



KENNY LETTER



A publication for the greater Letterkenny Army Depot community

VOL. 54, NO. 1

Chambersburg, Pennsylvania, U.S.A.

MARCH 2015

Depot Prepares for May Surveillance Audit by ISO

Submitted by Gina Woods, Directorate of Product Assurance (DPA)

Letterkenny Army Depot (LEAD) hosts a surveillance audit from 11 through 15 May 2015 conducted by NSF International. The NSF examines the depot's Quality, Environmental and Safety Management Systems.

The depot's goal is to maintain ISO 9001 certification. The International Organization Standard (ISO), founded in 1947, is based in Geneva, Switzerland. The ISO is the first organization to create standards for manufacturing trade and communications. One standard in

ISO 9001

the ISO 9000 family is the ISO 9001:2008 which relates to quality management systems. It was designed to help organizations ensure they meet the needs of customers while meeting statutory and regulatory requirements related to the product.

The ISO 9001:2008 standard applies to processes that create and control the products and services which an organization supplies. It prescribes systemic control of activities to ensure the needs and expectations of customers are met. It is designed and intended to apply to virtually any product or service made by any process anywhere in the world.

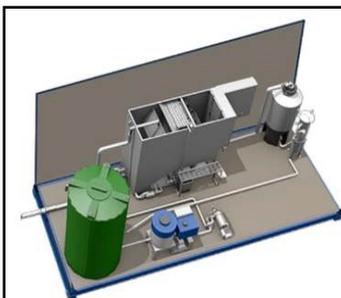
Continued on page 6, Surveillance Audit

Letterkenny Receives Infrastructure Upgrades to Cut Energy Use

by PAO and DPW

Honeywell and the U.S. Army are working together on a \$43.6-million infrastructure modernization project at Letterkenny Army Depot (LEAD). The project is providing critical improvements and upgrades at the depot that are expected to cut energy use more than 25 percent, reduce water consumption nearly 50 percent, and generate approximately \$4.1 million in annual energy and operational savings.

According to a February, 2015, press release from Honeywell, the upgrades are part of a 20-year energy savings performance contract awarded by the U.S. Army Corps of Engineers, Engineering and Support Center in Huntsville, Ala. Honeywell states that the contract allows the Army to make extensive improvements at LEAD without an upfront capital investment or additional taxpayer dollars.



Building 351 Wash Water Recycling System Schematic

This project is a critical step for LEAD in meeting the requirements of a Presidential Executive Order, which calls for federal facilities to reduce energy consumption 30 percent by 2015. Improvements are on track to be completed by the end of 2016.

Continued on page 4, Infrastructure Updates



Dr. Martin Luther King, Jr. Observance at the Depot

by Janet Gardner, PAO

"We are here to honor a great man, one whose passion was people," proclaimed the Reverend Leonard B. Cardwell, Jr., as he addressed a crowd assembled for the annual Dr. Martin Luther King, Jr. observance held at Letterkenny Army Depot (LEAD) on Thurs., Jan. 15, 2015.

Cardwell shared his personal reflections of Dr. King's visions and dreams at the observance sponsored by LEAD's Equal Employment Opportunity's Special Emphasis committee.

"Dr. King wanted us to change, to move forward and to be honest with ourselves. He was all about looking inward, keeping focused and centered. Most of all, Dr. King was a staunch believer that one should never stop dreaming."

Cardwell used the caterpillar's transformation into a butterfly to illustrate the importance of embracing change in yourself. He said grasping new opportunities and learning from them is the only way to change your outlook on life.

...continued on page 4, MLK

Rev. Leonard B. Cardwell, Jr.:
"Tell your past, 'Excuse me, I have to move forward.'"

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



First, I would like to thank you again for your continued support to the greatest Warfighters in the world and our International military partners.

Congratulations! Our workforce has done it again. On April 22, 2015, Ms. Mary Ann Grarahan, the OSHA Voluntary Protection Program Regional Administrator, approved the Depot's continued participation in the VPP program as a Star Site. A VPP Star Site serves as models for other employers, workers and unions by operating excellent Safety and Health Management Programs that go beyond simple regulatory compliance. A special thanks to our Depot's Safety and Wellness Committee members for a job well done.

In September 2014, the AMCOM Commander directed the establishment of a Task Force to develop the AMCOM 2025 Transition Plan. The mission of the task force is to look at ourselves in 2015 "Current State" and project forward ten years to 2025 "Future State" to where we want to be as an organization. This transition plan is part of an overall AMCOM strategic plan to ensure we are synchronized with Army guidance and the AMC Strategic Plan. Letterkenny will continue to participate in the Task Force effort through the development of information papers detailing the Depot's current workload/requirements, long-term workload goals, and the metrics to measure our progress. Thanks to all of the directorates that played a major role in supplying the data for this requirement. We will continue to refine our future state during the Depot FY16 Strategic Planning Conference on Thursday, June 18, 2015.

The current route clearance vehicle program consisting of the RG31 BU3, RG31 ACF and Panther Conversion continue to meet monthly production goals due to the hard work of many on this Depot. This program is a testament to the "can do" attitude of our entire workforce. I would like to specifically highlight the DIO, DOPS and DPA teams that are in direct support. Their hard work has set the stage for the multi-year production of the follow-on RG31 and Panther programs of record.

Today, our families are busier than ever before juggling work and family commitments. It is not unusual that we sometimes feel a bit overwhelmed and need a little support. Last week, I signed a memorandum of agreement with Carlisle Barrack to provide our workforce with assistance through the Federal Occupational Health (FOH) Employee Assistance Program (EAP). EAP is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems such as family problems, alcohol/substance abuse, stress and grief counseling, and psychological disorders. With just a phone call 1-800-222-0364 (or 888-262-7848 for the hearing-impaired) or a keystroke (www.FOH4You.com) you can have access to a trained professional counselor 24/7.

And last, but certainly not least, I encourage you, your families and neighbors to celebrate Armed Forces Day at Letterkenny on Saturday, May 16, 2015. In addition to honoring the military and the work they do for our country, Armed Forces Day is an opportunity to demonstrate to the general public how the Depot's workload directly supports the Soldier in the field.

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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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Note: The Command Group and Public Affairs reserves the right to refuse inappropriate submissions.

Armor Welding at Letterkenny Army Depot

By SMSgt Charles S. Wachter, RG-31/33 Logistics
Contracting Officer Representative

The Trades Branch manufactures protective armor for vehicles of many types and designs.

The processes required to manufacture and/or repair are unique to the type of armor material. Presently, the largest operation involved with armor repair and modification is the Route Clearance Vehicle (RCV) royal guard (RG) 31 and RG-33 Panther programs located in Building 350.

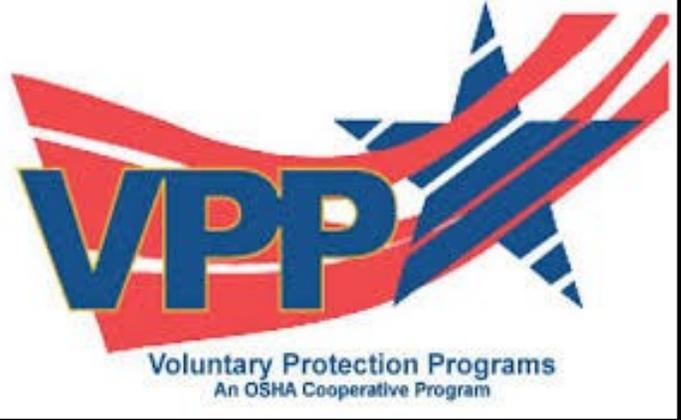
These platforms require a large number of modifications and welding. The RG-33 Panther is the largest with an estimated rework welding time of 800 hours per RCV.

Welding is a specialized skill requiring a considerable amount of practice to become proficient. All welders must attain certification to ensure they have the capabilities and skills needed to perform this task successfully and to meet engineering design requirements.

The welding process for the RG-31 and RG-33 platforms require that metal be preheated to a specified temperature prior to beginning the weld, and the temperature must be controlled during the process. All welds must be annotated with the date and time to document the 48-hour minimum cure time. After the end of the wait time, all welds are subjected to a non-destructive test to ensure the welds and/or the armor did not crack in the welding process.

The implementation of lean principals and policies allowed this particular welding unit to reduce the amount of required manhours resulting in substantial cost savings.

The Trades Branch and what they do on a daily basis is just one example of the skilled and dedicated workforce in place here at LEAD. They make it look easy. It's all in a day's work and in support of the Warfighter.



Black History Month at the Depot

By Janet Gardner, PAO

Retired U.S. Army Maj. Gen. Byron S. Bagby was the guest speaker at the Feb. 17, 2015, Black History Month observance at Letterkenny Army Depot. He is the fifth generation of his family to serve in the military.



Maj. Gen. (Retired)
Byron Bagby

Bagby recalled the cultural changes he and his family experienced from being born into slavery to one rich in military pride. The retired general said that African-American life, history and culture are now major forces in the United States and around the world.

He proudly attributes his life's successes in part to his great-grandmother, Lucy Bagby, and grandfather, James Robert Lewis Bagby. "My great-grandmother and my grandfather were born into slavery," he said, and yet a member of my family served in all the major U.S. wars of the last 150 years."

In an article appearing in the Feb. 18, 2015, edition of heraldmailmedia.com, Bagby is quoted as saying, "Things have changed...things have gotten better...no, they are not perfect, but we have made a lot of progress...."

The retired two-star general also shared personal experiences that affected him. In 1998, Bagby was honored to meet Bill Terry, a Tuskegee Airman who received a court-martial for refusing to leave a white officers club in 1945. Several years later, in 2006, he visited Montgomery, Ala., to learn more about the life of Rosa Parks and the impact she made on the civil rights movement.

Bagby's closing remarks echoed his life and his family's journey. So much change in the past century, a century of black life, history and culture. "Lucy's great-grandson has attained what would have been unthinkable for her by me speaking at this event."

Infrastructure Updates continued from page 1...

For more than 70 years, this depot proved its role as a critical support center for our armed forces,” said Col. Victor Hagan, commander for LEAD. “This work will help us continue the Depot’s legacy. Improving key infrastructure and technology provides a means to boost efficiency and effectiveness, and maintain the vitality of the organization.”



RTS 5000 before modifications for LEAD

The Honeywell-led efforts will focus on LEAD’s production capacity and quality with improvements to industrial blasting, painting and metal-finishing systems and processes. Projects specific for the Depot include steam plant decentralization for buildings 320, 349, 350, 351 and 370. Blast booth repairs in Building 350 are part of the energy conservation measures and production ventilation improvements in Buildings 350 and 370. Buildings 320 and 351 will receive improvements to their wash rack recycle systems.

Letterkenny potentially can realize savings of 4.8 million kilowatt-hours of electricity each year — enough energy to power more than 1,360 homes on average according to Honeywell.

The Honeywell work is expected to deliver environmental benefits as well, cutting an estimated 72 million pounds of carbon dioxide each year, which Honeywell says is equivalent to removing approximately 6,300 cars from the road.





AT LETTERKENNY ARMY DEPOT

SATURDAY, MAY 16, 2015 9:00 A.M. UNTIL 2:00 P.M.



MLK...continued from page 1

According to Cardell, it is important to maintain your uniqueness in today’s diverse cultural mix. “Your uniqueness is not an excuse to avoid working together as a team. Muster up the courage to make minor adjustments, and you will go far,” Cardell explained.

Words of wisdom from Cardell’s message included making peace with your past, moving forward, making new commitments and releasing distractions such as gambling and smoking.

In closing, Cardell asked everyone to try to be more like Dr. King and help at least one person every day. “Remember, it is not about where we come from, it is about where we are going.”

Denise Turner, Equal Employment Specialist, was the official master of ceremonies for the observance. James Holmes, Management Analyst, provided the welcoming address.

Depot Visits

January 2015

30 Jan: Corpus Christi Army Depot Commander Col. Garner Pogue visited Letterkenny Army Depot to gain an overview of the Depot as part of his initial visit to the area. At the conclusion of a command brief and depot walking tour, he participated in a working lunch in the Headquarters Building with depot leaders discussing productive yield.



February 2015

Feb. 10: Ms. Kathy Carnell, Director of Logistics, Integrated Air and Missile Defense (IAMD) learned about the Depot's logistics management production (LMP) Increment 2 and its benefits for capacity management. Steve Dale, Director for Industrial Operations, acknowledged that the depot workforce already understands LMP 2 means shop floor automation will fundamentally change the way each person performs their job duties. Carnell walked through the maintenance and electronics shops and observed current programs in production at the depot.

Feb. 17: Army Aviation and Missile Command's Commander Major General James Richardson met with depot directors before visiting the Sentinel and TADS/PNVs programs. He also received updates on the Depot's building expansion project in Building 350.

March 2015

Mar. 13: Air Force Major Cheri Guikema, defense legislative fellow and Mr. Dan Dunham, legislative assistant, from Congressman Bill Shuster's (PA-09) office made their initial visit to the depot. The two were accompanied by Ms. Nancy Bull, constituent services/field representative. Depot Commander Col. Victor Hagan and Deputy to the Commander Ms. Anita Raines discussed some of the challenges for the depot such as workforce recruitment and skill set retention. Highlights of the visit included a walking tour of the electronics, maintenance and route clearance vehicle facilities. At the conclusion of their visit, Dunham said he had a new-found appreciation of the complex and multi-faceted programs in production at Letterkenny.

Mar. 19: Students from the National Defense University, Eisenhower School, Manufacturing Industry Seminar, toured Letterkenny's maintenance facility to obtain a first-hand look at manufacturing processes on a government installation. Ms. Raines, Deputy to the Commander, lead the group through a question and answer session during which depot leaders provided responses on subjects ranging from Army working capital funding to advertising the depot's capabilities to managing a Department of the Army civilian/contractor workforce.

Mar. 31: Visiting from the U.S. Army Research, Development and Engineering Command (AMRDEC) Multi-Missile Launcher (MML) program were Ms. Paige Walker, AMRDEC MML deputy program director, and Missiles and Space Program Executive Office representative LTC Michael Fitzgerald. They received the capabilities briefing and visited various production areas to observe the shop level processes that will be used in prototype of the MML. During the visit the team discussed the entire depot mission as well as specific opportunities and capabilities that LEAD will be able to incorporate into the MML prototype.



Crystal Cosey, logistics management specialist for the Sentinel program, updates MG Richardson on the program.



Left to right: Nancy Bull, Dan Dunham, and Air Force Major Cheryl Guikema join COL Hagan before departing on a depot tour.

Continued from page 1, Surveillance Audit

Letterkenny was first awarded ISO 9001 certification on Oct. 1, 2004. Certification shows a demonstrated existence of an effective QMS; commitment to quality and customers; and a willingness to work towards improving efficiency. The certification is not a once-and-for-all award. The certification must be renewed every three years with surveillance audits taking place each of the two years in between. During these audits, LEAD must be prepared to undergo inspection of its facility, operations, quality system, all documentation and records to demonstrate its continued compliance.

It is imperative that all LEAD employees be aware of and possess knowledge of the depot's QMS. Annual mandatory ISO 9001:2008 training for employees (operators) and management will be available through TED for government employees and for contractors through their employer. Details are located on the Depot Training SharePoint page under the heading Quality Training. This training, as a minimum, provides examples of typical questions asked by an ISO 9001:2008 auditor and tips for your responses.

Attaining and maintaining ISO 9001:2008 certification benefits the depot. It creates a more efficient, effective operation; reduces waste and increases productivity; improves quality; increases customer satisfaction and retention; enhances marketing nationally (private sector) and internationally (foreign military sales); and provides a competitive edge.

The depot's Quality Management System (QMS) documentation ensures the effective operations and control of its business processes.

LEAD's documentation consists of four levels:

Level I – QMS that contains the quality policy and quality objectives, and describes the depot's QMS. The QMS can be found on the Directorate of Product Assurance's (DPA's) SharePoint page of the LEAD portal.

Level II - Quality System Procedures (QSPs) that describe how the QMS is implemented, as required by ISO 9001:2008. The QSPs are also located on DPA's SharePoint page. Currently, there are 23 QSPs.

Level III – LEAD-generated and non-LEAD generated technical documents describing how activities affecting quality are performed. Examples of these documents can be found in QSP 2, control of documents.

Level IV – Records that provide objective evidence of activities performed and/or results achieved.



Soldier of the Quarter



SPC Yhertzibelle Hernandez,
U.S. Army, DRSK

Army Core Value:
Respect

Rely upon the golden rule.

How we consider others reflects upon each of us, both personally and as a professional organization.

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.

NCO of the Quarter



SGT Richard Byers,
U.S. Army, DRSK

**6k/10K Forklift Program:
All for one and one for all!** by Alan Chocho

With all new production lines processes there is a tremendous amount of preplanning and research that must be completed prior to its initial start-up. For any operation to be successful and productive there is a defined need for teamwork; teamwork that is not confined to one cost center but an integrated group with one common purpose, a purpose of achieving the end goal.

A case in point is the 6K/10K forklift program that started production in Aug. 2013. Portions of the operation were not fully engaged causing the Material Handling Equipment (MHE) Branch to miss delivery schedules and over-run the program's budget. This prompted management to form a team to analyze and provide recommendations for corrections to the failing program.

Lean principles and policies were implemented to help establish a solid team environment.

January, 2014, saw many small but constant improvements to the 6K/10K assembly line. Lean events provided standard work, pull system and the constant rebalancing of work load per assembly cell. Armed with a clearer understanding of the mission and improved communication channels, the MHE Branch started meeting its monthly goals and succeeded in reducing the cost per unit.

As valuable and productive as the LEAN efforts are to success, there is yet a stronger contributor to this undertak-



ing, 'Teamwork.' When people work together in an atmosphere of trust and accountability toward a common goal, they put aside turf issues and politics and begin to focus on the tasks at hand. This focus overcomes barriers, helps identify new opportunities, and builds momentum that leads to improved problem solving, greater productivity and more effective use of the Depot's resources. The team has a purpose and a commitment from each member. They stay involved until the objective is completed. They care about each other and are concerned about how their reactions to problems and attitudes affect each other. They listen to each other and respect all points of view, and are sensitive to each other's challenges. Leaders encourage participation from all members.

The 6K/10K line ended its production in March, 2015. The MHE Branch now supports other depot missions such as

Patriot RESET, RCV, and Atlas II. The teamwork and camaraderie gained from the 6K/10K line continues to carry over to these missions. Employees offer new ideas and resources to improve the products and processes. They make new connections, share their values,

and help bring new teams together to produce a quality product for our Warfighter.

The following areas are commended for the 6K/10K forklift program's support, suggestions and commitment to 'teamwork:' Directorate of Industrial Operations: Weld/Fabrication, Blast/Paint/Wash, and Material Handling Equipment Branch; Directorate of Operations Planning and Support: Engineering Support, Ground Equipment Production Support, Directorate of Supply and Transportation and the Depot's Command Group.

ARMED FORCES DAY IS SATURDAY, 16 MAY 2015.
SAY 'THANK YOU' TO A CURRENT OR FORMER MEMBER OF THE ARMED FORCES.

RECYCLING MAKES A DIFFERENCE!

FISCAL YEAR 2014 RECYCLING

**1 OCTOBER 2013
THROUGH
30 SEPTEMBER 2014**



WAY TO GO!!!



MATERIAL	POUNDS	TONS
PAPER	140,490	70
CARDBOARD	574,834	287
COPPER WIRE	185,903	92
ALUMINUM	555,645	277
STAINLESS STEEL	25,673	12
TITANIUM ALLOY	3,422	1
COPPER	100,704	50
PLASTIC	7,510	3

Letterkenny Employee News...

GETTING TO KNOW YOU...



Kathy Stratton

Position: Telecommunications Site Manager

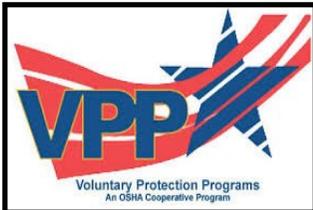
Where do you call home? Chambersburg, I have always lived in this area. I grew up in Marion, Pa.

What do you like about your job? No day is ever the same, meeting and talking with different people every day, solving problems.

What are your goals - personal, professional or both? Continue to be healthy and happy. Be able to retire by the time I'm 60.

What do you like to do in your spare time? Spend time with my family, read, follow New York Yankees baseball and Penn State football, travel.

What is on your bucket list? A lot of traveling, visit all 50 states and areas around the world.



David Jenness

Rank: Senior Master Sergeant (SMSgt), U.S. Air Force



Position: Contracting Officer Representative, Directorate of Public Works

Where do you call home? Strasburg, Virginia

What do you like about your job? I get to interact with different people every day. The contracts that I work with are varied, and every day is a little different from the day before so the work isn't as repetitive.

What are your goals - personal, professional or both? I would like to finish my college degree. I have my associates in transportation and am working towards my bachelors in logistics/transportation.

What do you like to do in your spare time? In my spare time I shoot. I am a competitive target shooter. I also enjoy spending time with our four grandchildren, two girls and two boys, ranging from six months in age to six years old and our dog, Lucy Lou, a mini dash hound.

What is on your bucket list? After retirement my wife and I plan to travel without worrying about when we need to get back home. We want to travel around the U.S. and western Europe.

UNCLASSIFIED//FOUO



COMBINED FEDERAL CAMPAIGN

2014 CAMPAIGN RESULTS

CAMPAIGN GOAL: \$50,000
CAMPAIGN TOTAL: \$58,353



NUMBER OF EMPLOYEES SOLICITED: 1870
% OF CONTRIBUTORS: 11%

**SUPPORTING
OUR
COMMUNITY**

**THANK YOU FOR
YOUR SUPPORT!**

**SERVING
OUR
COUNTRY**



Report Suspicious Activity or Behavior



iREPORT

iKEEP US SAFE

See Something

Say Something

See the special edition KennyLetter honoring its military workforce



Letterkenny Army Depot's civilian workforce consists of veterans, Department of the Army civilians (DACs) and contractors. Veterans make up 42% of that workforce. These folks proudly served in all branches of the military during the Vietnam War, conflicts in the Middle East, and relief missions throughout the world. Many finished their active duty tours; others continue their service as reservists or guardsmen.

Enjoy the special edition of the KennyLetter showcasing many of our current workforce and their military service. THANK YOU FOR ALL YOU DO!

NEW EMPLOYEES



David Beith, DRSK;
Jennifer Coccagna, DOPS;
Bryce Corman, DRSK



Timothy G. Sullivan, TMDE;
Robert E. Bowman, DPW



Tobey Moxley, PAO;
Darin Johnson, DRSK;
John Butts, DOC



Frederick Herrington III, DRSK
Ricardo Colin-Berrocal, DRSK
Zachary Stout, DRSK



RETIREMENTS

January 2015

Clifford Baker
 Lonie Bender
 James Bowsver
 Kenneth Bradnick
 Robert Chavex
 Nevin Crum
 Marilyn Dick
 Debra Goshorn
 Samantha Kesselring
 Melinda Knarr
 Kevin Kriner
 Edward Lensbower
 Lindy Maxwell
 Leroy Pine, II
 Jay Rockwell
 Geraldine Sites
 Phillip Smith
 John Wertner
 Dennis Wildeson
 Gregory Woods

February 2015

Dennis Bittinger
 Lisa Hepfer
 Edgar Wright
 Samuel Beauchamp, Jr.
 Theresa Lawrence

March 2015

Rhonda Stoner
 Richard Sleichter
 David Stine
 Wendy Yocum

LENGTH OF SERVICE

1 Oct 14—31 Dec 14

25 Years
 Donald Lester
 Michael Rockwell

30 Years
 Pamela Goodhart
 Jean McCoy
 David Shea
 Gregory Snively
 Scott Storck
 Keith Szada

35 Years
 Robert Coons
 Vicky Logue
 Joel Peterson
 Gerald Smith
 Charles Spangler, III
 William Stoler

40 Years
 Gary Grissinger
 John Holtry
 Ricky Northcraft

1 Jan 15—4 Apr 14

25 Years
 William Durfee
 Robert Mohler

30 Years
 Diane Brunner
 David English
 Michael Gossard
 Donald Helmick
 Lindy Maxwell
 Danny McCormick
 Nadine Stoler

35 Years
 Richard Cover
 Nevin Crum
 Joann Yeager
 Lesa Zeigler

40 years
 William Bragunier
 Kevin Starry



**...for your years of service and
 commitment to the depot!**

THE WELLNESS CHRONICLE

Achoo!!! Spring is Here!!

Spring officially arrived bringing with it spring allergies that cause misery for millions of Americans. There are ways folks can get relief, a medical expert says.

"The key to surviving spring allergies is knowing what triggers your symptoms," Dr. James Sublett, president of the American College of Allergy, Asthma and Immunology, said in a college news release.

"Because there can be millions of pollen particles in the air, finding allergy relief can seem nearly impossible for some. But by knowing what triggers your allergy symptoms and how to avoid these allergens, you can be on your way to a sneeze-free season," he said.

The college offers some tips for dealing with spring allergies:

*Avoid clothing made of synthetic fabrics, which, when rubbed together, can create an electrical charge that attracts pollen. Opt for natural fibers such as cotton, which also breathe better and stay drier, making them less likely to harbor mold.

*Exercise outdoors when pollen counts are at their lowest - before dawn and in the late afternoon and early evening.

Because exercise causes you to breathe more deeply and inhale more pollen, try to do vigorous workouts indoors. If you're going out for an easy walk, take a nondrowsy antihistamine before you go.

*If you garden, take an antihistamine about a half hour before you go outside. Digging up dirt can stir up pollen, so you should wear gloves and a National Institute for Occupational Safety and Health (NIOSH)-rated 95 filter mask. Try not to touch your eyes. When you go back inside, wash your hands, hair and clothes.

*Limit your exposure to indoor allergens to help reduce the severity of your spring allergies. Vacuum your furniture, leave your shoes by the door, shower often, cover floors with washable throw rugs, and use a dehumidifier and an air purifier with a HEPA filter.

*If your allergy medications don't provide sufficient relief, consider allergy shots.

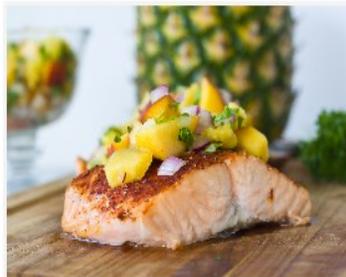
The U.S. National Institutes of Health has more about seasonal allergies <<http://www.nlm.nih.gov/medlineplus/magazine/issues/spring13/articles/spring13pg22-23.html>>



Grilled Salmon With Pineapple Salsa

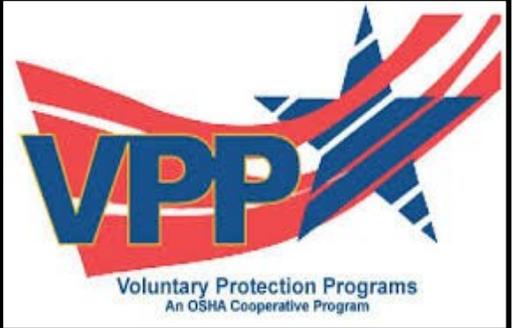
Ingredients:

- 10 5oz salmon fillets, skin off
- 2 tbsp lemon juice
- 3 tbsp olive oil
- 1 tbsp salt
- 1 cup **Dole Pineapple**, diced small
- 2 grapefruits, cut into segments
- 1 small red onion, diced small
- 2 tbsp grapefruit juice
- ¼ tsp salt



Directions:

Place salmon on a baking sheet. Season with lemon juice, olive oil and salt. Bake in a preheated 350°F oven for about 10–15 minutes. While salmon is baking, combine remaining ingredients in a mixing bowl and stir well. To serve, top salmon with salsa.



SAFETY FIRST; SAFETY ALWAYS!

Safety in the Chip – Coming to a credit card near you

Credit card providers have begun issuing new chip-enhanced credit cards to replace the traditional magnetic stripe credit cards. The new cards contain an embedded microchip, which holds information that is encrypted, making it extremely difficult for the card to be copied or counterfeited.

The chip card also makes it easier for cardholders to pay at national and international merchant locations, as chip cards are the standard in many countries outside of the United States. In addition to the chip, the new cards also contain a traditional magnetic stripe on the back for use at merchant locations who have not yet upgraded to chip-enabled terminals.

Patriot Federal Credit Union will begin making the transition to chip cards starting with credit cards this summer, and incorporate the change later in the year with debit cards.



The goal of the chip card is to provide cardholders with a more secure and flexible method for making purchases. Cardholders will be able to enjoy the peace of mind of added security, along with the same benefits they enjoyed with their previous card.

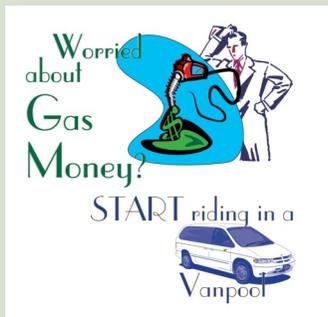
Here are just a few examples of how the chip card will make life easier:

Use your card at millions of locations worldwide – Your chip card allows you to pay at national and international merchants where chip cards are the standard. In addition, the chip card has a magnetic stripe on the back, and you can still make purchases by swiping your card at merchants that have

not yet switched to chip-enabled terminals.

Pay with confidence – Your chip card comes with enhanced security and protection against card counterfeiting and fraud.

To learn more about the ease-of-use, heightened security and benefits of chip cards, watch a video on Patriot's web site – www.patriotfcu.org



VAN POOL CONTACTS:

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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 Stitely, x7-8334;
Irene Myers, x7-5716

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Vice Chairpersons
Travis Gray, x7-9392; Tanya Ranck, x7-9706

GYM Membership
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IT Support
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