



# KENNY LETTER

Chambersburg, Pennsylvania, U.S.A.

VOL. 51 ISSUE 3, JUNE 2013

## Memorial service held for employees

by LEAD PAO

On May 30, coworkers, family members and friends gathered at the Letterkenny Chapel to pay tribute to Letterkenny Army Depot and Letterkenny Munitions Center employees who passed away this year. Charles Greenwalt Jr., Larry Dell and Dennis Cabbage Sr. were the three men honored at the memorial service.

Charles Greenwalt Jr. was born on February 27, 1949 in Sandy Hook, Maryland to the late Charles R. Greenwalt, Sr. and Juanita L. (Kinnamont) Greenwalt. He was a graduate of Smithsburg High School with the class of 1967. Charles was employed at Letterkenny Army Depot for 32 years and also owned and operated a lawn care business with his wife Connie of 27 years. He was the father of Charles Greenwalt III and Carla Dooley. He had six grandchildren and one great-grandchild. Charles served in the United States

Marine Corps during the Vietnam War where he was the recipient of the Purple Heart. He later served in Saudi Arabia from November 1990 through March 1991 where he was responsible for painting military vehicles the color of sand. He enjoyed spending time outdoors, especially in the mountains. Greenwalt passed away on Dec. 30, 2012.

Larry R. "Buck" Dell was born January 14, 1954, in Shade Gap, Pennsylvania to the late Richard B. and Mildred M. (Parsons) Dell. He was a 1971 graduate of Southern Huntingdon High School and was a member of the Shippensburg Fish & Game Association. Larry was married to Judy K. (Briggs) Dell of Shippensburg and was the father to Matthew R. Dell, Julie K. Goodhart, Jill L. Dell and Katelyn M. Dell. He also had four grandchildren. Dell passed away on April 14.

Dennis Charles Cabbage Sr. was born on May 23, 1955 in Chester, Pennsylvania to the late Robert and Leola (Marcus) Cabbage. He married Susan (Chafardon) Cabbage on September 17, 1976. Dennis was a devoted husband, father and grandfather. He served in the United States Marine Corps, served 28 years of federal service and was most recently an employee of Letterkenny Munitions Center. He was a member of the St. Stephen's Catholic Church in McConnellsburg and enjoyed volunteering time at the Fulton County

Food Basket. He also enjoyed vacationing at the beach and taking cruises, as well as watching football with his children. Dennis was an avid Philadelphia Eagles fan. Most importantly he enjoyed spending time with his three grandkids. He had one son, Dennis C. Cabbage Jr. and two daughters, Jennifer Jansen and Michelle Serrano. Cabbage passed away on April 26.

Coworkers had the opportunity to share fond memories of their friends whose relationships blossomed during their careers at LEAD. Kate Williams shared stories on behalf of Denny Perry about Greenwalt's time as a paint supervisor. Billy Salmon and Larry Long of the Directorate of Industrial Operations spoke of behalf of Larry Dell, who worked with them on the Aviation Ground Power Unit program. Jerry Merritts of LEMC told stories of his dear friend Dennis Cabbage Sr.

Employees who attended the service had the opportunity to offer their condolences to the families, many for the first time since their friends passed. While a somber occasion, the employee memorial service offers a chance for grieving closure and celebrating the lives of our departed workforce members.



From left: Larry "Buck" Dell, Dennis Cabbage Sr. and Charles Greenwalt Jr. were honored at the Employee Memorial Service held at the Letterkenny Chapel on May 30.



Top left: Jerry Merritts speaks on behalf of Dennis Cabbage Sr. Top right: Billy Salmon and Larry Long speak on behalf of Larry Dell. Bottom left: Staff Sgt. Paul Gallagher presents flower to Connie Greenwalt. Bottom right: Kate Williams speaks on behalf of Charles Greenwalt Jr.

### INSIDE THIS ISSUE:

- LEAD host former homestead tours** 3
- 2013 Firefighter Proficiency Challenge** 4
- Depot walking trail open** 5
- Post restaurant under new management** 6
- Summer energy savings tips** 8

### REGULAR FEATURES:

- Commander's Desk** 2
- LEAD Comings and Goings** 5
- Memory Lane** 7
- LEAD's got taste!** 9



## From the Commander's Desk

by Col. Victor S. Hagan, Depot Commander

22 days that the Pentagon initially advised would be needed.

After the proposed furlough notifications, the furlough is scheduled to begin July 8 at the rate of one furlough day per week through the end of the current fiscal year.

Defense leaders are continuing to analyze the budgetary situation to see if circumstances will permit an early end to furlough; however, as I've stated before it is critical for us to remain diligent with the things that are within our control.

One way that we can remain attentive is through necessary safety measures, including preparing for the summer months. We've seen some high temperatures already, which means that hydration is essen-

tial. The safety office has squenchers available to supplement your water intake by providing the essential electrolytes you need to perform your daily tasks both at work and at home.

Summer months can also include vacations and activities that can be dangerous if proper precautions are not pursued. Some tips to remember include: follow swimming area rules, make good decisions regarding alcohol consumption and activities as well as never drinking and driving.

Again, thank you for your service and I hope you have a safe and very enjoyable summer!

Army Strong!!!

Letterkenny workforce,

The past few months have been rather uncertain regarding the proposed furlough decisions and I want to take a moment to thank you for your dedication and the way you've continued to support the mission and this nation.

On May 14 Defense Secretary Chuck Hagel's announcement reduced the number of furlough days from 14 to 11 days. This is now half of the original

### ARMY CORE VALUE FOR MAY/JUNE:

# COURAGE

FACE FEAR, DANGER OR ADVERSITY.

“Courage is being scared to death... and saddling up anyway.”

~ Marion Morrison (aka John Wayne) American film actor, director and producer 1907-1979

# Historic cemeteries and former homestead tour draws crowd

by LEAD PAO

Due to fiscal constraints and other sequestration impacts, Letterkenny Army Depot like many other military installations across the Department of Defense had to cancel or scale back normal Armed Forces Day festivities this year.

On May 18 as part of the Armed Forces Day celebration Letterkenny offered the annual historic cemetery and homestead tours.

Personnel Force Innovation (PFI) Soldiers and Airman provided transportation for approximately 63 people, comprising a mix of those who lived in the area before December 1941 as well as their children and grandchildren.

Between visiting the eight cemeteries some of the former homesteaders were able to drive by the site of their previous home. Many of the homesteads have been demolished or only contain a few remnants such as a water trough, bridge, or parts of a stone wall or church.

Participants were able to see where their grandparents or great grandparents were laid to rest. Cemeteries visited included the Besore Family, Schlichter Family, Pleasant Hill Brethren In Christ Church, Boyer Farm Family, Pleasant Hill Mennonite Church, Upper Strasburg Mennonite Church, Old Order York Brethren, Zion Lutheran & German Reformed Church.

Attendees were very grateful to have the opportunity to visit the sites of their heritage. One individual traveled from Tennessee, while a few old neighbors and friends were able to exchange greetings for the first time in a very long time. During the trip many comments were heard such as, "I hope we have the opportunity to do this again next year."

"Something to remember is that people cannot just stop by

to put flowers on the graves of family members like the cemeteries off the depot" Lori Hepfer, granddaughter of former homesteader said. "This is a once a year chance for some people to visit with their deceased loved ones."

## History of the Cemeteries

Nine cemeteries were acquired when the land for Letterkenny Army Depot was purchased by the United States Government. Emanuel Cemetery, which is situated on a 40-acre tract of land, was sold by the installation in 1966 and is no longer maintained by the depot.

The eight cemeteries within the boundaries of the depot contain 520 headstones marking the graves of 568 people. A survey revealed that in six instances names were placed before the person died, reducing the actual number of people buried to 562.

Four of the cemeteries were private and four were affiliated with churches. Interments were made as early as 1831, with the last burial in 1940. When the land for Letterkenny was acquired, burial rights were terminated forever as a stipulation.

The right to exhume and remove bodies for reburial outside the installation was retained by the former owners and it is estimated that eight bodies were removed and reburied elsewhere in order to fulfill the terms of a deceased person's will.

The installation is responsible to maintain the appearance of the eight cemeteries within its boundary fences.

There are 17 veterans buried at Letterkenny, two from the Revolutionary War, three from the War of 1812 and 12 from the Civil War. These veterans' graves are designated by an appropriate marker and a flag is placed on the grave.

# Ambulance & emergency services

by LEAD DRSK

When someone is injured or suffering a medical emergency at LEAD, 911 is called. The 911 call is received at Franklin County Communications. Through Emergency Medical Dispatching a series of questions are asked to determine the severity of the call and if a paramedic unit should be assigned to the call.

Franklin County Communications dispatches the call according to their protocol and LEAD Fire Department (FD) predetermined box cards. These cards establish for all types of calls what units will respond. In all cases of ambulance response LEAD FD ambulance is first to be dispatched.

This is the same procedure for all calls. It does not matter if you are a civilian government employee, contractor, military or visitor. If the building or area is under

LEAD control by being government owned or government leased LEAD FD ambulance is dispatched. The only times the LEAD ambulance does not respond are when the unit is out of service (mechanical repairs) or unavailable (on another call).

If the LEAD ambulance is unavailable two things happen. First, LEAD FD responds with a fire engine with a crew of firefighter EMT's and basic life support equipment. Second, another ambulance is dispatched for transport according to the predetermined box cards.

If you are transported to the hospital by an ambulance other than LEAD FD you will receive a bill for all services rendered. If you are injured as a result of a work related accident it is the employee's responsibility to make sure the bill is turned in to Workers

Compensation.

If the transport was the result of a medical emergency or illness, the employee is responsible for the bill just as they would be if they were anywhere outside LEAD.

The bill for paramedic services, if received, is separate from the ambulance bill and is handled by the employee the same as the ambulance bill. Not all calls receive a paramedic. The need for a paramedic unit is determined first by call screening at communications and by the on scene ambulance crew's assessment of the patient.

If you have questions you may contact LEAD Fire and Emergency Services at 717-267-9101.



# Army Summer Safety Campaign Underway

Directorate of Communication and Public Affairs  
U.S. Army Combat Readiness/Safety Center

Contact: Michael Negard  
Telephone: 334-255-3770  
Michael.j.negard.civ@mail.mil  
<https://safety.army.mil>



FORT RUCKER, Ala. (May 22, 2013) – The U.S. Army Combat Readiness/Safety Center (USACR/Safety Center)

commences its official summer safety campaign and encourages all Soldiers, Department of the Army Civilians and Family members to remain prepared for the fun and hazards associated with warmer weather.

The campaign, which begins May 24 and runs through Sept. 3, encourages every member of the Army family to stay aware, vigilant and engaged.

“We’ve entered the deadliest time of year (May through September) as our Soldiers, civilians and Family members tend to travel and spend more time outdoors,” said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, USACR/Safety Center. “Our campaign products, by design, are meant to help leaders and safety professionals engage their Soldiers, civilians and Family members on risk and risk management. Engagement and vigilance are key to reducing on- and off-duty accidents.”

In August 2012, the USACR/Safety Center introduced the Know the Signs slogan as the Army’s safety

awareness theme. Targeted at individual accountability and focused around training, discipline and standards, KTS encourages leaders and Soldiers to first Know the Signs, because someone always knows when a Soldier is at risk. Then, Know What’s Right (know what right looks like; know the standards, regulations, guidelines and laws), and then, Do What’s Right (break the cycle of an accident waiting to happen by taking action and intervening before the loss or injury). With the majority of off-duty Army accidents currently attributed to indiscipline, this campaign also reminds Soldiers that standards apply 24/7, whether on or off duty.

To help unit leaders and safety professionals Army wide build and manage their summer campaigns, the USACR/Safety Center team developed a website hosting feature articles, posters, videos and other tools focusing on summer seasonal, as well as non-seasonal, topics.

**Please visit the website at:**  
<https://safety.army.mil/multimedia/CAMPAIGNSINITIATIVES/KnowtheSigns/SummerSafety2013/tabid/2409/Default.aspx>

## 2013 Firefighter Proficiency Challenge!

by Engineer Emory Weller, DRSK FD



Photographed above are Engineers: Andrew Cramer, Chris Shaffer, Cory Connelly and Andrew Reed.

The firefighter proficiency challenge is a multi-station skills based challenge held each spring. This challenge accomplishes several tasks including everyday firefighting duties while giving the crew a workout and some friendly competitiveness.

The challenge gives the individual an opportunity to see any improvements or shortfalls from the previous year. Stations include a ladder raise and climb, hose hoist, forcible entry simulator, dummy drag and hose line advancement.

Firefighters that choose to have their run timed may be penalized for not performing the task properly or safely. This is all done while wearing full firefighter personal protective equipment that includes a self contained breathing apparatus which adds an additional 45 pounds to the individuals weight.

# LEAD

## Comings...

**Robert Kirkner**

**Cherylene Genis**

**Kenneth Hannaford**

**Fred Jones**

**Barry Robinson**

**Brittany Perry**

**Robert Tressler**

**Carla Picking**

**Ronald Runk**

**Chatty Comittino**

**Larry Bard**

**Larry Dell**

**Garry Book**

**Roger Ogden**

**John Ankney**

**Michael Ruzsak**

**Terrence Carbaugh**

**Charles Coover**

**Susan Cauffman**

**Matthew Varner**

**Dale Eichelberger**

**Dennis Cabbage Sr.**

**Larry Kline**

**Kenneth Frisbie**

**Michael Ramsey**

## & Goings...

**Mark Richardson**

**Lisa Redding**

**Paul Brown**

**Robert Small**

**Richard McAuliffe**

**Chris Rickabaugh**

**Joyce Rowe**

**William Wesley**

**Michael Wilson**

## LEAD walking trail opens

by LEAD Wellness Committee

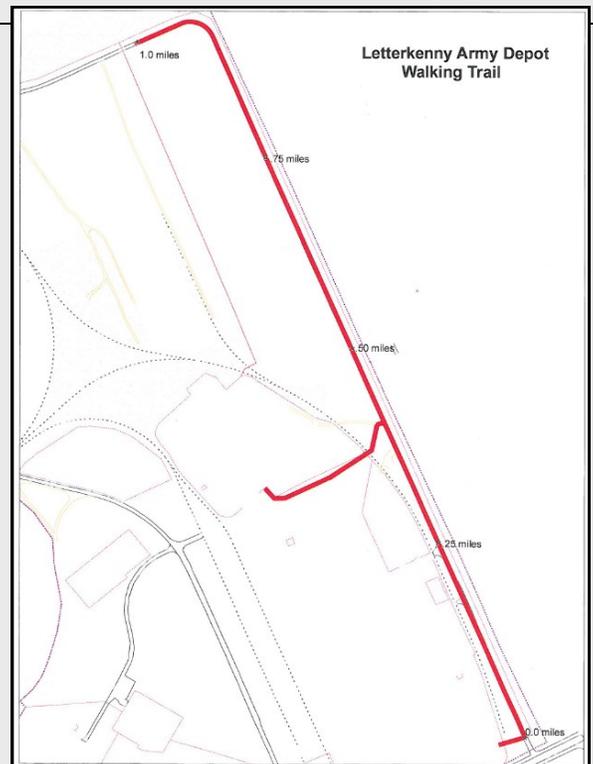
The Wellness Program is pleased to announce the opening of the walking/jogging trail directly behind buildings 350 and 370 on East Patrol Rd.

Employees should use caution while traveling to and from the trail. Even though East Patrol Rd. has been designated as a walking/jogging trail, there are still equipment movement and security patrol operations that occur on this road. As a result of these operations, earphones will not be used while walking or jogging on the trail nor during the time employees are traveling to and from the trail.

It is understood that employees will need to traverse by industrial buildings in order to access the trail; however, walking and jogging around industrial buildings, building aprons, and building ramps should be limited to accessing the walking trail.

Exercise is highly encouraged as a part of a healthy lifestyle. Being physically fit also reduces the severity and recovery time in the event of an accidental injury due to the increased physical readiness of the body from regular exercise.

If you have any questions, please contact the Wellness Committee. Remember, stay fit and stay safe.





**NEW OFFICERS** — New officers of Letterkenny Ladies Club were installed during a recent tea in the Officers' Club. Each holds a lighted candle, presented by each outgoing officer to her successor. From left are Betti Scillian, president; Mary Anne Schaefer, vice president; Joyce Woodman, recording secretary; Ginny LaFollette, corresponding secretary, and Dec Dee Anderson, treasurer.

*Check out the Letterkenny Ladies Club during the Summer of '74! Above you'll see the newly elected officers at the time and to the right are good times captured at the LLC luau. Aloha!*

## Post Restaurant under new management



My name is Maria Glenn. I am the new Food and Beverage Manager for the "Hub" Post Restaurant as well as the snack-bars at buildings 350 and 370 and the "Hub Express," our mobile food truck.

I come to Letterkenny by way of Fort Jackson, Columbia, S.C. where I worked closely with the managers of both the NCO & Officer's Clubs as a Developmental Chef.

I am a graduate of Johnson & Wales University where I acquired both an Associates and Bachelor's degree in Culinary Arts. My professional background includes Chef/Owner of a personal chef and catering business, teaching culinary arts at a vocational high school, cooking demonstrations, classes and private parties as well as working for Mickey Mouse as a line cook at Cinderella's Royal Table at Cinderella's Castle, Walt Disney World, Florida.

It is my hope to bring a renewed energy to the Post Restaurant, snack-bars & food truck here at Letterkenny. With that, my plan is to make aesthetic changes to the buildings as well as the food offerings. I believe that everyone deserves a nice place to take a much-needed break from the daily grind, relax and enjoy some good food at a reasonable price.

Slowly, I have been making changes at the "Hub" with many more yet to come. Some of those changes include: opening up the dining room which will soon receive a fresh coat of paint as well as some new décor. We are now featuring fresh, made-to-order Belgian waffles for \$1 on our breakfast menu (come to try our "flavor-of-the-day" or the traditional flavor) and will soon be offering fresh-baked cookies only two for \$1 as well as coffee brewed fresh, one cup at a time, just to name a few. I welcome any suggestions you may have to improve your dining experience at the "Hub" or one of the other dining facilities. In the mean time, I invite you all to come by to introduce yourself and enjoy a good meal for a fair price.

By way of a new beginning, I would like to change the name of the post restaurant, currently the "Hub." I am asking all of you to put your thinking caps on and come up with your best suggestion. I will post, via email, all of your suggestions on which I would like you all to vote. The person with the most votes will be declared the winner. The restaurant will then be known by its new, voted-upon name and the winner will receive five coupons for a free meal to be redeemed at the post dining facility of their choice (post restaurant, 350 or 370 snack-bars or the food truck) at their discretion. While you are exercising your creativity, please keep in mind our food truck which will also receive a new name — same rules apply to this selection. Thank you for your continued support!

Maria P. Glenn, F&B Manager, Lettkerkenny Army Depot  
 Phone: 267-8765/Email: maria.p.glenn3.naf@mail.mil

## Operation wedding gown

Contact: Michelle Santiago, Media Relations  
info@bridesacrossamerica.com

Brides Across America, **Operation Wedding Gown**, will salute our troops and honor our heroes this July while making dreams come true for military brides. As part of Brides Across America's commitment to support our troops and veterans, the non-profit organization will host their 7<sup>th</sup> annual bridal gown giveaway at salons nationwide. From coast to coast, bridal salons are honoring veterans by giving away free wedding gowns as a thank you for their service to this Country. Events are taking place from July 7-15th. To date, Brides Across America has donated over 10,000 wedding gowns from prominent designers.

With a collaborative effort of bridal salons, designers, and individual donations; bridal salons can provide a selection of free gowns to the military brides. Designers such as Impressions, Kristie Kellie, Anthropologie's BHLDN, Enzoani, Nicole Miller and many more have donated hundreds of wedding gowns for the cause.

In order to qualify, brides or their fiancé must be serving in the military; either currently deployed or deployed within the last five years to Iraq, Afghanistan, Bahrain, Libya, Korea, Qatar, Kuwait or Japan. Identification and deployment papers must be presented at the event to qualify. For military brides who are interested in more information, please visit [www.bridesacrossamerica.com](http://www.bridesacrossamerica.com) on how to qualify. Brides must pre-register for the event by logging on to Brides Across America's website.

Many military brides find it difficult to plan their dream wedding due to deployment, injury or economic circumstances. Brides Across America founder, Heidi Janson, wants to continue making dreams come true. "My goal is to make sure we don't forget all the servicemen and women overseas fighting for our freedom. It is imperative at this point for Brides Across America to continue growing and make a bigger difference by gaining more support from bridal salons and designers." Without the program, military brides find it difficult to afford the perfect wedding gown and plan for their wedding day.

Brides Across America is a nationwide 501c3 that focuses on providing free wedding gowns to those military brides that have not been able to have their dream wedding. Brides Across America is connecting with bridal salons across the nation to help spread the military spirit. Operation Wedding Gown made headlines when it was featured on NBC's "Making a Difference" with Brian Williams this fall and will be featured in People Magazine June issue. Since 2007, Brides Across America and its partners have made a difference in the lives of many military brides. Brides Across America was just recently honored by the Joining Forces program, a national initiative to support and honor America's service members and their families, which was launched by First Lady Michelle Obama and Dr. Jill Biden. The national charitable organizations new mission is to support wounded warriors, post-traumatic stress, and jobs for veterans. Brides Across America is an organization about helping people through building community awareness and be a leader in social responsibility.

**BRIDES**  
ACROSS AMERICA.

## Weathering a personal financial change

by Kevin T. Shoemaker, CFP, Patriot Federal Credit Union

Economic bubbles burst, investment markets falter, companies downsize and personal disasters happen. A wide range of circumstances can impact personal income.

Perpetual salary growth, or even maintenance, is simply not guaranteed. You can make the most of any personal financial change like a reduced paycheck by adopting the right tools and attitude to survive and thrive.

**Determine whether the change is temporary or permanent.** If you fully expect to be back to a full income soon, you may only have to adjust to lessened cash flow for a limited time. Before you tap into your reserves (and retirement savings, home equity, cash value life insurance et cetera) start right away to trim spending.

**Analyze your expenses and value system.** When cash is plentiful it is easy to spend freely. The best strategy is to always be prepared for change by taking a good strong look at what you need to spend you money on and prioritize expenses now. Identify which bills take precedence before any change to salary. Mortgage versus car payment? Credit cards versus utilities? Analyze the impact of missing or not paying each.

**Develop a budget.** Make the anticipated change more of a challenge by developing a budget you will be able to work within. It helps you make decisions about those expenses you can and cannot live without. If you find there is simply not enough money to support your necessities, much less your desires, at the very least you know how much of an ad-



justment you need to make.

Switch from several dinners out during the week to a pizza party at home with your family, or get the family to come up with ways to make cutbacks a badge of honor!

**Remember: credit is not supplementary income.** When money is tight, credit cards can take on an unusually seductive glow. However, when a personal financial change looms, please remember that credit cards are not designed to be emergency savings accounts. Know that you need to make sure the purchases you put on that nice line of credit needs to be repaid each month or it will not be long before you "hot the wall." Without an income to support repaying the balance in full every month, you'll be paying in installments. Interest rates will mount if you fall behind on payments. When a financial change happens, it is best to fight the urge to whip out the credit card and instead pay only with the cash you have available.

**Go forward with a new attitude.** It is too easy to think you are alone in this—support is key. Get professional assistance, talk to friends and find other who are in like circumstances. Vent to those who can empathize; ask for help from those who can assist. Shock, shame and anger are normal and these emotions are expected. Adopting a positive attitude and taking these common sense steps, you can adapt to a reduced income and achieve a financially stable future.

# Summer energy savings tips

(provided by the Consumer Energy Center—California Energy Commission)

by LEAD DPW

These tips are designed to help you choose effective ways to reduce your energy bills. Some measures may not be relevant depending on climate, the age of your home and appliances, and past improvements made to your home:

**Fast and free-** The average home spends about \$1,900 a year on energy costs. But you can lower your energy bills and help save the environment at the same time.

**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.

**Fill up the fridge** - Having lots of food in your fridge keeps it from warming up too fast when the door is open. So your fridge doesn't have to work as hard to stay cool. Cutting back unnecessary energy use is an easy way to reduce energy consumption while saving money. Here are some additional suggestions you can do at home, at absolutely no cost to you.

**Turn up your thermostat** - Set your thermostat to 78 degrees when you are home and 85 degrees or 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 account health considerations and be sure to drink plenty of fluids in warm weather. (Save: 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.

- Do your laundry efficiently by using the warm or cold water setting for washing your clothes.
- Always use cold water to rinse clothes. (Save: 4 percent)
- Line dry clothes whenever you can. (Save up to 5 percent)
- 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. (save: 0.5 percent)

- Conserve energy by running your dishwasher only when it is fully loaded, and turn off the dry cycle and air dry dishes instead. (save: 1 percent)

## Eliminate wasted energy

- Turn off appliances, lights and equipment when not in use. (Save: 2percent)
- Unplug electronic devices and chargers when they aren't in use-most new electronics use electricity even when switched "off."
- Turn computers and printers off at the power strip. (Save: 1-2 percent)
- Unplug or recycle that spare refrigerator in the garage if you don't really need it. This will save you up to \$150 per year! (Save: 10-20 percent)

**Replace air conditioner filters** - Dirty filters restrict airflow and can cause the system to run longer, increasing energy use. Replace filters monthly for maximum benefit. (Save: 1-2 percent)

**Plug your home's leaks** - Weather-strip, seal, and caulk leaky doors and windows and install foam gaskets behind outlet covers. (Save: up to 2 percent)

**Choose ENERGY STAR® products**- Buy ENERGY STAR® certified table lamps and light fixtures, and replace your incandescent light bulbs that are used more than two hours per day with ENERGY STAR® compact fluorescent bulbs.

**GOOD ENERGY SAVING INVESTMENTS** - Planning to do some remodeling soon? Time to replace old appliances? Consider these energy efficiency suggestions when you make purchases.

**Install a whole house fan** - A whole house fan is permanently installed in your attic and draws cool air into your home through the windows while forcing hot air out through your attic vents. Use after sundown when the outside temperature drops below 80 degrees, and in the early morning to cool your house and help reduce your air conditioning use. (Save: up to 5 percent)

**Install window shading** - Install patio covers, awnings, and solar window screens to shade



your home from the sun. For additional future savings, use strategically planted trees, shrubs and vines to shade your home. (Save: 5 percent)

Solar control window films applied to existing glass in windows and doors is an effective method to reduce peak demand during hot months and conserve energy anytime air conditioning might be required. In addition to the energy management benefits, the use of these films can also reduce exposure to ultraviolet radiation and reduce glare. Visit the International Window Film Association for more information. (save 5-10 percent)

**Invest in a new air-conditioning unit** - If your air conditioner is on the way out, buy an ENERGY STAR® air conditioner. (Save: up to 10 percent)

**Seal your ducts** - Leaking ductwork accounts for 25 percent of cooling costs in an average home, so have your ducts tested and have any leaks or restrictions repaired by a qualified contractor. Note: duct cleaning is not the same as duct sealing. As of October 1, 2005, if you install a new central air conditioner or furnace, your ducts will have to be inspected. (Save: 10 -20 percent)

**Replace your refrigerator with an ENERGY STAR® model** - 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. (Save: 10 percent)

**Increase attic insulation** - If existing insulation level is R-19 or less, consider insulating your attic to at least R-30. (Save: 10 percent)



### Best Cheese Balls (from the kitchen of Sarah Robinson)

#### Ingredients:

2 (8 oz) packages cream cheese, softened  
 2 (3 oz) packages dried beef, finely chopped  
 $\frac{3}{4}$  cup shredded cheddar cheese  
 $\frac{1}{4}$  cup shredded pepper jack cheese

$\frac{1}{2}$  cup green bell pepper, minced  
 1 jalapeno pepper, seeded and minced  
 1 tsp Worcestershire sauce  
 $\frac{1}{2}$  tsp garlic salt  
 Cilantro

In a medium bowl, combine cream cheese, cheddar cheese, pepper jack cheese, green bell pepper, jalapeno pepper, Worcestershire sauce, and garlic salt. Mix together and form mixture into a ball. Roll ball in cilantro and serve with your favorite crackers.

### Chicken & Broccoli (from the kitchen of Trish Corbett)

#### Ingredients:

$\frac{1}{2}$  cup mayonnaise  
 2 cups cooked chicken, chopped  
 1 cup broccoli, chopped  
 $\frac{1}{2}$  cup red bell pepper, chopped  
 1 garlic clove, pressed  
 4 oz sharp cheddar cheese, shredded (1 cup)

2 tsp all purpose Dill mix  
 $\frac{1}{4}$  tsp salt  
 2 packages (8 oz each) refrigerated crescent rolls  
 1 egg white, lightly beaten  
 2 tbsps slivered almonds

Preheat oven to 375 degree. Place chicken, broccoli, pepper and garlic into bowl. Shred cheese and add vegetable mixture; mix gently. Add mayonnaise, dill mix and salt. Mix well.

Unroll 1 package of crescent dough; do not separate. Arrange longest sides of dough across width of rectangle stone. Repeat with remaining package of dough. Using roller, roll dough to seal perforations. On longest sides on baking stone, cut dough into strips 1  $\frac{1}{2}$  inches apart, 3 inches deep. (There will be 6 inches in the center for the filling.)

Spread filling evenly over middle of dough. To braid, lift strips of dough across mixture to meet in center, twisting each strip one turn. Continue alternating strips to form a braid. Tuck ends up to seal and end of braid.

Brush egg white over dough with brush. Sprinkle with almonds. Bake 25-28 minutes or until deep golden brown. Cut and serve. Yield 10 servings.

### Aunt Zorrie's Creamsicle Cake (from the kitchen of Angie Forster)

#### Ingredients:

1 box orange cake mix  
 1 cup and 1 tsp milk  
 1 tsp vanilla

1 tsp orange extract  
 4 oz package vanilla instant pudding  
 1 8 oz container of cool whip

Bake cake according to box directions. In a bowl, mix milk and pudding. Add vanilla, orange extract and cool whip. Spread on cool cake. Keep refrigerated.

### Arroz con Gandules (from the kitchen of Melinda Torres)

#### Ingredients:

2 cups grain rice, rinsed  
 4-5 cups hot water or beef broth  
 $\frac{1}{2}$  cup sofrito (cilantro, onion, garlic, salt, pepper)  
 16 oz can gandules

2 tbsps alcaparrado (capers and olives mixed together)  
 1 pack Sazon with achiote  
 1 can tomato sauce  
 3 tbsps oil  
 Salt and pepper to taste

In a medium size pot, add oil, tomato sauce, alcaparrado, sofrito, and sazon. Cook over medium heat for 4 minutes. Add all other ingredients and enough water to cover rice 1" above the rice line. Start with 1 tsp of salt. Stir and keep adding and mixing well until you are satisfied with the taste. Bring to a boil and cook over high heat until most of the water is absorbed. Once the water has been absorbed, stir gently from bottom to top; once or twice only. Cover and turn heat down to low. Cook for 30 minutes or until rice is tender.

Stirring rice after it has begun cooking may cause it to get sticky or "amogollao."

Any rice that sticks to the bottom of the pot is called "pegao" and is crispy and tasty favorite. However, not everyone is skilled at making pegao – it is an art. To make great pegao, make sure to use plenty of oil. Cook for about 10 minutes longer so that the pegao gets crisp. Keep your eye on it!

### Aloha Chili (from the kitchen of Ruth Graham)

#### Ingredients:

2 lbs ground beef  
 1 large onion, finely chopped  
 2 cans (15  $\frac{1}{2}$  oz ea) kidney beans, rinsed and drained  
 1 can (16oz) pork and beans, un-

drained  
 1 can (20oz) pineapple chunks, un-drained  
 1 cup ketchup  
 $\frac{1}{4}$  cup packed brown sugar  
 $\frac{1}{4}$  cup vinegar

Brown beef and onion; stir in remaining ingredients. Cover and simmer for 20 minutes. Serves 8.

*Mark Your Calendars!*

July

*Ice Cream Month!*

July 4

*Independence Day*

July 7

*Forgiveness Day*

July 28

*Parents' Day*



**U.S. Army**

1 Overcash Avenue  
Chambersburg, Pa. 17201

Phone: 717-267-9356

Website: [www.letterkenny.army.mil](http://www.letterkenny.army.mil)

Facebook:

[www.facebook.com/usarmy.letterkenny.army.depot](http://www.facebook.com/usarmy.letterkenny.army.depot)

**\*If you no longer wish to receive the Kenny Letter please contact the PAO office at [usarmy.lead.usamc.mbx.lead-pao@mail.mil](mailto:usarmy.lead.usamc.mbx.lead-pao@mail.mil) or 267-9741/5482.**

**\*\*If you would like your family to receive the Kenny Letter via e-mail please contact the PAO office to be added to the e-mail list.**

Photos courtesy of LEAD photographers Don Bitner, Pam Goodhart and Trent Shields. Images are from Google.



**LEAD Red Cross  
Blood Drive**

The American Red Cross will hold their quarterly blood drives for LEAD employees on the following dates:

August 27-28

October 29-30

**FEW TRIPS!**

**SATURDAY, SEP 14, 2013**

NYC shows

(The Lion King, \$185, Kinky Boots, \$170)

NYC day on your own \$60

**SATURDAY, OCT 5, 2013**

Philadelphia \$40

**SATURDAY, OCT 5, 2013**

Philadelphia \$40

**SATURDAY, NOV 16, 2013**

NYC Radio City Music Hall \$120

NYC day on your own \$60

**SATURDAY, DEC 07, 2013**

NYC day on your own \$60

*For more information  
or reservations:*

*Kim Raley at 717-267-5223*

*Sponsored by the Molly Corbin Chapter  
of Federally Employed Women*

**VAN POOL INFORMATION**

Provides a low cost transportation alternative to DAC's and military riders, contractors must reimburse the program at a minimal expense compared to driving themselves, which can be a substantial savings to all.

For those personnel interested in starting a van pool, you can place your information on the LEAD share point, LEAD Happenings, under Carpool Information. You will need a minimum of six to seven riders to start a van pool.

For more information please contact the van pool coordinator for LEMC, **Donna Horton, 717-267-5592, [donna.m.horton18.civ@mail.mil](mailto:donna.m.horton18.civ@mail.mil) or LEAD James Holmes, 717-267-5316**

**WANT MORE  
LEAD NEWS?**

Log on to the Letterkenny Facebook page and [www.lead.army.mil](http://www.lead.army.mil) to get more up to the minute Letterkenny info!