



Garrison offering buyouts, early retirement options

VERA, VSIP on the table to help comply with mandated workforce reductions

Garrison APG news release

The U.S. Army Garrison APG and its employees will be affected by the Army's July announcement of plans to reduce the size of the civilian workforce by more than 8,700 employees before October 2012.

The Installation Management Command faces the largest number of cuts—about 4,200 people. At APG, approximately 170 positions will be affected.

"This is a very challenging fiscal situation, and it one that we are not taking lightly," said APG Garrison Commander Orlando Ortiz. "We realize the impact these cuts will have on our civilians and their Families."

Ortiz said he has been given the authority to use the Voluntary Early Retirement Authority (VERA) and Voluntary Separation Incentive Payment (VSIP) to comply with decreased funding levels and to ease the adverse impact on the workforce.

Commanders Army-wide are responsible for shaping their workforce within their allocated budget and are using the VERA and VSIP options. Other options include not replacing employees following normal attrition, cross-training or reassigning employees within the garrison.

"As tough choices are being made, we want our civilian workforce to know these decisions are being made in a

deliberate and thoughtful manner," he said. "We are trying to decrease the effect on our workers and at the same time trying to ensure we can successfully accomplish the garrison mission."

Employees who are interested in VERA and VSIP options should fill out a VERA/VSIP application and submit it to Janet Dettwiler, Directorate of Human Resources, Bldg. 4305, Room 151 by 5 p.m. Wednesday, Oct. 12. For more information on submitting an application, call Dettwiler at 410-306-2301. For general information on retirement, call the Army Benefits Center – Civilian (ABC-C) at 1-877-276-9287 or visit www.abc.army.mil.

Retiree Appreciation Day set Oct. 15

By **YVONNE JOHNSON**
APG News

The APG retiree council is hosting the 2011 Retiree Appreciation Day Oct. 15 from 8 a.m. to noon at the APG North (Aberdeen) recreation center, Bldg. 3326.

Military retirees of all branches, their spouses and survivors, are encouraged to attend. Lunch will be held at the Installation Dining Facility, Bldg. 4503.

Attendees can talk to representatives from the Veterans Administration; Social Security Administration; APG Retirement Services; TRICARE; the Uniformed Services Family Health Plan; and the VA Maryland Health Care System. Attendees can also ask questions and get on-the-spot answers during the round-table discussion with Col. Orlando Ortiz, APG garrison and deputy installation commander, and representatives from the post commissary, Kirk U.S. Army Health Clinic, the PX and other facilities; get flu shots, blood pressure screenings and win door prizes from local vendors.

The event will include remarks from Ortiz; APG senior leader and commander of the U.S. Army Research, Development and Engineering Command Maj. Gen. Nick Justice and from guest speaker Mike Plumer, deputy legislative director for the National Association for Uniformed Services.

"The RAD is conducted by

Attendees can talk to representatives from VA, Social Security, APG Retirement Services, TRICARE, Uniformed Services Family Health Plan and the VA Maryland Health Care system.



Directorate of Emergency Services firefighters respond to a helicopter fire during last year's Fire Prevention and Community Awareness Day activities. This year's event will be held 10 a.m. to 2 p.m. Saturday, Oct. 8 at the APG North fire department, Bldg. 2200.

Fire Prevention Open House Oct. 8

Story and photo by **YVONNE JOHNSON**
APG News

The Directorate of Emergency Services invites APG community members, family and friends to a day of fun activities and events during the Fire Prevention & Community Awareness Day activities from 10 a.m. to 2 p.m. Oct. 8 at the APG North (Aberdeen) Fire Department, Bldg. 2200.

Activities will include live fire and auto extrication demonstrations, fire apparatus displays, a Youth Firefight-

er Combat Challenge, CPR demonstrations by APG emergency medical personnel, free games, displays and other activities.

The event kicks-off National Fire Prevention Week, which runs Oct. 9 to 15. Also, kick offs for Crime Prevention Month, the Red Ribbon Drug Free Campaign, National Domestic Violence Awareness Month and National Breast Cancer Awareness Month will be observed.

Chris Starling, DES fire inspector, said this year's observance marks the 140th anniversary of the Great Chicago Fire, the tragic 1871 conflagration that killed

more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on Oct. 8, but continued into and did most of its damage Oct. 9.

This year's Awareness Day focus will be to not just have smoke detectors in every home and on every floor, but in every bedroom, Starling said.

This will be a suggested standard, not the law, he said.

"I put one in all my kids' bedrooms. It just makes sense. You want to know as early as

See OPEN HOUSE, page 15

Flu shots available at health clinic

By **DEB DODSWORTH**
Kirk Public Affairs

APG's Kirk Army Health Clinic is offering the flu vaccine to eligible patrons.

Tricare beneficiaries at APG North (Aberdeen) can receive vaccinations Monday to Friday, now through Oct. 15, in the Allergy/Immunization clinic on the first floor of Kirk. Hours are from 7:30 a.m. to noon and from 1 to 4 p.m. No appointment is necessary.

"The influenza vaccination is mandatory for all active duty Soldiers, health care workers, emergency service employees and deployable civilians," explained Kirk's Maj. Ruby Jackson-Thomas MHA, RN-BC.

See GET, page 15

Col. Darryl Briggs, former operations officer, of the 20th Support Command (CBRNE), receives a flu shot administered by Navy Petty Officer 1st Class Deloy Shaw. To find out when and how to receive your flu shot, contact the Kirk's immunization clinic at 410-278-1746

Photo by Roger Teel



WEATHER

Thurs.



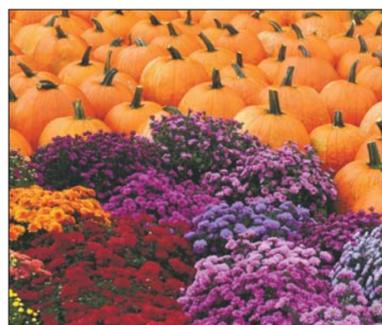
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INDEX

- Pg 2 Opinion
- Pg 11 Travel Page
- Pg 12 Post Shorts
- Pg 12 .. Community Notes
- Pg 14 FMWR
- Pg 19 APG Snapshot



APG Snapshot:
Get a glimpse of what's going on around post page 19



Travel Page:
Find your fall, Family fun at Applewood Farm page 11

ONLINE

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- facebook.com/APGMd
- twitter.com/USAGAPG
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RETIREMENT HONORS

APG's Hamilton and Coleman honored during monthly retirement ceremony. **PAGE 3**

OPINION

Safety is not about a program. It's about saving people's lives!

As commanding general of Installation Management Command, the assistant chief of Staff for Installation Management and the co-chair of the Services and Infrastructure Core Enterprise, my installation management and safety responsibilities extend beyond the boundaries of IMCOM.



My commander's intent is to provide the facilities, programs and services required to support Army readiness, sustain the all-volunteer force and provide the infrastructure for current and future mission requirements.

Safety is key to accomplishing my intent. It involves the prevention of material loss, but the focus is really on saving lives.

In September I spoke at the Army Senior Safety Tactical Symposium. It was my opportunity to say "thank you" to almost 500 safety professionals for the work they do to keep Soldiers, civilians and Families safe.

Their work impacts the conditions in which we train, work, live and play, both on duty and off duty. This includes driver training, home safety, child and Family safety, weather conditions assessment, fire prevention, hazardous material handling, and weapons and range safety, to name just a few ways in which their work touches our daily lives.

I thanked them for their continuing diligence, their continuing efforts to monitor trends and address issues to prevent loss. A recent example was a six-month Army-wide fire safety campaign in 2009. The campaign was launched to reverse the increasing number of military housing and facility fires, and succeeded in netting more than \$20 million in cost avoidance in

"I have been a motorcycle driver my entire adult life and have never had a motorcycle accident. I firmly believe that it is not a matter of luck, but preparation. I drive my motorcycle only if I have the right frame of mind, the right protective equipment and a planned route.

the second half of the year. An ongoing example is a motor vehicle and motorcycle traffic safety program that is contributing to a downward trend in accidental fatalities. We are at the lowest level in more than seven years, and other military services are looking at our model.

So we can point to examples of how our Safety Program is working. However, as I said to the safety professionals, for whose work I am truly grateful, we can never become complacent or act as if what we are doing is good enough, as long as we are still losing lives through senseless, preventable accidents.

Everyone is a safety officer. Everyone has an obligation to look out for themselves and the Soldiers, civilians and Families around them. The requirements are in place - we have The Army Safety Program, AR 385-10 and IMCOM's Safety Program Regulation - so we need to make sure we act on them.

In order to improve our safety efforts, there are six things I ask us all to consider:

- First, we will not cut corners or funds to save money at the expense of our Safety Program. It is fundamentally unwise to do so. Why would we want to negatively affect a program that saves lives.

- Rather than cutting corners to save money, we should put money toward the right resources in order to improve the Safety Program.

- Second, when we allocate resources

for Safety Programs, we need to make sure to reach all members of the Army Family, not just active-duty Soldiers.

- Third, everyone must support the senior commanders as they are responsible for the life of every Soldier, civilian and Family member on their installation. Everyone must embrace the Safety Program and be actively involved.

- Fourth, I have been a motorcycle driver my entire adult life and have never had a motorcycle accident. I firmly believe that it is not a matter of luck, but preparation. I drive my motorcycle only if I have the right frame of mind, the right protective equipment and a planned route.

Many people label motorcycles as unsafe. However, it is not the motorcycle that is unsafe, it is the driver. That is why leaders need to make sure the appropriate safety training is available prior to a new rider driving a motorcycle.

It is not smart for an untrained motorcycle driver to drive his or her new motorcycle on post in order to learn how to operate it properly. Motorcycle driving simulators are necessary and should be made available at every IMCOM installation.

- Fifth, the Installation Management Campaign Plan 2.0 is being launched this month at the Garrison Commanders' Conference in San Antonio, Texas. The plan's Line of Effort on Safety charges commanders and other leaders to lead the way in changing behavior to

prevent accidents, and to empower Soldiers, civilians and Families at all levels to speak up when they see someone ignoring safety rules or doing something risky.

Safety is everyone's business, and it is our responsibility to ensure safe performance in all we do. Everyone will be held accountable for accident prevention.

- Sixth, I challenge all of you to look at the IMCP's Safety LOE and ask yourselves, "What are we missing?" I often mention the 80 percent solution as being good enough to proceed, but this LOE is an instance when we need to keep aiming for 100 percent.

We cannot be satisfied as long as we have a single accident. If safety requirements are not adequate, we will improve them. If we are doing something ineffective out there, we will stop. But if no one tells me, we cannot correct the issue. I need your input.

When we think about the Safety Program, we should not focus on saving money. We should not concentrate our efforts on finding different ways to reduce costs, but on how to make our Safety Program better. It is about saving the lives of our Army Family. That is the passion every individual must pursue. When you practice safety and teach others about safety, you are saving lives - and I cannot think of a higher calling.

Lt. Gen. Rick Lynch
IMCOM Commanding General

Commentary: Because I said so, that's why!

"Because I said so," is a familiar phrase to many of us.

It was the standard reason our parents had for obedience. Of course, it didn't really answer our "why," but it deflected any further inquiries. So, we just followed orders.

Following those parental orders prepared more than a few of us for life in the military. In my case, it prepared me for life in the U.S. Army.

"...Their not to reason why; theirs but to do and die," wrote Alfred Lord Tennyson in his epic poem "The Charge of the Light Brigade." A more modern adaptation might be Bill Murray shouting, "Don't ask questions Dogface," while trying to motivate his fellow "mutts" in the classic Army spoof "Stripes."

Most of the time, we don't have to

ask because we were told the "why" when we were learning the "what."

Take for example, the Army rule of Soldiers walking to the left and rear of their superiors. Recently, a local reporter asked me for the source of this directive.

I knew saying, "That's what they told me in basic training," was insufficient, so I did some digging.

The Soldier's Guide, produced by the U.S. Army in 2007, states in paragraph 4-16, "Military courtesy shows respect and reflects consistent self-discipline and proper military courtesy as an indicator of unit discipline as well. Soldiers demonstrate courtesy in the way we address officers or NCOs of superior rank." One of the items on the list was, "Walk on the left of an officer or NCO of a superior rank." That sounded a little too much like "because I said so," to

me, so I dug a little deeper.

In the Revolutionary War Drill Manual, authored by Baron Frederick William Von Steuben, inspector general for Gen. George Washington's Continental Army, page 7 states superior officers are posted to the right of unit formations, covered on the left by a NCO. The orders were delivered to the officer, who passed them to the NCO and then to the troops.

Now, this passage doesn't deal with that "one step behind" thing, but it does explain why we guide right in formations. However, that's another story. By the way, regardless of what my children may believe, I didn't get that information from my personal copy of the original manual.

Master Sgt. Antony Joseph, managing editor of The NCO Journal, takes it a bit further. After starting his explanation with the "back in basic train-

ing" answer, he said the 15-inch step to the rear was to give the subordinate free reign in employing his weapon. This certainly has practical applications.

Finally, the Web site **Answers.com** gives us a more ancient attribution. Evidently, back in the day, shields were held on the left arm and swords or spears were deployed with the right. The person on the far end had no shield protecting his right; therefore, the bravest and strongest soldier was placed at "The Right of the Line." Eventually, the right became the place of the highest honor.

So, there is motive to what often seems to be madness. Just remember, I told you so.

Peter Chadwick
IMCOM

APG SEVEN DAY FORECAST



APG NEWS

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Staff

APG Commander Maj. Gen. Nick G. Justice
 APG Garrison Commander Col. Orlando W. Ortiz
 Editor Adriane Foss
 Contract Photojournalists Yvonne Johnson
 Rachel Ponder
 Graphic Designer/Web Designer Nick Pentz
 Web site www.apgnews.apg.army.mil

Two Soldiers retire with half-century of service

Story and photos by
RACHEL PONDER
APG News

Two Soldiers with more than 49 years of combined experience formally retired before Family and friends during a Sept. 29 ceremony at APG's Ball Conference Center.

The honorees included Master Sgt. William Hamilton from the U.S. Army Evaluation Center and Master Sgt. William Hamilton from the U.S. Army Test and Evaluation Command.

Master Sgt. William Hamilton

Hamilton was recognized for his 24-year career culminating in a position as a research, development, test and evaluation noncommissioned officer for U.S. Army Evaluation Center. Hamilton was awarded with the Legion of Merit signed by Lt. Gen. William J. Troy, director of the Army Staff; the Presidential Certificate of Appreciation signed by President Barack Obama; and Certificate of Retirement signed Martin E. Dempsey, chief of staff. Hamilton also received the United States flag and pin.

Hamilton's wife, Victoria, received the Department of the Army Certification of Appreciation signed by Dempsey.

During his career, Hamilton served three combat deployments to Operation Iraqi Freedom I, IV, and IX, in support of the War on Terrorism. He also deployed to Bosnia-Herzegovina on a peacekeeping mission during Operation Joint Guard in support of the North Atlantic Treaty Organization.

Among his achievements, Hamilton earned selection as the NCO of the Cycle for exceptional leadership during 1-4 Aviation Regiment certification and



Hamilton

training at Fort Hood, Texas, with the 21st Combat Aviation Training Brigade.

His retirement plans include finishing a bachelor's degree in computer technology from Thomas Edison State College in December. After graduation he plans to pursue a career with the Department of Defense.

"I enjoyed serving in the Army," said Hamilton, "but I know that this is the right time to retire. I am ready for my next stage in life."

Master Sgt. Darren A. Coleman

Coleman was recognized for his 25-year career culminating as the maintenance control supervisor with Headquarters and Headquarters Company, 20th Support Command (CBRNE) G-4.

Coleman was awarded with the Meritorious Service Medal signed by Col. Darryl J. Briggs, CM acting commander; the Presidential Certificate of Appreciation signed by Obama; and the Department of the Army Certificate of Retirement signed by Dempsey. Coleman also received the United States Flag and pin.

Coleman's wife, Fransiska, received the Department of the Army Certification of Retirement signed by Dempsey.

During Coleman's career he served five overseas tours, including Germany, Korea, Saudi Arabia, and Iraq.

His retirement plans include furthering his education in logistics management and pursuing a career the Department of Defense.

It is a bittersweet feeling to retire, I will miss the camaraderie of working with Soldiers," Coleman said. "I love the Army and will always love the Army. In the future I hope to get a job working at APG so I can continue to support the Soldiers."



Coleman

Healthy Living A case for preconception care

By **SABRIYA DENNIS**
U.S. Army Public Health Command

Women's Health Month provides an opportunity for women to focus on making healthy lifestyle choices. Having a healthy lifestyle is important for women who plan to get pregnant and have children.

Approximately 50 percent of all pregnancies are unplanned. Women with unplanned pregnancies are at increased risk of delivering premature and low birth-weight babies. Women who are unaware of their pregnancy may engage in unhealthy behaviors such as smoking, alcohol use or drug use that place the baby at risk and hinder development.

Other health related issues such as poor nutrition, low physical activity and untreated sexually transmitted infections add to the risk of poor birth outcomes.

Preconception health can help decrease pregnancy complications and decrease a child's chances of future health and developmental problems.

Preconception Care vs. Prenatal Care

On average, most women do not discover that they are pregnant until after they are at least 4 to 6 weeks along and do not receive prenatal care until after this point. Unfortunately by this time, their babies have already passed critical developmental milestones (such as neural tube development) and are most

susceptible to birth defects (such as spina bifida).

Unlike prenatal care, which is received during pregnancy, preconception care is preventive, and measures can be taken before women become pregnant. These actions help minimize risk of birth complications and defects.

In general, preconception care is the practice of good health habits and living a healthier lifestyle regardless of a woman's desire to have children. The following items are recommended preconception health practices for women.

Important Actions to Improve Women's Preconception Health:

- Take 400 micrograms of folic acid per day for at least three months before becoming pregnant .
- Stop smoking and drinking alcohol.
- Avoid exposures to toxic substances or potentially infectious materials (such as chemicals or cat and rodent feces) at work or at home.
- Talk to a doctor about any over-the-counter and prescribed medications including vitamins, and dietary or herbal supplements.
- Seek treatment for all medical conditions.
- Make sure all medical conditions are under control .
- Update rubella vaccinations to prevent congenital rubella syndrome.

- Consult a doctor regarding Family health history.
- Reduce stress where possible.

Preconception Health and Men:

Preconception health is just as important for men as it is for women. Men should consider the following to ensure that they are in good preconception health:

- Get screened and treated for sexually transmitted infections.
- Quit smoking and/or drug use.
- Limit alcohol use.
- Reduce stress where possible.

- Improve nutrition.
- Consult a doctor about health status and Family health history.
- If one works with toxic chemicals, be careful not to expose women to them; keep and wash clothes separately.

Planning is key to ensuring good preconception health. If a person is not ready to begin a Family all contraceptive options should be considered to prevent or delay pregnancy.

For more information on preconception health, visit <http://1.usa.gov/f2DZh>, www.americanpregnancy.org or <http://1.usa.gov/dr5QCM>.

Health Promotion Activities

- **APG Fire Prevention and Community Awareness Day**
Oct. 8, 10 a.m. - 2 p.m. APG Fire Department Bldg. 2200
- **APG Alcoholics Anonymous**
Wednesdays ,7 - 8 a.m. APG North (Aberdeen) chapel Bldg. 2485
- **Tobacco Cessation Class**
Oct. 5 - 26, noon to 1 p.m. APG South (Edgewood) recreation center
- **Wellness Walk and Employee Appreciation Luncheon**
Oct. 6, 11 a.m. to noon

Walks begins at EB4585 and will end at the CDTF

For more information, contact Ann Laughton at ann.laughton@us.army.mil or 410-278-1774.



ONLINE SURVEY
Take the online survey without being tied to a computer. Take it anytime, anywhere.

APG kicks off Red Ribbon campaign

The APG Army Substance Abuse Program invites the community to take a stand against drugs by celebrating Red Ribbon Awareness Month.

The Red Ribbon Awareness campaign raises awareness of problems related to drug use and encourages the APG community to promote drug-free lifestyles.

"The campaign brings together parents, youth programs and organizations as we look for innovative ways to keep kids and communities drug free," said Timothy Knox, ASAP Program Manager.

"Red Ribbon Month gives us the opportunity to be vocal and visible in our efforts to achieve a drug-free community," added Cynthia Scott, ASAP Preven-

tion Coordinator. "Research shows that children are less likely to use alcohol and other drugs when parents and other role models are clear and consistent in their opposition to substance misuse and abuse."

Community members are encouraged to look for Red Ribbon activities throughout October in the APG News and the installation's Facebook page. A Prescription "Take-Back" campaign will take place Oct. 24-27. Drop-off points are the APG South Police Station, Bldg. 4420, and APG North Police Station, Bldg. 2200.

For information, contact Scott at 410-278-4013 or Cynthia.M.Scott4.Civ@mail.mil.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Joan Campbell, 410-278-5668, e-mail joan.campbell@us.army.mil."

Employees eligible for donations in the Voluntary Leave Transfer Program

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Megan Farley	Mary Pettitway	Aaron Wilson
Meghan Faughnan	Donna Pierce	Fatisha Wright
	Sheba Ratliff-Coble	



Cash awards could be just a suggestion away

The ASP seeks suggestions that improve work methods, materials, processes, equipment, logistics, utilities or tools that will benefit the Army.

Suggestions that save money can be eligible for a cash award up to \$25,000. The more money saved, the larger the potential award.

Visit <https://armysuggestions.army.mil> for info, or contact Marjorie Sexton, Installation ASP coordinator, at 410-278-0944 or marjorie.sexton1@us.army.mil.

20th Support Command (CBRNE) bids farewell to top enlisted leader

Story and photo by
MAJ. CAROL MCCLELLAND
20th Support Command (CBRNE)

Command Sgt. Maj. Ronald E. Orosz, departed the 20th Support Command (CBRNE) during a change of responsibility ceremony at Aberdeen Proving Ground Sept. 23.

“Loyal, focused on the mission, only cares about Soldiers and their Families and not his next job,” are some of the descriptors Brig. Gen. Leslie C. Smith, commander said about Orosz during the event.

He spoke about Orosz’s leadership, high fitness level and thanked his Family, Sue and children, finishing his remarks with a Teddy Roosevelt quote before handing the podium over to Orosz.

“The real service is rendered by the man actually in the arena whose face is marred by dust and sweat and blood and who’s served valiantly.’ I see the dust and sweat and I know the strain on you and your formations. I am proud of what you stand for; what you have achieved to date and what I know you will continue to do in the future,” Smith said.

The command sergeant major, known to be a man of brevity, provided some heart-felt words for his boss, his Family, the APG leadership, his temporary replacement, Command Sgt. Maj. Sean P. Burke, and the Soldiers of the unit



Brig. Gen. Leslie Smith pins a Legion of Merit medal on Command Sgt. Maj. Ronald Orosz during his change of responsibility ceremony Sept. 23 at Aberdeen Proving Ground.

before departing for Fort Hood, Texas, where he’ll be the command sergeant major for a training unit.

“The 20th Support Command is a very unique unit with technical expertise that exists nowhere else in the Army.

Our Soldiers ensure the security of very important people, render safe ordnance, provide support to local authorities, are responsible for the Defense CBRNE Response Force, and eliminate weapons of mass destruction,” Orosz said.

“The 20th Support Command is a very unique unit with technical expertise that exists nowhere else in the Army.

**Command Sgt. Maj.
Ronald E. Orosz**

“These are a few mission areas our Soldiers do to protect people around the world. Soldiers are constantly on the go attending training, providing support to the homeland, and serving overseas in Iraq and Afghanistan,” he said. “Saying our Soldiers are busy is probably an understatement. The missions are technical, physically demanding, dangerous, and there is little tolerance for mistakes.

“The Soldiers are proficient in their wartime tasks because of tough realistic training, the latest equipment, and proving themselves in combat many times,” said Orosz. “I will never forget nor will I allow those I work with to forget the Soldiers and the unique mission of the 20th Support Command.”

New smartphone app to spotlight Army exhibits, forums at AUSA

By **GARY SHEFTICK**
Army News Service

A new app for smartphones will allow Soldiers worldwide to visit Army exhibits and watch presentations taking place at the Washington Convention Center Oct. 10-12.

The Army Exhibit Mobile App will help visitors find what they're looking for at the Association of the U.S. Army's annual meeting and symposium, and allow those who can't be there to take a virtual tour.

The app will also allow users to watch Secretary of the Army John McHugh, Chief of Staff Gen. Raymond Odierno and other senior leaders discuss leading-edge issues facing the Army, such as advancing the network, cyber security, future training, leader development and more. They will be able to hear Soldiers ask questions and get frank answers from their senior leaders.

"We want to expand the reach beyond the building and beyond the calendar," said Lt. Col. Thomas Smedley, who explained the presentations and exhibits will be available for viewing on the app not just during the three days of the conference, but for months to come.

"You can watch it during halftime at the football game," Smedley said. "You can watch it at an airport while waiting for a plane," he added.

"We don't encourage watching it while driving in traffic," he joked.

Smedley, military deputy for Community Relations and Outreach at Army Public Affairs, has been working on the app since May. He said it will be available for downloading next week for iPhones, Droids, and iPads and his team has also been working on a version for BlackBerrys.

The www.Army.mil/mobile site will have a link to the iTunes App Store, the Android Marketplace, and the HTML5 Blackberry site where the app can be downloaded.

You can watch it during halftime at the football game. You can watch it at an airport.

Lt. Col. Thomas Smedley
Community Relations and Outreach,
Army Public Affairs

Apple has already reviewed the app and sent back its technical approval, Smedley said.

The smartphone application will link to video of the 14 Institute of Land Warfare panels from the convention center. The symposium's opening ceremony Oct. 10 featuring Secretary of the Army John McHugh will be available for viewing. So will the Eisenhower Luncheon Oct. 11 featuring Army Chief of Staff Gen. Raymond Odierno.

"You can sit and watch the chief talk about the way ahead," Smedley said, adding that the presentations would also be good to play back for unit professional-development sessions, such as NCOPDs.

"It's all about avoiding that white piece of paper," he said, explaining

that an interactive application and video are much more exciting than reading a handout.

The app is a partner to the Professional Development web page on www.army.mil which will have the links for viewing livestreaming and archived video on the smartphone, he said.

The four Family Forums at AUSA will be available on the app, as will presentations at the Warrior's Corner. Warrior's Corner presentations are part of the Department of the Army exhibit at booth 1775 in the center of the Convention Center's exhibit hall.

Next to Warrior's Corner will be a theater, playing two films also available on the app: "The Army Profession" and "The Squad: Foundation of the Decisive Force."

The third zone of the Army exhibit will be an interactive look back over the past 10 years of war and the communications campaigns.

"We're nested with the communications campaigns," Smedley said, explaining that one of his jobs has been

to ensure that the Army's eight communication priorities resonate throughout the app and the Army's exhibit.

Those communications priorities are color-coded on the app for the convenience of users, Smedley said.

"We're pretty excited," he said. "The app is permeating with our force."

Young Soldiers are used to receiving information digitally through mobile devices, Smedley said, explaining that they read books on their iPad or Kindle and download technical manuals from the Internet. He predicted that they will be very comfortable with the new app.

"The convenience and portability is very good," he emphasized.

The app will also include feedback mechanisms, Smedley said. In-app analytics will measure usage and allow Soldiers to rate the exhibits. The app will also allow users to provide both quantitative and qualitative feedback on the communications campaigns.

And Soldiers with ideas for making the app even better are invited to submit their suggestions, Smedley said.



The Army Exhibit Mobile App will spotlight Army exhibits and speeches at the AUSA annual meeting and symposium.
U.S. Army photo

DoD offers help to prevent domestic violence in military

By **KAREN PARRISH**
American Forces Press Service

Helping military couples and families build healthy relationships can help to prevent domestic violence, a Defense Department official said Sept. 28.

Kathy Robertson, program manager for DoD's Family Advocacy Program, said spouses with strong trust and good communication skills can address relationship problems before they escalate.

When violence does occur, Robertson said, the department offers a range of support resources for victims, beginning with reporting options.

Domestic violence victims can choose either restricted or unrestricted reporting options, and in both cases can receive medical help and counseling support, she said.

Unrestricted reporting involves notifying the chain of command, and appropriate first-responder law enforcement agencies. Restricted, or confidential reporting, which a victim can do by contacting a Family Advocacy Program victim advocate, counselor, health care provider or chaplain, allows a victim to receive medical, counseling and advocacy help while taking time to decide whether to proceed with an unrestricted report, Robertson said.

Restricted reporting is not possible in cases involving child abuse, or when a victim advocate judges the person reporting is in imminent danger, she noted.

The restricted reporting option has been in place since 2006, and is intended to offer domestic violence victims a chance to seek help despite fears they might feel based on their situation, Robertson said.

"A lot of times, victims don't want to come forward -- they're afraid to come forward," she added.

Often in such cases, Robertson said, abuse has escalated over time, and victims -- especially military spouses -- may fear loss of finances, housing and family security. Restricted reporting offers them a safe avenue to help, she added.

Family advocacy staff members can help victims identify their options and make an informed decision about what

to do next, she said.

"There are many families [we help] with intervention and treatment; they are able to reconcile, work things out and stay together," she said. "Every case is individual."

The department offers a range of on- and off-post counseling options, classes, and individual and group therapy, Robertson noted, and Family Advocacy representatives can help in guiding people to appropriate help.

"Military life is very challenging; it's lots of long hours [and] deployments," she said, adding that good communication can help couples work through the challenges.

"With a significant other, you know how to push each other's buttons and pull those triggers," she said. "We help them recognize those signs and get help before an incident happens -- or after an incident happens, help them ... [identify] those triggers ... and improve their communication and their trust."

Resources

■ If you are, or someone you know is, in immediate danger, call 911.

■ Call Military OneSource at 1-800-342-9647 (24 hours a day, 7 days a week). The program will connect you to a specially trained victim advocate who will help you understand your options and plan how to keep you and your children safe.

■ Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY). The hotline provides information on finding shelters, housing, counseling, job training, and legal assistance in your area. It also provides local resources for those who commit domestic violence. For more about the hotline, go to www.ndvh.org.

■ Contact your installation Family Advocacy Program at 831-242-7653 to report the abuse and get help. You may also visit your service branch's Family Advocacy Program Web page for information about policies, procedures, and support services. To find that information, visit the military installation locator at <http://go.usa.gov/8SE>.

October is Domestic Violence Awareness Month



Together
 we can end
 domestic abuse

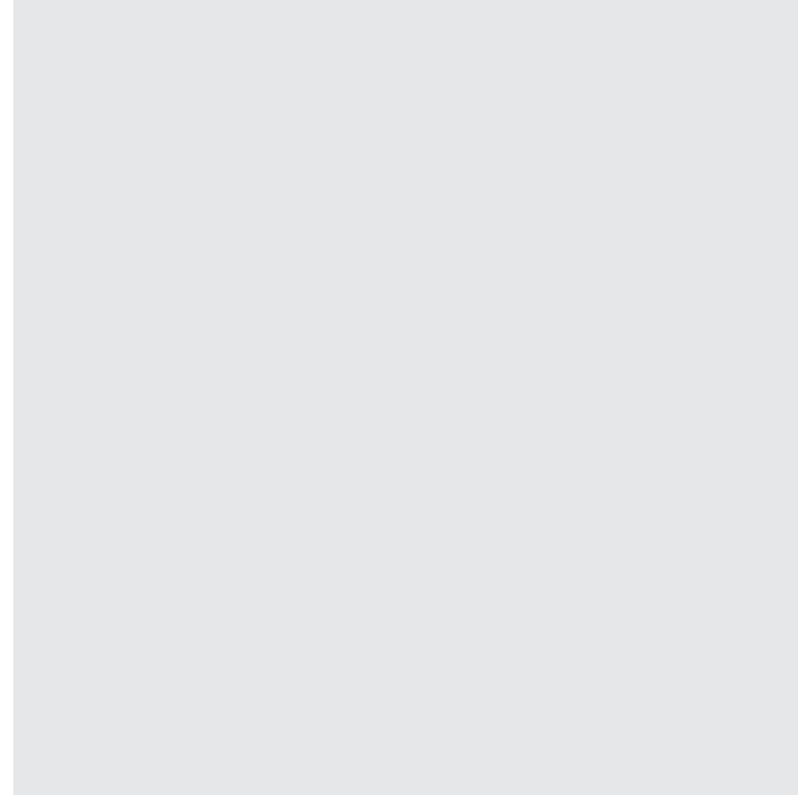
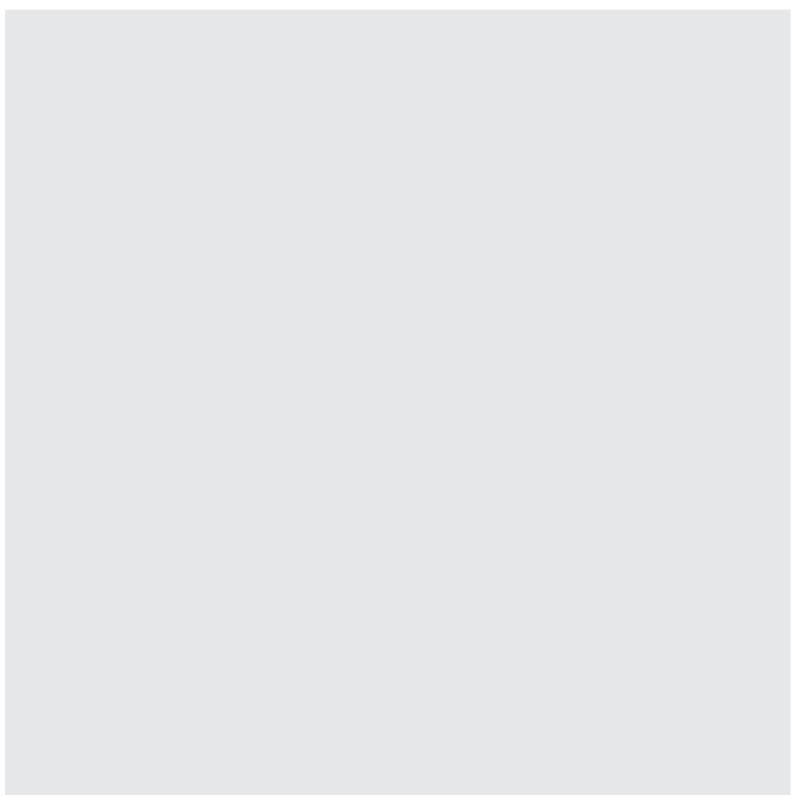
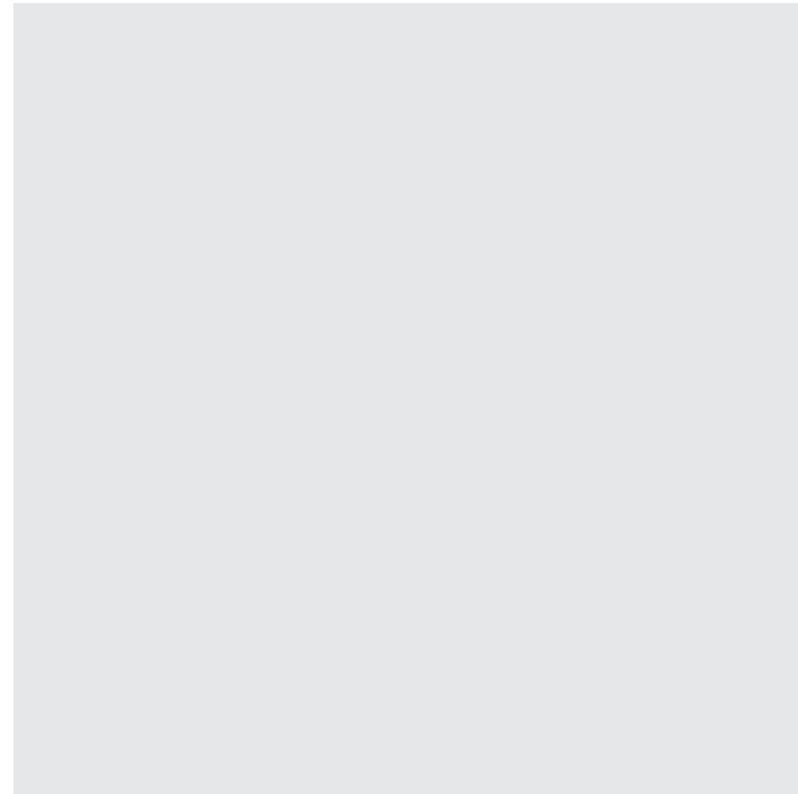
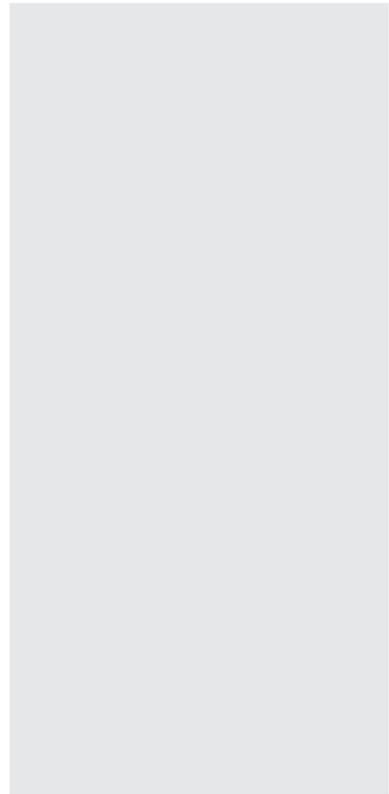
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- Call the Family Advocacy Program manager at 831-242-7653.



If you are, or someone you know is, in immediate danger, call 911. Call Military OneSource at 1-800-342-9647 (24/7). Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY). Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY).

**Tell
 them
 you
 read
 it in
 APG
 News**



ECBC hosts STEM Outreach Day

Students apply real-world science, engineering concepts in hands-on STEM activities

ECBC news release

In an effort to expose local students to the jobs of tomorrow, the U.S. Army Edgewood Chemical Biological Center was supported by the National Defense Education Program to participate in the inaugural 'Team CBRNE STEM Educational Outreach Day' at Downer Hall Sept. 23 with seven partner organizations that call Edgewood home.

U.S. Army organizations, whose main mission it is to defend our nation and warfighters against chemical, biological, radiological, nuclear and explosives threats, teamed up to entice nearly 400 middle and high school students from Cecil and Harford counties to pursue career pathways in science, technology, engineering and math.

Army engineers and scientists exhibited their expertise and cutting-edge technologies during an Edgewood-wide training and education event billed as the Team CBRNE Capabilities Showcase Sept. 22. On Sept. 23, their focus shifted to help create a highly-skilled future STEM workforce.

Dr. James Baker, civilian deputy technical director of ECBC scanned the cavernous bay of Downer Hall located on APG South (Edgewood) and saw smiles.

"I was really taken with the fact that the volunteers who were giving demonstrations were smiling from ear to ear as they interacted with the students," he said. "They really seemed to be enjoying what they were doing."

Groups of 10 to 12 student led by volunteer chaperones, rotated through eight of the 35 stations set up with hands-on STEM activities presented by ECBC, the U.S. Army Element Assembled Chemical Weapons Alternatives, Chemical Materials Agency, Defense Threat Reduction Agency, Joint Program Executive Office for Chemical Biological Defense, Medical Research Institute of Chemical Defense, Public Health Command, and 20th Support Command (CBRNE).

During 20-minute STEM sessions, each student explored an array of innovative research, design and engineering techniques that are being implemented across the CBRNE community. Activities included developing packaging designs in preparation for an egg drop test, extracting DNA from strawberries, practicing how to safely unpack and analyze unknown samples in a glovebox, learning about the application of radar to measure speed, engaging in protection factor testing for military respiratory protection, experiencing explosions in slow motion and manipulating a mannequin for medical simulation purposes.

Not only students, but also local educators and school administrators said that they appreciated the opportunity to



ECBC photos

Equipped as scientists during the Team CBRNE STEM Educational Outreach Day, middle school students from Cecil County Public Schools participate in the scientific process of analyzing samples with ECBC's Mobile Labs and Kits Team.

Events like these definitely get students excited about STEM education and give them the ability to see what scientists and engineers here do on a day-to-day basis. I think this will help students have a better understanding of what's available in their community, where education can take them and what jobs are available.

Sarah Voskuhl

Science and Mathematics Academy, Aberdeen High School coordinator

gain insight into fast-paced technology developments that protect warfighters and the nation against some of the most dangerous threats in the world.

"Events like these definitely get students excited about STEM



Before Team CBRNE organizations kick off their hands-on STEM activities, middle and high school students, educators, and school administrators from Cecil and Harford County Public Schools as well as ECBC workforce members gather in the bay of Downer Hall.

education and give them the ability to see what scientists and engineers here do on a day-to-day basis," stated Sarah Voskuhl, coordinator of the Science and Mathematics Academy (SMA) at Aberdeen High School. "I think this will help students have a better understanding of what's available in their community, where education can take them and what jobs are available."

"We started off at one of the mobile labs, where students got to use the Gas Chromatography-Mass Spectrometry method and do some soil sampling," she added. "It was also interesting for them to hear that people [that work] here get to go to Hawaii, Australia and all over the world, while they help other people and protect the warfighter."

SMA teacher Yvonne Gabriel encouraged her students to ask questions and to seek out topics for potential science fair projects during the event. According to Gabriel, doing a science fair project is the first step for students to become comfortable with applying the scientific method and improving their problem solving skills.

"It is important for students to be here because they don't know what's out there for them due to their age and lack of access," she said. "So, here they get exposed to it, turned on to it, and then teachers take that lead to help them learn more."

"This is also an opportunity for me to see what's going on [in the research and development field] and to take the

initiative of finding out more based on what the students are interested in," she continued.

Kathy Kunda, Coordinator of the Business and Education Partnership Advisory Council for Cecil County Public Schools, attended the event and observed the enthusiasm that students and teachers generated throughout the STEM activities.

"It has been absolutely phenomenal for students to exactly see what goes on in real-world lab situations," Kunda said. "This hands-on experience has simply been eye-opening, not only for students but also for the teachers. They're excited about bringing some of these experiments back to the classroom."

For more information, visit <http://www.ecbc.army.mil/>.



A colorful arrangement of fall flowers and pumpkins decorate Applewood Farm

Fall fun at Applewood Farm

Story and photos by
RACHEL PONDER
APG News

Savor what the fall season has to offer by taking the Family to Applewood Farm, located in nearby Whiteford, Md.

This 100-acre farm is open to the public during the fall pumpkin season from Oct. 1 to 30. During this time, the farm features a picnic area, spooky spot, petting zoo, corn maze, model trains and more.

One of the farm's many attractions is the Applewood Express, a historically accurate replica of an 1865 vintage wood-burning steam locomotive that pulls two covered coaches along a ¾ mile tour over the farm's lower pasture and Christmas tree plantings.

This train, a 1963 Allen Herschel S-

24 "Iron Horse," is one of the last premier estate trains still operating.

Another highlight is the tractor-drawn hay wagon that transports guests to a field where they can pick out pumpkins to take home.

In the barn guests can buy farm decorations along with pumpkins, apples, Indian corn and fresh apple cider. Guests can also purchase hot apple cider and snacks like hot dogs and nachos in the Applewood Café.

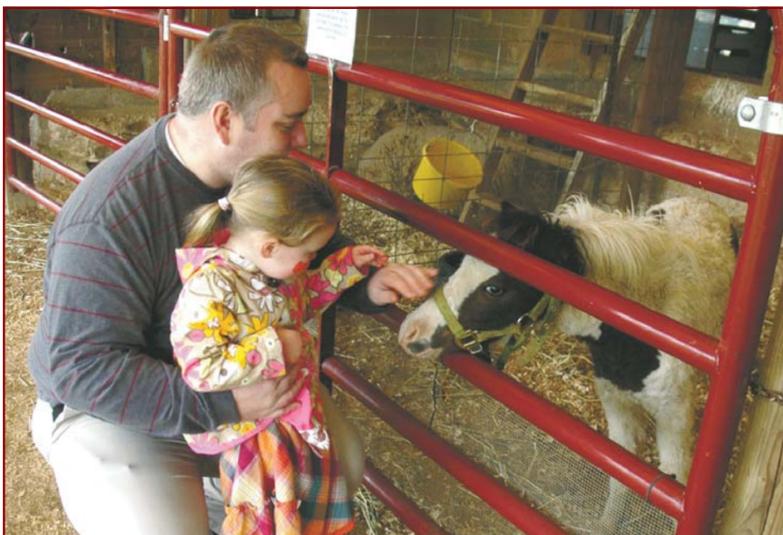
"We come here every year, it's a Family tradition," said Brian Freehly of Bel Air. "There is nothing like this in Harford County. We always have a great time."

Applewood Farm is open from 10 a.m. to 4 p.m. every Saturday and Sun-

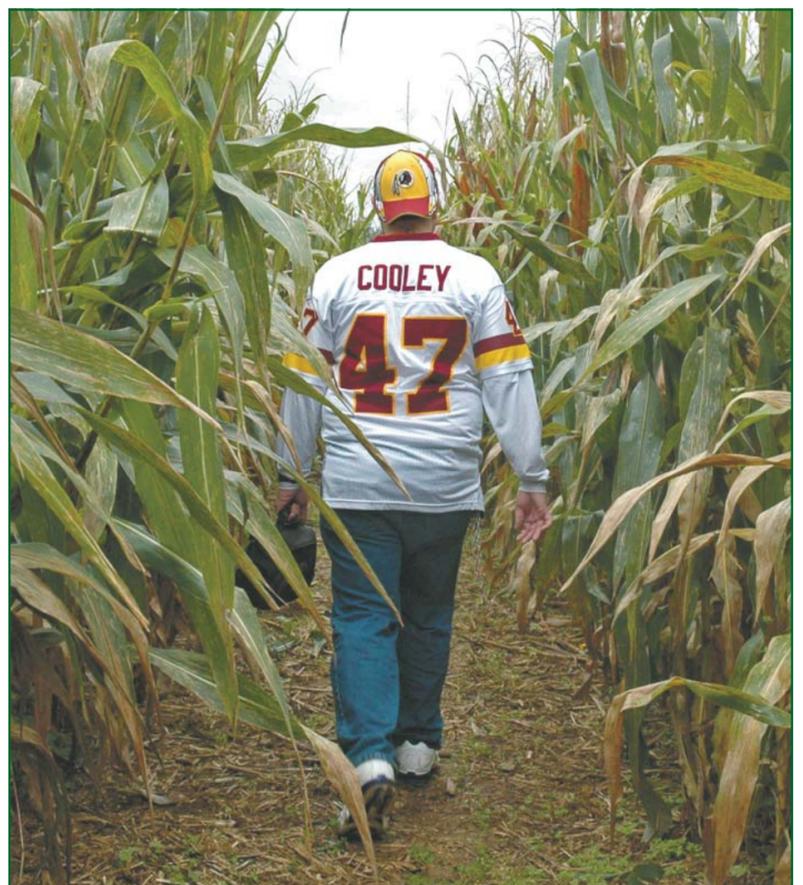
day through October. Admission is \$3 per person. Children under 3 get in free. Only cash is accepted at the gate; Visa and MasterCard are accepted on the farm. There is an additional \$3 per person charge to ride the Applewood Express. All other activities are included with price of admission.

The farm's Christmas season kicks off Nov. 26 and runs through Dec. 18. Educational field trips and private parties are available.

Applewood Farm is located at 4435 Prospect Road Whiteford, MD 21160. For more information, call 443-417-6329 or visit www.applewoodfarm.org.



Frank Clapham shows daughter Charlotte, 3, how to pet a horse. "We wanted to go to Applewood Farm to see a different part of Harford County and spend some time in the country," said Frank's wife, Ann. The Claphams recently relocated to APG from New Jersey .



Cory Bell of Baltimore attempts to find a way out of the corn maze.

Post Shorts

Holiday gate hours

There will be reduced gate operations at Aberdeen Proving Ground for the Columbus Day Holiday Monday, Oct. 10.

The Harford Gate (Rt 22) in the Aberdeen Area will close at 7 p.m. Friday, Oct. 7 and the Wise Road Gate (Rt 755) in the Edgewood Area will close at 6 p.m. Friday, Oct. 7. Both gates will reopen at 5 a.m. Tuesday, Oct. 11.

The Maryland (Rt 715) Gate in the Aberdeen Area and the Rt 24 Gate in the Edgewood Area will be open throughout the holiday period.

Halloween decorating contest

Picerne Military Housing invites residents in on-post family housing to participate in a Halloween decorating contest.

Judging will take place the week of October 24. Judges will tour the family housing areas and choose the best decorated yards in each of the neighborhoods. Selection will be made based on creativity and overall impression. The winner and runner-up for each neighborhood will receive a gift card.

Check the APG News for more information on this spooky event.

Water conservation efforts

On Oct. 6 APG switches from the Chapel Hill Water Treatment Plant to Harford County as its primary water source. The contractor with City of Aberdeen has repaired the two leaks in the stream bed on the raw water side and will start the final repair of the 20" finished water main Oct. 7.

On Oct. 6, the APG Water Conservation Plan will be implemented and residents should continue with the plan until the final 20" water line repair has been completed.

On Oct. 7 the City of Aberdeen will abandon the vault on Old Post Road in preparation of replacing 60 1 foot of the 20" water main. Test pits for encasement of the 20" line will be done, material staged and the pipe will be pre-cut and fitted for installation.

On Oct. 8 the City of Aberdeen will close the southbound lane on Old Post Road at 6 a.m. for work, which is expected to be complete within 10 hours.

APG North residents and personnel must maintain a consolidated water conservation effort during the repair of the 20" water main.

APG North/South Dental Clinic Closings

The U.S. Army Dental Clinic on APG North (Aberdeen) will be closed Friday, Oct. 7 for a training day and Monday, Oct. 10 for Columbus Day.

The U.S. Army Dental Clinic on APG South (Edgewood) will be open Friday, Oct. 7 from 7 a.m. to 3:30 p.m. Sick call hours will be from 7:10 to 9:10 a.m. The Edgewood Dental Clinic will be closed Monday, Oct. 10 for Columbus Day.

For medical services needed after hours, weekends or federal holidays, contact the staff duty at 443-807-0725.

The staff duty officer will coordinate your care with the dentist on duty.

In the event of a medical emergency, call 911 or go to the nearest emergency room. Emergency rooms do not require a referral.

For more information on urgent and emergency care, visit http://www.tricare.mil/tricaremartfiles/Prod_570/BN_bulletin_08_i2_L.pdf, page 3, or <https://www.hnfs.net/common/referralsAuths/Emergency+and+Urgent+Bene.htm>.

Health clinic closings

Kirk U.S. Army Health Clinic will be closed Friday, Oct. 7 at noon for Organization Day and Monday, Oct. 10 for Columbus Day.

No pharmacy services will be provided during this period. It is highly encouraged that patients refill any medications at Kirk before 5 p.m. Oct. 6. The pharmacy refill line is 1-800-248-6337. Visit www.tricare.mil/pharmacy for information on the different pharmacy options.

For medical services needed after hours, weekends or federal holidays, call the staff duty at 443-807-0725. The staff duty officer will coordinate your care with the Referral Management Office.

To avoid point-of-service copayment charges, a referral is required for any urgent care clinic.

In the event of an emergency, call 911 or go to the nearest emergency room. Emergency rooms do not require a referral.

For more information on urgent and emergency care, visit http://www.tricare.mil/tricaremartfiles/Prod_570/BN_bulletin_08_i2_L.pdf, page 3, or <https://www.hnfs.net/common/referralsAuths/Emergency+and+Urgent+Bene.htm>.

Blue Cross rep visits Oct. 11

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan (Blue Cross/Blue Shield) to visit APG Tuesday, Oct. 11. The representative will be available from 9 to 11:30 a.m. in Bldg. 314, Room 151E, to discuss claim problems and plan coverage. The representative will be not be available in Edgewood for this visit. No appointment is necessary. Call Teri Wright at 410-278-4331.

Sign language offered

American Sign Language (ASL) classes run Oct. 11 to Dec. 20 from 11:30 a.m. to 12:30 p.m. (lunch hours) at Bldg. E3330-31, Room 229/270 on APG South (Edgewood). Basic and advanced class offered. Must complete 10 sessions to receive credit on SF 182. Class is free; bring a lunch and textbook "A B C, A Basic Course in American Sign Language" for lessons. To register, call Beth-Ann Cameron, ext. 410-436-7175. For information, call instructors Randy Weber at 410-436-8546, Pat Reeves at 410-436-2917.

UMUC Fall Startup

Get a jumpstart on your education by starting classes this fall! Universi-

ty of Maryland University College is sponsoring a Start Up Event Oct. 12 from 9 a.m. to 4 p.m. at UMUC's APG office, Room 210 of the Janet M. Barr Soldier Support Center on Susquehanna Avenue.

Advisors will be available to help students put together a degree plan. Students who make application at this event will have their \$50 application fee waived (except doctor of management applicants). Call 410-272-8269.

Hispanic Heritage Event scheduled Oct. 13

Team APG presents the Annual Hispanic American Heritage observance at 11 a.m. Oct. 13 at the post theater. Guest speaker is Jose Hernandez, a former NASA astronaut. Call 410-306-2053 or 443-861-9259 for information.

Pumpkin Patch set Oct. 15

To let resident know how Picerne Military Housing values them, Picerne will host the second annual Pumpkin Patch Saturday, Oct. 15 at 2727 Chesapeake Boulevard from 11 a.m. to 2 p.m. Activities for the whole family include pumpkin picking, a kids moon bounce, face painting, scarecrow building, food and more. Picerne will provide hay for the scarecrows. Families need to bring the clothes. For information, call 410-305-1076.

Blood drive dates

APG will host blood drives on the following dates:

- 31-Oct-2011 MON 10 a.m. - 2 p.m. Recreation Center
- 29-Nov-2011 TUE 10 a.m. - 2 p.m. Recreation Center
- 5-Dec-2011 MON 10 a.m. - 2 p.m. Recreation Center

CPR classes offered

APG Fire and Emergency Services is offering free Cardio-Pulmonary Resuscitation (CPR) Classes with Automated External Defibrillator (AED) certification. Two classes will be offered on each date. The dates and locations of remaining 2011 classes are as follows. All classes are at 9 a.m. and 1 p.m.:

- Oct. 19 APG South conference center E-4810
- Nov. 16 APG North post chapel
- Dec. 14 APG South conference center E-4810

Pre-register by contacting Michael Davis at 410-306-0572 or Michael.Ray.Davis@us.army.mil

Disability Awareness Event

A Disability Awareness observance is slated Oct. 20 at 10 a.m. at the post theater. Call 443-861-9246/9259, 410-306-3053 or 410-436-2942.

Military Engineers meeting

The Society of American Military Engineers Chesapeake Post October 2011 meeting will be at the Wetland Golf Club in Aberdeen at 11:30 a.m. Oct. 20. The featured speaker is Col. Andrew Nelson, deputy garrison commander for Transformation,

APG. Nelson will present an "Update on BRAC Activities & What's Next at Aberdeen Proving Ground." Register at <http://www.same-chesapeake.org> or call 410-638-9699.

Veterans apply for home repairs

Habitat for Humanity is participating in the Veteran Home Repair Program, providing critical repairs for military veterans. Repairs include interior or exterior work performed to alleviate health, life, safety critical issues or code violations, a reconfiguration of space, a modification for accessibility, and installation or extension of plumbing, mechanical or electrical systems. The home must be the primary residence of the veteran. All veterans who have received an honorable or general discharge are encouraged to apply.

For more information or to volunteer, call 410-398-3399 in Cecil County, or Deb Ciresi, community development manager at 410-638-4434, Ext. 8; e-mail dciresi@habitatsusq.org or visit www.habitatsusq.org.

Don't miss Oct. 15 chance to change a child's life

Installation STEM professionals are needed for an Oct. 15 Boy Scouts Merit Badge Day that will see more than 600 local Boy Scouts descend on Aberdeen Proving Ground.

The Team APG-hosted event will take place on the grounds of the APG museum where volunteers serving as counselors will help Scouts earn merit badges in one of 16 STEM-related fields that include Chemistry and Computers, Engineering, Weather and more.

To volunteer as a merit badge counselor, call John Kearney or Bill Babauta at 410-652-0878.

Marine Corps foundation accepting annual award submissions

The Marine Corps Heritage Foundation is accepting submissions for its annual awards program. Each year, the foundation recognizes innovative work in advancing and preserving Marine Corps history, traditions, and culture.

Marines and civilians may submit their own entries or the distinguished work of others for consideration. Awards will be presented at the foundation's annual ceremony April 21. Submissions deadline is Dec. 31.

For a list of the awards and submission requirements, visit <http://www.marineheritage.org/Awards.asp>.

COMMUNITY NOTES

SATURDAY

OCTOBER 8 COMPOSTING 101

Master Gardeners teach some types of composting: how to get started composting, and finding the right mix to make black gold.

Class includes time for questions and sharing experiences. Registration required. Classes will take place as follows:

Oct. 8 from 1- 4 p.m. at Eden Mill Nature Center, \$5 charge

FRIDAY

OCTOBER 14 AIR FORCE BRASS ENSEMBLE

Air Force brass ensemble performs Oct. 14 in Havre de Grace

The Heritage Brass Ensemble, five members of the USAF Heritage of America Band, will perform Friday, Oct. 14 at 7 p.m. at the Havre de Grace United Methodist Church, 101 South Union Avenue in Havre de Grace, MD 21078.

The event is free and open to the public.

The ensemble is well known for its brilliant brass sound and precision applied to all music genres. The program includes a wide variety of jazz, familiar classical, popular tunes and patriotic music.

For information, visit www.HeritageofAmericaBand.AF.mil or call or 410-939-2100.

SATURDAY

OCTOBER 15 TEXAS HOLD'EM

Enjoy Texas Hold'em Oct. 15 with the American Legion Susquehanna Post 135.

Registration starts at 3p.m. Game starts at 4. Cash Game at 1 p.m. \$50 Buy In -- Side Tables.

There will be a cash bar and sandwiches. Location: 300 Cherry Street, Perryville, MD 21903. Call 410-642-2771 for information.

5TH ANNUAL

HARFORD FALL FEST

Harford County will host the 5th Annual Harford Fall Festival 10 a.m. to 5 p.m. at the Harford County Equestrian Center, 608 North Tollgate Road in Bel Air. Events and attractions include a car show, pony rides, carnival games, Moon Bounce, vendors and live entertainment on three stages.

A \$5 wristband (purchased when guests arrive), gives children access to the various games and attractions all day long. Adult admission is free with a donation of a non-perishable food item that will be donated to a local food bank.

All proceeds are donated to the Harford Family House and Welcome One shelters, HCAA Emergency Food Pantry, Mason-Dixon Community Services, Extreme Family Outreach and Harford Habitat Susquehanna.

For more information, contact Anne Marie at 410-688-3478 or AnneMarie.sharinghope@yahoo.com or visit www.HarfordFallFestival.org.

TUESDAY

OCTOBER 18 BEE HIVE MAINTENANCE DEMONSTRATION

Eden Mill Nature Center, located on 1617 Eden Mill Road Pylesville, Md. presents Honeybee Hive Maintenance at 4:30 p.m. Join the head beekeeper, Cybil Preston, as she demonstrates hive maintenance and answers questions concerning honeybees, crop management, pests and disease, as well as the importance of honeybees. No registration or fee is required. Meet on the paved pathway next to the Honeybee hives by the red barn.

For more information, call 410-836-3050 or e-mail www.edenmill.org.



MORE ONLINE
More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.

FAMILY AND MWR

Activities/Events

Team APG preps for Army 10-Miler

The annual Army 10-Miler event in Washington D.C. is right around the corner, and Team APG is gearing up to show its esprit de corps by participating in the time-honored tradition.

APG community members who plan to attend the event are encouraged to support the team by visiting the Team APG Hooah Tent Oct. 9 from 6 a.m. to noon. The tent will be located in the Hooah Tent Zone of the 2011 ATM North Lot in section B35 and B36.

For more information about the Team APG Hooah Tent, contact Marni Allison at 410-278-5567 or Marni.K.Allison.naf@mail.mil.

APG Running Club

The APG Sports and Fitness Branch has begun a Running Club for organized weekly runs. Club members meet at 5 p.m. every Tuesday at the Aberdeen Area Athletic Center and 5 p.m. every Thursday at Hoyle Gym in the Edgewood Area. Byron Reasin, Morale, Welfare and Recreation, Aberdeen Athletic Center, oversees the club. For more information, contact Byron at 410-278-7933/7934 or e-mail, Byron.a.reasin@us.army.mil.

Universal Studios discount tickets

Universal Orlando® Resort is proud to offer a discount ticket program to all active duty, retired military and Department of Defense personnel. All Universal Studio tickets must be purchased at least 3 weeks before the trip.

Universal Studios includes two theme parks, non-stop nightlife and more all in one convenient location. At Universal CityWalk® enjoy the best in restaurants, nightclubs, shopping and movies.

For more information, call 410-278-4011 for price breakdown.

Personal Training

APG Sports Branch is offering personal training programs. All active duty military and Family members, DoD civilians and Family members, and DoD contractors are eligible.

Training is offered at the athletic center, fitness center and Hoyle Gym to assist customers in meeting their personal fitness needs. The program is offered in individual half-hour and one-hour sessions and blocks of ses-

sions. Individual half-hour sessions cost \$40 each; one-hour sessions cost \$55 each. Blocks of six half-hour sessions for the cost of five sessions is \$200; blocks of six sessions for the cost of five sessions is \$275.

Contact the athletic center or Hoyle Gym for details.

Sports Happenings

■ NFL Youth Punt, Pass & Kick Competition is set for 7 p.m., at the Youth Flag Football/Soccer Field Bldg. 2522 on Bayside Drive. Boys and girls ages 6-15 can participate. Age cut-off date is Dec. 31, 2011. Register at www.nflppk.com and type in zip code 21005.

■ Youth basketball and cheerleading registration opens to boys and girls Oct. 17 to Nov. 9. The clinic is for ages 4-6. Cost is \$20. League ages: 7-8,9-10,11-12 and 13-14. Cheerleading ages: 5-14. Walk-in registration from 7:30 to 10:30 a.m. Appointments from 10:30 a.m. to 4 p.m. Call 410-278-7571. Coaches needed. Call Bill Kegley at 410-306-2297.

Driving Lessons

Worldwide Driving Academy

Located at 423 Edgewood Rd in Edgewood or 49 Kingston Parkway in Abingdon. Classes are conducted Monday to Friday.

Edgewood Location:

- 6-9:15 p.m., Oct. 3-14, Oct. 31 – Nov. 11
- 2:30-5:45 p.m., Oct. 10-21

Abingdon Location:

- 6 - 9:15 p.m., Sept. 26 – Oct. 7, Oct. 10-21, Oct. 24 – Nov. 4
- Weekends (Only at Abingdon), Saturday and Sunday only, 11 a.m. - 2:15 p.m., Oct. 1-30

\$314 per student (prices subject to change without notice). Class includes 30 hours classroom instruction and six hours behind-the-wheel instruction. Parents must attend first and last day. Register for the class one week prior to the first class. Students must be between the ages of 15.9 to 18 yrs old.

The Ultimate Driving School, LLC

Located at 13 N. Parke St. in Aberdeen.

Classes are conducted Monday to Thursday 5 - 8:15 p.m., Oct. 17 – Nov. 02, Nov. 07 - 23, Dec. 05-19

\$335 per student (prices subject to change without notice) Class includes 30 hours classroom instruction and six hours behind-the-wheel instruction.

Last day to register for the class is one week prior to the first class.

Students must be between the ages of 15.9-18 yrs old. Parents must attend first and last day of classes with students.

Open to all DoD ID cardholding family members. To register, call 410-278-7571/7479. For an appointment or info, email stacie.umbarger1@us.army.mil or call 410-278-4589.

Looking for a job?

Visit FMWR Jobs available at www.apgmwr.com.

All jobs for Aberdeen Proving Ground are listed at <http://www.armycivilianservice.com> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.



October bowling specials

■ Early Bird Special: From 7am till 10am bowl for \$1.50 a game.

■ Columbus Day Special: Open from 11am till 3pm. Rent a lane for \$12.00. Includes up to 6 people and shoes.

■ Friday night after 9pm bowl 1 game and get the second game free.

■ Pizza & Bowling Special: 1 Hour of bowling, 1 whole cheese pizza and a pitcher of soda of \$34.00.

■ Football special, Sunday October 9th and Sunday October 30th. Each game of bowling is \$1.50, shoe rental-\$1.00, wings-.50 each, Jr. hot dogs-\$1.00.

Bowling rates

Bowling costs \$3 per game, Monday to Friday from 7 a.m. to 5 p.m.; games cost \$3.50 each on Fridays, 9:30 to 11 p.m.; Cosmic Saturdays cost \$3.75 per game; and \$3 per game on Sundays.

Winter leagues forming

Monday & Tuesday start time 5:20.
Wednesday start time 6:50
Thursday & Friday start time 6:30
Saturday Youth League start time 9:00 am for ages 4 thru 11 and 10:30am start time for ages 12 thru 20.

APG Bowling Center Snack Bar specials

Building 2342

Week of October 3

Special #1: Grilled Ham and Cheese and soup of the day, cookie and regular soda for \$5.50.

Special #2: Egg salad sandwich and chips, cookie and regular soda for \$4.50.

Week of October 10

Special #1: Chicken Parmesan on a Bowler burger with french fries, cookie and regular soda for \$5.50.

Special #2: Roast beef sandwich on kaiser roll with chips, cookie and regular soda for \$6.75.

The Bowling Center also serves breakfast. For more information or to place an order, call 410-278-4041.

Open house Saturday

Continued from Page 1

possible if there's smoke in the house," he said.

National statistics bear that out, said Starling. Year 2009 statistics show that one home fire structure was reported every 87 seconds; on average seven people died in home fires every day; and adults age 65 and older face the highest risk of fire death. Additionally, U.S. fire departments responded to 362,500 home fire structures resulting in 12,650 injuries, 2,565 deaths and \$7.6 billion in damages.

Throughout the month, APG residents and workers can expect to see fire prevention-related events on post. Starling said current and new housing residents can request courtesy home inspections for fire prevention tips and recommendations and workers can expect unannounced fire drills at their work sites.

"We'll get to as many buildings as possible and spend a few minutes afterwards talking with folks about fire prevention and smoke detectors," he said.

Discussions will include the impor-

tance of not removing batteries from "annoying" smoke detectors and to use batteries to "back up" smoke detectors that are hard-wired.

"If you lose power, a hard-wired smoke detector won't work," he said. "The newer detectors already have battery back-ups but if yours doesn't, switch it out. Smoke detectors really do save lives. Folks can come out and learn more at Fire Prevention and Community Awareness Day."

For more information, contact the APG Fire Department at 410-306-0600, the Army Substance Abuse Program at 410-278-DRUG, or the APG Community Policing Program at 410-278-3066.

According to the National Archives and Records Administration, Fire Prevention Week is the longest running public health and safety observance on record. The president has signed a proclamation proclaiming a national observance every year since 1925. Visit www.firepreventionweek.org for more information.

Retirement ceremony

Continued from Page 1

installation retirement service officers to keep retirees and their Families up to date on changes in their retirement rights, benefits and privileges and to foster good will between the retired and active-duty communities," said Drew Nobles, APG retirement services officer.

Retired Lt. Col. Nelson Laughton, chairman of the APG Retiree Council, said the event is "a great way for retirees to find out what's happening on post, and to get face-to-face information on other issues."

He noted that this will be the last lunch in the DFAC which is slated to close in December.

"Retiree Council meetings are held throughout the year and open to anyone who wants to attend," Laughton added.

Co-chairman and retired Sgt. Maj. Frank Yoakum said retirees will gain a lot of knowledge from the guest speaker.

"Mike Plumer is retired Navy and he's been with NAUS over 15 years. He's very familiar with Capitol Hill and very well versed," Yoakum said. "His talk will be timely due to the debt crisis, the Department of Defense chopping block and national defense and appropriations acts, which are hot topics. We have a good lineup and a guest speaker who can polish the crystal ball and let us know what to expect over the next few months."

He said council members are excited to have guest vendor Wisconsin Physician Service, a TRICARE contractor making its first appearance at APG.

"This will give a lot of TRICARE for Life retirees the chance to talk about their Medicare supplement," he said.

Also, Michelle Banks-Gayner of Delta Dental will be on hand to talk about the TRICARE dental plan. About 30 agencies are slated to attend the event, including USAA; the Maryland Department of Labor, Licensing and Regulation; APG Freedom and Federal credit unions; the Maryland Department of Veterans Affairs, and APG's Directorate of Emergency Services; Morale, Welfare and Recreation; chaplain, legal, and human resources representatives and the Military Officers Association of America as well as other local veteran service organizations.

Yoakum also maintains the APG Retiree Council website and said it is a good place to check for information and important links.

"We try to include anything that's of interest to the retiree community," he said, adding visitors should click on the "Good News 4U" link on the home page for the latest updates. Meeting dates and more information are available at <http://apgretiree.com>.

Retired council members include 1st Sgt. Tom Shumate; Master Sgt. Lonzia Hawkins; Sgt. 1st Class Richard Zalusky; Navy Lt. Edward T. Kreiner; and Janet Dettweiler, APG Adjutant.

For more information, contact Drew Nobles, APG retirement services officer, at 410-306-2320 or e-mail drew.a.nobles@us.army.mil.

Get your flu vaccine

Continued from Page 1

Jackson-Thomas said TRICARE beneficiaries can also receive their vaccine during regularly scheduled clinic appointments.

Active duty service members at APG-South (Edgewood) will be offered scheduled mass flu campaigns. For those who cannot make those dates, regular walk-in clinic hours are Monday to Friday, 7:30 a.m. to 3 p.m.

Jackson-Thomas said DoD units with large groups should call the Allergy/Immunization Clinic at 410-278-1746 to set up a flu clinic for their group. DoD civilians can receive their vaccines at either clinic free of charge beginning Oct. 15.

Flu vaccinations will be available for Retiree Appreciation Day Oct. 15 at the Aberdeen Proving Ground gym from 8 a.m. to noon.

According to their health plan contract, U.S. Family Health Plan beneficiaries and contractors should use their participating plan providers. Call 410-278-1724 for more information.

Regardless of where you receive the vaccine, Jackson-Thomas said the best time to get the vaccine and avoid the flu is to get vaccinated in October or

November.

"There are more than 100 different viruses that can cause a cold, but there aren't as many viruses that cause the flu," she said. "That's why there's a vaccine for the flu but not the common cold."

Influenza is a serious respiratory disease caused by a virus.

"It is not the same as the common cold or an intestinal illness," said Jackson-Thomas.

An average of 36,000 deaths and more than 200,000 hospitalizations related to seasonal influenza occur in the U.S. each year.

She explained that unvaccinated healthy people who get influenza can spread their infection to others who are most vulnerable to its complications.

To help protect yourself from colds or the flu, Jackson-Thomas offered the following tips:

- Avoid close contact with people who are sick.
- Cover mouth and nose when sneezing and cough into elbow sleeve.
- Wash hands often.
- Avoid touching eyes, nose or mouth. Germs spread easily in these areas.



Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit <http://ice.disa.mil>.

Click on "ARMY" then "Aberdeen Proving Ground."

APG SNAPSHOT

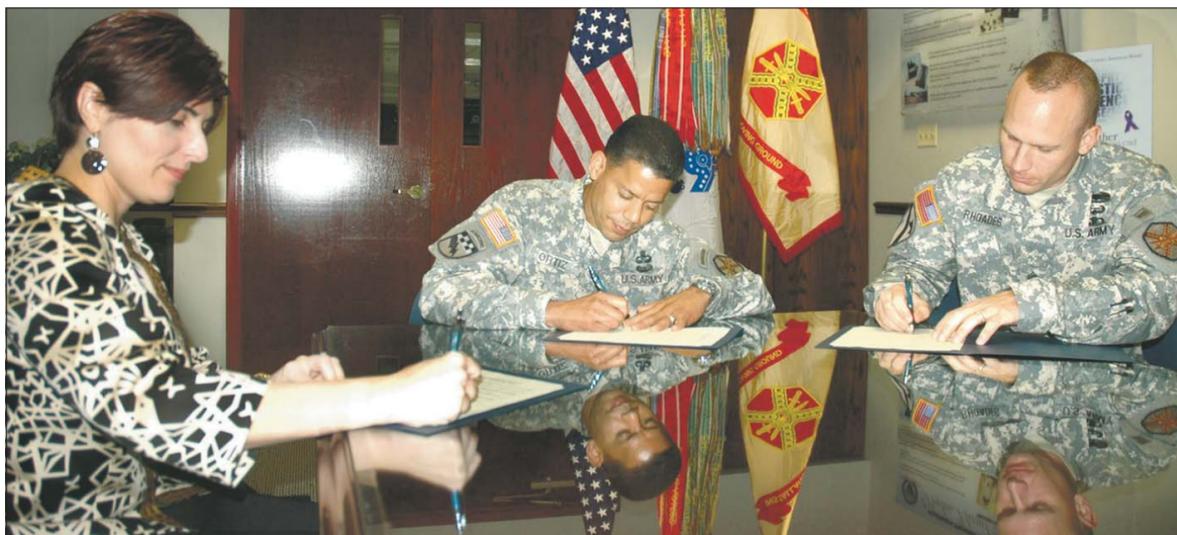
A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/> or <http://www.flickr.com/photos/rdecom>.



FAST BREAK

ChalleNge Academy cadet Myron Moten, 17, advances the ball after evading a defender during an Oct. 3 game versus Team C4ISR on Shine Sports Field. The intramural football and soccer seasons on APG North and South continue through November. For more information, call the MWR Sports Office at 410-278-7934 or visit www.apgmwr.com. View and download photos of the Oct 3 game at flickr.com/usagapg.

Photo by Yvonne Johnson



TAKING A STAND

(From left) Luisa Nutter, executive director of Harford County's Sexual Assault/ Spouse Abuse Resource Center, APG Garrison and Deputy Installation Commander Col. Orlando Ortiz and Garrison Command Sgt. Maj. Rodney Rhoades sign the 2011 proclamation for Domestic Violence Awareness Month. "Domestic violence is just as big of a problem for the military as it is for the civilian world, so we want to make sure the APG community knows about our services," said Kimberly Williams, who works with the installation's Army Community Service and Family Advocacy Program. For more information on training, services and events, call 410-278-2435/7572.

Photo by Rachel Ponder



Photo by Adriane Foss

SHOW TIME

Bel Air resident and professional musician Bobby Crytser auditions for director Tricia Devine at the APG North (Aberdeen) recreation center Oct. 3. The MWR Theater Group is auditioning for their upcoming holiday shows and future performances. All talent is welcome -- lead actors, extras, musical talent, crew, etc. The group meets Mondays from 6-7:30 at the recreation center. For information, stop by the recreation center or email earlene.allen.naf@mail.mil.



Photo by Rachel Ponder

THE HAUNTING SEASON

Maj. William Sumner's house on APG's Plumb Point Loop is ready for the season. Picerne Military Housing invites on-post residents to participate in a Halloween decorating contest. Judging will take place the week of Oct. 24. Judges will tour the housing areas and choose the best decorated yards in each neighborhood. Selections are based on creativity and overall impression. Winners and runners-up for each neighborhood will receive a gift card.