



KENNY LETTER



A publication for the greater Letterkenny Army Depot community

VOL. 54, NO. 4

Chambersburg, Pennsylvania, U.S.A.

September 2015

Col. Victor Hagan says farewell

By Janet Gardner, *Public Affairs*

A large crowd gathered outside the Depot's Headquarters Building on Friday, Aug. 7, 2015, to witness the change of command ceremony for outgoing commander Col. Victor Hagan and incoming commander Col. Deacon Maddox.

The U.S. Army Aviation and Missile Life Cycle Management Command's Commanding General Maj. Gen. James Richardson presided over the ceremony.

"This change of command is a bittersweet event," said Richardson "...we are losing Col. Vic Hagan; an amazing leader and logistician that has dedicated himself to this Depot and the local community for these past 3 years."

Hagan became the depot commander on Aug. 9, 2012. Under Hagan's leadership, Letterkenny was recognized for manufacturing excellence and making improvements in its industrial facilities, safety trends and environmental practices.

"Every day I am impressed by the technical skills and professionalism of our workforce," Hagan said. "The Army has been in a state of change in the last three years. In this short period of time, our workforce had to deal with sequestration, furloughs, hiring freezes and reductions in workload. But not once did they lose sight of our ultimate mission to provide the best equipment and support possible to the greatest Warfighters in the world."

Hagan also expressed his gratitude to the depot employees, and said he was honored to serve as their commander.

Prior to the change of command ceremony, Richardson awarded Hagan with the prestigious Legion of Merit award citing Hagan's outstanding leadership, proven technical expertise, dedication and commitment to the mission.

Immediate plans for Hagan include retiring from active duty after 30 years of service and taking a few months off to acclimate to life as a civilian.



Depot hosts change of command

By Janet Gardner, *Public Affairs*

In an outdoor ceremony rich with military traditions, Colonel Deacon Maddox accepted the Letterkenny flag and the responsibility of command from the U.S. Army Aviation and Missile Life Cycle Management Command's (AMCOM) Commanding General Maj. Gen. James Richardson in front of the Depot's Headquarters building on Friday, Aug. 7, 2015.

Maddox is the depot's 48th commander and succeeded Colonel Victor Hagan who is retiring after 30 years of military service.

In his welcoming remarks, Richardson said Letterkenny Army Depot plays a critical role in the national defense, and it will continue to play that role for many years to come. "The heart and soul of this depot is the extremely talented workforce, whose skill and dedication to supporting this nation are unmatched anywhere on the planet. It is truly an honor to preside over this time honored tradition."



The Chaplain from AMCOM, Lt. Col. James Boulware, offered the prayer, and a five-member band from the Army Materiel Command played *The Star Spangled Banner* and the *Army Song*. The AMCOM's Command Sergeant Major Glen Vela retrieved Letterkenny's flag from an honor guard comprised of Soldiers from the Carlisle Garrison. The United States' 50 state flags provided the perfect backdrop against a brilliant blue sky.

"This is a good news story, and I feel right at home in Chambersburg," Maddox said as he welcomed the large group amassed for the change of command.

"I grew up in Strasburg, Va., just an hour's drive from the depot. The Shenandoah Valley is very similar to the Cumberland Valley, and I am excited to become part of this community."

Maddox's family, friends, and depot employees attended the ceremony in addition to local business, community and political leaders, depot and tenant senior leadership,

...continued on page 5

FROM THE COMMANDER'S DESK... Col. Deacon Maddox, Depot Commander



Army Core Value: Integrity

Do what's right, legally and morally.
Integrity is a quality you develop by
adhering to moral principles.
It requires that you do and say
nothing that deceives others.

As your integrity grows,
so does the trust others place in you.
The more choices you make based on integrity,
the more this highly prized value will affect
your relationships with family and friends, and,
finally, the fundamental acceptance of yourself.

Hello Letterkenny!

This is my first newsletter since taking command on August 7. The first month has been a great experience for me, and I have gotten to know many of you through visits, tours and random encounters. I want to thank the community for the warm welcome you all have given me, both on post and off.

There are a few things I want to touch on in this Kenny Letter. These include our pending upgrade to Complex Assembly Manufacturing System (CAMS), the rollout of the Multi Mission Launcher (MML), and my emphasis on Force Protection.

First: CAMS. This initiative has really picked up steam over the last month. Capstone training for our cadre began at the beginning of September, and our engineers began preparing our data for transition to the new system. You will start to see technicians installing components of the wireless network that will be required for CAMS to function, and you will also begin seeing announcements and commercials on posters and on the depot's PADS system. The new system has been well-received at the three test locations that are currently using it, and it promises to bring vast improvements to how we work here at Letterkenny. We are working hard to make this transition as seamless as possible by emphasizing training, information flow, and cadre empowerment.

Second: MML. On September 3, I had the distinct honor of representing Letterkenny at a ceremony at Redstone Arsenal, where the Army's first MML prototype rolled out. This is the first major program in nearly 30 years for which the US Government has designed and built the prototype

systems. Letterkenny, in partnership with the Aviation and Missile Research, Development, and Engineering Center (AMRDEC) and the Program Manager – Indirect Fire Protection Capability (IFPC), will build the next six prototypes. This is important because it represents an exciting addition to the depot's capabilities: new system development. Adding this capability and doing it well will expand the depot's portfolio and make it an extremely attractive choice to maintain future major systems from prototype inception through the end of the system's sustainment cycle.

Finally: Force Protection. We continue to operate at elevated Force Protection levels. We are currently evaluating our Force Protection levels and discussing available options. We owe you the information for how operations will continue and exactly what you can expect, but suffice to say there will be some changes to our daily rhythms. We are working with our partners in local government as well as representatives at the commonwealth and in the Federal government to assure continued Force Protection.

Thanks again for the warm welcome you have shown me! I look forward to meeting all of you over the next two years.



Strategic planning at Shippensburg University

By Janet Gardner, Public Affairs

On July 8, 2015, Col. Victor Hagan presided over his final strategic planning session as depot commander. The annual session was held at the Shippensburg University Conference Center.

“Think big thoughts; focus on the depot’s future,” Hagan said as he welcomed the depot leadership to the off-site location. Blackberries and laptops were powered off as the leadership concentrated on developing the depot’s goals and objectives for fiscal year (FY) 2016 and beyond.

Strategic planning is an important tool that helps to define what training and skillsets will be required in the future so depot and employee capabilities do not become obsolete. At the session, Depot leadership hear what is planned and gain an understanding on why it is being done that way. They learn the business planning process and support the depot goals by aligning their directorate’s individual business plans in support of those goals.

Strategic planner Eric McEldowney set the stage for the day’s tasks. He reviewed the Department of Defense’s current state of affairs and reiterated General Via’s support of the importance of maintaining the Organic Industrial Base (OIB). Via is the Commanding General for the U.S. Army Materiel Command.

The OIB is best explained as the nation’s security insurance policy, it may not be needed every day, but when you

do need it, the OIB needs to be responsible, dependable and reliable according to a statement by Via published on www.army.mil (May 2015).

The OIB ensures state-of-the-art materials, techniques and processes, leverages workload to modernize depot maintenance plant equipment and capabilities and optimize enterprise resource planning which means having the right part at the right time to support readiness.

Before the depot FY16 shaping briefings were presented to the group, McEldowney outlined the Department of Defense’s priorities: 1) rebalance the joint force; 2) train adaptive leaders for a modern Army; 3) cultivate a trained and ready workforce; and 4) sustain audit readiness and develop the workforce. Challenges facing the defense planners are stabilizing the budget, the ever-looming BRAC threat, dealing with a downward Army end strength trend to 450,000 and recognizing the need for reset from wars across the strategic spectra expected with a declining force structure.

At the end of the jam-packed day filled with team planning sessions and outbriefs, Col. Hagan closed the session by saying, “It is our air defense assets that give Soldiers a level of comfort. Equipment that Letterkenny produces in its shops is used every day by Soldiers. It is hard to fight when you are worried about what is in the sky.”

“If you can’t get excited about what we are doing as a depot and the support we provide to our United States Warfighters and our International partners, then I don’t know what to tell you.”



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YOUR SUBMISSIONS FOR THE KENNY LETTER ARE GLADLY ACCEPTED AND ENCOURAGED.

*PLEASE E-MAIL DETAILED INFORMATION AND A POC TO:
janet.s.gardner4.civ@mail.mil*



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

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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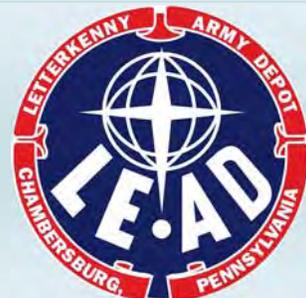
Outgoing...



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**BEST WISHES COL HAGAN
FROM ALL THE EMPLOYEES
OF LETTERKENNY ARMY DEPOT**



...Incoming



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depot commanders from Corpus Christi Army Depot, Tobyhanna, Letterkenny Munitions Center, and program managers from major defense contractors.

Maddox said that he was looking forward to bringing his Army logistics' expertise to Letterkenny and working with the depot's highly skilled artisans.

Red roses, symbolizing full service to Soldiers and civilians of the depot, were presented to Mrs. Barbara Hagan, sister-in-law of outgoing commander Col. Hagan.

Yellow roses, symbolizing a new beginning, were presented to Mrs. Jenny Maddox and their son, Daniel, received a Letterkenny polo shirt.

Upon orders from Richardson to 'take charge,' Maddox escorted his wife and son into the Headquarters building to begin his first official duty as depot commander, that of welcoming everyone to the depot.

A reception was held in Maddox's honor after which his family and guests were provided an overview of the depot and boarded a bus to walk through the maintenance shops in Building 350 and take a windshield tour of the depot he now commands.

"The depot is gaining a new leader in Col. Deacon Maddox. He is the right officer to lead this amazing depot into the future; he has the perfect blend of education, experience and personal drive."

Maj. Gen. James Richardson at Letterkenny Army Depot's Change of Command Ceremony, Friday, Aug. 7, 2015

Non-destructive testing (NDT) and customer satisfaction

Submitted by the Directorate of Product Assurance (DPA)

The DPA is dedicated to ensuring Letterkenny Army Depot's (LEAD's) products and services are of the highest quality and to maintaining the highest level of customer satisfaction by collaborating with all directorates. One aspect of DPA's services is quality control (QC). Providing services such as non-destructive testing (NDT) helps LEAD continue to be the depot of choice to our customers.

Non-destructive testing involves inspecting material for issues such as cracks in base metal or welds. Following specific NDT processes and utilizing NDT equipment and products is imperative because cracks or indications may not be observed with the naked eye and could compromise the integrity of the product.

There are two primary methods to inspect for cracks or other indicators:

1. Magnetic particle inspection: can only be performed on ferrous material. This inspection magnetizes the material and allows particles from a solution to be drawn into the crack. An ultraviolet black light is used to inspect parts for indications or cracks. After the part inspection is complete, the DPA inspector then demagnetizes the part. The NDT area does have the ability to be mobile with this process by using a Portable Contour Probe.
2. Dye penetrant inspection: can be used on ferrous and nonferrous material. This inspection is more time consuming than magnetic particle inspection but necessary in many applications. The main steps for this procedure are pre-cleaning, application of penetrant, excess penetrant removal, application of developer and Inspection. The DPA mainly uses fluorescent penetrant with an ultraviolet black light to view the part. LEAD recently purchased a new dye penetrant system that will make the inspection processes more efficient and effective.

The NDT area supports many programs at LEAD including, but not limited to, Patriot air defense programs, the aviation ground power unit and the route clearance vehicle missions. The NDT area is located in building 350.

The DPA is responsible for maintaining personnel who are trained and certified to perform the NDT. The American Society for Nondestructive Testing (ASNT) provides training in accordance with NAS 410. The NAS 410 outlines requirements/training for each level of certification. Level 1 personnel are allowed to perform NDT processes but can only make "accept/reject" decisions on items for which the

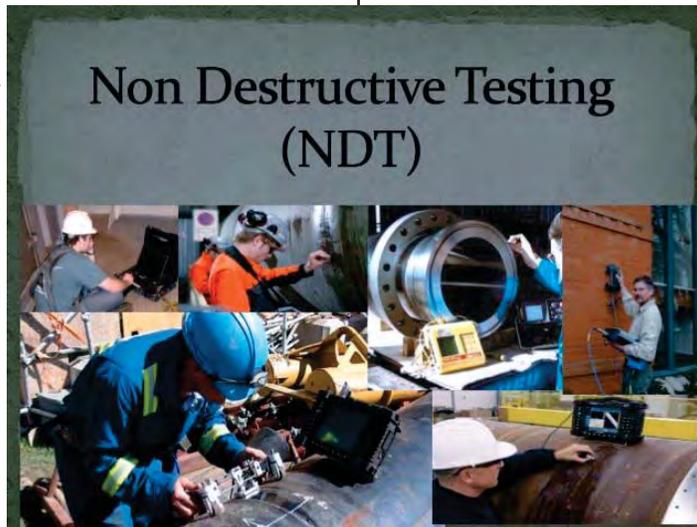
responsible Level 3 inspector has specifically authorized in writing. Level 2 is the principal working level for magnetic particle and liquid penetrant inspectors for LEAD operations. Level 2 inspectors are authorized to draft NDT procedures and work instructions for a Level 3's approval. Level 3 personnel are authorized to prepare and approve NDT procedures and work instructions.

Corpus Christi Army Depot (CCAD) assisted LEAD with NDT support over an eight month period (October 2014-

June 2015) with a total of six different employees participating in the mission. During this time, up to two CCAD individuals would be at LEAD in six week increments. All employees from CCAD proved to be a pleasure to work with and showed a high level of NDT knowledge and experience in both testing and documentation. Their high standard of knowledge, work ethic and capabilities proved extremely valuable and resulted in suggestions to improve the processes on the line at LEAD.

The support from CCAD provided LEAD time to hire three new NDT employees. Two are in the process of becoming certified as Level 2 NDT inspectors and one is working towards Level 3 certification.

As LEAD continues to be a leader in customer satisfaction, DPA will support all Depot missions and make LEAD "the depot of choice for Industry, Government, and the Greatest Warfighters in the World."



Letterkenny's external web site:
www.lead.army.mil



The Yellow Ribbon Reintegration Program

Submitted by CPT Yasmin Adorno, Judge Advocate General, Letterkenny Command Group

The Yellow Ribbon Reintegration Program is a Department of Defense (DOD) effort to promote the well-being of National Guard and Reserve members, their families and communities by connecting them with available resources throughout a deployment cycle. The program helps Service members and loved ones connect with local resources before, during, and after deployments.

Commanders and leaders play a critical role in assuring that Reserve Service members and their families attend Yellow Ribbon events. At these events participants can access information on health care, education, training opportunities, financial and legal benefits.

The Yellow Ribbon Reintegration Program began in 2008 and is aligned under the Family and Employer Programs and Policy Office within the Office of the Assistant Secretary of Defense for Reserve Affairs.

The program consists of a 4-phase series of events in a typical deployment cycle:

- Phase 1: Pre-deployment
- Phase 2: During deployment (just for families)
- Phase 3: Demobilization
- Phase 4: Post-Deployment (30, 60 and 90 days after deployment)

Some of the services provided in the events are:

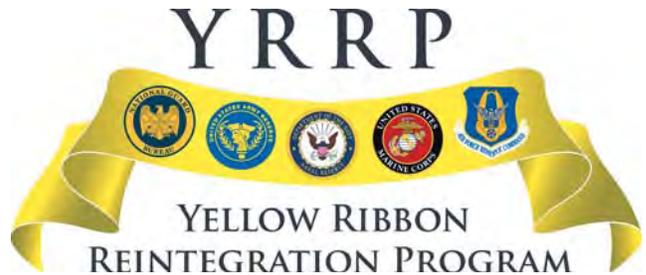
- financial counseling
- family counseling
- veterans counseling
- marriage enrichment
- civilian employer information
- legal readiness

Representatives at most of the events also include: Tricare, Met Life, Veterans Affairs, American Red Cross, Employer Support of the Guard and Reserve, and Military One Source.

Events take place in hotels in metropolitan areas around the United States. The Soldiers and family members arrive on a Friday and leave on a Sunday. During that timeframe, the attendees travel at no cost to a hotel where food and childcare are provided (also at no cost). Childcare is not your 'typical' daycare; it's a place where children participate in age-appropriate activities, games and receive useful information. If parents and/or the child do not want to take advantage of the childcare, the attendee has the option to take the child to the classrooms where the event is conducted.

The Yellow Ribbon Reintegration Program is the only DOD-sponsored program where you can get assistance and gather benefit information in a single location.

Visit the Yellow Ribbon's web site located at <http://www.yellowribbon.mil/yrrp/> to find more detailed information on all of the phases of the program, resources and contact information.



Thursday, 8 October 2015
Letterkenny Recreation Area
Stay tuned for details!

Letterkenny workforce:

- Have a good news story to share?
- Just earn a college degree or certification?
- Want to talk about your hobby (i.e., restoring old cars, racing, photography, BBQ championships, etc.)?
- Want to brag about your work area and co-workers?
- Have a child entering the military or trade school?
- Endless possibilities....
- Contact the Public Affairs Office for details on how to submit your information. Photographs to help tell your story are always appreciated.



LEAD Prepares for Logistics Modernization Program (LMP) Increment 2, Complex Assembly Manufacturing Solution (CAMS) Deployment

Contributed by: Jennifer Coccagna

Background

In the timeframe of May-June 2016, Letterkenny will deploy CAMS as part of the LMP Increment 2 roll-out. This deployment is part of the Army Materiel Command's (AMC) initiative to expand the industrial base to effectively execute and track maintenance operations. The LMP Expanded Industrial Base will provide depots with shop floor automation (via CAMS) and other capabilities (Automatic Identification Technology and Item Unique Identification (IUID)) that are required by AMC.

The CAMS will work in conjunction with LMP Enterprise Resource Planning's Central Component (ECC); it *will not* replace it. The CAMS exists to support the execution of maintenance and production: work instructions will be viewed electronically; IUID and serialization data will be collected and entered; and shop floor personnel will have the ability to quickly view planned tasks and record actual completions.

Path Forward

LEAD is working all LMP Increment 2 actions through an integrated product team (IPT) comprised of members from all business areas across the depot. The IPT is broken into focused sub-groups responsible for working crucial tasks related to access, infrastructure, implementation, communications, training, and business process changes.

Some of the IPT's most recent efforts:

ACCESS - Obtain Common Access Cards (CACs) for employees who currently do not possess a CAC.

INFRASTRUCTURE - Begin the installation process for wireless in the buildings requiring wireless capability.

IMPLEMENTATION - Complete micro-value stream analysis in an effort to cleanse the master data currently loaded in ECC. Correcting master data now is *crucial*; it will help ensure that LEAD has executable work in the system upon go-live in 2016.

COMMUNICATIONS - Provide introductory CAMS briefings to inform depot employees on what to expect and how each person can get involved with CAMS.

TRAINING - Develop a team of 20-25 dedicated training cadre responsible to deliver CAMS training to LEAD's end user population consisting of approximately 2,400 employees. The cadre are in place to ensure that CAMS training is delivered as effectively and efficiently as possible and that the training is relatable to LEAD's business processes. The training cadre also consists of employees from the various divisions across the depot to guarantee that LEAD's processes are integrated into each CAMS course.

BUSINESS PROCESS CHANGES - Develop an action register containing all questions and concerns related to changes that will come with CAMS implementation and make the determination whether or not those changes will require adjustments to how LEAD currently operates within ECC or other systems.

What You Can Expect

If you have been identified as an ECC Subject Matter Expert (SME) or as a CAMS Day 1 User, you will be included in

the initial CAMS course discussions starting the beginning of August.

As an end-user, you will begin receiving CAMS training in February 2016.

Go-live is currently planned for May/June 2016 (an official date will be set in January 2016).

Learn More

The success of CAMS is crucial to the depot – your involvement is the key to its success!

Please visit the LMP Increment 2 (CAMS) portal page to learn more!

If you have specific questions related to LMP Increment 2, please contact TJ Coder at x8196 or Jennifer Coccagna at x8043 or x4209.



National Preparedness Month (NPM) is a commemorative event recognized each September to emphasize the importance of being prepared for emergencies such as tornadoes, hurricanes, or terrorist attacks. Soldiers, families, and civilians are encouraged to turn awareness into action by [Being Informed](#), [Making a Plan](#), [Building a Kit](#), and [Getting Involved](#).



Total Employee Development (TED) on-site trainer, Sue Lesensky, is pictured with a group of CAMS training cadre (left to right: Glenn Lininger, Jason Pyles, Matthew Hoffman, Tammy Smith, and Bryan Storts).

Complex Assembly Manufacturing Solution (CAMS) Training Cadre Receive Instruction on Total Employee Development (TED)

Contributed by: Koonie Kiser, Glenn Lininger, and Jason Pyles

On Wednesday, 29 July 2015, Ms. Sue Lesensky, an on-site TED trainer from Army Materiel Command, provided in-house training to a portion of the CAMS training cadre. This training was phase-two of an effort to train and prepare the cadre for the challenge of designing and providing a learning platform used to educate and inform the depot workforce in the upcoming Logistics Modernization Program expansion to CAMS.

The training educated the cadre on how to record and maintain depot employees' CAMS training records after an employee completes an assigned course. Ms. Lesensky stressed the importance of LEAD's cadre's role as class instructors and their readiness to assist employees with navigation through TED.

In the weeks ahead, the training cadre will collectively evaluate each instructor's strengths and weaknesses as related to their training techniques, functional area knowledge, and knowledge of the functionality of the CAMS software.

Upon the completion of the on-site training, many of the cadre traveled to Corpus Christi Army Depot and Rock Island Arsenal for the purpose of class room observation and witnessed first-hand the importance of recording CAMS training in TED.



COURAGE
Bravery doesn't mean you aren't scared. It means you go anyway.
THANK-YOU VETERANS



THURSDAY, 8 OCTOBER 2015

PICNIC BEGINS AT 12:00 NOON

CHOICE OF 1/2 CHICKEN, 1/2 RACK OF RIBS OR ANGUS STEAK; SIDES, CAKE, ICE CREAM, ASSORTED DRINKS

WHERE:

REC CENTER

MORE DETAILS:

CAR/TRUCK/MOTORCYCLE SHOW, OUTDOOR GAMES, WELLNESS TENT

SEE YOUR DIRECTORATE POC FOR TICKET INFORMATION.



Letterkenny Employee News...

GETTING TO KNOW YOU...



NAME: Becky Chilcote

JOB TITLE: Administrative Assistant, Directorate of Operations, Planning and Support (DOPS)

HOME: Mercersburg

LIKE ABOUT CURRENT JOB: All of the people in DOPS have been friendly and welcoming. Quite refreshing!!

SPARE TIME: Enjoying my grandchildren (5 boys), riding motorcycles with my friends, and hanging out with my dogs

GOALS: after retirement, open a murder/mystery dinner theater

BUCKET LIST: Go back to Germany on an extended vacation

NAME: Ray Leist

JOB TITLE: Accounting/Travel Technician

HOME: Carlisle

LIKE ABOUT CURRENT JOB: The daily challenges when helping out our traveler base here at LEAD. The staff and other directorates are easy to talk with and get assistance from when issues arise.

SPARE TIME: I love to fly fish, golf, and garden. Of course, whatever else my wife likes me to do to assist her around the house!

GOALS: Life's goals include working each and every day to the best of my ability which gives me work fulfillment. Also living long enough to see all 6 of my grandkids get through college and their lives started and our youngest son getting done with college (Drexel University) and setting off on his job/life adventure. Lastly spending quality time with the love of my life, my wife Elaine, as we head into our retirement years.

BUCKET LIST: My bucket list would include traveling to Lake Okeechobee in Florida to catch an over 10+ pound largemouth BASS! That's what we call a luncker!



**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S **PrepareAthon!**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH
A TIME TO PREPARE FOR ALL HAZARDS



NEW EMPLOYEES TO LETTERKENNY ARMY DEPOT

WELCOME WE'RE GLAD YOU'RE HERE!

15 June 2015: Joshua Campbell, William Crusey, Darryl Guidry, Ray Leist, Nathan Nicholson, Melanie Sterbutzel, Lateshia Terrell



29 June 2015: Donald Beaver, Wesley Elmore, Sherron Hicks, Pablo Nieves, Donna Reath, Timothy Burkholder

W E L C O M E

13 July 2015: Kirk Domer, Damiam Bess, Aditya Patel, Paul Tuczynski, Keith Murray, Heather Orland, Todd Wigton, Charles Williams



27 July 2015: Hannah Gill, Timothy Hoban, Matthew Earwood, Lorraine Oberbroeckling, Anthony Blackman



24 August 2015: Daniel Bream, Stephanie Dodge, Susan Eubanks, Daryl Ewan, Erin Shoemaker, Richard Bowers, Dawnell Hoffeditz, Roger Landis, Howard Matheney, Danielle Seifer, SPC Andrew Brehm, SSG Timothy Madu

10 August 2015: Courtney McKinney, Robert Brown, Amanda Kinsey, Cheryl Szewczyk, Paul Beavers, David Brunet, Warren Stanfield



Kelly Rhodes recognized for exceptional support

Submitted by Directorate of Contracting

Contract Specialist Kelly Rhodes, Directorate of Contracting (DOC), Letterkenny Army Depot (LEAD), was awarded the U.S. Army Material Command Fiscal Year 2014 Part Time Small Business Specialist of the Year for her exceptional support of the program.

Mr. Tommy Marks, Director, Army Office of Small Business Programs, and Ms. Nancy Small, Director, AMC Small Business Office, presented Ms. Rhodes with the award on July 14, 2015, at the Department of Defense’s Small Business Innovation Training session held in Phoenix, Az.

During the presentation ceremony, Rhodes was recognized as being a committed small business professional. Her ability to engage and provide customized counseling to the small business industry and serve LEAD and DOC employees led to her nomination as the Small Business Specialist of the Year.

Rhodes demonstrated persistence in engaging small business and dedication to improving the small business program at LEAD.

Accepting the award, Rhodes said she credits her success and that of the small business program with the DOC team of contract specialists and contracting officers for their hard work and support of the Small Business program.



Kelly Rhodes (center) was presented with the Small Business Specialist of the Year Award in Phoenix by Ms. Nancy Small and Mr. Tommy Marks. Photo courtesy of Randall A. Edney, Associate Director for SB, Orlando, FL

Letterkenny Fire Department just doing their job!

Submitted by Captain Emory Weller, Letterkenny Fire Department

On Feb. 24, 2015, the Letterkenny Fire Department responded for an injured person as a result of a fall. After the first responders determined the extent of the injuries, Air Medical was called to transport the individual to York Trauma Center.

Because of the responders’ quick action and their skilled response, the injured individual was able to receive the quality of care required. Recognizing their dedication to their job was Col. Victor Hagan who presented the group with Commander’s coins and a heartfelt thank you for a job well done.



Col. Victor Hagan stands with the responders after he presented them each with coins. Left to right: Emory Weller, Andrew Cramer, William Wishard, Corey Connelly, Chris Shaffer, and Keith Leonhard. Not pictured is Shawn Shade, Daniel Monn, and Kevin Wagaman.

THE WELLNESS CHRONICLE

EXERCISE IN THE MORNING BEFORE YOUR BRAIN FIGURES OUT WHAT YOU'RE DOING

October is breast cancer awareness month. But for a survivor, it's every single day.

Wellness Program Managers

Chairperson

Melinda Torres, x7-8851

Vice Chairpersons

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

GYM Membership

James Holmes, x7-5316

IT Support

Art Barnett, x7-9171

Pedometer Program

Tanya Ranck, x7-9706; Kara Stitley, x7-8334
Irene Myers, x7-5716

Stretching Program

Travis Gray, x7-9392;
Dianna Fryzlewicz, x-7-9230
Terry Acie, x7-8139

Wellness Fair Coordinator

Elizabeth Robinson, x7-8048

Knowing it exists is not enough.

Get informed. Pass it on.
FBCOVERLOVER.COM





Nutrition—Fight Worksite Grubbing

Sitting at a computer most of the day can lead to mindless munching, especially when there is so many “grubbing” opportunities available—donuts, candy, cookies, cakes, etc.

We can easily consume hundreds of empty calories over the course of one day. Preparation is the best defense against the powerful stomach grumble.

Drink Water—sometimes you may just be thirsty.

Keep a stash of better options in your desk.

- Make snack bags of nuts: 23 Almonds, 49 pistachios or 28 peanuts = 1 oz.
- Whole wheat crisp breads.
- Fresh fruit.
- Nut butter on an apple.
- 8 oz can of vegetable juice.
- Dry whole grain cereal portioned in a snack bag.
- Mini rice cakes.

Did you know that the average person makes nearly 250 decisions about food every day?

Physical Activity—To the Core

A strong “CORE” is the foundation for how well our body moves or functions. Core is defined as “the central or most important part of something.” A strong core enhances balance and stability, prevent falls and injuries and is critical to everyday tasks such as getting dressed, sitting in a chair, and lifting.

Bottom Line—we need a strong core to function. An unbalanced core leads to low back pain, slouching, and the inability to perform daily tasks. Over time, the imbalance can lead to stiff and sore muscles and eventually a lot of pain. Core muscles need to be strong and flexible.

Try this simple move to help strengthen your CORE muscles.



Right Arm & Left Leg

fitwrr