV Civ Health Fitness Program SOP w encls.pdf](#)

Workforce Development will be hosting monthly lunch and learn events. To obtain additional information regarding these educational sessions, please visit the WFD's SharePoint or Teams.

[WFD Lunch and Learns](#) or [USAFG WFD Teams](#)

For more information on MWR Group Fitness Schedule contact Emily Cox, Program Fitness Specialist at emily.v.cox2.naf@army.mil

FORT CAVAZOS GROUP FITNESS SCHEDULE



FALL 2024

MON	TUES	WED	THURS	FRI	SAT	FITNESS CLASSES
0900-1000	0630-0730 0900-1000 0900-1000 0930-1030	0630-0730 0900-1000	0900-1000 0900-1000 0930-1030	0630-0730 0900-1000	80's Halloween Spin & Yoga Oct 26 th CHAD X1000 Nov. 2 nd Impossible Mile Nov. 16 th	APPLIED FUNCTIONAL FITNESS TACTICAL TRX SPIN HATHA YOGA POWER YOGA YOGA BALANCE HYBRID TRAINING FITNESS FUSION
1015-1115 1200-1300 1730-1830 1800-1900	1030-1130 1200-1300 1730-1830 1800-1900	1015-1115 1200-1300 1730-1830 1800-1900	1200-1300 1730-1830 1800-1900	1015-1115 1200-1300		

SPECIALTY CLASSES

"FITNESS FUSION"
Fusion of Modalities for Full Body Fitness
Children allowed: contained in stroller, car seat or sitting on mat
Tuesday and Thursday at 0930, Applied FFF

"TACTICAL TRX"
Progressive Functional Training
with a variety of Tactical Equipment
Wednesday at 0630, Applied FFF

"FREE FITNESS WEEK" Sept. 23-27

"80's Halloween Spin & Yoga" Oct 26th

"CHAD 1000X" Nov. 2nd

"Impossible Mile" Nov. 16th

INFO



GYMS

Applied
Old Ironsides Avenue
BLDG 12018
Starker
Old Ironsides Avenue
BLDG 87010

No Classes On Training or Federal Holidays

**Unit PT Reservation
Personal and Partner Training
Nutrition Coaching
Small Group Coaching
Questions**

Email: emily.v.cox2.naf@army.mil

SPECIAL EVENTS

RESERVATION

Fall Health & Wellness Tips:

As the weather cools down and the holiday season approaches, it's important to maintain your health and wellness while still enjoying everything this festive time has to offer. Here are some strategies to stay fit, mindful, and balanced from October through December:

1. Stay Active with Seasonal Workouts

- Enjoy Outdoor Activities: Make the most of the cooler temperatures by hiking, walking, or running in the crisp fall air. The beautiful changing leaves can make exercise more enjoyable and keep you motivated.
- Holiday-Themed Activities: Participate in active holiday events, such as Turkey Trots, charity walks, or holiday-themed fitness classes.

2. Prioritize Mental Health

- Embrace a Positive Mindset: The change in seasons can impact mood, so focus on gratitude and mindfulness practices. Journaling or listing three things you're grateful for each day can help combat seasonal blues.
- Maintain a Balanced Schedule: The holidays can be hectic, so set boundaries and prioritize self-care. Schedule downtime for activities that relax and rejuvenate you.

3. Focus on Nutrition

- Healthy Holiday Substitutions: Try swapping refined sugars and white flour for whole grain and natural sweeteners. For example, use maple syrup or honey in place of processed sugar.

4. Holiday Health & Wellness Strategies

- Portion Control: Enjoy your favorite holiday treats but be mindful of portion sizes. Use a smaller plate, eat slowly, and savor each bite.
- Stay Hydrated: With cooler weather, it's easy to forget about drinking water. Aim for at least 8 glasses a day and consider herbal teas as a warming alternative.

5. Stress Management

- Delegate Holiday Responsibilities: Don't try to do everything yourself. Ask for help with cooking, decorating, or hosting to reduce holiday burnout.

A Seasonal Reminder:

"Autumn shows us how beautiful it is to let things go. Use this season to let go of old habits that no longer serve you and embrace a new path toward health and wellness. As you move through October to December, may you find balance, joy, and gratitude in each day."

PUMPKIN QUINOA SALAD

This festive salad is perfect for any fall or winter gathering. It's packed with flavor, fiber, and nutrients, making it a healthy and delicious addition to your holiday spread.

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 cup diced roasted pumpkin or butternut squash
- 1/4 cup dried cranberries
- 1/4 cup chopped pecans or walnuts
- 1/4 cup pomegranate seeds
- 1/4 cup crumbled feta cheese (optional)
- 2 cups chopped baby spinach or arugula

Dressing:

- 1/4 cup olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp maple syrup or honey
- 1 tsp Dijon mustard
- Salt and pepper to taste

Instructions:

1. In a medium saucepan, bring water or vegetable broth to a boil. Add quinoa, reduce heat to low, cover, and simmer for about 15 minutes, or until the liquid is absorbed. Fluff with a fork and set aside to cool.
2. In a large bowl, combine the cooled quinoa, roasted pumpkin or squash, dried cranberries, chopped nuts, pomegranate seeds, and greens.
3. Whisk together the dressing ingredients in a small bowl.
4. Pour the dressing over the salad and toss until well-coated.
5. Sprinkle with crumbled feta, if desired, and serve immediately.

This vibrant salad can be enjoyed warm or chilled, and it pairs well with roasted turkey or chicken for a wholesome meal. The flavors will remind you of the season, while the ingredients support your health and wellness goals.

TRAINING & DEVELOPMENT OPPORTUNITIES

Developmental assignments are a great way to expand your skill set, gain new experiences, and build relationships across the organization. These short-term opportunities allow employees to step outside their regular roles and take on projects in other areas, providing invaluable hands-on experience. If you're interested in broadening your expertise or preparing for a new career path, consider applying for a developmental assignment. Contact your HQ IMCOM Program POC usarmy.jbsa.imcom-hq.mbx.tmd-civilian-development@army.mil for more information on upcoming opportunities.



All opportunities in this program are in person.

(1) Explore Opportunities

[Explore Opportunities Here](#)

(2) Prepare (read carefully)

[Apply Here](#)

(3) Submit and Track

[Track Application Status Here](#)

What is the Developmental Assignment Program?

The DAP allows employees the opportunity to see how things operate across the IMCOM enterprise such as the garrisons, IMCOM Directorates (ID), and HQ. Employees will become familiar with how different echelons function in accordance with the IMCOM mission. Developmental assignments offer multi-functional projects that broadens employee experience, prepare participants for increased responsibilities, and improve organizational effectiveness.

Who is Eligible?

- Permanent DA for at least one year.
- GS-12 to GS-15 or Civilians (AF/NAF/LN) assigned to IMCOM pay plan/pay band equivalent.
- Must have a government travel card (if the location is more than 50 miles from home-station). GTC does not apply to LNs.
- Participants must have immediate supervisor approval and be endorsed by their Director.
- Refer to the IMCOM DAP Policy for more details.

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WORKFORCE DEVELOPMENT

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