



KENNY LETTER



A publication for the greater Letterkenny Army Depot community

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Soldiers from Echo Battery, Third Battalion, Fourth Air Defense Artillery Regiment at Fort Bragg, N.C. emplace the FMTV based AN/MPQ-64A3 Sentinel Radar in the maintenance facility during the rollout ceremony.

Letterkenny rolls out first vehicle for enhanced radar surveillance

By: Lindsay Bryant and Nora Zubia

On May 20, 2014, Letterkenny Army Depot (LEAD) held a rollout ceremony for the AN/MPQ-64A3 Enhanced Sentinel Radar mounted on a Family of Medium Tactical Vehicle (FMTV). This event signified a major accomplishment in providing

enhanced surveillance data to shooters in the Integrated Air and Missile Defense Systems (IAMD) architecture, increased Soldier survivability, and proven viability of the Army's agile acquisition.

"Today's ceremony marks a major milestone in the evolution of the Sentinel radar program and the culmination of several years of hard work and dedication on the part of many people sitting in this audience and located throughout this production facility," said Col. Victor S. Hagan, LEAD commander.

The rollout showcased the outcome of a 2011 pursuit by the Sentinel Product Office to upgrade a production run of 56 radars to a FMTV based platform from a High Mobility Multipurpose Wheeled Vehicle (HMMWV) based platform, which had been in use with the radar since 1997.

Hagan shared how the depot became involved in the evolution of the system.

"In July of 2011, as a result of the reputation of our engineers and artisans, the Sentinel Project Office came to LEAD inquiring about our ability to build the new system," he said. "Our participation in the design and development of the vehicle resulted in the Program Office selecting Letterkenny as the Depot Source of Repair (DSOR) for the improved Sentinel workload in April 2012."

Through the 2012 designation of DSOR, the joint services agreed to accomplish depot maintenance organically at LEAD and Tobyhanna Army Depot for Improved Sentinel workload.

"The new platform is capable of hosting an enhanced armor protection kit that signifies a major step forward in providing increased Soldier survivability against the threats on the modern

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AMC deputy commander visits Letterkenny Army Depot

By: Janet Gardner, Public Affairs

Army Materiel Command's deputy commanding general, Lt. Gen. Patricia E. McQuiston, arrived at Letterkenny Army Depot (LEAD) via a Blackhawk helicopter on Thursday, Oct. 9. Her mission was to get a 'first-hand' look at the programs currently underway at the depot.

"Thank you for allowing me to visit here," said McQuiston as depot commander Colonel Victor Hagan and Letterkenny Munitions Center's commander, Lieutenant Colonel Bryan Fowler escorted the general into the LEAD headquarters building. Also participating in the visit was John B. Smith, Director, Supply Chain Management Directorate, AMCOM Logistics Center located in Huntsville, Ala.

The general stressed the importance of maintaining good relationships with program managers (PMs). She encouraged LEAD

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Lt. Gen. Patricia McQuiston, AMC deputy commander, listens as LEAD's Dale McClanahan, Chief, Ground Equipment, explains the difference between the recap portion of the shelters as opposed to the reset of the Patriot major end items shelters.

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



First, I would like to thank you, the Letterkenny Army Depot workforce, for your continued dedication and commitment to our Army and the support you provide daily to the greatest Warfighters in the world.

I congratulate you for going the entire year without a single lost day of work due to an accident. This is a monumental achievement for the depot and, more importantly, speaks to our commitment of "Excellence in Safety."

This year the depot hosted more than 800 visitors including senior civilian and military leaders from around the world. Among the visitors were: Mr. John Bonsell, U.S. Senate Armed Services Committee Republican Staff Director; LTG Patricia McQuiston, Deputy Commanding General of Army Material Command; MG James Richardson, Commanding General of the Army Aviation and Missile Command, and delegations from the Republic of Korea, Kingdom of Saudi Arabia, United Arab Emirates and Jordan.

We continued to grow our partnerships with major defense contractors, resulting in over \$16M in new business. There are an additional five new programs in final stages of negotiations.

This year the depot exceeded its LEAN goal of \$18M in record time, adding to our total savings and cost avoidance of over \$120M since 2009. We also realized several production successes this year. The most notable one was the AN/MPQ-64 A3 Enhanced Sentinel Radar System. This new system is deployed with forward area air defense units and mounts on a 5-ton tactical wheeled vehicle for better mobility on the battlefield. The radar is capable of detecting, classifying, identifying and reporting cruise missiles, unmanned aerial vehicles and other threats against our Soldiers and Marines.

Letterkenny continues its support of local communities by hosting several events throughout the year. The depot hosted an Earth Day event and participated in the Franklin County School System Science Fair at Chambersburg Area Middle School South. We also continued our traditional special emphasis programs and events such as Wounded Warrior White-Tailed Deer and Turkey Hunt, Hunt of a Lifetime, the Holocaust Memorial Service, Armed Forces Day, the 9-11 Memorial Service, food and toy drives, Employee Memorial Service and the Letterkenny Employee Appreciation Day.

As 2014 comes to an end, my family and I wish to extend our heartfelt thanks to you for another great year at Letterkenny. We wish you a most wonderful and joyous holiday season!

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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.

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battlefield, while still meeting the maneuverability and transportability requirements to deploy anywhere in the world," Hagan said.

Pennsylvania Senator Rich Alloway (R-33) turned the audience's attention to the nine Shingo banners hanging from cranes to emphasize both LEAD's past and present success, "Congratulations to all the workers on this great achievement."

The AN/MPQ-64A3 improved Sentinel contributes to the digital battlefield by automatically detecting, classifying, identifying and reporting cruise missiles, unmanned aerial systems, and rotary and fixed wing threats.

Speaking from first-hand experience, Col. Matthew T. Tedesco, capabilities manager of the Air Defense Artillery Brigade, U.S. Army Training and Doctrine Command, said the Sentinel remains deployed and is saving lives daily.

"It is the radar that is dedicated to protecting the maneuver commander at the forward edge of the fight," Tedesco said. Sentinel radar is a proven capability and is vital to the future of the Air Defense Artillery and the United States Army."

To achieve the goal of upgrading the Sentinel fleet, the Sentinel Product Office formed a unique partnership, integrating commercial industry, military research and development offices, and the Army's organic industrial base.

The commercial partner, Thales-Raytheon Systems of the Raytheon Consolidated Manufacturing Center at Forest, Miss. designed and built the original radars and continues to support the system through development of radar upgrades. The Prototype Integration Facility from the Aviation and Missile Research, Development, and Engineering Command, Redstone Arsenal, Ala. designed the common platform upgrade and technical data package; and Letterkenny Army Depot executes that design.

Brig. Gen. L. Neil Thurgood, Program Executive Officer, Missiles and Space thanked the workforce for allowing Soldiers to engage the enemy at a distance in which the enemy cannot engage us.

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Right: Col. Terrence Howard, Cruise Missile Defense Systems Project Manager, Col. Matthew Tedesco, TRADOC Capabilities Manager ADA Brigade, Soldiers from Echo Battery, Third Battalion, Fourth Air Defense Artillery Regiment at Fort Bragg, N.C., Brig. Gen. L. Neil Thurgood, Program Executive Officer, Missiles & Space, Col. Victor S. Hagan, LEAD commander, and Sgt. 1st Class Laurence Gardner, Senior Enlisted Advisor Program Executive Office Missiles and Space assemble after the ceremony with the emplaced AN/MPQ-64A3 Enhanced Sentinel Radar.



Below: Col. Matthew Tedesco, TRADOC Capabilities Manager ADA Brigade, Col. Victor S. Hagan, LEAD commander, Brig. Gen. L. Neil Thurgood, Program Executive Officer, Missiles & Space and Senator Rich Alloway (R-33) rise for the playing of the Army song, concluding the ceremony.



Senate Armed Services Committee Republican staff director at the depot

By: Janet Gardner, Public Affairs

Letterkenny Army Depot hosted Mr. John Bonsell, Senate Armed Services Committee Republican staff director, Major General James Richardson, Army Aviation and Missile Life Cycle Management Command (AMCOM) Commanding General, and Ms. Cathy Dickens, Deputy to the Commander, AMCOM.

The Sept. 25 visit was the first time Bonsell visited the depot, and it was an opportunity for Richardson and Dickens to answer Bonsell's questions during the depot overview portion of the visit. TEAM Letterkenny shared some of the depot challenges with major construction projects, program funding and the overall preparations for shaping the depot for future business.



"I don't just do these trips to do them; I really want to help," said Bonsell during the briefing. He was particularly interested in the depot's partnership efforts and contracting procedures.

Dickens emphasized that "the law says to grow, mentor and create business, and that is what we are going to do. The program managers have the money, and the depots have the skillsets."

Richardson stated, "Letterkenny's rates are competitive with private industry, and we want Letterkenny to be ready for new workload."

The visitors walked through areas that house the depot's flagship program, the Patriot air defense system, the missile assembly and disassembly facility and the route clearance vehicle production shops.

L to r: Dale McClanahan, John Bonsell, Col. Hagan and Maj. Gen. Richardson walk through one of the depot's production lines.

Continued from page 1...AMC deputy commanding general

to invite the PMs to the depot to actually see their program up close and in action on the production floor.

McQuiston and Smith agreed on the importance of communication with the PMs. "Take advantage of program reviews; they are important," stated Smith. He also cautioned that depots need to keep an eye on costs because there was no excuse for depots not being able to be competitive with private industry.

"Depots need to do a better job of detailing work development and establishing rules and responsibilities for both the customer and the depot," McQuiston stated. It is important that program managers understand that a work breakdown structure (WBS) is a contract."

Col. Hagan and Deputy to the Commander Ms. Anita Raines accompanied Smith and McQuiston on a tour of the depot's tactical missile shops and the route clearance vehicle (RCV) program. Mr. Dale McClanahan, Chief, Ground Equipment Division, and Mr. Shea Hurley, Chief, RCV Division, lead the group through their respective areas.

The visit concluded with Col. Hagan thanking the visitors for making the trip to Letterkenny and ensured them that the depot is focused on the quality work environment and being 'audit ready' every day.

"Our reputation is on the line," remarked Hagan. We know the troops in the field expect a high standard of quality from LEAD, and we remain committed to continue to deliver that standard to the Soldier."

Shea Hurley, RCV Division Chief, discusses the RCV program as Lt. Gen. McQuiston and John Smith visit the depot on Oct. 9, 2014.



Lt. Gen. Patricia E. McQuiston arrives by Blackhawk helicopter and is greeted by Col. Victor Hagan and Lt. Col. Bryan Fowler.

Continued from page 3...Sentinel

"You came to work to make solder, to make metal, to put in rivets, to fix our equipment so we can get it back to our Soldiers," Thurgood said. "And we need it back. We need it back good, we need it back correctly, and we need it back on time. But you really came to work today to save Soldiers' lives."

The culmination of the ceremony occurred as Soldiers from Echo Battery, Third Battalion, Fourth Air Defense Artillery Regiment at Fort Bragg, N.C., drove the FMTV based AN/MPQ-64A3 Sentinel Radar into the maintenance facility and emplaced the radar.

The narrator explained each step: from separating the truck from the trailer, leveling the trailer, accessing the radar, raising the

antenna and running power cables from the truck to gaining initial operations with the radar, dropping the work platforms and completing connections necessary for full operations.

"Here's what they [the Soldiers] know. They aren't going to ever know your name. What they are going to know is this that someone gave them an opportunity to go to a little league game, to go to a piano recital, to be home for Christmas, to be home for a birthday, that's what they know," Thurgood said.



Report Suspicious Activity or Behavior

iWATCH ARMY

iREPORT **i KEEP US SAFE**

See Something Say Something

READY ARMY

GET A KIT • MAKE A PLAN • BE INFORMED

The Ready Army web site has more detail information about Community Awareness and preparedness.

Visit <http://www/acsim.army.mil/readyarmy>.

LEAD POC: MSG Terry Boag, Operations Sergeant, Directorate of Risk Management, x7-5272



Letterkenny receives Supplier of the Year award

Col. Victor Hagan holds the 2013 Raytheon Supplier of the Year award presented to the depot by Raytheon. Raytheon officials included: Ho Chul Byun, Director, Raytheon International, Republic of Korea (ROK); Chi-Young Jung, GEMT Program Manager, DAPA, ROK; Eul-Jin Oh, Manager, Raytheon International, ROK; Mike Ywuc, Managing Director COMLOG/Patriot Missile, Raytheon; Gary Sannicandro, Patriot IPT LEAD, Raytheon; Peter Silva, On-Site Engineer, Raytheon; Tom Tredeau, IIS Engineering, Raytheon; James Pickens, IDS Subcontract Manager Raytheon; and Richard Rowen, Integrated Product Team, Technical Lead Raytheon

Letterkenny Reaches Another Milestone: Recapitalization of a PATRIOT Battery Command Post

By: Melvin Alleman, Chief, Theater Missile System Division (TMSD), Directorate of Industrial Operations

Letterkenny Army Depot recently completed its first Recapitalization (Recap) of a Phased Array Tracking Radar Intercept of Target (PATRIOT) Battery Command Post (BCP) for the U.S. Army, Program Executive Office, Missiles and Space, Lower Tier Project Office (LTPO). The program started in Aug. 2012.

Raytheon developed the BCP in 2003 as an augmentation to the original PATRIOT command and control structure, to allow a fire unit to operate autonomously from its Battalion Headquarters Information and Coordination Central (ICC). The BCP is a S832A/G shelter mounted on an M1113 HMMWV and contains radio, computer, position location and secure communication equipment.

The production of this asset is a milestone for Letterkenny, as it established an organic depot capability for a PATRIOT major end item formerly supported solely by a Contractor Logistics Support (CLS) contract. This pilot program also established the first repair cycle float asset necessary to support the recap program. Repair cycle floats allow the recapitalization to occur without loss in Warfighter capability.

LTPO established the Recap program in 2001 in order to sustain the PATRIOT fleet until 2028 and beyond through a process to overhaul all ground support equipment to a like-new, zero-time standard at a rate of one battalion per year.

The program's strategy is to induct equipment into a maintenance cycle with no negative effect on mission readiness. It uses a fielding/exchange process dependent upon repair cycle floats that become the 'pump primer' that allows the exchange process to continue indefinitely. The BCP was not procured in a sufficient quantity to support this process, and LTPO provided a configuration of shelters that were never designed to serve as a BCP.

This program introduced many new subassemblies into the shop that needed to be reconditioned and/or fabricated. Multiple directorates worked together to develop new engineered drawings and work instructions. They also needed to overcome the parts procurement and provisioning challenges inherent to a program migrating from CLS to depot repair. The project also required collaboration with the OEM to define the acceptance test procedures.

The TMSD Systems Test Branch personnel will conduct a joint demonstration/acceptance of this BCP with an Air and Missile Defense Battalion later this year. Production of additional units is funded and scheduled.



PATRIOT Battery Command Post product and process development team (left to right): Phuong Do, Travis Mellott, Jason Brown, Samuel Smith, Stephen Stoner, Aaron Hurley, Erik Perviance, Fern Naugle, Reid Snyder, Robert Peck, Matt Souder, Mike Stahl, Troy Hoover, Jared Mellott, Greg Ray, Gregg Mellott, Rosanna Gipe, Gerald Shelly, Teresa Roberts, Danielle Thomas, Maurice Dodge, Sandra Booher, Kenneth Miller, Rodney Armstrong, Kenneth Hartman, Jonathan Snyder, Fabian Ortiz, Jay Boushell, and Adam Willard

Letterkenny hosts international visitors

On Friday, Sept. 26, 2014, Raytheon representatives and a 13-person delegation from the Republic of Korea met with Letterkenny officials for an overview of the Patriot missile assembly/disassembly facility. Escorting the delegation was Mr. Tony Vevasis, Chief, Theater Missiles Systems Production Management Branch.

Colonel Hagan and Ms. Anita Raines, Depot Commander and Deputy to the Commander respectively, provided the group an overview of Letterkenny and accompanied the visitors on a tour of the Lighter Missile Complex.



Program Manager for MRAP makes initial visit to Letterkenny

By: Janet Gardner, Public Affairs

Depot commander Colonel Victor Hagan and deputy to the commander Ms. Anita Raines welcomed Colonel Jason Craft to Letterkenny on Oct. 16, 2014. Craft is the program manager for Mine Resistant Ambush Protected (MRAP) Vehicles and was accompanied by Mr. Mark McCoy, Product Manager for the Assured Mobility Systems.

During the command brief, the visitors learned of Letterkenny's diverse workload, numerous accomplishments and, last but not least, unique challenges facing the MRAP teams on the shop floor. The group toured MRAP production facilities in Buildings 350 and 52 for an opportunity to observe some of those challenges.

"I took pleasure in meeting the great people of LEAD associated with the Route Clearance Vehicle programs and passing along my esteem for such dedicated professionals," said Craft. My tour of the facility showcased not only the broad capabilities of the Depot but also the obvious personal care and dedication of its staff. I leave confident that our vehicles produced at LEAD will continue to keep our beloved Soldiers safe on the battlefield!"

While at Letterkenny, Craft recognized Letterkenny employees for their dedication and support on the Panther and RG-31.

Receiving certificates of appreciation were:

Panther support: James Friday, Serina Henke, Steve Duley, Tyler Crotley, April Helman, Mark Culbertson, Mike Destefano

RG-31 support: Tammy Wiley, Becky Bucher, Matthew Courson, John Spellmon, Rodney Kelso, Richard Eckels, David Minnick, David Russell, Candice Dunmire, Harold Coder



VAN POOL CONTACTS:

LEAD: James Holmes
717-267-5316

James.c.holmes.civ@mail.mil

LEMC: Donna Horton
717-267-5592

Donna.m.horton.civ@mail.mil

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



Small Business Junction

By: Kelly Rhodes, Small Business Specialist, Directorate of Contracting (DOC)

Happy Fiscal Year and a thank you to the Depot acquisition personnel, contract specialists and contracting officers for their outstanding support of small businesses!

The Letterkenny Army Depot (LEAD) Acquisition Team ended the fiscal year with stellar small business achievements. All of the FY14 goals were surpassed, making LEAD one of the top performers in AMCOM for percentage awarded to small business.

	LEAD FY14 Goals	LEAD FY14 Actuals
Small Business	33%	76.24%
Small Disadvantaged Business	10%	36.98%
Women-Owned Small Business (WOSB)	11%	39.05%
Service-Disabled Veteran-Owned SB	0.5%	2.81%
HUBZone Small Business	0.75%	3.01%

Benefits of Small Business in our State and local communities:

In FY14, new contracts, orders on existing contracts and Blanket Purchase Agreement (BPA) orders awarded to Pennsylvania small businesses amounted to \$18,157,354. These awards are supporting employment and fueling community events, charitable contributions and sponsorships in our local communities.

Small Business in Pennsylvania Stats

Pennsylvania's small businesses are vital to the state's well-being. They account for a significant share of the state's economic production and employment. Below is the latest available data to illustrate the status and contributions of Pennsylvania small businesses:

- 997,243 small businesses in Pennsylvania
- Small businesses employed 2.4 million workers in 2011 and accounted for 48.6 percent of the private sector labor force.
- Small firms make up 98.3% of the state's employers.

Source: <http://www.sba.gov/advocacy/2013-small-business-profiles-states-and-territories> (U.S. Small Business Administration, Office of Advocacy)

ARMY CORE VALUE

PERSONAL COURAGE

- ◆ Face fear, danger and adversity.
- ◆ Personal courage isn't the absence of fear; rather, it is the ability to put fear aside and do what is necessary.
- ◆ Personal courage takes two forms: physical and moral. Good leaders demonstrate both.

The Future of LMP and What That Means to Letterkenny Army Depot

By Christopher D. Snyder, Chief, Enterprise Systems Support Office

Since 1998, Army Materiel Command (AMC) has been working on modernizing the business software used to manage all the industrial operations. The Logistics Modernization Program (LMP) was developed and implemented in 2003 to the initial fielding sites of DFAS, CECOM, Tobyhanna Army Depot, and Ft. Huachuca. The system evolved from there with implementations for AMCOM and its Depots in 2009 along with TACOM, ASC, JM&L and the remaining Depots and Arsenals in 2010.

This made LMP one of the world's largest, fully integrated supply chain, maintenance, repair and overhaul (MRO) planning and execution solutions. While the primary focus was on supporting a solution for these high level operations, the production floor was left without a modernized software solution to manage the actual production operations.

After fielding of LMP was completed, focus changed to satisfying existing industrial site requirements for a shop floor execution solution. Integrated Facility Solutions (IFS) was awarded the contract for a Manufacturing Execution System (MES) solution in 2010. An AMC enterprise development effort was conducted for over a year and finally scrapped due to limitations discovered with the IFS solution. At this point, AMC went back to the drawing board and conducted an in-depth analysis of existing commercial off-the-shelf (COTS) products against the existing industrial base requirements.

Systems Application Programming (SAP) Complex Assembly and Manufacturing Solution (CAMS) was determined to be the best fit for AMC's Shop Floor Execution solution. In late 2011, AMC created Task Orders that would become to be known as LMP Increment 2. LMP Increment 2 would consist of 3 distinct work streams identified as Wave 1, 2, and 3.

Wave 1 would concentrate on integration of the Army Enterprise Systems Integration Program (AESIP), improving LMP reporting capabilities with Business Objects (BOBJ) and HANA. Wave 2 would continue the integration of systems and the transitioning from legacy systems that supported Non-Army Managed Items (NAMI), Army Prepositioning Stock (APS) and LCMC Total Package Fielding (TPF) and would work to integrate eProcurement with our DLA partner. Wave 3 (Expanded Industrial Base - EIB) consisted of the development and implementation of a Shop Floor Automation (SFA) system, a more refined ammunition system solution, Item Unique Identification (IUID) configuration functionality, Weapons System configuration management/genealogy and configuration of the LMP Plant Maintenance Module for managing production equipment repairs and preventative maintenance actions.

For the Depot, Increment 2 Wave 3 is where major changes to our business operations occur.⁽¹⁾ The LMP Increment 2 will automate the industrial base shop floor. It creates electronic work instructions, improves capacity planning and scheduling, and supports Enterprise Equipment Master (EEM), Plant Maintenance, and IUID capability. It also provides expanded maintenance capability to workload Army installation Directorates of Logistics (DOLs) for maintenance and repair of AMC-owned materiel. In addition to supporting work loading, scheduling, inventory management, and parts support for industrial base missions, through Increment 2 EIB, the LMP also will support the execution level of maintenance and production. This means it will support IUID capture and tracking capability and weapons system configuration and genealogy, and it will enable AIT to reduce data entry errors and allow industrial base technicians to quickly view planned tasks and record actual execution.

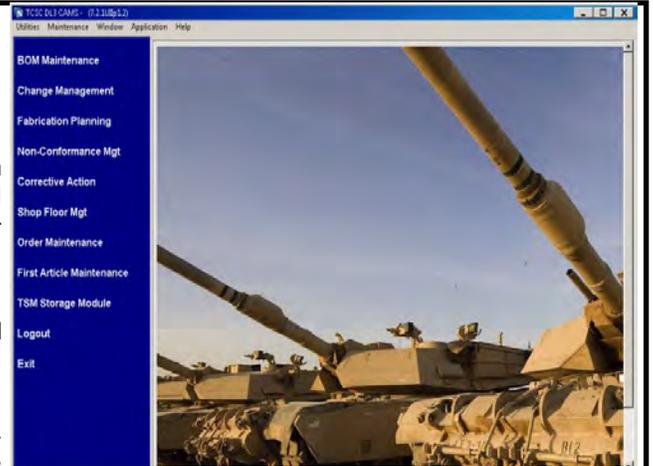
Additionally, EIB functionality will support a standard Enterprise solution for Shop Floor Automation (SFA) using Complex Assembly Manufacturing Solution (CAMS) and Plant Maintenance (PM) in support of tool crib management. So what does LMP Increment 2 mean to the Depot? DOPS, DIO, TRMD, DPA, and DST personnel will have a new system to utilize to manage the work orders on the shop floor for production and a new system to support orders and scheduling of work for the industrial plant equipment.

Additional functionality for supporting labor reporting, IUID tracking, WIP tracking, quality management, and production call boards will be available. Below are some key Milestones associated with the Wave 3 activities:

Today's Date	Milestone Date	Work Days left	frac year left	Months left	Milestone Event
10/1/2014	2/15/2015	98	0.4	4.5	Start of training for pilots
10/1/2014	5/15/2015	163	0.6	7.5	Piloting
10/1/2014	5/18/2015	164	0.6	7.6	Start of training for Cadre
10/1/2014	8/25/2015	235	0.9	10.8	Start of wireless upgrade
10/1/2014	11/16/2015	294	1.1	13.5	Completion of wireless upgrade
10/1/2014	5/15/2016	423	1.6	19.5	INC 2 Wave 3 Go-live

<http://usarmy.vo.llnwd.net/e2/c/downloads/361797.pdf>

Chris may be reached at 7-9052.



Main access screen for the SFA system (CAMS)

Letterkenny Support for Equipment Calibration and Repair

By: George E. Weiss,
Quality Assurance Specialist, TMDE Support Manager

The TMDE Support Center, Letterkenny (TSC-LEAD), located at Bldg. 431, is a functional organization established by the Department of the Army for the purpose of providing regional single source calibration and repair support for general and special purpose test, measurement and diagnostic equipment (TMDE). Army Regulation 750-43 governs TSC-LEAD and uses proce-

dures identified in Technical Bulletin (TB) 750-25, and TB 43-180. TSC-LEAD maintains records for each item scheduled for calibration, as well as the Instrument Master Record File (IMRF).

Equipment is scheduled for calibration based on the last calibration date and the calibration interval listed in TB 43-180. Items are delivered to, and received from, TSC-LEAD at prescribed dates and times specific to each organization.

Not all equipment is processed for calibration at TSC-LEAD. Many items are designated by TB 43-180 for calibration at a higher level, and require transfer to other calibration facilities. All items designated

for calibration at factory, are processed by LEAD, through the Equipment Maintenance Branch, and are not the responsibility of TSC-LEAD.

Equipment requiring calibrations at TSC-LEAD is processed in the order of receipt. Items with approved priorities are processed ahead of items already in queue based on the level of the priority.

If you have questions, or if you need additional information, please contact your directorate's Calibration Coordinator, or contact the depot TMDE Support Manager George Weiss at 7-9835.



Tentative Dates for 2015:

- Jan 27th and 28th
- March 31st and April 1st
- June 23rd and 24th
- Aug 25th and 26th
- Oct 27th and 28th

Location:

Salem United Brethren Church

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**Inclement Weather:
How to Get the Supplies You Need**

Contributed by Dan Eichenlaub, Directorate of Public Works

How to obtain snow and ice melting materials--

The Directorate of Public Works (DPW) has snow and ice melting materials available. All supervisors and building custodians are responsible for their respective areas. Ice melting materials and buckets should be stationed at every pedestrian entrance into each facility.

If your location does not have melting materials and/or buckets, request them through your building custodian. If you don't know who your building custodian is, go to Sharepoint, click on the link that says 'DPW Support.' Scroll down to see the complete list of building custodians.

How to obtain snow and ice removal tools--

The Directorate of Operations Planning and Support (DOPS) is prepared to assist all depot organizations, including tenants, for the snow and ice removal season. Snow shovels and long handled ice chippers are available to building custodians at the DOPS tool crib #3 located in building 2270. This tool crib #3 is manned Monday through Friday from 0600 hrs. through 1430 hrs.

Supervisors, building custodians or their representatives should contact tool crib #3 (ext. x7-8684) to sign for snow shovels and ice chippers. Items should be returned to the Tool Crib #3 attendant at the end of the snow season. This includes returning broken tools in exchange for replacement ones. NOTE: building custodians may elect to keep the tools in their respective buildings for the next snow and ice season.

Caution! Ice chippers and snow shovels are highly pilferable items; therefore, all supervisors and building custodians need to ensure that they safeguard these items.

Any questions on any of this information may be directed to Dorothy M. Van Brakle, x9808.



Danger! Danger! Safety Tips for In and Around Snow Removal Equipment

Contributed by Dan Eichenlaub, Directorate of Public Works

Extreme care must be taken by all employees both on and off depot when operating vehicles or when traveling or walking in close proximity to snow removal equipment. Here are some SAFETY tips to be aware of when you are near snow and ice removal equipment.

Snow removal equipment requires plenty of room to work. Operators of these pieces of equipment frequently have limited visibility particularly when backing up, which they do frequently. They are concentrating on the many aspects of their mission and may not necessarily see someone approaching the equipment.

Make sure the equipment operator knows you are there. Everyone should give snow removal equipment a wide berth and approach only if you have made eye contact with the operator and are certain the operator has seen you.

NEVER approach a piece of operating snow removal equipment from behind.

Park in plowed lots and consolidate parking to allow the operators to continue to keep areas cleared without the possibility of damaging vehicles or harming pedestrians who are going to or from their vehicles.

Do not leave parts and materials in areas where they may get plowed in. This creates an unsafe condition and increases the possibility of damage to both the parts/materials and the snow removal equipment.

If you have an area that becomes unsafe due to snow or ice, contact the DPW Service Order desk at 7-9010 during duty hours. During non-duty hours and snow removal emergencies, you may contact the Construction and Maintenance Branch at x7-8442 or x7-8989.

INCLEMENT WEATHER HOTLINE:
717-267-8109 OR 717-267-8916. TTY FOR HEARING IMPAIRED: 267-8939.
UPDATES WILL ALSO BE POSTED ONTO THE LEAD FACEBOOK PAGE:
<http://www.facebook.com/usarmy.letterkenny.army.depot>



Ms. Cindy Stoner is presented with the 2014 Letterkenny Army Depot Woman of the Year certificate by Col. Victor Hagan, depot commander. Stoner works in the Directorate of Operations Planning and Support as a logistics management specialist.

Special Emphasis Program Promotes Women and Education

By: Janet Gardner, Public Affairs Office

Doing everything in her power to get the job done right earned Ms. Cindy Stoner the title of 2014 Letterkenny Army Depot (LEAD) Woman of the Year. As Master of Ceremonies Denise Turner announced her name, Stoner smiled and cried. With trembling hands, she tearfully accepted the official certificate from Depot Commander Colonel Victor Hagan.

"I am humbled and honored," Stoner said as she addressed the large group in attendance for the special emphasis program. Letterkenny is a wonderful organization, and this program is a great way to recognize women for their contributions in the workplace."

Guest speaker for the Aug. 28 program was Barbara Kohutiak, executive director of the YWCA in Carlisle, Pa. Her message to the group focused on women's education and how it contributes to successful careers.

Stoner agrees with the importance of education. She worked as a press operator in a sewing factory for 17 years. At the age of 40, she started her college career and earned an associate's degree from Hagerstown Business College. She was recruited by a local business to manage their contracts. Several years later Stoner joined the work force at LEAD first as a production assistant, then as a production controller and later as a capacity planner.

Currently a logistics management specialist, Stoner works in the Theater Missile Production Management Branch, Directorate of Operations Planning and Support (DOPS). When she is not working at Letterkenny, you can find Stoner planting shrubbery and working in her garden.

All of the 'Woman of the Year' nominees had one common quality: dedication to their job. Congratulations for a job well done and being nominated by your peers! Nominees were: Barbara Landes, Production Controller, Industrial Business Division (IBD), DOPS; Robin Peterson, Secretary, Directorate of Public Works; Stephia Gayman, Management Analyst, Maintenance and Analysis Branch, IBD, DOPS; Cheryl Reisher, Supply Technician, Operations and Analysis Branch, IBD, DOPS; Melinda Knarr, Legal; Crystal Cosey, Logistics Management Specialist, IBD, DOPS; Anna 'Lori' Curtis, Deputy Director/ Division Chief, System Division, DOIM; Dianna Fryzlewicz, Office Automation Assistant, Production Engineering Division, DOPS; Linda Hess, Admin Assistant, Directorate of Contracting; Peggy Ott, Financial/Travel/Passport Technician, Directorate of Resource Management; and Jill Yohn, General Supply Specialist, IBD, DOPS.



Left: Barbara Kohutiak, Carlisle YWCA executive director, delivers her message on the importance of education.



Below: Col. Hagan, Ms. Raines and Denise Turner enjoy the special emphasis program at LEAD.



2014 Woman of the Year nominees:

- Left to right: Robin Peterson, Peggy Ott, Linda Hess, Jill Yohn, Dianna Fryzlewicz, Cindy Stoner, Cheryl Reisher, Barbara Landes, Anna "Lori" Curtis, Crystal Cosey, Melinda Knarr, and Stephia Gayman (not pictured)

The Story of 188 White Christmas Bears

By: Janet Gardner with Duane Rennhack, Directorate of Information Management

What started out as a mother's way to lovingly embarrass her Soldier son evolved into a family tradition and a generous random act of kindness. It was Christmas, 1984, and Duane Rennhack, reported to Fort Ritchie, Maryland, for his first Army duty station.

"My mother decided to play a joke on me. I had said something to her on her birthday and she wanted to embarrass me in front of the other Soldiers (in a friendly way). So for Christmas that year, I received a package that contained a large white Christmas bear. At the time I lived in a four-man room and my roommates thought it was pretty neat for two reasons. One, that my Mother would play a joke on me and two, it was a large white bear. The joke spread quickly and soon the white bear was a hit with everyone. The bear would often go missing, making its rounds throughout the barracks before mysteriously reappearing back into my room."

And so the story continues according to Duane, "When I got married, my wife started receiving her own bear. Then we had a son, and he, too, received a bear. Another son and a daughter and two more bears joined the ever-growing collection. We are now up to five bears a year. There was even a couple years that our dog and cat were given a bear."



From that Christmas in 1984 until the Christmas of 2013, Duane and his entire family received a Christmas bear from his mother. His dad would just sit back and watch as this bear giving went on year after year. He never said a word, but Duane says that you could read it in his face that he liked the ongoing joke. Duane suspects that over the years his dad helped pick out the bears.

Today there are 188 friendly white bears in the Rennhack collection. The joke that turned into a tradition is now helping to put smiles on children's faces. The family decided to share the bears with the Pediatric Unit at the Chambersburg Hospital, an affiliate of Summit Health and with the Women In Need (WIN) organization.

Karlee Brown, Summit Health spokesperson said, "The gift alone was special. But, when we learned the story behind how Mr. Rennhack received the bears it made it even more special. The bears will bring joy to our youngest patients and their families, and that is an amazing gift. We thank Mr. Rennhack for his generosity and are proud that such a caring individual is a member of our community."

The bears have not yet arrived at WIN but we are certain that the young recipients of the bears will have a reason to smile.

Food, Football and Giving Back

By: Janet Gardner with Eric Riley, HAWK/OCONUS Chief, Theatre of Readiness Materiel Directorate

'Give more and don't receive so much.' Words that shaped Eric Riley's personality from a very young age. Words repeated through every phase of his growing up. Words that he continues to live by today.

'My parents supported me every chance they could during my high school days of football,' said Riley. They were actively involved in raising me and my brother with those values."

His passion is working with kids, playing football and cooking. He found a perfect place with the Chambersburg Gridiron Club to 'give more' and use those talents. The club is a parent run booster club for the four football teams in the Chambersburg Area School District.

Riley assists the Gridiron Club President with tasks such as overseeing that all parents complete activities/duties that they volunteered to complete. He also assists in running the concession stands for home games for all teams. Eric supervises all cooking in the stands and trains parents in proper cooking techniques and ensures all safety procedures are followed. His other duties include assisting with ordering product, stocking stands and also assisting another parent volunteer in scheduling parents to help in the stand during all games.

Currently, Riley is the acting Vice President for the 2014 season and steps in and helps with whatever needs to be done to assure the players and coaches have a successful season. He says that the Gridiron Club purchases equipment for all the teams, meals and drinks for all games, meals for "Double Days", dinners before each home game for the Varsity/Junior Varsity teams, team pictures, football clothing apparel, coach buses to all away games (when able), end of the season banquet for all players along with tokens of appreciation to each player.

At the end of the day, Eric continues to thank his mother, Betty Scales, and his late father, George Scales, for instilling in him the meaning and value of 'it is better to give than to receive.'



Eric Riley hard at work at the concession stand during a recent football game and posing with members of the 2014 Trojan football team.



Danny Kissel Carves Out His Own Niche

By: Janet Gardner, PAO

Danny Kissel works hard for a living. He also works very hard at his hobby, carving. You might ask, what is so special about carving? Did I mention Kissel carves with a chainsaw? Did I also mention that he carves intricately detailed Frankensteins and gory zombies out of pumpkins?

Kissel is a master carver who uses just about any material that stands up to a chainsaw, such as blocks of ice and, of course, wood, to create works of art. His job as an electronics mechanic supervisor for the shelter assembly section in the Directorate of Industrial Operations pays the bills. Chainsaw skills makes Kissel a television star and local celebrity.

The chainsaw artist earned a spot on Food Network's 2014 "Halloween Wars," that aired on Sunday, Oct. 5th. According to an Oct. 4th article in the Public Opinion newspaper, five teams competed, with one team eliminated each night to leave the last team standing. Kissel said he was sought out by the show's staff who liked what they saw of his art on various sites. He submitted an audition video and was selected to participate with Team Spooktacular.

"The show was unbelievably fast paced!" said Kissel. When the clock starts, you're thinking I have 5 hours no rush...then you get into what you're doing and next thing you know 2 hours are gone and you're way behind, then panic sets in!"

Team Spooktacular was eliminated in round 2 of the competition. "It was not about winning; it was about meeting the people and networking," Kissel explained. The best thing about the show was the people. I talk with a lot of my competitors at least once a week. In the short amount of free time that you actually have, I managed to build some great friendships. I'm really looking forward to any doors that this experience opens for me."

Check out his website, www.kisselstudios.com, to fully appreciate this skilled artisan's handiwork.



**Halloween 2014 fun at Bldg 370.—
A few depot employees decided to be
someone else for a day.
A most interesting group of folks, don't
you think??**



Wounded warrior hunt a success
Contributed by: Craig Kindlin, Natural Resources Office

The Soldiers outsmarted their prey on a sunny Saturday in November on the grounds of Letterkenny Munition Center.

Armed with donated rifles, portable hunting blinds and expert hunting volunteers, Sergeant Franz U. Walkup and Sergeant Kyle R. Petzke took to the woods in search of antlerless deer on Nov. 1.

The two Soldiers are part of the Warrior Transition Brigade from Walter Reed National Military Medical Center located in Bethesda, Md. They traveled to Carlisle Barracks for an overnight stay before arriving at the Recreation Area on the depot before sunrise.

Escorting the Soldiers were volunteers Dan Eichenlaub, Wayne Eichenlaub, Jr., Jeff Eichenlaub and Dean Miller. Hunting firearms were provided by the volunteers and lunch was donated by the Letterkenny Rod and Gun Club. Tony Robinson of Mountainside Deer Processing in Edenville processed the meat for the Soldiers.

It was a good day to be a Soldier in the woods!

Below left: SGT Franz U. Walkup smiles for the camera as he poses with his bounty. SGT Franz was accompanied on the hunt by volunteer Dean Miller.

Below right: SGT Kyle R. Petzke and volunteer Dan Eichenlaub show off Petzke's reward for participating in the Wounded Warrior program at LEAD.





Letterkenny Army Depot Employee appreciation day



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Letterkenny Army Depot celebrated its employees during the annual Employee Appreciation Day on Thursday, Oct. 9, 2014, at the recreation area of the depot.

Prior to the celebration, depot employees participated in a Safety Standdown. Topics included suicide prevention, ergonomics, the benefits of regular exercise and a stretching technique demonstration.

Following the conclusion of the safety standdown, Col. Victor Hagan welcomed employees and distinguished guests of the local community to the recreation area to begin the festivities.

“Thank you for your dedication, your efforts, and most of all, for continuing to uphold the world-class standards that Letterkenny Army Depot is known for.”

Col. Hagan and Lt. Col. Bryan Fowler, Letterkenny Munitions Center’s commander, also took the opportunity to formally kick off this year’s Combined Federal Campaign (CFC). Ms. Amy Hicks, CFC Regional Coordinator, was on hand for the kickoff ceremony.

Employees enjoyed steak and chicken dinners provided by Rosenberry Meats. They were also treated with Antietam Dairy Ice cream and Rita’s Italian Ice.

A car show featuring trucks, cars, and motorcycle took center stage. The vehicles were cleaned, shined, and ready for the competition. Employees voted by placing money in containers. All monies collected were donated to the food drive which provides meals to the community. Winners by category were:

- Truck: Aaron Strickhouser
- Car: Jeanne Mixell
- Special Interest: Mike Parana
- Motorcycle: Daniel Petereson

Caricature artists, custom street sign novelties along with horse shoes, volleyball, basketball, fishing and washer toss were among the activities at the employee appreciation day. A big hit was the Wellness building and its 30 vendors participating from the community.

By the end of the day, employees headed out of the area with smiles on their faces. It was a great day to be part of Team Letterkenny.

Distinguished guests:
 LTC Bryan Fowler, LEMC Commander
 Bob Ziobrowski, Franklin County Commissioner
 Dave Keller, Franklin County commissioner
 Bob Thomas, Franklin County Commissioner
 Nancy Bull, Bill Shuster’s representative
 Amy Hicks, CFC Regional Coordinator/United Way Director for Franklin County

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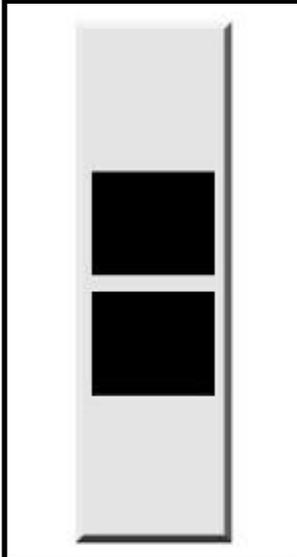
Letterkenny Employee News...

Letterkenny Welcomes...

- | | |
|--------------------------|--------------------------|
| Amaral, Robert S. | Laughman, Jonathan M |
| Anderson Jr, David W | Lowery, Joshua Quatay |
| Atkinson, Larry D. | McFadden, Marvin |
| Baer, Dale R | Mellott, Jeremy D |
| Bailey, Brittany A. | Miller, John M |
| Barnhart Jr, Robert F | Monge Jr, Edward L |
| Benson, Aridean D | Morris, Vincent P |
| Benson, Timothy Jonathan | Myers, Andrew T. |
| Bignell, Joshua E | Naugle, Blake E. |
| Bilger, Shawn Dayton | Neville Jr, John |
| Bittinger, Wesley | Newman, Cody R. |
| Booher, Wade B | Ojuronbe, Olatunde |
| Boop, Dylan Charles | Ott, Jeffrey A |
| Burke, Justin Wesley | Owens, Craig |
| Burkholder, Dylan J | Parson Jr, John Clarence |
| Calaman, Joshua | Paul, Andrew H. |
| Campbell, Cristy A | Peck, Richard L |
| Carbaugh, Edward E | Perkins, Troy B |
| Carbaugh, Jared Lynn | Picard, Marc Jonathan |
| Chilcote, Bryce L. | Pittman, David A |
| Clark, Tyler R. | Plasterer, Kevin L |
| Coons, Lucas N | Pollock, III, David |
| Crouse, Jordan M. | Purdham, Donald Ray |
| Dale, Stephen F | Quinones Jr, Celio |
| Danfelt, Brenda L | Ransom, Patrick A |
| Detwiler, Gregory A | Rittle, Charles |
| Duncan, Derrick A. | Shade, Shawn M. |
| Eaton, Joshua G. | Shellenhamer Jr, John W |
| Flasher, Devin D. J. | Shindlecker, Kevin L |
| Hade, David P | Shives, Shawn A |
| Hance, Paul W | Shultz, Dustin A. |
| Harris, Keyshana A S | Silva, Jonathan N. |
| Hood, Gregory Alton | Smith, Levi J |
| Houpt, Juston L. | Smith, Tyler J. |
| House, Dustin S. | Snyder, Barry E |
| Keefer, Michael C | Stanfield, Jr, Gary E |
| Keesee, Clayton J. | Strait, Scott S |
| Keown, Gary A | Strobel, Lawrence Edward |
| King, Cody A | Varner, Christopher L |
| Kirks, Christopher B. | Weilacher, Jerod D |
| Kline, Richard E | Whapels, Ryan Paul |
| Kurycz, Walter | Workman, Justin David |
| Lake, Steve A | Zullo, Cindi M |
| Kling, Travis J | |

Letterkenny Bids Farewell to its 2014 retirees... (as of 30 Sep 14)

- | | |
|--------------------------|--------------------------|
| Cunningham Jr, Samuel R. | Malone, Sandra C. |
| McDaniel, James H. | McCleary Jr, Don Wendell |
| Moody, Joseph A. | McNew, Michael L. |
| Barnett, Roger Lee | Mellott, Betty L. |
| Bitner, Donald R. | Miller, Steven J. |
| Blackhurst, Constance L. | Moon, Victor H. |
| Bounds, William C. | Mowen, Brian K. |
| Bradley, Larry D. | Myers, Jeffrey K. |
| Brandt, JR, Carl F. | Nehf, Scott A. |
| Brunner, Kenneth W. | Nye, Mark A. |
| Bumbaugh, Chris M. | Peck, Harold R. |
| Calimer, Ronald E. | Perry, Dennis E. |
| Chamberlain, Mont R. | Quinn, Randall . |
| Coldsmith, Daniel C. | Raley, Kimberly S. |
| Cunningham, JR, Harry F. | Reichard, Rodney C. |
| Daywalt, Allen L. | Robinson, Sarah E. |
| Dunlap, Randy C. | Rosenberry, Gary W. |
| Ewan, Kim R. | Rotz, Ronald H. |
| Gardner, Paul A. | Schoen, Gregory R. |
| Greenawalt, JR, Edgar N. | Seibert, Dennis R. |
| Grier, Donald T. | Semenick, John L. |
| Hargleroad, Bonnie S. | Shew, Terry L. |
| Harmon, Gregory L. | Shirley, Hazel A. |
| Heckman, Linda B. | Snyder, Fred H. |
| Hultzapple, Mark R. | Sprenkle, David E. |
| Humbertson, John C. | Standridge, Charles F. |
| Jenkins, Charles L. | Stclair, Brett A. |
| Johnson, Joe W. | Summers, Jeffrey L. |
| Johnson, Richard A. | Turner, Michael L. |
| Killian, Shirley M. | Wagner, Michael L. |
| Krytusa, John A. | Wenzel, Michael D. |
| Kutzler, Richard A. | Weyant, Joseph C. |
| Mack, Jenny M. | Wiley, Jeffrey K. |
| | Witherspoon, Deborah E. |



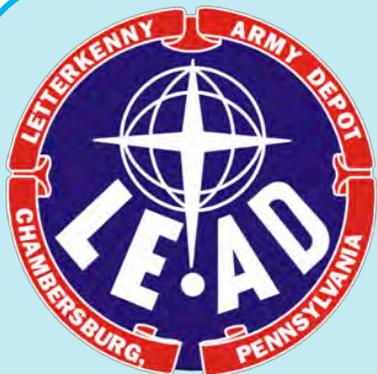
Terry Acie promoted to Chief Warrant Officer 2

With his son Tyrell standing front and center along side him, Terry Acie was commissioned as a Chief Warrant Officer 2 on Oct. 11, 2014. The ceremony was held in Acie's hometown of Pittsburgh, Pa. and was the first opportunity for Tyrell to participate in a commissioning ceremony.

Acie has 20 years of Army service and currently is attached to the 444th Human Resources Company stationed in Pittsburgh. In his career field of human resources, Acie advises the Company commander on all technical matters concerning human resources.

As a Department of the Army civilian employee, Acie works in the Directorate of Public Works as an administrative officer.





LENGTH OF SERVICE AWARDS 2014

THANK YOU FOR A JOB WELL DONE!

1 January 2014—31 March 2014

25 YEARS	
Leann M. Alleman	3-27-2014
Wanda K. Carroll	3-07-2014
Moises C. Escalante	3-20-2014
30 YEARS	
Gary L. Carmack	3-26-2014
Alex v. Krakovitz	03-24-2014
William D. Putman	01-23-2014
William f. Reed	03-07-2014
Anita A. Schooley	03-26-2014
Constance R. Smith	02-11-2014
Anthony F. Torina	01-16-2014
Jeffrey Yohn	03-22-2014
Karen E. Hershey	01-01-2014
35 YEARS	
Carl E. Bernecker	03-06-2014
Mark E. Furry	01-29-2014
Douglas K. Gardner	03-23-2014
Karen M. McCausland	03-19-2014
Tobias K. McGarvey	02-28-2014
Jeffrey L. Peters	03-06-2014
William W. Smith	03-01-2014
40 YEARS	
John E. Marvin	02-09-2014

1 July 2014—30 September 2014

25 YEARS	
James P. Britner	09-29-2014
Keith E. Diehl	09-25-2014
Jamie R. Funk	09-25-2014
Daniel L. Kissel	09-25-2014
Pamela S. Kohler	09-29-2014
Jenny M. Mack	08-04-2014
Mark A. Ruby	09-29-2014
Eric C. Smith	09-29-2014
Tracy L. Suders	09-21-2014
Kevin L. Wagaman	07-05-2014
Edgar A. Wright	09-15-2014
John A. Zapotocky	09-25-2014
30 YEARS	
Denny Ray Cohenour	07-14-2014
Daniel Gonzales	08-30-2014
35 YEARS	
Timothy L. Caldwell	08-07-2014
Carol S. Holden	09-24-2014
Roberta D. McCalmont	10-01-2014
Jeffrey N. Shearer	08-06-2014
William K. Uglov	08-19-2014
40 YEARS	
Clifford D. Baker	07-01-2014
Lonie H. Bender	07-01-2014
John L. Holtry	10-01-2014
Samantha G. Kesselring	09-23-2014
Fred E. Naessig	07-01-2014
Michael J. Sanders	07-01-2014
Wayne A. Smith, Jr.	07-07-2014
Rodney L. Stouffer	07-01-2014
45 YEARS	
Ronald J. Kudasik	07-11-2014

1 April 2014 - 30 June 2014

25 YEARS	
Brian R. Zeger	05-08-2014
30 YEARS	
Ernesto G. Mayorga	06-12-2014
Deborah L. Singley	05-13-2014
Donald A. Strait	05-08-2014
35 YEARS	
Stacey Jo Clopper	04-08-2014
Jeffrey H. Simple	06-30-2014
Paul M. Rotz	05-20-2014
40 YEARS	
Eugene I. Bender, Jr.	06-12-2014
Kenneth R. Bradnick	06-21-2014
Robert R. Chavez	06-27-2014
Carl L. Jones	05-12-2014
Kenneth R. Long	04-18-2014
Kimberly S. Raley	06-17-2014

1 October 2014 - 31 December 2014

25 YEARS	
Donald Lester Perry	10-03-2014
Michael D. Rockwell	12-14-2014
30 YEARS	
Pamela J. Goodhart	12-31-2014
Jean McCoy	12-28-2014
David W. Shea	11-05-2014
Gregory A. Snively	10-08-2014
Scott B. Storck	11-23-2014
Keith A. Szada	12-11-2014
35 YEARS	
Robert E. Coons	10-29-2014
Vicky L. Logue	12-18-2014
Joel A. Peterson	11-18-2014
Gerald L. Smith	10-09-2014
Charles M. Spangler, III	11-18-2014
William R. Stoler	11-18-2014
40 YEARS	
Gary E. Grissinger	10-07-2014
John L. Holtry	10-01-2014
Ricky V. Northcraft	10-04-2014



THE WELLNESS CHRONICLE



GRATITUDE ATTITUDE

Contributed by:
CH (LTC) James R. Boulware, AMCOM
Chaplain

Two men were walking through a field one day when they spotted an enraged bull. Instantly they darted toward the nearest fence. The storming bull followed in hot pursuit, and it was soon apparent they wouldn't make it. Terrified, the one shouted to the other, "Put up a prayer, John. We're in for it!" John answered, "I can't. I've never made a public prayer in my life." "But you must!" implored his companion. "The bull is catching up to us." "All right," panted John, "I'll say the only prayer I know, the one my father used to repeat at the table: 'O Lord, for what we are about to receive, make us truly thankful.'"

Thanksgiving Day will soon be upon us and for many; it will be a time to reflect upon our many blessings. University of California Davis psychology professor Robert Emmons states that recent research suggest that a constant diet of gratitude lowers stress and boosts our immune system.

Psalm 118:24 tells us, "This is the day the LORD has made; we will rejoice and be glad in it." Here are three lessons we can glean from this powerful little verse to help us live each day with a sense of gratitude.

First, live in the present. "This is the day that the Lord has made." We are only promised the present (It's a gift of God; that's why it's call "present") but how many of us spend our time somewhere else? Past guilt and grievances and future worries rob us of today's joys.

For several years a woman had been having trouble getting to sleep at night because she feared burglars. One night her husband heard a noise, so he went downstairs to investigate. When he got there, he did find a burglar. "Good evening," he said. "I am pleased to see you. Come upstairs and meet my wife. She has been waiting 10 years and will be happy to finally meet you."

Second, find your blessing. "This is the day that the Lord has made [for you]." A few years ago, the Peanuts cartoon pictured Charlie Brown bringing out Snoopy's dinner on Thanksgiving Day. But it was just his usual dog food in a bowl. Snoopy took one look at the dog food and said, "This isn't fair. The rest of the world is eating turkey with all the trimmings, and all I get is dog food. Because I'm a dog, all I get is dog food." He stood there and stared at his dog food for a moment, and said, "I guess it could be worse. I could be a turkey." There are days that we would like to just pull the covers back over our heads. But I am reminded that "all good and perfect gifts" come from God. The challenge is do we look for our blessings or focus on all the things that are wrong around us?

Finally, choose to be thankful. "...we will rejoice and be glad in it." Erma Bombeck wrote, "An estimated 1.5 million people are living today after bouts with breast cancer. Every time I forget to feel grateful to be among them, I hear the voice of an eight-year-old named Christina, who had cancer of the nervous system. When asked what she wanted for her birthday, she thought long and hard and finally said, 'I don't know. I have two sticker books and a Cabbage Patch doll. I have everything!' The kid is right."

PRAYER: Lord, forgive my ingratitude and help me to find each day's blessings that You give so that I may daily walk with a sense of appreciation. Amen.

Focus on healthy eating: **LOW - FAT YOGURT CHEESE BALLS**

1 lg. carton nonfat plain yogurt
Olive oil, to preserve & add flavor

Empty container of nonfat plain yogurt into clean cheesecloth or any cloth good for straining dairy products. Twist cloth containing yogurt until liquid begins to drain from yogurt. Place cloth with yogurt in a container which would allow liquid to drain off. Empty container twice a day for 2 days then on third day take cloth out of draining container. Lay cloth with yogurt on a flat surface, gather cheese and form into 3/4 inch balls, roll in palm of hand. Place cheese balls in clean jar. When all balls are rolled, fill jar of cheese balls with olive oil and cover balls completely with oil. Cover; store on counter or shelf. Remove balls 1 or 2 at a time with a few spoonfuls of oil. Serve with pita as a dip or as a breakfast treat.

Source: <http://www.cooks.com/recipe/b38wb8ky/low-fat-yogurt-cheese-balls.html>

FACTS YOU NEED TO KNOW ABOUT VPP

Cost savings:

- ⇒ Federal agencies saved \$59M in only one year from utilizing VPP.
- ⇒ DOD estimates that it saves between \$73K to \$8.8M per VPP site.

Reduction in illness and injuries:

- ⇒ On average, the injury and illness rates at VPP sites are significantly below national averages.
- ⇒ LEAD's total accident rate is 74.3% below the industry average.



VPP IS EXCELLENCE IN SAFETY AND IT STARTS WITH ME!!!

ANSWERS TO QUESTIONS YOU NEED TO KNOW ABOUT VPP

QUESTION: Why does Letterkenny Army Depot support OSHA's Voluntary Protection Program (VPP)?

ANSWER: It is your right to have a safe and healthy workplace!

QUESTION: What is VPP all about?

ANSWER: VPP is excellence in safety, and it starts with me!

QUESTION: What does VPP really mean?

ANSWER: It means that VPP is a volunteer program that is recognized nationally for excellence in safety.

QUESTION: What is the only way that VPP can be successful?

ANSWER: The program is only successful if all depot employees are involved in providing a safe and healthy workplace.

QUESTION: What are some ways employees can address safety and health concerns in the workplace?

ANSWER: Correct it on the spot! Report it to a supervisor! Submit a safety report in HRP!

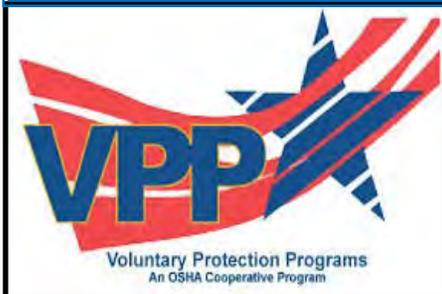
PARTICIPATE IN VPP—

IT IS YOUR RIGHT TO HAVE A SAFE AND HEALTHY WORKPLACE!

WHY? BECAUSE YOUR LIFE, YOUR FAMILY AND YOUR FUTURE DEPEND ON IT!

TAKE 5:

- ⇒ **BEFORE THE JOB:**
 - STOP AND THINK
 - OBSERVE THE WORK AREA
 - THINK THROUGH WHAT YOU ARE GOING TO DO
 - BE AWARE OF YOUR SURROUNDINGS & NEARBY EMPLOYEES
 - IDENTIFY WHAT COULD POTENTIALLY GO WRONG
 - BE SATISFIED THAT THE HAZARDS ARE CONTROLLED BEFORE STARTING THE WORK
- ⇒ **DURING THE JOB:**
 - DO YOU FEEL SAFE DOING YOUR JOB?
 - ARE OTHER EMPLOYEES SAFE WHO ARE WORKING NEAR YOU?
- ⇒ **AFTER THE JOB:**
 - OBSERVE THE WORK AREA
 - TAKE ACTION TO CONTROL ANY HAZARDS
 - REFLECT ON HOW WELL THE JOB WENT AND YOUR MENTAL PLANNING PROCESS: DID YOU FEEL SAFE DOING THE JOB, WERE OTHERS AROUND YOU WORKING SAFELY; CAN ANY IMPROVEMENTS BE MADE NEXT TIME



**SERVING
OUR
COUNTRY**

**SUPPORTING
OUR
COMMUNITY**

Remember those less fortunate than you... consider donating to the Combined Federal Campaign.

Thank you for your thoughtfulness.

Did you know...

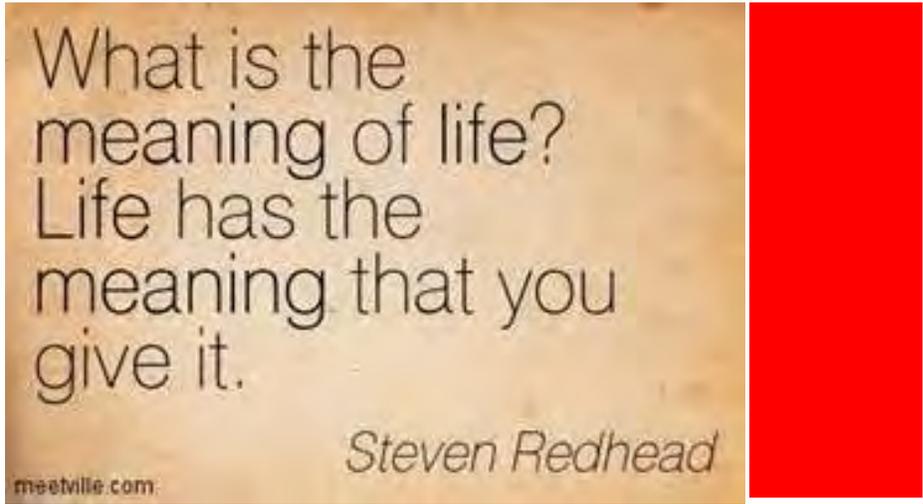
December 2-8, 2014 is National Hand Washing Awareness Week?

Wash up!!!!

LEAD Got Steps
Wellness Pedometer Challenge Program Managers:
Tanya Ranck, x7-9706; Kara Stitely, x7-8334;
Irene Myers, x7-5716

Pedometer POC list

Bldg	Name	Ext	E-mail
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ON THE WELLNESS RADAR SCREEN

11 Dec - Wellness Lunch/Learn - Driving Drinking Drugs- Bldg 10
 16 Dec - Wellness Lunch/Learn- Gun/Tree Stand Safety -Bldg 350/370

2-session resume writing workshop,
 Date to be determined: 4:00 p.m.-6:00 p.m.,
 Stay tuned for more details.

January 2015 (dates to be determined)
 "Gluten Free"- Lunch Learn
 "Healthy Personal Finance Resolutions for the New Year" -
 Tax information/401K - Lunch/Learn

February 2015 (dates to be determined)
 "Heart Healthy"-Lunch Learn
 "Smoking Cessation" - 8wk workshop

March 2015 (date to be determined)
 "Spring Cleaning Your Finance"/ 401K - Lunch Learn



**WELLNESS IS COMING
TO A LOCATION NEAR YOU!**

When	Where
Dec. 18, 2014- 1130-1230	Bldg 37
Jan 7, 2015 - 1130-1230	Bldg 52

STOP BY AND CHECK US OUT!

Free health literature, blood pressure screenings, etc.! For more information contact:

Elizabeth Robinson, x7-8048
 Tanya Ranck, x7-9006
 Travis Gray, x7-9392

Fighting Holiday Fatigue

By: Melinda Torres, Wellness Committee

From goblins to gobblers to gifts and goodies...this time of the year can be draining! Some days you can be so low on energy that you are drowsy by lunchtime and in need of a nap by mid-afternoon. Think about all the extras you have been adding to your already hectic lifestyle—office parties, gatherings with the relatives, costume shopping, trick-or-treating, holiday shopping, extra cooking, entertaining guests and visitors from out of town, school parties, religious celebrations and so on.

The list seems endless. If just thinking about it is already wearing you down, then it's time to make some drastic... okay, small, but helpful...changes this year. Take a quick inventory of the things that might be responsible for your exhaustion.

- * Time to downsize? You do not have to stay to the end of every party or even attend every gathering. Look at your list of events and obligations and see where you can cut back on time, energy, and money.
- * Do you have to prepare a seven-course meal yourself, or can each guest bring a dish?
- * Gift-giving? Your family and friends are probably feeling just as overwhelmed as you. How about drawing names from a hat or giv-

ing to a local charity in someone's honor.

- * Lack of sleep. Getting just ONE hour less can make you drowsy and unable to handle the increased chaos.

Whatever the cause, once you discover what's draining your energy, you can take these steps to put the vitality back in your life and survive the holiday blitz.

- * Avoid eating, reading or watching TV in bed.
- * Get enough sleep. Lack of sleep puts stress on the body, causing the release of cortisol, which promotes fat storage. Fatigue can trigger overeating of simple sugar, high-calorie, and low-nutrient foods.
- * Keep your bedroom cool, dark, and quiet.
- * Stick to the same sleep schedule daily. Naps are fine, take them earlier in the day and keep them short—a 4-hour snooze is not a nap. Sometimes all you need is 10-30 minutes to reenergize.
- * Exercise at least 3-4 hours before bedtime.
- * Eat healthy and drink plenty of water. Start your day with a low-fat, high-fiber breakfast including whole grains and fruits for energy.

Limit sugary cereals, sweetened or caffeinated drinks.

- * Do NOT skip meals. It may be necessary to go with 4-6 mini meals that include whole grains, fruits, veggies, low fat dairy, and protein. Examples include turkey on rye with cheese, lettuce and tomatoes; soup and salad; peanut butter on whole-wheat toast, milk and an orange; or cottage cheese, bagel and carrot sticks.
- * Keep active. Don't mistake being 'busy' for being "active." Exercise is vital to improving your mood, your muscles and your energy level. Start with 10 minutes at a time.
- * Mall shopping. Take an extra lap before you leave.
- * Picking up the kids from practice? Wear your tennis shoes and walk briskly around the parking lot .
- * Limit alcohol. No more than 1-2 drinks with a meal or dinner— at least 4 hours before bedtime.
- * Before the guests arrive, practice conscious breathing. A study from the Harvard Mind-Body Institute shows that breathing can change your mental and physical state. Inhale for four counts, hold for two, and exhale while counting to six. You'll be calmer, relaxed, and less stressed.



**MERRY CHRISTMAS
AND
HAPPY HOLIDAYS
FROM
YOUR WELLNESS
PROGRAM MANAGERS,
COMMITTEE MEMBERS
AND VOLUNTEERS!!!!!!**

Wellness Program Managers

Chairperson
Melinda Torres, x7-8851

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

GYM Membership
James Holmes, x7-5316

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