



Freestate ChalleNGe Academy welcomes new candidates

Story by **RACHEL PONDER**
APG News

The Maryland National Guard Freestate ChalleNGe Academy in-processed 180 candidates for Class #41 at the APG South (Edgewood) recreation center July 14.

The Freestate ChalleNGe Academy gives Maryland teens who have withdrawn from high school a unique opportunity, a second chance at an education. For 22 weeks, cadets ages 16-18 voluntarily live in the academy's residential program, a structured, disciplined, quasi-military environment. The program includes a post-residential phase, in which cadets work closely with mentors in their community. The cadets are placed into jobs, continue their education or enter the military.

During in-processing, teens receive their uniform, are assigned a mentor, have their bags checked and more. After the teens are in-processed their parents and guardians receive an orientation. Later that day the males receive a military-style haircut.

The candidates are currently in the academy's acclimation phase, a two-week timeframe when teens adjust to their environment and decide if they want to stay in the program. Of those



(From left) Cadre Cpl. Drisana Lynch checks Candidate Diamond Newman's personal items during the MDNG Freestate ChalleNGe Academy's in-processing of Class #41 candidates at the APG South (Edgewood) recreation center July 14.

See Freestate, page 10

USAPHC bids farewell to first command sergeant major

Story by **CHANEL S. WEAVER**
Public Affairs Office, U.S. Army Public Health Command

When Gerald C. Ecker, the inaugural command sergeant major for the U.S. Army Public Health Command, discusses the key concepts of the USAPHC mission, it's hard to believe that he has only been with the organization for a little more than two years.

As the senior enlisted leader for the command, Ecker can often be observed speaking to various audiences about the USAPHC. He has become well-acquainted with the mission of the organization to promote health and prevent disease, injury and disability in Soldiers and military retirees, their families and Army civilian employees, as well as its veterinary food safety and defense and animal care missions.

"I've enjoyed learning and understanding all the technical ways in which this command supports the means of the three entities of the public health con-



Photo by Graham Snodgrass, U.S. Army Public Health Command

Gerald C. Ecker, inaugural command sergeant major for the USAPHC, was often observed speaking to various audiences about the organization's mission. On July 23, Ecker will leave his position at the USAPHC, and will assume new duties as the incoming command sergeant major for the U.S. Army Medical Department Center and School at Joint Base San Antonio, Texas

cept – people, animals and the environment," said Ecker.

On July 23, Ecker will leave his position at the USAPHC, and will assume new duties as the incoming command sergeant major for the U.S. Army Medical Department Center and School at Joint Base San Antonio, Texas.

Ecker's days with the USAPHC were quite busy. Under his leadership, the USAPHC distinctive unit insignia, or unit crest, was approved by the Institute of Heraldry in March. The DUI will be worn by USAPHC Soldiers assigned to DOD installations and deployed locations around the globe.

Because he has deployed four times, Ecker is often sought after because of his experience. He's enjoyed assisting the command in the assimilation of how to better support the operational force by sharing some of his experi-

See Senior, page 10

Orienteering Soldier athletes with competitive experience needed

Story By **YVONNE JOHNSON**
APG News

The U.S. Armed Forces Sports Office and IMCOM are looking for high level Soldier-athletes with current national and/or international Orienteering competitive experience to compete in the 2013 CISM World Military Orienteering Championships, Aug. 26 – Sept. 1 in Eksjo, Sweden.



Orienteering is the competitive or sporting form of land navigation which is required knowledge for U.S. service members. The competition, which originated in Sweden, includes navigating over unfamiliar territory with the aid of a map or compass for long distances in adverse conditions.

The All Army Sports application site has been made available to receive and evaluate Army athletes interested in consideration for selection. Applications must be received by July 31, at which time a decision will be made on whether a competitive team is warranted and will be formed for participation. There will not be a training camp or trials associated with this initiative and selection will be based on application submitted. The program will consist of a short staging timeline prior to departure to the event if the decision to compete is finalized after review of applicants.

For more information, or to apply, go to <https://apps.imcom.army.mil/appracmain> or contact the APG Sports Office at 410-278-7933/7934.

WEATHER

Thurs.



95° | 78°

INDEX

- Pg 2 Street Talk
- Pg 8 Mark Your Calendar
- Pg 8 At your service



ICE system
<http://ice.disa.mil/>
Facebook, <http://on.fb.me/HzQlow>

MORE INSIDE

- Heat injuries **PAGE 2**
- Prayer breakfast **PAGE 3**



ATEC gets new commander

Page 6



APG celebrates 153 anniversary of Signal Corps

Page 7

ONLINE

- www.apg.army.mil
- apgnews.apg.army.mil
- apg.armylive.dodlive.mil/
- facebook.com/APGMd
- twitter.com/USAGAPG
- flickr.com/photos/usagapg/



STREET TALK

What is your favorite exercise?

I like biking outside, it gives me a chance to get some fresh air, see the neighborhood. Having this quiet time gives me time to think. Exercise is my 'me' time.



Darlene Nye
College student

I made up my own exercise routine called Cards. I assign values to different cards. For instance, if I draw a ten of diamonds I will do ten pushups. If I draw a two of hearts I will do two sit-ups. When I do this routine I will go through a whole stack of cards. I like this routine because it gives me variety so I don't get bored and I can do it from home.



Kyle Lacey
CYSS Sports

I like to do Zumba because it is energizing and fun. It doesn't feel like exercise, it is a dance party with friends.



Lucy Knisely
Military spouse

I like to lift weights in the gym on post. I like feeling strong and how it makes my body look. Many women do not like to lift weights but I don't feel intimidated. I like working toward a goal. In the past I have participated in fitness competitions.



Agnes Burke
CYSS



USACR/Safety Center

Heat injury and illness pose a significant threat to Army personnel, whether active duty, civilian or contractors, deployed, working stateside or just participating in outdoor recreational activities. Heat-related injuries are the third-most reported medical event within the military over the last 10 years and are responsible for more than 1,300 hospitalizations in the Army alone. Minor heat illnesses such as heat cramps are often the first sign of a heat injury. If not treated properly, the result can be heat exhaustion, which can turn into a major injury such as heat stroke.

Heat Cramps

Heat cramps are muscle pains or spasms — usually in the abdomen, arms or legs — that can occur during strenuous activity. People who perspire a lot are more likely to suffer from heat cramps because sweating depletes the body of salt. Drinking large quantities of water after exercise can dilute body salts even further, which can worsen heat cramps.

If you believe you're suffering from heat cramps, stop all activity and sit quietly in a cool place. Drink clear juice or a sports beverage or add a half packet of salt from an MRE to a canteen of water. It's best to refrain from strenuous activity for a few hours after the cramps subside because further exertion could lead to heat exhaustion or heat stroke. If the cramps do not subside in one hour, seek medical attention.

Heat Exhaustion

Heat exhaustion is the most common heat injury. Someone suffering from heat exhaustion will often look pale with cool, moist skin, but will be sweating profusely. This can be accompanied by feelings of

Heat injuries: Prevention and Treatment

dizziness or faintness, headache, nausea and weakness, as well as increased thirst and a rapid heartbeat.

In the event of heat exhaustion, there are several steps to take. First, move the victim to the shade and loosen their clothing in an attempt to cool the body. Drink at least a canteen of cool water. You can even pour water on the exposed skin and fan to cool. If available, put ice or sheets that have been soaked in ice water on the neck, armpits and groin. Elevate the legs. If the symptoms do not subside, get the victim medical care.

Heat Stroke

Heat stroke is a medical emergency often resulting from exercise or heavy work in hot environments combined with insufficient fluid intake. When the body's mechanisms for handling heat stress fail, the result can be heat stroke, which can be life-threatening. The main indicator for heat stroke is an elevated body temperature, generally greater than 104 F. This can lead to changes in mental status, unconsciousness and coma. Other signs to look for are rapid heartbeat, hurried and shallow breathing, headache, nausea, irritability, confusion and a cessation of sweating. Sometimes, fainting can be the first sign for older adults.

If an individual is suspected of suffering from heat stroke, immediate care can mean the difference between life and death. Call 911 or get the person medical attention as soon as possible. Loosen or remove clothing and cool the body with cool water, ice packs or ice sheets. Have the victim take sips of cool water or a sports drink if they're alert and able. Avoid alcohol and anything with caffeine.

Preventive Measures

To help avoid heat-related injuries,

leaders and Soldiers should:

• Drink plenty of fluids. In hot environments, it's possible for the body to lose one liter of fluids per hour. Thirst is not a good indicator of fluid loss. Don't wait until you're thirsty to drink fluids.

• Be aware of their environment. If you work in the heat or around heat sources, take whatever steps are possible to control the heat externally. It's also recommended that ice sheets be readily available during high-risk activities to reduce the severity of a heat injury.

• Take frequent breaks. As the temperature increases, take more frequent breaks to stay cool.

• Wear proper clothing. Loose, lightweight fabrics encourage heat release.

• Acclimatize. It takes at least seven to 10 days to get used to working in a hot environment.

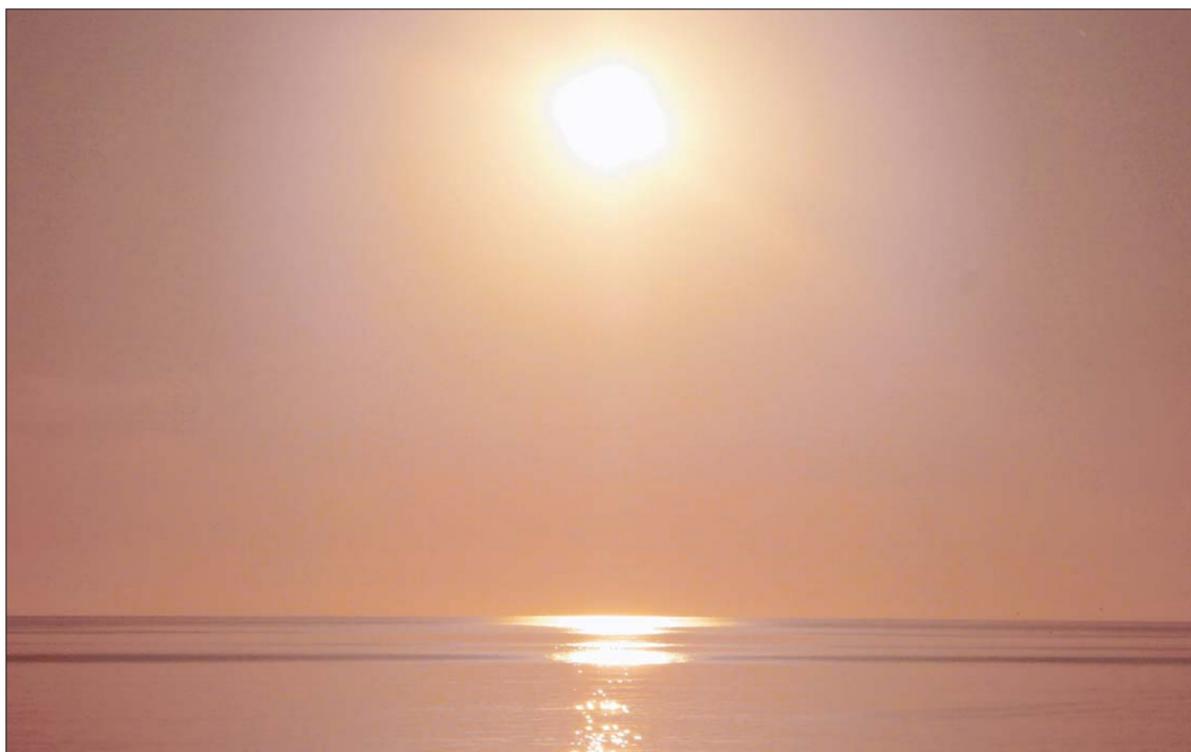
• Stay in shape. A healthy heart and good muscle tone work more efficiently and generate less heat.

• Eat light during the workday. Hot, heavy meals add heat to the body and divert blood flow to aid with digestion. Normal dietary intake typically replaces all salt lost during the day, so there is no need to take salt supplements.

• Be aware of special heat stress risks. Caffeine, alcohol, diabetes or medications for high blood pressure and allergies can increase the risk of heat stress.

Conclusion

Each year, people fall victim to preventable heat injuries. Everyone has an obligation to mitigate their risk. Stay fit, take the appropriate preventive measures, and monitor yourself, your battle buddies, coworkers and family members for signs of heat-related injuries.



APG SEVEN DAY FORECAST

Thurs



95 | 78°

Fri



92 | 78°

Sat



89° | 74°

Sun



85 | 69°

Mon



83° | 69°

Tue



82° | 69°

Wed



82° | 71°

APG NEWS



The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal oppor-

tunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by The Baltimore Sun Media Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs \$16, the price for weekly mailing, or for problems with incorrect mailing addresses, contact Customer Service at 139 N. Main Street, Suite 203, Bel Air, MD 21014, or call 410-838-0611.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or The Baltimore Sun Media Group of the products or services advertised.

For advertising matters, call The Baltimore Sun Media Group, 410-838-4400. Send articles or information for

publication to the APG Public Affairs Office, Building 305, IMAP-PA, APG, MD 21005-5001; call the editor at 410-278-7274, DSN 298-7274; send a fax to 410-278-2570; send e-mail to patricia.g.beauchamp.civ@mail.mil or contact reporters Yvonne Johnson, yvonne.johnson5.ctr@mail.mil or 410-278-1148, or Rachel Ponder, rachel.e.ponder2.ctr@mail.mil or 410-278-1149.

Deadline for copy is Thursday at noon for the following Thursday's paper.

Staff

APG Commander Maj. Gen. Robert S. Ferrell
 APG Garrison Commander .. Col. Gregory R. McClinton
 Public Affairs Officer Kelly Luster
 Editor Pat Beauchamp
 Contract Photojournalists Yvonne Johnson
 Rachel Ponder
 Graphic Designer/Web Designer Molly Blossie
 Website www.apgnews.apg.army.mil

APG prayer breakfast

Story by **DAN LAFONTAINE**
RDECOM PAO

One-hundred APG Soldiers and civilians convened July 11 at Top of the Bay for a morning of prayer, reflection and fellowship.

The prayer breakfast, sponsored by the U.S. Army Research, Development and Engineering Command, featured a keynote address by Chaplain (Brig. Gen.) Patrick Dolan, Army National Guard Assistant to the Army Chief of Chaplains.

Dolan focused on how to remain strong during difficult times, such as the Army's current period of furloughs and sequestration.

"If I want to be strong through all kinds of the ups and downs of daily life, it's not talking about being strong physically," Dolan said. "It's about being strong in your character because we're facing challenging times with the furloughs.

"We're facing a number of struggles every day in a nation that is still trying to be the beacon of hope in a hurting world. When we try to do that, we face all kinds of struggles. How do you remain strong? What makes life worth living? Being a person of character, worth and value who can really support others."

RDECOM Director Dale A. Ormond

introduced Dolan and noted that his background with doctorates in chemistry and sacred theology made him an excellent choice to speak at an APG prayer breakfast. Ormond and RDECOM Chaplain (Lt. Col.) Juan Crockett later presented Dolan with a small engraved RDECOM plaque.

Dolan concluded by encouraging the audience to live with a purpose and to recognize the power of God in their everyday lives.

"We're tiny and yet we can see the fingerprints of God in things much bigger than us, in events much bigger than us. We are small as part of the whole universe," he said. "Because we're created in the image and likeness of God, we have the ability to see those fingerprints of God.

"You have the choice to live strong, live a life worth living, live with a sense of wonder, live with a sense of hope and purpose that brings you delight and communicates that delight to other people. You can stop at the fingerprints, but I ask you to go beyond them and see the hands and arms of that loving God whose fingerprints they are."

The event included several gospel musical performances by Laymetha Reed-Guy and scripture readings by RDECOM employees.

APG News Survey

The Garrison Public Affairs Office would like your help in improving the installation's command information newspaper, the APG News. Visit <https://www.research.net/s/2013APG-News> through July 25 to fill out a short survey, which will help us ensure we are providing you with the information you need and want.

ABOUT THE APG NEWS: The APG News is a 12-page broadsheet printed 51 times a year with a weekly circulation of 8,900. It is distributed at AberdeenProving Ground North (Aberdeen) and South (Edgewood). Baltimore Sun Media Group, holds the civilian enterprise contract to print and distribute the APG News. Our readership includes approximately 13,000 Department of Defense civilians, 6,000 contractors, 2,800 troops and more than 17,000 retirees throughout the region. The APG News supports the installation command through coverage that is thorough, informative and entertaining. While the installation's civilian and contractor population outnumbers troop strength nearly 7 to 1, the APG News recognizes that the civilian-contractor population is here solely to support our Warfighters and we strive to cover stories that matter to both populations. For more information on the APG News, visit <http://www.apgnews.apg.army.mil/> or call Editor Pat Beauchamp at 410-278-7274.

Children can eat healthy while on-the-go

Story by
LT. COL. KAREN HAWKINS
USAPHC

Is eating on-the-go now the norm for your family?

Busy family schedules often lead to fast foods and convenience foods. Unfortunately, these food and beverage choices are often not the healthiest and may cause children to eat too many calories. In addition, many of these on-the-go food choices may not provide important nutrients children need for good health. Too many calories, especially when cou-

pled with inactivity, contribute to the nation's growing trend in childhood obesity. Obesity affects approximately one out of five children and adolescents in the United States—triple the rate from just one generation ago.

Finding easy, creative ways to add more fruits and vegetables in place of other foods may be important in reducing the risk for child and youth obesity. One study on fruit consumption showed that higher fruit consumption is linked with a lower body mass index in adults and children. Another study suggests that people who eat more low-cal-

Healthy Living

www.apg.army.mil/apghome/sites/local/ click on Well Being

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage <http://www.apg.army.mil/> and click on the Community Health icon at the bottom right, or scan the QR code (at right) with your smart phone or enabled device. To suggest health-related topics for the Health Living series, email patricia.g.beauchamp.civ@mail.mil or call 410-278-7274.

orie and nutrient dense foods such as fruits and vegetables have a healthier body mass index. An easy way to get more fruits and vegetables is to consciously provide fruit and vegetables at lunchtime and as snacks. Five to nine servings per day of fruit and vegetables is recommended.

Many children and teens get almost half their calories each day from added sugars and solid fats. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk. To help replace some of those empty calories with more nutrient-dense food, here are a few ideas to create convenient, on-the-go meals and snacks. Many of these can be assembled in 10 minutes or less. For extra time savings, cut up fruits and vegetables on the weekend.

- **Banana and nut butter wrap.** Mash a banana and mix with any nut butter (this is a great opportunity to try a different butter—like almond butter, which is high in vitamin E and protein). Sprinkle with dried fruit or coconut for a different flavor. Spread it on a whole-wheat wrap or flat bread, roll it up, cut it up and bag it.

- **Turkey, ham or chicken with hummus or Greek yogurt wrap.** Spread some hummus or Greek yogurt on a wrap, add meat slices, any cheese (optional), lettuce or spinach and cucumber slices. Roll it up and bag it. Hummus or Greek yogurt adds a unique flavor, so if your children do not like it, use mustard or a small amount of mayonnaise.

- **Pita pocket with curry chicken salad.** Take chopped chicken and mix it with a little curry, Greek yogurt, chopped celery and chopped carrots. Put it in a whole-wheat pita pocket with spinach or romaine lettuce.

- **Baby carrots, cucumbers chunks, grape tomatoes, hummus, whole-grain crackers and pita chips.** Put some hummus in a small container to use as a dip. Bag the carrots, cucumber chunks and grape tomatoes. Also pack some whole-grain crackers or pita chips for energy-packed carbohydrates.

- **Low-fat yogurt, cheese, sandwiches.** Keep low-fat yogurt, cheese and sandwiches cold by using an ice pack, frozen juice box or frozen milk box.

- **Trail mix.** Mix almonds, peanuts, dried fruit and whole-grain cereal for a nutrient dense, energy-packed food and bag it. This is a great “take it anywhere” kind of food.

- **Other snacks.** Cheese sticks, nuts, frozen yogurt, soy or almond milk, 100-percent juice in boxes, dried fruit, fresh fruit and canned fruit all make great snacks and additions to lunches.

For more information about healthy eating for children, visit:

Kids eat right, <http://www.eatright.org/kids/>

U.S. Department of Agriculture, <http://www.choosemyplate.gov/kids/> Web MD, <http://www.webmd.com/parenting/features/healthy-snacks-for-kids>

Career Program 29 Kicks Off

By **DR. PHILLIP DOUGLAS AND BETH BURNS**

IMCOM Workforce Development Branch

The proponency office for the Army Installation Management career program, CP 29, hosted a working group to determine the core competencies for the social services series Mar. 19-20.

CP 29 supports Army Civilians who work in a variety of installation management-related positions at all levels, from installations to headquarters. Installation management employees work across a broad spectrum of services and capabilities. Employees in this career program come together with an aim toward providing the myriad of services, skills and capabilities required to maintain and support Department of the Army installations.

The Army Assistant G-1, Civilian Personnel, established an Army Competency Assessment Plan to add structure to federal employees' development within each of the 31 career programs. Social services (GS-0187) is one of the first groups chosen for CP 29.

"If decisions are going to be made about my job, I wanted to fully participate in any processes where my voice and personal experiences could be heard and valued," said Nicole Nelson, program manager for Army Community Service at Tobyhanna Army Depot, Pa.

This workshop was the beginning of a five-phased plan to develop the technical and non-technical competencies that support this career field. At the workshop, there was representation

from around the U.S. Army, including people from Installation Management Command, Medical Command, and Communication and Electronics Command.

Nelson said during the meeting it was discovered that there are several competencies that required revision and additional competencies may be added based upon the shared understanding of positions' responsibilities.

Nelson also said it is important for the Army to hear from people in the field. "I wanted to be a part of the process," said Nelson. "To ensure that Army leadership was aware of all that social service professionals proudly do in support of our military families. Participating in the competency development working group would give me a voice to articulate what my job entails both practically and technically on behalf of the soldier in the field."

Nelson received praise for her participation in this workshop and sharing the knowledge she received from it.

"Ms. Nelson's leadership, engagement and field perspective is exactly what we needed," said Karen Perkins, IMCOM director of human resources. "Nicole is a rock-star."

The second phase of the competency development initiative is to solicit the input of all personnel in GS-0187 series through a survey. To learn more about the social service competency development and how it affects you, visit <https://www.us.army.mil/suite/doc/40373216> (Army Knowledge Online account required).

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 info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Lamar-Reevey, Kellie	Smith, Deborah A.	Johnson, Mark
Clelland, Patricia	McClintick, Jill	Lamacchia,
Pintilie, Jamie	Dull, Francis	Rosemarie
Carter, Joyce	Barrett, Patrick	Payne, Laurine
Cwiernie, Victoria	Blethens, Matthew	Rogers, Theodore
Hornberger, Michele	Beall, Dawn	France-Haff, Cheryl
Lewis, Rachel	Merritt, Robert	Hoffman, William
Smith, Amanda	Killops, Kathryn	Park, Jessica
Evans, Doretha	Rodriguez, Alex	Smith, Deborah R.
Brady, John	Carns, Melanie	Blethen, Lena
Hall, Jessica	Chiola, Hallie	Conigliaro, Kenneth
Peter, Sue	Crawford, Iris	Garabo, Ryan
Szymanski, Ron	Jones, Deborah	Mayes, Katherine
Winne, Janeen	Dunn, Paul	Sumic, Angie
Jefferson, Edward	Eberhardt, Joanne	



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."

ATEC welcomes new commanding general

Story by **ROBIN BOGGS**

ATEC Public Affairs

In an oppressive morning heat, Maj. Gen. Genaro J. Dellarocco relinquished command of the U.S. Army Test and Evaluation Command to Maj. Gen. Peter D. Utley at the ATEC Headquarters at Aberdeen Proving Ground July 16. Dellarocco commanded ATEC for nearly three years.

Surrounded by colleagues, community leaders, friends and family, Dellarocco passed a unit flag for the last time. He will retire this month after 35 years of service. Utley takes command following three years as the deputy chief of staff, operations and training, at the U.S. Army Training and Doctrine Command at Fort Eustis, Va.

Vice Chief of Staff of the Army Gen. John F. Campbell presided over the ceremony. In line with tradition, Campbell passed the ATEC colors from Dellarocco to Utley. With his position as commanding general established, Utley passed the flag to Command Sgt. Maj. Carlton Handy, ATEC's top enlisted Soldier, for safekeeping.

Campbell, who is no stranger to the work of the ATEC team, first commended the workforce on its success in supporting the national military strategy.

"You truly are the Army's experts in the test and evaluation of Soldier equipment," he said. Campbell noted that he has firsthand experience of the great work ATEC and the FOA teams, particularly while serving as commander of Regional Command-East in Afghanistan. "You're truly saving lives and making a difference with all our Soldiers."

He then turned the attention on Dellarocco. In an award ceremony before the change of command where Dellarocco received the Distinguished Service Medal, Campbell polled the workforce on words to describe Dellarocco. The audience responded with numerous words of praise for their parting leader.

"Words like integrity, leader, supporter and character show the passion, and the love, in the audience here," he said. "We got it right with Gino. He took this on with vigor and discipline."

Campbell also noted that Dellarocco took on the challenge of creating a leaner organization resulting in approximately \$900 million in cost savings and avoidance for the command and nearly



Photo by Robin Boggs

First Sgt. Paul J. Cottrell, U.S. Army Joint Test Element, presents Maj. Gen. Genaro J. Dellarocco a ceremonial canister signifying the last round fired to close out his command during the U.S. Army Test and Evaluation Command's change of command ceremony at Aberdeen Proving Ground, Md., July 16, 2013. The 20th Support Command Salute Battery fired 19 rounds of ammunition as part of the General's March.

\$98 million in cost savings and avoidance during Network Integration Evaluations. NIEs are a series of semi-annual, Soldier-led evaluations designed to further integrate and rapidly progress the Army's tactical network.

"Gino's aggressive Lean Six Sigma program has created a culture of efficiency that has flattened the organization, eliminated redundancies, and provided better integration across the entire command," he said.

Campbell then welcomed Utley as the new commander of ATEC. "The Army's real asset is our bench strength," he said. "Ingoing and outgoing commanders are cut from same cloth, and we are fortunate to have Pete Utley assume command of ATEC."

Utley comes to ATEC from the other side of the pendulum, said Campbell. "He brings vast expertise from the training and doctrine side of the Army and will provide the Soldier's perspective to the command to take Gino's vision to the next level."

He added that Utley's multiple tours and Joint assignments are the correct mix to keep testing above par. "He's the right officer at the right time, and I'm excited that he's joining this headquarters."

In his remarks, Dellarocco thanked his many military and civilian colleagues, community leaders, staff and workforce. But perhaps in his most poignant

moment, he shared a personal account of how ATEC helps save Soldiers' lives.

In the account, he recalled when his sister called him after her son had experienced a firefight in Afghanistan. His nephew, who had recently joined the Army and was serving his first tour in Afghanistan, had not only survived the firefight, but also survived the improvised explosive device that detonated under his vehicle.

"He was in a firefight and took it to the enemy and survived; they hit an IED and survived," he said, choking up. "Two more times their vehicle hit IEDs and he survived them and he came home."

"His weapon, sappy plate [body armor] and vehicle were all tested at ATEC. He came home because of you guys – you guys provided him with the means to survive and take it to the enemy."

Dellarocco reminded the audience that his nephew wasn't the only life saved, but because of the testing and evaluation at ATEC of Soldier systems, this story has been "repeated thousands of times over the last decade."

In closing, Dellarocco welcomed Utley to ATEC and reminded the workforce that there's still work to be done.

"You're getting a new commander – Pete Utley – and from my foxhole I think the transformation is about to begin," he said. "We set a good stage for him, and

the budget provides a great opportunity to reshape the formation to even better than we are today."

Maintaining tradition, Utley kept his remarks brief. He thanked the audience for the warm welcome and said it was an "honor and privilege to be selected by Army leadership to command this very unique unit."

Utley had never been to Aberdeen Proving Ground; however, as an Armor officer, he knew the legacy of APG in testing Abrams tanks and Bradley fighting vehicles – vehicles imperative to the Armor units in which he served.

Utley offered three imperatives to the ATEC workforce on which he will command: mission first, people always, and the Army Profession.

"Our main effort must be accomplishment of the mission; and we will use the mission command philosophy to drive the conduct of the mission but, most importantly, to spur innovation," he said.

He continued to outline the foundation of the three imperatives noting the care of the workforce and the Army Profession will help guide ATEC as it moves forward.

"Our most precious resources are our Soldiers, Department of the Army civilians and contractors, and we cannot accomplish the mission without them," he said. "Our primary responsibility is to lead and to care for them. We have a professional responsibility to coach, teach and mentor our subordinates."

He also spoke about the value of the Army Profession. "It is imperative that as professionals we serve as standard bearers and keepers of the flame for the Army Profession," he said. "We demonstrate our commitment to our professions through our deeds, and we must acknowledge it is built on a legal, moral foundation guided by the Army values."

To close, Utley encouraged the workforce and acknowledged that through teamwork the command will continue to provide a great service to the Army.

"Focusing on these three imperatives underpinned by teamwork will enable the U.S. Army Test and Evaluation Command to be of significant value to our Army," he said. "As we move forward, there will be challenges on the horizon, but I know we will prevail because of the professional members of the ATEC team."

Chapters celebrate Signal Corps 153rd anniversary

Story and photo By
BOB DIMICHELE
CECOM

Members of the local chapters of the Signal Corps Regimental Association and the Armed Forces Communications-Electronics Association joined together to celebrate the 153rd anniversary of the Signal Corps in June.

Brig. Gen. Joseph A. Brendler, director of Architecture, Operations, Networks, and Space in the Office of the Army Chief Information Officer, served as the guest speaker for the event and highlighted the contributions and sacrifices made by Signal Corps members during the 21st Century.

The Signal Corps traces its existence from June 21, 1860, when Congress authorized the appointment of one signal officer in the Army when a War Department order carried the following assignment: "Signal Department--Assistant Surgeon Albert J. Myer to be Signal Officer, with the rank of Major, June 27, 1860, to fill an original vacancy." Albert James Myer, an Army doctor, developed the idea of a separate, trained professional military signal service. He proposed that the Army use his visual communications system called "wigwag."

Brendler said, "Instead of delivering a traditional history lesson going back to 1860, I want to focus on recent history using the "turn of the Century" as a break point, honor some of our heroes, acknowledge their loss, also examine some of what we have gained, and lastly, peek ahead just a bit."

For example, he cited his experiences in Iraq in 2003 as commander of the 123rd Signal Battalion, 3rd Infantry Division. Brendler described an event when the tactical operations center of the 3rd Infantry Division's 2nd Brigade Combat Team in Baghdad was struck by struck by long-range missile. He said more than \$13 million of communications equipment was destroyed with Soldiers killed and wounded as flammable plastic blown into the air by the explosion burned many of the communications shelters and vehicles to the wheel hub. Six Signal Soldiers received the Purple Heart during that event and the 123rd's Bravo Company commander received a Bronze Star Medal with V device (for valor).

"So, right from the start, it wasn't without loss and sacrifice," Brendler stated. He went on to say that motivating his Signal Soldiers was never a challenge. "Being shot at every day for a few weeks with the enemy trying to kill you; you know you need to contribute to the fight."



Celebrating the 153rd anniversary of the Signal Corps and its achievements are: the oldest member of the Signal Corps present (name), far left; the youngest Soldier present, PFC Michelle N. Kneivitt; Brig. Gen. (P) Joseph A. Brendler, director of Architecture, Operations, Networks, and Space in the Office of the Army Chief Information Officer; Col. Joe DuPont, the Signal Corps Regimental Association's chapter president; Lt. Col. (ret) Ed Carnes; and Michael Bowen (far right), president of the local Armed Forces Communications-Electronics chapter.

that the Army use his visual communications system called "wigwag."

Brendler said, "Instead of delivering a traditional history lesson going back to 1860, I want to focus on recent history using the "turn of the Century" as a break point, honor some of our heroes, acknowledge their loss, also examine some of what we have gained, and lastly, peek ahead just a bit."

For example, he cited his experiences in Iraq in 2003 as commander of the 123rd Signal Battalion, 3rd Infantry Division. Brendler described an event when the tactical operations center of the 3rd Infantry Division's 2nd Brigade Combat Team in Baghdad was struck by struck by long-range missile. He said more than \$13 million of communications equipment was destroyed with Soldiers killed and wounded as flammable plastic blown into the air by the explosion burned many of the communications shelters and vehicles to the wheel hub. Six Signal Soldiers received the Purple Heart during that event and the 123rd's Bravo Company commander received a Bronze Star Medal with V device (for valor).

"So, right from the start, it wasn't without loss and sacrifice," Brendler stated.

He went on to say that motivating his Signal Soldiers was never a challenge. "Being shot at every day for a few weeks with the enemy trying to kill you; you know you need to contribute to the fight."

Some of the Signal heroes cited by Brendler included Sgt. Joel Tavera who while deployed in Iraq in March 2008 volunteered to cover another Soldier's guard duty shift. Insurgents attacked his base, raining down 11 rockets. The second rocket hit his armored SUV from above. Three of his teammates were killed and Tavera sustained burns over 60 percent of his body, lost his right leg below the knee, lost both eyes and suffered traumatic brain injury. Tavera, according to Brendler, carries the dubious distinction of being the worst injured Signal soldier in Iraq. Tavera received the Purple Heart and Bronze Star for his service.

Another Signal hero cited by Brendler was Sgt. Andrew J. Mahoney, who was awarded the Silver Star in April of this year, the nation's 3rd highest award for valor. While on patrol in August 2012, Mahoney, a Signal Soldier serving on a brigade commander's personal security team in Asadabad, Afghanistan, noticed a lone figure approaching the group, a square bulge visible under his shirt. Mahoney and a fellow Soldier rushed the man, tackling him to the ground as the insurgent detonated his suicide vest. The attack killed four but Mahoney's actions reduced the damage and impact. He suffered a severe soft-tissue wound to his left forearm and shrapnel wounds to his right shoulder and right leg.

In addition to the specific sacrifices highlighted by Brendler, he said that since Sept. 11, 2001, 91 Signal Sig-

naleers have fallen in defense of the nation.

He said that while we must acknowledge these most recent losses to the Signal Corps, "our deepest thanks and continued commitment to serve. We know that it is at that cost that we as individuals, as a Regiment, as an Army, and as a Nation, have gained."

Brendler also looked to the future during his speech. He said the Signal Corps has "improved our credibility and relevance as part of our expeditionary Army...That we've credibly provided signal support to combat operations and operated side-by-side with other warfighters and through all of this, we are also accomplishing very big, transformational things."

He said that during this period the Signal Corps has recognized the need for one global enterprise network as opposed to separate institutional and tactical networks. "We need one network that must be more efficient and effective for a more capable, smaller expeditionary Army. We need one network that must enable efficient and effective support for things like split-based operations and supporting installations as docking stations."

Following the speech, he joined the youngest Soldier present, PFC Michelle N. Kneivitt, a member of the color guard, at the event, and the oldest member of the Signal Corps in attendance, cut the birthday cake.

MARK YOUR CALENDAR

THURSDAY

JULY 18 USAWOA MEETING

The U.S. Army Warrant Officer Association's Aberdeen-Edgewood "Silver" Chapter will hold its monthly meeting at the APG North (Aberdeen) recreation center, Bldg. 3326, room 102. Lunch will be provided at 11:30 a.m. and the meeting will begin at noon and last until 12:45. There will also be an officer professional development briefing on G.I. Bill education benefits. For additional information, contact retired CW4 Owen McNiff at omcniff@yahoo.com or 571-243-6561

ACS MOVIE NIGHT AT APG NORTH RECREATION CENTER

Due to his week's extreme heat, ACS will celebrate its 48th birthday 6 to 9 p.m. with a movie featuring "Here Comes the Boom" at the APG North (Aberdeen) recreation center Bldg. 3326.

Chairs and a tent will be provided and families can bring their own chairs, blankets, and picnic baskets.

A vendor selling hotdogs, hamburgers, funnel cakes, snow cones, and more will be available and BOSS Soldiers will sell sodas, candy, and chips. For more information contact Annette Sanders at 410-278-2861/7572.

C4ISR HEALTH FAIR

The CECOM Wellness Program and the C4ISR Wellness Committee will host a summer C4ISR Health Fair at the Mallette Mission Training Facility, Bldg. 6008 from 11 a.m. – 1:30 p.m.. Vision, blood pressure, bone density, and body fat analysis screenings, as well as massage therapists, health care providers, local chiropractor, weight management professionals, nutrition specialists, tobacco cessation counselors, and various other vendors will be available.

Attendees can enter to win a door prize after participating in the Health Fair survey located at the registration table.

The fair is open to civilians, contractors, military and Families.

For more information, contact Keosha Pointer at 443-861-7915, keosha.l.pointer.civ@mail.mil or Tiffany Grimes at 443-861-7910, tiffany.l.grimes.civ@mail.mil.

FRIDAY

JULY 19 FAMILY MOVIE NIGHT

The Corvias Military Living team will host a Family Movie Night at 2727 Chesapeake Boulevard.

Join Corvias for free ice cream, popcorn and drinks. Remember to bring lawn chairs or blankets. The ice cream truck will be open from 7 to 8:30 p.m. and the movie, Despicable Me, will begin at 8:30 p.m. This event is complimentary for all on-post families. Please call the Community Office, 410-305-1076, for more information.

SUNDAY

JULY 21 UPPER CHESAPEAKE CHORUS CONCERT

Come see the award-winning Upper Chesapeake Chorus during a

free concert at the William A. Humbert Amphitheater in Shamrock Park in Bel Air at 7 p.m. Bring blankets, lawn chairs and a picnic dinner and relax to the sounds of UCC, a local Sweet Adelines International chorus. Shamrock Park is located on Hickory and Lee Streets. Rain Location: Bel Air High School Auditorium. For additional information, please call 410-803-9784 two hours prior to the concert

TUESDAY

JULY 23 NEW JERSEY SPECIAL ELECTION – IMPORTANT DATES

The State of New Jersey will hold a special primary election for U.S. Senate on Tuesday, Aug. 13 to fill the seat vacated by the death of Senator Frank Lautenberg.

To register to vote and/or request an absentee ballot by mail, email or fax use the Federal Post Card Application (FPCA) automated tool at <http://www.fvap.gov/request/request-nj.html>. Do not forget to indicate on the FPCA your party preference as well as how you would like to receive your absentee ballot (by mail, fax or email). Uniformed Services personnel, their spouses and Family members, and U.S. citizens residing overseas must submit an FPCA to request an absentee ballot.

Please note you will not automatically receive a ballot, even if you voted in the Nov. 6, 2012, General Election. Your voted ballot must be received before 8 p.m. EDT on Aug. 13, 2013.

To ensure you receive your ballot in time to vote, use the Federal Write-In Absentee Ballot (FWAB, SF-186). The FWAB automated tool is available at <http://www.fvap.gov/request/request-nj.html>. The FWAB is also available at military installations around the world.

Important Dates:

- July 23, FPCA Registration Deadline;
- Aug. 6, FPCA Request Deadline;
- Aug. 13 before 8 p.m. (Eastern Time), Voted ballot must be received by election authority

The special general election will be held Wednesday, Oct. 16, 2013.

Go to www.FVAP.gov to fill out and print your forms. Additional information on the completion and submission of these forms is available, along with New Jersey voter-specific information.

PENSION MAXIMIZATION AND LEAVING A LASTING LEGACY- CSRS/FERS INFO SESSION

The CECOM Wellness Program will host an informational session of Pension Maximization and Leaving a Lasting Legacy on Civil Service Retirement System (CSRS), noon to 1 p.m. at the Myer Auditorium, Bldg. 6000. Representatives of the Government Employees' Benefit Association, GEBA, will discuss how to maximize government sponsored benefits before retirement, FEGLI, CSRS retirement, Voluntary Contribution Account (VCA), and Federal Annuity Survivor Benefits and legacy planning.

RSVP to GEBA at 301-688-7912 or 800-826-1126 or e-mail geba@geba.com. Be sure to specify what seminar you will be attending (FERS or CSRS) along with your name, contact number and e-mail address.

THURSDAY

JULY 25 COPING WITH STRESS 101

A "Coping with Stress 101" lunchtime seminar will be offered by ASAP/Suicide Prevention in Bldg. 2477 from noon to 1 p.m.

Because the seminar will include a discussion of stress as it relates to suicide awareness, credit will be given for the annual suicide prevention training requirement. Reservations are required and are limited to the first 25 participants. Participants are welcome to bring their lunch. For more information, contact Ken Gesch, Suicide Prevention Program Manager at 410-278-7779 or e-mail kenneth.a.gesch.civ@mail.mil.

OLYMPIC SPORTS DAY CANCELLED

Team APG Olympic sports Day, which was scheduled to take place on July 25 at APG North (Aberdeen) has been cancelled.

PENSION MAXIMIZATION AND LEAVING A LASTING LEGACY- FERS INFORMATIONAL SESSION

The CECOM Wellness Program will host an informational session of Pension Maximization and Leaving a Lasting Legacy on Federal Service Retirement System (FERS) from noon to 1 p.m. at the Myer Auditorium, Bldg. 6000. Representatives of the Government Employees' Benefit Association, GEBA, will discuss retirement plans that provides basic Survivor Benefit plan, FEGLI, Social Security, and Thrift Savings Plan (TSP).

RSVP to GEBA at 301-688-7912 or 800-826-1126 or e-mail geba@geba.com. Be sure to specify what seminar you will be attending (FERS or CSRS) along with your name, contact number and e-mail address.

TUESDAY

JULY 30 STEM AND EDUCATION OUTREACH (SEOC) RIBBON CUTTING CEREMONY

The newly renovated building 4508 will serve as the center for STEM education in the region. Dale Ormond, Director of the U.S. Army Research, Development and Engineering Command, will host a ribbon-cutting ceremony from 8 to 10:30 a.m. For more information, contact Kathy Sukiennik at katherine.m.sukiennik.civ@mail.mil

THURSDAY

AUG. 1 BLOOD DRIVE

The Armed Services Blood Program will sponsor a blood drive 9 a.m. to 1 p.m. at the APG North (Aberdeen) recreation center. To schedule an appointment, visit www.military-donor.com and enter sponsor code APGMD.

SATURDAY

AUGUST 3 WOMEN'S HOME BUILD

The Federal Women's Program committee, along with the Maryland Tri-County Chapter of Federally Employed Women, and the Women in Defense, Mid-Atlantic Chapter continue to seek team members for: A Women's Only Home Build. The project, which is led by Harford Habitat for Humanity, has been moved to Saturday, Aug. 3 from 7:30 a.m. to 3:30 p.m.

All volunteers must attend a mandatory safety class which is online and a part of the registration process. Access online registration at www.habitatsusq.org/volunteer/construction-volunteers. Registration consists of three parts:

- 1) Create a User Account
- 2) Sign a Waiver of Liability
- 3) Safety Training

Register by June 17. For more information, contact one of the following for more information:

Linda Patrick, 410-436-1023; Tracy Marshall, 443-861-4366; Sheryl Coleman, 410-278-5964; Teresa Rudd, 410-436-5501; SGT Shavonne Frank, 410-4417-2374; CPT Maritzabel Mustafaa, 410-278-3000, or Diane Siler, 443-243-7344.

WEDNESDAY

AUGUST 21 VENTURING IS COMING TO

APG!

If you're 14 to 21 years old and ready to test your limits, meet new friends, and make a difference - VENTURING IS FOR YOU. The Venturing Crew meets twice monthly, starting in August. Learn more during an open house barbecue, 5 to 6:30 p.m. at 3801A Veteran Court in Patriot Village, APG North (Aberdeen). For more information, contact Alex Hutton at 410-278-5798, e-mail ahutton@baltimorebsa.org. Begin your adventure at www.scouting.org/venturing.

THURSDAY

AUG. 22 WOMEN'S EQUALITY DAY

The APG Federal Women's Program (FWP) will host its annual Women's Equality Day observance 10:30 to 11:30 a.m. in the Ball Conference Center. This annual event tributes the APG Woman of the Year, Supervisor/Manager of the Year and Organization Most Supportive. Civilians, military and contractor personnel are invited to support this event. For more information, contact Teresa Rudd, 410-436-5501, teresa.d.rudd.civ@mail.mil or Elizabeth Young, 410-278-1392, elizabeth.h.young.civ@mail.mil.

MONDAY

AUGUST 26 WOMEN IN DEFENSE GOLF TOURNAMENT

The Mid-Atlantic Chapter of Women in Defense annual APG Golf Tournament starts 8 a.m. Male and female golfers may register for the event which includes breakfast, a four-person best ball golf tournament, awards ceremony, happy hour and dinner. Proceeds benefit local science, technology, engineering and mathematics (STEM) education and scholarships.

For more information, visit the WID Mid-Atlantic website at www.apggolf.com.

SATURDAY

SEPT. 28 9TH ANNUAL "SUPPORT OUR HEROES" GALA

Tickets are now available for the 9th Annual Support Our Heroes Gala to be held 6 to 10 p.m. at Waters Edge Events Center, 4687 Millennium Drive, in Belcamp. Featured will be live and silent auctions; music and dancing, heavy hors d'oeuvres and carving station, cash bar. Proceeds benefit the Fisher House Foundation, supporting wounded warriors and their families.

Tickets on sale now. Sponsorship opportunities available. For more information, visit www.chesapeakeheroes.com

ONGOING DARTMOUTH COLLEGE RESEARCH STUDY

Geisel School of Medicine at Dartmouth is sponsoring a research study for post-deployment veterans. If you are a recent veteran experiencing difficulty adjusting to life post-deployment and need help accessing or deciding whether to seek mental health treatment, please call Meissa at Geisel School of Medicine at Dartmouth at 603-448-0263 ext. 135. You will be asked questions as a way to screen potential subjects for a DoD-funded research study. Everything is done by phone and is completely confidential. Eligible Veterans will receive compensation for their time.

INSIDE APG

APG commanders and subject matter experts will discuss topics of interest to the local community every Saturday and Wednesday at 7:50 a.m. during "Inside APG: Creating One Community Without a Gate," a monthly radio series on 970 WAMD. For more information about the series, to schedule or request an interview, call the Garrison Public Affairs Office at 410-278-1150.

For previous interviews, follow these links: <http://youtu.be/a8vuMdxmG50>; <http://youtu.be/se7hTkwNB08>



Sean Kief

Garrison photographer

As a photographer with the Garrison's Visual Information Services Center in the Directorate of Plans, Training, Mobilization and Security, Sean Kief provides photography support post-wide for more than 80 tenant organizations. He said that while his assignments are primarily mission-related and focus on historical documentation, photography support has expanded outside of the standard base-level services to provide high-end photography to promote any organization mission.

"I've been a photographer for over 22 years and I'm grateful for the opportunity to support the Army with my knowledge and talent," Kief said.

Along with documenting official functions such as changes of commands, retirements, building dedications, ribbon cuttings and other events for Garrison and tenant organizations, Garrison photographers provide passport, official and Department of the Army photographs for Soldiers and civilians by appointment, he added.

The Garrison photo studio is located on the first floor in Bldg. 324. The studio is open 8 a.m. to 4 p.m., Monday – Friday. To make an appointment, or for more information, visit the website on the Garrison home page at <http://www.apg.army.mil/apghome/sites/local/> or call 410-278-3391.



MORE ONLINE

More events can be seen at www.apgnews.apg.army.mil/calendar.

Freestate ChalleNGe Academy class #41 welcomes 180 new candidates

Continued from Page 1

teens, about 140 cadets are accepted into the program. This is the first time away from home for many of them.

During the acclimation period, the candidates do not use the phone, but are encouraged to write and receive letters. Retired MDNG Col. Rick Knauer, academy program coordinator, said this helps the candidates learn to adjust to their new routine, which includes a 5:30 a.m. wake-up call for PT.

"This is a busy time for the candidates," said Knauer. "They get to know their teachers, learn how to adjust to a strict schedule and more."

Freestate ChalleNGe Academy Director Charles Rose said parents and guardians have to believe in the program and should encourage their teen to stay.

"This can be sad and difficult for some parents," Rose said. "I encourage the parents and the teens to stay strong and take it one day at a time. I tell them that if

you can get through one day, you can get through 22 weeks."

Rose tells the parents that their teen will come back a different person.

"There will be a change in attitude, mental toughness, physical ability, and they will have goals," he said.

He said on average about 100 cadets graduate from the program each cycle, and he would like to see that number grow higher. During the year, the academy recruits at schools, community centers, and more.

"Cadets who graduate develop a sense of confidence, because they were able to accomplish a goal," stated Quentin Banks, Jr. of the Maryland Military Department. "During the residential phase, teens learn leadership and teamwork skills, as they all get an opportunity to take on a leadership role in their platoon."

In addition to learning how to adjust to a strict schedule, cadets receive an education that prepares them to take the GED and the Armed Services Vocational Aptitude Battery, or ASVAB. Rose said that

in the beginning and end of each class all cadets take the Test for Adult Basic Education, or TABE.

"On average, cadets score 2 to 3 grade levels higher at the end of the class," Rose said.

Teens also learn important life skills, like money management, leadership, resume writing and interviewing techniques.

Candidate Ashley Garcia and her mother, Kenny Carde, of Harford County, admitted they were nervous, as this was Garcia's first time away from home.

"I am here because I want to better my future," Garcia said.

Patricia Thompson, mother of Ta'Vion Meekins, from Prince George's County, said she felt privileged that her son has this opportunity.

"I feel relieved that there is a program like this," she said. "I did everything I could do, but it's not easy for a single mom. I think my son will do well in this program."

Candidate Jonathan Tchougoue said

that he was excited to have a second chance to succeed.

"It's an opportunity to reach my highest potential," Tchougoue said.

"I think he is ready to face this challenge," his father, Romuald Tchougoue said.

Rachelle Miller, from Prince George's County, said her goal is to one day be an Air Force officer.

"I wanted to see what it is like to live on a military base and become more disciplined," she said. "So I will be prepared for college and the Air Force."

In addition to the Academy staff and cadre, individuals from the Maryland Defense Force, Young Marines, and other volunteers helped with in-processing.

To learn more about the Freestate ChalleNGe Academy program call Bill Anderson at 410-436-3220.

Editor's Note

The APG News will profile four cadets from Class #41. Look for these articles in upcoming issues.

Senior enlisted leader moves on

Continued from Page 1

ences and war-fighter knowledge.

But as a leader, Ecker can also articulate some of the challenges of his job. Because USAPHC is spread over 395 geographical locations, time, space and effective communication hindered his ability to lead his Soldiers.

"Leadership is a very fine art and without the opportunity for presence, it becomes challenging to influence leaders, Soldiers and the situation," said Ecker.

But Ecker believes it is better to offer a solution to a problem, rather than complain.

He began several initiatives to inspire and mentor Soldiers, including several competitions to reward the command's best and brightest. He elevated the challenges of the command's Best Warrior competition, focused Soldiers on the medical aspects of combat soldiering, and stimulated thought through essay competitions. He also enlisted the help of Soldiers and non-commissioned officers across the command to demonstrate and achieve exceptional standards and discipline across the USAPHC.

"Although senior leader presence has been a challenge, I am proud to say our junior officers and NCOs across the globe have performed in an exemplary fashion, and I am proud of them," said Ecker.

Ecker's loyalty to the military comes

as no surprise to members of his family. His grandfather and three of his uncles served in the Army. Tragically, two of his uncles were killed during the Korean War and Vietnam War, his grandfather lost a limb during World War II, and one uncle was wounded twice in Vietnam.

Despite these circumstances, Ecker joined the Army in 1987 because he believed in its mission.

"As a young boy, I had a romance with the uniform, the flag, and courage and service," said Ecker. "I still do."

When he is not spending his time with the Army, Ecker enjoys many activities including reading, learning, playing baseball, fishing, taking long walks with his wife, and spending time with his two children.

His family is very active in his local church. His wife is the church organist, and he serves an usher and lector.

USAPHC personnel say Ecker was certainly an asset to the organization and will be missed.

"As Public Health Command's first command sergeant major, CSM Ecker has set the bar exceptionally high," said Col. Dennis C. Brown, the USAPHC Chief of Staff for Ecker's entire tenure. "He's a Soldier's Soldier, a skilled medic and a rare leader. He asks nothing of his troops that he cannot and will not do, and you can always be sure that CSM Ecker will always perform to the highest standard."

Ecker says he will miss the people he



Maj. Gen. Dean Sienko, USAPHC commander, and Gerald C. Ecker, USAPHC inaugural command sergeant major, observe field conditions for the Best Warrior Competition at USAPHC. During Ecker's tenure, he elevated the challenges of the command's Best Warrior Competition, focused Soldiers on the medical aspects of combat soldiering, and stimulated thought through essay competitions.

Photo by Christina Graber, U.S. Army Public Health Command

has met and worked with over the years.

"I've enjoyed everything from the start of my enlistment to now ... from serving in elite, rapid deployment units specializing in airborne insertion and forced entry capability to my current service as the first USAPHC command sergeant major," said Ecker.

He cherishes his Army career because

of the selfless service of his comrades.

"I've most enjoyed the people whom I've served alongside," said Ecker. "The U.S. Army is indeed the strength of our nation because of her service members' service to one another, a unique camaraderie, cohesion, esprit de corps and special friendships, strong enough to live for, and die for."

Missing the paper?

APG News

If your organization is moving and would like to receive the paper at your new location, or if your organization would like to begin receiving the newspaper, send an e-mail to: usarmy.apg.imcom.mbx.apg-pao@mail.mil with the following information:

- The organization name and building number where papers should be delivered
- Approximately how many people work at or visit the facility
- The number of papers you would like to receive
- Any additional information

Please note that the APG News cannot deliver newspapers to every unit and facility. Delivery requests should be submitted by units and organizations where a substantial number of people work or visit.

Requests for delivery do not guarantee approval. Each request will be screened and a decision will be made by the APG News, based on circulation numbers and unit need. Delivery at approved locations will again be assessed at a later date to determine if delivery will continue at that location.

Include "APG News Delivery Request" in the subject line.



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/>.

NEW MAJOR NETWORK SPOTLIGHTS APG EAGLES

Aaron Ernst (right), producer at Al Jazeera America (AJAM), shoots video footage of Lynda Hartzell, environmental protection specialist with the DPW-Environmental Division, as she spies an immature bald eagle perched in a tree in APG South (Edgewood) July 11. The new AJAM network based out of the Newseum in Washington, D.C., plans a late August launch on cable television. The nightly news program "America Tonight" will air a story on east coast bald eagles, including APG's efforts in helping the population to recover and thrive, in mid- to late-September."



Photo by Terri Kaltenbacher



MCCC SCHOLARSHIPS GO TO THREE LOCAL STUDENTS

APG senior leaders and Military and Civilian Community Club (MCCC) members gathered at Top of the Bay recently for the club's annual scholarship ceremony and reception. Sue Nappi, 2nd vice president of the club, welcomed guests to the event. MCCC scholarships were awarded to three local students: Andrew William Montgomery, John Claude Park and Sean Patrick Hoppe. Montgomery, son of Col. William and Maria Montgomery is a senior in the Aberdeen High School Science and Mathematics Academy. He plans to attend the University of Maryland. Park, a senior in the Biomedical Sciences Program at Bel Air High School, and the son of retired Capt. John and Larae Park, will attend Texas A&M University as a member of the Corps of Cadets in the fall. Hoppe, the son of Col. William and Deanne Hoppe, currently attends Harford Community College and plans to continue his education at the University of Maryland Baltimore County.

Monique Ferrell, honorary president of the club and spouse to APG's senior commander, Maj. Gen. Robert Ferrell, gave remarks and Dr. Marilyn Mitchell-McCluskey, MCCC president, helped the awardees cut the ceremonial cake. As the guest speaker, Bonnie Friebe Dubel motivated the students and other participants with an inspirational talk on the importance of music in life. Guests were treated to hors d'oeuvres and a musical performance by the Sweet Adeline's Quartet of the Upper Chesapeake Chorus.

Photo by Terri Kaltenbacher, Public Affairs Office

WOUNDED WARRIOR VISITS APG SOUTH YOUTH CENTER

Retired Staff Sgt. Michael Kacer, a Wounded Warrior athlete and motivational speaker visited the APG South (Edgewood) youth center July 9. Kacer lost his left arm during a 2008 rocket attack while serving on his third deployment with the Pennsylvania National Guard in Afghanistan. While recovering, Kacer turned to sports to enhance his physical recovery. His goal is to participate in the track in field competition at the Rio 2016 Paralympics Games.

Retired Staff Sgt. Michael Kacer shows children who attend the APG South summer camp the prosthetic arm cover he uses for routine activities.



Photos by Rachel Ponder, APG News



BRITISH SOCCER CAMP

(From left) Coaches Craig O'Neill and Marlon Portela participate in a drill called "Headers and Volleys" with Quentin Santiago during Challenger Sports British Soccer Camp at the APG North (Aberdeen) soccer field July 11. See the full story in the July 25 edition of the APG News.

Photos by Rachel Ponder