

TEAM MEADE UPDATE

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



From the Garrison Commander

I know how amazing Fort Meade is, and I know how much I love what happens here. But it's always good to see how others feel the same. Last week, I visited INSCOM HQ for the G4's retirement, where his retirement speech included flattering words about the incredible partnership with Fort Meade and in particular, DPW. Last Saturday, I represented Fort Meade in Severn, where State and County elected and community leaders wanted Meade to be part of their Severn Center Ribbon Cutting.

Then, Monday, we had a great visit from three Vietnam veterans who met here in 1966 and used the Wish of a Lifetime program to again reunite at Fort Meade... their stories echo the sacrifices made by those who have served our country. They literally waited a lifetime just to come back and walk the streets of Fort Meade, a place that is only as great as it is because of the work you, the Garrison Team, do every day!

As we continue those daily operations, especially as new families and employees start arriving with the summer surge, remember what it was like for you to experience Fort Meade with wide-eyed wonder and the apprehension of the transition. It's a busy time, and we must be ready to support our personnel during this transitional period. S

Whether your service is one of security, childcare, public works, playgrounds, or paperwork, you have a direct and sincere impact on the safety and well-being of our community. I ask that we be considerate in all we do with our customers and with one another. Thank you!

Lastly, I would like to remind everyone to be mindful of your work AND personal life. It's important to maintain personal well-being as part of your overall productivity. Take the time to recharge, spend quality moments with loved ones, and engage in activities that bring you joy.

In this edition:

- Vietnam Veterans Honored at Ft. Meade
- Safety, Health & Wellness Expo
- Balancing Work & Life
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- Upcoming Events



COL Michael A. Sapp
Garrison Commander

Wish of a Lifetime honors Vietnam Veterans at Fort Meade



(From left – Tom Fischer, Mrs. Fischer, Paul Lange, COL Sapp, Ken Huelsman, and CSM Welch take a moment for a photo opportunity after lunch at the Freedom Inn Dining Facility)

May 15, 2023 – A day trip to the Fort Meade installation for the three Wish of a Lifetime recipients and one companion. Fort Meade is where their friendship started and continues today.

As an affiliate of AARP, Wish of a Lifetime grants life-changing wishes to older adults and inspires people to re-define aging in America. Granting a wish is a simple gesture, but the effect is extraordinary. With each wish granted, older adults across the country are reconnected with the communities, passions, and people they love, helping them to live more vibrant and purposeful lives. After their wish experience, over 90% of recipients reported increases in their quality of life and involvement in the world.

About Paul Lange, Kenneth Huelsman, and Thomas Fischer (age 77,76,76)

- Each of their assignments brought them to Fort Meade - HHD 519th Transportation Battalion
- This is their first time returning to Fort Meade since serving.
- All three ended up together at the Korat Air Base in Thailand
- Serving the nation provided them with incredible camaraderie and connection, "You have to bond; you have to trust those on either side of you", they shared.
- After their service, they lost touch – now, since reconnection, they have proved to still be as brothers to one another – to this day, they continue to prioritize time to reconnect.
- They have continued their affinity for serving others - through community engagements, stepping up to help neighbors, and volunteering with church.

HCB Memorial Day Run

HQ Command Battalion hosting a Memorial Day Run on Thursday, 25 May at the East Potomac Park, Hains Point Picnic Area A, Washington D.C. All HCB Soldiers, Civilians, Family, and Friends can participate. There are two routes: Half-Marathon Route or 5K with run/walk/ruck options. For additional information, please contact SFC Jermain Shury at Jermain.p.shury.mil@army.mil

Fort Meade Declassified - Podcast

A bi-weekly podcast about life in the military and the Fort Meade Community. We will cover a wide range of topics from information about services available to service members and their families to what it means to serve our nation. Listen on Apple Podcast: <https://podcasts.apple.com/us/podcast/1495826760>

Safety Corner Safety Tip of the Week

BE SUN SAFE - Wear a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15. Wear sunglasses that block both UVA and UVB rays for the best protection. Protect your children - vulnerability to sun burns increases, the younger they are.

Safety, Health & Wellness Expo



The Fort Meade Installation Safety Office is hosting a Safety, Health, and Wellness Expo May 24, 2023, from 10 AM to 1 PM at the McGill Training Center - Come out and learn about the wide range of resources the Safety Office provides that promote safety, health and quality of life for the Fort Meade community.

Exhibits will include an Interactive Drunk and Distracted Driving Simulator, Blood Pressure and Vision Screenings, Motorcycle Safety Awareness, Home Fire Safety Awareness, Alcohol and Drug Awareness, Water Safety, Personal Protective Equipment, Recreation Safety, Fitness, Suicide Prevention, Environmental, Community, and Occupational Health; Audiology, Nutrition, Resiliency, and more. You don't want to miss this!

For more information about this event, please contact the Installation Safety Office at 301-677-4867/6241.

Balancing Work & Life



The U.S. Office of Personnel Management is committed to helping Federal agencies integrate prevention strategies into their workplace.

The leading causes of death and disability in the United States are not only preventable but also responsive to workplace interventions.

Worksite health and wellness programs help employees modify their lifestyles and move toward an optimal state of wellness.

They can also produce organizational and employee benefits, such as lower healthcare costs, increased productivity, improved recruitment and retention, reduced absenteeism and presenteeism, and enhanced employee engagement.

Worksite health and wellness interventions include, but are not limited to, health education, nutrition services, lactation support, physical activity promotion, screenings, vaccinations, traditional occupational health and safety, disease management, and linkages to related employee services.

Federal agencies are encouraged to develop and sustain programs that address the current and future needs of their employees to produce the healthiest possible workforce.

For additional information, visit OPM at: <https://www.opm.gov/policy-data-oversight/worklife/>

Employee Spotlight

Professional of the Quarter, 1ST Qtr. CY 2023

Lisa Jacobs, ACS/DFMWR



Through hard work and dedication to Team Meade, Ms. Jacobs exemplifies the character, competence, and commitment necessary to be called an Army Professional. The Fort George G. Meade Command recognizes and commends Ms. Jacobs as a true steward of her profession.

Supervisor of the Quarter, 1ST Qtr. CY 2023

Aimee Stafford, DPW



With dedication to the mission and to those who serve our community, she creates an environment of self-development, life-long learning, and leading from all levels of the organization. The Fort George G. Meade Command recognizes and commends Ms. Stafford as a true steward of her profession and an Army leader who inspires others through example.

Highlight your team members in the future Team Meade Update edition.

Send your spotlight to Chuck Yang, chul.h.yang.civ@army.mil

UPCOMING EVENTS

MAY

Military Appreciation/AAPI Heritage Month

- 18 – Asian American Pacific Islander Heritage Month Observance (Club Meade)
- 20 – Armed Forces Day
- 24 – Safety & Wellness Expo
- 24 – Community Job Fair
- 24 – Security Guard Hiring Fair
- 25 – HCB Memorial Day Run at D.C.
- 29 – Memorial Day

JUNE

PTSD Awareness Month

- 1 – FB Live/Town Hall
- 14 – Army Birthday & Run
- 18 – Father's Day
- 19 – Juneteenth
- 21 – First Day of Summer
- 30 – Red, White, and Blue

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