



APG NEWS

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Suicide prevention starts with you – learn to identify warning signs

By ANITA SPIESS, DR. EREN WATKINS and LT. COL. DAVID BOWERMANN

Army Public Health Center

Stress comes in many forms. It can be caused by a poor performance evaluation, an abrupt end to a relationship or worries about meeting financial obligations.

Everyone experiences problems at work, blows to their self-esteem and the loss of family members or friends at one time or another. When these things happen to a friend we empathize with them, but how do we recognize when that friend is contemplating suicide?

The following scenarios illustrate warning signs and some stressors that might indicate someone is at risk for suicide:

Mike was always punctual, safe and careful. These days he is often late to work and has been

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VIETNAM

Veteran battles with substance abuse and PTSD after Vietnam 'affected his whole life.'

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Tracy Marshall, Installation SHARP program manager, far left, and APG Soldiers and civilians look on as APG Senior Commander Maj. Gen. Bruce T. Crawford, right, presents a container of toiletries to Megan Paice, community outreach coordinator for the Harford County SARC, center, during the donation ceremony for the SHARP Toiletries Drive.

APG delivers on SARC donations

Story and photos by YVONNE JOHNSON APG News

The Installation Sexual Harassment/Assault Response and Prevention program concluded its month-long Toiletries Drive for the Harford County SARC (Sexual Assault/Spouse Abuse Resource Center,

Inc.) by presenting a Humvee load's worth of collected items during a gathering near the SHARP Resource Center at Bldg. 4305 on APG North (Aberdeen), Sept. 2.

Tracy Marshall, Installation SHARP program manager, Shariese Demby, Sexual Assault Response Coordinator, and Michcell Shultz, SHARP Victim Advocate, turned

the items over to Megan Paice, the community outreach coordinator for SARC.

Shultz said the drive, which began July 20, was a post-wide effort.

"Every major organization has a SHARP representative so we were able to get the

See DONATIONS, page 17

20th CBRNE troops recognized

Soldiers who deployed to fight Ebola virus awarded Armed Forces Service Medal

By WALTER T. HAM IV 20th CBRNE Command

Soldiers from 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives) were awarded the Armed Forces Service Medal for their service in Liberia.

American troops who deployed in support of Operation United Assistance between Sept. 16, 2014, and June 30, 2015, are authorized to wear the medal.

Elements of the 20th CBRNE Command – the 1st Area Medical Laboratory, or 1st AML, and the 48th Chemical Brigade – served in Liberia during the U.S.-led operation to contain the worst Ebola outbreak in history.

See 1ST AML, page 18



File photo Soldiers from the 1st Area Medical Laboratory stand in formation in Liberia in late 2014. The Soldiers were recently awarded the Armed Forces Service Medal for their four-month deployment to West Africa as part of Operation United Assistance to combat and contain the Ebola virus.

Army expands planning for cyber future

By KRISTEN KUSHIYAMA CERDEC

The U.S. Army requirements, acquisition, and research and development cyber community met at Aberdeen Proving Ground to collaborate on various cyber initiatives, Aug. 5-7.

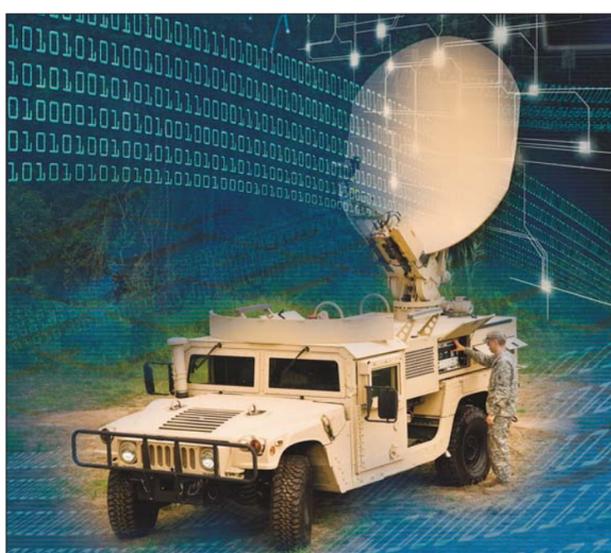
The U.S. Army Research, Development and Engineering Command's Communications-Electronics Research, Development and Engineering Center, or CERDEC, sponsored the collaboration engagement, which was hosted by the Training and Doctrine Command's, or TRADOC's, Cyber Center of Excellence commanding general, Maj. Gen. Stephen G. Fogarty.

"This meeting is intended to build and strengthen partnerships to gain and ensure a common understanding amongst key stakeholders

See CYBER, page 18

The cyber environment grows and changes rapidly. The Army's requirements, acquisition, and research and development cyber community collaborate consistently to keep pace with new and evolving threats.

U.S. Army graphic



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STREET TALK

In observance of the anniversary of 9/11, what does the word 'patriot' mean to you?

"Putting your country before yourself, and understanding in your heart the sacrifices that people made for us to have the safety and security we have today as Americans."



Donna Wernig,
Family member

"Supporting the country."



Andy Thompson
AEC

"I think part of it is giving to your country [something] that people can't pay back. Service means serving people. When you serve people, you're doing it without looking for a reward."



Joe McNabb,
Retired military

"Serving my country. After 9/11, I re-enlisted."



Sgt. Chris Partoza,
National Guard

Commander's Corner

Suicide Prevention Month

A conversation could change a life

You often hear leaders talk about the U.S. Army being the greatest in the world. That is a fact I truly believe. However, being a member of the largest all-volunteer military doesn't mean we can escape the pressures of life and society.

Our Army is a direct reflection of the society from which its Soldiers come. Crime, divorce, and financial strain are all problems that do not stop at our gates. The problems affecting the country also affect our Warriors—suicide is one of those problems.

While research may reflect that our service men and women who commit suicide may have been heavy drinkers or suffered from mental health issues—these same factors are associated to suicide in the civilian world. The bottom line is suicide is color blind, it doesn't care what clothes you wear, it isn't concerned with your zip code—it is pervasive.

In support of the nation's observance of Suicide Prevention Week, Sept. 7-12, the Army amplifies its efforts to highlight the importance of resiliency by observing Suicide Prevention Month throughout September.

Suicide Prevention is more than statistics or an annual training requirement. It is taking a moment to pause and ask how your coworker or battle buddy is doing, to take a genuine interest in their wellbeing and to listen to their personal struggles, should they choose to share them with you. It is about fostering an environment in which it is okay to ask for help in a moment of need, without worry of repercussions.

The Army Ready and Resilient campaign is calling on each of us to Take Action. Take Action by treating yourself and others with dignity and respect. Take Action by becoming interveners rather than bystanders. Take Action by living the Army Values each and every day.

As leaders, we must Take Action by mitigating high-risk behaviors, increasing the overall sense of inclusiveness within our units and organizations, and ensuring each member of our team recognizes the vital role they play in successful execution of the missions here at APG.

Team APG, I challenge you to Take Action by taking care of yourself and your family. Take Action by seeking help if you feel overwhelmed. Take Action by looking out for your coworkers. Take Action by taking the steps necessary to strengthen your personal readiness and resiliency.

I encourage everyone to Take Action by attending a special suicide prevention presentation titled "Maxwell Defiance Landbeck," at the Mallette Hall Training Facility, Bldg. 6008, on APG North (Aberdeen), Monday Sept. 14 at 9 a.m. Presented by his parents, the discussion explores the local Aberdeen resident's struggle with addiction. The presentation will take place again Friday, Sept. 18 at the Chemical Demilitarization Training Facility, Bldg. E4516, on APG South (Edge-



We all have the power to intervene before someone contemplates suicide. It is something as simple as asking a family member about their day or sending a battle buddy a quick "R U O K?" text. A conversation could change a life, you just have to take the moment to start it.

wood) at 9 a.m.

For any member of Team APG, assistance is readily available right here on post, should you need it. The Army Substance Abuse Program, Employee Assistance Program and Suicide Prevention Program can all assist Team APG personnel with work or personal issues that may negatively impact personal readiness.

For service members, or their families and friends, the Military Crisis Line offers confidential, 24-hour assistance to those feeling distressed, hopeless or having suicidal thoughts – or to those worried about someone else who may be suicidal. Call 1-800-273-8255, visit www.militarycrisisline.net or text 838255 to talk to a Military Crisis Line counselor.

While physical strength is important, readiness and resiliency also depend on one's mental and emotional health. A healthy mind and body are essential to individual and unit readiness.

We all have the power to intervene before someone contemplates suicide. It is something as simple as asking a family member about their day or sending a battle buddy a quick "R U O K?" text. A conversation could change a life, you just have to take the moment to start it.

APG Strong,

COL. JAMES E. DAVIS

Commander, U.S. Army Garrison Aberdeen Proving Ground



Police & Fire BLOTTER

The following statistics were provided by the APG Directorate of Emergency Services, recapping the fire, medic and police responses, issued citations and arrests made during the month of August.

<p>Calls for Service</p> <p>FIRE: 100</p> <ul style="list-style-type: none"> ▪ Fire Alarms – 47 ▪ Mutual Aid* – 12 ▪ Watercraft Emergencies – 2 ▪ Fire Drills – 23 <p>MEDIC: 44</p> <ul style="list-style-type: none"> ▪ Mutual Aid* – 1 ▪ Chest Pains – 5 ▪ Breathing Problems – 2 <p>POLICE: 475</p> <ul style="list-style-type: none"> ▪ Alarm Activation – 241 ▪ 911 Hang-ups – 14 	<ul style="list-style-type: none"> ▪ Traffic Accidents – 9 ▪ Active Warrants – 9 <p>Citations</p> <p>TOTAL: 496</p> <ul style="list-style-type: none"> ▪ Warning Citations – 297 ▪ Non-Warning Citations – 199 <p>Arrests</p> <p>TOTAL: 21</p> <ul style="list-style-type: none"> ▪ Traffic Related – 8 ▪ Warrant Arrests – 9 ▪ Domestic Related – 3 ▪ DUI/Alcohol Related – 1 ▪ Drug Related – 1
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*Mutual Aid often involves incidents off post in the local community.

APG SEVEN DAY FORECAST



APG NEWS

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

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926th CBN hosts family-friendly PT

Story and photos by
BETSY KOZAK-HOWARD
ACC-APG

The 926th Contracting Battalion recently held a one-hour physical readiness training session at the APG North (Aberdeen) athletic center and invited family members to participate.

About 12 children and five adult family members had an early wake-up call to meet the 7 a.m. PRT formation.

"The purpose of the PRT was two-fold," said Lt. Col. Andrew T. Carter, 926th CBN commander. "First, it was a fun event for both Soldiers and family members to close out the summer as school started back up. Second, it promoted the principles of the Army's Ready and Resilient Campaign, focusing on the balance of family and work as well as the importance of physical fitness."

Staff Sgt. Payten E. Redfearn, contract specialist, led the exercises with the assistance of his two daughters. They began with warm-up exercises, transitioned to the eight exercise stations, and finished with a PRT cool-down. The stations included exercises such as the eight-count push-up, power jump, mountain climber, half jacks and the hula hoop.

"With the exception of the hula hoop, all the exercises were taken directly from Army physical training guidance and represent some of the exercises Soldiers do during PT sessions," said Staff Sgt. David A. Humfleet, master resilience trainer and organizer of the event.

"We added the hula hoop to give the children an event that they could excel at. We tried to keep the training light and enjoyable, but also provide a quality workout for all of the participants."

According to Humfleet, the 926th CBN wanted to have a family-oriented training session to incorporate the Army resiliency theme and "the ses-



(Left) Maj. Ryan Martin, a contract specialist with the 926th Contracting Battalion, right, and his son, Caden Martin, left, perform "mountain climbers" at one of eight exercise stations during a family physical readiness training session at the APG North (Aberdeen) athletic center to support the Army Ready and Resilient Campaign.

sion was extremely well received by both the family members and Soldiers," he said.

"My two boys attended and enjoyed it so much they are asking when they can do it again," he said.

"It was enjoyable having the kids there and it gave them the opportunity to see what we do on a daily basis and reinforced the importance of family as a part of resiliency."

At the end of the session, each child received a certificate recognizing their completion of an Army PRT session.

(Right) Staff Sgt. Payten Redfearn, a contract specialist with the 926th Contracting Battalion, leads physical readiness training attendees through a cool-down overhead arm stretch with help from his daughters Mary Katherine, left, and Kinsey, center.



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AMSAA analyst makes AMC Top 10

By **CHERISH T. GILMORE**

Army Materiel Command

An operations research analyst for the Army Materiel Systems Analysis Activity at Aberdeen Proving Ground was named among the top 10 employees within Army Materiel Command.

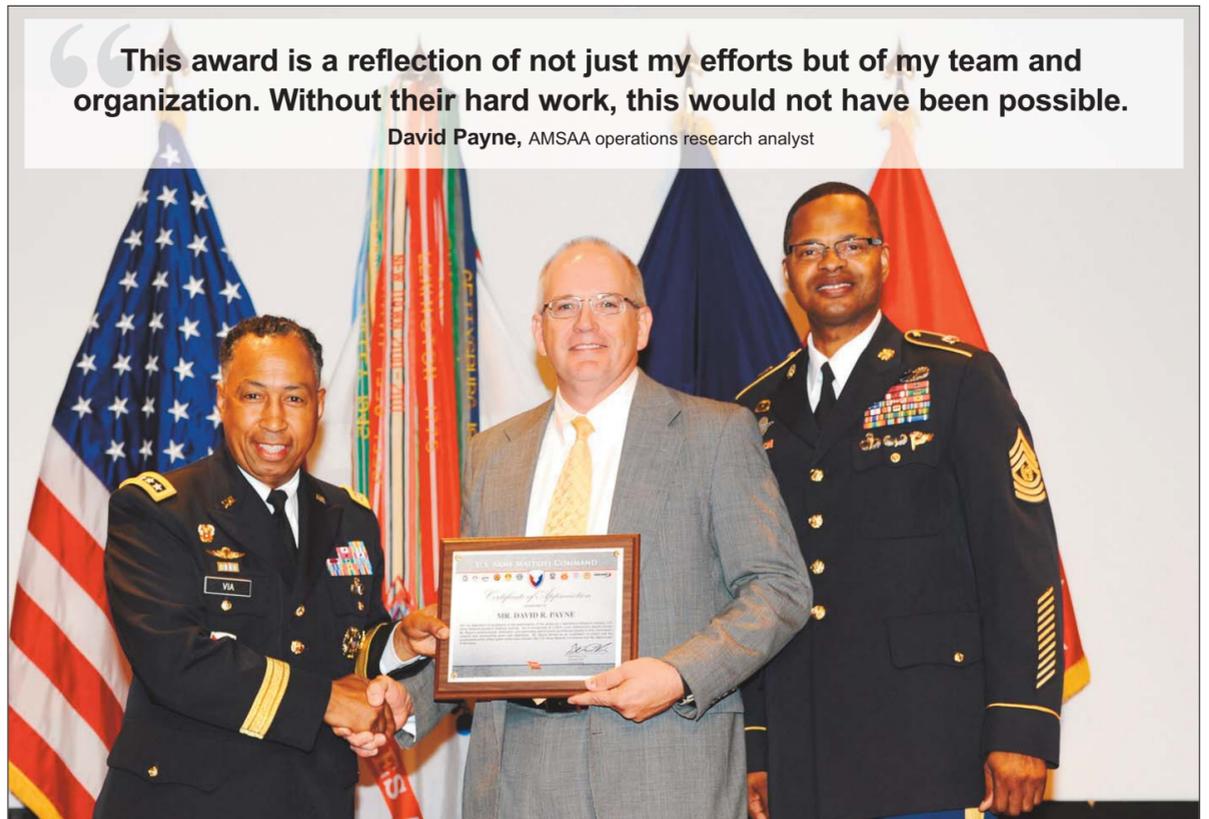
David Payne, who has worked for AMC nearly 30 years, was one of the command's 65,000 employees honored with the Louis Dellamonica Award.

"David Payne is one of the best I have ever worked with, not only because of his technical expertise, but also for his outstanding leadership skills," said Brad W. Bradley, chief of Artillery and Aviation Systems Branch at AMSAA. "He always goes above and beyond in supporting major high-visibility Army programs as well as his exceptional mentorship of his team. Dave is a true AMC asset highly valued by his team, his peers and his leadership."

According to his nomination packet, Payne's exemplary technical, managerial and supervisory contributions to multiple high-impact analytical endeavors supported major Army and Department of Defense decision-making.

In his position, he led eight scientists, engineers and mathematicians supporting aviation-related Department of the Army procurement decision-making, as well as Combatant Command application of aviation assets. Over the past year, Payne oversaw several major high-value, high-impact projects supporting the acquisition community and the Warfighter such as: the Improved Turbine Engine analysis of alternatives (also referred to as AoA), Future Vertical Lift attributes study, Joint Air-to-Ground AoA update and several others.

The Dellamonica Award isn't Payne's first recognition for his work. He has been widely honored in the field of analysis and Army communities, to include his receipt of a "Special Act Award" for his technical and managerial contributions on the ITE AoA; a certificate of commendation from PM Utility Helicopter; the Commander's Award for Civilian Service



“This award is a reflection of not just my efforts but of my team and organization. Without their hard work, this would not have been possible.”

David Payne, AMSAA operations research analyst

Photo by Doug Brewster
Gen. Dennis L. Via, commander of the U.S. Army Materiel Command, left, and AMC Command Sgt. Maj. James K. Sims, right, present the Dellamonica Award to David Payne, an operations research analyst for the U.S. Army Materiel Systems Analysis Activity at Aberdeen Proving Ground, center.

from AMSAA's director; the Baltimore Federal Executive Board "Outstanding Supervisor" Award and recent selection of his ITE AoA Study for the Department of the Army Wilbur B. Payne Award for Analysis Excellence.

Payne is an active member of his local church and volunteers regularly in his free time at Volunteers-in-Mission and Habitat for Humanity programs. Each year, Payne travels to locations within the mid-Atlantic region to provide much needed services to fellow citizens, including new roofs to existing housing, building of wheelchair ramps to houses for those who need alternate entryways,

and fixing of porches that have become hazardous.

Payne was one of many nominees who was considered on how his or her initiatives measurably improve their work environment and AMC's mission, how they motivate and inspire fellow employees to improve or increase the quality of their own work and how well they are viewed by peers, subordinates and supervisors.

"It is an extreme honor to be nominated for the Dellamonica award, let alone be a winner," Payne said. "I am very lucky to have led a great team of analysts who worked with me on a number of out-

standing projects this year. This award is a reflection of not just my efforts but of my team and organization. Without their hard work, this would not have been possible."

Payne recalled the entire nomination and award process as humbling.

"It was a great thrill for me to personally receive the award from General Via. I hope to live up to the trust and standards symbolized by this award throughout the rest of my career," Payne said.

Editor's Note: This article appeared in the Sept. 3 issue of the APG News accompanied by an incorrect photo. The APG News regrets the error.



See more photos from events around APG
<http://www.flickr.com/photos/usagapg/>



MEMORIES OF 'NAM



'Nam vet battles PTSD, addictions

By **YVONNE JOHNSON**
APG News

During the conflicts of the 20th century, veterans of America's wars returned home with undiagnosed and ignored mental conditions. A Harvard University study in 2006 found that almost 19 percent of the more than three million U.S. troops who served in Vietnam returned with post-traumatic stress disorder (PTSD).

As a result, Harvard professor of psychology, Richard McNally, raised the unanswered question about Vietnam vets: "Does this indicate an upsurge of delayed-onset of PTSD, or delayed presentation of PTSD among those who have suffered for decades and are only now seeking the help they need?"

Unlike today's warriors, more often than not, veterans of previous eras whose minds were badly "bruised" by the anxiety and atrocities they endured and witnessed went untreated. Understandably, many turned to alcohol and drugs to ease their inner turmoils. Many went on to lead productive lives, despite heavy "self" medications and only turned to health agencies like the Department of Veterans Affairs (VA) when it was clear they could no longer hold off the demons.

This is the story of one 'Nam veteran who is finally winning his battle.

Like so many other young American men in the 1960s, Baltimore native Virgie Johnson felt life circumstances tugging him toward the military. Johnson left high school in the 11th grade and joined the Army because it seemed the surest path to a new life.

"I just didn't like the way things were going," he said. "I wanted a fresh start so I got my parents' permission and I joined."

He scored high enough on the entrance exams to avoid the front lines.

"It was a relief for my family, so I was happy," he said.

Johnson took basic training at Fort Bragg, North Carolina then attended Advanced Individual Training for MOS 70A, general clerk, at Fort Huachuca, Arizona.

He reported to his first duty station with the 5th Administrative Company, 5th Infantry Division at Fort Carson, Colorado on Independence Day, July 4, 1967.

He said general clerk training covered a wide range of possible missions and he was unsure of what his job would be at his new unit.

"I had to learn how to be a personnel clerk," he said. "That meant a lot of typing and filing. A lot of Soldiers moved through the personnel office, so I got to know a lot who had been to 'Nam as well as people from other parts of the world."

Johnson said 'Nam was never far from his mind. Unprecedented television coverage of the war led evening newscasts and the newspapers were filled with constantly changing facts, figures and political debates. All training was geared toward the Southeast Asia conflict so Johnson said he knew it was only a matter of time.

Orders for 'Nam

He came down on orders for 'Nam in February 1968, and after 30 days leave at home he departed flew out of the Oakland, California headed for 'Nam.

Johnson arrived at the Cam Ranh Bay reception station where he received orders to the 124th Signal Battalion at Pleiku. He stayed there a few days with other newly-arrived Soldiers. The Tet Offensive, which had kicked off in January, was about to deliver a wake-up call.

"We stayed about a week and they kept us busy on details," he said. "The reception station was fairly new and there were no sandbags. One night we got hit with mortar rounds, and all you saw was twisted metal all over the place. We were filling sandbags for days after that."

He said what stood out about the incident was that the KPs – local Vietnamese villagers – hadn't come to work that day.

"So we knew something was coming, we just didn't know what," he said.

Johnson moved on to his unit to find the main mission was maintenance of signal equipment for UHF and VHF communications.

"In the shop where I worked, the job was to receive incoming signal equipment and transport it to higher echelons for repair," he said. "This was always



(Above, left) Virgie Johnson of Aberdeen was a young signal equipment repair clerk when this photo was taken at his maintenance shop at Pleiku, Vietnam in 1968. (Above, right) Johnson snapped this photo of local Vietnamese villagers taking a break. He said whole families would show up each day to fill sandbags for military units.



Courtesy Photos

scary; especially the first time. I had already experienced getting hit but getting hit during a convoy was even worse."

Along with sniper fire, landmines and booby traps, Johnson said the unconventional roads held countless perils.

"One pass in particular I didn't like wound straight down a mountain," he said. "It made you think you survived everything else just to get killed on a messed up dirt road."

He said he quickly learned how to identify and respond to all types of hazards and the repair runs soon became less intimidating though no less dangerous.

"It was a beautiful country, but you never knew what to expect," he said. "I remember my first monsoon season; it rained so hard it scared me. And after, there were puddles all over the place and you had no way of knowing how deep they were because it literally was raining for days. Booby traps were all over. You just never knew."

He said tensions were high during the offensive which made for restless, wary nights whether on the cot or on guard duty. It was a time of being always on the lookout and on the defensive. It was life and death, and it was for real. His unit assumed a defensive posture throughout, and NCOs drilled life-saving tactical skills into the unit Soldiers that became more important than the mission.

"We weren't taught to think, we were taught to react," he said. "It was drilled into us. They would scream, 'What is the purpose of hand-to-hand combat?' and we'd shout, 'To kill!' over and over again."

While he did participate in fire fights, Johnson said "it never came down to hand-to-hand combat."

"I don't know how many I shot; that's not something you try to remember," he said.

Changed for life

He said the 18-months he spent in 'Nam changed him "for life."

Amazingly, he said, returning to the mean streets of the United States of America was even more terrifying.

"I was always very tense; very conscious of my surroundings and always looking behind me," he said. "I couldn't help it. I eventually settled down but I still didn't feel normal."

Johnson remained in the military and started "hanging around with senior NCOs who'd been around."

He said he was smoking marijuana by that time and he'd started drinking heavily as well.

"That's the first thing these guys did every morning was light a cigarette and fix a drink; at 0600 before PT, at lunchtime and then at the end of the day.

"We listened to each other's stories and realized we all had something in common. Sometimes the sergeant majors would break down and cry over the men they lost over there. Everyone I worked with was a functioning alcoholic. This was the only way to handle the nightmares, the voices, the fears. We were all self-medicating."

By 1969, Johnson was an administrative clerk working with activated Army Reservists at 1st Army Headquarters at Fort Meade. Married by now, his wife miscarried their first child. The loss hit both of them hard, he said. They "made it through" and Johnson got orders to Germany where his oldest daughter was born. He was assigned to the 78th Combat Engineer Battalion at Rheinland Kaserne in Ettlingen near Karlsruhe.

Life was good for the family there, he said. They enjoyed German food and ate

out a lot.

"I did my job like always. We met other couples and partied and had fun," he said. "I was still drinking a lot and smoking, and this was around the time I discovered hashish."

He said duty was light and it seemed "everybody was doing something."

"We went out training one time and set up tents then pulled out the beer and had a good time," he said.

"Toughest time in the Army"

An E-6 by now, and with promotions in his MOS slowed, Johnson put in a request for drill sergeant status to hurry his promotion to E-7. When it was approved, he and his family relocated to Fort Knox, Kentucky, where he worked with drill sergeants until a slot opened in the school.

He said DS school was his toughest time in the Army.

"There were a lot of things I had to learn. You had to be able to explain the position of attention by the book and not miss one word," he said. "If you messed up you had to do it all over again."

"The same thing assembling weapons and everything else. You had to take kids, who'd never been in the military, and teach them how to march, shine boots and everything else by the book. It wasn't easy."

He said he put in 12-15 hours a day and took extra time with "the ones that couldn't keep up."

"I just told them to do what you're told, when you're told and how you're told to do it. I taught them how to work with each other and I taught them pretty well because I didn't have too many that had to be recycled."

He said he didn't get much rest during his 2-and-one-half years as a drill sergeant but it was worth it to receive thanks from the parents of his recruits.

Drying out

Johnson returned to Germany and served as operations and training NCOs and then as platoon sergeant in a personnel records company that was "real lax." He made E-7 his second year there and proudly proclaims that he was the NCO-IC of the largest records division in U.S. Army Europe at the Nurnberg Regional Personnel Center. He stayed there three years and then received orders for Aberdeen Proving Ground, Maryland.

It was the mid-80s by then and, "I was still drinking then, in fact it picked up," he said.

At APG, he could no longer hide his addiction and he was ordered to Bethesda Naval Hospital to "dry out."

He said he participated in group sessions and after a short period he was released back to his unit.

"I didn't understand," he said, "but I figured I wasn't as much of an alcoholic as I thought I was. There were people in there with nothing but problems. But I had never hit my wife, and I had no legal or financial problems. I was functioning."

When he returned to APG he started drinking again. Unhappy with his unit in the Edgewood Area, he typed up his retirement papers and put them in his desk drawer. Johnson retired in August 1988, shortly after buying the Aberdeen home he still lives in today.

"I was in good shape and all my bills were paid," he said, adding that his marriage "wasn't that good," and he was still having nightmares about 'Nam.

Johnson held several jobs including bail bondsman, building security, vacuum salesman, and factory foreman with local manufacturing companies. At APG, he said he worked as a shipping and receiv-

ing clerk and was a dining facility cook for six years.

He continued to have close calls; on one occasion he had an accident with a forklift and was ordered to report for a urinalysis. It came out positive for cocaine.

"I was still drinking too and then my sugar went up," he said. He was diagnosed with diabetes. "I knew I couldn't keep going on like this but I couldn't stop."

He moved on to Perry Point VA Medical Center where he worked in house-keeping for nine years.

"I liked it," he said. "I worked by myself and nobody bothered me. But I was still drinking and smoking weed."

He said he kept drinking and got back into cocaine until a friend told him to stop or he'd kill himself.

PTSD diagnosis

Johnson checked himself into the VA hospital in Martinsburg, West Virginia. He said he started going to religious meetings every week and then every day. Soon, he was getting treatment for PTSD as well.

"They taught us how to handle our conditions," he said. "At first I couldn't wrap myself around the changes they recommended. I'd been doing this for 40 years. But I met guys who had left and come back and they told me I was doing very well."

Johnson returned home and started utilizing the skills he was taught. He still receives treatment at the Aberdeen Vet Center Outstation.

Located at 223 W. Bel Air Avenue in Aberdeen, the center's mental health professionals treat veterans of all wars. It is a sub-station of the Elkton Vet Center, located at 103 Chesapeake Blvd. Suite A in Elkton. For information about the Aberdeen Outstation, call 410-272-6771 or 877-927-8387. For information about the Elkton Vet Center, call 410-392-4485 or visit www.vetcenter.va.gov.

Johnson said he gained strength by turning to his faith and that he benefits as much from conversations with his pastor as he does the VA counselors. Also diagnosed with exposure to Agent Orange, he receives 80 percent disability from the VA; 50 percent of it for PTSD. He said he feels he should receive more.

"I think I should be getting 100 percent, they should be doing all they can to help me," he said. He added that he plans to return to West Virginia just to keep himself on track.

I have to thank my wife and my family who put up with me for all these years," he said adding that his wife now attends counseling sessions with him.

"I'm trying to adjust to doing things the right way and getting a routine," he said. "I'm still going to choir practice and bible study, but my head is still messed up sometimes."

"The important thing is that I know I had been living selfish and not thinking about how it was affecting anyone else. Now I'm trying to do the right thing by my wife and by my family."

"Vietnam has affected my whole life," he added. "I never thought to put a name to it. They had to explain what PTSD meant."

He said he's considered writing "Oprah or somebody who'll listen" about his plight as well as those of fellow veterans.

"The need is real," he said, "and I know there's others out there who need the same help."

Source (s)

<http://news.harvard.edu/gazette/2006/08/24/99-ptsd.html>

<http://www.maryland.va.gov/>

MARK YOUR CALENDAR

events&town halls

MONDAY SEPTEMBER 14

SUICIDE PREVENTION PRESENTATION

Team APG will host a Suicide Prevention presentation 9 a.m. at the Mallette Training Facility, Bldg. 6008, in APG North (Aberdeen). "Maxwell Defiance Landbeck" is the true story of an Aberdeen teenager, presented by his parents. Attendance counts towards annual suicide prevention training.

For more information, contact Lamont Coger, ASAP Suicide prevention coordinator, at 410-278-7779 or lamont.a.coger.civ@mail.mil.

WEDNESDAY SEPTEMBER 16

PREVENTATIVE LAW SERIES: "NEW DEVELOPMENTS IN FAMILY LAW"

The Client Services Division of the APG Legal Office will give a presentation on new developments in family law issues at the APG North (Aberdeen) Myer Auditorium, 11 a.m. to noon.

As part of an ongoing Preventative Law Series, attorneys of the Client Services Division will give a 45-minute presentation, followed by a Q&A session. The event is open to service members, retirees and their dependents, and civilians.

The Client Services Division will not provide individual legal advice at this presentation. Eligible clients can make an appointment for individual consultations at 410-278-1583.

THURSDAY SEPTEMBER 17

APG NORTH NATIONAL PREPAREDNESS MONTH PREPAREATHON

Team APG will host a National Preparedness Month Community Event in the parking lot of the APG North (Aberdeen) athletic center, 11 a.m. to 2 p.m.

The event will include preparedness information and details about how to sign up for APG's mass warning notifications, static displays from the Directorate of Emergency Services and the Maryland National Guard, community health information from Kirk U.S. Army Health Clinic, and displays from Army Community Service, the Installation Safety Office, and Harford County Emergency Operations.

FRIDAY SEPTEMBER 18

SUICIDE PREVENTION PRESENTATION

Team APG will host a Suicide Prevention presentation 9 a.m. at the Chemical Demilitarization Training Facility, Bldg. E 4515 in APG South (Edgewood). "Maxwell Defiance Landbeck" is the true story of an Aberdeen teenager, presented by his parents. Attendance counts towards annual suicide prevention training.

For more information, contact Lamont Coger, ASAP Suicide prevention coordinator, at 410-278-7779 or lamont.a.coger.civ@mail.mil.

TUESDAY SEPTEMBER 22

POLLUTION PREVENTION WEEK OPEN HOUSE

Team APG will host a Pollution Prevention Week "Reduce, Reuse, Recycle" Open House, 10 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center. Learn more about reducing your carbon footprint and how to do your part to prevent pollution.

For more information, contact Vickie Venzen at 410-306-2260 or vickie.a.venzen.civ@mail.mil, or Maia Kaiser at 410-306-2199 or maia.n.kaiser.civ@mail.mil.

THURSDAY SEPTEMBER 24

RACE AGAINST WASTE 5K RUN/WALK

Team APG will host a "Race Against Waste" 5K run/walk in observation of Pollution Prevention Week, 11 a.m. to 1 p.m., starting at Top of the Bay.

For more information, or to register for the 5K, contact Vickie Venzen at 410-306-2260 or vickie.a.venzen.civ@mail.mil, or Maia Kaiser at 410-306-2199 or maia.n.kaiser.civ@mail.mil.

WEDNESDAY SEPTEMBER 30

TEAM APG FAMILIES NATIONAL PREPAREDNESS MONTH PREPAREATHON

Team APG will host a National Preparedness Month Community Event at the Corvias Community Center on APG North (Aberdeen), 6 to 8 p.m.

The event will include preparedness information and details about how to sign up for APG's mass warning notifications, static displays from the Directorate of Emergency Services and the Maryland National Guard, community health information from Kirk U.S. Army Health Clinic, and displays from Army Community Service, the Installation Safety Office, and Harford County Emergency Operations.

THURSDAY OCTOBER 8

GARRISON ORG DAY

All APG Garrison employees and contractors are invited to the 2015 U.S. Army Garrison Aberdeen Proving Ground Organization Day, 7 a.m. to 2 p.m., at Ruggles Golf Course.

Events include a golf tournament, bowling,

bingo, spades and domino tournaments, and lunch.

Food tickets cost \$15 and can be purchased in advance at Ruggles, the recreation center, or from the APG Garrison HHC 1st Sergeant.

Volunteers are needed. For more information, contact HHC Commander Cpt. Nicholas Milano at 410-278-3000 or email nicholas.c.milano.mil@mail.mil.

WEDNESDAY- FRIDAY OCTOBER 14-16

FORGING STAKEHOLDER RELATIONSHIPS

The Defense Acquisition University (DAU) will host a three day ACQ 452 – Forging Stakeholder Relationships course 8 a.m. to 5 p.m. each day at the DAU facility located at 6175 Guardian Gateway, Aberdeen Proving Ground.

This action-based learning course introduces professionals to the methods and skills necessary to identify, assess, and promote the building of stakeholder relationships required for success in the acquisition environment.

Experiential activities will include a pre-course stakeholder assessment as well as simulation, communication, and critical-thinking activities that will facilitate the development of tailored stakeholder action plans. At the end of the course, professionals will be able to build ownership of acquisition outcomes across the enterprise.

Level III certification in at least one acquisition career field is a required prerequisite for the course. Completion of ACQ 450 - Leading in the Acquisition Environment and at least three years of Level III experience are recommended prerequisites. Upon completion, ACQ 452 students will earn 25 Continuous Learning Points.

Applicants must submit an application through their registration site prior to Friday, Oct. 9. The URL for each site is listed at <http://www.dau.mil/training/Pages/apply.aspx>.

For more information, contact Ben Metcalfe 410-272-9471 or email benjamin.metcalfe@dau.mil.

FRIDAY - SATURDAY OCT. 23-24

SAVE THE DATE – APG OKTOBERFEST

Save the date! Team APG will host its annual Oktoberfest – open to the entire community – Friday and Saturday Oct. 23-24.

Stay tuned for more details to follow.

meetings&conferences

THURSDAY SEPTEMBER 17

USAWOA MEETING

The U.S. Army Warrant Officer Association's Aberdeen-Edgewood Silver Chapter will hold its quarterly meeting noon to 1 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326.

For more information, contact retired CW4 Jesse Fields at 410-278-9673; 908-956-3368 or jesse.p.fields.ctr@mail.mil; or visit the WOA website at <http://www.apgwoa.org>.

SOCIETY OF AMERICAN MILITARY ENGINEERS MEETING

The society of American Military Engineers Chesapeake Post will host its monthly meeting at Wetlands Golf Club in Aberdeen, Maryland, 11:30 a.m. to 1:30 p.m.

Featured speakers include Scott Flanigan, Cecil County; Tim Whittie, Harford County, and Tom Kuchar, Aberdeen Proving Ground. Topic is titled "Infrastructure Needs and Opportunities for Our Members."

Register online by visiting <https://www.eventbrite.com/e/same-chesapeake-post-september-luncheon-tickets-13307839105> or register at the door using cash or check. For more information, contact Tom Frendak at 410-688-0318.

TUESDAY – FRIDAY SEPTEMBER 22-25

DAU ACQUISITION ENVIRONMENT COURSE

The Defense Acquisition University (DAU) will host a four-day ACQ 450 – Leading in the Acquisition Environment course 8 a.m. to 5 p.m. each day at the DAU Facility, 6175 Guardian Gateway at Aberdeen Proving Ground.

This action-based learning course provides an overview of the competencies and skills needed to lead in an acquisition environment. Experiential activities include role playing, simulation, communication, and critical-thinking exercises; a leadership challenge; and completion of 360 degree feedback instrument and executive coaching to develop action plans related to the feedback.

Participants will learn to apply strategies for leading up, down, and across in an acquisition organization. Level III certification in at least one acquisition career field and at least three years of Level III experience are required prerequisites for the course. Upon completion ACQ 450 students will earn 31 Continuous Learning Points.

Applicants must submit an application through their registration site prior to Tuesday, Sept. 1.

The URL for each site is listed at <http://www.dau.mil/training/Pages/apply.aspx>.

For more information, contact Ben Metcalfe at 410-272-9471 or email benjamin.metcalfe@dau.mil.

THURSDAY SEPTEMBER 24

RESTORATION ADVISORY

BOARD MEETING

The next Restoration Advisory Board (RAB) meeting will be held at 7 p.m., at the Ramada Conference Center in Edgewood. Topics of discussion will include the West Canal Creek Study Area, with status updates on MMRP, Maxwell Point, and Building 4031.

APG is currently seeking volunteers for the RAB. Members must be willing to serve a two-year term and attend six evening meetings throughout the year.

For more information, or an application for RAB membership, please call 410-436-7313 or 800-APG(274)-9998.

SEPTEMBER TO DECEMBER

ASL CLASS

An American Sign Language (ASL) class will be held each Tuesday, 11:30 a.m. to 12:30 p.m. starting Sept. 22 and run through Dec. 15 in Bldg. E4301 Otto Road (past Hoyle Gym) conference room at APG South (Edgewood).

This free class offers basic to advanced instruction. The required text book, "ABC, A Basic Course in American Sign Language," can be found on www.amazon.com. Students can bring their own lunch.

To register, for directions or for more information, contact Randy Weber at 410-436-8546 or randy.k.weber.civ@mail.mil.

health&resiliency

MONDAY-FRIDAY SEPTEMBER 21-25

RX/OTC TAKE-BACK CAMPAIGN

The Army Substance Abuse Program (ASAP) will hold its ninth annual prescription (RX) and over-the-counter (OTC) drug Take-Back Campaign for expired, unused or unwanted pharmaceuticals.

During the week, members of Team APG and their families can turn in items at the following locations and times.

- APG North (Aberdeen) police station lobby, Bldg. 2200 - 24 hours
- ATEC Bldg. 2202; Tuesday, Sept. 22, 11 a.m. to 1 p.m.
- APG South (Edgewood) Express Bldg. E4010; Wednesday, Sept. 23, 11 a.m. to 1 p.m.

- Myer Auditorium, Bldg. 6000; Thursday, Sept. 24, 11 a.m. to 1 p.m.
- Harford County Office Bldg. 220 S. Main Street, Bel Air; Saturday, Sept. 26. 10 a.m. to 2 p.m.:

- Havre de Grace Police Station, 715 Pennington Avenue, Havre de Grace; Saturday, Sept. 26. 10 a.m. to 2 p.m.

For more information, contact Cindy Scott, ASAP prevention coordinator, at 410-278-4013/3784 or cynthia.m.scott4.civ@mail.mil

THURSDAY SEPTEMBER 24

STAYING HEALTHY IN THE WORKPLACE

The C4ISR Wellness Committee will host a Staying Healthy in the Workplace Informational Session 11:30 a.m. to 12:30 p.m. at the Myer Auditorium, Bldg. 6000. The session will teach smart ways to keep up with nutrition and how to deal with conflict, as well as other workplace stressors and will emphasize moving and walking more each day to obtain the ideal 10,000 steps.

The session is open to all Team APG service members, civilians and contractors. Any contractors who participate in CECOM activities must not invoice any government contracts for time spent at these activities.

VTC will be available for groups of employees who are not able to attend. Contact the CECOM G-1 to request VTC access.

To request sign language interpreters and other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by Sept. 10.

For more information, contact Tiffany Grimes, CECOM G-1, at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

SEPTEMBER – OCTOBER

LIMITED OPTOMETRY SERVICES

During the month of September and into October, Optometry services at Kirk U.S. Army Health Clinic will be restricted due to limited staff.

Full services will remain available to active duty Soldiers, however full eye exams will likely not be available to family members and retirees.

Active duty appointments will be opened up to family members and retirees only if they are not filled within a reasonable time period. Patients are reminded during this time of limited availability that full eye exams are a covered benefit under TRICARE, and can be obtained at any network provider without the need for referral once every calendar year. Referral Services or Tricare can provide information as to which providers in the community are network providers and can provide this service.

Full services are anticipated to resume in mid-October.

ONGOING

ARMY WELLNESS CENTER AT APG SOUTH CLINIC

The Army Wellness Center is seeing clients at the APG South (Edgewood) clinic, Bldg. E4110. Clients can have metabo-

lism and body composition assessments and other services without having to drive to APG North (Aberdeen). Service members and their family members, retirees and Army civilians can make an appointment through the APG North AWC, or be referred by their unit or primary health care provider at Kirk U.S. Army Health Clinic. Upcoming APG South AWC dates are:

- Sept. 10, 22

For more information, or to schedule an appointment call 410-306-1024.

ONGOING

WEAR BLUE: RUN TO REMEMBER HARFORD COUNTY/APG

A Harford County/APG-based Wear Blue: Run to Remember community has been established, with ongoing meets the second Saturday of every month 8:30 a.m. at the Maryland and Pennsylvania Heritage Trail in Fallston.

Wear Blue: Run to Remember communities run, jog and walk in honor of the nation's fallen, fighting and families.

Those interested in participating in the run should meet at the Annie's Playground – Pavilion at 864 Smith Lane, Fallston, Maryland. Pets are allowed, but park rules do not allow retractable leashes.

All ability levels are welcome. Participants are strongly encouraged to wear blue.

Upcoming dates include:

- Sept. 12
- Oct. 10

For more information, contact Robin Bruns at 910-987-6764 or brunsrld@yahoo.com.

THROUGH 2015

2015 CPR, AED CLASS SCHEDULE

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2015. Classes are open to the entire APG community.

Sept. 16 – APG North Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Oct. 21 – APG South Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

Nov. 18 – APG North Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Dec. 16 – APG South Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

For more information, contact Mike Slayman at 410-306-0566.

family&children

SATURDAY SEPTEMBER 12

SCHOOL & SPORTS PHYSICALS AT KUSAHC

Kirk U.S. Army Health Clinic will offer back-to-school and sports physicals by appointment only, Saturday, Sept. 12.

Parents are reminded to bring their children's immunization records, along with paperwork from the school or athletic department.

To schedule an appointment, call 410-278-5475.

SUNDAY SEPTEMBER 13

BACK-TO-SCHOOL FAIR

The APG main post chapel and the APG Catholic Community will host the annual Back-to-School Fair for Team APG families at the APG North (Aberdeen) chapel grounds from 1 to 5 p.m. as a way to provide a day of family fun at little to no cost.

Activities include kids' games, pedestal jousting, bingo, a moon bounce, cake walk, and dunk tank. Food will include traditional carnival fare like hotdogs, hamburgers, baked beans, potato salad, popcorn, cotton candy, and snow cones.

No RSVP is required. For more information, contact Catherine Day at 410-278-4333 or bday1234@comcast.net; or Connie Richardson at car0992@comcast.net.

SEPTEMBER

COMMUNITY JEWISH HOLIDAY OBSERVANCES

Jewish members of the APG community are invited to join in the Jewish New Year and Day of Atonement events during September at the Temple Adas Shalom Harford Jewish Center, 8 North Earlington Road Extension, Havre de Grace MD, 21078.

Events:

- Rosh Hashanah**
- 8 p.m., Sunday, Sept. 13
- 9:15 a.m., Monday, Sept. 14

Sabbath

- 7:30 p.m., Friday, Sept. 18

Yom Kippur

- 7:30 p.m., Tuesday, Sept. 22
- 9:15 a.m., Wednesday, Sept. 23

For more information, contact retired Lt. Col. Jonas Vogelhut at 443-224-3986 or vogelhutj@aol.com.

MORE ONLINE

More events can be seen at www.TeamAPG.com

Army works to open Vietnam War exhibit

By **DAVID VERGUN**
Army News Service

The top of an ordinary-looking plywood box was adorned with lovely bamboo that resembled a cushy seat cover.

But looks can be deceiving. Anyone sitting or standing on the box would be in for quite a nasty surprise. It concealed a Viet Cong-style punji pit.

A man standing next to the box flipped a switch that triggered the top of the box to open. Inside were sharp spikes protruding upward.

Chad Reynolds, a combat veteran who served in the Army from 2004 to 2011, designed the box and the contraption after studying enemy punji pits that were dug during the Vietnam War. He spoke to veterans who had observed them.

He said that during the war, Soldiers sometimes stepped on these well-camouflaged trapdoors, which caused them to fall into a punji pit and be impaled on bamboo spikes, which were often coated with poison.

The punji pit and many other items from the Vietnam War are part of the U.S. Army Heritage & Education Center's new Vietnam War exhibit: "Courage, Commitment and Fear: The American Soldier in the Vietnam War," set to open Nov. 10.

Forty artifacts, some 80 images and several interactive exhibits will give visitors a realistic and immersive experience of the war, said Kris Hickok, museum technician at the Heritage Center. There will also be a film, "Our Journey Through War," of Vietnam War veterans telling their personal stories.

The opening date is the day before Veterans Day and the exhibit is also timed to open just before the 50th anniversary of the Battle of Ia Drang. Fought Nov. 14-18, 1965, it was the Army's first major battle of the Vietnam War, he said.

For researchers or historians who want even more in-depth material, the Heritage and Education Center contains some 74,000 artifacts, including artifacts from Vietnam, located in 12,000 square feet of warehouse space. Additionally, there are hundreds of oral and written histories of Vietnam veterans collected over the years in the archive, Hickok said.

Hickok has led the Vietnam exhibit work that has been in progress for two years.

Jack Giblin, chief of the center's visitor and education services, said that visitors can also see exhibits and research veterans stories from other time periods throughout Army history, not just Vietnam.

Most of the artifacts in each exhibit are tied to Soldiers' stories and experiences, he said.

Vietnam exhibit preview

The center's staff provided a construction tour of the Vietnam exhibit in their fabrication shop, where workers were creating special effects.

Reynolds, the museum's technician, was working on a "spider hole," pop-up device. He explained that if a visitor pushes a button, a Viet Cong mannequin pops out of a hole. Reynolds said he designed the hydraulic scissor lift that moves the figure up and then back into the hole.

The exhibit could have been activated by a motion sensor, but the idea was rejected because it might trigger a reaction from a veteran with post-traumatic stress, he said, adding that the entire exhibit was reviewed for sensitivities in conjunction with Vietnam veterans.

Another interactive item that will be displayed is a U.S. bunker bomb with liquid inside, which visitors can pick up and hold. Reynolds added that if it is dropped, it won't explode.



Photos by David Vergun

(Clockwise from top) The USAHEC Vietnam War exhibit includes a Viet Cong hand-drawn map of Newport Bridge near Saigon is shown. The map was used by the enemy during the 1968 Tet Offensive. The attack on the bridge was unsuccessful and a U.S. Soldier found it on a captured enemy; Kris Hickok, a museum technician, shows a souvenir jacket owned by Spc. Joe Monroe, who served in I Corps in Da Nang from 1968 to 1969; the display includes a bamboo cage used by the Viet Cong for prisoner transport.

Nearby were other items, including jungle shrubbery, a bamboo Viet Cong prisoner transport cage and items that will go with a tunnel-rat display.

Some of the items that will be included in the exhibit are located in the center's conservation facility. Unlike the exhibit items in the fabrication shop, the items here are artifacts, Giblin said.

Some items were donated by Soldiers. The conservators clean and prepare the items for display and, when necessary, restore the items to museum quality, Giblin said.

Hickok showed some of the items in the conservation lab that will be in the Vietnam exhibit.

A souvenir jacket owned by Spc. Joe Monroe, who served in I Corps in Da Nang from 1968 to 1969, is one such item. Hickok said Monroe, an Army truck driver, made it safely back to the United States and donated the jacket to the center.

There was a helmet cover with graffiti, including a peace sign. The peace sign seemed to be a popular symbol during the second half of the conflict, Hickok said.

Lt. Col. Hal Moore wrote a letter to his wife four hours before he went into battle at Ia Drang, Hickok said, while displaying the letter and the air mail envelop it came in. Moore commanded 1st Battalion, 7th Cavalry Regiment during the

battle.

Enemy artifacts include a Viet Cong hand-drawn map of Newport Bridge near Saigon. Hickok said the map was used by the enemy during the 1968 Tet Offensive. The attack on the bridge was unsuccessful and a U.S. Soldier found it on a captured enemy combatant.

Another artifact was an inert Molotov cocktail. Hickok said the enemy would use any weapon they could get their hands on or make. Since the Molotov cocktail is an artifact, it will be in a case display.

An interesting item was a bicycle wheel from a bicycle a North Vietnamese soldier used to transport supplies on the Ho Chi Minh Trail. It's more robust than a modern bicycle, he said, since the tire is made of solid rubber and can't go flat.

Soldiers can tell their stories

Giblin said all Army Vietnam veterans - as well as Army veterans from other wars or even noncombat vets - are encouraged to tell their stories and have them become a permanent record at the U.S. Army Heritage & Education Center, where they will be invaluable to researchers, historians, genealogists and others.

The center began collecting surveys from veterans during the Spanish-American War in 1898 and has been doing so ever since. The problem, Giblin said, is that the surveys were so many pages long

- 15 to 20 pages - that many veterans were discouraged from filling them out.

Because "collecting Soldier history is important to us, we decided to shorten the survey to eight pages," he said. That was about a year ago. It's now available as a pdf download on the center's website.

"Every Soldier is important to the USAHEC [U.S. Army Heritage & Education Center]. Even a clerk who never left the states has important information," Giblin said. "Someday, a researcher may want to look back to see how the duties and responsibilities of a clerk has changed over time."

Besides researchers, Hollywood filmmakers are also interested in the center's archives, he said. Filmmakers who have visited the Heritage Center included those working on "We Were Soldiers," "Saving Private Ryan," "Band of Brothers," and Ken Burns' "The Civil War" TV series.

The center plans to follow up on many of the surveys by contacting the veterans and getting oral histories from them. Volunteers in the Veteran Ambassador Program will do this follow-up work, said Giblin, adding that more veteran ambassadors are needed should anyone be interested. Volunteers can be veterans located anywhere in the world.

The Veteran Ambassador Program started just a year ago, he said.



At your service

Casey Vincenti, Operations Assistant

By **RACHEL PONDER**
APG News

Casey Vincenti is an operations assistant and the acting manager of the Exton Golf Course on APG South (Edgewood).

His duties include managing work schedule for eight employees, ordering supplies for the pro shop and running

daily activity reports that track inventory. Vincenti said he likes the variety of his job.

"I do a little bit of everything," he said.

In addition to day-to-day operations, Vincenti oversees monthly golf tournaments and special events. He said of

his favorite tournaments is the Summer Night Ball, when golfers play with glow-in-the-dark golf balls.

"This is a popular event," he said. "It sells out quick."

Vincenti worked at the Ruggles Golf Course pro shop on APG North (Aberdeen) prior to Exton. This is his seventh year with MWR. The best part of his job, he said, is interacting with customers.

"I like being around other golfers," he said. "People are easy to work with down here. Customers are real nice [and] we have a lot of repeat customers."

He also said that despite being short-staffed, the staff at Exton has "all stepped up to help make business run smoother."

Vincenti said he learned to golf at the now defunct Plump Point Golf Course - located on APG North near

the Top of the Bay - when he was 5 years old. He said he'd like to become a PGA member so he can lead golf lessons and clinics.

The Exton Golf Course is part of APG Morale, Welfare and Recreation. The 9-hole regulation golf course, offers league play, a practice range, cart rentals and more and is located at Bldg. E1260 Wise Rd on APG South (Edgewood).

Hours of operation are 7 a.m. to dusk, Monday to Sunday, April through November; and 8 a.m. to 5 p.m., Monday to Friday, December through March (weather permitting). It is closed on weekends.

For more information contact Vincenti at 410-436-2213 or casey.e.vincenti.naf@mail.mil. For information about upcoming golf events visit <http://www.apgmwr.com/recreation/golf/>.

How are we doing? E-mail comments and suggestions for the APG News to the editor at usarmy.apg.imcom.mbx.apg-pao@mail.mil

Info, updates critical during emergencies

By **AMANDA ROMINIECKI**
APG News

In the event of an emergency, each local community is responsible for warning the public of impending danger.

Army regions and installations – including Aberdeen Proving Ground – support this effort by utilizing mass warning and notification systems to quickly and effectively get information to members of the Army family.

One of the most well-known of these systems is the “Giant Voice.” Meant to be heard by individuals outside during an emergency, it alerts those individuals to seek shelter or follow specific directions. APG has numerous giant voice speakers on both APG North (Aberdeen) and APG South (Edgewood).

Installation emergency management personnel remind Team APG that those who are not outside, shouldn’t go outside only to hear what is being announced over the “giant voice” speakers. Often the giant voice announcements mirror AtHoc notifications.

AtHoc & emergency notifications

APG also utilizes AtHoc as the installation’s mass warning notification system. Whether snow has closed post, or there’s a suspected dangerous situation somewhere on post, AtHoc enables installation leaders to quickly disseminate information to those who need it.

AtHoc keeps members just a phone call, email or text message away from receiving vital safety information during a natural disaster or emergency. Those working on network computers will even receive pop-up notifications on their desktop during an emergency.

Installation emergency management personnel urge every member of Team APG to register for AtHoc and to keep their contact information up-to-date.

How to register:

Personnel new to APG, at commands at which AtHoc was recently fielded, or who have yet to register for AtHoc, should contact their Information Management Office (IMO) for registration assistance or access

Where to go for info during an emergency

Aberdeen Proving Ground-Managed Sites

APG Facebook: www.facebook.com/APGMd

APG Twitter: www.twitter.com/usagapg

APG Website: www.teamapg.com

APG Weather Line: 410-278-7669.

****Register for AtHoc to have notifications sent directly to your phone and/or email.****

Area TV Stations

Greater Baltimore Area

WMAR-TV Channel 2

WBAL-TV Channel 11

WJZ-TV Channel 13

WBFF-TV Channel 45

Other Areas

Fox 43 (York, Pennsylvania)

Harford Cable Network (Harford County)

Area Radio Stations

Greater Baltimore Area

WPOC – 93.1 FM

WJZ-FM – 105.7 FM

WZFT – 104.3 FM

WJZ-AM – 1300 AM

WQSR – 102.7 FM

WCAO – 600 AM

WLIF – 101.9 FM

WWMX – 106.5 FM

WIYY – 97.9 FM

WBAL – 1090 AM

Other Areas

WXCX – 103.7 FM (Havre de Grace, MD)

WROZ – 101.3 FM (Lancaster, PA)

WDEL – 1150 AM (Wilmington, DE)

WSTW – 93.7 (Wilmington, DE)

the user self-registration guide by visiting the CAC-enabled URL: www.apg.army.mil/elearningcac/athoc/athoc.pdf.

The guide can also be located by visiting www.teamapg.com. Click “APG Employee Toolbox” on the left-hand navigation, then click “eLearning.” Scroll down to “Security and Intelligence” and click on “AtHoc” to open the self-registration guide.

This guide provides step-by-step visual instructions on the registration process. If the AtHoc client is not on your PC, employees should notify their IMO.

APG employees are only required to provide their name, organization, work

location, employee affiliation and their work email and phone number. All other contact information is optional, but fewer registered devices reduces notification means during an emergency.

It is important user guide and fill in all of the required fields. Those who ignore desktop pop-up notifications to register, or fail to register properly, are at risk of not receiving crucial alerts and notifications.

Installation leaders are also urging on-post residents to register in AtHoc to receive alerts.

During emergencies, it is critical to quickly and accurately inform families of

hazards in real-time. To effectively and quickly reach a mass audience, the notification system relies on accurate contact information you provide when registering for AtHoc services.

Family members and on-post residents may opt-in to receive AtHoc notifications through Corvias at 410-305-1076 or visit the Bayside Community Center.

Other places for information

During an emergency or weather event, the quickest way to receive up-to-date information is through AtHoc notifications.

Information will be posted to the installation’s website, social media platforms and snow line. Post delays or closures will also be shared with local news and radio stations. See the table above for a list of places to go for updates during an emergency.



Come and follow us <https://twitter.com/USAGAPG>



ALL THINGS MARYLAND

Babe Ruth Birthplace & Museum

Baltimore native 'saved baseball' in 1920s

By **RACHEL PONDER**
APG News

Sports enthusiasts and history buffs will enjoy a visit to Maryland's most famous sports legend at the Babe Ruth Birthplace and Museum located in downtown Baltimore, near Camden Yards.

George Herman "Babe" Ruth was born Feb. 6, 1895 at 216 Emory Street, a Baltimore row home that was owned by his grandparents. The museum features exhibits on the legendary life and times of Ruth, who was later nicknamed the "Bambino" and the "Sultan of Swat."

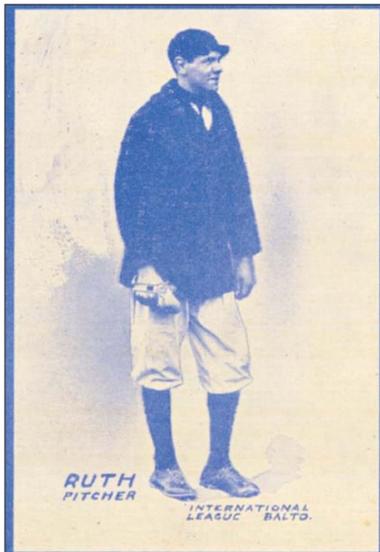
John Ziemann, museum director of community relations, called the Babe Ruth Birthplace and Museum a "must see" for sports fans.

"It has been completely restored this year," Ziemann said. "We have people calling from all over the world asking about Babe Ruth. It's funny that the man has been gone for 67 years, icons have come and gone, but everybody knows Babe Ruth."

The museum tells the story of Ruth's humble beginnings in the area of Baltimore that was known as "Pigtown." At the age of seven, Ruth, who frequently got into trouble, was sent to the St. Mary's Industrial School for Boys, a home for orphans and delinquents. While at the school, the future Hall of Famer developed a passion for baseball and gained local recognition as a pitcher. The museum has several artifacts from this era on display including a catcher's mitt, jersey, and hymnal book used by Ruth.

As a result of the recognition Ruth received at St. Mary's, he was "discovered" at age 19 by Jack Dunn, the owner of the Baltimore Orioles minor league. Upon seeing Ruth for the first time, the Orioles players referred to him as "Jack's newest babe." Thereafter, he was known as the Babe. The museum has a 1914 rookie baseball card from this time period.

The museum also highlights how Ruth became a legend and changed the game of



baseball. According to its website, "before there was Babe Ruth, home runs in baseball were rare, an oddity of the game. After Babe Ruth they were a fan favorite."

After the Boston Red Sox traded Ruth to the New York Yankees in 1920, Ruth broke several records as a power-hitting outfielder during his 15-year run with the team. In fact, when the Yankees moved to a new stadium in 1923, it was dubbed the "House that Ruth Built."

Upon retiring from the Boston Braves in 1935, Ruth held 56 major league records, including 714 homeruns. (The only other MLB players to hit 700 or more homeruns are Hank Aaron with 755 and Barry Bonds with 762).

In addition to breaking records, Ziemann added that Ruth was credited with saving baseball after the Black Sox scandal during the 1919 World Series. The Chicago White Sox lost the series to the Cincinnati Reds and eight White Sox players were later accused of intentionally losing games in exchange for money from gamblers.

"The 1920s were Babe Ruth's prime,"



Courtesy photos

(Left) The first baseball card ever to feature George Herman "Babe" Ruth was printed by the Baltimore Sun Newspaper in 1914. He played for the Baltimore Orioles, which was a minor league team at the time. (Above) Sports fans visit the home where baseball legend Babe Ruth was born.

Ziemann said. The [New York] Yankees had to build a bigger stadium for him. He saved baseball."

The Babe Ruth Birthplace and Museum is located at 216 Emory Street, three blocks west of Oriole Park in Camden

Yards. The museum is open daily, April through September, 10 a.m. to 5 p.m. (10 a.m. to 7 p.m. on game days); October through March, Tuesday- Sunday, 10 a.m. to 5 p.m. For more information, visit <http://baberuthmuseum.org/>.

MORALE, WELFARE & RECREATION



Upcoming Activities

SAVE THE DATE DUELING PIANOS SEPT. 17

Save the Date! The popular "Dueling Pianos" will return to APG at the APG North (Aberdeen) recreation center from 7 to 10 p.m., Thursday, Sept. 17.

OKTOBERFEST OCT. 23-24

Save the date! Team APG will host its annual Oktoberfest – open to the entire community – Friday and Saturday Oct. 23-24. For more information, visit www.apgmwr.com/2015-oktoberfest.

CHILD & YOUTH SERVICES SKIES ACADEMIC TUTORING SEPT. 14

Learning BYTS Tutoring has partnered with SKIES to offer academic tutoring for grades K-8 to include all subject areas, starting Sept. 14 at the APG North (Aberdeen) youth center, Bldg. 2522. Private, weekly 60-minute sessions between 3 and 7 p.m., Monday - Thursday, are available.

An assessment is required to determine areas in which help is needed. Sign up for six sessions at a time or 12 sessions (savings of \$24). Six sessions cost \$168; 12 sessions cost \$312. Tutoring is open to children in kindergarten through eighth grade. Registration is ongoing.

For more information, contact SKIES, 410-278-4589 or email shirelle.j.womack.naf@mail.mil

CYSS/HOME-SCHOOL PARTNERSHIP

CYSS is currently trying to establish a partnership with authorized CYSS patrons who home-school their children in the Aberdeen and Edgewood areas.

The CYSS facilities are available to open during specific days and times during the week so that children who are home-schooled can have access to its classrooms, computer lab and gym on a scheduled basis. Sponsors of registered home-schooled children and youth are responsible to provide student instruction and supervision during the entire period of use.

The CYSS facilities will not be available on school holidays, evenings, weekends or federal holidays. All home-school users must be registered with the CYSS Parent Central Office.

For more information, contact Stacie Umbarger, APG school liaison officer at 410-278-2857 or stacie.e.umbarger.naf@mail.mil.

BEFORE & AFTER SCHOOL IMMEDIATE OPENINGS

Participants must be registered with the Parent Central Office. Fees are based on the Total Family Income. Fees are waived for all middle school students' afternoon care.

For information contact the Parent

Central Office at 410- 278-7571.

PRE-SCHOOL IMMEDIATE OPENINGS

Participants must be registered with the Parent Central Office. Fees are based on the Total Family Income. For additional information contact Parent Central Office at (410) 278-7479 or (410) 278-7571.

LEISURE & TRAVEL MARYLAND STATE FAIR AUGUST 28 - SEPTEMBER 7

The Leisure Travel Office is offering tickets to the Maryland State Fair at 2200 York Rd., Lutherville-Timonium, MD 21093.

Tickets are \$7 for adults, \$2.50 for children ages 6-11, \$19 for ride-all-rides passes, and \$11 for food vouchers. Registration deadline is Aug. 17. To purchase tickets, visit Leisure Travel Services at the recreation center, Bldg. 3326.

For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

PA RENAISSANCE FAIRE THROUGH OCTOBER 25

Experience the fantasy of a marvelous trip back in time to the days of yore as the castle gates swing wide to usher in the 35th season of the Pennsylvania Renaissance Faire.

Featuring 35 acres of jousting knights and royal delights, the faire welcomes you with a cast of hundreds of costumed merrymakers, more than 90 shows daily, manicured gardens, scores of artisans demonstrating ancient crafts and 22 royal kitchens -- truly the faire remains a marvelous fantasy of bygone days and knights.

Tickets are \$23.25 for adults and \$10 for children ages 5-11. Registration deadline is July 9.

To purchase tickets, visit Leisure Travel Services at the recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

PENN STATE VS. ARMY FOOTBALL GAME OCT. 3

Active-duty military, Coast Guard, reservists, veterans, fallen and gold star families are able to apply online for complimentary tickets to Penn State University vs. Army West Point football game as part of the Seats for Service Members program.

The application that can be accessed at <http://bit.ly/PSUSeatsforService>. Up to four tickets per application. All sign-ups are simply requests until confirmed via email by Penn State Athletics.

For more information, visit MWR Leisure Travel Services at the APG North recreation center, Bldg. 3326; call 410-278-4011/4907; email usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel; or visit www.gopsusports.com

DISNEY ON ICE - 100

YEARS OF MAGIC TICKETS ON SALE THROUGH OCT. 23

Grab your Mickey ears and get ready for the ultimate Disney experience at Disney On Ice celebrates 100 Years of Magic Presented by Stonyfield YoKids Organic Yogurt! Be charmed by a cast of over 50, with Mouse-ter of Ceremonies Mickey Mouse, sweetheart Minnie Mouse, Donald Duck, Goofy and Disney Princesses including Cinderella, Rapunzel, Ariel, Snow White and Tiana. Relive the magic of Disney's Frozen with Anna, Elsa and the hilarious Olaf as they discover that true love is the greatest magic of all.

Tickets cost \$20 and are available for the following shows:

- Oct. 30 @ 7:30 p.m.
- Oct. 31 @ 10:30 a.m.; 2:30 p.m.; and 6:30 p.m.
- Nov. 1 @ 12:30 p.m. and 4 p.m.

SPORTS & RECREATION DRIVE AWAY DOMESTIC VIOLENCE GOLF TOURNAMENT SEPT. 23

Ruggles Golf Course will host a "Drive Away Domestic Violence Golf Tournament" to raise awareness of domestic violence prevention. The tournament will be a four-person scramble, captain's choice. Registration begins at 11 a.m. Lunch will be from 11:30 a.m. to 1 p.m., followed by a shot-gun start. The tournament is open to men and women and costs \$45.

The purple ball challenge winners will be documented on a plaque displayed at Ruggles.

For more information, call the Ruggles Pro Shop at 410-278-4794.

ULTIMATE FRISBEE WEDNESDAYS

Ultimate Frisbee matches will be held at Shore Park on APG North (Aberdeen), Every Wednesday from 5:15 to 7 p.m.

Ultimate Frisbee is a limited-contact team field sport played with a frisbee. Points are scored by passing the disc to a teammate in the opposing end zone. Other rules imply that players must not take steps while holding the disc (but may maintain a pivot) and interceptions and incomplete passes are turnovers.

All levels of players are invited -- beginners are welcome to come out and try a new activity!

ARMY COMMUNITY SERVICE APPLYING FOR FEDERAL EMPLOYMENT SEPT. 22 AND NOV. 9

ACS will host an "Applying for Federal Employment" workshop, exploring the 10 steps to federal employment. Seating is limited to 30 individuals. Participants are encouraged to bring their lunch.

Registration is required. Visit www.mwejobs.maryland.gov; create a user

account; go to events calendar on left-hand side; move forward to appropriate date; click on "APG How to Apply for Federal Jobs"; Click register.

BUDGETING FOR BABY OCT. 8

Have some fun learning about common expenses related to babies and children and how you can plan for these expenses, during a "Budgeting for Baby" workshop at Bldg, 2503, 11:30 a.m. to 12:30 p.m. The workshop will include useful money saving tips are given to help parents save money, from pre-natal to college expenses. Registration is required; to reserve a seat call ACS at 410-278-7572.

CREDIT & DEBT MANAGEMENT OCT. 29

ACS will host a class on the advantages and disadvantages of using credit, 11:30 a.m. to 12:30 p.m., at Bldg. 2503. Topics include: how to choose and apply for credit cards and installment loans and how to responsibly manage these accounts will be discussed. This class will address how to establish a credit record, protect your credit history and correct credit report mistakes. Options available to manage and reduce debt also will be discussed. The class is in partnership with the ACS Financial Readiness Program and Aberdeen Proving Ground Federal Credit Union.

Registration is required; to reserve a seat call ACS at 410-278-9669/7572.

CHECKBOOK MANAGEMENT NOV. 5

ACS will host a course illustrating the choices in banks and banking services, 11:30 a.m. to 12:30 p.m. at Bldg. 2503. The course will provide guidance in choosing the right account and identifying the skills necessary to maintain a balanced account. Participants should gain a complete understanding of their responsibility in managing their money and the accounts, debit cards, checks and ATM machines that come with it.

Registration is required; to reserve a seat call ACS at 410-278-7572/9669.

IDENTITY THEFT DEC. 3

ACS will host a course discussing what ID theft is, how thieves steal your ID, and what you can do to deter, detect and defend against identity theft, 11:30 a.m. to 12:30 p.m., at Bldg. 2503. The class will also explain the different classifications of ID theft and how you can safeguard your information.

To reserve a seat call ACS at 410-278-9669/7572.

Learn more about APG MWR activities and services by going online at www.apgmwr.com and download the FMWR Directory.

APGMWR



Trip/Tickets

Philadelphia, PA
Dec 12, 2015

Departure: 8 a.m.
APG Recreation Center Parking Lot

Return: 8 p.m.
APG Recreation Center Parking Lot

Kick-Off: 3 p.m.

Trip: \$130 per person
(Includes game ticket and transportation)

Game ticket Only: \$91
All tickets are Upper Level End Zone Navy Side

**Registration Deadline:
September 18, 2015**

To purchase visit MWR Leisure Travel Services at the AA or EA Recreation Center.

Questions?
410-278-4011/4907 or email us at usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil




Strike Out

AGAINST DOMESTIC VIOLENCE

FREE MONDAY NIGHT BOWLING

BOWLING TOURNAMENT TO RAISE DOMESTIC VIOLENCE AWARENESS

MONDAY NIGHTS
OCTOBER 5-26
STARTING AT 5:30PM

FOR MORE INFORMATION OR TO REGISTER CONTACT THE BOWLING CENTER AT 410-278-4041.
NO BOWLING ON OCTOBER 12TH

Learn more about APG MWR activities and services by going online at www.apgmwr.com and download the FMWR Directory.



**Teen Night
October 26**

FREE Pizza and drink each week!

ACC chief of staff retires after 29 years

By **BETSY KOZAK-HOWARD**
ACC-APG

The Soldiers and civilians of the Army Contracting Command – Aberdeen Proving Ground honored their former chief of staff/military deputy during a retirement ceremony Aug. 28.

Col. Michael J. Rogers, ACC-APG chief of staff and military deputy, retired after 29 years of Army service, during a ceremony at the APG North (Aberdeen) Myer Auditorium. ACC commanding general Maj. Gen. James E. Simpson presided over the ceremony.

“It was 29 years ago that Mike Rogers entered active duty as a Medical Service Corps officer,” Simpson said during the ceremony. “A major turning point in Col. Rogers’ career occurred when he applied for and was accepted into a procurement internship assignment at Eisenhower Army Medical Center at Fort Gordon, Georgia.”

Simpson jokingly added that Rogers saw the light and transitioned to the contracting career field. He concluded his remarks by thanking Rogers for his many years of selfless service.

“Although we are celebrating Col. Rogers’ achievements, this day is bitter-sweet for the members of ACC-APG,” remarked Bryon J. Young, ACC-APG’s executive director. “We are losing a distinguished Army officer, a leader, a mentor, a patriot and a friend. He will be missed.”

Young reviewed some of Rogers’ significant contributions during his three-year tenure within the organization. Rogers was commended for his contributions to the integration of military into the contracting center and the activation and deployment of the 926th Contracting Battalion.

Speaking directly to Rogers, Young continued, “I’m fortunate to have had your expertise. Throughout your assignment here at APG, you have contributed to shaping the contracting center by serving as a true Soldier-leader and principle staff officer.”

The ceremony continued with a presentation of a Legion of Merit award to Rogers, followed by a presentation of the Military Parent Medal to Barbara Rogers, his mother. Rogers’ two children, Michelle and Jared, also received Military Child Medals.

Simpson and Young officially retired Rogers and released him from active



duty. This was followed by a ceremonial presentation of the U.S. flag conducted by the officers of the 926th CBN, 915th CBN and A Battery, 3rd Air Defense Artillery. At the conclusion of the flag ceremony, Rogers rendered his final salute, signifying the end of his military career.

A video, prepared by Rogers’ daughter, was shown highlighting his Army career. Following the video presentation, Rogers addressed the group.

“An old African proverb says that ‘it takes a village to raise a child,’ well it has taken a village and then some to get me to this day,” he said.

“When I joined the Army, I only intended to serve my three year commitment. Now, 29 years later, I am humbled by the opportunity to have served our great nation.

“I transition with fond memories and a great sense of pride of having had the opportunity to lead and serve with our nation’s greatest treasure, her sons and daughters, including all of you here today. So I close in the spirit of the Buffalo Soldiers of the 9th and 10th Cavalry with their motto – Proud to Serve.”



Photos by Lamont Harbison

(Top) As part of a ceremonial flag presentation during his retirement ceremony Aug. 28, Col. Michael J. Rogers, military deputy and chief of staff for the Army Contracting Command - Aberdeen Proving Ground, left, accepts the American flag from Lt. Col. Thomas W. Stocks, 926th Contracting Battalion. Rogers retired with 29 years of service to the nation.

(Above) During his retirement ceremony Aug. 28, Col. Michael J. Rogers, military deputy and chief of staff for ACC-APG, told attendees he transitions “with fond memories and a great sense of pride of having had the opportunity to lead and serve with our nation’s greatest treasure, her sons and daughters, including all of you here today.”

Crawford honors CECOM employees at town hall

By **GREG MAHALL**
CECOM

Awards were the order of the day as Maj. Gen. Bruce T. Crawford, Commanding General, U.S. Army Communications-Electronics Command (CECOM) and APG Senior Commander recognized CECOM employees in a town hall and awards ceremony held at the APG North (Aberdeen) Myer Auditorium, Sept. 2.

“I have always held firm in my belief that one of the most important things I get to do is to award folks for their hard work and thank them for what they do for our country, day in and day out,” Crawford said.

“I know that this is an organization of an amazing group of trusted professionals. To you I say ‘thank you.’ Our collective success is based on you the individual.”

Crawford noted that over his recent travels, he has been busy talking to and briefing company commanders on the work done here at CECOM, and while not everyone knows the work is CECOM-related, they know that without that hard work, the Soldier in the field would truly suffer.

“I can tell you that I and other commanders do not take your hard work for granted,” he said.

“CECOM is constantly being recognized for the great job you do,” said CECOM Command Sgt. Maj. William G. Bruns. “I am about to celebrate my one-year here at CECOM and APG and that year has shown me this is truly an exceptional organization. I too thank you for all you do.”

The ceremony covered a variety of awards, including the prestigious Knowlton Award of the Military Intelligence Corps, to Kippy Drewery and Benjamin Polanco-Ramos of CECOM’s Software Engineering Center, to Commander’s Awards for Civilian Service, Achievement Medals for Civilian Service, to Certificate of Achievements and finally for length of Service Recognitions.

Two employees, Jorge Blanco and Ronald Gean, were recognized for their 40 years of service to the government, and in that recognition served to epitomize the service and dedication Maj. Gen. Crawford emphasizes when dis-



Maj. Gen. Bruce T. Crawford, APG senior commander and commanding general of the U.S. Army Communications-Electronics Command, addresses members of the CECOM workforce during a quarterly town hall and awards ceremony at the APG North (Aberdeen) Myer Auditorium, Sept. 2.

Photo by Drew Rehkop

“I will always stop and thank people for the hard work they do in regards to service to our great country and in service to our many Soldiers who stand in harm’s way. Thank you.”

Maj. Gen. Bruce T. Crawford
APG Senior Commander

cussing individual sacrifice in service as trusted professionals, supporting the nation’s most trusted profession, the Soldier.

“The things that satisfies me the most

in my over 40 years of federal service is being able to provide the Warfighter with the tools to do his or her mission,” Blanco said. “I know that my support to a mission in the field comes down to

ensuring that the systems meet the standards our Soldiers need to be successful. I am entrusted to make sure that happens.

“Adding to this and making it personal is that as a former Soldier, I know how my work is received and what it means to the greater whole. I know I have received the proper education and training to make a real difference and to do my part for the country.”

Overall, Crawford and Bruns honored almost 65 members of the CECOM family for their hard work and dedication to duty.

“I will always stop and thank people for the hard work they do in regards to service to our great country and in service to our many Soldiers who stand in harm’s way,” Crawford said.

“Thank you. Thank you. And thank you again.”

'SMARTMAN' is about to get smarter

ECBC plans new capabilities for mask testing

Edgewood Chemical Biological Center

The Simulant Agent Resistant Test Manikin (SMARTMAN) is already capable of mimicking human breathing now ECBC scientists and engineers are planning upgrades to the system that will match the test environment to real life more closely than ever.

What is SMARTMAN?

SMARTMAN is an anatomically correct head form used to test military and first-responder respiratory masks, such as M40s, self-contained breathing apparatus and escape masks, for permeation by live chemical agent vapors or liquids.

Developed in 1999, SMARTMAN is a hollow shell made of cast zinc, with eyes, nose, ears, mouth and chin. It has an artificial esophagus and "breathes" through its mouth. The respirator being tested gets attached to the manikin, just like it would to a human head. The head form includes an inflatable rubber seal that fits around the manikin's face. The seal is inflated to ensure the mask fits tightly on the face without leaking.

The manikin's face is connected in several places by tubes to outside sampling ports that operate the system and collect data: one tube from the mouth to the breather pump; one tube from the center of the left eye that monitors the eye area of the mask; one tube from the forehead above the bridge of the nose to monitor pressure; and two tubes con-

nected to the mouth and nose area, one to monitor pressure and the other to monitor presence of chemical agent. Enclosed in an air-tight exposure chamber, the SMARTMAN is attached to instrumentation that confirms the proper face seal and integrity of the respirator and whether any agent has penetrated the mask.

"SMARTMAN enables our laboratory to provide a dynamic and realistic test scenario to challenge a variety of respiratory products against live agent, such as sarin or mustard," said Mark Ciampaglio, chief of the ECBC Protective Equipment Test Branch team that operates the SMARTMAN. "Only the U.S. Army has this kind of capability today."

New Capability

The capability has long been used to test military masks, but since 9/11 ECBC has been working with the National Institute for Occupational Safety and Health (NIOSH), to test respirators used by firefighters and other first responders.

By working closely with NIOSH and other customers, the ECBC team is currently developing the next-generation SMARTMAN. Right now, the manikin is controlled manually. The next-generation SMARTMAN will be automated, using technology and software such as LabView and Opto22 to not only collect data, but operate the system.

"In real life, agent concentration can change over time; so can a person's breathing rate," explained John Knopp, an engineering technician who has been working with SMARTMAN since its inception. "Rather than using constant breathing rates, the automation will more closely match the test to the real-life mission of a Soldier or first responder."

The new capability will be phased in



ECBC photo
Dannielle Rouse mounts a mask to a clean manikin to perform a qualitative leak check of the mask.

incrementally. The first upgrades include improving the control of temperature, humidity, and challenge concentration stability within the system. An advanced breathing simulator will soon follow. Additional upgrades will be made incrementally based on funding availability.

The goal is to increase the flexibility of the system in order to provide better solutions to the customer.

"We pride ourselves on our ability to adapt to a wide range of customer and test requirements," said Ciampaglio. "This flexibility, combined with reach-back support at ECBC that includes almost 100 years of experience with respirator design, development, and testing, are advantages we offer to all of our customers."

Realtime Feedback

Another significant advantage of working with ECBC is accessibility to the SMARTMAN test facility. Customers are welcome to tour the facility and observe their tests, so they can make adjustments and provide feedback while the tests are in progress.

The feedback from customers is exactly what influences advancements to the test process.

"We have always been inspired to automate the SMARTMAN system, but now we're seeing it as a necessity for our customers," said Knopp. "Technology has caught up with our inspiration, and we're ready to use that technology and our experience to create the next-generation system."

BY THE NUMB#RS

9/11 Memorial and Museum

This September marks 14 years since the Sept. 11, 2001 terrorist attacks. The 9/11 Memorial and Museum in New York City are dedicated to preserving the history of that day and the memory of the nearly 3,000 victims who lost their lives.

21+ million

Number of people who have visited the 9/11 Memorial since it opened in September 2011. Three million people have visited the 9/11 Museum since its opening in May 2014.

110,000

Square feet of exhibition space located within the museum, telling the story of 9/11 through multimedia displays, archives, narratives and a collection of monumental and authentic artifacts.

2,977

Total number of victims killed in New York City, at the Pentagon in Washington, D.C. and near Shanksville, Pennsylvania during the worst terrorist attack in U.S. history. The names of every victim of the 2001 and 1993 attacks are inscribed in bronze around the twin memorial pools.

\$100

Cost to sponsor a cobblestone that will be placed on the Memorial plaza. Sponsors can include an honoree name and dedication message on the stone.

9

Months it took rescue and recovery workers to remove about 1.8 million tons of material from the World Trade Center site. One World Trade Center, the tallest building in the Western Hemisphere, sits atop what was once ground zero.

\$0

9/11 Memorial cost of admission. Admission to the 9/11 Museum is free to victims' family members.

By **STACY SMITH** APG News
Source(s): www.911memorial.org, www.dosomething.org, www.cnn.com

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); or OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell8.civ@mail.mil

Employees eligible for donations in the Voluntary Leave Transfer Program

Adair, Jennifer	Hancock, Kimberly M.	Catherine
Alba, Audrey	Hazel, Wanda L.	Moore, Deborah A.
Boone, Nancy D.	Johnson, Douglas W.	Morrow, Patricia D.
Budzinski, David	Kent, Nathaniel	Puhalski, Kiyoko
Ciborowski, Steven	Kladitis, Johnathan	Royston, James A.
Clark, Lyra	Kuciej, Andrea D.	Scott, Gerald L.
Dissek, Michael J.	Leonforte, John L.	Solomon, Je'Neane
Finegan-Bell, Antoinette	Lloyd, Wayne F.	Tezak-Reid, Theresa M.
Gaddis, Lonnie	McAlpine, Maria	Urban, Brenda G.
Gilley, Christopher M.	McCauley, Adrienne	Venable, Jr. Ronald
	Meadowcroft,	



Vanpoolers needed on APG North

APG Commuter Center

There are several existing vanpools looking for riders as well as individuals looking to start vanpools for the following locations:

APG North (Aberdeen) to:

- ◆ Aberdeen train station shuttle
- ◆ Baltimore County, Maryland near I-70
- ◆ Newark, Delaware
- ◆ Wall Township, New Jersey

Commuters only need to be willing to travel to the designated areas to ride the vanpool. For more information, contact the APG Commuter Center POC, Syreeta Gross, at 410-278-5491 or syreeta.a.gross.ctr@mail.mil.

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.

Provided by the INTEL DIV/DPTMS

Say Something

INSTALLATION WATCH CARD

DO OBSERVE & REPORT

- Suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around APG.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around installation.
- Any possible compromise of sensitive information.



INSTALLATION WATCH CARD

DON'T

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose information about R&D and testing.

Report suspicious activity immediately to APG Police!

APG (North & South): 410.306.2222
Off Post in Maryland call 1-800-492-TIPS or 911



Card created by APG Intel



THIS WEEK IN APG HISTORY



Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1973.

By YVONNE JOHNSON, APG News

2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: Sept. 8, 2005

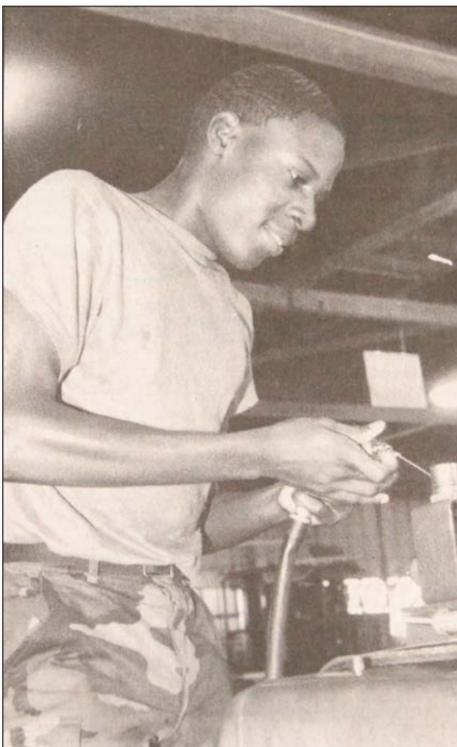


(Left) Capt. Scott Willens of the U.S. Army Medical Research Institute of Chemical Defense sings Journey's "Don't Stop Believing" during the Military Idol semi-finals competition at Fort Myer, Virginia. Willens went on to compete in the regional finals.

(Below) Chief of Ordnance Maj. Gen. Vincent Boles receives his second star from acting TRADOC Commander Lt. Gen. Anthony Jones, left, and Cheryl Boles, right, during a ceremony at Ball Conference Center.

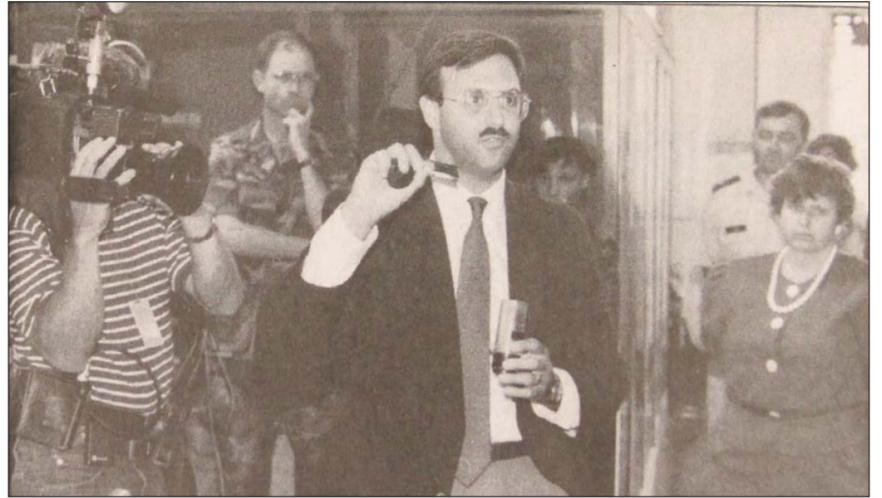


25 Years Ago: Sept. 5, 1990



(Left) Advanced Individual Training student Pvt. Frank Winfield of Company B 16th Ordnance Battalion adjusts a fog all-pressure unit while training in the Chemical Quartermaster Repair Course.

(Below) Robert Eckhaus of the U.S. Army Chemical Research Development and Engineering Center shows visiting media chemical contamination kits used by Soldiers deployed to Operation Desert Shield.



50 Years Ago: Sept. 9, 1965



(Above) Chesapeake Gardens resident Mrs. Alexander Emeline, right, checks her sons Danny, 8, left, and William, 11, center, one last time before sending them off to their first day of school at Oakington Elementary School.

(Left) Dr. Dick Reuyl of the U.S. ABRL, right, discusses the use of sounding rockets with Dr. R.G.H. Stu, chairman of the Tri-annual Technical Survey Committee from Washington, D.C. during a review of APG technical facilities.

Keep myPay contact info up-to-date

Defense Finance and Accounting System

Once you have a myPay account, on the Defense Finance and Accounting Service (DFAS) website at <http://www.dfas.mil>, the most important thing you can do to keep up with issues affecting your retirement pay is to maintain a current email address on file. DFAS uses email addresses as the primary method of contact for sharing news that affects retired pay. Having an email address on file also makes it easier to update your myPay password.

To check your email address: At the bottom of your myPay account menu, select "Email Address" to view the email addresses you have on file with us. Make sure you indicate the primary email address you want to use and check the box to indicate if the address is still val-

Retirees Corner

Retirees Corner is a new, recurring feature in the APG News. It addresses the topics that matter most to the retirees in our community. For more information about retiree services, visit www.soldierforlife.army.mil. To suggest retiree-related topics for the Retirees Corner series, email amanda.r.rominiecki.civ@mail.mil.

id. Delete old email addresses you no longer use.

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DFAS uses your myPay email address to send newsletters, breaking news, and

notifications regarding Retiree Account and 1099R tax statements. To update your email address:

- Go to the myPay web site, and log into your account using the "Log In" box at the top left side of the screen.

- After entering your Login ID and Password, click "I agree to the terms of the User Agreement"

- On the Main Menu page, click on the Email Address link.

- Enter and confirm the correct address. Be sure to select "primary" beside the email address where you want to receive pay statement notifications and other important correspondence.

- Save your changes by selecting Accept/Submit then confirm your changes are correct.

- From the top of the page in the gray bar, select Main to return to the Main Menu or Exit to close out the session.

For assistance, or more information, contact Customer Service at 800-321-1080, Option 1, Monday – Friday, 8 a.m. to 5 p.m. or visit <http://www.dfas.mil/retiredmilitary/>.

Helping Soldiers recover from stress

By **JANE BENSON**
NSRDEC

Soldiers can't avoid stress, but researchers at the Natick Soldier Research, Development and Engineering Center, or NSRDEC, are leading a study to investigate ways to help Soldiers increase their cognitive resilience under stress.

NSRDEC is working in collaboration with the Human Research and Engineering Directorate, or HRED, at the U.S. Army Research Laboratory, or ARL, located at Aberdeen Proving Ground, Maryland.

"A Soldier who is out in the field in a battle-type context is under very high demands - mentally, emotionally and physically," said Dr. Marianna Eddy, a research psychologist on NSRDEC's cognitive science team. "They can be emotionally and physically fatigued. Cognitive resilience is the ability to perform well under those stressors. Performing well can mean a variety of things, such as making a good decision. For instance, deciding whether to call for reinforcements or making a split-second shoot or not-to-shoot decision."

"We are interested in characterizing individual differences in the way that cognitive processes can break down under stress," said Dr. Caroline Davis, who has a background in emotion, stress and anxiety research and is a research psychologist on NSRDEC's cognitive science team. "During an acute stressor, some people are able to maintain peak performance much better than others. Our goal is to identify metrics that predict such individual differences, and to use this information to develop training strategies that will allow all Soldiers to maintain optimal cognitive performance both during and immediately following extreme stress."

NSRDEC and Tufts University, which jointly created the Center for Applied Brain and Cognitive Sciences, are also conducting a parallel effort examining cognitive resilience in the civilian population.

"The work at the center can be used as



Photo by Dr. Caroline Davis

Researchers at the Natick Soldier Research, Development and Engineering Center are leading a study to investigate ways to help Soldiers increase their cognitive resilience under stress.

a foundation for the work we are doing in collaboration with ARL-HRED," Eddy said.

"The studies we are conducting at the Center for Applied Brain and Cognitive Sciences are being conducted in a lab where we have tight experimental control," Davis said. "Our collaboration with the Cognitive Assessment and Simulation Engineering Laboratory at ARL-HRED allows us to move these laboratory-based studies into a somewhat more realistic, Soldier-relevant environment."

Stress affects a Soldier's memory and decision-making as well as the ability to act and react.

"We want to know what it is that allows some people to overcome these challenges and perform well," Eddy said. "People can tell us about their coping mechanisms, but we are also interested in what is going on in their brains. To do this, we are running an electroencephalography [EEG] study in collaboration with the Translational Neuroscience Branch at ARL-HRED. We outfit the Soldiers with an EEG cap and some other sensors that measure physiological responses to emotional stimuli, such as changes in breathing patterns, sweat responses and facial muscle activity."

"We are also looking at the way that personality traits, such as impulsivity or

emotion-regulation style, interact with an individual's biological stress response to promote resilience," Davis said.

Finding ways for Soldiers to become more cognitively resilient may help increase Soldier performance and possibly improve decision-making, effectiveness and survivability.

"We have a unique ability to impact the Soldier," Davis said. "I am excited to be entering this rapidly growing field that has recently started to attract a lot of attention, and I think that we have real potential to improve life for the Soldier."

"It's rewarding to interact with Soldiers and see that they are excited about what we are doing," Eddy said.

Mother, daughter serve together in Germany

Story and photo by
JACKIE PENNOYER
USAG Bavaria

It's not every day you find two young women in vastly different life situations embark on an adventure together in a predominantly male organization. Rarer still, is when a mother with a prolific professional background in international security and her daughter, a recent high school graduate, both decide to capitalize on major life changes and pursue careers in the U.S. Army.

Currently, Janet Godwin and her daughter Tatiana Zolman are both sergeants stationed in Grafenwoehr, Germany. They are originally from Colombia and only lived one year in the United States before deciding to join the U.S. military in early 2009. They enlisted only one week apart.

Godwin is serving with the 15th Engineer Battalion's Forward Support Company, and her daughter is assigned to 4th Battalion, 319th Airborne Field Artillery Regiment.

Godwin, 41 at the time of her enlistment, was restless after a year of transition and yearned for travel and action. Her current husband had previously served as a captain in the U.S. Army, but her main inspiration for joining was the admiration she developed for the military while working for the U.S. embassy in Bogota, Colombia, she said.

"I saw the professionalism of the Army, the Air Force, the Navy," said Godwin, adding "I wanted to join



Janet Godwin, right, and her daughter, Tatiana Zolman, are both U.S. Army sergeants stationed in Grafenwoehr, Germany. They are originally from Colombia and only lived one year in the United States before deciding to join the military in early 2009. They enlisted one week apart.

because they told me stories about going here and there, doing this, traveling around the world ... and I thought that is pretty interesting."

Zolman studied at a military school in Colombia before completing her high school degree in the United States. Like

many 18-year-olds, Zolman struggled with the prospect of financing college and wanted a more promising career trajectory. She also cited her father's work as a former lieutenant in the Colombian army as a major influence on her decision to enlist.

Neither Zolman nor Godwin has experienced any impediments toward growth and development as females in the Army. Driven by her stepfather's airborne service and determined to be successful, Zolman is an airborne Soldier and considers officer school a possible future pursuit.

"My stepdad was in the American military. He was airborne. And I thought, I can be airborne, too," Zolman said.

On her experiences as an older female Soldier, Godwin explains that she has received nothing but respect. With a PT score of 366 from basic training, Godwin rivals many of her male counterparts.

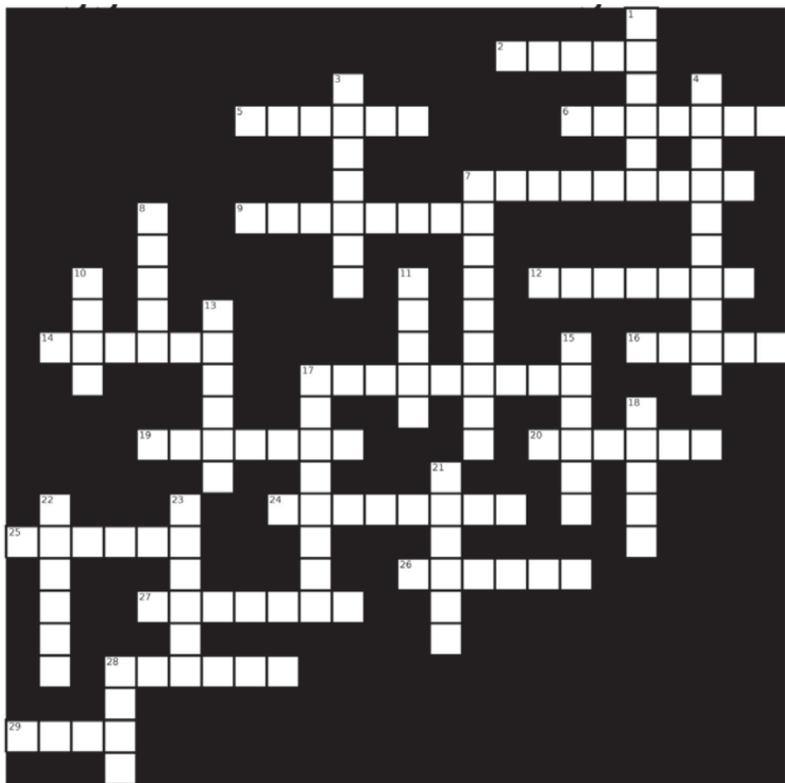
"I am very professional at work. I've received respect, because I give respect to everyone," Godwin said.

Although they shared duty stations for basic training and the Army's advanced individual training, their military paths have not crossed until now.

Godwin was previously stationed on Fort Carson, Colorado, the launch pad for her one-year deployment to Afghanistan. Her daughter, who arrived here in January after five years on Fort Bragg, North Carolina, coincidentally received orders to Grafenwoehr.

"I was originally going to Italy, but when they cut my orders, they said Graf [Grafenwoehr]," Zolman said. "I knew my mom was here, so it was much better. And now we just live a block away from each other."

"Same neighborhood," Godwin beams. "I get to see my grandson."



The APG Crossword

Eat your fruits and veggies!

By **STACY SMITH**, APG News

September is "Fruits & Veggies – More Matters" Month. Complete this puzzle to learn some fun facts about these healthful, cancer-fighting foods. For more nutritional tips, visit www.fruitsandveggiesmorematters.org.

Across

- 2. The phrase, "_____ of my eye" refers to a beloved person.
- 5. On average, one acre of this fruit can produce around 15,000 glasses of wine.
- 6. The ripe flesh of this fruit can soothe sun-burnt skin.
- 7. Pioneer who became an American legend for introducing apple trees to vast swathes of the East North Central Division of the Midwest.
- 9. Often mistaken for a vegetable, these fruits are packed with

the antioxidant lycopene, which helps rid the body of free radicals that damage cells.

- 12. This women's professional baseball team that played from 1943 through 1954 in the All-American Girls Professional Baseball League, popularized by the 1992 film, "A League of Their Own," was known as The Rockford _____.
- 14. A member of the cactus family; nicknamed "dragon fruit."
- 16. Type of fruit very large and hard seed, includes peaches, plums, and nectarines.

- 17. British word for eggplant.
- 19. State that is the number one producer of fresh market tomatoes.
- 20. Vegetable in the celery family that has a slightly sweet, licorice flavor.
- 24. President George H.W. Bush was not a fan of this vegetable; he would sometimes use his distaste for it as a punchline in his speeches.
- 25. This popular vegetable in Mexico and South America tastes like a cross between a potato and a pear.
- 26. The peel of this fruit contains four times more fiber and antioxidants than the actual fruit.
- 27. Type of pepper that experts say can be sprinkled into a wound to act as a gauze and expedite clotting.
- 28. South American country that produces the largest amount of oranges and grapefruits in the world.
- 29. One cup of this chopped, green vegetable provides more than 100 percent of the daily value of vitamins A, C and K.

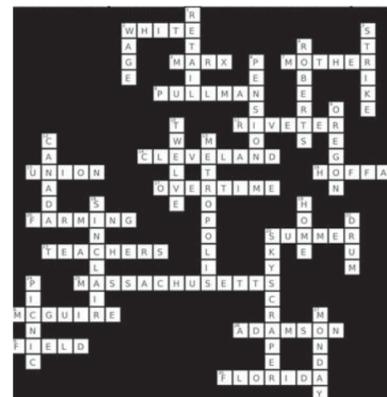
Down

- 1. A favorite saying of optimists: "When life hands you _____, make lemonade."
- 3. The cartoon character "Popeye" derived his superhuman strength from eating the canned variety of this leafy vegetable.
- 4. Before modern plumbing made water plentiful, people took this fruit on long trips to stay hydrated.
- 7. Versatile green veggie that has been proven to raise low folic acid levels that are linked to depression.
- 8. Fruit that has been cultivated since about 1,000 B.C. and was a favorite of the Aztecs and Incas.
- 10. The part of fruits and vegetables that usually contains the most nutrients.
- 11. Roughage found in fruits and vegetables that can lower cho-

- lesterol, regulate blood sugar, and help people feel fuller for longer.
- 13. This vegetable is usually orange in color, although purple, red, white, and yellow varieties also exist.
- 15. Root vegetable that contains about six calories per stalk, making it a favorite snack among dieters.
- 17. Danish author who wrote the classic fairytale, "The Princess and the Pea."
- 18. Vegetable that produces the chemical irritant syn-propanethial-S-oxide, which stimulates the lachrymal glands of the eyes to release tears.
- 21. Screen siren who was crowned Castrovilla, California's "Artichoke Queen" in 1947, the year her movie career took off
- 22. Nickname for 18th century British sailors due to the amount of citrus they ate to prevent scurvy during long sea voyages.
- 23. In the 1950's, a disease called the Panama Disease all but wiped out an entire species of this fruit, which motivated farmers to switch to disease-resistant cultivars.
- 28. Root vegetable eaten for good luck on Rosh Hashanah, the Jewish New Year.

Think you solved last week's puzzle?
Check out the solution below

Solution to the September 3 puzzle



WORD OF THE WEEK

Mediocrity

Pronounced: mee-dee-OK-ri-tee
Part of Speech: Noun

Definition:

- 1. The quality or state of being mediocre.
- 2. Mediocre ability or accomplishment.
- 3. A mediocre person.

Use:

- The pervading mediocrity of the exhibit left viewers yawning.
- The team suddenly became competitive after years of mediocrity.
- She's a talented performer who loathes mediocrity above all else.
- Despite the talent of both players it was a boring match that never rose above mediocrity.

By **YVONNE JOHNSON**, APG News
Source(s): www.dictionary.com
www.oxforddictionaries.com

ACRONYM OF THE WEEK

HSB

Health Studies Branch



The National Center for Environmental Health's Health Studies Branch (HSB) at the Centers for Disease Control and Prevention (CDC) is the response branch for the center. HSB conducts rapid epidemiologic investigations in response to outbreaks that are believed to have environmental causes and responds to natural and technologic disasters.

The HSB has three main focus areas: promoting clean water for health; preparedness and response to public health disasters; and understanding chemical exposure.

By **YVONNE JOHNSON**, APG News
Source(s): <http://www.cdc.gov/nceh/hsb/>



APG CATCH-A-POACHER PROGRAM

A wide variety of wildlife call Aberdeen Proving Ground home. The APG Conservation Law Enforcement Branch is asking you to be a partner in protecting and preserving the natural resources here on post. If you see or have knowledge of poaching or illegal activity involving wildlife or natural resources, you can use the SUBMIT-A-TIP hotline to anonymously provide information to catch a poacher.

Call the SUBMIT-A-TIP "HOTLINE" at 410-306-4673.
Emergencies or violations in progress should always be reported via 911.

When reporting poaching or illegal activity involving wildlife or natural resources on APG, please take note of the information listed in the form below.

Name/Description/Address of the Poacher
Location/Days/Times & Type of Poaching
Vehicle/Vessel Description or Registration #

You can also cut out this completed SUBMIT-A-TIP form and mail it to: 2200 Aberdeen Blvd. APG, MD 21005

Donations to make ‘a huge difference’ at SARC

Continued from Page 1

word out to every part of APG,” she said.

Demby said more than 1,000 items were donated during the toiletries drive, which gets larger every year.

“People are passionate about helping because they know where it’s going, and they know the need is real,” she said.

The SHARP Team was assisted by Soldiers from A Battery, 3rd Air Defense Artillery (JLENS) and civilians from post organizations.

A vocal proponent for eliminating sexual harassment and assault wherever it may occur, APG Senior Commander Maj. Gen. Bruce T. Crawford led the ceremonial passing of the donated toiletries. He was joined by APG Garrison Commander Col. James E. Davis and APG Garrison Command Sgt. Maj. Jeffrey O. Adams.

“Sexual assault is a national problem that affects military and civilian communities alike,” Crawford said during the installation’s SHARP summit earlier this year.

“Combating sexual harassment and assault is the Army’s number one priority. It is our inherent responsibility to work together to achieve a character, culture and a value system where these acts and behaviors are never tolerated. Our nation looks to us and expects us, as trusted professionals, to do what is right.”

Donations from eleven Team APG commands consisted mainly of items like toothpaste, deodorant, tissues, soaps, toilet paper, razors, shampoo and conditioner.

Paice noted that the non-profit agency



APG Senior Commander Maj. Gen. Bruce T. Crawford, left, talks about the importance of the APG SHARP program and supporting the victims of sexual harassment and assault during the Toiletries Drive donation Sept. 2, held near the SHARP Resources Center at Bldg. 4305.

SARC provides 24/7 shelter to victims of domestic or sexual violence, child abuse and stalking. She said donations are a huge logistical boost for SARC and a morale builder for families.

“Just to be able to provide families with these kind of items is so special,” she said. “It makes a huge difference to those who may have nothing with them when they arrive.”

“Donations as well as volunteering is a big part of our being able to make SARC work. It’s the heart of our organization and we wouldn’t survive without it.”

Suicide prevention starts with knowing warning signs

Continued from Page 1

missing meetings. He’s also driving his motorcycle irresponsibly as if it was a game, cutting in and out of traffic. He had set his sights on Ranger School but recently learned he was not accepted. Major changes in behavior and reckless behavior may signal that a person is contemplating suicide.

Jane usually has a glass of wine with dinner. Now she is putting away a pint of bourbon every night. It’s solitary drinking; she is not hanging out with friends like she used to. Her mother died a couple of months ago, so maybe it is related to that. Withdrawal from friends may be a sign of suicidal ideation, and self-medication with alcohol or drugs increases the risk of negative moods and impulsive behavior.

Recently, every conversation with George ends up with a story of some death he has heard about. He even tried to give his guitar to Graham. That seems weird: he used to talk about how proud he was to have such a beautiful instrument. His wife has been threatening divorce this last year. Brooding on death may indicate suicidal thoughts and giving away treasured possessions suggests the threat of suicide is imminent.

Warning Signs of Suicide

- Changes in behavior
- Increases in drug or alcohol use
- More frequent talk about death
- Mood swings
- Reckless behavior or risky activities
- Anxiety or agitation
- Giving away possessions

- Withdrawal from friends
 - Rage, desire for revenge
 - Hopelessness
 - Feeling trapped
 - No reason for living, no sense of purpose
- Suicidal intent or behavior often occurs following a number of stressful events and circumstances. There is

no magic solution or special indicator to determine when someone is suicidal. However, learning to identify and act on warning signs can be the first line of defense for a battle buddy who may be in need of extra support during a difficult time.

Although Army leadership continues to implement programs and strate-

gies to address this issue, the pulse of the force remains at the grass roots level. Suicide prevention starts with you and your attention to the Soldiers you know best.

You may not know why someone is having problems, but you are close enough to Ask, Care, and Escort if necessary.



RUOK?



A conversation could change a life

“Maxwell Defiance Landbeck”

Team APG will host two special presentations of “Maxwell Defiance Landbeck.” Presented by his parents, the discussion explores the local Aberdeen resident’s struggle with addiction and ultimately his death.

<p>Monday, Sept. 14 – 9 a.m.</p> <p>Mallette Training Facility Bldg. 6008</p>	<p>Friday, Sept. 18 – 9 a.m.</p> <p>Chemical Demilitarization Training Facility Bldg. E4516</p>
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Attendance counts toward annual suicide prevention training. For more information, call APG Suicide Prevention Manager Lamont Coger at 410-278-7779.



Have a great idea for a story?

Know about any interesting upcoming events?



Wish you saw more of your organization in the paper?

The APG News accepts story ideas and content you think the APG community should know about.

- Story ideas or content must be geared toward the greater APG community and cannot appear to endorse any private company.
- The deadline for content to appear in an upcoming issue of the APG News is the **Thursday PRIOR** to publication. The APG News cannot guarantee submissions received after the Thursday prior to publication will appear in the next issue of the paper.
- Send story ideas or pre-written content to amanda.r.rominiecki.civ@mail.mil or call 410-278-7274 for more information.
- Please note, the APG News editor reserves the right to (1) reject any content deemed inappropriate, irrelevant or against regulation, (2) delay the publication of submitted material if it is not timely and (3) edit or shorten content for space and style reasons without altering the meaning of the submission.

1st AML troops receive Armed Forces Service Medal

Continued from Page 1

The APG-based 1st Area Medical Laboratory deployed in October 2014 and led a joint task force which also included the Naval Medical Research Center, as well as civil affairs and military police personnel.

Task Force Scientist tested Ebola samples at six mobile laboratories and provided same-day results to health care providers. The 1st AML Soldiers returned home to APG in late March, following a 21-day monitoring period.

The Fort Hood, Texas-based 48th Chemical Brigade took command of the humanitarian assistance operation from the 101st Airborne Division (Air Assault) in March and led the transitional headquarters until they returned home in June.

Brig. Gen. William E. King IV, the commanding general of the 20th CBRNE Command, said Operation Unified Assistance demonstrated the importance of having trained and ready CBRNE forces.

“Our Soldiers helped to save lives and stop the Ebola outbreak,” said King, a native of Killeen, Texas. “Our nation and our Army can be justifiably proud of what we accomplished in West Africa.”



Capt. Shawn Palmer, a biochemist with the 1st Area Medical Laboratory, breaks down a biological safety level three glove box at the 1st AML's Ebola testing lab in Zwedru, Liberia, Feb. 9.

File photo by Staff Sgt. Terrance D. Rhodes

Cyber meeting looks to future capabilities

Continued from Page 1

on shared equities in order to achieve efficient and effective support to the warfighter in cyberspace operations,” Fogarty said.

The meeting was a follow-on to an April meeting between TRADOC's Centers of Excellence for Intelligence and Cyber, or ICoE and Cyber CoE.

“Maj. Gen. Robert P. Ashley, former Intelligence Center of Excellence commanding general, and I agreed this past December that a home-on-home between the ICoE and the Cyber CoE was long overdue,” Fogarty said.

“The initial two-day home-on-home collaboration engagement was to be between the Cyber COE and ICoE, followed by continued engagements with additional cyber stakeholders.”

ICoE and Cyber CoE are two key cyberspace stakeholders within TRADOC; the two are tightly aligned on their cyber strategic plan and associated implementations based on Doc-

trine, Organization, Training, Materiel, Leadership, Personnel and Facilities, or DOTLMPF, assessments, said Patricia Rimbey, CERDEC Intelligence and Information Warfare Directorate, or I2WD, liaison officer to and co-located with the Cyber CoE.

The cyber and intelligence CoEs train and develop Soldiers and shape Army doctrine for their respective areas, but they engaged additional cyber stakeholders ranging from research and development, acquisition, test and sustainment communities for the home-on-home.

“The Army can't afford to continue to stovepipe solutions in any of its systems,” said Dr. Paul Zablocky, CERDEC I2WD director, “but we especially can't afford it in our cyber solutions where the environment changes every day and introduces new threats every day.”

“Meetings like these help shape and inform requirements that TRADOC identifies as cyber needs for Soldiers.”

“The Army can't afford to continue to stovepipe solutions in any of its systems, but we especially can't afford it in our cyber solutions where the environment changes every day and introduces new threats every day.”

Dr. Paul Zablocky

CERDEC IDirector of Intelligence and Information Warfare Directorate

Did You Know?

While Sept. 11, 2001 stands alone as one of only a few dates that will “live in infamy,” it shares the anniversary of other significant historical happenings. Here are just a few noteworthy Sept. 11 anniversaries.

- 1297** – The forces of William Wallace and Andrew Moray defeat overwhelming English forces at the Battle of Stirling Bridge, during the First War of Scottish Independence near Stirling on the River Forth.
- 1609** – English explorer and navigator Henry Hudson discovers Manhattan Island and the native indigenous people.
- 1775** - Col. Benedict Arnold leads a force of 1,100 Continental Army troops on an expedition from Cambridge, Massachusetts to the gates of Quebec City; part of a two-pronged invasion of the British Province of Quebec.
- 1777** – British forces led by Gen. Sir William Howe defeat the American Army of Gen. George Washington during the Battle of Brandywine, also known as the Battle of Brandywine Creek, forcing the American withdrawal to Philadelphia.
- 1789** – Alexander Hamilton is appointed the first United States Secretary of the Treasury.
- 1813** – During the War of 1812, British troops arrive in Mount Vernon, Virginia and prepare to march to and invade Washington, D.C.
- 1847** – Stephen Foster's song “Oh! Susanna” is first performed at a saloon in Pittsburgh.
- 1851** – Escaped slaves stand against their former owner in armed resistance in Christiana, Pennsylvania, creating a rallying cry for the abolitionist movement.
- 1919** – U.S. Marines invade Honduras.
- 1939** – World War II: Canada declares war on Germany, the country's first independent declaration of war.
- 1941** – Ground is broken for the construction of The Pentagon; the 2001 terrorist attacks occurred on the 60th anniversary of the groundbreaking.
- 1944** – World War II: The first Allied troops of the U.S. Army cross the western border of Germany.
- 1954** – Hurricane Edna hits New England as a Category 3 hurricane, causing significant damage and 29 deaths.
- 1961** – Hurricane Carla strikes the Texas coast as a Category 4 hurricane, the second strongest storm ever to hit the state.



Courtesy photo

- 1968** – Air France Flight 1611 crashes off Nice, France, killing 89 passengers and six crew.
- 1974** – Eastern Air Lines Flight 212 crashes in Charlotte, North Carolina, killing 69 passengers and two crew.
- 1985** – Pete Rose breaks Ty Cobb's baseball record for most career hits with his 4,192nd hit.
- 1992** – Hurricane Iniki, one of the most damaging hurricanes in United States history, devastates the Hawaiian islands of Kauai and Oahu.
- 1997** – NASA's Mars Global Surveyor reaches Mars.
- 2001** – Two hijacked aircraft crash into the World Trade Center in New York City, while a third smashes into The Pentagon in Arlington County, Virginia, and a fourth into a field near Shanksville, Pennsylvania, in a series of coordinated suicide attacks by 19 members of al-Qaeda. In total 2,996 people are killed.
- 2007** – Russia tests the largest conventional weapon ever, the Father of All Bombs.
- 2012** – Two garment factory fires in Pakistan kills 315 people.
- 2012** – The U.S. embassy in Benghazi, Libya is attacked, resulting in four deaths.

Yvonne Johnson, APG News
Source(s): www.wikipedia.com



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.”

Warriors receive therapy through service dog training program

Story and photos by
SGT. 1ST CLASS JON CUPP
Regional Health Command – Atlantic

Wounded, ill and injured warriors seeking to treat many of the unseen symptoms of stress have an internship at their disposal designed to help them face those challenges through interaction with a few eager canine companions.

The Walter Reed Wounded Warrior Service Dog Training Program (WWS-DTP) internship provides therapy while allowing military service members at Naval Support Activity Bethesda and Fort Belvoir, Virginia to train dogs which will later be given to other disabled warriors.

“What’s unique about the service dog training program is that we work with clinicians here from occupational therapists to recreational therapists and social workers to set goals with the service members. The goals will help them, as they train the service dogs, to eventually transition back to the civilian world,” said Carolyn Ford, a service dog training instructor for the program.

“Some of the specific goals that we help them with include socialization, emotional regulation and reduction of isolation, because a lot of times {wounded warriors} will go to appointments and then go back to their rooms, isolating themselves, so we want to get them out and get them active.”

“The program can help people who have trauma, depression, anxiety and stress {among other conditions},” said Col. Matthew St. Laurent, chief of occupational therapy/department of rehabilitation for the Walter Reed National Military Medical Center who oversees the program.

“We all know that through the human-animal bond there is an endocrine hormonal production going on called oxytocin which is a “feel good” hormone. So training a service dog can help someone who may be going through PTSD or depression. We know that it relaxes them and calms their nerves.”

Military service members are recommended for the program by people on their care team to include nurse case managers, primary care managers, occupational therapists, recreational therapists or social workers among others.

Once they are accepted into the program, the service member goes to work with service dog trainers during train-the-trainer sessions. For the first sessions, the service members spend time developing a bond with the dogs they’re training.

Over the course of the program, participants learn how to groom the animals, brush their teeth, clip their nails, check for any possible health issues, train the dogs to ignore distractions and teach the dogs various tasks that will allow them to assist veterans who have physical disabilities.

Service dogs learn as many as 90 tasks during the training to include picking up dropped keys, retrieving things from the refrigerator, helping people undress, open doors and turn off light switches among a host of other duties.

One of the biggest aspects of therapy with regard to training the dogs on commands involves emotional regulation, a complex process which includes the ability to regulate one’s state or behavior, according to Emily Mittelman, a clinical service dog instructor for the program.

“There’s more to the program than just the socialization piece, the participant in the program can learn emotional regulation by being able to shift their voice to do the correct tones for commands or praise,” Mittelman said. “They are essentially retraining the way they think about talking to people and dogs.”

The emotional regulation, which can help ease stress and depression through mood adjustment, has been compared to giving commands to the dogs in the strong intonation of someone like Arnold Schwarzenegger but then giving praise in a



(Clockwise from top) Army Staff Sgt. Steven Betancourt, a patient and Soldier in transition for the Warrior Transition Brigade-National Capital Region, gives praise to James, a service dog in training, for retrieving a bottle of water from a refrigerator during an Aug. 25 session of the Wounded Warrior Service Dog Training Program at Naval Support Activity Bethesda, Maryland; Army Spc. Stephone Carmichael, a patient and Soldier in transition with the Warrior Transition Brigade-National Capital Region, grooms service-dog-in-training Annie during a training session for the Warrior Service Dog Training Program, Aug. 24, 2015, at Naval Support Activity Bethesda; Service-dog-in-training James, obeys a command by tugging open a refrigerator and retrieving a bottle of water, Aug. 25, during a session of the Warrior Service Dog Training Program at Naval Support Activity Bethesda.

lighter, happy sounding intonation like that of Mickey Mouse.

The program utilizes a positive tone as the dog’s reward which instructors say keeps the dogs engaged to continue training.

“We want to make sure that whatever task we are training the dog to do that we’re giving positive reinforcement so we are rewarding the dog for good behavior,” Mittelman said. “Which means the dog is going to want to do it over and over again.”

“The dog in training may not respond to you if you display a depressive tone,” added St. Laurent. “A dog attends to affection and loves when you cheer it on.”

Service dogs trained in the program are mainly mobility dogs—those trained to help people who have some

form of physical disability such as an amputation.

According to St. Laurent, with many service members suffering from survi-

vor’s guilt, making it back from combat when others didn’t, the program offers a way for them to give back to fellow veterans.

“A lot of service members leave the battlefield with a feeling of so much guilt that they may develop Post Traumatic Stress reactions,” St. Laurent explained. “I can tell them that I can’t erase their past experiences, but maybe I can provide them some tools for living by inviting them to train a dog for a fellow vet.”

The dogs used for the WWS-DTP are loaned to the program by a local non-profit organization which breeds the dogs specifically to be service animals. The program receives Golden Retrievers or Labrador Retrievers from the organization when the dogs are about 16 weeks old.

Once the dogs complete the program at about the age of two years old, they are returned to the non-profit organization and partake in a graduation ceremony where they are placed with a wounded, ill or injured veteran.

For Spc. Stephone Carmichael, an infantryman who is now a patient assigned to the Warrior Transition Brigade-National Capital Region (WTB-NCR), the program was a way to help him deal with a traumatic brain injury (TBI) suffered after being injured in an IED blast July 2014 in Afghanistan.

“It definitely helps me in terms of my TBI as it helps me to recall things better, especially when giving and reciting commands to the service dogs,” Carmichael said. “It’s also a pretty relaxing atmosphere and I like working with the animals.”

“I’ve definitely benefited from the program. It gives me a sense of accom-

plishment that I’m helping someone else while also helping myself with my TBI,” he added.

When Staff Sgt. Steven Betancourt, a logistics specialist now assigned as a patient with the WTB-NCR, was severely injured in an accident at Kandahar, Afghanistan in early 2014, he suffered through the stress of a nearly debilitating spine injury which left him with hip problems and other major issues.

“Learning how to adapt when you’re healing is a whole complicated process, dealing with changes and how to go on with your future. It’s not easy but whenever I get [stressed], I set up times to work with the dogs,” Betancourt said. “When I leave [after working with the dogs], I’m happy, smiling and I have a great time. When you come to work with the dogs your frame of mind changes and everything becomes very calm.”

Having a mobility issue himself, Betancourt said, has allowed him to be uniquely qualified to assist in training a mobility service dog.

“I’m not able to walk like the average person anymore because I have a limp, and due to the spine injury, I’m limited and will never run again,” Betancourt said. “So when I come here, I have the dog walk at my pace, which is not the average person’s pace. The dog has to learn how to adjust to me.”

“So once I leave, this dog will now be able to help someone else with my condition because he’s programmed to walk at a certain pace. It’s great to be able to help a wounded warrior in that way.”

Currently, there are about 12 dogs being trained in the WWS-DTP by wounded, ill or injured warriors at both NSAB and Fort Belvoir, Virginia.

Through the human-animal bond there is an endocrine hormonal production going on called oxytocin which is a “feel good” hormone. So training a service dog can help someone who may be going through PTSD or depression. We know that it relaxes them and calms their nerves.

Col. Matthew St. Laurent

Walter Reed National Military Medical Center
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