



KENNY LETTER



A publication for the greater Letterkenny Army Depot community

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February 2016

**WINTER
STORM
JONAS

JANUARY
2016**



Winter Storm Jonas Strikes at the Depot

By Janet Gardner, Public Affairs, with the Directorate of Public Works (DPW)

"Snow removal is a normal, routine part of DPW's mission," said Glen Trego, Deputy Director, DPW. This storm was definitely not normal." He was referring to Winter Snow Storm Jonas that descended upon the Depot with a vengeance late in the afternoon of Friday, Jan. 22 and departed early Sunday morning, Jan. 24, 2016.

As the national weather media warned of the impending threat, Depot Commander Colonel Deacon Maddox and his senior management team began preparations on Thursday, Jan. 21 for a major snow storm that was expected to dump somewhere between 12-15 inches of snow in the Greater Franklin County area.

Based on that forecast, Letterkenny's Ice/Snow Removal and Emergency Operations Plan (LEAD R 420-2) was 'dusted off,' and DPW assumed their main mission of keeping Depot roads and parking lots open so that the Depot could continue normal business operations.

DPW's Director Damian Bess and his staff began prepping equipment and establishing their command post in Building 2260, the Construction and Maintenance Branch's location. This building is equipped with a full kitchen, sleeping quarters and is the work location of the branch's employees responsible for plowing the roads.

Runway snow blowers that are at least 35 years old, dump trucks with cinder spreaders, plows, front-end loaders, bobcat skid loaders and the like were staged in anticipation of the snow.

...continued on page 3

February is Healthy Heart Month! Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure. High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and most drugstores, but your best and easiest option is right here at Letterkenny!! The amazing medical team here on depot encourages all employees to walk-in at their convenience, no appointment needed to get a quick screening! Stay on top of your heart health, its free and easy.

On the calendar...

13 Mar

Begin Daylight Savings time

27 Mar

Easter

25 May

CAMS Go-Live

From the Commander...COL Deacon Maddox



This edition of the KennyLetter includes some pretty impressive pictures taken during our recovery from Winter Storm Jonas. Someday, these pics may inspire wonder or maybe just a 'holy cow.' For now, the memory of shoveling 32 inches of snow is too fresh, the lower back still aching.

While most of it has melted (we may have 'Mt. Snowmore' behind Building 350 well into spring), it is never too soon to capture lessons learned and try to make our responses better the next time around.

I want to use this space to publicly acknowledge and thank our Directorate of Public Works (DPW) crews and our emergency service professionals from the Directorate of Risk Management (DRSK) for their tremendous response to what just about all of us

will remember as the biggest single snowfall we have ever seen in Central Pennsylvania.

These heroes began the task of clearing the industrial area and critical ammunition storage sites on a Friday, and many of them stayed on the job around the clock, not returning to their families until the following Tuesday.

One full day is all the Depot had to close for—one full day after nearly three feet of snow. This was an amazing effort by any standard. Along with DPW and DRSK, I also want to thank the skilled equipment operators from the Directorate of Supply and Transportation (DS&T) who came in while the depot was closed on Monday to help clear docks, steps, doorways and parking lots so that the workforce could get back to work.

As we put this storm behind us, it's important to see some of the areas we need to improve upon. Some of my takeaways include the absolute necessity of a Mass Notification System, the power of social media in distributing information, and a requirement for a working Operations Center (IOC).

The depot conducted a formal After Action Review on the snowstorm response, and we are currently engaged in editing our severe weather SOP. We experienced some gaps in our communications when we needed to let everyone know we were going to close the depot on Monday.

Moving forward, we can fill these gaps with a number of tools that we are developing to complement our

weather hotline and radio/print announcements.

One of the tools with the most promise is AtHoc, our selected Mass Notification System. This system requires you to register, and it works best when you provide us a mobile number so that you can get texts and phone calls with closure/cancellation information.

Social media was yet another tool for communications and it clearly worked at getting our message out. Our Facebook page played a vital role, and on Sunday night, our page got over 36,000 views—people were definitely hungry for information.

As the information requirements changed through the weekend from snowfall amounts to plowing status to the state of our facilities to judging when we could reopen, it became clear that Letterkenny needed a working operations center to receive, process and report information.

In the future, LEAD will stand up an operations center capability, and make that a hub for reports from plow drivers, police, fire, directors and anyone else who has important information to share.

All in all, the winter storm was a positive experience for Letterkenny and it gave us some critical insights in how we should manage future emergencies...getting an unplanned holiday wasn't too bad either!



Greetings to my fellow LEAD employees. I am honored to be a part of the LEAD community, and I can truly say this, you are a hardworking, dedicated group of DACs, Service Members and Contractors.

Since arriving here at the beginning of January, I have immersed myself with the inner workings of LEAD by visiting the many different shops and work areas. I can honestly attest to those aforementioned words.

Having recently returned from 'Down Range,' I know that what you do to support the Warfighter truly does makes a difference to the Soldier who is on the ground, engaged daily in an effort to defend our freedoms.

I am originally from the area, and I genuinely care about Letterkenny and its communities. As the county's largest employer, it is the goal of LEAD's leadership to keep it that way and, at

the same time, continue to be efficient and productive in doing so.

As I've walked through your areas, many of you have made it known that we could improve on this or that. I urge you not to keep those ideas to yourself, but rather get it out there so we can continue to grow the Depot and be the success of the community.

With that being said, if you have suggestions on ways that management can best assist you within the scope of your daily duties, again, please make those suggestions known.

I look forward to meeting each and every one of you and please know, as the Depot Sergeant Major, I do have an Open Door Policy. I'm available 24/7 to assist, and continue to make this depot the best depot within the US Army.



**Depot Sergeant Major
SGM Jorey Riley**



Continued from page 1...Jonas

The snow arrived. It dropped from the sky at the rate of 2"-3" per hour. The winds came. And for 24 continuous hours, it snowed and the winds blew. Forecasts quickly changed from that meager 15 inches of snow to amounts closer to 3 feet of snow. Jonas eventually moved up the coast but not before unloading 32+ inches of white drifting snow in the region.

"It was coming down so fast, we couldn't keep up with it," said Dan Eichenlaub, Chef, Construction and Transportation Division. The plows would open up a lane and by the time they returned to open up the other side of the road, the original lane was drifted shut."

The DPW crew could not stay ahead of the massive amounts of snow. COL Maddox made the atypical decision to close the Depot for normal business operations on Monday, Jan. 25. This was the first time in 20 years that the Depot closed.

This command decision allowed DPW crews valuable time to continue clearing roads, parking lots, and entrances to buildings before the Depot could resume normal

operations. In addition, COL Maddox worked with county and township officials, the Depot's Directorate of Risk Management and Safety officials to ensure that the Depot could open and employees would be safe in their travels to, around and from the Depot.

During DPW's check of the satellite boilers in the LEMC area, the boiler mechanics found that Building 3810 had no power to the building and initiated actions to restore power to the building to prevent freezing water lines, etc.

"First and foremost, all snow removal operations during this snow storm at LEAD were completed safely with no accidents and no injuries," said Trego. As he stated before, it was all routine for DPW. Overall, DPW was satisfied with their efforts but did note that some of the large runway snowplows did experience some mechanical problems during the snow removal process.

All in all, this is one snow storm and date that will definitely go down in the record books. January 23, 2016, the day Jonas came to town.

See pages 6 and 7 for additional Jonas coverage and photos



THANK YOU

When you gave blood you changed lives.



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YOUR BLOOD DRIVE RESULTS

Letterkenny Army Depot

*****During a snow storm recovery*****

Date of drive:	1-26/27-16
Units collected:	136
Blood Drive Goal:	137
First time donors:	6
Potential number of lives saved:	408

Information About an IOC

By Anthony Blackman, Emergency Manager, DRSK

The Incident Operations Center (IOC) serves as a primary point of contact for the day-to-day operations at Letterkenny Army Depot.

The IOC's functionality is to provide an overall service to the command and to higher headquarters that stems through the CCIR processes.

The IOC also serves as a planning point for all events, OPORDS and taskers until there is a need to stand up a full-scale Emergency Operations Center (EOC).

IOC members participate in the development of a comprehensive operational strategy for current operations and emergency response planning.

Duties may be performed in the IOC during nonemergency operations and may include taskings, ceremonies, installation calendar, setting and adjusting short-term priorities, preparing schedules for completion of work and assigning work to subordinates based on priorities.

Coverage at the IOC is by shift while covering 24/7 to include nights, weekends, and holidays during events, incidents and/or weather related.

Emergency Preparedness

Make a plan so you're ready for emergency events.



Depot production news...

Directorate of Industrial Operations (DIO)

Process Support Division (PSD)

Building #350 Paint Kitchen – New pump testing and observations. Positives: better flow of paint through lines/sprayers; easier to paint and flush systems, lower motor temperature. Negatives: Pump is louder (may require muffler and external venting). This project will help us determine which pump is most efficient for us to use in 350 as well as planning for the same type of set up for Bldg. 320's paint kitchen which is a FY18 CIP project.

Manufacturing & Fabrication Division

Manufacturing and Fabrication leadership is coordinating with LEAD's master schedulers to determine the best way forward to integrate and coordinate shop production activities. The Intent is to reduce friction and surprise demands downstream from Man/Fab work.

The division is rearranging sheet metal shop areas to make room for the new Haas GR712 Router. This improves our ability to utilize the same shop floor materials for WIP.

Theater Missile Systems Division (TMSD)

A representative from Kyzen, Mr. Eric Bromley, met with Circuit Card Room technicians on 5 Jan 16. He provided solution settings guidance for the Dual-Bay Trident Automatic De-fluxing System. He also provided cleaning solution minimal settings, using the present cleaning fluid, to allow us to proceed with circuit card cleaning operations. He identified a second less-aggressive cleaning solution that will allow us to operate the system with much more latitude. Tom Stagg, our chemical engineer, will be receiving product information from Mr. Bromley and will use the proper channels to acquire and certify the solution for use. The dual-bay Trident automatic de-fluxing system is now fully operational and in use.

Kuwait New Build Launcher: March 2016 is the first production month. The floor work for out-of-scope (OOS) requirements began 12 Jan 16. The OOS work (repaint of CFE and corrosion mitigation for launcher and cables) is planned per Raytheon request.

Route Clearance Vehicles (RCV)/Power Generation Division (PGD)

RCV—Panther-33 Conversion: LEAD continues to diligently work the G2A effort. Long lead time parts continue to be an issue. Panther POR: Pilot#1 is currently in assembly cell 12 with no anticipated issues. DOPS continues to review and analyze the BOM/routes as well as researching solutions on LLT (long lead time) parts. Because of these continual parts issues, adhering to the production schedule of 20 completed trucks by July/August is in jeopardy. LEAD continues to discuss this with TACOM and a final scheduling decision will be forthcoming. HUSKY: Currently, there are 23 systems requiring technical inspections with the first Husky's completion anticipated for Feb 2017.

PGD—Met with CECOM to discuss LEAD's path forward in regards to funding the Tactical Power assets. Expectation is minimal funding with minimal assets as a result of LEAD's initiative to realign resources in Nov and Dec 2015.

Ground Equipment and Missile System Division

The Cable and Harness shop located in Bldg. 370 coordinated with the Harness shop operating in Bldg. 51 to move tools and materials from Bldg. 51 to Bldg. 370. These actions were performed in anticipation of combining the two shops to improve security. These actions now allow the division to accommodate 30 additional personnel in the Bldg. 370 Harness shop.

Directorate of Resource Management (DRM)

FY17 Internal Operating Budget data has been requested from Directorates for input in the upcoming budget estimate submission (FY18 BES). Suspense date back to DRM is NLT 1 MAR 16.

Directorate of Supply and Transportation (DS&T)

Secondary Item Receiving and Shipping Division

Continues to strive to meet LEAD and customer's needs. With new program development and progression of current programs at LEAD comes a multitude of parts and assets. The Division currently maintains eight separate warehouses to store assets ranging from common vehicle components to radiological and classified storage. The mission remains fluid to ensure Maintenance organizations at LEAD, Customers, partnerships, and Commands are receiving the best support possible to ultimately support the Warfighter.

Directorate of Product Assurance (DPA)

New Machinery for Directorate of Product Assurance - Process Support Branch —The coordinate measuring machine (CMM) currently in use has been in place well beyond its service life. The accuracy and repeatability of the existing equipment is no longer viable. To ensure that Letterkenny continues to provide quality new and repaired products, estimates were obtained to refurbish the existing equipment but it was determined not to be cost effective.

The CMM is a device to measure the physical geometrical characteristics of an object. They can be controlled manually or with a computer. The measurements are defined by a probe attached to a third moving axis of the machine. Probes may be mechanical, optical, laser or white light. The machine takes readings in six degrees of freedom and displays these reading in mathematical form.

It is equipped with an upgraded software system which runs the current software package with ease and utilizes software features that were unavailable with the older CMM. This assures the products being manufactured at LEAD are of the highest quality. With this purchase, LEAD's capabilities are elevated to equal the latest technologies in quality control.

Depot production news...(continued)

The CMM will be used to verify dimensions on items produced or repaired in the Building 350 Annex.

The training of employees on the new CMM will commence after the machine is configured. The training will consist of both in house and outside sites.

Robot Deployment System (RDS): used for route clearing, mine detection, vehicle inspections and route surveillance. Tobyhanna Army Depot will be conducting a First Article Test (FAT) on the RDS and LEAD's DPA, DIO and DOPS are observing the process during the week of 08-11 Feb 2016. If initial results from the FAT are positive and indicate the possibility of future work, the outcome of this effort will generate an additional ongoing working partnership between TYAD and LEAD on this asset. LEAD personnel in attendance are: Thomas McMullen DPA/QC; Joe Schall DPA/QA; Tyler Crotsley DPA/NDT; Will Greenland DOPS/Engineering/Weld; John Spellmon DIO/Production Sup; and Mark Culbertson DOPS.

The Directorate of Product Assurance Quality Assurance office is working closely with TACOM to ensure all customer requirements are accommodated.

Directorate of Operations Planning Support (DOPS)

Test Equipment Repair Branch

PATRIOT CONFIG 2 SUPPORT continues with the "New" acquisition of "Old" GFE: Support for Patriot Config 2 High Voltage Power Supplies will continue with the acquisition of a Patriot 247B Test console formerly located at Ft. Bliss in El Paso, Texas.

In July, a few members of the Test Equipment support Branch along with a production supervisor from DIO, visited the Raytheon facility to ascertain whether the excess government furnished equipment (GFE) could be utilized by LEAD.

The team determined that the console would indeed, add value by providing spare parts that are obsolete and no longer procurable. Arrangements to have the GFE transferred and transported to LEAD commenced and with the help of DS&T, the sorely needed asset arrived in early January.

Thanks to these efforts, LEAD will be able to continue to support Foreign Military Sales (FMS) customers who still use the older version of the Patriot Config 2 assets.

The Test Equipment Support Branch provides maintenance, calibration and repair of test equipment and TMDE used by DIO and is located in Bldg. 370. Similar to other areas of the Depot, the branch has undergone a significant change in personnel over the last few years.

With the addition of a new group of motivated and talented technicians, the PAT 247B acquisition is an example how the group continues to seek and implement new methods to meet the challenge of supporting the depot's wide variety of test equipment.

Production Engineering Division

LASER TRACKER DEMONSTRATION: On 28 Jan 16, LEAD employees from Production, Quality, and Engineer-

ing attended a presentation and demonstration of a Leica AT960 Laser Tracker by Hexagon Metrology. After the presentation, a live demonstration was conducted in Building 350 on a PATRIOT Shelter. The demo allowed team members to observe, test, and ask questions about the equipment's capability to collect different types of data for part features.

The attendees observed how the wireless hand-held T-Probe or reflector uses a line-of-sight laser beam to provide a 3D/angular position (6 DOFs) with accuracy up to +/- 0.001 inches and medium distance range of 60-120 feet. From 3 base reference points, the auto-tracking base is able to take high-speed measurements for tolerances, deflection, parallelism, hole locations, software interface, programming, live comparison to 3D part models, and provides portability while eliminating tolerance stack errors.

This project is in the DIO budget and project implementation is scheduled for FY16. This Laser Tracker provides the capability to reduce hours of milling downtime from CMM use on the Ingersoll Masterhead Bridge Mill for large parts. Additional information is available at Hexagon Metrology's website: www.hexagonmetrology.us/products/laser-tracker-systems/

Business Development Office

Warrant Officers Set to Train at the Depot: The Depot is hosting seven Warrant Officers from 29 February through 25 March 2016. The officers based at Ft. Lee, Va., will be at Letterkenny to gain knowledge of business practices and programs in place at the Depot.

On the agenda is the Office of Continuous Improvement's Lean Six Sigma. In a classroom environment, each Officer will receive the four-hour LEAN 101 and Six sigma training prior to being introduced to the production floor.

The group will receive formal classroom training regarding the Army's Working Capital fund, be paired with a Department of the Army civilian (DAC) for hands-on training related to business case analysis and receive one-on-one training in the areas of production, planning, Budgeting and execution. Lastly, the Officers will participate in training related to the Depot's sustain maintenance operations and capabilities.

The final requirement for the Officers is the submission of a 'white paper' that demonstrates an understanding of all the topics provided in the training.

The Depot is excited to participate in this training endeavor and hopes to establish 'reach back' points of contact for when the Officers return to their respective units.





Conquering Winter Storm Jonas
 DPW Manpower/Equipment Statistics

Manpower: The DPW had 18 employees working out of the Construction and Maintenance Branch, Building 2260; one employee on borrow and loan from DOPS; 1 employee from DIO and 1 employee from the DPW Engineering and Planning Division. The DPW also had 11 employees working out of the Transportation Services Branch, Building 3239, 10 of whom were operating snow removal equipment at any given time throughout the storm. Four DPW Boiler Operators/Mechanics remained on the depot to make winter boiler checks on all of the satellite boilers and to man the main boiler plant (Bldg. 349).

On Monday, 25 Jan 16, DS&T provided a supervisor and four (4) of their employees to assist the DPW with snow removal in and around the ground level warehouse area (30, 40 and 50 series buildings).

The Deputy Director of DRSK provided outstanding assistance to the DPW during snow removal efforts by coordinating access to numerous areas around the depot to include the LEMC area.

Equipment: 27 pieces of snow removal equipment ranging from large runway snow blowers that are 35+ years old to bobcat skid loaders were used throughout the snow removal effort from Friday, 22 Jan 16 through Tuesday, 26 Jan 16.

Letterkenny Munitions Center (LEMC): LEMC also had 14 employees and 13 pieces of equipment performing snow removal in their area on Sunday, 24 Jan 16. **Of note:** During their check of the satellite boilers in the LEMC area, the boiler mechanics found that Building 3810 had no power to the building and initiated POC contact actions to get the power restored to the building to prevent it from freezing water lines, etc.

Contractor Assistance: The DPW activated the Snow Removal Contract contractor during the snow storm to clear sidewalks and entrances at approximately 60 buildings and parking areas within the finger area of the depot as well as the Child Development Center (CDC) and the US Army Reserve Center. Snow removal efforts continued throughout the week assisting the DPW snow removal crews with hauling snow from administrative and production areas to free additional parking and production space.

Memories of a massive storm...

Submitted by Robin Peterson, DPW

We came in with extra clothes and plenty of food wondering how many days we were going to have to stay in Bldg 2260. We have a full kitchen, a shower and bunk beds. So we are well equipped to stay overnight for the mission.

Once the snow started, it piled up fast. It was cold and it was hard to see. It kept freezing on the windshield wipers. The defrosters weren't able to keep up with the storm. The snow kept piling up as soon as it was removed so that it was very hard to see where you were going and where you were plowing because of the snow coming down so fast.

Then the wind started blowing on Saturday. The snow was blowing almost totally sideways. It felt like chickens pecking your cheeks. It stung. The snowflakes turned into great big fluffy flakes that piled up and up.

It was hard to keep ahead of the snow. We did not see any other state or township trucks on the Depot. The roads were terrible. I think everyone just decided to wait until the snow stopped and then to start a cleanup effort.

Except us. We are responsible for keeping the roads passable for Security and the Fire Department. Every so often, my radio (I am the depot dispatcher) would go off and someone would say "I am stuck, I need pulled out."

Even chains were not a big help. It was horrible. It was just a very, very deep snow. But this is when you see what a great group of people we have that will drop everything and run to assist their fellow employee.

It gets hard to be stuck in here, knowing you can't leave when the roads are that bad outside of the Depot, and you are needed in here. Your clothing stock-pile starts running low after that many days. I cooked soups, spaghetti, whatever they get hungry for. The boss, Randy Smith, cooked breakfast everyday. Sleep is a precious thing. But we go by the Army regulation and the set amount that it states. Safety comes first. But you still get a little homesick...I was here from Friday through Tuesday.

By Sunday, the snow slacked off, and you could finally see that snow everywhere. Piles and drifts were everywhere. Even in places where you thought it shouldn't be.

That morning, I cooked an extra good meal and sent the crews on their way. The guys tore into that snow like the snow blowers we have. The township showed up, plowed one lane highways throughout the Depot.

We knew it would take a miracle for the Depot to open on Monday, but we gave it a try. The snow removal contractors showed up but it was just too much even from them, and the Depot Commander made the decision to close the Depot.

We are very thankful for all the support we received from the entire Depot.



Reflections of Jonas...

Dan Eichenlaub, DPW: "I have been driving in the snow for 40 some years with no issues. This time I got stuck in a 4-wheeled, government vehicle from the Motor Pool. I traded that one in for a more robust vehicle and I got that one stuck, too."

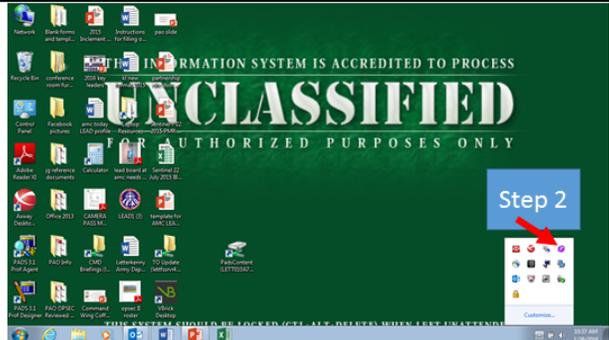
SGT Ziembra, DRSK: "Jonas left an incredible amount of snow on the ground. Shoveling snow is definitely not my favorite thing, but on the positive side, winter storm Jonas provided an opportunity for the Depot's Enlisted to work side-by-side with its officers to help the Depot resume normal operations."

And after all the shoveling, we did manage to get in a half decent snowball fight."

Chris Shaffer, Letterkenny Fire Department: "We train for these types of situations. The biggest challenge was gaining access to buildings because of the huge mounds of snow caused by the unrelenting winds. Chains on tires, shovels in hand, and plows on standby were the order of the day. Overall, it was enjoyable to some degree because we put training into action."

Depot Commander COL Maddox encourages the Depot's workforce to sign up for the ATHOC mass emergency notification system. ATHOC is a way for official notification to reach you directly via your mobile or home telephone and personal e-mail.

- To access ATHOC Self-Service:
1. At the bottom right hand corner of screen, next to the 'volume' icon: click on the 'up arrow'. This will open the white box as depicted in the diagram.
 2. With your mouse, 'right click' on the purple ball symbol (see  for reference).
 3. Click on "Update Personal Information or Access Self-Service"
- You may also contact the AtHOC EM2P Help Desk at 866-515-0551



Please address any concerns to Mr. Blackman, Emergency Manager:
 E-mail: anthony.a.blackman.civ@mail.mil
 Office phone: 7-4013
 Mobile phone: 717-552-6443



Letterkenny welcomes its newest employees!



Left to right: SPC Joshua Hale, Catherine Norman, COL Maddox, Erin Robinson, Chad Yeager



Left to right: Ms. Raines, SGT Katherine Jones, Timothy Merrill, Brian Mowers, Randy Varner, Lisa Rine, Matthew Denau, Peter Tempestilli

W
E
L
C
O
M
E



Left to right: Britany Yohe, Matthew Eddy, COL Maddox, SGM Riley, Rae Sharrow, Nora Zubia

Protecting your eyesight!

Submitted by John McCoy, Safety Office

Have you ever considered which of the five human senses is your most treasured? Taste, sight, hearing, smell, touch?

I would rank eyesight at the top of the list!! In early January, the Tri-Service Vision Conservation and Readiness Team assembled at Letterkenny Army Depot. The Team consisted of active duty and civilian doctors armed with the latest and greatest techniques, training, and most of all passion for the preservation of eyesight. Their enthusiasm for eye care, safety, and training is unmatched. And throughout the 33day course they stressed several key points, one being regular eye exams!

Glaucoma is a complicated disease in which damage to the optic nerve leads to progressive, irreversible vision loss,. It is the second leading cause of blindness.

Glaucoma is an eye disease that gradually 'steals' vision. There are typically no early warning signs or painful symptoms. It develops slowly over many years and often without noticeable sight loss.

Most people with glaucoma do not notice a change in their vision at first because the initial loss of vision is of side or peripheral vision. Visual acuity or sharpness of vision is maintained until late in the disease.

By the time a patient is aware of vision loss, the disease is usually quite advanced. Without proper treatment, glaucoma can lead to blindness. The good news is that with regular eye exams, early detection, and treatment, you can preserve your vision.

If glaucoma is detected during an eye exam, your eye doctor can prescribe a preventative treatment to help protect your vision.

Early detection can save your vision. Schedule an exam!




INCLEMENT WEATHER



FOR INCIDENTS IMPACTING NORMAL BUSINESS HOURS AT THE DEPOT:

- Unless there is declared emergency, the Depot is open.
- If an employee determines they cannot safely drive to work, they should contact their supervisor for unscheduled leave.

VERIFY ANY MEDIA ANNOUNCEMENTS WITH THE
DEPOT EMERGENCY HOTLINE:

717-267-8109 or 717-267-8916

WEATHER RELATED INFORMATION WILL ALSO BE

POSTED ON LETTERKENNY'S FACEBOOK PAGE
<http://www.facebook.com/USARMY.LETTERKENNY.ARMY.DEPOT>

and

DISSEMINATED VIA THE DEPOT'S MASS NOTIFICATION SYSTEM
(ATHOC)

American Red Cross Blood Drives for 2016, Salem United Brethren Church (off Letterkenny Road):

March 29th and 30th
June 21st and 22nd
August 23rd and 24th
October 25th and 26th

Contact your directorate
representative for more
information.



BLOOD DRIVE

LETTERKENNY MUNITIONS CENTER

NOISE COMPLAINT HOTLINE

(717)267-8860

***Please provide the specific date and time
of the occurrence.***

Workplace Wellness: 5 Tips to Stay Healthy

1) Find a fun, BPA-free water bottle that you can keep at your desk. You will be more inclined to drink water, and filling the bottle multiple times a day will increase your daily activity.

2) Make an eating plan. Prepare healthy to-go foods and lunches. Cut up enough carrots, bell peppers, cucumbers, celery, broccoli, etc., to be used in salads and as snacks for the whole week. Package individual containers of low-calorie salad dressing, humus or yogurt-based dips to accompany salads and snacks. Try to avoid pre-packaged items, and get your family involved in cutting and bagging healthy fresh snacks.

3) Find a walking route that you can use at lunch or a shorter one for your break. Even a 10-minute walk will help to re-energize your day, increase your focus, blow off steam, burn calories and boost metabolism. Before you know it your mind and body will crave the fresh air and movement.

4) Set an alert on your daily calendar to move. This can be as little as standing in your space and stretching or maybe doing some office "jacks"...Start with a deep breath in, softening the knees and stretching the arms overhead. Then add some "jacks" by alternating heel taps as you bring your hands together over head. You can modify the "jacks" by eliminating the arm stretching or lightly hold onto the back of your chair. Try marching in place with bicep curls or an overhead press. Don't forget to stretch!

5) Encourage your colleagues. You can turn your co-workers into your healthy support system! Healthy living is contagious! Have fun, and you will discover that finding new ways to live healthier at work can be easy and rewarding!

Source: <http://millionideas.org/2013/02/18/workplace-wellness-5-tips-to-stay-health-in-an-office/>