

Jan. 19, 2023

TEAM MEADE UPDATE

The Nation's Platform for Intelligence, Information and Cyber Operations

Volume 2



Issue #1

From the Commander

Hello and welcome to 2023 Team Meade! 2022 was a year of transformation for us and 2023 is already shaping up to build on that renewed growth. My themes continue to be caring, consideration, and community. On that, we have created several venues to speak to, and hear from, you all.

First, we hosted our first Commander's Call of the year the first week of month. This is your chance to hear directly from me, ask questions and help recognize a sampling of our many great employees. Please, plan on attending our next Commander's Call on Feb. 15.

Then, my wife and I were happy to see much of the Garrison at the Open House/Reception on Jan. 6. We look forward to the next chance to host and show our appreciation for you all.

Additionally, we hosted our first strategic planning conference with USAG leaders on Jan. 19. During this forum we planned our installation calendar and spent time charting our way ahead for the next five years.

Finally, and most exciting, is CSM Welch, Mr. Foley and I began our "battlefield circulation" throughout the garrison. As we visit, share your feedback on how you see the Garrison and your role in it. Fort Meade cannot be the Nation's Platform for intelligence, information, and cyber operations without your efforts!

I look forward to speaking with you soon.

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- Army Wellness Center
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- Employee Spotlight
- Upcoming Events



Col. Michael A. Sapp
Garrison Commander



Fort Meade Garrison Commander Col. Michael A. Sapp presents a token of appreciation to CSM Das'Chara Champ, Command Sgt. Maj. FGGM USAMEDDAC, during the Martin Luther King Jr. Birthday Observance, January 12, 2023. CSM Champ spoke about the importance of education during her remarks.

Fort Meade celebrate Martin Luther King Jr. Birthday Observance

FORT MEADE, Md. (January 12, 2023) - Fort George G. Meade held a Martin Luther King Jr. Birthday Observance on 12 January 2023 at Club Meade, MD.

Civil Rights leader Dr. Martin Luther King, Jr. dedicated his life to achieving equality and justice for all Americans of all colors. He hoped that America and the world could become a society where race would not impact a person's civil rights.

In his famous speech "I Have A Dream," given at the March On Washington, he spoke about his dream for not only his children but all children.

Throughout his life Dr. King advocated nonviolent resistance to achieve social justice and racial equality. A powerful orator, he used his words as a call to action through organizing protests, sit-ins, and boycotts.

The holiday, celebrated on the third Monday of January, encourages people everywhere to reflect on the principles of our nation: that all men are created equal—regardless of color or creed—and we are all equal members of the human family.

The Meade observance Guest Speaker, Kimbrough's CSM Das'Chara Champ spoke of education and of service. She encouraged us to be proactive to further Dr. King's vision but reminded us that, "The Dream may be free, but the hustle is sold separately."

Garrison School Town Hall

On Wednesday, 25 January, FGGM will host a School Town Hall at the Post Theater. Town Hall is open to all community members.

See you there!

Garrison Off-Site

Save the date: 19 Jan. 2023

On behalf of COL Michael Sapp, please "Save the Date" for the Garrison Offsite on Thursday, January 19th from 0800 to 1600 at the DMA Conference Room.

Safety Corner

Safety Slogan of the Week

Check your shoes and don't let your day slip away

Remember: The chances of slip and fall associated with wet/cold weather increase when not wearing appropriate footwear for the weather.

FORT MEADE - ARMY WELLNESS CENTER Happy New Year –New Year Resolution or New Goal?

Fort Meade AWC discusses resolutions vs. goals:

- Resolution – a resolve; a decision or determination
- Goal – the result of achievement toward which effort is directed; aim.

When we make a resolution, we are stating that we want to, or are going to, do something. Did you know that roughly 41% of Americans make New Year's resolutions, but only 9% are successful in keeping them? January 19 has been found to be the day that most people throw in the towel – "Quitter's Day." If we want to be a part of the 9% that DO achieve our resolutions, we need to focus on setting GOALS.

As the definition states, a goal is the end result of a particular effort. Goals give us a roadmap to follow, or a process to walk through. Here at the AWC, we talk about SMART goals. This concept can be applied to any industry or context, but when it comes health and wellness, making our goals Specific, Measurable, Achievable, Relevant, and Time-bound is going to give us the best chance at successfully completing our mission.

Example:

Resolution: I want to lose 10 pounds

SMART Goal: I will walk for 30 minutes after lunch and dinner 5 days per week around my neighborhood streets for 3 months to increase my daily calorie expenditure and lose 10 pounds so that I can be more mobile to play with my kids.

- S** – specifically states who, what, when, where, why
- M** – metrics of 30 minutes per day 5 days per week, and 10 lbs. loss
- A** – 10lbs. loss over 3 months is an achievable goal
- R** – losing 10 lbs. is important so you can play with your kids
- T** – time frame of 3 months



Human Resources News

Telework Agreement



Garrison employees who are eligible for telework should work with their supervisor to be placed on an approved telework agreement. All approved telework agreements must be completed by no later than 1 MAR 23. Employees and Supervisors can access telework training at the following link: http://www.telework.gov/tools_and_resources/training/index.aspx. The Deputy Garrison Commander is the approving official for all Garrison telework agreements.



2023 Pay Information

2023 Pay Adjustments were recently processed by our Civilian Personnel Advisory Center. All Garrison employees are encouraged to review their Leave and Earnings Statement (LES) and electronic Official Personnel Record (eOPF) to ensure the changes have gone into effect and there were no processing issues within their personnel record. Employees can submit a helpdesk ticket through the HR Services portal if they see any discrepancies at: <https://service.chra.army.mil/chra>. Contact the Department of Human Resources for instructions at amber.m.petronio.civ@army.mil

Employee Spotlight

Public Affairs Specialist



Shaun Herron
Public Affairs Specialist

Shaun Herron is a new Public Affairs Specialist for the U.S. Army Garrison here at Fort George G. Meade. A self-described military brat and retired Soldier, he has worked in Public Affairs in multiple roles and multiple countries since joining the Army in 1991.

No stranger to Fort Meade, Herron served as an instructor the Defense Information School (1999-2004) and was responsible for media production at the Defense Media Activity here (2015-2017) prior to his retirement from Active Duty in 2019 at Fort Bragg, N.C.

Born in Indiana, he spent his childhood in Colorado Springs, Colorado and Anchorage, Alaska before attending and graduating from Mesa State College (now Colorado Mesa University) in Grand Junction, Colorado.

Having joined the Army from Colorado Springs, he was surprised when he received his first set of orders to Colorado Springs and Fort Carson, Colorado. Having joined the Army to get away from home, he found himself working a mere 22 miles from his parents' home. However, he spent more than half his time either deployed or at the National Training Center in Fort Irwin, California. Following an assignment to Panama, Herron returned to Fort Carson, Colorado where he met his wife, Anita. Together, they have three children who grew up between Fort Meade (attending MacArthur Elementary and MacArthur Middle School) and Fort Bragg, N.C.

In addition to working at Fort Meade, Herron volunteers with the National Alliance on Mental Illness, a non-profit that provides resources for the mentally ill and their caregivers. He teaches "NAMI Homefront," for caregivers (most often family members) of service members who deal with mental illness, and "NAMI Basics," for family members and caregivers of children with emotional challenges.

Herron considers himself a lucky guy and feels blessed to be back here at Meade working in Public Affairs. "I used to tell students all the time that being a PA Soldier was the best job - and the only job I would stay in for - in the Army. Where else can you drive a tank, fire a Stinger anti-aircraft missile ... and meet so many people doing something bigger than themselves."

Upcoming Events

JANUARY

- 19 – Off-Site Planning Conference (DMA Conference Room)
- 25 – School Town Hall (Post Theater)
- 26 – Community Council (Smallwood Hall)

FEBRUARY

- 9 – Town Hall
- 16 – Commander's Call (Smallwood Hall)
- 20 – Presidents' Day

Fort Meade Top Priorities

People are the foundation of everything we do to:

- Protect the force, protect the mission
- Enable defense of the homeland
- House and support the defenders and their families
- Posture for the future