



# APG NEWS

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## AMC deputy to speak at Women's observance

By **YVONNE JOHNSON**  
APG News

The Team APG Federal Women's Program, or FWP will host the National Women's History Month observance set for Wednesday, March 30 at the Mallette Training Center, Bldg. 6008. The day starts with an 8 a.m. opening ceremony and features morning and afternoon training courses, lunchtime vendor displays and door prizes.

The observance, hosted by the U.S. Army Materiel Systems Analysis Activity, or AMSAA, will be held 10:30 to 11:30 a.m. in the auditorium. Featured speakers include guest speaker Lisha H. Adams, executive deputy to the Commanding General, U.S. Army Materiel Command or AMC; Col. James E. Davis, APG Garrison commander; AMSAA Director Jim Amato; and Suzanne Milchling, AMSAA executive deputy.

The 2016 Women's History Month theme is "Working to Form a More Perfect Union: Honoring Women in Public Service and Government."

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ICE system  
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Photo by Sean Kief, USAG APG  
APG Senior Commander Maj. Gen. Bruce T. Crawford provides opening remarks during a SHARP (Sexual Harassment and Assault Awareness Program) Forum and breakfast at the main post chapel March 9. The event included a discussion about self-care for victim providers and a question-and-answer session with a panel of subject matter experts.

## APG hosts SHARP forum

By **STACY SMITH**  
APG News

In an effort to sustain a ready and resilient Army workforce, Team APG hosted a SHARP (Sexual Harassment/Assault Response and Prevention) Forum and breakfast at the main post chapel March 9.

Military leaders, civilians and victim care providers discussed topics pertaining to sexual assault and the challenges faced when providing assistance to victims. APG Senior Commander Maj. Gen. Bruce T. Crawford said addressing the problem requires continuous leadership and accountability.

"There is no place we get to where we get to dust off our hands and say, 'sexual assault is no longer an issue; we have now solved the problem,'" Crawford said.

Rather, confronting sexual assault requires

See **FORUM**, page 17

## Honoring surviving families

### Luncheon highlights services available for Gold Star families

Story and photos by **RACHEL PONDER**  
APG News

Thirty-nine surviving family members received support from APG leadership and updates on upcoming events and post services from subject matter experts during a luncheon at Top of the Bay March 9.

The event was hosted by Survivor Outreach Services, or SOS, and the Religious Support Office.

"The mission of Survivor Outreach Services is to deliver the Army's commitment to families of the fallen," SOS Coordinator Mike Farlow told attendees. "APG SOS connects surviving families and members of their families with resources and a support system."

APG Senior Commander Maj. Gen. Bruce T. Crawford, and his wife, Dianne, welcomed the survivors. He asked them to consider APG as "their" installation.

"You sacrificed so much, you and your families, on behalf of this

See **LUNCHEON**, page 17

Gold Star mother Marie Moudry, front, and Survivor Outreach Services Coordinator Mike Farlow, back, look over information brochures and flyers about post services and local resources during a Survivor Outreach Services luncheon for surviving family members at Top of the Bay March 9.



## Crawford, local leaders talk future partnerships

By **GREG MAHALL**  
CECOM

APG leaders, led by Senior Commander Maj. Gen. Bruce T. Crawford, U.S. Army Communications-Electronics Command Commanding General, met with local community officials March 10 to discuss collaborative opportunities and to gain an understanding of the Army's top priority: readiness.

The Community Leaders Forum was the first in a series of events that are designed to meet once per quarter to discuss emerging issues and opportunities that allow for both sides to leverage situations and take advantage of already existing partnerships in the APG area.

Joining Crawford at APG's Top of the Bay were Col. James E. Davis, APG Garrison Commander; Larry M. Muzzelo, CECOM

“Being able to interface with APG leadership and have a community dialogue is certainly an asset and a benefit for all of us. [Harford County leaders] welcome the opportunity; there is certainly a lot that can be done on a collaboration basis.”

**Karen Holt**

Harford County Office of Economic Development

Deputy to the Commanding General; CECOM Command Sgt. Major Matthew D. McCoy; and Frank Lands, APG Deputy to the Garrison Commander.

Members from the community included representatives from the Harford County Office of Economic Development, the Ches-

apeake Science and Security Corridor, the Edgewood Community Council, the Cities of Aberdeen and Havre de Grace, the town of Bel Air, the Harford County Executive's Office, the Cecil County Office of Economic Development.

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# STREET TALK

## Do you believe in luck?

"Yes, I believe in luck. I just feel it when I go to the casinos. I can tell a good day from a bad day."



**Rex Hicks**  
Family member

"When you see things materialize that you didn't think would happen, that's a blessing. It's not luck. It's being blessed with a gift."



**Wilber Jackson**  
Retired military

"I can't think of a good reason to believe in luck, but I do. But it's more like, good things happen to good people."



**Kristyn Sample**  
Family member

"Yes, I do. I believe in the Luck of the Irish type of thing. I never win at the casinos though."



**Mike Torgerson**  
Contractor

"I do not believe in luck. I believe that everything is predestined by God. I think that everything is a pathway from him for us to follow. We can veer from our path, or we can walk into his glory."



**Sonja Neroes**  
Bayside CDC

# Legally Speaking

## 'March Madness' in workplace

Betting on sporting events violates federal regulations, ethics rules

By **MICHAEL HOYLE**  
AMC Legal Center – APG

Under the ounce of prevention theory, a timely reminder of the rules against gambling in federal workplaces could be in order as the National Collegiate Athletic Association's March Madness tournament arrives. Many office mates may start filling out brackets to see who they think should get to the "Big Dance," (before/after work or during lunch breaks only, of course) but they may not lay any wagers on the games for money or other personal property.

The Federal Register provision on gambling provides:  
a) Except for the vending or exchange of chances by licensed blind operators of vending facilities for any lottery set forth in a state law and authorized by section 2(a) (5) of the Randolph-Sheppard Act (20 U.S.C. 107 et seq.), all persons entering in or on federal property are prohibited from:

- (1) Participating in games for money or other personal property;
- (2) Operating gambling devices;
- (3) Conducting a lottery or pool; or
- (4) Selling or purchasing numbers tickets.

b) This provision is not intended to prohibit prize drawings for personal property at otherwise permitted functions on federal property, provided that the game or drawing does not constitute gambling per se. Gambling per se means a game of chance where the participant risks something of value for the chance to gain or win a prize.

Running a betting pool on NCAA basketball tournament

games in the federal workplace on federal duty time also violates the federal ethics rules prohibiting misuse of one's federal position for private gain for yourself or others, and misuse of government duty time. (See 5 C.F.R. §§ 2635.702 and .705.)

The Office of Personnel Management Government-wide Standards of Conduct regulations, contained at 5 C.F.R. Part 735, Subpart B, prohibit federal employees from conducting or participating "in any gambling activity including the operation of a gambling device, in conducting a lottery or pool, a game for money or property, or selling or purchasing a numbers slip or ticket" while on government-owned or leased property or while on government duty.

These authorities clearly prohibit gambling (including lotteries, football or basketball pools and similar activities) undertaken by employees while on official duty, while on Government property, or while using government property including government computers and vehicles, unless the employee undertakes the activity as part of his or her official law enforcement duties.

Under federal common law, gambling is defined as: (1) the furnishing of consideration (betting something of value – usually money), (2) in a game of chance, and (3) that offers a reward prize – money or otherwise. An event that does not include all three of these elements is not gambling.

Violations of these regulations may result in disciplinary action, including removal from the Federal service.

For more information or questions, contact your organization's legal office.

## Call center to help vets with billing issues

Department of Veterans Affairs

Veterans can now work directly with the Department of Veterans Affairs, known as the VA, to resolve debt collection issues resulting from inappropriate or delayed Choice Program billing. In step with MyVA's efforts to modernize VA's customer-focused, veteran-centered services capabilities, a Community Care Call Center has been set up for veterans experiencing adverse credit reporting or debt collection resulting from inappropriately billed Choice Program claims. Veterans experiencing these problems can call 1-877-881-7618 for assistance.

"As a result of the Veterans Choice Program, community providers have seen thousands of veterans. We continue to work to make the program more veteran-friendly," said Dr. David Shulkin, under secretary for health. "There should be no bureaucratic burden that stands in the way of veterans getting care."

The new call center will work to resolve instances of improper veteran billing and assist community care medical providers with delayed payments. VA staff are also trained and ready to work with the medical providers to expunge adverse credit reporting on veterans resulting from delayed payments to providers. VA is urging veterans to continue working with their VA primary care team to obtain necessary health care services regardless of adverse credit reporting or

## Veterans Corner

Veterans Corner is a new, recurring feature in the APG News. It addresses the topics that matter most to the veterans in our community. For more information about local veterans affairs services, visit [www.maryland.va.gov](http://www.maryland.va.gov). To suggest veteran-related topics for the Veterans Corner series, email [amanda.r.rominiecki.civ@mail.mil](mailto:amanda.r.rominiecki.civ@mail.mil).

debt collection activity.

VA acknowledges that delayed payments and inappropriately billed claims are unacceptable and have caused stress for veterans and providers alike. The new call center is the first step in addressing these issues. VA presented the "Plan to Consolidate Community Care" in October of 2015 that outlines additional solutions to streamline processes and improve timely provider payment.

For more details about the Veterans Choice Program and VA's progress, visit: [www.va.gov/opa/choiceact](http://www.va.gov/opa/choiceact). Veterans seeking to use the Veterans Choice Program can call 1-866-606-8198 to find out more about the program, confirm their eligibility and schedule an appointment.

## Leave Donations

### Employees eligible for donations in the Voluntary Leave Transfer Program

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](mailto:sue.a.campbell8.civ@mail.mil)

Acosta, Jeannie M.  
Barela, Linda M.  
Battle-Hinson, Melinda L.  
Branscome, Teresa A.  
Ciborowski, Steven  
Clark, Lyra  
Clybourn, Angela M.  
Dean-Delbridge, Dawn  
Dennis, Robin N.  
Dennison, Natalie G.  
Dimond, Crystal  
Dissek, Michael J.  
Diveley, Roberta R.

Frankel, Ronald A.  
Gaddis, Lonnie  
Gibson, Tanya J.  
Gilley, Christopher M.  
Hampton, Devita D.  
Hanisko, Bryan T.  
Hardesty, Stacie L.  
Hazel, Wanda L.  
Humphries, Theresa  
Johnson, Douglas W.  
King, Sharon M.  
Kubat, Tracey L.  
Kuciej, Andrea D.

Kyro, Kelly J.  
LiCalzi, William E.  
Malczewski, Stephen V.  
Mancini, Jennifer  
Manos, Gust H.  
Meadowcroft, Catherine  
Meskill, Joseph F.  
Mielke, Sylvia A.  
Miller, Bernadette  
Morgan, Judy A.  
Morrow, Anthony  
Morrow, Patricia D.  
Ogbonna, Fanny N.

Parker, Inger  
Peduzzi, Jill L.  
Pulaski, Michele L.  
Quraishi, Qudisia  
Ruske, Hilary P.  
Ruth, Ashley L.  
Solomon, Je'Neane  
Thompson, Curtis  
Tisdale, Dorris A.  
Villanueva, Jenny  
Vincelli, Louis  
Waldon, Wanda L.  
Winkles, Jeffrey

## See Something

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

Provided by the INTEL DIV/DPTMS

## Say Something

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### 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

## APG NEWS

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

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# Group tours engineering landmark

By **DAVE MCNALLY**  
*Army Research Laboratory*

At the height of World War II, Army researchers set up the world's first large-scale, fully instrumented ballistic range capable of producing data on the aerodynamic characteristics of projectiles in free flight.

Since 1943, the Aerodynamics Experimental Facility in Bldg. 328 on APG North (Aberdeen), has provided researchers with the ability to study what happens to objects in free flight.

Members of the American Society of Mechanical Engineers, or ASME, recognized these contributions when they designated the facility a "National Historic Mechanical Engineering Landmark," in 1982.

Historic mechanical engineering landmarks are existing artifacts or systems representing a "significant mechanical engineering technology," according to the organization's website. "They generally are the oldest extant, last surviving examples typical of a period, or they are machines with some unusual distinction."

During a tour of the laboratory Feb. 26, ASME Baltimore members listened to Army researchers explain how the facility is still in operation today.

"Primarily we do the underpinning research that goes through the development cycle and through fielding of any sort of system for the Army or ground forces in general," said T. Gordon Brown, Guidance Technologies Branch, U.S. Army Research Laboratory, to the nine visiting engineers during the tour.

The Aerodynamics Experimental Facility consists of a 100-meter range with a firing room, a blast chamber and a series of photographic stands that accurately record the flight characteristics of projectiles fired down-range.

The key to analysis is something called spark shadowgraph photography. A spark is a high-intensity, short-duration light source; it is used to capture the shadow of a fast moving object on film without it becoming blurry.

"Spark shadowgraph photography is used to capture the flight trajectory of a projectile using the shadowgraph images from which the six degree-of-freedom motion can be measured allowing for projectile aerodynamic characterization," Army researcher Sidra Silton told



(Left) Army researcher Ken Paxton, left, discusses the historic ballistic facility with visiting members of the American Society of Mechanical Engineers Feb. 25 on APG (North) Aberdeen.

Photo by Conrad Johnson, RDECOM

(Below) The Aerodynamics Experimental Facility in Bldg. 328 on APG North (Aberdeen) is the world's first large-scale, fully instrumented ballistic range producing data on the aerodynamic characteristics of missiles in free flight. It has been in use by the Army since 1943.

U.S. Army photo

the group. "This is one of two spark photography facilities operated by the Flight Science Branch at ARL."

Silton said the facilities are still considered the "gold-standard" for aerobalistic experimentation, particularly when dynamic flight stability is important.

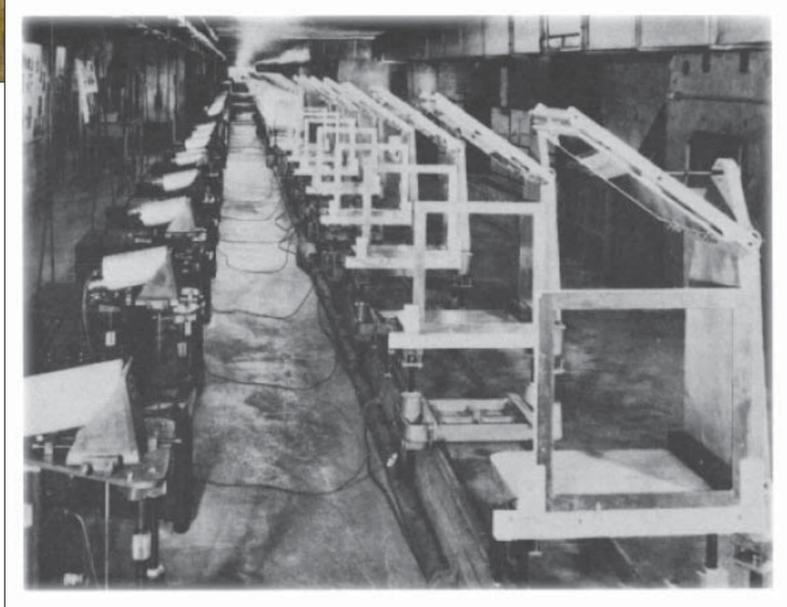
"This range is suitable for projectiles of the smallest caliber, such as 5.56-mm ammunition, to projectiles of medium caliber, such as 40-mm grenades," Silton said. "The spark range has 39 orthogonal plane shadowgraph stations arranged in five groups. The range uses infrared sensors and a preset time delay unit to trigger high-voltage spark sources, causing a spark shadowgraph image of the projectile and surrounding flow field to be captured on film."

The spark sources are connected to a computer that records when each source triggers.

"Each station is surveyed into a system that's simultaneously imaged onto the film," she said. "Each piece of negative image film is digitally processed to produce the measured spatial coordinates such as range, deflection, altitude, and angular orientation such as pitch, yaw, and, if a spin pin is used, roll angle, relative to an earth-fixed range coordinate system, all as a function of the spark time."

ASME members asked many questions during the visit.

"Great facility and great tour," said



John Lambert. "I am a former employee at Aberdeen Test Center and worked with a few ARL folks preparing for tests, although I rarely ever got out to the ranges. I moved on – down at Edgewood now with PEO ACWA [Program Executive Office – Assembled Chemical Weapons Alternatives]."

Lambert said he was not surprised to see the facility in use after all these years.

"[I'm] amazed that they were able to develop and use that technology back in the day," he said. "It will be bittersweet when ARL eventually upgrades...losing

the historical relevance."

David C. Zupko, an ASME life member, said he spent most of his career at the Aberdeen Test Center.

"It was great to see such an important range still active and providing economical data for ballistic testing," he said. "I thoroughly enjoyed the tour. All of the briefing team did an excellent job."

ASME member Stacey Sullivan was also impressed by the visit.

"What a facility and history that all Americans should be very thankful for," she said. "It is amazing work and I found it very interesting."

## BY THE NUMB#RS

### St. Patrick's Day

*St. Patrick's Day began as a religious holiday to honor the saint who, in the fifth century, introduced Christianity to Ireland. Today in the U.S., the March 17 holiday is widely recognized as a day to celebrate Irish-American culture.*

**4.5 million**

Number of Irish immigrants who arrived in the United States between 1820 and 1930. Many settled in large port cities including Boston, New York, Philadelphia, Buffalo and Chicago.

**2,900**

Number of documented snake species. According to legend, St. Patrick drove all the snakes from Ireland.

**530**

Calories in a 12-ounce McDonald's limited-edition green Shamrock Shake. Many eateries across the nation release green concoctions for St. Patrick's Day consumption.

**450+**

Number of churches named in honor of St. Patrick in the United States.

**40**

Pounds of dye needed to turn the Chicago River green for the city's St. Patrick's Day parade. Dyed every year since 1962, the river remains green for several days depending on weather.

**39**

Percentage of the U.S. population that say they celebrate St. Patrick's Day.

By **STACY SMITH**, APG News  
 Source(s): [www.cnn.com](http://www.cnn.com), [www.history.com](http://www.history.com)

# Mobile network leader passes program charter

By **AMY WALKER**  
PEO C3T

After providing extensive and critical contributions to the improvement of the Army's mobile tactical communications network backbone, Warfighter Information Network-Tactical Increment 2, known as WIN-T Inc 2, Col. LaMont Hall passed the program's charter to Lt. Col. Michael Williams March 4.

Among his many accomplishments at the helm of WIN-T Inc 2, Hall introduced innovative enhancements that increased reliability and made the system easier to use, led the program to achieve full materiel release and full rate production (FRP) decisions, and supported a rapid fielding schedule to ensure today's Soldiers are equipped with the most advanced mobile network possible to support current and future contingencies worldwide.

"It has truly been an honor and privilege working with the entire Inc 2 team," Hall said. "This is a team of dedicated professionals who are talented, focused, high performing and trusted people, excelling at every opportunity during the last two and a half years. They have unconditionally supported me and I want to thank each and every one of them for their great work."

The WIN-T Inc 2 change of charter ceremony, held at the Myer Auditorium on APG North (Aberdeen), was hosted by Col. Greg Coile, Project Manager for WIN-T, which is assigned to Program Executive Office for Command, Control, Communications-Tactical, or PEO C3T.

Williams, the incoming product manager (PdM) for WIN-T Inc 2, previously served as the assistant product manager (APdM) for Ground Mobility, PM Special Programs. Since August of 2014 he has been responsible for the development, testing, fielding, and sustainment of unique Special Operations Forces capabilities within a classified and accelerated acquisition environment.

To date, Hall has dedicated 30 years of service to the Army. He served as the PdM for WIN-T Inc 2 since July 2013 and will temporarily help manage PM Mission Command, which also assigned to PEO C3T, until he takes on a new assignment (to be determined) this summer.

"Col. Hall is an adaptive, technically savvy and sincere leader who cares deeply for Soldiers and the capability he delivers to them," said Col. Greg Coile, PM for WIN-T. "He's left a lasting legacy on the tactical network, one that Lt. Col. Williams is sure to build on in the future."

## WIN-T mission, progress

WIN-T Inc 2 is the Army's tactical communications network backbone, the transport mechanism that enables real-time situational awareness, mission command and networked communications (voice, video, chat, email and data) both at-the-halt in the command post and



Photo by Lynn Harkins, PEO C3T  
Lt. Col. Michael Williams, right, incoming product manager for Warfighter Information Network-Tactical (WIN-T) Increment 2, accepts the program's charter from Col. Gregory Coile, project manager for WIN-T at the Myer Auditorium on APG North (Aberdeen), March 4.

on-the-move in network-equipped vehicles. It enables commanders down to the company level to lead from anywhere on the battlefield. Additionally, WIN-T Inc 2 enables units to expand their operational reach to distances far beyond traditional line-of-sight (FM radio) ranges, while maintaining communications and situational awareness of friendly and enemy forces.

WIN-T Inc 2 also enhances fires missions by significantly reducing end-to-end fires timelines, resulting in fewer dropped fires missions and providing a more reliable fires network.

Its capabilities extend legacy FM radio communications beyond-line-of-sight (by satellite) and connect previously disconnected platoon FM networks to the rest of the formation.

"WIN-T provides the reach back and situational awareness throughout the for-

mation that Soldiers need to be effective on the battlefield, at any location," Hall said. "And as technology continues to improve, so too will the Army continue to improve this system, which is a vital component of the Army's expeditionary force."

In November 2013, the WIN-T Inc 2 program started the largest-scale New Equipment Training and Fielding cycle in PEO C3T history, completing it in September 2015. To date the Army has already fielded 14 brigade combat teams and six division headquarters. WIN-T Inc 2 supported operational deployments to Liberia to support the Ebola mission, and to Iraq and Afghanistan, where deployed Soldiers referred to WIN-T Inc 2 as their "digital guardian angel."

The program office pushed WIN-T Inc 2 through one of the most demanding, widest scale and operationally real-

istic developmental and operational test cycles on record, and implemented significant program usability and reliability improvements. The system received Full Materiel Release and FRP approval in June 2015. WIN-T Inc 2 is the first Army ACAT 1D program to achieve an FRP in more than 12 years.

"Col. Hall has done a fantastic job leading his team over very difficult hurdles to get to full rate production and setting the stage for continued improvements as we field the Army's premier mobile tactical network," said Mike Hedley, deputy PM for WIN-T. "And incoming Lt. Col. Williams is no stranger to WIN-T, so he understands what's in store. His energetic personality will no doubt motivate the team as they continue to provide the network well into the future."

Williams' previous PM WIN-T assignments include APdM for Command and Control on the Move; APdM for Harbormaster Command and Control Center; and APdM for Warfighter Information Network-Tactical Increment 1.

"The Increment 2 team is a very impressive organization and I look forward to working with them and building on the tremendous work they have done delivering capability to the Soldier," Williams said.

**Lt. Col. Williams is no stranger to WIN-T, so he understands what's in store. His energetic personality will no doubt motivate the team as they continue to provide the network well into the future.**

**Mike Hedley**  
Deputy PM for WIN-T



## 20th CBRNE welcomes new CSM

Command Sgt. Maj. Kenneth M. Graham, the recently appointed command sergeant major for the 20th Chemical, Biological, Radiological, Nuclear, and Explosives (CBRNE) Command, left, receives the 20th CBRNE colors from 20th CBRNE Commander Brig. Gen. William E. King IV, center, during an assumption of responsibility ceremony at the APG South (Edgewood) recreation center March 4.

Photo by Staff Sgt. Angel D. Martinez, 20th CBRNE Command

## Vanpoolers needed at APG!

APG Commuter Center

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

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.

### APG North (Aberdeen) to:

- ◆ Baltimore, MD (Canton-area)
- ◆ Baltimore County, MD (near I-70 and 695)
- ◆ Elkton, MD
- ◆ Philadelphia, PA

### APG South (Edgewood) to:

- ◆ Baltimore, MD
- ◆ Delaware
- ◆ Philadelphia, PA



# Local tribute recalls early days of challenges for women in military

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

A Women's History Month tribute at the Aberdeen branch of the Harford County Public Library, or HCPL, March 8, featured a display of World War II-era artifacts and memorabilia and the re-telling of what life was like for the nations' first female Soldiers.

Titled, "The Skirt and Stocking Clad Soldier: Women join the military in World War II," the event was hosted by Mary Rasa, a library associate with the Aberdeen Library and the spouse of APG civilian Anthony Rasa of the Army Contracting Command-APG.

Wearing an authentic Women's Army Corps, or WAC, uniform for the occasion, Mary Rasa talked about the first women in the military and their civilian defense worker counterparts during World War II, and noted that during the early years women were serving with the Army, not in it.

She said the first women entered the Army Nurse Corps, established in 1901, and the Navy followed suit in 1908. The Army also led the way in granting relative rank in 1920 and by 1947 had granted women full pay and benefits.

According to Rasa, the Army Nurse Corps, at its wartime peak, numbered 59,000 and at least 32,000 served overseas; while women in the Navy, known as WAVES – for Women Accepted for Volunteer Emergency Service – numbered 14,300.

Women serving stateside trained for overseas duty and Rasa displayed a photo of APG nurses training with protective [gas] masks. She said 60 WACs reported to APG in 1943 and that the installation was already supported by Women Ordnance Workers, or WOWs, who served in APG, Edgewood and Elkton.

"Thirteen women died working at Edgewood," Rasa said, noting 12 were killed in one day following a munition explosion.



Library Associate Mary Rasa, left, adjusts a World War II-era Women's Army Corps uniform while answering questions from guests Ann Kershner, center, and Katie York, right, during her Skirt and Stocking Clad Soldier presentation honoring Women's History Month at the Aberdeen Branch of the Harford County Public Library March 8.

Rasa said women left classrooms and kitchens to live in barracks, eat in mess halls and serve in war zones, some dying for their country, to aid an unprecedented war effort and she quoted Army Chief of Staff Gen. George Marshall who said in December 1941, "There are innumerable duties now being performed by Soldiers that can actually be done better by women."

Her talk included mention of early military women leaders such as Ovetta Culp Hobby, a former chairperson of the board of the Houston [Texas] Post who became the first secretary of

the U.S. Department of Health, Education and Welfare, and the first director of the Women's Army Corps and Mildred McAfee Horton, the first director of the WAVES. She even touched on the SPARS, the World War II women's branch of the U.S. Coast Guard Reserves.

Rasa also focused on the women of Fort Hancock a former Army post at Sandy Hook, New Jersey which once operated in conjunction with Sandy Hook Proving Ground and is now part of Fort Hancock Memorial Park. Rasa is a former park ranger with the

National Park Service at Sandy Hook and is a recognized authority on Fort Hancock.

She showed a short video of her interview of a former Fort Hancock WAC that was filmed when she served as a ranger on the installation.

Rasa said her love of history motivates her willingness to share her knowledge with the public.

"People are always happy to learn about the places around them and I'm always happy to share what I know, she said. "History is all around us."

Visit us on facebook <https://www.facebook.com/APGMd>

# MARK YOUR CALENDAR

## MORE ONLINE

More events can be seen at [www.TeamAPG.com](http://www.TeamAPG.com)

### events&town halls

#### WEDNESDAY MARCH 23

##### ARMED SERVICES BLOOD PROGRAM BLOOD DRIVE

Donors – jack into the blood grid and infuse life. The Armed Services Blood Program will host a blood drive at the APG North (Aberdeen) recreation center 9 a.m. to 1 p.m. Walk-ins are welcome, but donors are encouraged to make appointments online at [www.militarydonor.com](http://www.militarydonor.com). Use the sponsor code APGMD.

For more info, visit [militaryblood.dod.mil](http://militaryblood.dod.mil).

#### WEDNESDAY MARCH 30

##### WOMEN'S HISTORY MONTH TRAINING PROGRAM

The Federal Women's Program, FWP, will host a Women's History Month training program 8 a.m. to 4 p.m. at the Mallette Training Facility, Bldg. 6008. The opening ceremony begins 8 a.m. followed by the morning training sessions, 8:45 to 10 a.m.

The Women's History Month program starts 10:30 a.m. and features remarks by APG Garrison Commander Col. James E. Davis; AMSAA Director James Amato, AMSAA Technical Director Suzanne Milchling and guest speaker Lisha H. Adams, executive deputy to the commander of the U.S. Army Materiel Command. Training courses offered include: Business Writing, Lead Change, Microsoft Word 2013 Tips & Tricks, Financial Management, Training on Training and VA Disability Compensation 101.

The afternoon session is 1:45 to 3 p.m. To register, got to <https://register.apgea.army.mil/FWP/>.

Registration deadline is March 23. For more information, contact Teresa Rudd, [teresa.d.rudd.civ@mail.mil](mailto:teresa.d.rudd.civ@mail.mil); Tiffany Cervantes, [tiffany.n.cervantes.civ@mail.mil](mailto:tiffany.n.cervantes.civ@mail.mil); Danielle Kelley, [danielle.j.kelley.civ@mail.mil](mailto:danielle.j.kelley.civ@mail.mil); or Paula Hoak, [paula.j.hoak.civ@mail.mil](mailto:paula.j.hoak.civ@mail.mil).

#### TUESDAY APRIL 26

##### SHARP POETRY SLAM

The Army Test and Evaluation Command and Team APG SHARP will host A SHARP Poetry Slam at the Mallette Auditorium, Bldg. 6008 from 10:30 a.m. to noon.

A Poetry Slam is a competition at which poets read or recite original work. These performances are then judged on a numeric scale by previously selected members of the audience. Participants will present Sexual Harassment and/or Sexual Assault themed poems focusing on such topics as prevention, culture change, intervention, awareness, and more. All poets are welcome, even those who have never even considered writing poetry before.

Personnel who attend will receive credit for the online SHARP Part II Annual Training. Certificates will be provided to attendees.

For more information, contact Jody Jackson at 443-861-9258 or Michcell Shoultz at 410-278-0137.

#### TUESDAY MAY 24

##### SENIOR SERVICE COLLEGE FELLOWSHIP GRADUATION

The Defense Acquisition University - Senior Service College Fellowship Program will host a graduation ceremony for its current 2015-2016 class at 11 a.m. at the Myer Auditorium, Bldg. 6000.

The graduation ceremony marks the culmination of ten months of full-time, rigorous study focused on developing acquisition and leadership attributes. A short reception will follow. Please RSVP by May 19 to Ben Metcalfe at [benjamin.metcalfe@dau.mil](mailto:benjamin.metcalfe@dau.mil) or 410-272-9471.

### meetings&conferences

#### THURSDAY MARCH 24

##### HR/EEO TRAINING

A reminder to all IMCOM supervisors: there will be supervisory Human Resources/Equal Employment Opportunity training 8 a.m. to 4 p.m. at Bldg. 3147 on Raritan Avenue. Employees can register up to the day of the class with Charles Gilmore, equal employment opportunity specialist, at 410-278-0130 or [charles.l.gilmore3.civ@mail.mil](mailto:charles.l.gilmore3.civ@mail.mil).

#### WEDNESDAY APRIL 27

##### DAU TRAINING SYMPOSIUM

The Defense Acquisition University campus at APG will host a VTC for the one-day hot topic training forum 7:45 a.m. to 4:30 p.m., at 6175 Guardian Gateway on APG with no cost to remote viewers. The symposium will be fed live from Fort Belvoir, Virginia.

This year's theme is "Strengthening Cost Consciousness, Professionalism, and Technical Excellence." Frank Kendall, Under Secretary of Defense for Acquisition, Technology and Logistics is the keynote speaker.

The event offers plenary and classroom training sessions tied to the Better Buying Power 3.0 initiatives. In a period of fiscal challenges and technological opportunities, the training will focus on learning hard skills - training in the latest acquisition policy, practices and

techniques that attendees can take back to the workplace and apply. The symposium provides six Continuous Learning Points for continued DOD acquisition certification.

Seating is limited. To sign up, contact Ben Metcalfe at 410-272-9471 or email [benjamin.metcalfe@dau.mil](mailto:benjamin.metcalfe@dau.mil) or. For more information about the symposium, visit <http://dauaa.org/Symposium2016/Index.htm>

### health&resiliency

#### UNTIL FURTHER NOTICE

##### SMALLPOX VACCINATIONS UNAVAILABLE AT KUSAHC

Please be advised that Kirk U.S. Army Health Clinic is currently unable to administer smallpox vaccinations due to temporary non-availability. An announcement will be made when vaccinations are to be resumed.

For questions, call 410-278-5475.

#### TUESDAY MARCH 22

##### SLEEP AWARENESS & INFO SESSION

The C4ISR Wellness Committee will host a Sleep Awareness info session at Bldg. 6001, second floor, room 224, from 11:30 a.m. to 12:30 p.m.

The session will focus on the importance of getting a good night's sleep to achieve optimal health and to help deal with everyday stressors.

Open to civilians, contractors and service members, non-C4ISR employees must bring their CAC to gain access to the building.

For more information, contact Tiffany Grimes at 443-861-7901 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

#### THURSDAY MARCH 24

##### FIRST AID TRAINING CLASS \*REGISTRATION REQUIRED\*

The C4ISR Wellness Committee will host a registration-required First Aid Training Class taught by the APG Fire Department at Bldg. 6001, second floor, room 224.

The class will teach individuals how to react to a variety of medical events, as well as traumatic injuries. They will also discuss the public, as well as Emergency Medical System on APG, as well as your access to it. This course meets all the American Heart Association 2010 Guidelines for First Aid certification. Participants will receive a 2 year certification from the American Safety and Health Institute for attending the course.

The class is open to C4ISR employees, contractors and service members. Registration is required and there is limited seating. Interested individuals must register by March 14.

For more information, or to register, contact Tiffany Grimes at 443-861-7901 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

#### THROUGH MID-2016

##### ARMY WELLNESS CENTER RELOCATED

As a result of ongoing renovations to Kirk U.S. Army Health Clinic, the APG Army Wellness Center has relocated to the trailers directly across from the main KUSAHC building, near the Veterinary Treatment Facility.

For more information, contact the wellness center at 410-306-1024.

#### THROUGH MID-2016

##### KUSAHC OCCUPATIONAL HEALTH RELOCATED

As a result of ongoing renovations to Kirk U.S. Army Health Clinic, occupational health services have relocated to the trailers directly across from the main KUSAHC building, near the Veterinary Treatment Facility.

For more information, contact occupational services at 410-278-1912/1913.

#### 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:

- April 9

For more information, contact Robin Bruns at 910-987-6764 or [brunrsd@yahoo.com](mailto:brunrsd@yahoo.com).

#### ONGOING

#### 2016 CPR & AED TRAINING CLASS SCHEDULE

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2016. Classes are open to the entire APG community.

All APG North (Aberdeen) classes will be held at Bldg. 3147. All APG South (Edgewood) classes will be held at the Maryland Fire and Rescue Institute's North East Regional Training Center, located near the Edgewood (Wise Road) gate.

- April 21 – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.

- May 19 – APG North – Bldg. 3147, Rm 205 – 9 a.m. & 1 p.m.

- June 16 – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.

- July 21 – APG North – Bldg. 3147, Rm 205 – 9 a.m. & 1 p.m.

- Aug. 18 – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.

- Sept. 22 – APG North – Bldg. 3147, Rm 205 – 9 a.m. & 1 p.m.

- Oct. 20 – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.

- Nov. 17 – APG North – Bldg. 3147, Rm 205 – 9 a.m. & 1 p.m.

- Dec. 15 – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.

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

### family&children

#### FRIDAY MARCH 25

##### CORVIAS SPRING INTO FUN EGG HUNT

Corvias Military Living at APG will host a Spring into Fun Egg Hunt at the Bayside Community Center starting at noon. Enjoy egg hunts, photos with the bunny, prizes, crafts and refreshments. Bring a camera for photos and a basket to collect eggs.

Egg hunt times will be based on age:

- Ages 2-years-old and under: 12:30 p.m.

- Ages 3- to 5-years-old: 12:45 p.m.
- Ages 6- to 8-years-old: 1 p.m.
- Ages 9- to 12-years old: 1:15 p.m.
- Ages 13- to 18-years old: 1:30 p.m.

The event is free and open to all on-post family housing residents.

For more information, contact the Corvias Neighborhood Office at 410-305-1076.

#### FRIDAY APRIL 1

##### SOCIETY OF AMERICAN MILITARY ENGINEERS SUMMER CAMP APPLICATION DEADLINE

The Society of American Military Engineers will fund two one-week scholarships at an engineering and construction camp for two rising 10th to 12th grade high school students who are interested in STEM careers.

Students will work as part of a real engineering or construction project team and provide students an opportunity to broaden their engineering knowledge.

To apply, visit [www.samecamps.org](http://www.samecamps.org) or email [Stanley.e.childs.civ@mail.mil](mailto:Stanley.e.childs.civ@mail.mil) for more information.

### miscellaneous

#### THROUGH MARCH 23

##### 2016-2017 SENIOR SERVICE COLLEGE FELLOWSHIP PROGRAM NOW ACCEPTING APPLICATIONS

The U.S. Army Acquisition Support Center is currently accepting applications for the 2016-17 SSCF program through March 23. The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University (DAU) at Huntsville, Alabama; Warren, Michigan and Aberdeen Proving Ground, Maryland.

The SSCF program prepares government civilians at the GS-14/15 levels or equivalent for senior leadership roles by provides training in leadership and acquisition. Program components include completion of DAU's Program Management Course (PMT 401), courses in leadership, applications of acquisition to national defense issues, research in acquisition topics, mentoring, and a distinguished speaker program.

For complete program information and application requirements, please visit: <http://asc.army.mil/web/career-development/programs/defense-acquisition-university-senior-service-college/>

For APG specific program information, please visit: <http://www.dau.mil/sscf/Pages/app.aspx>.

For more information about the program, please contact Jim Oman at [james.oman@dau.mil](mailto:james.oman@dau.mil) or 410-272-9470.

#### MARCH 31

##### SOCIETY OF AMERICAN MILITARY ENGINEERS STEM SCHOLARSHIP APPLICATION DEADLINE

The Chesapeake Post of the Society of

American Military Engineers announces the availability of the 2016-17 college scholarship applications. The purpose of the SAME Chesapeake Post scholarships is to encourage and support talented students in their pursuit of STEM careers. Each scholarship recipient will also be provided with a SAME mentor.

Scholarships will be awarded in two categories, high school seniors and current college students. Amounts will range from \$300 to \$1,000 per student. The post anticipates awarding five to 10 scholarships. Students must meet the "Scholarship Selection Criteria" requirements and be pursuing a career in a STEM area as defined on the application. Students must reapply each year.

The SAME Chesapeake Post Scholarship Committee will meet in April to review applications. All applicants will be notified of their determination. Preference will be given to those applicants who: are already members of SAME, have attended a meeting or SAME event in the past year, have participated in an engineering or science activity (i.e. robotics competition), or have participated in an internship at APG or other engineering or science related facility.

Scholarship information can be found at [www.same.porg/chesapeake](http://www.same.porg/chesapeake). The application deadline is March 31.

Questions should be directed to Stan Childs at 410-322-8575 or [Stanley.e.childs.civ@mail.mil](mailto:Stanley.e.childs.civ@mail.mil).

#### ONGOING

##### FREE INCOME TAX PREP

The Office of the Staff Judge Advocate, Client Services Division offers free income tax preparation for eligible patrons, including active-duty service members, retirees and their family members.

The OSJA, CSD is located in Bldg. 4305, Room 317. Its hours of operation are Monday – Thursday, 9 a.m. to 1 p.m.

For more information, or to schedule an appointment, call 410-278-1583.

#### ONGOING

##### APG SOUTH 2016 WATER MAIN FLUSHING

The APG Garrison Directorate of Public Works has announced its APG South (Edgewood) 2016 water main flushing schedule.

The Edgewood DPW Waterworks Branch will perform water main flushing during the following times:

- Jan. through March: E1500-E1900 area, E6000 area.

- April through June: E2000 area.
- May 12-14: APG South housing area, Austin Road.

- July through Sept.: E3000-E4000 area.

- Aug. 11-13: APG South housing area, E1220-E1300 area, and child care center.

- Oct. through Dec.: E5000 area.
- Nov. 10-12: APG South housing area, Austin Road.

For more information, contact Robert Warlick at 410-436-2196 or [robert.w.warlick2.civ@mail.mil](mailto:robert.w.warlick2.civ@mail.mil).

#### ONGOING

##### 2016 FIRE MARSHALL PROGRAM SCHEDULE

The APG Directorate of Emergency Services Fire Protection & Prevention Division will host Fire Marshall classes the second Wednesday of the month, unless otherwise noted. All classes will be held from 9 a.m. to noon and attendees will receive a certificate of completion at the end of the class.

Upcoming class dates include:

- March 29 – APG South, Bldg. E4810

- April 14 – APG North, Bldg. 4403

- May 19 – APG North, Bldg. 4403

- June 28 – APG South, Bldg. E4810

- July 14 – APG North, Bldg. 4403

- Aug. 11 – APG North, Bldg. 4403

- Sept. 27 – APG South, Bldg. E4810

- Oct. 13 – APG North, Bldg. 4403

- Nov. 17 – APG North, Bldg. 4403

- Dec. 15 – APG North, Bldg. 4403

- Dec. 20 – APG South, Bldg. 4403

Additional classes can be scheduled on a case-by-case basis. For more information, contact Inspector Loren Brown at 410-278-1128.

#### ONGOING

##### 2016 FIRE EXTINGUISHER TRAINING

The APG Directorate of Emergency Services Fire Protection & Prevention Division will host fire extinguisher training classes on APG North (Aberdeen) and APG South (Edgewood) throughout 2016.

Two classes will be held each day from 10 a.m. to noon, and 1 p.m. to 3 p.m. at the following dates and locations:

- April 14 – APG South, Bldg. E4810

- May 19 – APG North, Bldg. 4403

- June 23 – APG South, Bldg. E4810

- July 14 – APG North, Bldg. 4403

- Aug. 17 – APG South, Bldg. E4810

- Sept. 15 – APG North, Bldg. 4403

- Oct. 13 – APG South, Bldg. E4810

- Nov. 17 – APG North, Bldg. 4403

- Dec. 22 – APG South, Bldg. E4810

For more information, contact Ernie Little at 410-306-0583 or [ernest.w.little.civ@mail.mil](mailto:ernest.w.little.civ@mail.mil).

# WOMEN'S HISTORY MONTH

## Lt. Col. Mary Card-Mina, CECOM Staff Judge Advocate

Story and photo by **STACY SMITH**  
APG News

Lt. Col. Mary Card-Mina, Staff Judge Advocate at the U.S. Army Communications-Electronics Command, or CECOM, is the highest ranking attorney service member at APG. Just 20 years ago she never dreamed she would even join the Army.

"I am really one of the first persons in recent memory in my family to join the military," she said.

Card-Mina said she first became interested in the military during her second year of law school when she interned with the Army JAG, or Judge Advocate General's Corps, in Germany at the U.S. Army Claims Service where she worked in the tort law branch examining accident and death cases with the Army as her client.

"I absolutely loved it," she said. "I loved the people; I loved the work, and at the end of the summer, I knew that was what I wanted to do."

She applied for active duty in her third year of law school and was accepted into the JAG Corps. After graduating and passing the bar exam, she attended legal training at the Judge Advocate General's Legal Center and School.

Card-Mina deployed to Iraq in 2005 as Brigade Judge Advocate with the 2nd Brigade Combat Team, Fourth Infantry Division.

While in Iraq, she did a little of everything: military justice, legal assistance, claims, operational law, ethics, administrative and civil law, and fiscal law. She also volunteered to work on a project to rebuild a local girl's school.

"Not only was the school rebuilt, but we went in and did career day for the girls," she said. "We had a female mechanic, we had myself as the lawyer, we had a combat medic, and we all talked to the girls about what they



Lt. Col. Mary Card-Mina, Staff Judge Advocate at CECOM, joined the Army in 1997 after attending law school at the Catholic University of America. She is the highest ranking attorney service member at APG.

hoped to do."

Card-Mina said it's easy to know which side of the moral line you stand on when the issue is girl's education, but once her job as a defense lawyer for the Defense Appellate Division in the U.S. Army Court of Criminal Appeals in Arlington, Virginia had her up against issues that were not so black and white.

She recalled a case in which she defended a client who was charged with conspiracy to commit murder. The woman had been sentenced to 34 years and was involved with an organized street gang known as the "Gangster Disciples."

"Through that case, I think I really learned about the different paths that people take, and the different experiences that people have," she said. "There were a lot of constitutional issues about things like freedom of association. I feel like that case sort of defined me."

On the days leading up to her argument in court, Card-Mina, then a captain, said a peer and fellow captain took it upon himself to check in with her and talk about the case. He even shared a word of encouragement that Card-Mina said reaffirmed her; she even wrote it in her trial notebook.

She said throughout her career, small

moments of self-doubt like this have been overshadowed by the support of others who never questioned her abilities.

"I've always had the people around me, whether it was role models or mentors that either silently or loudly communicated, 'yes, you can.'"

She said she considers retired Brig. Gen. Malinda Dunn, who was the first female active duty general officer in the Army JAG Corps, a personal role model and mentor. Card-Mina served as Dunn's assistant executive officer.

"She was and is still a phenomenal mentor. She is the epitome of taking care of people," she said. "Chaos could be breaking out around you, but she will zero on 'how is your sick child' or know something about your life and ask about that."

Card-Mina participates as a mentor in the official APG mentoring program, has had several male mentors throughout her career and says a person's gender is not as relevant to her as "the quality of the person and the depth of the relationship you have with them."

Despite have a high-powered career, she values her work-life balance, making sure to spend time with her husband and 3-year-old son, James. She said she believes women can 'have it all,' if they know that the balance between career and family will never be perfect.

"It's more like, not by a day do you judge can you have it all. It's more by the week, the month, the year. It's balancing over a bigger period of time," she said.

Prior to becoming the Staff Judge Advocate at CECOM, Card-Mina served as the Deputy Staff Judge Advocate at Fort Sill, Oklahoma for an office of more than 80 military and civilian personnel. She also served as the Chief of Recruiting for the Army JAG Corps.



### 'Springing' into fitness

CECOM Logistics Readiness Center civilian Tim Shamka, left, and CERDEC civilian Joe Savitsky perform "burpees" on the grounds near the APG North (Aberdeen) recreation center March 9. The pair joined others from Team APG who moved their workout sessions outdoors last week during a bout of warm weather that provided the first hint of spring.

Photo by Molly Blossie, APG News

### Exchange hosts March Madness sweepstakes

Army & Air Force Exchange Service

Army & Air Force Exchange Service shoppers don't have to be top-tier college athletes to have a shot at a slam dunk this spring.

From March 11 to April 7, authorized shoppers can enter to win a \$500 Exchange gift card as part of the NCAA March Madness 2016 Sweepstakes. Thirty lucky winners will be chosen by random drawing on or about April 11.

"We know many Soldiers, Airmen and military family members are all fired up for this year's bracket," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "That's why we thought we'd add a little bit of excitement to the proceedings for our military shoppers. Our customers are heroes - why not offer them a little something extra to make March Madness all the more rewarding?"

Authorized shoppers 18 and older can enter the NCAA March Madness 2015 Sweepstakes at [www.shopmyexchange.com/sweepstakes](http://www.shopmyexchange.com/sweepstakes). No purchase is necessary.



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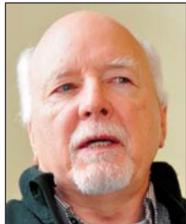
# MEMORIES OF 'NAM



## Veteran comes full circle to help other vets

*Editor's Note: Remembering 'Nam picks up again with more profiles of local Vietnam or Vietnam-era veterans. The series is set to continue through the APG 2017 Centennial observances. If you are a Vietnam veteran or if you know a Vietnam veteran who would like to share his/her story, please have them contact Yvonne Johnson, APG News Assistant Editor, at 410-278-1148 or yvonne.johnson5.ctr@mail.mil or the Amanda Rominiecki, APG News Editor, at 410-278-7274 or amanda.r.rominiecki.civ@mail.mil.*

Gilbert E. Miller Jr. loves his job with the Veterans Administration and he credits his service in 'Nam for bringing him "full circle" to serve other veterans.



Miller Jr.

Miller was born in Pennsylvania and lived for a time in North Carolina. His family moved to Baltimore when he was 6 years old. He was an only child and both of his parents worked. His father was an educator and his mother a Registered Nurse. He said they had high hopes for him but didn't know what to do with his rebellious nature.

"I went to school in Catonsville but I had some behavioral problems," Miller said, adding that his father moved him from Baltimore County to the Howard County school system to no avail.

"It didn't work out. I was mostly insubordinate. I quit school in the 11th grade in 1963," he said.

He reentered school after coaxing from his parents but quit again and found a job at a local gas station.

"The second night [on the job] the boss took me into his office and showed me a .38 [handgun] and told me don't hesitate to use it," he said.

He was in the Navy recruiting office the next day.

"I was 17. I tested and passed but I needed my parents' signature," he said, adding that his parents were in favor of his decision.

"Even in the 60s a high school education wasn't a big deal," he said. "There was enough work you could get without it. Families didn't send a lot of kids to college. At the time, the draft wasn't a big deal either and I had a number of friends who had gone into the service rather than completing school. There was always news on TV about some kind of conflict but Vietnam wasn't on everyone's mind at the time. My dad was pretty excited that I was going in because he thought the discipline would do me good."

Miller went to boot camp at Naval Station Great Lakes, north of Chicago. He said that at graduation time recruits could choose their vocation from 20 specialties.

"I looked at what I thought would be interesting and chose Aviation Electronics Technician," he said.

He went to school in Memphis, Tennessee and took the opportunity to earn his GED. After a 32-week training program, he said he surprised himself.

"I was always bad at math. I thought about all the problems I had in high school and I was amazed I was able to go through something so intense successfully," he said.

After school he received orders for Guam in 1946 to serve at what was originally a weather squadron with fixed wing EC-121s. The Lockheed EC-121 Warning Star was an early warning and control radar surveillance aircraft used by the Navy and the Air Force.

Miller had a stop in Hawaii for radar theory training before heading to Guam. Military life seemed surreal, he said.

"Hawaii was a wonderful experience. I had never been any place tropical. It was a paradise. I saw Waikiki and went scuba diving. It was a pretty amazing

time for an 18-year-old away from home for the first time."

### Guam and the Gulf of Tonkin

In Guam, Miller served as a radar operator with VW-1 tasked with flying missions in the Gulf of Tonkin bordering North and South Vietnam. The Gulf of Tonkin incident, which took place in August 1964 between American and North Vietnamese forces, is considered the spark that ignited American involvement in the war in Vietnam.

"Every two weeks we would deploy from Guam to the Sangley Point Naval Air Station in the Philippines where we would fly 16 hour missions over the gulf every other day," he said. "We would fly over the fleet to detect any moving targets. If we identified anything unusual enough a commissioned officer would take radar control of an aircraft from the carrier and vector the jet to the target. There were always surveillance planes in the air, 24 hours a day protecting the fleet. Sometimes the Vietnamese would approach the fleet in gunboats. Every once in a while we'd fly into Da Nang to refuel."

He said he and his crewmates had no fear because they were 10,000 feet in the air.

"The Navy, in that particular situation, we were a powerful military force – we ruled the sea," he said. "The ground game was a different matter."

"I'm not so sure any of us thought about safety," he added. "You got into a routine. Even on combat patrol you're thinking I'm just doing my job. You think about your mission and your specific purpose. Your whole crew was your family."

"He said flying missions carried around 15 people.

"You had constant radio interference; sometimes propaganda transmissions of people crying and wailing," he said. "You got used to it."

He remembered reading that the squadron was disbanded in 1975 and he is still proud to think he was one of the last people to experience the EC-121. He called his wartime experience "captivating."

"That's part of the way I am. I've always been able to adjust to situations," he said.

Miller recalled taking R&R in the Philippines, Okinawa, and Taiwan, most often at Sangley Point across from Manila. He remembers the beauty of Pagsanjan Falls – still a major attraction in the Philippines – and the friendliness of the Philippine people.

"[Ferdinand] Marcos was in power then. It was dangerous, but interesting. When his security guards were around nobody got in their way," he said. "In a foreign country like that, we stayed in groups and we had fun, albeit dangerous fun. We were tight."

Miller served 18 months, through 1965 and into 1966, in the Vietnam Theater. He said his anti-war sentiments took root during that time.

"It became very clear to us that we were invading a country that didn't want to be invaded," he said adding that he had mixed feelings about never returning to the Philippines.

### Getting out

His second duty station was in San Diego with a carrier based squadron. He was preparing to exit the military with six months left when he was tapped for a re-deployment to Vietnam.

"I protested to no avail," he said.

The weekend before his scheduled deployment, he and a crew mate who



Courtesy graphic

While stationed in Guam, Miller served as a radio operator tasked with flying missions in the Gulf of Tonkin bordering North and South Vietnam.

was also due to deploy stopped at a chief petty officer friends' house for drinks, and on the way back to base got into a car accident. His friend was killed and he spent two months in a hospital with a fractured skull and other injuries.

"We were immature," he said. "We had a lot of anxiety of being against the war and being redeployed."

He said he spent his recovery focused on getting out. Miller recovered from his injuries and obtained an early out to go to school. He returned to Baltimore in 1967 and enrolled in Catonsville Community College.

The next years he moved around from school to playing guitar in a rock band to seeking a music career in California.

"I moved 13 times in three years while I was in the Los Angeles area," he said. "I was searching for something."

He returned to Baltimore again in 1970 and returned to school at University of Maryland, Baltimore County but left again to work in Florida with a friend.

"I didn't go back to school until 1999 when I was 52," he smiled.

He recalled the Civil Rights era and said his empathy with minorities is due to his father's moral character.

"I remember the all-white and all-black schools and other facilities in North Carolina, but my father taught me to treat everybody the same, no matter the color. Civil rights was as disturbing as the Vietnam war and being a war protester it made me feel really bad that people were actually being treated that way in the United States of America.

"It was a crazy time. The country was dealing with all kinds of things and part of me just wanted to get away from everything," he said.

On a whim, he moved to West Virginia. His father had passed away and it was just a short drive from his mother. He opened a campground, and a horse business. Neither business worked out, but he said life there came naturally to him and he loved it.

Miller returned once again to Baltimore due to his mother's illness. After

her death he dabbled in other business ventures that also didn't work out.

"So, I was 52 and I started thinking more clearly about myself and my future," he said. "I thought I might be ready to go back to school."

With his past credits and military training, Miller was able to earn a bachelor's degree in psychology in two years from the University of West Virginia with a 3.6 GPA. Back in Baltimore again, he took a job at the Kennedy Krieger Institute, then went earned his master's in counseling psychology at the University of Baltimore. He worked as a psychology associate in the Maryland prison system as well as an assistant director of residential services for Volunteers of America before applying for a VA position in 2012.

### Working with veterans

Today, he is a Vocational Development Specialist working with the Homeless Program at Perry Point VA Medical Center in Perryville.

"I love what I do," Miller said. "We have a great team that's top notch. And being a veteran helps because it's a connection that gives me credibility. Patients with PTSD who have been exposed to similar trauma they trust him "a little bit more."

Looking back, he acknowledges that for a time he was "completely lost."

"My life had a lot of ups and downs but a lot of really tremendous experiences," he said. "I don't think I would appreciate that without that wartime experience. It's interesting that the beginning of my adult life began with my service experience and in my waning years, I'm with the VA. I couldn't have predicted the way it all turned out."

Miller is a Harford County resident now and he and his wife dote on their four grandchildren. He said he thinks the country really misses something by not requiring young people into some kind of public service.

"It hurts that after the recent 13 years of war people don't understand what our service members are going through because the public is so isolated from the experience. There is no public call to duty and sacrifice as there was in the Second World War. And ultimately, it hurts the VA when it comes to funding and that hurts veterans.

"Veterans are a specific group that has gone through a specific difficult experiences for their country," he said. "By now, we ought to understand what they have risked and have a lot more respect for that."

**My life had a lot of ups and downs but a lot of really tremendous experiences. I don't think I would appreciate that without that wartime experience.**

**Gilbert E. Miller Jr.**  
Vietnam Veteran

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."



# ALL THINGS MARYLAND

## Maryland Day Celebration

### Various events honor colony's founding

By **RACHEL PONDER**  
APG News

Maryland Day, officially observed on March 25, commemorates the formal founding of the colony of Maryland.

On March 25, 1634, British colonists aboard two small sailing ships, "The Ark" and "The Dove," first stepped foot onto Maryland soil, an area that is now part of St. Mary's County, which they named St. Clement's Island. After landing, the settlers celebrated their safe voyage with prayers of thanksgiving and the first mass celebrated in the New World.

The Province of Maryland became the third English colony to be settled in British North America. The Maryland settlement was authorized under the charter granted June 20, 1632 by Charles I of England to the Second Baron of Baltimore Cecilus Calvert. The settlers hoped to establish a colony where Roman Catholics, and others, could practice their religion without persecution.

The formal observance of Maryland Day started in 1903, when the Maryland State Board of Education designated March 25 as a day to be devoted to Maryland history. In 1916, the General Assembly of Maryland authorized the celebration of Maryland Day as a legal state holiday.

#### Celebrating Maryland Day

While smaller celebrations take place across the state, one of the largest takes place in Annapolis.

The Four Rivers Heritage Area is partnering with organizations and businesses in Annapolis and Southern Anne Arundel County for the ninth annual Maryland Day celebration March 18, 19 and 20.

In 2007, the Four Rivers Heritage Area hosted its first Maryland Day commemoration with organizations and businesses in Annapolis, London Town and South County.

According to Heritage Programs Coordinator Christina Cszasz, with the Four Rivers Heritage Area, participation in the weekend-long festivities has grown each year, mostly by word-of-mouth. This year's festival will include more than 35 educational activities for all ages, with the theme, "Generation to Generation." The event will showcase the area's historical, cultural and natural heritage, and most events are free or cost \$1.

"It's really great for kids," she said. "It incorporates Maryland history from all angles."

Highlights include a Maryland Day flag raising ceremony on Saturday, March 19 at 10 a.m. in Susan Campbell Park in Annapolis. Music will be provided by the Annapolis Drum and Bugle Corps and a color guard from the U.S. Navy League Cadet Corps Training Ship Reina Mercedes will participate in flag detail.

Immediately following the flag raising ceremony, take a free historical walking tour of Annapolis led by architect Craig Martin of SPIRE Architecture. Participants will learn about the some of the most notable 17th and 18th century architecture in Annapolis. This tour starts at City Dock at Susan Camp-



(Clockwise from top left)

- Colonial reenactors participate in a Maryland Day celebration at the Historic London Town and Gardens in Edgewater.
- Annapolis town crier "Squire Frederick" announces a Maryland Day event.
- A stamp issued by the U.S. Post Office in 1934, celebrating the 300-year anniversary of the 1634 landing on St. Clement's Island, features The Ark and The Dove sailing ships.
- A color guard from U.S. Navy League Cadet Corps Training Ship Reina Mercedes participates in the annual Maryland Day flag-raising ceremony at Susan Campbell Park in Annapolis.

Courtesy photos

bell Park and no advanced registration is required.

For just \$1 with a printed coupon, visitors can attend a guided walking tour of the U.S. Naval Academy at various times through the weekend and learn about Maryland's role in the War of 1812.

The Charles Carroll House of Annapolis will host several activities, with assistance from the Anne Arundel Genealogical Society. Participants will learn how to research their ancestry and plot their family tree. This free event includes special activities for children, door prizes and an exhibit about the



Carroll family. A lecture on the Carroll Family Tree will be presented on March 19 at 11 a.m.

At the Historic London Town and Gardens, in Edgewater, museum guests will try their hand at essential activities from 300 years ago, including cooking over an open fire, chopping wood, and making rope. Children will have

the opportunity to dress up in colonial-style clothing during the visit, and reenactors will share their knowledge about the 17th century with guests. Admission is \$1.

For more information about the Four Rivers Heritage Area Maryland Day celebration, including a comprehensive list of events, visit [www.marylandday.org](http://www.marylandday.org).

## National Poison Prevention Week is March 20-26

Army Substance Abuse Program

ASAP wants you to know that from anywhere in the USA, dialing 800-222-1222 connects you to the National Capital Poison Control Center. Below are six common sense safety measures you and your family can practice to prevent accidental poisonings and keep each other safe.

**1.** Pick a place your children cannot reach. Any medicine or vitamin can be dangerous if taken the wrong way or by the wrong person, even medicine you buy without a prescription (known as over-the-counter medicines). Walk around your home and find the best place to store medicines up and away and out of sight of young children.

**2.** Put medicines up and away after each use. Never leave medicines out on a kitchen counter or at a sick child's bedside, even if you have to give the medicine again in a few hours. Always put every medicine and vitamin away every time you use them, including those you use every day.

**3.** Make sure the safety cap is locked. Always relock the safety cap

on medicine bottles. If the medicine has a locking cap that turns, twist it until you hear the "click" or until you can't twist anymore. Remember, even though many medicines and vitamins have safety caps, children may be able to open them, so store all medicines up and away and out of sight.

**4.** Teach your children about medicine safety. It's important to teach children what medicine is and why you or another caregiver must be the one to give it to them. Never tell your children medicine is candy, even if they don't like to take their medicine.

**5.** Tell guests about medicine safety. Always remind guests to keep purses, bags, or coats that have medicines in them up and away and out of sight when they're in your home.

**6.** Be prepared in case of an emergency. Save the Poison Control number, 800-222-1222, in all your phones, including cell phones, so it's available when you need it – and make sure it's available for babysitters or caregivers. Call the Poison Control number right away if you think your child might have gotten into a medicine or vitamin,



even if you are not completely sure.

Other resources are available at the U.S. Department of Health & Human Services website at [www.poisonhelp.hrsa.gov](http://www.poisonhelp.hrsa.gov), or the National Capital Poi-

son Center website at <http://www.poison.org>. For more information, contact Cindy Scott, APG ASAP prevention coordinator at 410-278-4013 or [cynthia.m.scott4.civ@mail.mil](mailto:cynthia.m.scott4.civ@mail.mil).



# MORALE, WELFARE & RECREATION

Learn more about APG MWR activities and services by going online at [www.apgmwr.com](http://www.apgmwr.com).

## Upcoming Activities

### LEISURE & TRAVEL FAMILY MOVIE NIGHT MARCH 25

6 p.m.; APG South (Edgewood) recreation center

MWR will host a family movie night featuring "Horton Hears a Who" and youth craft at the APG South (Edgewood) recreation center starting at 6 p.m. The free event will include youth crafts, giveaways and light snacks. Families are allowed to bring their own meal.

For more information, call 410-278-4011 or 410-436-2862.

### CLUE - A WHODUNIT MURDER MYSTERY & DINNER THEATER APRIL 28

6 p.m.; APG North (Aberdeen) recreation center ballroom.

Admission: \$10 Active Duty \$15 Civilians (Not for children - contains adult language)

Doors open at 5:30 p.m., with a cash bar. Dinner buffet begins at 6 p.m. Show starts at 7 p.m. and will last approximately two hours. To register or for more information visit MWR Leisure Travel Services at APG North (Aberdeen) recreation center, Bldg. 3326.

For questions call 410-278-4011/4907 or email [usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel](mailto:usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel).

### THE HIPPODROME THEATER PRESENTS: BEAUTY & THE BEAST MAY 12, 8 P.M.

MAY 15, 6:30 P.M.

Tickets are \$39 per person. To purchase tickets, visit MWR Leisure Travel Services at the APG North (Aberdeen) Recreation Center, Bldg 3326. For questions call 410-278-4011/4907 or email [usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel](mailto:usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel).

### NEW YORK CITY BUS TRIP JUNE 4

Transportation to New York City, you are free to schedule your own activities- sightseeing, shopping, or taking in a show, and safe return to APG. The reservation deadline is May 20; to reserve a seat, visit MWR Leisure Travel Services at the APG North (Aberdeen) recreation center.

- Departure: Recreation Center 7 a.m.
- Return: Recreation Center 9 p.m.
- Cost: \$48

For questions call 410-278-4011/4907 or email [usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil](mailto:usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil).

### BINGO

Coming soon to the APG Bowling

Center. Call 410-278-4041 for more information.

### CHILD & YOUTH SERVICES EASTER BRUNCH MARCH 27

9:30 a.m. to 2 p.m., Top of the Bay

Seating is limited and reservations are required. Admission is \$37 for adults, \$19 for children ages 6-12; children under 5 are free.

- Breakfast Stations: Omelet Station w/Assorted Fillings, Waffle Bar w/Assorted Toppings

- Breakfast Buffet: Scrambled Eggs, Bacon, Sausage, Home Fires, Chipped Beef, Sausage Gravy, Buttery Biscuits, Yogurt, Granola, Fresh Fruit, Scones, Pastries, and Muffins Lunch Buffet: Roasted Glazed Chicken, Shrimp Scampi with Wild Rice, Roasted Medley Potato, Steamed Vegetables, Carved Beef Sirloin and Holiday Ham

- Dessert Station: Array of Fresh Berries, Build-Your-Own Shortcake, and Chocolate Mousse

The Easter Bunny will be making his annual appearance!

Reservations can be made by calling: 410-278-5915/2552/3062 or online at <https://webtrac.mwr.army.mil/webtrac/apgretrac.html>.

### MISSOULA CHILDREN'S THEATRE: "PETER AND WENDY" OPEN AUDITIONS MARCH 28

4:30-6:30 p.m.; APG North (Aberdeen) Youth Center

SKIESUnlimited will host a week-long tour residency with the Missoula Children's Theatre to present "Peter and Wendy." Give your children the opportunity to shine! The week-long camp culminates in a public performance, starring local children, complete with professionally designed scenery and costumes.

Auditions are open to youth ages kindergarten through 12th grade and no preparation is needed. Assistant directors will also be cast to assist with the technical aspects of the production.

The "Peter and Wendy" workshop/camp will run March 28 to April 1, and the children's performance will be April 2 at 1:30 & 3 p.m. For more information, contact SKIES at 410-278-4589.

### MONTH OF THE MILITARY CHILD 2K COLOR FAMILY FUN RUN APRIL 23

APG MWR will host a free 2K Color Family Fun Run starting 10 a.m. at the APG North (Aberdeen) youth center. Rain date will be Saturday, April 30. Active-

duty, Reservist, wounded warrior and Gold Star family registration begins Feb. 22. All other registration begins Feb. 29. Registration is open to the first 750 participants. All ages are welcome.

Register online at <https://apgmomccolorrun2016.eventbrite.com>. All participants, regardless of age, must register. The first 300 youth ages 3 to 15 will receive a t-shirt.

Volunteers are needed for the fun run. Volunteers can register at <https://apgvolunteercolorrn2016.eventbrite.com>.

### BEFORE & AFTER SCHOOL CHILD CARE IMMEDIATE OPENINGS

Participants must be registered with the CYSS Parent Central Office. Fees are based on total family income. Fees waived for all middle school students' afternoon care.

For more information, contact the Parent Central Office at 410-278-7571.

### SPORTS & RECREATION VOLLEYBALL LEAGUE REGISTRATION DEADLINE MARCH 23

League begins March 28. \$250 per team. Active-duty teams, with no civilian members, play for free. Application, league fees, and rosters are due at registration.

Rules Clinic: Wednesday March 23, 5:30 p.m., APG North (Aberdeen) recreation center

Registration forms can be found at any APG sports facility.

Please email registration forms to [usarmy.APG.imcom-fmwr.list.usag-mwr-sports@mail.mil](mailto:usarmy.APG.imcom-fmwr.list.usag-mwr-sports@mail.mil) or drop them off at any MWR sports facility.

### GET GOLF READY! APRIL 19, 5:30 TO 7 P.M.

APRIL 21, 5:30 TO 7 P.M.

APRIL 23, 11 A.M. TO 12:30 P.M.

Ruggles Golf Course  
PGA Professionals will show you that there are lots of ways to play by combining fun, friends and fitness.

Each session will focus on the various golf skills you will use while playing. In addition to learning the basics, you will be guided onto the golf course to put your skills into action in a casual, friendly setting. No equipment needed!

Five 1.5 hour sessions meeting once per week.

Cost is \$99 per participant.  
For more information, contact Dave Correll at 410-278-4794.

### SPRING SCRAMBLE APRIL 23

9 a.m.; Exton Golf Course

18 hole shotgun. Food and refreshments included. Fees: \$30 annual patron,

\$35 authorized patron, \$40 as a guest Pre-registration at Exton Clubhouse. Fees due on day of event. For more information call 410-436-2213 or 410-436-2233.

### ARMY COMMUNITY SERVICE

#### HOW TO START YOUR SMALL BUSINESS MARCH 23

11:30 a.m. to 1 p.m., ACS Bldg. 2503

Army Community Service will host a free "How to Start Your Small Business" seminar.

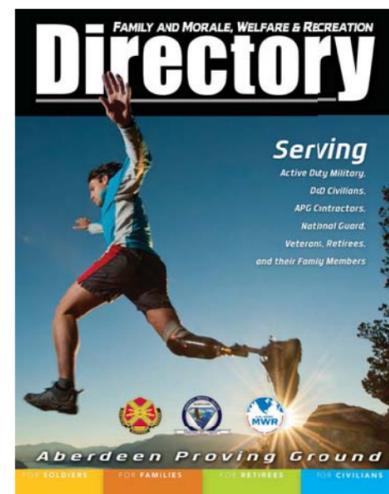
The orientation program provides a brief overview of the ways to smart-start a business and the skills and duties of a successful entrepreneur. The session is open to Team APG personnel and the public.

To reserve a seat, contact Marilyn Howard at 410-278-9669/7572.

### SAVING AND INVESTING APRIL 28

11:30 - 12:30 p.m., ACS Bldg. 2503

This class will identify reasons to save and how to set goals for a savings plan. Participants will explore the difference between short term savings and long term investments. For more information contact Leary Henry [leary.g.henry.civ@mail.mil](mailto:leary.g.henry.civ@mail.mil) 410-278-2453.



Learn more about APG MWR activities and services by going online at [www.apgmwr.com](http://www.apgmwr.com) and downloading the FMWR Directory.

APGMWR Presents

# MOVIE NIGHT

March 25, 6-8 pm  
EA Recreation Center, Bldg E4140

## Dr. Seuss' HORTON HEARS A WHO!™ AND YOUTH CRAFT

Free Movie, Youth Craft Giveaways, Light snacks  
Optional: Bring your own meal

For more information call 410-278-4011/4907 LTO or 410-436-2862/2890 EA Youth Services or e-mail us at [usarmy.apg.imcom.lisat.apgr-usag-mwr-leisuretravel](mailto:usarmy.apg.imcom.lisat.apgr-usag-mwr-leisuretravel)

TEAM APG MONTH OF THE MILITARY CHILD

# 2K FAMILY COLOR FUN RUN & FESTIVAL

SATURDAY  
APRIL 23, 2016  
(RAIN DATE APRIL 30, 2016)

AA Youth Center  
2522 Bayside Dr, APG, MD  
10 a.m.-1 p.m.

Registration Dates:  
Active Duty, Reservist, Wounded Warrior, and Gold Star Families ONLY may sign up starting February 22

Public/Civilians may sign up starting February 29

Registration is open to the first 750 participants. 1st Wave Race starts at 10 a.m. All Ages Welcome

U.S. Army Child, Youth & School Services

**VOLUNTEERS NEEDED TO HELP WITH COLOR RUN!**  
<https://apgvolunteercolorrn2016.eventbrite.com>

Please register at <https://apgmomccolorrun2016.eventbrite.com>  
All participants must register regardless of age. The first 300 youth ages 3-15 years will be guaranteed a t-shirt. For more information, contact Stacie Umbarger at 410-278-2857 or [stacie.e.umbarger.naf@mail.mil](mailto:stacie.e.umbarger.naf@mail.mil)

# Aerospace engineer joins APG leader cohort

Army Research Laboratory

An aerospace engineer with the U.S. Army Research Laboratory will soon be a member of the eighth APG Senior Leadership Cohort.

The cohort is designed to expand leadership competencies and build “sustainable learning communities that continuously work to develop collaboration, knowledge and skills across the APG workforce,” according to Gary Martin, program executive officer Command, Control and Communications-Tactical, or PEO C3T, and senior champion for the program.

The ARL Vehicle Technology Directorate’s Dr. Matthew Floros, whose work in rotorcraft aeromechanics, computational fluid dynamics and rotorcraft survivability has garnered him the attention of his peers and supervisors, said he hopes the program will help him in the future.

“Hopefully it will make me more effective in a technical leader role rather than a management role,” he said. “What keeps me in the Army is that I like what I do and I like solving problems, learning things and developing tools that benefit the Army S&T community.”

Floros is an alumnus of Pennsylvania State University where he earned a bachelor’s degree, master’s degree and doctorate in aerospace engineering. He worked for Raytheon as a contractor at NASA Ames from 2000-2004,



Photo by Conrad Johnson, RDECOM

**Aerospace engineer Dr. Matthew Floros, with the U.S. Army Research Laboratory’s Vehicle Technology Directorate, will soon be a member of the eighth APG Senior Leadership Cohort.**

and started with ARL-VTD at NASA’s Langley Research Center in Virginia in 2004. He moved to APG through the base realignment and closure process, also known as BRAC, in 2009.

and started with ARL-VTD at NASA’s Langley Research Center in Virginia in 2004. He moved to APG through the base realignment and closure process, also known as BRAC, in 2009.

“My work positively impacts the customer whose product or technology ultimately should benefit the Soldier,” Floros said. “It gives me most satisfaction when I transition something and know the recipient is using it and it is benefiting them.”

Martin said he looks forward to engaging with the nearly 36 participants from organizations across the post throughout the program.

“This cohort of high potential, self-sustaining leaders will serve as a catalyst for change at APG and concurrently deliver individual, team, organizational and community wide results during the process,” Martin wrote in an email welcoming new participants.

Cohort participants experience a program of hands-on instruction and preparation to focus efforts on challenges and see results in three categories: personal, organizational, and community.

On the organizational level, participants take on a project that addresses a challenge they are facing in accomplishing their daily work. For these projects, participants garner the support of their leadership and receive one-on-one coaching from the cohort faculty.

The first meeting of the new cohort is scheduled for March 23.

## Q&A: CERDEC senior enlisted advisor

By **KEN GOSS**  
CERDEC

The U.S. Army Materiel Command’s Communications-Electronics Research, Development and Engineering Center, or CERDEC, welcomed its new military senior enlisted advisor, Sgt. 1st Class Clifford T. Martin II, a 21-year Army veteran from Little Rock, Arkansas. Transitioning from his previous duties with the 5th Signal Corps Inspector General office in Germany, Martin joined the CERDEC workforce Feb. 1.

The CERDEC Public Affairs Office recently sat down with Martin for an introductory Q&A.

**Goss: Tell the CERDEC workforce a little bit about yourself.**

Martin: I was born and grew up in Chicago, but consider myself from Little Rock, Arkansas, where I graduated from Little Rock Central High School. I went to college at the University of Arkansas at Pine Bluff. While at UAPB, I joined the U.S. Army Reserves as a Cable Systems Installer. I joined the active Army in June of 1994. I have served at Fort Lewis, Washington, South Korea twice, Fort Belvoir, Virginia, and Fort Gordon, Georgia. I was also an Army Recruiter in Eugene, Oregon and served as an Army Inspector General in Wiesbaden, Germany.

I’m a big fan of my three daughters. I have one graduating from Washington State University this May, one who is a freshman at New Mexico Highlands University, and a 13-year-old at home. I’m also a big fan of youth sports. I coached middle school football, basketball and track and field. I helped start a new Amateur Athletic Union basketball program in Germany for boys and girls ranging from ages 8-18. As a matter of fact, I will be traveling back to Germany this summer to take one of my basketball teams to Austria for an international basketball tournament. I am really excited about that.

**Goss: What is one of your key philosophies for life in a military community?**

Martin: I’m a very, very simple guy. I don’t like to use million dollar words or anything like that. I try to keep it as simple as possible. If you come to work and do what you’re supposed to do, the

work will be the pay-off in the end. I’ve never been one to work to get a great evaluation or award. I go in and do what I’m supposed to do, and my work will speak for itself. I think if (others) stay on track with your work speaking for itself, it’ll be easy to write that evaluation/award. They won’t have to sit there and make something up, or fluff it up.

**Goss: What are your responsibilities as CERDEC’s Senior Enlisted Advisor?**

Martin: I’m responsible for anything enlisted related. Our military deputy, Col. Matthew Schramm, and I are the liaisons between the CERDEC Headquarters and the CERDEC Soldiers out in the field. We try to get information from the Headquarters out to the Soldiers. We make sure the Soldiers are updated on everything they’re supposed to be doing military wise, like what we expect of them with any policy changes that come down. I screen the evaluations and awards packages before they get to Col. Schramm’s desk to make sure everything is up to standard before he sees it. Once he gets it, all he has to do is make a decision or sign. By the time he gets it, it should’ve been staffed, free of errors, all the technical stuff. Also, we have quite a few Soldiers getting ready to come here over the next several months, and I want to make sure they understand the organization and at least be able to find the basic information on the unit before they arrive.

**Goss: What is it like for you being career Army in a predominantly civilian organization?**

Martin: It’s definitely a learning curve. I’m learning something new every single day that I sit down at my desk and start reading email. I’ve never been (involved) in Acquisitions before, so I’m taking an Acquisitions class so I can talk the talk and understand what we’re talking about.

My interactions with the civilian engineers and scientists have been great. I’ve had the privilege of taking tours throughout the organization and had a chance to see a lot of the projects they are working on, and it blows my mind. I am really excited to see some of the things they are working on implemented into the field.

**Goss: How has your prior experience prepared you for this position with CERDEC?**

Martin: I have had assignments ranging from tactical field artillery line units all the way to strategic G6-level signal assignments and seeing the Army at those levels builds up to working at this level. My job as Senior Enlisted Advisor puts me in a position where I can share my experiences with the Soldiers, scientists and engineers, so hopefully something I’ve done in the past 21 years can be of use to those guys. I’m bringing all these experiences and just hope that some of it will be of use to the organization.

**Goss: You have been a Soldier for 21 years. How important is the green suiter’s perspective in research and development?**

Martin: I believe the green suiter’s perspective is very important. It’s almost like having the answers to the test. The engineers and scientists actually get to hear firsthand in the developmental stages the good and bad of their product. That way they don’t develop something only to find out they could have made it even better.

**Goss: What does this assignment mean to you up to this point?**

Martin: I wish I’d seen this assignment a long time ago in my career. This assignment is totally different from being in the “regular” Army. I’ve worked at all the different levels in other assignments, but I see the broader picture, the business side of the Army now. I love the job here. I think I can make a difference by keeping the military side of the house taken care of. I think I have some valuable input to provide.

My main focus right now is to find out what Soldiers are doing for the organization, compared to what their MOS (military occupational specialty) is. In an organization like this, which is mostly civilian, we can’t get away from being Soldiers. We still have to take PT (physical training) tests, go to the weapons range, and make sure NCO evaluation reports are up-to-date, and so on. I’m also trying to contact a couple civilians who supervise Soldiers with regards to setting up a class



Martin

to show them how to write evaluations and awards.

I want to make sure they (the Soldiers) understand we are still Soldiers and we are not going to be at Aberdeen our entire career. They’re actually going to get a chance to see some of the equipment they helped develop when they get back on-line. They can be the subject matter expert when they get back to a line unit and say, “Hey, I helped design this piece of equipment, and I can tell you this is what it does.”

I think there’s work to be done to get CERDEC better known in the Army community. When I was told “You’re going to CERDEC,” I had never heard of it. When I was on my way here, I wasn’t able to find much information on CERDEC or its’ mission. That’s one of the projects I have.

**Goss: Is there anything else you would like to add as you begin your tenure with CERDEC?**

Martin: The one thing I would really like to emphasize is always maintain a positive attitude. I am a very positive person, and I try to find positive in everything. I would say no matter who you are or how busy you are, always take a minute to ask someone how their day is going, or just say thank you for all the hard work they have been doing. You never know who needs that little pick me up, and something as small as saying thank you could really make someone’s day.



## 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](mailto: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.

# Learn to 'Savor the flavor' of nutrition

By **STACY SMITH**  
APG News

As spring approaches each year, people tend to think about shedding the extra pounds and poor eating habits they acquired during the winter. Fortunately, during March, National Nutrition Month takes center stage with the spotlight on well-informed food choices and sound eating habits.

According to Registered Dietician and Nutritionist Kristen Gradney with the Academy of Nutrition and Dietetics, a healthy lifestyle is “much more than choosing to eat more fruits and vegetables.”

“It’s also essential to make informed food choices based on your individual health and nutritional needs,” she said in a release about nutrition month.

Gradney said registered dietician nutritionists, or RDNs, can help people choose foods that will nourish their bodies, and show them which foods to steer clear of when shopping.

“RDNs are able to separate facts from fads and translate nutritional science into information you can use,” Gradney added.

Team APG active-duty service members, dependents and retirees can consult Registered Dietician Angela Lang at Kirk U.S. Army Health Clinic, for nutritional advice.

Lang said a healthy diet is one that “maintains or improves a person’s overall health” and that most healthy adults will receive all the vitamins, nutrients and minerals their bodies need if they eat well-balanced meals.

She said a balanced diet varies from person to person depending on age, lifestyle and overall health, but generally recommends people stock their refrigerators with fruits and vegetables, whole grains and lean proteins—foods that make the body work harder to process.

“Foods like protein and fiber take a lot longer for the body to digest,” she said. “As a result, it’s helping to keep you full a lot longer and is really forcing your body to use more calories just to digest them.”

Food that isn’t used as energy is stored as fat. But some fats, like the omega-3s found in avocados, beans, nuts and olive oil, are essential for a healthy heart, Lang added.

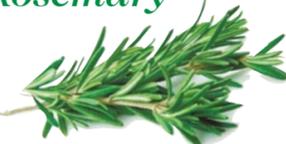
“You want to really vary the foods that you’re eating [and] not get everything from one source.”

According to the Food Drug Administration most Americans don’t include enough dietary fiber, vitamin A, vitamin C, calcium and iron in their diets. Eating enough of these nutrients can improve health and help reduce the risk of some diseases and conditions.

Variation is key, so overdoing it on any one food group, even healthy items, can produce negative side-effects, Lang said.

“Fruit is healthy in moderation, but if you have too many servings of it, you’re going to gain weight because there are calories and there are natural sugars,” she said.

Lang said consumers should read nutrition labels and consider the source

<i>Six Super Herbs and Spices!</i>		
Name	Health benefits	Uses
<b>Oregano</b> 	Packed with antioxidants, one teaspoon of this herb contains as much antioxidants as three cups of broccoli. It also helps loosen mucus, treats respiratory illness and calms digestion.	Goes great in any tomato-based or Italian food such as pizza, pastas and soups. Sprinkle on a grilled cheese sandwich for extra pizzazz.
<b>Rosemary</b> 	This woody herb is proven to help inflammation in the body, and is being studied for its role in heart health.	Try adding it to meat and tomato sauce marinades. It’s also great in homemade breads and rolls.
<b>Turmeric</b> 	Commonly found in curry powder, this golden spice reduces inflammation and detoxifies the liver.	Use it to dress up your hum-drum egg, chicken or tuna salad sandwiches.
<b>Thyme</b> 	This evergreen herb stimulates the immune system and relaxes the muscles of the gastrointestinal tract.	Goes great with meat-based dishes. Whisk it into salad dressings and creamy dips, or sprinkle it on cooked vegetables and fish.
<b>Cayenne</b> 	Popular in Cajun cuisine, this spice eliminates gas from the stomach and small intestine, and increase metabolism for weight control.	Add some heat to any dish with just a sprinkle. It can also be added to hot chocolate or sweet juices for some zest.
<b>Cinnamon</b> 	This spice, often used in sweet and savory foods, increases insulin sensitivity to help burn fat and calories. It can also help tame nausea and stomach ulcers.	Already a staple in Christmas cookies, add it to cereal, oatmeal, yogurt or coffee for maximum benefit with minimal calories.
Information adapted from the University of Michigan Hospitals and Health Clinics’ Patient Food and Nutrition Services. <a href="https://www.med.umich.edu">https://www.med.umich.edu</a>		

of ingredients in products. For example, consider if the sugar in a granola bar comes from a natural source, such as the fructose found in fruit or the lactose found in milk, or from added sugars, such as the high fructose corn syrup and dextrose found in sodas.

People are often taken in by labels and advertisements that claim a particular product is “all natural,” “zero-fat” or “low carb,” but products with these descriptions can be misleading. Lang said a product label may read ‘25 percent less sugar,’ when actually only the product size has decreased by 25 percent.

Some grocery stores have entire aisles devoted to gluten-free products, but Lang said unless a person has a medical need to eliminate gluten from their diet, there is no need to make a special effort to shop for these products.

“You don’t often realize that the

wheat that is taken out of those items, is replaced with something else, often a rice flour or some other nutrient that is then adding calories to it. So you’re not actually helping yourself lose weight, especially if you don’t decrease your portion size,” Lang said.

Lang said a general rule of thumb is the longer the ingredient list, the more additives, preservatives, and chemicals that product contains.

Because it can be a challenge to find foods that are tasty as well as nutritious, this year, the Academy of Nutrition and Dietetics encourages Americans to “Savor the Flavor of Eating Right” by taking time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences that accompany eating.

Lang said people can use herbs and spices to add a powerful punch of flavor to

their diets, without adding extra calories.

“You want to definitely experiment with herbs and spices, and there’s a ton of recipes out there now,” Lang said, adding that she steamed green beans for Christmas. “Instead of tossing them in butter and salt and pepper, I used a little bit of olive oil and some fresh dill, which tasted really good.”

Lang said good nutrition boils down to balance and moderation. She recommends trying “really hard 80 percent of the time to go a really good job” eating a balanced, healthy diet.

“Then 20 percent of the time, that’s when you indulge a little bit,” she said.

For more nutrition information, contact Lang at 410-278-7472 or [angela.k.lang2.civ@mail.mil](mailto:angela.k.lang2.civ@mail.mil), or visit the U.S. Department of Agriculture website, [www.nutrition.gov](http://www.nutrition.gov); or the Academy of Nutrition and Dietetics website at [www.eatright.org](http://www.eatright.org).

**Do YOU Know Your CPAC Rep?**





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# 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 1981.

By YVONNE JOHNSON, APG News

2015  
2010  
2000  
1990  
1980  
1970  
1960  
1950

## 10 Years Ago: March 16, 2006

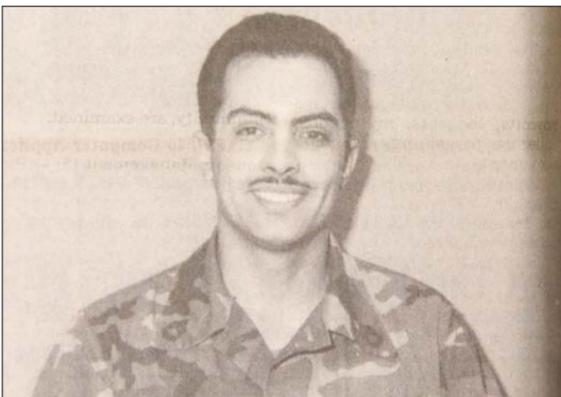


(Left) Andrew Williams wears a Cat-in-the-Hat hat along with his native Scottish kilt as he reads to Aberdeen Child Development Center toddlers for the Read Across America salute to Dr. Seuss.



(Right) After sustaining heavy damage by a fallen tree, the foot bridge near Top of the Bay is restored by the Directorate of Installation Operations carpentry shop.

## 25 Years Ago: March 20, 1991



(Above) Sgt. 1st Class Edwin Rodriguez of the Edgewood Area's Wheeled Vehicle Facility is praised as a hero after saving an elderly woman and three children from a burning home on Trimble Road in Edgewood.

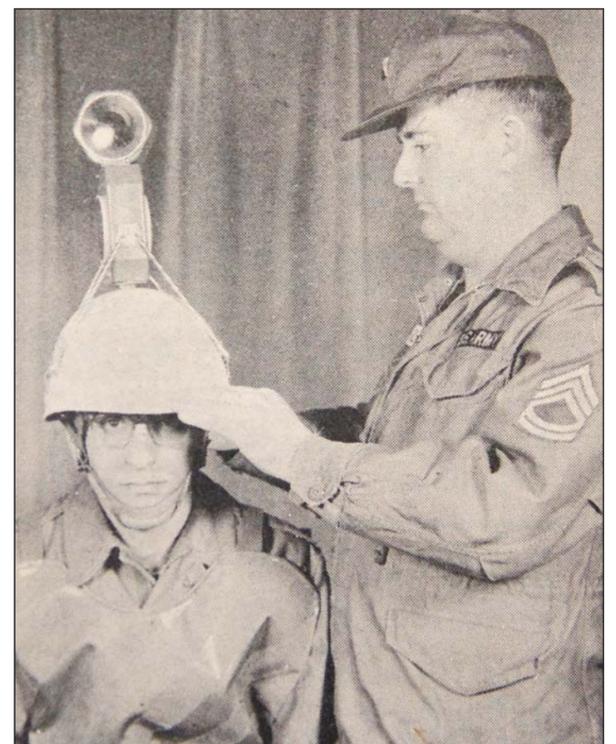


(Right) Brig. Gen. David A. Nydam, commander of the U.S. Army Chemical Research, Development and Engineering Center, far left, leads the procession for the candlelight ceremony and victory rally at the Edgewood Area parade field celebrating the end of the Gulf War.

## 50 Years Ago: March 17, 1966



(Above) From left, Dr. H. Yockey of the U.S. Army Ballistic Research Laboratories; Staff Sgt. Andrew Alexander, Troop Command, and Francis L. Sweet of the U.S. Army Human Engineering Laboratories review fund drive materials for the National Health Agencies-Federal Services Joint Crusade's annual campaign.



(Right) Sgt. 1st Class Roy E. Hill of the 6th Enlisted Training Company, U.S. Army Ordnance Center and School, right, adjusts a safety helmet with a revolving red light he developed for troops marching at night on Pvt. Ralph M. Faris.

# Army's energy harvesting innovations lighten Soldier loads, manage power

Story and photos by  
**KATHRYN BAILEY**  
CERDEC

Radios, GPS systems and night vision goggles are just a few of the electronic devices carried by dismounted Soldiers, but all require batteries that can add up to 15 pounds to a Soldier's already heavy load.

To keep these battery-dependent Soldiers powered up for longer intervals, Army scientists and engineers have developed the Energy Harvesting Assault Pack, or EHAP, engineered to convert the natural movements of Soldiers into usable power.

"While the standard resupply mission is currently 72 hours, military operations are becoming increasingly expeditionary – often with a special-ops focus – pushing resupply missions out to five or more days," said Edward Plichta, Command, Power and Integration Directorate's Chief Scientist for Power & Energy, under the Army Materiel Command's Communications-Electronics Research, Development and Engineering Center, or CERDEC.

Energy harvesting keeps Soldiers powered up for extended periods, freeing up critical space in their rucksacks for water, food and ammunition instead of more batteries, Plichta said.

## Capturing energy

Designed for Army assault packs, the EHAP consists of a rack and pinion generator with a spring-loaded, double-frame suspension system attached to a standard rucksack. With each step a Soldier takes, the rucksack glides up and down while the generator captures small amounts of kinetic energy that would otherwise be lost and converts it into useable electrical energy.

Following successful demonstration of the EHAP technology, CERDEC is now responding to Soldier feedback to develop a lighter, more ergonomically friendly alternative to reduce the EHAP frame's weight and volume and boost its efficiency without modifying the standard rucksack size.

CERDEC engineers have teamed with biomechanical engineering experts from the Army Research Laboratory's Human Research and Engineering Directorate, or ARL HRED, to study the impacts of the EHAP on Soldiers' joints and exertion. ARL HRED is testing the current EHAP iteration on volunteers, and will use the feedback to improve future ergonomic designs to ensure the assault pack feels like it is a part of the Soldier's body.

"Soldiers must be able to quickly move, shoot and communicate, hauling anywhere from 35 – 135 pounds in their rucksacks, so energy generating packs shouldn't add



(Above) The Energy Harvesting Assault Pack consists of a rack and pinion generator with a spring-loaded, double-frame suspension system attached to a standard military rucksack. With each step a Soldier takes, the rucksack glides up and down while the generator captures small amounts of kinetic energy that would otherwise be lost and converts it into usable electrical energy.

(Left) Julie Douglas, CERDEC CP&ID engineer, demonstrates how the Integrated Soldier Power & Data System will eventually allow the energy harvesting system to charge the conformal battery, worn by Soldiers to power all of their wearable electronic equipment. The ISPDS will provide a "smart" capability for Soldiers to monitor the power usage for each of their wearable electronic devices.

to the Soldiers' fatigue or decrease their maneuverability," said Julie Douglas, CERDEC CP&ID engineer. "We are committed to reducing the frame's weight by at least half to achieve this goal."

## In-house development

CERDEC is also evaluating the EHAP through a mechanical apparatus called the Warrior Torso Test Stand, or WATTS. Developed in-house the WATTS is powered by two linear actuator motors and features a custom-built mannequin torso wearing various packs to emulate Soldiers' movements in a variety of environments at different speeds, angles and payloads.

"The WATTS enables us to easily and efficiently test many more pack types and mission scenarios than we could with human volunteers to achieve our goals," Douglas said.

CERDEC engineers are developing energy harvesting solutions at the component level, which allows for flexible integration into a variety of platforms. Once the assault pack development is completed, engineers will begin integrating the solution into all sizes of Soldier rucksacks for a universal energy harvesting pack

frame solution.

Component-level development also opens the possibility for energy harvesting technology to be more easily integrated into commercial items, such as those sold by outdoor activity industries, lowering the price for the Army to procure it back into its systems.

## Managing power

The next phase of the energy harvesting development effort goes beyond charging batteries. The goal is to provide power directly to all Soldier-wearable devices, such as Project Manager Soldier Warrior's NETT Warrior device, through a Soldier power management system.

First, engineers will use a power manager to integrate EHAP with NETT Warrior's main power source, the conformal wearable battery, which is a wearable, flat, flexible battery also developed by CERDEC. The power manager, called the Integrated Soldier Power & Data System, or ISPDS, is part of a CERDEC and Natick Soldier Research, Development and Engineering Center team effort.

"The energy harvesting system will be able to charge the conformal wear-

able battery through the ISPDS system, which then distributes power to all the Soldier wearable electronic equipment," said Chris Hurley, CERDEC CP&ID engineer.

The ISPDS allows Soldiers to monitor each system's power usage, and by using a smart phone-like device, the Soldier will be able to toggle on or off specific power-hungry devices to appropriately distribute power to, or away from, those devices as needed.

"This smart capability will allow both the individual Soldier and squad leader to better manage power usage on the battlefield," Hurley said.

CERDEC's tactical and deployed power efforts aim to keep Soldiers solely focused on completing the mission – not on the batteries required to power their equipment, said Douglas.

"We anticipate that our science and technology advances will eventually generate as much power as Soldiers need for their missions," Douglas said. "When this net-zero energy solution also takes the weight off the Soldier, our Army will be even better equipped to deploy an expeditionary, mobile force."

## 2016 APG Chapel Easter Services

### Easter Sunrise Service

Sunday, March 27 at 7 a.m.  
APG North (Aberdeen) Chapel  
Hot breakfast to follow the service, served by Protestant Men of the Chapel

### APG North (Aberdeen) Chapel

#### Catholic Services

Sunday March 20	Palm Sunday	8:45 a.m.
Friday, March 25	Good Friday	4 p.m.
Saturday, March 26	Easter Vigil	7 p.m.
Sunday, March 27	Easter Sunday	8:45 a.m.

#### Protestant Services

All Sunday services at 10:15 a.m.

#### Protestant Lenten Bible Study & Lunch

Wednesdays through March 23	Fellowship hall	Noon
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#### Gospel Services

All Sunday services at noon

### APG South (Edgewood) Chapel

#### Catholic Services

Friday, March 18	Stations/Soup	6 p.m.
Sunday March 20	Palm Sunday	10:45 a.m.
Thursday, March 24	Holy Thursday	7 p.m.
Friday, March 25	Good Friday	4 p.m.
Sunday, March 27	Easter Sunday	10: 45 a.m.

#### Protestant Services

All Sunday services at 9:15 a.m.

#### Jewish Holy Days

Point of contact: Retired Col. Jonas Vogelhut  
443-619-2304

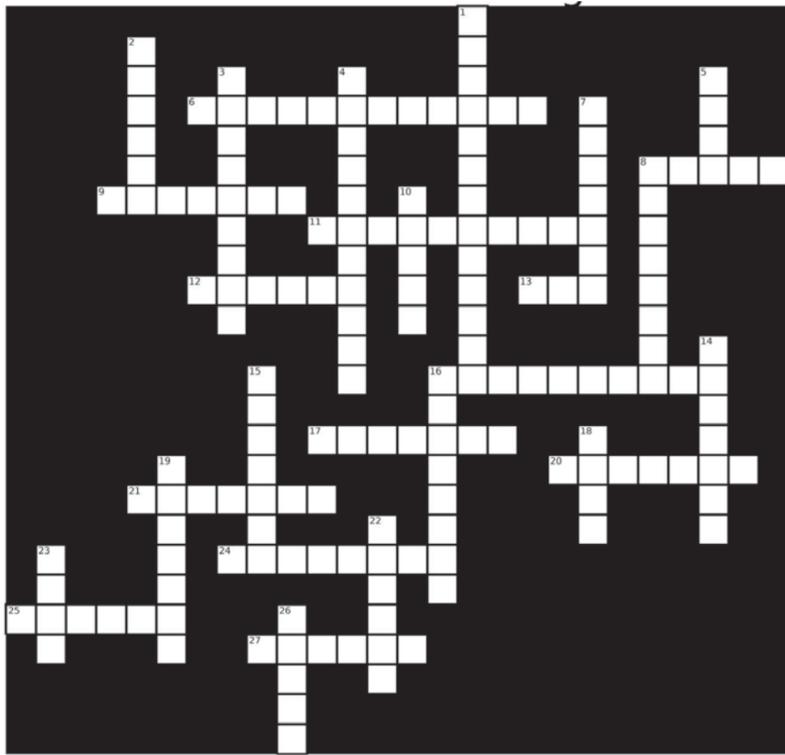
Passover begins Friday, April 22  
Passover ends Saturday, April 30

### Stations of the Cross, Soup and Bread

Followed by a study on "The Seven Deadly Sins"  
Every Friday during Lent.

See APG North and APG South chapel schedules for alternating dates and locations.

For more information about upcoming services and special events,  
contact the APG Main Post Chapel administrative office at 410-278-4333.



# The APG Crossword

## Irish-American Heritage Month

By **RACHEL PONDER**, APG News

March is Irish-American Heritage Month. Solve this puzzle to learn more about Irish heritage.

### Across

- 6. Name of the one-day music festival held in Washington, D.C. to celebrate St. Patrick's Day.
- 8. \_\_\_\_\_ pudding is an Irish traditional dish made from pig's blood, barley and seasonings.
- 9. Prejudice against Irish Catholics in the U.S. peaked in the mid-1850s with the Know \_\_\_\_\_ movement, which tried to remove Catholics from public office.
- 11. This Alabama town

claims to have the "World's Smallest St. Patrick's Day Parade."

- 12. Colors of the Ireland flag: green, white and \_\_\_\_\_.
- 13. Irish-American journalist, who was known for her undercover reporting, earned fame for her 1887 exposé on the conditions of asylum patients at Blackwell's Island in New York City.
- 16. During 1848 to 1855, many Irish immigrants headed out to this U.S. state in search of gold.

- 17. This Irish-American actress starred in the "Wizard of Oz."
- 20. The son of Scots-Irish immigrants, he became the seventh President of the United States.
- 21. The \_\_\_\_\_ Society, an Irish-American fraternal organization was founded in 1953 by the New York Police Department.
- 24. Towards the end of the 19th century, this profession became the most desirable occupation for second generation female Irish immigrants.
- 25. In 1948, this U.S. president, who was of Scots-Irish descent, gave a speech at the St. Patrick's Day parade in New York City.
- 27. The Irish \_\_\_\_\_ was a nickname given to a group of Irish and Irish-American athletes who dominated weight-throwing events in the first two decades of the 20th century.

### Down

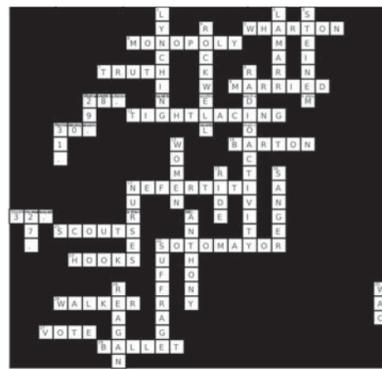
- 1. Term for anti-Irish sentiment.
- 2. The Irish \_\_\_\_\_ Famine of 1845-1852, also known as the "Great Famine," initiated the largest departure of Irish immigrants to the United States.
- 3. Robert Boyle, an Irish scientist who lived from 1627 to 1691, is considered the "father of \_\_\_\_\_."
- 4. The song "Danny Boy" is usually set to the Irish tune of "\_\_\_\_\_ Air."
- 5. \_\_\_\_\_ bread is a variety of quick bread often served with Irish cuisine.
- 7. In 1960, he was elected as the first Irish-American, Roman Catholic U.S. president.
- 8. This Irish-American was the 15th president of the United States.

- 10. This Irish-American actress, who starred in movies like "Dial M for Murder" and "To Catch a Thief" married Prince Rainier III of Monaco.
- 14. This Irish-American, from Maryland, was the only Catholic and longest-lived signatory of the Declaration of Independence.
- 15. In the U.S., many restaurants serve corned beef and \_\_\_\_\_ on St. Patrick's Day.
- 16. This traditional Irish ring represents love, loyalty and friendship.
- 18. Bangers and \_\_\_\_\_ is commonly served in Irish pubs in the United States.
- 19. The song, "When Irish Eyes Are \_\_\_\_\_," published in 1912, is a tribute to Ireland.
- 22. This Irish-American was a famed animator and a pioneer in the motion picture industry.
- 23. A son of Irish immigrants, he invented the Model T and is considered the founder of the automotive industry.
- 26. Fish and \_\_\_\_\_ is a popular meal served in Irish pubs.

Think you solved last week's puzzle?

Check out the solution below

Solution to the March 10 puzzle



## WORD OF THE WEEK

### Euphemism

Pronounced: YOO-fuh-miz-uh m

Part of Speech: Noun

#### Definition

- 1. The substitution of a mild, indirect, or vague expression for one thought to be offensive, harsh, or blunt.
- 2. The expression so substituted: "To pass away" is a euphemism for "to die."

#### Use:

- 'Spin' is a popular euphemism for providing a version of a story or event from a particular perspective.
- In her grandmother's stiff and polished society, where emotions were frowned upon, 'sleep' was used as a euphemism for 'death.'

By **YVONNE JOHNSON**, APG News  
 Source(s): <http://www.oxforddictionaries.com>  
<http://dictionary.reference.com>

## ACRONYM OF THE WEEK

### RMA

Risk Management Agency (Department of Agriculture)



The U.S. Department of Agriculture's Risk Management Agency, or RMA, operates and manages the Federal Crop Insurance Corporation, known as FCIC. RMA was created in 1996; FCIC was founded in 1938. RMA, through FCIC, provides crop insurance to American farmers and ranchers. Private-sector insurance companies sell and service the policies. RMA develops and/or approves the premium rate, administers premium and expense subsidies, approves and supports products, and reinsures the companies. RMA also sponsors educational and outreach programs and seminars on risk management.

The RMA mission is to serve agricultural producers through effective, market-based risk management tools and solutions to strengthen the economic stability of agricultural producers and rural communities.

RMA's fiscal year 2013 expenses budget was \$69.1 million.

By **YVONNE JOHNSON**, APG News  
 Source(s): <http://www.rma.usda.gov/>  
[www.wikipedia.org](http://www.wikipedia.org)



## 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

# Forum puts focus on victim advocate self-care

Continued from Page 1

individuals who, he said, are “willing to look folks in the eye and say, ‘No more. That is not going to happen in our Army, not on our watch.’”

The forum theme, “How do we renew our compassion to sustain service,” was touched on by guest speaker Heather Evans, a counselor with the Elkton Veterans Center, who said it’s crucial for victim care providers to retain a personal self-care routine to prevent the compassion fatigue that is so often a part of their jobs.

She likened routine self-care to regular car maintenance, noting that if a car’s oil is not changed periodically or if it doesn’t receive a tune-up, it’s liable to stop working. Likewise, she said, victim care providers who don’t take care of their mental and physical well-being will have trouble providing care to others.

It’s about “treating yourself as kindly as [you] treat other people,” Evans said. “If you don’t have good personal boundaries, and you’re taking your work home with you, you’re never getting a break.”

She said good self-care is different for everyone, but can include such activities as exercise, meditation or prayer, spending time with family or friends, participating in a favored hobby or doing something personally meaningful. Signs that an individual needs to practice better self-care include feeling irritable or biased towards certain types of people, experiencing poor sleep quality, or feeling physically or mentally unwell, Evans said.

The forum continued with a question-and-answer session led by a subject matter expert panel that included Evans as well as Brenecia Watson, Equal Employment Opportunity, or EEO, director for the Research Development and Engineering Command, or RDECOM; Special Agent Joshua Adams, U.S. Army Criminal Investigation Command, or CID; and Capt. Allison Marvasti, RDECOM special victim counsel.

Crawford asked each panelist to rec-



Staff Sgt. Allan Arroyoamaro, U.S. Army Medical Command, or MEDCOM, asks a question of the expert panelists during the Sexual Assault Awareness Month Breakfast Forum at the APG North (Aberdeen) main post chapel March 9. Photo by Stacy Smith

ommend one idea or change that might improve victim services, and panelists offered their thoughts on embracing local law enforcement, incorporating the EEO into the SHARP Resource Center and expanding legal services in the fight against sexual assault.

According to Crawford, there are only 12 SHARP Resource Centers on U.S. Army installations, and one was placed at APG with the intention of addressing sexual assault amongst the civilian population.

“Nobody is going to be turned away,” Marvasti said, explaining that the SHARP Resource Center will provide services to any victim of sexual assault – military or civilian. “We will assist in getting you to the right place.”

The forum concluded with a presenta-

tion of two-star notes and commander’s coins to panelists and organizers.

Victim Advocate Trina Taliaferro, of the Program Executive Office, Intelligence Electronic Warfare & Sensors, or PEO-IEWS, said she felt “empowered” after the guest speaker and panelists’ discussions.

“Sometimes you forget that you have a whole supportive community out there,” she said. “It’s nice to see everyone come together.”

Deputy Garrison Chaplain Capt. Jonathan Ginder said the forum was important for SHARP representatives because it “helped them take care of the caregivers and allowed caregivers to ask the hard questions.”

April is Sexual Assault Awareness Month, or SAAM, an annual campaign

to raise awareness about sexual assault and educate communities and individuals about sexual violence prevention. In recognition of SAAM, the U.S. Army Test and Evaluation Command, or ATEC, will host a SHARP Poetry Slam at the Mallette Training Facility on APG North (Aberdeen) April 26.

The SHARP resource center is located at Bldg. 4305 Susquehanna Avenue on APG North (Aberdeen). For more information, visit the SHARP Resource Center website at <https://www.apg.army.mil/Toolbox/SHARP>, or call the APG SHARP 24/7 hotline at 410-322-7154.

For information about SAAM, visit the Sexual Assault Awareness Month website at [www.nsvrc.org/saam/sexual-assault-awareness-month](http://www.nsvrc.org/saam/sexual-assault-awareness-month).

# Luncheon ‘embraces’ surviving family members

Continued from Page 1

great nation, the absolute very least that we could do is to be here for you,” he said.

Crawford thanked the survivors for their continued involvement in the APG community.

“We don’t view you as victims, we view you as critical enablers for our ability to do our job, and I take that very seriously,” he said.

Garrison Chaplain Lt. Col. Arleigh vonSeggern delivered the invocation and shared a few remarks. He encouraged the survivors to hold on to the memories of their loved ones.

“Memory is one gift from God that death cannot take away,” he said. “Their memories encourage us in our day by day activities.”

After the meal, Farlow and Linda Edwards, chief of Family and Morale, Welfare and Recreation’s Business Operations Division, discussed upcoming events and Pfc. Sydney Kloczkowski, with Kirk U.S. Army Health Clinic briefed attendees about APG Army Wellness Center services.

Maryland Gold Star Mothers Chapter President Janice Chance closed the luncheon with remarks thanking the APG community.

“You openly embrace us. When we come to this base we feel like we are family,” she said.

According to Chance, Gold Star Mothers pay tribute to the legacy of their sons and daughters through volunteer work. Chance’s son U.S. Marine Capt. Jesse Melton III, passed away Sept. 9, 2008 in Afghanistan while supporting Operation Enduring



Dianne Crawford, center, greets, from left, surviving spouse, Marsha Worthington, her granddaughter Bailee Wagner, 13, her daughter Tracy Wagner and Karen Farlow, wife of Survivor Outreach Services Coordinator Mike Farlow, during the SOS luncheon for surviving family members at Top of the Bay March 9.

Freedom. Chance said the Gold Star Mothers promote patriotism and frequently volunteer at veteran-related events.

“We know that it is good to serve others,” she said. “We have a new normal. Our hearts will always ache but we will continue to move forward.”

Chance encouraged surviving family members to support each other.

“We are family,” she said. “We need each other to survive.”

Gold Star mother Marie Moudry said she enjoyed meeting other survivors.

“It was a nice turnout and a lot of good information,” said Moudry. “I would like to come back. At APG they really go out of their way to make us feel welcome.”

Surviving spouse Marsha Worthington attended with her daughter, Tracy Wagner, and granddaughter Bailee Wagner, 13, in honor of her husband, George Worthington, a Navy retiree who passed away in 2011. She called SOS a “fantastic” program.

“The leadership here really values retired people,” she said.

Other APG leaders in attendance to show their support included Command Sgt. Maj. Matthew D. McCoy, with the U.S. Army Communications-Electronics Command, accompanied by his wife Karen McCoy; APG Garrison Commander Col. James E. Davis; Garrison Command Sgt. Maj. Jeffrey O. Adams; James Amato, director of the U.S. Army Materiel Systems Analysis Activity, or AMSAA; and Nancy Vollmecke, wife of Maj. Gen. Kirk F. Vollmecke Deputy Program Executive Officer, Intelligence Electronic Warfare & Sensors.

## Survivor Outreach Services

The SOS program provides lifetime support to families of deceased service members. The program aims to pro-

vide access to support, information and services at a location near the survivor, for as long as needed.

Farlow said he stays in touch with survivors through email, phone calls, and social media.

“Survivors are continuously invited to upcoming events and encouraged to follow us on Facebook to stay up to date on APG and SOS activities,” he said.

He added that in April, SOS members will read to children who attend post child development centers, in celebration of Month of the Military Child.

During Armed Forces Week, the APG community is invited to participate in “Run to Honor” on May 19. During this event attendees can walk or run to honor fallen service members. More information will be published in the APG News.

For more information about the SOS program, contact Farlow at 410-278-2435 or email [michael.b.farlow.civ@mail.mil](mailto:michael.b.farlow.civ@mail.mil), or search for “Aberdeen Proving Ground-Survivor Outreach Services” on Facebook.

**“You openly embrace us. When we come to this base we feel like family.”**

**Janice Chance**  
Maryland Gold Star Mothers President

# 5

## ways to reuse your copy of the APG News

1. Protect fragile items before storing them or sending them in the mail.
2. Line pet cages or litter boxes to keep them tidy.
3. Save the counter from a gluey, glittery mess during your next craft project.
4. Clean glass or windows for a streak-free shine.
5. Make a weed barrier in a flower bed or garden before laying new topsoil.



# Community welcomes opportunity to collaborate

Continued from Page 1

opment, and the towns of Perryville and Port Deposit.

“While the first job I have is protecting the people and families of this installation, the second most important job I have is outreach to the community,” Crawford said. “I can’t ask the community to tell the Army story, but if you don’t feel comfortable in knowing that this is your installation and this is your Army, then I haven’t done our job.”

Recognizing that while “hope is not a plan,” Crawford said it was his hope that the day’s event, and future events involving both the community and Team APG, is part of a larger outreach program designed to advocate for transparency and enhance cooperation among the different groups that can sometimes feel in competition for limited attention.

Crawford went on to discuss the Army’s top priorities, as laid out by Chief of Staff of the Army Gen. Mark A. Milley, outlining readiness, modernization and end strength and the measures he applies to accomplishing those priorities at APG.

The senior commander explained the “Team APG” concept, discussing APG’s place as a center of excellence for diverse items such as communications-electronics, cyber and chemical research as strong points for his calling APG “the Home of Innovation and Opportunity.”

APG’s support to the local community, including the Perry Point VA Medical Center and Read Across America at elementary schools, and support to the nation in places like Kuwait and Afghanistan was also mentioned by Crawford with a broad-brush perspective.

Looking to the future, Crawford cited the competitive advantage enjoyed at



Maj. Gen. Bruce T. Crawford speaks to representatives from Harford and Cecil counties during the Community Leaders Forum at Top of the Bay March 10. Photo by Philip Molter, CECOM

APG due to the community/industry partnership that exists around the post throughout the local community. He emphasized that readiness is the Army’s #1 priority and talked of a future dominated with continued global instability.

Added into that discussion were the realities faced by the Army today as it comes off 14 years of continuous combat, in a world where the cyber threat is emerging and changing daily. He also put an eye toward the Army of 2025, in which the Army sustains its relevance and is the Gold Standard by which to be measured as the world’s most trusted profession.

“It is important for our communities to understand the ‘why’ of what the Army is doing, not just the ‘what,’” Crawford said. “Yes, budgets are always a part of that discussion but before you discuss budgets, you have to talk about the Army’s new Operating Concept and you have to factor in change.”

After a discussion session between

Crawford and community attendees, Davis highlighted upcoming garrison events and opportunities for community involvement. He discussed ongoing plans for APG’s centennial celebration in 2017, the Army Compatible Use Buffer program designed to protect habitat and buffer training areas in a mutual public/private objective like land conservation.

Community members in attendance indicated that the event as a whole was a positive step-off point and a sign of potential for future success.

“I enjoyed this afternoon’s discussion,” said Karen Holt, Harford County Office of Economic Development and representing Harford County Executive Barry Glassman. “Being able to interface with APG leadership and have a community dialogue is certainly an asset and a benefit for all of us.

“It is good, too, that this is something the general recognizes needs to be done on a more regular basis, she said. “We

welcome the opportunity; there is certainly a lot that can be done on a collaborative basis.”

Neighboring Cecil County participants expressed similar comments.

“This was a first-time event for me,” said Lisa Webb, Cecil County Office of Economic Development. “We consider APG to be our number one employer in Cecil County so any time we get an opportunity to partner like this and be included, we will be there. On a personal note, hearing all that APG does for this country and our Soldiers is truly amazing.”

The regularity and recurrence of the meeting was a key closing discussion point. Meetings are expected to be held quarterly, on APG or off. Topic submissions have been requested from the community in order for the Army to meet its intent of addressing their concerns. The next meeting is set for June 2016; topics must be submitted by April 15, 2016.

# Women’s History Month program set for March 30

Continued from Page 1

## Morning/afternoon sessions

Training programs for morning and afternoon sessions will be held 8:45 to 10 a.m. and 1:45 to 3 p.m. Sessions include Business Writing; Leading Change; Microsoft Word 2013 Tips & Tricks; Financial Management; Training on Training; and VA Disability Compensation 101.

Tiffany Cervantes, the FWP secretary and a program analyst with the Communications-Electronics Research, Development and Engineering Center, or CERDEC, said organizers were thrilled to get the guest speaker and that they chose classes to accommodate most interests. She noted that this is the FWP’s 26th observance.

“We were very lucky to get Ms. Adams for our observance,” Cervantes said. “And for the training sessions, we tried to pick subjects with information that people would be interested in and can use.”

“The overall goal,” she added, “is to enhance training and to keep women informed about Equal Opportunity and workforce issues.”

She said the program will include a skit of famous women exemplified by the hats they wore throughout history.

“This is a time to take time out to remember how fortunate we are and how far we’ve come,” she said.

Nnenna Ewing, an AMSAA electrical engineer and the program’s lead organizer and emcee added that, “AMSAA has planned an awesome observance program, where many of the accomplishments of women in public service will be recognized and honored.

“This day is not only for women, but it is a day for all in public service to be enlightened on the various ways women have worked tirelessly to form a more perfect union,” she said.

## Registration

Register online for training sessions by March 23 at <https://register.apgea.army.mil/FWP/>.

For more information, email Teresa Rudd, [teresa.d.rudd.civ@mail.mil](mailto:teresa.d.rudd.civ@mail.mil); Danielle Kelley, [danielle.j.kelley.civ@mail.mil](mailto:danielle.j.kelley.civ@mail.mil); Paula Hoak, [paula.j.hoak.civ@mail.mil](mailto:paula.j.hoak.civ@mail.mil); or Tiffany Cervantes, [tiffany.n.cervantes.civ@mail.mil](mailto:tiffany.n.cervantes.civ@mail.mil).



Lisha H. Adams, Executive Deputy to the AMC commander will speak during the March 30 Women’s History Month Program. Courtesy photo

## Lisha H. Adams

Lisha H. Adams became the executive deputy to the commanding general, U.S. Army Materiel Command, in August 2015. As the AMC chief management officer, she is responsible for materiel life cycle management, acquisition support, personnel and resource

management, industrial base operations, enterprise integration and provision of R&D and Science & Technology.

Prior to this assignment, Adams served as the Deputy Assistant Secretary of Defense for Material Readiness, Office of the Under Secretary of Defense (Acquisition, Technology and Logistics) prior to this assignment.



## DID YOU KNOW?

### March 17 marks the anniversary of more than just St. Patrick’s Day.

Everyone knows March 17 is St. Patrick’s Day but did you know tons of other events have occurred on this jolly green saint’s day?

For example, on March 17, 1776, British forces evacuated Boston, Massachusetts, essentially ending the Siege of Boston, after Gen. George Washington and Henry Knox placed artillery in positions overlooking the city. Nearly two centuries later, on March 17, 1945, the Ludendorff Bridge in Remagen, Germany, collapsed into the Rhine River 10 days after its capture by American forces near the end of World War II. Twenty-eight U.S. Army engineers were killed in the collapse and 93 were injured.

Here are more March 17 facts for trivia lovers:

- **1780** – American Revolutionary War Gen. George Washington grants the Continental Army a holiday “as an act of solidarity with the Irish in their fight for independence.”
- **1805** – The Italian Republic, with Napoleon as president, becomes the Kingdom of Italy, with Napoleon as King.
- **1941** – In Washington, D.C., the National Gallery of Art is officially opened by President Franklin D. Roosevelt.
- **1947** – The first operational jet bomber, the U.S. Air Force B-45 Tornado strategic bomber, takes its first flight.
- **1948** – The Benelux, France, and the United Kingdom sign the Treaty of Brussels, a precursor to the North Atlantic Treaty establishing NATO.
- **1950** – Researchers at the University of California, Berkeley announce the creation of element 98, which they name “californium”.
- **1958** – The United States launches the Vanguard 1 satellite; the fourth artificial Earth orbital satellite and the first to be solar powered.
- **1959** – Tenzin Gyatso, the 14th Dalai Lama, flees Tibet for India.
- **1960** – President Dwight D. Eisenhower signs the National Security Council directive on the anti-Cuban covert action program that ultimately leads to the Bay of Pigs Invasion.
- **1963** – Mount Agung in Bali, Indonesia erupts, sending debris 8 to 10 kilometers into the air and killing more than 1,100 people.
- **1968** – More than 6,000 sheep are found dead as the result of nerve gas testing in Skull Valley, Utah.
- **1970** – The U.S. Army charges 14 officers with suppressing information related to the My Lai Massacre incident.
- **1973** – The Pulitzer Prize-winning photograph “Burst of Joy,” depicting a former Vietnam War prisoner of war being reunited with his family, is snapped by



Ludendorff Bridge March 17, 1945 four hours before its collapse. Courtesy photo

Associated Press photographer Slava Veder at Travis Air Force Base, California.

- **1988** – A Colombian Boeing 727-21 jetliner, Avianca Flight 410, crashes into a mountainside near the Venezuelan border killing 143.
- **1992** – During an Israeli Embassy attack in Buenos Aires a suicide car bomb attack kills 29 and injures 242.
- **2003** – Secretary of State for Foreign and Commonwealth Affairs Robin Cook, resigns from the British Cabinet in disagreement with government plans for the 2003 invasion of Iraq.
- **2004** – More than 22 are killed and 200 wounded during Kosovo unrest in which 35 Serbian Orthodox shrines and two mosques in Belgrade and Niš, in southeastern Serbia, are destroyed.
- **2013** – The largest meteorite, since NASA started observing the Moon in 2005, hits the Moon.

By **YVONNE JOHNSON**, APG News  
Source(s): <https://en.wikipedia.org>

# APG SNAPSHOT

Take a peek at the events making news in and around Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.

## SPRING TRAVEL FAIR & BAZAAR

APG MWR hosted its annual Spring Travel Fair and Bazaar at the APG North (Aberdeen) recreation center March 9, putting area travel destinations in the spotlight as families begin to plan spring break and summer trips. Vendors were also in attendance, offering crafts and others goods for purchase.

(Right) Lt. Col. Les Juckel, RDECOM Australian liaison, checks out a water bottle on a plastic goods display.

(Below) Holly Voelker, left, with Visit Harford and Lauri Orzewicz, Havre de Grace tourism coordinator, share the county's popular sight-seeing locations and upcoming events with travel fair attendees.

For more information about area travel destinations and discount tickets, visit MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, Bldg 3326, call 410-278-4011 or email [usarmy.agp.imcom.list.apgr-usagmwr-leisuretravel@mail.mil](mailto:usarmy.agp.imcom.list.apgr-usagmwr-leisuretravel@mail.mil)

Photos by Molly Blossie, APG News



## WARM WEATHER BRINGS TEAM APG OUT AND ABOUT

Temperatures pushing the mercury into the high-70s brought Team APG members out of the office and into the sun for lunchtime exercise on APG North (Aberdeen) March 9.

(Clockwise from top left)

- ARL civilian Aaron Harrington gets in a little exercise while traveling between his two work sites.
- CERDEC contractor Bruce Levine sports shorts and a t-shirt for his run, taking full advantage of the warm temperatures.
- RDECOM coworkers Angela Lambert, Erin Rapposelli and Irina Arevalo, share laughs while walking the path near the APG North athletic center.

Photos by Molly Blossie, APG News

## FAMILY MOVIE NIGHT A HIT

APG MWR hosted a Family Movie Night at the APG North (Aberdeen) recreation center March 11, transporting children to Thneedville while watching the movie adaptation of the Dr. Seuss classic "The Lorax." The night included crafts, giveaways, and movie viewing on cozy bean bag chairs.

(Clockwise from right)

- Gavin Allen, 4, models the Lorax mustache he created with the Child, Youth and School Services crew that assisted families with the night's hands-on activity.
- Children get comfy and socialize on bean bag chairs while watching "The Lorax."
- CERDEC civilian Elaine Martin, left, helps her grandson, Braelyn Riley, 8, center, glue together his Lorax mustache as CERDEC civilian Elaine Martin, right, looks on.

Photos by Molly Blossie APG News

