



KENNY LETTER



A publication for the greater Letterkenny Army Depot community

VOL. 54, NO. 2

Chambersburg, Pennsylvania, U.S.A.

July 2015



Depot Commander Col. Victor Hagan, MDA Program Manager Col. Hill pose for a picture with Ms. Gail Digangi and other Raytheon officials.

AN/TPY-2 Document Signing Ceremony

By Janet Gardner, Public Affairs

A document signing ceremony was held at the Headquarters building of Letterkenny Depot on April 28, 2015. The ceremony signified the start of a Public Private Partnership (PPP) between Missile Defense Agency (MDA), LEAD and Raytheon to establish LEAD repair capabilities for the AN/TPY-2. Depot Commander Col. Victor S. Hagan, Col. Paul Hill, Program Manager for MDA, and Ms. Gail Digangi, Raytheon's Whole Life Programs' Director of TPY-2 Radar Operations and Sustainment, joined together for the signing of the document.

"We look forward to this long term partnership with Letterkenny and MDA to execute the upgrade and refurbishment of the TPY-2 radars starting with the Electronics Equipment Unit (EEU)," Digangi said. The collaboration and teamwork ensures successful execution of this mission in support of the Warfighter."

LEAD and Raytheon will work together to complete a reset program starting with the EEU. In the year 2016 LEAD and Raytheon are slated to begin planning a repair program for the Cooling Equipment Unit (CEU).

The first EEU is scheduled to roll into Letterkenny March of 2016. The work will be completed between buildings 370 and 350.

Letterkenny is the Depot Source of Repair (DSOR) for TPY-2.

Letterkenny Army Depot completes upgrades to 100th RG31 Route Clearance Vehicle

By Tammy Wiley, Directorate of Operations Planning and Support

The 100th RG31A2 Route Clearance Vehicle (RCV) successfully upgraded to the Block Upgrade 3 +5 (BU3 +5) configuration during the month of April, 2015. Letterkenny is the Center of Industrial and Technical Excellence for RCVs and has an established partnership between Letterkenny Army Depot, Product Manager Assured Mobility Systems (PM AMS) and General Dynamics Land Systems (GDLS). The partnership's mission is to upgrade RCVs returning from Kuwait, Operation Enduring Freedom and state-side locations and maintain the vehicles' readiness for potential deployment to the Warfighter.

The scope of work required the Directorate of Contracting (DOC) and the Directorate of Public Works (DPW) to prepare large storage lots in advance of the delivery of the thousands of Conex containers and RCVs scheduled to arrive by rail car and truck and be unloaded, processed and stored by the Directorate of Supply & Transportation (DS&T).

During this time the Directorate of Operations Planning and Support (DOPS) was already deeply involved in planning for production operation support and parts and equipment requirements to enable the Directorate of Industrial Operations (DIO) to begin the complete disassembly of the vehicle including removal of paint, performing major modifications and incorporating newly designed components at reassembly.

...continued on page 3



FROM THE COMMANDER'S DESK ... Col. Victor S. Hagan, Depot Commander



COL Victor S. Hagan

First, I would like to thank you again for your continued support to the greatest Warfighters in the world and our international military partners. We have many accomplishments to celebrate since the last KennyLetter went to print.

The depot hosted the NSF International Surveillance Audit Team that examined our Quality, Environmental and Safety Management Systems in May. As always, the team was very impressed with your level of preparedness and our management systems on the depot. Because of your hard work and dedication, the depot retained its International Organization Standard (ISO) certifications.

In June, the depot was recognized by Raytheon Integrated Defense Systems as one of its 4-Star Suppliers for 2014. The honor is only given to those companies that attain a level of excellence in quality, on-time delivery, process improvement initiatives, and success in exceeding safety standards. Letterkenny also received the 4-Star award in 2013.

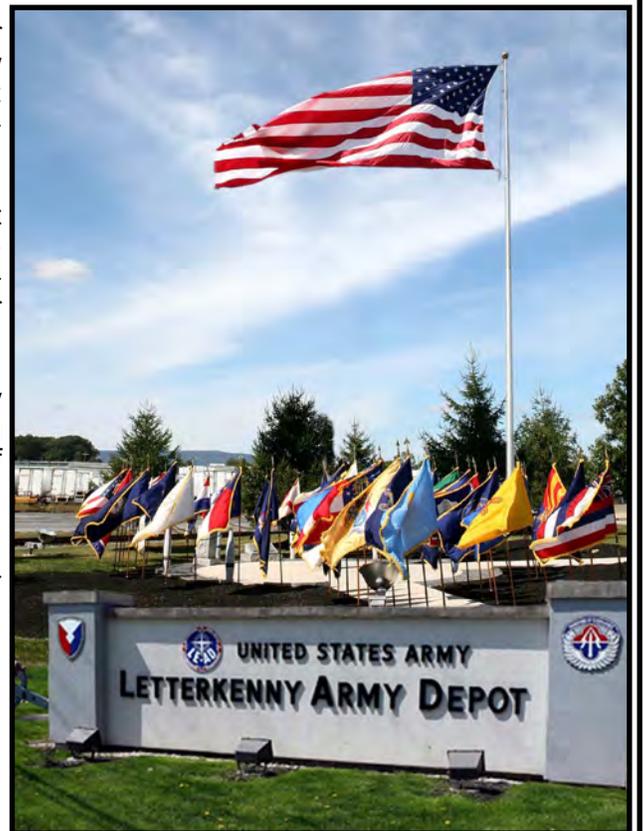
The depot also hosted several VIPs and major customers in the last few months. In May, we welcomed MG Bruce Crawford, Commanding General, CECOM, on his first trip to the depot. The visit began with a command briefing to familiarize MG Crawford with our capabilities and diverse program mix. Afterward, he toured the Power Generation, Mechanical Maintenance/Annex and Electronics Maintenance production facilities. MG Crawford presented several coins to members of the workforce during the tour and thanked them for their service and support to our Soldiers in the field.

On 2 July 2015, the depot hosted Congressman Bill Shuster (PA - 9th Congressional District) and several state and local elected officials. The Congressman and his group toured the Lightner Missile Complex where our technicians currently perform stockpile reliability testing and maintenance/upgrades on the PAC-2 missile for both the U.S. Army and our International Partners. As always, the Congressman stated how proud he was of our workforce and pledged his continued support for the depot as a member of the House Military Depot and Industrial Facilities Caucus.

This is my last KennyLetter note as your Commander. The last three years have been rewarding, both professionally and personally. The depot made tremendous strides in some very challenging times for our Army, and the business is stronger and better prepared for the future.

I would like to thank each of you for welcoming me and my family into your community. We have made some lifelong friends during our tour and consider Letterkenny and Chambersburg as one of our many homes away from home.

We will continue to keep you and your families in our prayers. May God continue to bless you, Letterkenny Army Depot and our Army.



...continued from page 1, upgrades to RG31

At a future date the PM AMS will be implementing a reset of the upgraded vehicles to a Program of Record (POR) vehicle. During pre-production planning efforts LEAD suggested combining five welding processes needed for the reset into the most current upgrade and eliminate the need to completely disassemble the vehicle a second time later during the reset. This process change resulted in substantial improvements to cost, quality and schedule and was referred to as the RG31 BU3 +5 program.

The BU3 +5 mission used two different delivery orders of donor vehicles thus compounding the complexity of the welding modifications, supply chain management, assembly line configurations and overall program management.

The RG31 team began by implementing technical inspections of each vehicle while they were still in the storage lot to identify and then order the parts needing replaced before the vehicle entered production. This enabled shorter turnaround times which translated into less cost for the customer and increased availability to the Soldier.

Also at this time LEAD engineers were reverse engineering the numerous items that were unavailable through the supply system. The components were then manufactured in the LEAD fabrication shops and processed through the paint shops, quality control and finally staged for assembly. Component part fabrication was scheduled using monthly production orders in order to eliminate bulk production and storage of parts. This scheduling resulted in

lowering the cost to the program. These and other best business practices were supported throughout the mission as many departments worked together to 'focus on the issues' at hand.

The upgraded vehicle configuration adds 30 kits of sub-assemblies that are packed into two 20' Conex containers and shipped from GDLS South Africa to LEAD.

These upgrades are a substantial improvement to Soldier safety, survivability, and vehicle maneuverability. Some of the items included in the upgrade are:

1. Converting the vehicle from a leaf spring suspension to an Oshkosh high performance coil spring suspension system;
2. New engine and transmission with increased horse power;
3. Fuel tank improvements;
4. Add-on armor and appliqué installation;
5. Improved vehicle perimeter cameras;
6. Ammunition storage compartments; and
7. Gunners turret upgrades.

Mr. Steve Dale, DIO's director, summed it all up by saying, "The RG-31 BU program should be a future case study for what right looks like. It has been a total team effort between DOC, DOPS, DIO, DPW, DS&T and the customer from beginning to end with exactly the right people in every position, doing the right things to deliver on cost, quality, and schedule. Fantastic job by all involved."



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KENNY LETTER is a publication for the greater Letterkenny Army Depot (LEAD) community and is published by LEAD's Public Affairs Office.

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An orientation to the Theater Readiness Monitoring Directorate, a.k.a. TRMD

Submitted by TRMD

The acronym TRMD can be a little deceiving, but is derived by Letterkenny Army Depot's directorate with the responsibility for monitoring the readiness of all HAWK and Patriot missiles in all "theaters" of operation (US and its Allies).

Each TRMD program has a unique statement of work that indicates specific requirements to individual missiles. Only certified parts and processes are authorized in conjunction with the use of 'electronic' technical manuals and drawings. These items are connected to the master data management data bases for 'cradle-to-grave' tracking of all missile components.

The TRMD has multiple facilities and divisions within its Lightner Missile Complex which is adjacent to the Letterkenny Munitions Center (LEMC). The directorate works closely with LEMC for painting and storage of Class V items in order to make these programs successful.



PM-560 Patriot Test Station

TRMD's missile maintenance facility (MMF) conducts random sample testing by simulating a tactical 'launch-to-intercept' scenario to assess the missile's ability to fulfill its mission before any repairs or upgrades.

Random sample testing is accomplished by several different methods:

1. Selecting a number of missiles within a specific lot number;
2. Selecting a specific storage location;
3. Selecting readiness state in addition to those needing maintenance or upgrade.



Patriot Control Section Test Station

The Patriot Missile Facility (PMF) performs multiple stockpile reliability testing as well as modification and recertification programs in process. The facility maintains its own computerized test equipment to include in-house calibration, root cause and corrective actions, quality assurance specialists, and works closely with our customers and technical support/partners.

The directorate's Certified Round Assembly Facility (CRAF) or partnership division currently provides assets for foreign military sales' (FMS) countries in partnership with Raytheon. The depot received a request for proposal for utilizing the CRAF for additional Patriot missile workload through 2017.

The TRMD's overseas (OCONUS) division recently completed an FMS program for HAWK missiles and continues to work on other HAWK missions. This division maintains and validates test equipment used to recertify missiles, perform upgrades and modifications. The OCONUS division is capable of providing on-site technical assistance for FMS customers, fabrication of tools and equipment, assisting with facility setup and providing training.



Small Parts Vertical Storage

The majority of TRMD's administrative and program management team is located in the north portion of the depot in Bldg 5N. These teams deal with customer relations, program scheduling, logistics management process management and related logistic functions.

The directorate also has a paint facility and a dedicated supply and material handling group responsible for storing and moving all of TRMD's non-explosive material within the compound.



Inertial Sensing Test Station



Personal use of government vehicles By CPT Brian T. McElroy, JAG, Command Group

The ethics briefing for new Lettorkenny employees provides instruction on the proper (i.e. official) use of government vehicles. Official use is defined as “where transportation is essential to the successful operation of an authorized agency... such transportation will be considered official use.” *Felton vs. EEOC*, 820 F.2d 391, 394 (Fed. Cir. 1987).

Using government vehicles for official business only is critically important to remember because using a government vehicle for non-official use carries a serious minimum penalty. For “an...employee who willfully uses or... otherwise [violates section 1344 - {uses a government vehicle for non-official use}] **shall be suspended without pay... for at least one month**, and when circumstances warrant, for a longer period or summarily removed from office.” 31 U.S.C. § 1349(b). Emphasis added.

There are many court cases that illustrate what constitutes personal use or non-official use:

1. Using your government vehicle to drive to law school (See *Aiu vs. DOJ*, 1996 U.S. App. LEXIS 27124 (Fed Cir. App.)),
2. Having employees you supervise drive your son to his court date (See *Sekerak vs. Railroad Retirement*, 1996 U.S. App. LEXIS 29071 (Fed. Cir.)),
3. Shopping for a personal computer (See *Phillips vs. USPS*, 142 Fed. Appx. 444 (Fed. Cir. 2005)),
4. Using your government vehicle to allegedly drive to your other federal government job in a different agency (See *Freeman vs. Dept. of HHS*, 76 Fed. Appx. 949 (Fed. Cir. 2003));
5. Driving to McDonald’s in your government vehicle on your way back to your office, after leaving an official government meeting is also considered personal use. *Mattos vs. Dept. of Army*, 1993 U.S. App. LEXIS 26551, 5* (Fed. Cir. 1993)

Of course, like almost every area of law there are exceptions to the ‘no personal use’ rule. However, the exceptions are few and far between. In fact, in all my years of practicing law, I was surprised to see just how rare and difficult it was to prove an exception. So while I will discuss the exceptions to this rule, it is not in the vein of how to avoid the penalties. Instead, it is as a warning to show just how unlikely it is to prove an exception.

The two categories of exceptions are *de minimis* use and good faith belief that the use constituted an official use.

I could not find any bright line rule on what *de minimis* means as applied to using a government vehicle for personal use. In a legal setting it means “the law does not care for, or take notice of, very small or trifling matters.” (Black’s Law Dictionary, 6th Edition)



And while I cannot tell you that there is a bright line *de minimis* test, I can show you a harsh example where it was rejected. The *de minimis* exception was raised and explicitly **rejected** in the *Mattos* case *supra*. So, stopping for lunch after a government meeting all while heading back to your government office is NOT *de minimis* use.

The good faith exception was addressed in *Felton vs. EEOC*, *supra*. In *Felton*, the supervisor position was assigned to different employees on a 60-day rotating basis. Felton was the acting supervisor and allowed one of her employees to use a government vehicle to secure her personal vehicle which had broken down on the way to work. *Id.* at 393.

Felton was suspended for 30 days. *Id.* In overturning the suspension, the *Felton Court* held that Felton believed allowing her typist to use a government vehicle would be considered official use because it would benefit the government office by getting the typist back to the office sooner than if she had not used the government vehicle. *Id.* at 393. Though the *Felton Court* found this logic to be flawed, it ruled that it did not show that Felton, a temporary acting supervisor, willfully violated the statute.

The good faith exception was also found in *Kimm vs. Dept. of Treasury*, 61 F.3d 888 (Fed. Cir. 1995). In *Kimm*, a Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) agent took his son to and from daycare on a number of occasions using his police vehicle. *Id.* at 890.

Before reversing his 30-day suspension, the *Kimm Court* noted that Kimm was a long term, highly decorated ATF agent, that the only reason he was taking his son to daycare was because his wife was on emergency bed rest for her high risk pregnancy (The Court goes out of its way to mention that his wife had a history of miscarriages.). Also, Kimm was involved in a round the clock, dangerous investigation which required him to be on call. Finally, Kim’s police vehicle had special communications equipment which allowed him to be in contact with the ATF at all times. *Id.* at 893.

Like the *de minimis* exception, relying on the willful violation exception is playing with fire. In both cases the Court seemingly went out of its way to come to the conclusions that they did.

In closing, don’t use a government vehicle for personal use. It simply is not worth the risk to your pocketbook or your career.



Force Protection and Security Forces

Submitted by the Directorate of Risk Management

The year 2014 was one of adjustment, restructuring and growth within the Directorate of Risk Management (DRSK). Fiscal constraints were brought on by sequestration early in the year and mandates were applied by "Big Army" in reference to HSPD-12 and Army Directive 2013-05 Background Checks and Escorting Policy.



In order to meet new mission requirements, the directorate continues to undergo a complete transformation. Director Timothy Wolfe assumed the lead role for the directorate with Major Jeffery Clark in the Deputy Director role. The Security division has a new chief, Chief David Davison.

Chief Davison and newly promoted Lieutenant Jeffrey Matthews are a driving force in reshaping the Security division. The entire department stepped up and assumed additional responsibilities and duties to ensure the Commander's mission requirements are met. The military police on the team organized a visitor center in the badge room and are in the process of streamlining background check procedures.

The Security Division's mission and duties are complex. Because of this, numerous officers were required to attend a variety of training to effectively handle routine and unusual challenges. This training resulted in the directorate acquiring trained and certified officers in standardized field sobriety testing, patrol operations, emergency vehicle

operations and a specialist certified in commercial vehicle inspections.

Police officers assigned to Letterkenny are required to be certified police officers through the Federal Government and must successfully complete training at the Department of the Army's Civilian Police Academy located at Fort Leonard Wood, Missouri. Currently, all of the Depot security guards are active duty or former Military members; they all have experience in law enforcement and force protection and are Federal officers with the authority and powers to arrest or detain.

The Security Forces prohibit weapons and drugs at the gate areas from entering the installation, conduct traffic enforcement and occasionally make arrests on the Depot. The Security forces work closely with the Pennsylvania State Police and the Chambersburg Police Department. Current and future ventures are being discussed to develop multi-jurisdictional training and cooperation between the agencies.

We ask that the employees, Soldiers and visitors at Letterkenny Army Depot support DRSK's mission requirements and understand that force protection measures are in place for the greater protection of Army personnel, property and the Armed Forces we serve. Force protection is not always pleasant, easy or fast. These measures are in place for everyone's safety and are not optional; they are mandatory.

The DRSK strives to provide a safe and secure environment. "If you see something, say something."

Patriot Shield tests depot and emergency responders' preparedness

By SFC Christopher Byers, Antiterrorism Officer, Letterkenny Army Depot

On 8 April, 2015, Letterkenny Army Depot conducted its annual antiterrorism exercise, Patriot Shield. Early that morning, a preemptive Distributed Denial of Service attack against the communications system set the stage for a much more devastating attack. Phone calls flooded the Directorate of Information Management (DOIM) Help Desk regarding the attack, and DOIM personnel responded promptly, identifying the problem and correcting it within an hour.

Patriot Shield challenged responders with a plausible scenario that can occur anywhere. Although exercises inherently negate a real situation, they provide all individuals an opportunity to ask themselves, "what would I do if...?". There is a myth that exercises such as Patriot Shield only affect first responders. In reality, any incident and antiterrorism exercises do affect the whole community.

As we learn more about incident response, it is the victim who is the first responder and their actions can make a difference in those critical first minutes. Statistics from 2014 indicate the average time, during an active shooter incident, from 911 call to shooter neutralization is 12 minutes. It may take longer than 12 minutes for medical personnel to reach a victim in critical condition. The question then remains, what will you do in those 12 minutes? Are you prepared? Are you ready? Are you someone's hero?

To learn more about how you can help during a disaster or become a Community Emergency Response Team (CERT) member, contact SFC Beyer, x7-9059 or Franklin County at training@franklindes.us or visit <http://www.franklindes.us/Cert.aspx>.

Participating in the Patriot Shield exercise were more than 100 participants from multiple outside agencies and businesses including the 99th Reserve Center, Chambersburg Fire Department, Chambersburg Hospital, Chambersburg Police Department, Franklin County Career and Tech Center Practical Nursing Program, Franklin County Department of Emergency Services, Franklin County Coroner's Office, Letterkenny Munitions Center, Pennsylvania State Police, Pleasant Hill Fire Department, South Central Task Force (SCTF), and Washington County Special Operations (HAZMAT).

LEAD HOSTS MEMORIAL SERVICE AT LETTERKENNY CHAPEL

On Thursday, May 21, 2015, members of Letterkenny's workforce paid homage to the families of three depot employees who recently passed away.

Deacon Richard Ramsey officiated at the memorial service honoring Mr. Jesse A. Heiser, Mr. Lucas N. Coons and Mr. Rick Foster. Depot employees Mike Stahl, Allen Ott and John Inge delivered the eulogies.

Letterkenny Depot Commander Victor S. Hagan provided opening remarks and flowers were presented to a member of each family by 1LT Brian McElroy, SMSgt David Jennsen, MSG Natasha Hoyle, and SFC Camilla Thompson.



Soldier of the Quarter



SRA Bryan McCormick
Directorate of Product Assurance

Army Core Value:

Selfless Service
Put the welfare of the nation,
the Army, and your subordinates
before your own.

Selfless service leads to
organizational teamwork and
encompasses discipline, self-
control and faith in the system.

NCO of the Quarter



SGT Christopher J. Yacout
Directorate of Risk Management

The Soldier/Non-Commissioned Officer (NCO) of the quarter is a selective process, deeply rooted in the Army tradition, often used to recognize the achievement of outstanding Soldiers and NCOs.



Depot's major road resurfacing project begins

On Monday, July 6th, the Directorate of Public Works' major road resurfacing project on Georgia Avenue begins. The project is expected to last 45 to 60 days and is being conducted in phases to minimize inconveniences.

Motorists can expect road closures, detours and traffic restrictions on sections of Georgia Avenue between California Avenue and Scale House Road.

The detour uses the gravel road north of the Test Track and Scale House Road. These roads will remain open for the duration of this project.

Road closure/detour signs will be posted, and all drivers are urged to exercise caution throughout the duration of the project.

The time frames listed above are approximate and could be affected by weather. Updates and reminders will be provided via e-mail to keep everyone informed of the upcoming changes in traffic patterns.

Detour signs, flagmen, and other temporary traffic controls will be in place throughout the period of construction, and vehicle operators are asked to observe all temporary traffic controls and to exercise extreme caution for their own safety as well as for the safety of contractor personnel.

Phase 1 (6 - 10 July): Georgia Avenue is closed from California Avenue to Booster Road.

Phase 2 (11 - 24 July): Georgia Avenue is open to one-lane traffic for cars and small trucks only, with traffic control being provided through the use of flagmen. To minimize delays, all traffic is encouraged to use the detour route during this time. For traffic safety reasons, all delivery vehicles and commercial carriers will be required to use the detour route.

Phase 3 (27 - 31 July): Georgia Avenue from Booster Road to Scale House Road is closed. During this time facilities and areas between Scale House Road and the Letterkenny Munitions Center will be accessible only via the detour.

Phase 4 (3 - 14 August): Georgia Avenue is open to one-lane traffic for cars and small trucks only, with traffic control being provided through the use of flagmen. To minimize delays, all traffic is encouraged to use the detour route during this time. For traffic safety reasons, all delivery vehicles and commercial carriers will be required to use the detour route.

Phase 5 (16-22 August): New asphalt is placed with traffic along Georgia Avenue limited to one lane only.

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SPECIAL EDITION #2!
LETTERKENNY HONORS ITS MILITARY WORKFORCE!

Don't forget to thank a vet!

Special Edition #2 now available for viewing on Sharepoint!

Summer Time Energy-Saving Tips

Submitted by Bob Mohler, Directorate of Public Works

The average person spends hundreds of dollars a year on energy costs. Here are some effective ways to reduce your energy bills and help save the environment..

Be a speedy chef: Nothing is more energy efficient for cooking than your microwave. It uses two-thirds less energy than your stove.



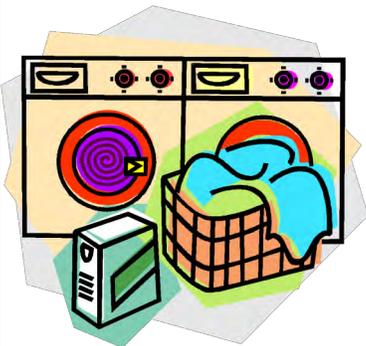
Push a button to wash your dishes: Surprise! Your dishwasher uses less water than washing dishes by hand. Then let dishes air-dry to save even more! Conserve even more energy by running your dishwasher only when it is fully loaded, and turn off the dry cycle to air dry dishes instead.

Fill up the fridge: Having lots of food in your fridge keeps it from warming up too fast when the door is open so that your fridge doesn't have to work as hard to stay cool. Note: Refrigerators with a top or bottom freezer design can save you an additional 2-3% on your bill compared to a side-by-side design.



Turn up your thermostat: Set your thermostat to 78 degrees when you are home and 85 degrees or turn the system off when you are away. Using ceiling or room fans allows you to set the thermostat higher because the air movement will cool the room. Always take into consideration any health conditions, and be sure to drink plenty of fluids in warm weather. Savings can equal 1 - 3 percent per degree, for each degree the thermostat is set above 72 degrees.)

Use your appliances wisely: To help prevent electricity outages, avoid running your appliances during peak hours (from 4 p.m. to 6 p.m.) or anytime an electricity emergency is declared.



Laundry: Do your laundry efficiently by using the warm or cold water setting for washing your clothes. Always use cold water to rinse clothes. This can amount to a 4 percent savings. Line dry clothes whenever you can. When you need to use the dryer, run full loads, use the moisture-sensing setting, and clean the clothes dryer lint trap after each use.

Operating swimming pool filters and cleaning sweeps efficiently: Reduce the operating time of your pool filter and automatic cleaning sweep to four to five hours, and use them only during off-peak times.

Eliminate wasted energy: Turn off appliances, lights and equipment when not in use for a potential 2 percent savings. Unplug electronic devices and chargers when they are not in use. Newer electronics use electricity even when switched 'off.' Turn computers and printers off at the power strip. Unplug and recycle that spare refrigerator in the garage if you don't really need it.

Source: *What to do before it gets too hot!!* www.consumerenergycenter.org/tips



FACEBOOK AND THE LETTERKENNY CHAPEL: There is now a Facebook page dedicated to the Italians who were part of the 321st. Italian QM Battalion based at Letterkenny Ordnance Depot 1944-1945. These folks were part of the efforts responsible for the building of the Letterkenny Chapel.

The Facebook page link is: <https://www.facebook.com/pages/Gli-Italiani-di-Letterkenny-321st-Italian-QuarterMaster-Battalion/1435381296781272>

Point of contact for this information is: Mr. Edoardo Ranzoni
Federazione Italiana Sport del Ghiaccio
Via Piranesi, 46
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tel. +39.02.70141314 - 325
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Letterkenny Employee News...

GETTING TO KNOW YOU...



Name: John W. Norman
Job Title: Motor Vehicle Operator (Materials Handler) Leader, Directorate of Supply and Transportation

Where do you call home? Greencastle, Pa.

What do you like about your job? The challenge. Every day presents new challenges, and I enjoy having the flexibility to come up with ideas and suggestions to "keep the ball rolling" in support of the Warfighter. As a Leader, I have the best of both worlds - admin/office work AND hands on, operating equipment. As a retiree (21 years Army), I still can work with military equipment and occasionally deal with Soldiers.

What are your professional goals? Work until I'm 60-62 and make a difference wherever I am (hopefully positive). As I work my way up, I want to leave every position better than I found it.

What do you like to do in your spare time? Spend time with my grandkids, 5-year-old Braxton and 3-year-old Ellie. I work on old cars, and currently I am restoring a 1972 Mach I Mustang. I stay in touch with my old Army buddies. If they are having a bad day, I give them a jolt of reality every now and then. I enjoy being home, reading the newspaper and going out into the shed to get the lawn mower to mow grass.

What is on your bucket list? During my military career, I did just about everything I wanted to do (and some I didn't want to do). I personally don't have a bucket list, but I do have a wife. I plan on helping her accomplish what is on her bucket list which includes traveling. She wants to travel to Niagara Falls, Italy and England for starters. I tell her, 'You make the reservations, I'll go with you.' It works for me.



Name: Charlie Poe
Job title: Heavy Mobile Equipment Mechanic Leader, RG-33, Directorate of Industrial Operations

Where do you call home? Chambersburg, Pa.

What do you like about your job? Mentoring younger co-workers and watching them grow as professionals. I work with and supervise the best group of guys on the depot. If you give respect, you get respect; those are my guys.

What are your professional goals? Continue in management

What do you like to do in your spare time? Was part of a dirt track racing crew for 20 years; ride motorcycles, mostly for charity; deer hunt; spending time with 15 grandchildren and 2 great grandchildren (ages 1 through 14 years old). I'm a big Pittsburgh Steeler fan.

What is on your bucket list? Retire; retire, retire. Hook up with an old Army buddy who recently moved to the Houston, Texas, area. I want to go to the two-week long national races held at the Knoxville Raceway in Knoxville, Iowa. And I'm going to go to another race, the Kings Royal for the World of Outlaws Sprint Cars, at the Eldora Speedway in New Weston, Ohio.

Most important on the bucket list is to be a better person tomorrow than I am today. I'm a 19-year friend of Bill W. I can do it.



Darryl with his wife Andrea and their sons Joshua (left) and Evan (right)

Name: Darryl Guidry
Job Title: Lead Accountant, Directorate of Resource Management

Where do you call home? Huntsville, Ala.

What do you like about your job? I love the interaction with people and I enjoy working with financial data.

What are your professional goals? To learn and experience as much as I possibly can in the position that I am in at that time. I feel that if you continue to learn and continue to strive to be the best at what you do, then you put yourself in an advantageous position for when advancement opportunities are present. Every advancement opportunity is an opportunity to learn more and become more knowledgeable of the working environment that you physically see, plus the working environment that you do not see.

What do you like to do in your spare time? Spend time with my wife Andrea and two-year-old twin sons, Joshua and Evan. The boys and I share the same birthday! Whether it's at home or outside at a park, the smiles on their faces put me at ease.

What is on your bucket list? Run the 'Rocky Steps' at the Art Museum in Philadelphia; watch an NFL game in every home stadium; attend all four days of a major golf tournament.

NEW EMPLOYEES



20 April 2015: Zachary J. Chrisemer, Tikisha Tripp, Richard Yeboah, Raphael Crater, Stephen Shaffer, Brandon Deener, Alonda Malloy, Ronald O'Donnell, Kathleen Silvia, Belinda Pugh



4 May 2015: Rick Dixon, David Krall, Sheila Lucious, Aaron Miller, Stephanie Myers, Lynelle Seibert, Curtis Twigg, Daniel Snyder and Robert Cook.



1 June 2015: Jared Carbaugh, Dan DeWease, John Sollenberger, Scott Tharp, Darren Agnew, Eric Brunner, Shaun Graham, Alexa Maroukian, Justin Martin, Thomas Massingale, Latesha Terrell



18 May 2015:
Jeffrey Barnhart, Jessica Koerth, Stephen Skopic, Taylor Savinsky, Abbe Jackson, Michael Yurek, LaDawn Koharski, Douglas Deimler, Jr.

LENGTH OF SERVICE RECOGNITION

Colonel Victor Hagan and Ms. Anita Raines pose with four of the participants in the April 16, 2015, Length of Service Award Ceremony.



The Directorate of Public Works' William Bragunier was recognized for 40 years of service; the Directorate of Operations Planning Support's JoAnn Yeager received a 35-year award; and Command's Mike Gossard and Nadine Stoler were recognized for 30 years each of service.

Years of Service	April 4 through May 31, 2015
25 years	DAVID PARSONS
25 years	CHRISTOPHER SHAFFER
25 years	WILLIAM WIDDOWS
30 years	KIMBERLY JESSELL
30 years	KEITH SCHAFFER
30 years	LIONEL WHORTON
35 years	LARRY BARNHART
35 years	BRYAN GASTON
35 years	HELEN TOSTEN
40 years	GARY BARD
40 years	STEVEN MORITZ



Franklin County Office of Veterans Affairs

425 Franklin Farm Lane
Chambersburg, PA 17201
717-263-4326

Hours of operation: Monday through Friday,
8:30 a.m.—4:30 p.m.

The Franklin County Office of Veterans Affairs is on a mission. That mission is to provide veterans and their families with useful, accurate, and complete information regarding available benefits.

The office is an excellent resource for veterans and their survivors for information on available programs and assistance with applying for federal, state and county benefits.

Accredited with the Pennsylvania Department of Military and Veterans Affairs (through the Commonwealth of Pennsylvania), the Franklin County Office of Veterans Affairs is authorized to submit benefit claims for veterans and their families. The local office also represents claimants during the processing of their claims to include appeals through the Veterans Administration.

Walk-ins are welcome during normal business hours, but appointments are preferred to allow the office staff maximum time with a client.

Veterans' Affairs provides assistance with the following benefits:



- HEALTHCARE ENROLLMENT
- PENSION
- DEATH PENSION
- DEPENDENCY & INDEMNITY COMPENSATION (DIC)
- AID AND ATTENDANCE/HOUSEBOUND BENEFITS
- DISABILITY COMPENSATION
- EDUCATION ENROLLMENT
- EDUCATION ASSISTANCE PROGRAM
- SUPPLEMENTAL INCOME FOR WARTIME VETERANS
- EMERGENCY ASSISTANCE
- REAL ESTATE TAX EXEMPTION
- HOME LOAN CERTIFICATES
- BURIAL BENEFITS
- GRAVE MARKERS (FLAG HOLDERS)
- VA LIFE INSURANCE
- BEREAVEMENT COUNSELING



For more information or to schedule an appointment,
contact the office at: **717-263-4326**

Banking online makes you smarter and safer by Patriot Federal Credit Union

Using today's banking technology surely can make things convenient. But did you know it also makes you smarter and safer? Using online banking or mobile banking along with bill pay save you time and money. The average online banking customer will save roughly 2 hours a month and about \$60 a year in stamps. But that's not why you should use it.



Research proves that people who bank online look at their accounts four times more often than people who bank the old-fashioned way. Looking at your money is a great way to notice if something unusual is happening to your accounts. That means if you happen to be one of the nearly 10 million annual victims of identity theft, you'll notice it and be able to shut it down sooner.

THE WELLNESS CHRONICLE

Resilience—The Importance of the Family Dinner—Strengthening the Connection

Most would agree that the hectic schedules of parents and children have made it more difficult to sit down for a family dinner. However, a closer look at its benefits for children may inspire you to make it a “reoccurring meeting” on our daily calendar! Family dinners not only encourage better eating habits but also build or strengthen the connection between family members—a double win for everyone! Benefits to consider:

Positive relationships with their parents. Family mealtimes promote parent-child communication. Children who eat with their parents tend to have a more advanced vocabulary than those who don’t. Mealtimes also provide a time and place for in-depth talks, relaxation, and catching up on family news.

Good grades. Family meals seem to give kids an edge in the classroom. Children who share meals with their family most nights of the week tend to do better on tests and get higher grades, and they are less likely to miss school.

Greater self-esteem. Teens who take part in regular family meals are less likely to smoke, drink alcohol, or use marijuana and other drugs. They also are less likely to feel depressed and tend to get along better with their parents.

Better eating habits. Kids who eat meals with their family tend to eat more fruits and vegetables and consume less fried food, soda, and saturated fat compared to those who do not eat regularly with their families. Dinner routines established when kids are young seem to carry over to adulthood, which may lead to life-long healthier eating habits.



TAKE 5 AND STRETCH AT WORK!!!

Remember—Letterkenny employees have the opportunity to stretch at work.

Contact Terry Acie, x7-8139 (terry.m.acie.civ@mail.mil) to schedule a five-minute demonstration of proper stretching techniques and how to use stretching bands. Acie can perform the demonstration on how to properly use the stretching bands during your directorate’s Safety meetings.

And employees may sign out stretching bands to aid in their stretching during work hours.



Stay fit. Stay flexible. Stay healthy. Stretch!!

DID YOU KNOW...

In 1945 Grand Rapids, Mich., became the world’s first city to add fluoride to its drinking water?

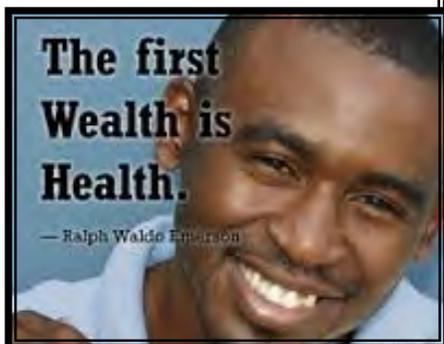
When ‘i’ is replaced By ‘we’

Even ‘illness’ Becomes ‘Wellness’

JUNE WAS MEN'S HEALTH MONTH! IT IS STILL NOT TOO LATE TO REVIEW THESE TIPS FOR MEN...

The U.S. Department of Health and Human Services offers these tips for men on leading a healthy life:

- **Eat healthy.** Nutritious foods give you energy and may lower your risk of certain diseases. Focus on fruits and vegetables, whole grains, and low-fat or fat-free milk products.
- **Stay at a healthy weight.** Being overweight or obese can raise your risk of diabetes, high blood pressure, heart disease, and stroke. Eat healthy foods, control portion sizes, and be active to keep your weight in check.
- **Get moving.** Regular exercise is one of the most important things you can do for your health.
- **Be smoke-free.** Smoking is linked to many of the leading causes of death, including cancer, lung disease, and stroke. If you smoke, quit today! Also, avoid secondhand smoke.
- **Get routine exams and screenings.** Ask your doctor how often you need to be examined. Ask about screening tests for certain diseases and conditions, including high blood pressure, high cholesterol, diabetes, sexually transmitted infections, and certain types of cancer.
- **Take any medications you need.** Thousands of deaths could be prevented each year by taking medications properly. Make sure to follow your doctor's instructions for all medications, including those that help control conditions like high blood pressure and diabetes.
- **Avoid heavy drinking.** Heavy drinking can lead to many problems, including high blood pressure, various cancers, psychological problems, and accidents. For men 65 and younger, drinking in moderation means no more than two drinks per day. Men older than 65 should have no more than one drink a day.
- **Manage stress.** Balancing work and family obligations can be challenging. But it's important to protect your mental and physical health.
- **Get enough sleep.** Not getting enough sleep can affect your mood and your health. See your doctor if you think you have a serious problem. Sleep apnea, a common problem in which your breathing stops briefly, can increase the risk of accidents and certain health problems.
- **Know your numbers.** Learn how your lifestyle affects your risk of health problems. Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range. Be sure to ask him or her what tests you need and how often you need them.
- **Stay safe.** Safety means many things, like wearing seatbelts and helmets, having working smoke detectors, and following safety rules at work. It also means using condoms, washing your hands, taking care of your teeth, and wearing sunscreen.



Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination.

If you have these or symptoms of any kind, be sure to see your doctor right away.

Don't wait!



Fresh Raspberry Lemonade

8 servings (serving size: about 1 cup)

Preparation:

1. Combine sugar and 3/4 cup water in a small saucepan; bring to a boil. Cook 2 minutes, stirring until sugar dissolves. Cool to room temperature.
2. Combine remaining 1 1/4 cups water and raspberries in a blender; pulse 10 times or until well blended.
3. Strain mixture through a fine sieve into a large pitcher; discard solids.
4. Add orange juice, lemon juice, sparkling water, and cooled syrup to pitcher; stir to combine.
5. Serve immediately over ice.

Recipe Time: Hands-on: 26 minutes Total: 26 minutes

Nutritional analysis per serving calories: 115 Fat 0.3 g; Sat fat 0.0 g; Mono fat 0.0 g; Poly fat 0.2 g; Protein 0.8 g; Carbohydrate 30 g; Fiber 0.5 g; Cholesterol 0.0 mg; Iron 0.4 mg; Sodium 15 mg; Calcium 21 mg



Blueberry Crisp

8 servings (serving size: about 1/2 cup)

Ripe, fresh blueberries are perfect for this crisp recipe, though frozen berries will also work.

But keep them frozen, and bake the blueberry crisp 10 or 15 minutes longer as needed. Thawed berries are too fragile to toss and give off lots of liquid. Serve warm or at room temperature with low-fat vanilla ice cream--a 1/4-cup scoop adds only about 55 calories a serving.

Preparation:

1. Preheat oven to 375°.
2. Coat an 8-inch square glass or ceramic baking dish with cooking spray. Sprinkle 2 teaspoons cornstarch evenly in dish.

3. Combine remaining 2 teaspoons cornstarch, 2 tablespoons brown sugar, vanilla, and blueberries in a large bowl; toss. Place in prepared baking dish.
4. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 6 ingredients (through cinnamon) in the bowl of a food processor; pulse twice to combine.
5. Add butter; pulse 5 times or until the mixture resembles coarse meal. Spoon topping evenly over blueberries, packing down lightly.
6. Bake at 375° for 30 minutes or until filling is bubbly and topping is golden.

Recipe Time: Hands-on: 20 minutes Total time: 55 minutes

Nutritional analysis per serving calories: 217 Fat 8.1 g; Satisfat 3.9 g; Monofat 1.8 g; Polyfat 1.7 g; Protein 2.2 g; Carbohydrate 35.9 g; Fiber 2.4 g; Cholesterol 15 mg; Iron 0.9 mg; Sodium 195 mg; Calcium 25 mg



Are You Out of Focus? Is your vision blurred or a little out of focus? You're not alone. Nearly 20.5 million Americans, starting as early as age 40 begin to develop cataracts. According to the National Eye Institute, a cataract is the clouding of the lens in the eye and are very common as we age. By the age of 80, more than half of all Americans have a cataract or have had cataract surgery.

Risk Factors

- Age
- Diabetes
- Smoking
- Alcohol Use
- Prolonged exposure to sunlight

Symptoms

- ⇒ Cloudy or blurry vision
- ⇒ Colors seem faded
- ⇒ Glare. Halos appear around lights
- ⇒ Poor night vision
- ⇒ Double vision or multiple images in one eye
- ⇒ Frequent prescription changes in your eyeglasses or contact lenses

If you have any of these symptoms, see an eye care professional. A comprehensive eye exam may be needed to learn more about the health of your eye.

LYME DISEASE FACTS

- The Pennsylvania Government and citizen groups are getting the word out about preventing Lyme disease.
- The precautions are pretty simple, but the treatment of the tick-borne disease is not.
- Government is studying ways to control tick populations. Pennsylvania reported more cases of Lyme disease in the past five years than any other state in the nation.
- Annually more than three of every 10,000 people in the state contract the disease.
- Lyme disease is the nation's fastest growing vector-borne illness, but little is spent tracking the vector.
- Nearly 5,000 human cases of Lyme disease were confirmed in 2013 in the state of Pennsylvania.
- Chronic Lyme disease can be life changing.

Lyme Disease

- Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks.
- Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans.
- If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks.
- Laboratory testing is helpful if used correctly and performed with validated methods. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.
- Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, applying pesticides, and reducing tick habitat.
- The ticks that transmit Lyme disease can occasionally transmit other tick-borne diseases as well.

Preventing tick bites on people While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

Avoid Direct Contact with Ticks

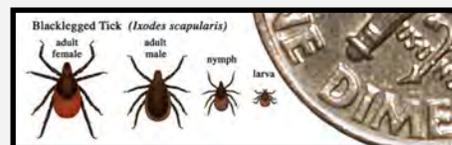
- Avoid wooded and bushy areas with high grass and leaf litter. Walk in the center of trails.

Repel Ticks with DEET or Permethrin

- Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may provide longer-lasting protection.

Find and Remove Ticks from Your Body

- Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)



Content provided by the Centers for Disease Control.
For more information, please visit <http://www.cdc.gov/lyme/>

Sleep -----A Necessity



The Centers for Disease Control and Prevention report that more than one-quarter of the U.S. population do not get enough sleep and nearly 10% experience chronic insomnia.

Lack of sleep or insufficient sleep has actually become a threat to our nation. It is associated with diabetes, cardiovascular disease, depression, and obesity as well as it is responsible for a large number of motor vehicle and machinery-related crashes—all causing substantial injury and disability each year.

Major Sleep Disorders

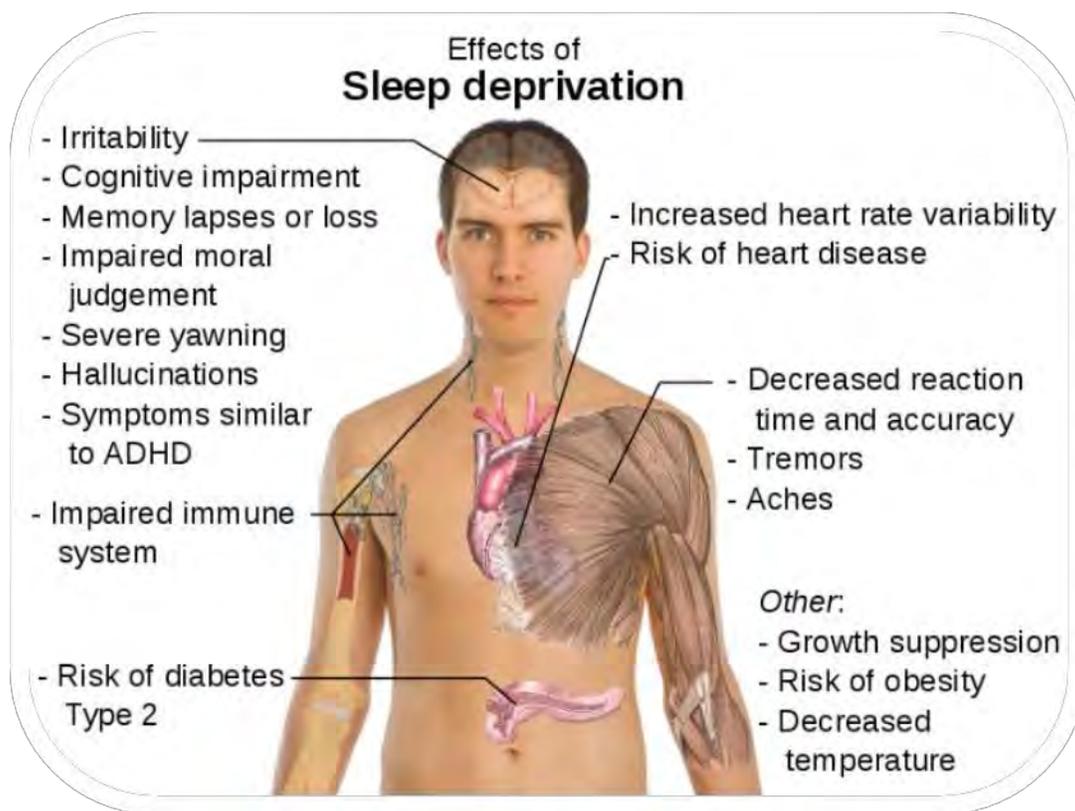
Insomnia—difficulty falling asleep, staying asleep, and poor quality sleep for at least one month accompanied by daytime dysfunction.

Narcolepsy—excessive daytime sleepiness combined with sudden muscle weakness.

Restless Leg Syndrome (RLS) - an unpleasant creeping, throbbing, pulling or other unpleasant sensation in the legs and an uncontrollable urge to move them.

Sleep Apnea—one or more pauses in breathing or shallow breaths while sleeping. Pauses can last from seconds to minutes.

If any of these describe your sleep pattern, seek medical advice from your primary care provider. It is recommended that adults sleep 7-8 hours per day.





VAN POOL CONTACTS:



LEAD: James Holmes
717-267-5316
James.c.holmes.civ@mail.mil

LEMC: Donna Horton
717-267-5592
Donna.m.horton.civ@mail.mil



If you are interested in joining a van pool or starting a new pool, please call James or Donna.

LEAD Got Steps

Wellness Pedometer Challenge Program Managers:
Tanya Ranck, x7-9706; Kara Stitley, x7-8334;
Irene Myers, x7-5716

Pedometer POC list

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