



**FORT MEADE 2ND ANNUAL COMMUNITY RESILIENCY FAIR**  
 "BUILDING A STRONGER COMMUNITY THROUGH BETTER HEALTH"

**OCTOBER 20, 2023 10 A.M. - 3 P.M.**  
**MCGLACHLIN PARADE FIELD**

**AN EVENT THAT PROMOTES FAMILY, PEER, COMMUNITY, AND UNIT CONNECTION**

- Amazing Race
- Kids Activities
- Team Challenges
- Running shoe fittings
- Raffle Prize Drawings
- Food Trucks
- 229th MDNG Band
- 100+ Community Resource Vendors

**AFWC** CALL: 301-677-2006  
 ARMED FORCES WELLNESS CENTER

### FGGM Community Resiliency Fair

FREE COMMUNITY EVENT!! 20 October 1000-1500 mark your calendars to come have a good time on the Parade Field! Scan the QR code if you'd like to sign up to have a booth. A sign up link to register to participate in the Amazing Race will be shared in the next few weeks.

Sign your team up for the Amazing Race

**Fort Meade 2nd Annual Resiliency Fair**  
**SIGN YOUR TEAM UP NOW FOR THE AMAZING RACE**  
**20 OCT 2023**

THE AMAZING RACE WILL TAKE PLACE AT MCGLACHLIN PARADE FIELD FROM 1000-1500. TEAMS WILL RACE THROUGH 7 DIFFERENT STATIONS, WHERE THEY WILL COMPLETE A 5-MINUTE CHALLENGE PUT ON BY VARIOUS FORT MEADE RESILIENCY RESOURCES.

EVERY PARTICIPATING TEAM WILL BE ENTERED IN A RAFFLE FOR A PRIZE BASKET, AND THE WINNER OF EACH HEAT WILL RECEIVED EXTRA ENTRIES IN THE RAFFLE. TEAMS MUST SIGN UP TO PARTICIPATE.

USE THE QR CODE OR LINK TO SIGN UP!  
<https://www.signupgenius.com/go/10C0848ADAD2AA2FEC61-amazing>

## Fort Meade Hosts Inaugural LE Symposium, Fostering Collaboration Among 25+ Agencies Across Local, State, and Federal



(Right) Fort George G. Meade Garrison Commander, Michael A. Sapp, opens the Law Enforcement Symposium here Sept. 7 with a few words of encouragement and appreciation for the more than 50 federal, state, and local police officers who attended this in-person event here.

(Top left) Chief Jason Lando, Chief of Frederick Maryland Police Department, presents a first-person account and a review of the Tree of Life Synagogue Shooting of Oct. 27, 2018, near Pittsburgh, Pa., to those who attended the Law enforcement Symposium hosted here Sept. 7. At that time a police captain with the PA Police Department, Lando was one of the first responders to this incident.

(Bottom left) Michael J. Stankovich, Fort Meade CID's Special Agent-in-Charge, provides an overview of the agenda for the more than 50 federal, state, and local law enforcement personnel who gathered to establish and strengthen the relationship among the different agencies, and sometimes overlapping jurisdictions, at the Law Enforcement Symposium here Sept. 7.

Fort George G. Meade, Md. – Fort Meade welcomed more than 50 law enforcement professionals from more than 25 agencies across the local, state, and federal spectrum to what is hoped-to-be the inaugural Law Enforcement Symposium here Sept. 7.

Col. Michael A. Sapp, garrison commander, welcomed those in attendance at the Defense Media Activity here for working to strengthen and build relationships between jurisdictions that sometimes overlap to make it easier – and more effective – to coordinate and respond should a major threat occur on post, or outside the installation's gates.

"The best part about the event was the multiple LE (law enforcement) agencies and departments getting to know each other, establishing points of contact for their agencies and departments to reach out to, and learning best practices regarding the active shooter threat, local infrastructure threats, and intelligence resources across the NCR (National Capital Region)," said Michael J. Stankovich, Fort Meade Criminal Investigation Division's Special Agent-in-Charge.

The symposium - a combined effort between Fort Meade's Directorate of Emergency Services and the Fort Meade CID office – appeared to meet the goal of building relationships between jurisdictions in our local community who deal with many of the same issues while also providing some professional development for all in attendance, said Stankovich.

Chief Jason Lando, currently Chief of Police for the Frederick Maryland Police Department, provided a presentation on the Tree of Life Synagogue Shooting near Pittsburg, Pa. At the time of the shooting, Oct. 27, 2018, Lando was a police captain for the Pittsburg Police Department and one of the first responders to the incident.

The other active shooter presentation featured law enforcement personnel from the Anne Arundel County Police Department. That presentation focused closer to home here with lessons learned in the response to the Maryland Capitol Gazette mass shooting on June 28, 2018.

In addition to the two presentations on active shooters, other events included a working lunch where people from respective agencies presented information on their individual capabilities as first responders, a session on potential threats to critical infrastructure in the region and a session on how to minimize potential impacts to the community in the case of a threat.

### Stay Up to Date with COVID-19 Vaccines

(September 15, 2023)  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

#### What You Need to Know

- CDC recommends the 2023–2024 updated COVID-19 vaccines.
- [Everyone aged 5 years and older](#) should get 1 dose of the updated Pfizer–BioNTech or Moderna COVID-19 vaccine to protect against serious illness from COVID-19.
- [People who are moderately or severely immunocompromised](#) may get additional doses of updated COVID-19 vaccine.
- [Children aged 6 months–4 years](#) need multiple doses of COVID-19 vaccines to be [up to date](#), including at least 1 dose of updated COVID-19 vaccine.

### CDC.gov – Coming Soon: Free COVID-19 Tests

Beginning September 25, every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home.

Before You Throw Out "Expired" Tests: [Check to see if your COVID-19 tests' expiration dates have been extended.](#)

### Safety Corner Safety Tips for Tailgating

- 1. Plan Ahead** - Dress the part and pack items to keep you cool or warm.
- 2. Food Prep and Storage** - Cook food to a safe minimum internal temperature (burgers or hotdogs need to be at least 160 °F) to destroy harmful bacteria.
- 3. Don't forget the D.D.** - Make transportation arrangements before you arrive.
- 4. Heading Home** - After the fun and festivities, make sure your tailgate area is cleaned up and garbage is disposed of in the designated area.



# Employee Recognition

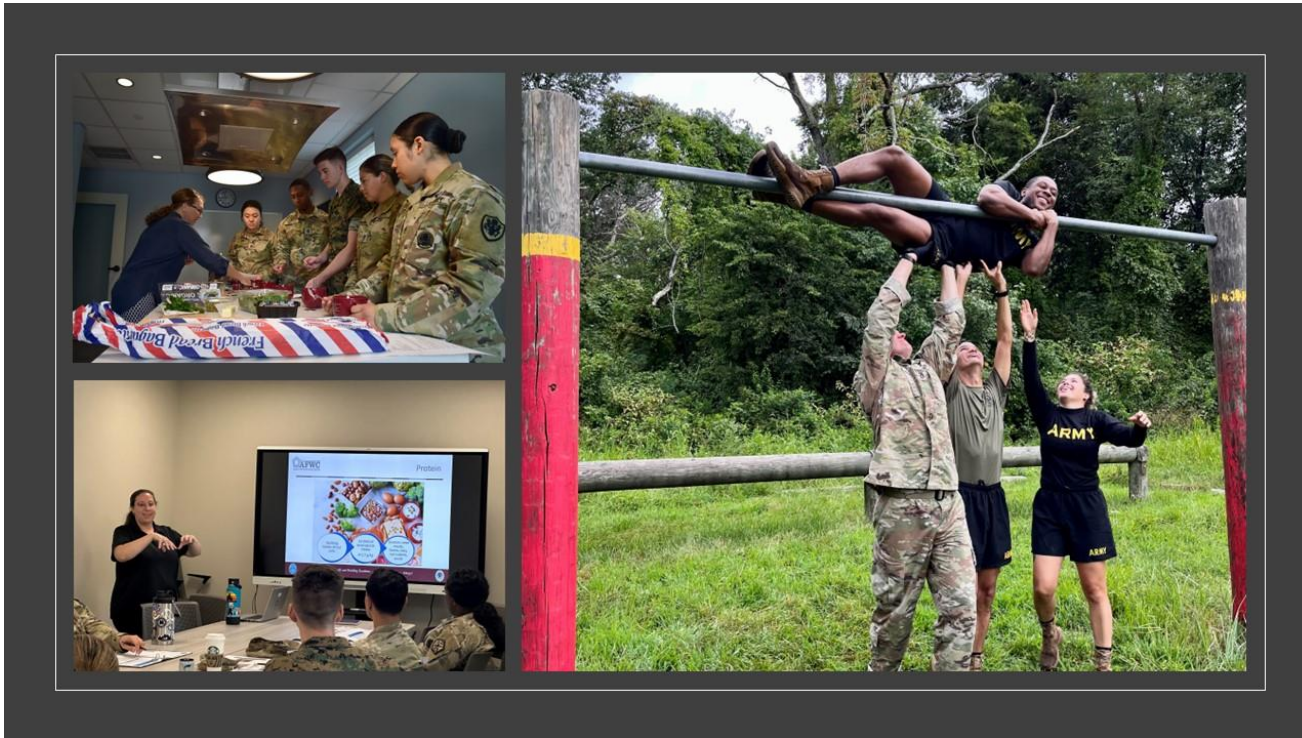


Tina Odenbeaudry - presented the *Civilian Service Commendation Medal* for achievements, dedication, and exemplary performance of duty in delivering base operations services to the supported military and civilian personnel and their families. Her nomination for the Stalwart Award is a testament to her work ethic, dedication to duty, selfless service, and loyalty to the United States Army. Her actions are in keeping with the highest traditions of government service and reflect great credit upon her, the US Army Installation Management Command, and the Department of Army.



Angela Sangirardi - presented the Civilian Service Achievement Medal for her service as a Plans Specialist from 1 October 2022 until 15 June 2023. In addition to performing her regular work duties with exceptional skill and accuracy, she voluntarily took on additional duties and has become rapidly familiar with stationing actions. She staffed an unprecedented total of four stationing actions in less than a month and recommended the establishment of working group to identify trends, solicit feedback, and provide future recommendations. Ms. Sangirardi's professionalism and skill reflect great credit upon herself, the United States Army Garrison Fort George G. Meade, Installation Management Command, and the United States Army.

## Fort Meade Armed Forces Wellness Center Transforms Military Wellness Through Inaugural Training



(Top left) Students of the Navigating Operational Wellness Training gather around a table at the Kuhn Hall Education and Resiliency Center test kitchen to learn how to make a healthy breakfast in the microwave on August 22, 2023, at Fort Meade, Maryland. (Bottom left) Participants of the Navigating Operational Wellness Training program listen to an interactive brief on maintaining proper nutrition on August 22, 2023, at Fort Meade, Maryland (Right) Students of the Navigating Operational Wellness Training program participate in an obstacle course on August 22, 2023, at Fort Meade, Maryland. Students who completed the NOW program received certifications in exercise programming and height-and-weight taping.

By Jasmyne Ferber, Fort Meade Public Affairs

FORT GEORGE G. MEADE, Md. – The Fort Meade Armed Forces Wellness Center hosted the first iteration of an integrative training program Aug. 21-25 that aimed to deliver holistic wellness education to service members in the National Capital Region.

The weeklong Navigating Operational Wellness Training Program informed service members of the resources available to them on the installation, how to identify risk within their organizations at a basic level, and how to connect their squad to necessary resources.

Noelle Austin-Jones, director of Fort Meade AFWC, took inspiration from the Fort Belvoir AFWC course, which was developed last year. Austin-Jones said a significant reason for wanting to have the program here was the challenge of reaching service members embedded within secure organizations and letting them know the resiliency resources that are available to them.

Read the story at: <https://core.us.army.mil/create/269566>

## UPCOMING EVENTS

### September

23 – First Day of Autumn

### October

5 – Town Hall/FB Live

7 – Youth Fishing Rodeo

5 – Community Information Expo

9 – Indigenous Peoples' Day

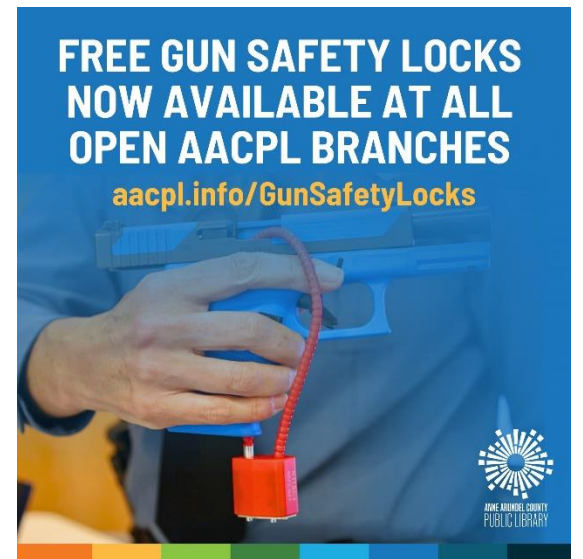
14 – Mother & Son Ball

20 – FGM Resiliency Fair / The Amazing Race

26 – Community Council

27 – Retiree Appreciation Day

31 – Halloween



Free gun safety locks are now available at all 15 open branches of the [Anne Arundel County Public Library](https://www.aacpl.org/) system. County residents who are 18 years old and up can receive up to two-gun safety locks per household, per day. No proof of residency is required.

### GC's 3Cs in 2023

- Consideration
  - Of our customers and our employees
- Caring
  - Self-Care opportunities: Resiliency Center, Wellness Center, and Civilian Wellness Program
- Community
  - Education, Employment, Transportation, and Resiliency