

The Challenge

Sierra Army Depot, Herlong, CA

October 2003

Vol. 60 No. 9

NAVY Seals Train at Sierra

By Robert Harnden
Security Training Officer

The U.S. Navy Seals have recognized Sierra Army Depot as having some very unique buildings and range assets to facilitate training opportunities. Last month, Sierra was able to be host for Seal Team Two from Little Creek, VA. Building 670, located on a portion of the installation that was deemed ideal for the particular exercise chosen, was the target area for what is termed a Helo Direct Action Assault training. The Navy Seal Teams were deployed in SH-60 Seahawk helicopters. During a hostage rescue scenario, one team "fast-roped" onto the rooftop of the tower, while a second team made a

forced-mechanical dynamic entry into the ground level of the building. The Seal Teams have also expressed an interest in our weapon ranges for special, tactical, and assault-weapon familiarization training. Chief Chris Vinet and Chief Jimmy Dukes expressed their gratitude for this training opportunity. Chief Vinet also thanked the Directorate of Intelligence and Security Operations (DISO) for their fine support in making this an excellent opportunity for new Seal Team members to get realistic hands-on training before they become involved in real-world operations.



Lynn Goddard

Members from Seal Team Two "fat-roped" onto the roof top, while other members of the team made a forced ground entry into the building during a training exercise.

64,470 Acres of Land Transfers

By Lori McDonald
BRAC Transition Specialist

In January 1998, I was assigned to the Base Realignment and Closure Office, and told that all the excess property needed to be transferred by September 2001. That would conclude the six-year timeframe allowed under BRAC to accomplish land transfers. Here I am in October 2003 finishing the job.

The Department of the Army wanted to achieve a major goal in FY03 by transferring 100,000 acres under the Base Realignment and Closure (BRAC) process. As it turns out, Sierra Army Depot played an important role in helping achieve this goal. This successful transfer consisted of a total of 64,470 acres along with some buildings, tennis courts and baseball fields.

There were different organizations receiving these land transfers. The biggest transfer not only for Sierra Army Depot, but also Department of the Army was the transfer of Honey Lake, comprising of 62,118 acres, to



Honey Lake during a time prior to the transfer when it was partially filled with water.

a Conservation Team. This is the first transfer of real property under the new conservation conveyance authority authorized by the Congress. The Conservation Team is comprised of two non-profit organizations (Trust for Public Land and the Center for Urban Watershed Renewal) dedicated to natural resource conservation and two companies (Michael J. Baker, Jr. Inc. and The Bioengineering Group, Inc.) with expertise in providing ecological,

engineering, environmental and technical services.

A 1933 State of California statute, with right of reversion, granted the United States the use of Honey Lake so long as the United States required it for "aerial training, military camps and other Federal purposes." The Army and other Federal agencies no longer need Honey Lake to support its current missions at Sierra Army Depot and the state is currently unable

to accept the property under its reverter. The non-profit organization hold title for management and conservation of the natural resources until the state is able to accept the property.

The remaining 2,352 acres were transferred to the Lassen County Local Reuse Authority for redevelopment. The County also received the excessed buildings, tennis courts, and baseball fields. In these long negotiation sessions, the Army was able to successfully negotiate with the County our continued need to retain the airstrip along with some surrounding property.

I would like to take the opportunity to thank Carol Gordon, Real Property Specialist and Mike Erickson, BRAC Environmental Coordinator for the tremendous support you provided over the past year. This could not have been accomplished without you. You helped Sierra Army Depot become a valued team member for these successful transfers. Thank you both for everything!

Commander's View

CONGRATULATIONS!

On Tuesday, September 30, 2003, we had 33 depot employees retire. Their combined years of dedicated service was 939 years! Have a great, prosperous, and long retirement.

SAFETY

I am concerned about traffic safety on the depot. Speeds have increased and security is stepping up our enforcement efforts. Please slow down and drive carefully. With the changing weather comes the need for increased safety consciousness not only at work but at home. The sun is coming up later and setting earlier, causing visibility problems when driving and the deer are moving down from the higher elevations creating additional hazards. Keep these things in mind as you drive, on and off the job.

LOOKING AHEAD

Team Sierra accomplished a significant milestone in FY03. Together we accelerated our production and executed over 475,000 Direct Labor Hours in FY03. This is twice the amount of Direct Labor Hours ex-



Vincent Sabatino

ecuted in previous years, but hold the phone, next year because of our workload, we will need to accomplish 908,000 Direct Labor Hours.

I have been telling you for quite some time that we will eventually have to recondition the assets we deployed in support of our Soldiers. Well, that initiative has come full circle. The reconditioning of these assets has formally been named "Reset". We are currently working Hospital Reset in Warehouse 357. I believe this is the first Army Reset activity.

We are expecting the dollars carried over from FY03 to FY04 com-

binated with the New Orders in FY04 a total of approximately \$126 Million Dollars in FY04 revenue. The Reset initiative is a Soldier Readiness issue and we all know that we are still engaged in Afghanistan and Iraq. Many of our systems are life support systems that need to be maintained/replaced to support our fighting men and women. Therefore, a limited amount of days to turn these assets around is required; in some cases less than 4 months.

The majority of these dollars will be for Petroleum and Water Systems, Bridging, Force Provider, and some Medical workload. Additional Temps and more Contractors will be hired as well. We are looking very hard at hiring some permanent personnel in skilled areas, but haven't totally defined that. I anticipate the need to work two shifts sometime next month, with about 10% of these hours on overtime. We will negotiate with the Union on these requirements. In some areas where we have limited productive output because of facilities or equipment, we will need to work 24/7.

Local Heroes

I would like to express my sincere gratitude to your firefighters for an outstanding job in protecting my home and property during the brush fire last night (9-16-03). If it was not for their dedication to protecting the lives and property of the surrounding community I believe that I would have lost some of my buildings. With flames leaping 40 to 50 feet in the air they stood their ground and did not move. They are my hero's. Thanks again for an outstanding job.

Gary Higgins



The Union's Position: AFGE, Local 1808

Since October 1, 2003 the way to apply for a job has changed. You now self nominate yourself for jobs that are available in the Department of the Army or at Sierra Army Depot. You will still need to have a resume in the Army Resume Builder, but to apply for a job announcement it will be through a self-nomination process.

Individual vacancy announcements will be open for a period of 15 days. The Union and CPAC will work together and make sure that all vacancy announcements are posted on the Official Bulletin boards in your work area.

Job vacancies will still be posted on the Internet at www.cpol.army.mil.

If you are a Temp employee, make sure you update your resume's to include all the experience that you have acquired since working here at Sierra Army Depot. It helps when you are ranked at CPOC. All newly ac-



Jim Swistowicz

quired skills and knowledge that you have done or learned will help in your ranking. You can only submit your resume's when you have a job Announcement Number that you are applying for.

On September 30, 2003 we had 33 Depot employees retire from Government Service. These employees dedicated their lives to supporting the soldiers in the field and they will be missed. Good luck to each and every one on your new adventure.

I would like to take this opportunity to say, "great job," to all the ammo workers, truck drivers, material handlers, Document Control personnel, Transportation Office, and other support offices who worked hard to accomplish the job in getting 33,000 short tons of ammunition shipped off this Depot by the end of FY03. It was a long hot summer and as usual the employees of Sierra Army Depot came through. Great job everyone.

Union Meetings are held on the first Tuesday of the month at 5:15 p.m. in building 58.

All are welcome to come. I can be reached at x5375

Reno Bus Service

We are again attempting to provide bus service from Reno to/from Sierra. Of course, this will depend on employee interest.

We currently do not have all of the information surrounding the bus service, i.e., pick-up locations, pick-up times, cost, etc. The one thing we do know is that the Government pays \$100.00 a month towards the cost of the service if you sign up in advance for this program. This is paid quarterly. So, you would be responsible to pay the full amount up front and submit paperwork quarterly for the allowable reimbursement. Once interest is determined, there will be a meeting set up in Reno on either a Friday or Saturday to discuss the specifics about the bus service. This will be on your own time.

Please do not submit your name unless you are TRULY interested.

Call extension 4284 if you would like to be added to the list.

The Challenge

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Question of the Month

What is the scariest thing that has happened to you?



Amy Johnson
Receiving Leader

"When I was at a haunted house, I got really grossed out when I felt the spaghetti guts."



Blake Marsters
Motor Vehicle Operator

"Out of the corner of my eye I saw an Indian with war paint on his face running directly at me with a knife. When I turned around to face him, he was gone."



Ruth Dowden
Office Automation Assistant

"I was sitting in front of the fireplace of our old ranch house when I saw a man standing in the doorway, he looked at me and smiled. He then walked through the wall. This old house used to be a line shack. Before we moved I saw him several times."



Virginia Hansen
Office Automation Clerk

"While living on Benecia Arsenal, some of the older kids took some of us younger kids to the graveyard and played a scary joke on us. We all went crying home."

IPDS - Not Only At Sierra

CAMP ARIFJAN, Kuwait, Sept. 4, 2003 – Without access to millions of gallons of fuel, Operation Iraqi Freedom missions would grind to a halt. It's the job of the Army's 49th Quartermaster Group to make sure that doesn't happen.

During the operation's March offensive, the group kept the fuel flowing through its Inland Petroleum Distribution System, or IPDS — 220 miles of pipeline that ran from Camp Virginia, Kuwait, to Iraq.

The 3rd Infantry Division's Abrams tanks, Bradley fighting vehicles, armored vehicles and support fuel tankers required fuel stops to advance from Kuwait to Baghdad, said Army Master Sgt. Antonio Elope, petroleum operations noncommissioned officer in charge of the quartermasters' command group.

The 416th Engineer Command worked with the 49th to build the pipeline, which features 20 pump stations and seven fuel-storage sites that can combine to provide 8 million gallons on-hand fuel capacity. "The engineers' contributions allowed the 49th QM Group to provide more than 90 million gallons of fuel to the battlefield, of which more 60 million gallons were pushed via the IPDS," said Capt. Dena Ridenour, a 49th battle captain.

The pipeline now stretches from Kuwait refineries to Tallil, Iraq. It powers the coalition's machines with 600 gallons of fuel per minute running through its 6-inch-diameter aluminum pipe, said Pfc. Michael Hewitt, a fuel specialist with the Army's 267th Quartermaster Company.

Hewitt, a fuel pump operator at Camp Udairi, Kuwait, said the pipe's pressure requires constant monitoring. "There are many pressure gauges to maintain a steady flow of fuel," he said. "If left unchecked, the velocity can get so high that it can burst the pipeline somewhere."

"If the fuel pipe is stopped for just five minutes," he continued, "a whole brigade might be left without fuel. That is why my job is so important — there are many people who rely on fuel to survive."

The quartermasters' objective is to be able to send 1.3 million gallons of fuel per day into the theater for ground forces, said Capt. James Zacchino, petroleum officer of the 49th. The group consists of the 240th, 260th, 362nd and 559th quartermaster battalions and other subordinate units.

Command Fitness Program a Success

By Susan Flesvig
Safety Manager

Sierra Army Depot employees were afforded the opportunity to participate in the Command Fitness Program. The program was initiated to reduce stress, absenteeism and injury, thus increasing productivity and morale. The intent of the program was to get employees started on a good fitness program and then encourage them to continue with the program during their own time.

The depot commander authorized participants 1 1/2 hour of administrative leave 2 days per week to participate in the designated fitness activities. The program duration was a total of 8 weeks, commencing on July 14, 2003 and ending on September 4, 2003.

During the 8 week duration, there were approximately 143 participants who utilized the post gym facilities. Many employees utilized the nautilus equipment, racquetball court, and walking course that were provided. Employees were required to document their progress at the 4 week point by completing a Fitness Goal/Report Sheet. This report generated many positive comments about the overall program and their own personal health

and wellness. Many employees stated they would like to see the program continue. Here's what employees had to say:

...Feeling much better at work and at home – Blake Hutchinson

... Improved Circulation and respiration. This program is great! – Chris Marquard

...Great benefit both physically and mentally – Gina Rogers

...The program has been a great motivator – Kathy Ayers

...Returned to office refreshed and ready for work. Helped me keep a positive attitude – Kay Schneider

...I have more energy. I have decided to change my diet and eat healthier – Jessica Cuevas

...I feel better overall and believe I have increased my productivity here at work – Dave Foxworthy

...I feel better and have continued to exercise. This program has been great – Joe Stauffer

...It has absolutely been beneficial in my job and personal lift. I'm excited and hope to participate in another program – Matt Bussell

Good job to all those that participated.



Lynn Goddard

This IPDS pump is one of many that are stored and maintained at Sierra Army Depot until a call forward is received for shipment.

The 240th operates the pipeline terminals, Zacchino explained. The group's soldiers are trained to spot suspicious activities, and they patrol to ensure bandits don't steal fuel or sabotage the pipeline.

Zacchino said the 260th and 362nd provide petroleum to camps in Iraq that don't have direct access to the main pipeline, using 5- and 7 1/2-ton tanker trucks, respectively. The 559th provides water operations, with 29 trucks designed to carry water purification units, each of which can purify 3,000 gallons of water per hour from the Euphrates River, the captain said. He added that purified water is essential for consumption, food preparation

and showers for people assigned in the theater.

The 49th has more than 750 fuel and water trucks. Its operations directly support the Army's 5th Corps and 101st and 82nd airborne divisions, the 1st Marine Expeditionary Force and coalition forces.

Fuel isn't used just for vehicles, Zacchino pointed out. Fuel powers the generators that provide air conditioning for tents, power for computers and telephones and the other electrical needs of forces in the theater, he said.

Plenty of fuel is available, and not a single mission has been compromised because of fuel shortage, Zacchino said.



The Director's Secretary is happy to see everyone that comes into her office, so if you get a few minutes during the day (on official business of course), stop by and say "HI" to Lynette Hall. Lynette is the person who keeps us going when things seem to be falling apart.

Anticipated Vacancies:

Production Machinery Mechanic (Temporary), WG-5350-10/ Shops Division, Production Support Branch

Production Machinery Repairer (Temporary), WG-5350-08/ Shops Division, Production Support Branch

Office Automation Assistant, GS-0326-05/Temporary/Inventory Branch

Fuel Distribution System Worker, WG-5413-07, Shipping and Receiving Branch

Material Handler (FLO), WG-6907-06, Shipping and Receiving Branch (4 Temporary)

General Supply Specialist, GS-2001-9/11/Business Development Office (Requires passing a six-month school off-site; including traveling CONUS and OCONUS.

Painting Worker, WG-4102-07/ Paint Branch (2 temporary)

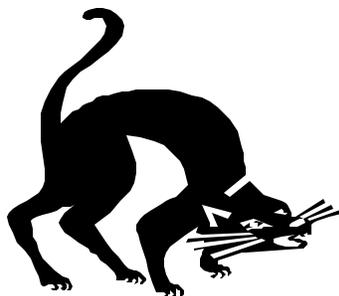
If you are interested in applying for any of the anticipated vacancies, please access the CPOC web page at:<http://cpolrhp.belvoir.army.mil/west>. You will find complete instructions for applying for positions and **updating your resume**. **Remember:** Submitting your Resume (through email) takes about 10 days for processing - don't lose out on a good opportunity for advancement!

Don't know what to do? Find a Resumix Coach (or someone who is assisting employees with their resumix's unofficially) and make an appointment. Ask them before hand what they need to provide them with so they can help you do your resumix. Remember, they are all volunteers and have their regular jobs to do so don't expect it to happen overnight. It is best to get your resumix into the system before the job you want is in the *Recruitment to Fill* phase.

A Rose by Any Other Name...



Harry S. Truman's middle name is "S" – there's no period; it's not an initial. His parents did this to appease both is grandfathers, whose names were Shippe and Solomon. There's another case of a person having only letters as his name – R B Jones, R B decided to enlist in the Army and to alleviate any problems with his name he courteously wrote it as "R(only) B(only) Jones". From that day on his dog tags, his assignment forms, and even his discharge papers were issued under the name "Ronly Bonly Jones"



PROMOTIONS WITHIN THE DIRECTORATE:

Did you ever wonder who filled the vacancy that was "Anticipated"? Well, here goes...

Congratulations to everyone!

Instrument Mechanic Leader/WL-3359-11 – Tim MacDonald

Instrument Mechanic/WG-3359-11 – Tom Byers

Blocker/Bracer Leader/WL-4602-07 – Virgil Vaughan

Painting Worker Supervisor/WS-4102-07 (Temporary Promotion) – Russ Collier

Other Vacancies will be available soon so keep your eyes open!



Alaska Salmon Dip

Ingredients Sauce

8 ounces cream cheese, room temperature

½ cup sour cream

1 Tablespoon fresh lemon juice

1 Tablespoon minced fresh dill

1 teaspoon prepared horseradish

½ teaspoon kosher salt

¼ teaspoon freshly ground pepper

¼ pound (4 ounces) smoked Alaska Salmon

FOR SALE:

4 Black Spoke 15"x8" - 6 lug rims, fits Chevy, Toyota and Nissan 4X4 trucks, \$125.00. Also 4 Mag Rims, 15"x8" fits Chevy 1/2 ton 2 WD truck, and 60's, 70's and 80's full size GM cars such as Impala, Bonnieville, Olds 88 & 98's, Cadillac and Buicks, \$125.00/call Dennis at 253-4144

1997 Lincoln Town Car -47,000 miles, leather interior/new tires and loaded! Asking \$13,000 O.B.O. call Judy Victory at 827-2097 after 6 p.m.

Fuel Cell - \$50.00 call Darrell at 254-6650 after 6 p.m.

Snow Blower - 6 hp Craftsman, electrical start, less than 10 hrs use, paid new \$700. will sell for \$475/call Bill McCurry 775-972-6885

MOVING TO JAPAN - Will sacrifice!

1993 Lexus GS300, Sharp! Loaded, 12 Disk CD and premium sound. Must drive to appreciate. KBB 12,750 Asking \$8,800.

1997 Subaru Legacy Brighton Wagon, AWD, excellent condition, great commuter car, 27 MPG. KBB \$7,500 Asking \$4,500.

Call Susan Getty after 6:00 p.m. (530) 257-3724

Director of Operations answers your questions

QUESTION: Why are they still bussing us? What are they afraid of?

QUESTION: Being a Depot employee I understand that Sierra demands trust and loyalty from all its employees. But what comes around goes around. The employees of Sierra require the same from Sierra and those who "manage" her. So, if we are loyal to Sierra why do they continue to not trust the employees? If Sierra did trust the employees, there would be no bussing. By continuing with the bussing on "our side of the fence" and not having all Depot employees bused into their work area you are showing us that you don't trust us.

QUESTION: I was there last Thursday and heard the Chief of Police state that he had advised the Commander to continue with the centralized parking area, as that was the only way to "secure" the area. That is telling me that he is well aware of Security not being able to do their job. If they were doing their job, as they should, we would be able to drive our privately owned vehicles into our work area.

RESPONSE TO ABOVE QUESTIONS: I am going to answer all three questions on bussing with one response. The advent of centralized parking has been to protect all employees and has nothing to do with trust in our employees. I believe we should all come to the conclusion that Centralized Parking is here to stay. We must accept this as a "way of life" and move on. In addition to Employee safety and security, Centralized Parking has two positive outcomes for all of us. The first outcome is the decrease in the amount of Guards for our Gates. The use of Centralized Parking eliminates two Guard positions for the depot. It is difficult at best for our Garrison Team Members to keep current Guard Positions Filled. Assistant Secretary of Defense for Installations, Dr. Fiori, positively recognized our use of Centralized Parking combined with saving these two spaces upon his visit to Sierra earlier this year. The second outcome is the lessening of travel time for our employees. I know that might sound a bit strange, but let's think about this. If we allowed POVs in our controlled area, the requirement for our Security Partners would be to pull over and inspect additional vehicles. We could face two inspections on the way to work (at Gate 103 and then again at Gate 202) backing up traffic for miles at both places. This would require us to add an extra 45 - 60 minutes to our commute time. Please remember that you must report to your work area by 0630 hours each day. You could also be inspected on the way out of Gate 202 in the evenings, which would increase the time to depart the installation as well. *Bottom line is that Centralized Parking is here to stay. Let's accept it and accomplish the mission our Soldiers are depending on us to do.*



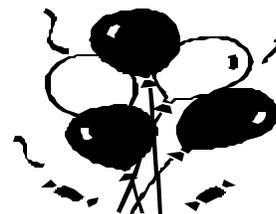
James Manfred

QUESTION: Several Mechanical Equipment Repair's (WG-08), in the Mechanical Repair Branch have volunteered to go TDY. When Danny asks for volunteers we give our names but when he goes to the Division Chief he says there were no volunteers...that there is an "aged work force" and everyone wants to stay home with their family. They send the General Support Worker's instead. There seems to be a lack of communications going on here and we would like to get it straightened out.

RESPONSE: I cannot confirm nor deny the question above. We have a Chain of Command here that needs to be followed. Let me request that those who have concerns about this process request a meeting with their supervisor. If concerns persist, a meeting with the Division Chief would be in order. Our requests for volunteers need to be tempered with the requirement for the travel and the desires of our employees. If we opted not for a specific area or a particular long time frame, the decisions you make can alter their responses. When I thoroughly read this question, it is somewhat confusing when one tries to figure out if Management talked to you or someone else told you they made these statements.

QUESTION: When the General Support Workers were rotated they were to be assigned to the WG-10's in the Mechanical Repair Branch. But when I go over there they are always being trained by one WG-8. Is it because there are not enough WG-10's? There was one WG-8 that was training 3 General Support Workers, boy does he have patience!

RESPONSE: First and foremost, I gather that the author of this question is not a member of the Mechanical Repair Branch. At least I hope not given the "But when I go over there" introductory clause in the above question. Again concerns about how personnel are being used and who is training who is a First Line Supervisor's call or their Division Chief. If this author does not accept the explanations, I will be more than happy to discuss the specifics. Hopefully we will have facts and figures to discuss a topic of this nature. All questions submitted to



EMPLOYEES TAKE THE PLUNGE AND RETIRE!

An "All Points" was put out the other day for employees who wished to retire at the end of the month. Our directorate had several who decided to leave us, they are: Pat Ashley, Herb Clemons, Cherrine Decker, Bob Domich, Don Gates, Jim Goforth, Bob Hoople, Toni Magri, Marsha Morgan, Ken Morrison, Richard Paige, Alvin Rose, Cindy Sinerius, Dave Slatkin, Ken Stack, Glen Turner, Hilbora Turner, Karen Turner, Judy Victory, Earla Vorpahl, Don Ward, James Wenger and Peggy Wilburn. The expertise that leaves with these employees will not easily be replaced. Good luck to all and please keep in touch with us, you all have made many friends here at Sierra that will be wondering how you are doing.



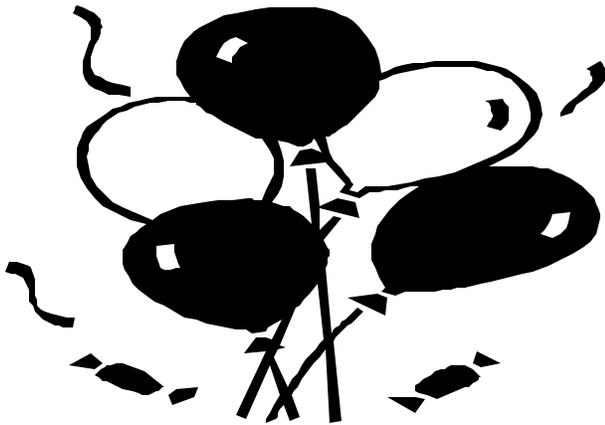
LOOKING FOR DEPOT RETIREE'S

We are looking for former Depot employees. Would like to find out what they are doing and how their life has changed since retiring from Sierra. If you know the whereabouts of any of the depot employees (Directorate of Operations or any other), please contact Ruth Dowden (530) [827-4433](tel:827-4433)/Ruth.Dowden@sierra.army.mil.



Photo Submitted

Specialist Erin Bausman, far left and her brother Specialist Kirk Bausman, center, soldiers with the 333rd Military Police Company out of Freeport, Illinois, are deployed in Bagdad where they perform sentry duties at a designated camp. They are the children of depot employee Kirk Bausman, Directorate of Mission Operations, Ammunition Division.



Thirty-three depot employees were smiling with great pride on Septer retirement certificates and the American flag. Mr. Vincent Sabatino, the dedication they gave while employed at Sierra Army Depot.



Lynn Goddard

Mr. Roy Jensen, Garrison Manager, right presented Mr. Benny Morrow, left the Achievement Medal for Civilian Service for his exceptional performance while assigned as a member of the Augmentation Security Force as a result of a terrorist attack on American soil.



Mr. Vincent Sabatino, Acting Commander, pres show his appreciation for the hard work and comj Provider projects.



Lynn Goddard

When they were honored during a retirement ceremony with their Commander's coin for



Lynn Goddard

Ms. Cynthia Sinerius, left was presented the Achievement Medal for Civilian Service by Mr. Roy Jensen, Garrison Manager, for her exceptional performance while assigned as a member of the Security Augmentation Force after the September 11, 2001 attacks on American Soil. Ms. Sinerius worked many long hours and never faltered to perform these duties in nothing less than an extremely impressive and professional manner.



Photo Submitted

Commander's coin to one of several soldiers to recognize the attention they have shown toward the Force



Lynn Goddard

Mr. Ronald Parks, left received the Commander's Award for Civilian Service from Mr. Roy Jensen, Garrison Manager, right. Mr. Parks is officially commended for 42 years of outstanding service. Mr. Parks made significant contributions to the Department of the Army through his 21 years of military service and 21 years of civilian service.

Prevention of Heart Disease

What is coronary heart disease?

Coronary heart disease (also called CHD) is sometimes also called coronary artery disease. The coronary arteries are the vessels that carry blood to your heart. When fatty material builds up in these arteries, it blocks or slows the flow of blood and oxygen. This can happen in any artery, but when it happens in the arteries of the heart (the coronary arteries), you could have a heart attack. Both men and women can get CHD. About 13.9 million Americans have CHD.

What causes CHD?

CHD can run in the family. It might develop as you get older or if you are overweight or if you have high blood pressure, high cholesterol or diabetes. Unhealthy habits, like smoking, eating a diet high in fat and not exercising enough, can also cause CHD. Lifestyle changes can help lower your risk of CHD.

What can I do to lower my risk of CHD?

1. Don't smoke
2. Lower your cholesterol
3. Control your blood pressure
4. Exercise
5. Lower your stress

NOTE: If you ever have angina-like chest pain, get medical attention right away.

What is cholesterol?

Cholesterol is a substance present in all of us. Our bodies make cholesterol. It's also present in meat and dairy foods. Plant foods don't have cholesterol. There are several types of cholesterol, including low-density lipoproteins (LDL) and high-density lipoproteins (HDL).

LDL cholesterol is called "bad" cholesterol because it can build up on the inside of your arteries, causing them to become narrow from plaque. HDL is called "good" cholesterol because it protects your arteries from plaque buildup.

How does lowering LDL cholesterol help?

Lowering your LDL cholesterol level will help keep plaque from building up in your arteries. This makes it easier for your heart to get the blood and nutrients it needs.

If you already have coronary artery disease, your doctor will probably want you to lower your LDL level by at least 30% to 35% through diet, exercise and, possibly, medicines. Another way to help is to increase your HDL level. If you can reduce your LDL level to less than 130 and increase your HDL level to at least 50, you're on the right track to a healthier you.

There are lots of ways to add healthy foods to your diet. Follow the

tips and the serving-size guidelines below:

- Start your day out right. Have some form of grain (like whole-grain bread or whole-grain cereal) and fruit for breakfast.
- Add beans to leafy salads, pasta salads and stews—chick peas, kidney beans and navy beans have been shown to reduce LDL cholesterol levels.
- Drink fat-free or 1% milk, not whole milk or 2% milk. Look for low-fat yogurt and cheese, too.
- Try soy products. Soy has come a long way in the last few years. Today, you can find soy products in many grocery and health food stores. Try veggie-soy burgers, soy pepperoni, tofu or soy milk.
- Serve raw or cooked fruits with low-fat yogurt for dessert.
- Eat only a little oil. If you want to use oil for cooking, try olive oil or canola oil instead of oils high in polyunsaturated fats, such as corn oil, peanut oil and many margarines. Both olive oil and canola oil are high in monounsaturated fat, which decreases LDL and total cholesterol levels.
- Eat only small amounts of sweets.
- Eat 1 to 2 servings of fish or seafood each week if you have coronary artery disease. People with

coronary artery disease seem to benefit from eating fish and seafood.

- Cook with garlic. Several studies have shown that garlic reduces LDL cholesterol and lowers blood pressure.
- Eat moderate amounts of nuts that are rich in monounsaturated fat, like hazelnuts, almonds, pecans, cashews, walnuts and macadamia nuts. These nuts have been shown to improve cholesterol levels. Avoid eating nuts by the handful. Instead, garnish food with one tablespoon of chopped nuts per person.

What else can I do if I have coronary artery disease?

Besides changing your diet, you should talk to your doctor about an exercise program that's right for you. If you smoke, quit. If you're overweight, try to lose weight (changing your diet and exercising will help you lose weight). Talk with your doctor about reducing other risk factors, such as high blood pressure or diabetes.

What if changing my diet doesn't help?

Your body will need time to respond to changes in your diet. Your doctor will watch your progress. If your cholesterol level hasn't gotten better after 2 to 6 months, your doctor may prescribe medicine to lower your cholesterol. However, you will still need to eat a healthy diet to help the medicine work.

Tricare Retail Pharmacy Contract Award

Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, announced today that Express Scripts Inc. of Maryland Heights, Mo., was awarded the Tricare Retail Pharmacy contract. The total value of the contract, which does not include the cost of prescriptions filled by civilian retail pharmacies using Department of Defense (DoD) funds is estimated to be \$245.4 million for the period of performance, including the six-month base period and five one-year option periods. The single contract will better serve Tricare beneficiaries, be simpler for the government to administer, and make the program more accountable.

"This new contract is part of the department's strategy to implement a fully integrated pharmacy program that delivers world-class, cost-effective patient care through a single manager of our retail pharmacy benefit," said Winkenwerder.

"Our new contract partner will apply best pharmacy benefit management

practices to improve and continue the delivery of this important service while achieving the highest level of beneficiary satisfaction."

The new single contract will integrate with other health contracts to create one uniform benefit. This consolidation provides better service for beneficiaries in the 50 United States, the District of Columbia, Guam, Puerto Rico and the U.S. Virgin Islands. It also ensures significant cost avoidance for the government. The new retail pharmacy program will be fully portable, allowing beneficiaries access to network pharmacies while traveling outside of their regions. Retail pharmacies comprise one of three venues through which pharmacy services are available. Beneficiaries may also obtain prescription medications from their military treatment facilities and the Tricare Mail Order Pharmacy.

The contract evaluation and award was guided by healthcare and pharmacy experts through a disciplined process

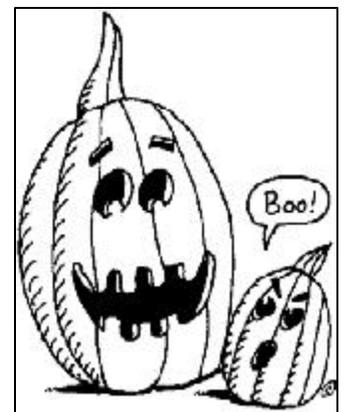
and was based on the principle that best value is the most important criteria for the government. The transition to the new retail pharmacy contract begins on Oct. 1, 2003, and will continue through the next six months; the turnover of responsibility for delivery of retail pharmacy services will occur nationwide on April 1, 2004.

"We are committed to ensuring that the transition to this new contract will be smooth," said Winkenwerder. "Our contract provides ample time for building and improving on the best aspects of our current system, and includes provisions to keep our beneficiaries informed. A sound transition plan and the establishment of a close working relationship with the contractor will ensure early identification and quick resolution of any potential issues we may encounter."

Beneficiaries will be informed by Express Scripts Inc. about network coverage and procedures for filling prescriptions at their neighborhood

pharmacies. DoD will monitor the new retail network carefully to ensure patient safety and provide continuity of services.

For questions or more information on Tricare contracts, interested parties may visit the Tricare Web site at <http://www.tricare.osd.mil/> [<http://www.tricare.osd.mil/>].



National Hispanic Heritage Month 2003

America's Diversity Has Always Been a Great Strength of Our Nation.

As we celebrate National Hispanic Heritage Month, we recognize and applaud the extraordinary accomplishments of Hispanic Americans.

From America's beginning, Hispanic Americans have served as leaders in business, government, law, science, athletics, the arts, and many other fields. In 1822, Joseph Marion Hernandez became the first Hispanic to serve as a member of the United States Congress, representing the newly established territory of Florida. Businessman Roberto Goizueta, a refugee from Cuba who rose to become the CEO of one of America's largest cor-

porations, is an inspiring example of what immigrants to America can achieve through hard work and character. Presidential Medal of Freedom recipient Roberto Clemente's athletic skills, generosity, and charity made him a legend on and off the baseball field. Through memorable recordings and performances, singer Celia Cruz celebrated her heritage and helped introduce salsa music to the United States.

Hispanic Americans have sacrificed in defense of this Nation's freedom, serving in every major American conflict. More than three dozen Hispanic Americans have earned the Medal of Honor. Today, more than 125,000 Hispanic Americans serve in the Armed

Forces, approximately 9 percent of our active-duty military. As we work to advance peace, freedom, and opportunity abroad, we are grateful to all of the brave men and women who serve our Nation, and to their families.

During Hispanic Heritage Month, I join with all Americans in recognizing the many contributions of Hispanic Americans to the United States, and in celebrating Hispanic heritage and culture. To honor the achievements of Hispanic Americans, the Congress, by Public Law 100-402 as amended, has authorized and requested the President to issue annually a proclamation designating September 15 through October 15, as "National Hispanic Heritage Month."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim September 15 through October 15, 2003, as National Hispanic Heritage Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this seventeenth day of September, in the year of our Lord two thousand three, and of the Independence of the United States of America the two hundred and twenty-eighth.

GEORGE W. BUSH



Lynn Goddard

At one time the main entrance to Sierra Army Depot was a guard shack constructed from rock as shown in the top picture. After years of serving as the main entry point, this gate was taken down with the help of the folks in our Public Works Directorate (bottom photo). In the near future a major portion of Susanville Road, which included the location of this gate, will be transferred to the Lassen County Local Reuse Authority.



Resumix and Self-Nomination

By Charlotte Randolph
Human Resource Specialist

The West Region Civilian Personnel Operations Center (CPOC) and West Region Civilian Personnel Advisory Centers (CPAC) have used an inventory-based recruiting system (IBRS) to recruit and fill civilian positions. In a decision strongly supported by Department of Army, the West has announced it will move from IBRS to a system that uses a combination of open continuous vacancy announcements and individual vacancy announcements to fill positions. This decision was made based on customer feedback and a desire to standardize applicant processes across Department of Army. Current milestones project the migration from IBRS will take place on October 1, 2003.

Individual vacancy announcements will be issued when it is determined that the issuance of an open continuous announcement may not be the appropriate tool. Individual vacancy announcements will be open for a period of 15 days. One example of an individual vacancy announcement is when a particular type of position is only filled occasionally and applicants are generally available. Both types of announcements will continue to be posted on the Internet at <http://>

cpol.army.mil in the employment section. The CPAC will also email Sierra Army Depot announcements out to the workforce and work with the Union to post these announcements in the work place.

Along with having your resume prepositioned in Army Resume Builder, you will need to apply for all announcements through a self-nomination process. To apply for a position you will click on a Self-Nomination button located on all Vacancy announcements posted on <http://www.cpol.army.mil>.

The West Region has worked closely with other regional CPOCs to develop standardized Army processes and policies that will support a standard Army staffing system. Upon migration from IBRS, the standard Army Job Kit will also cover the West Region, and supplemental data that an applicant must address will be greatly streamlined and simplified. The use of a central resume database, a central resume processing center, a standard Job Kit and the West's migration from IBRS all are converging to make Army's goal for one standard application process for all Army vacancies a reality. For updated information please visit the Internet at <http://cpolrhp.belvoir.army.mil/west/>.

SIAD Passes Vulnerability Assessment

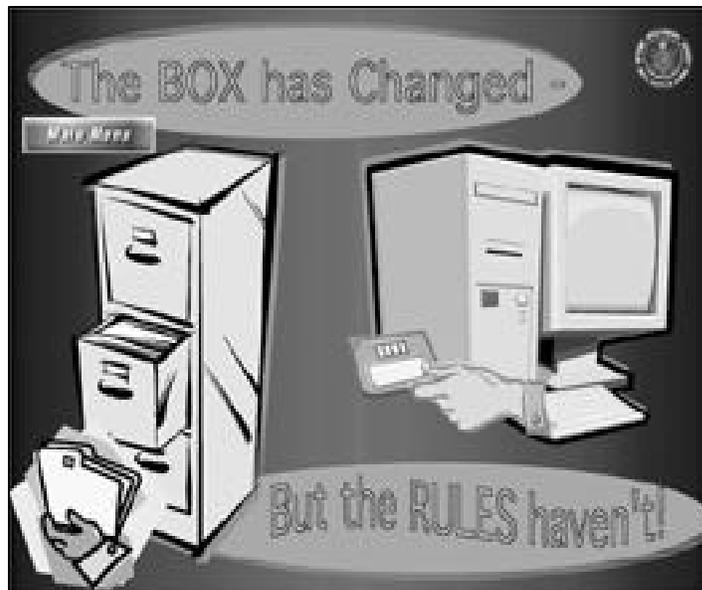
By Lori McDonald
Editor

Army Materiel Command (AMC) conducted a Vulnerability Assessment at Sierra Army Depot during the period of September 29, 2003 through October 2, 2003.

Sierra Army Depot received a very good rating from AMC, who also commented that the overall Force Protection program is among the leaders within AMC.

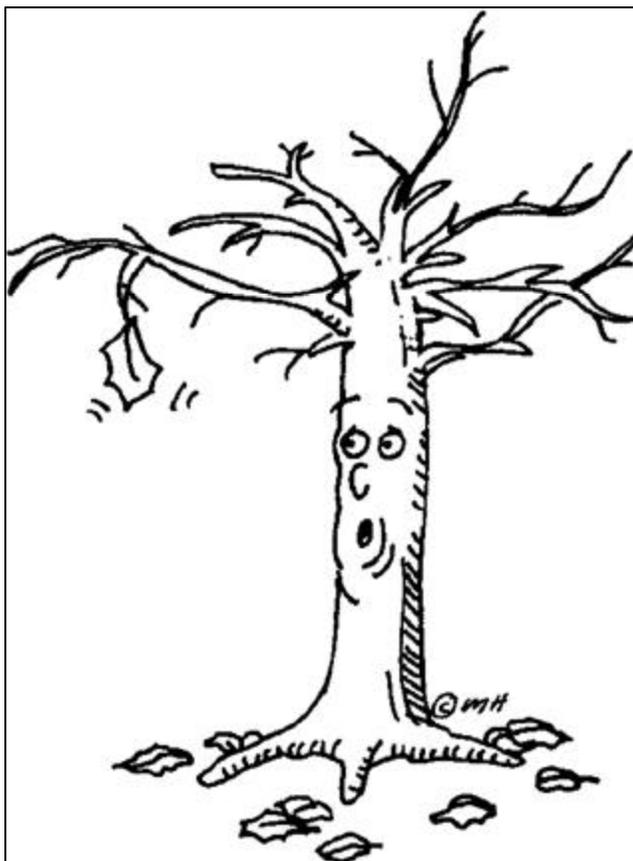
Areas reviewed included Antiterrorism Program, Ability to Collect and Disseminate Threat Information, Installation Defenses, Exercises, and Information Assurance to name a few.

The Force Protection Working Group did an excellent job in preparing for this assessment and should be commended for their efforts. Great job to everyone.



Lynn Goddard

This photo was taken as two black widows were determining who was occupying whose space. Like the Black Widow, depot employees need to be cautious and more vigilant as to the surroundings of their work environment.



DEPOT EMPLOYEE GRADUATES



Lynn Goddard

Cherise Sims, General Support Worker, graduated from Lassen Community College with two Associates in Science Degrees. One was for Criminal Justice and the other was for Administration of Justice. Ms. Sims is currently working towards her Bachelor of Arts degree in Administration of Justice. This year she will receive certification for Terrorism and Crime Scene Technician.

Security Monitoring

The following guidance is provided in accordance with Army Regulation 380-53, Information Systems Security Monitoring Notification Procedures.

“Do not process, store or transmit classified information on non-secure telecommunications systems. Official DOD telecommunications systems - including

telephones, facsimile machines, computer networks and modems - are subject to monitoring for telecommunications security purposes at all times. Use of official DOD telecommunications systems constitutes consent to telecommunications security monitoring.”

New Systems Integrate Military Pay, Personnel Systems

By Jim Garamone

American Forces Press Service

WASHINGTON, Sept. 29, 2003 — A new Web-based system will integrate all of the services' military personnel and pay systems, DoD officials announced today.

The Defense Integrated Military Human Resources System will provide "one-stop shopping" for service members when it is fully implemented.

Officials said the new system will be more accurate and make it easier for active duty and reserve component service members to check on their records.

Phase 2 of the contract, awarded to Northrop-Grumman, will run about \$281 million. The system will use commercial-off-the-shelf technology developed by PeopleSoft, an enterprise software company based in Pleasanton, Calif. The license to use the software is at \$48 million.

"This is a big deal," David Chu, defense undersecretary for personnel and readiness, said. "I'm told this is the largest application of PeopleSoft suite in the world. We're pioneers here. Its functionality is very important to the department's long-term success."

Chu said that although the drive for the system preceded the current administration, it is very much in the spirit of transformation promulgated by Defense Secretary Donald H. Rumsfeld. The system will absorb the 79 "legacy" systems into one Web-based system accessible to all who need to view those records, including the service members themselves.

The system will provide better, more accurate and more timely information for service members and warfighters, officials said. This new system will allow combatant commanders "to have a much better visibility over what is ultimately the most important resource they have: their people," Chu said.

Accurate, timely information also is important to service members. "There have been press stories in the past about service men and women who get lost in the system, who don't receive timely and accurate pay and benefits and who can't document where they were in military operations so they can get benefits for service-related medical conditions," Norma J. St. Claire said. "DIMHRS will truly transform military personnel and pay management for the department."

Ms. St. Clair is the Director of the DoD Joint Requirements and Integration Office.

Military personnel management is far more complex and far-reaching than personnel management in the private sector, she said. "We have the responsibility of following our service members from the moment they enter the military essentially for the rest of their lives," she said. What complicates military records is that service members transfer between the active and reserve components, and, today, that also often means reserve mobilization with concurrent duty overseas.

The system will create a single record of service for each service member that will follow the service member. The records also will be used by the Department of Veterans Affairs after the service member leaves the military, officials said.

It should simplify life for military members. One example St. Claire used was a service member's promotion. Today, a personnel specialist puts that record into the personnel system and then a pay specialist has to put the pertinent information into the pay system. With the new system, this is done once. "Service members today very often spend a lot of their time baby-sitting their records," St. Claire said. "The ones who know enough about how personnel systems work, know enough to keep their own personal copies of everything, then they have to go around to make sure the systems reflect what they've got in it."

The records will be online and will have security protection. Service members will be able to access their records online, and if they see errors will be able to report those immediately.

Navy Capt. Valerie E. Carpenter, the joint program manager for the system, said the new system will make it much easier for service members to see what's in — or not in — their records. "They won't have to request a microfiche, or a hard copy," she said.

The Army will be the first user, with an initial operations capability set for November 2005. "The services will be doing what we call data-cleansing; they will bring in the data they currently have, and it will go into the common database," Carpenter said.

The system is the result of a recommendation the Defense Science Board made in the mid-1990s. Most companies had integrated their pay and personnel systems, and the board felt the military should also. Officials said they expect some savings from eliminating duplicative systems.



RESUME TIPS

By Charlotte Randolph
Human Resource Specialist

You will find Army Vacancy announcements, Army Resume Builder, ANSWER and the Centralized Job Kit on the web at www.cpol.army.mil. The Centralized Job Kit will soon be updated to reflect the West regions change to the Self-nomination process effective October 1, 2003.

1. As soon as you put your name, address, and zip code into Army Resume Builder you need to SAVE that information before continuing. The system will time you out after 6 minutes of inactivity but doesn't let you know this. Make sure you save often. It's a good idea to save after each experience entry.

2. If you cannot get into Army Resume Builder with your USERID and PIN or the system won't let you edit an existing resume or create a new one; you will need to go to USERID/PIN HELP, RETRIEVE USERID/PIN, and CONTACT THE WEBMASTER.

This usually takes just one day to clear the information and you're able to input your resume the next day.

3. If you have processed your resume under any other means than the Army Resume Builder, check to see if your resume is on file with the central database at www.cpol.army.mil click on Employment then ANSWER.

4. Permanent employees should make sure that **IN SERVICE** is selected as a category of employment along with all other categories you are eligible for (VRA, VEOA, etc).

5. Your resume should be as detailed as possible to cover work experience related to the jobs that you are applying for.

6. You are responsible for writing your own resume. A resumix coach can input your resume into Army Resume Builder, but they are not responsible for the content of your resume.

Herlong High Reunion

Former students, teachers and parents of Herlong High School are invited to the 50th anniversary celebration of the opening of the school. This event is scheduled to take place on May 15, 2004 at the Reno Hilton. For details call Normalee Jackson Harding at (775)826-0901 or email lharding@gbis.com.



CYS News: Membership Drive

CYS is starting the month of October with a membership drive. The contest will run from October 1 - 20, 2003. For rules and prize information look for flyers or contact a CYS staff member at 827 4696.

The following youth submitted ideas for the MS/Teen program: David Davis,

Johnathon Ayers, Michelle Shipley, Gregg & Cody Jacobs, Michael & Adam Saylor. Their ideas included a dance, 3 on 3 basketball, DDR challenge, Haunted house, girls day out and a trip to Total Sports.

SAS youth are decorating the SAS room in fall colors and with that they

have submitted their fall ideas. Wild & crazy hair day, Halloween carnival, pumpkin carving, face painting, making bats and window painting. Ideas came from Christina Bruening, Ebony Wheeler, Justin White, Anthony Gonzales, Alyssa & Austin Brown. Stop by and see all the work!

Special Olympics seeks volunteers

Lassen County Special Olympics is actively looking for additional volunteers. They will hold a meeting in the Lassen Community College Humanities Building at the Susanville campus, October 16, beginning at 7 p.m.

For more information call Carrie Nyman at the College, 257-6181, extension 8980.



October Birthdays

The following employees were brought to you in the month of October: Ken Auld, Robert Ausmus, William Bahl, Kathy Bausman, David Beland, William Booher, Dolores Bruffet, Henry Chavez, Ken Crockett, Jeremy Day, Leonard Dowdy, Stephen Fuller, James Garrick, Susan Getty, James Goforth, William Harris, Norman Haynes, Gary Higgins, Dennis Holcomb, Bob Hoople, Diane James, Michael Lathrop, Gene Long, James Manfred, Tracy Marino, David Masoner, Karen Meredith, Mary Morgan, Staci Murray, Jimmy Phillips, Wayne Plaster, Joe Rausch, Eva Reed, Ray Rhamy, Carver Russaw, Donald Selsor, Ray Sheeks, Cherise Sims, Cynthia Sinerius, Robert Stapp, Paul Stgermain, Dorothy Stoddard, Lisa Swift, Jeremiah Van Meter, Joyce Verity, Gloria White, Michael Winters and Gary Yustat! Have a Happy Birthday one and all!

MWR Services

Skedaddle Inn Conference Center

Lounge is open Thursday, 5 p.m. to ? p.m.

The Skedaddle Inn Conference Center is equipped to cater large or small events. Call the manager at 4360 or email: ok.fern@sierra.army.mil Hours: Monday through Thursday, 6:30 a.m. to 5 p.m.

Sierra Lodge/Guest House

Call the lodging manager, 4544, or email: ok.fern@sierra.army.mil for information.

Sierra Bowling Center and Snack Bar

NEW HOURS Open everyday, 11 a.m. to 10 p.m. Call 4442. Check out the Lunch Specials Monday through Thursday. Delivery available on all orders received before 1045. The Bowling Center is now taking sign ups for our Marvel Bowlers Club. All that participate within guidelines will receive either a Spiderman or Hulk bowling ball.

Physical Fitness Center

Open Monday through Thursday, 11 a.m. to 1 p.m. and 5 p.m. to 8 p.m. Friday, Saturday, Sunday open from 11 a.m. to 1 p.m.

The only charge to individuals is \$3 for use of the Racquetball Court (per hour).

IRR is available at the Physical Fitness Center. For information call 4655 or email: aul.granados@sierra.army.mil

Outdoor Recreation and Equipment Rental

For reservations and information call Joe Rosnack, 4354.

Laundromat

Open daily, 7 a.m. to 10 p.m. in building 142. Cost for wash, \$1.25 and .25 cents for 15 minute drying. For your convenience, there is a machine with laundry supplies located inside the facility and also a change machine.

Recycling Center

Open Monday through Thursday, 6:30 a.m. to 5 p.m. Call 4504.

Morale, Welfare, and Recreation

Administrative Office, 4563, Administrative Assistant, 4497, Monday through Thursday, 6:30 a.m. to 5 p.m. tamara.gage@sierra.army.mil or regina.stauffer@sierra.army.mil Business Office: 4178, 4155, 4154.

Fire Prevention Week Begins October 5th

By Ken Auld
Fire Inspector

OCTOBER 7TH AT 0900 TO 1400 AT YOUTH SERVICES BLDG. THE FIRE DEPARTMENT AND YOUTH SERVICES WILL BE HAVING FIRE PREVENTION DAY ACTIVITIES. EVERYONE IS INVITED.

HOME FIRE ESCAPE PLANS...

Fire can spread rapidly through your home, leaving you as little as two minutes to escape safely. Your ability to get out depends on advance warning from smoke alarms, and advance planning - a home fire escape plan that everyone in your family is familiar with and has practiced.

Basic fire escape planning

1. Pull together everyone in your household and make a plan. Walk through your home and inspect all possible exits and escape routes. Consider drawing a floor plan of your home, marking two ways out of each room, including windows and doors. Also mark the location of each smoke alarm.

2. Make sure that you have at least one smoke alarm on every level of your home.

3. Everyone in the household must understand the escape plan. Check to make sure escape routes are clear and doors and windows can be opened easily.

4. Choose an outside meeting place a safe distance in front of your home where everyone can meet.

5. Have everyone memorize the emergency phone number of the fire department.

6. Be fully prepared for a real fire: when a smoke alarm sounds, get out immediately.

7. Once you're out, stay out! Under no circumstances should you ever go back into a burning building.

8. Practice your home fire escape plan twice a year.

9. In some cases, smoke or fire may prevent you from exiting your home

or apartment building. To prepare for an emergency like this, practice "sealing yourself in for safety" as part of your home fire escape plan. Close all doors between you and the fire. Use duct tape or towels to seal the door cracks and cover air vents to keep smoke from coming in. If possible, open your window so fresh air can get in.

INSTALLING AND TESTING YOUR SMOKE ALARMS

Having working smoke alarms in your home can mean the difference between life and death. Smoke alarms are the most effective early warning devices available. Just having a smoke alarm in your home cuts your chance of dying in a fire nearly in half.

1. Install smoke alarms on every level of your home, including the basement. Make sure there is an alarm in or near every sleeping area.

2. Mount the smoke alarms high on walls or ceilings - remember smoke rises. Ceiling mounted alarms should be installed at least four inches away from the nearest wall: wall mounted alarms should be installed four to 12 inches away from the ceiling.

3. Don't install smoke alarms near windows, doors, or ducts where drafts might occur.

4. Don't paint your smoke alarms.

5. Test your smoke alarms at least once a month.

6. Replace the batteries in your smoke alarm once a year (HINT: Daylight Savings Time) or as the alarm "chirps" warning the battery is low.

7. Smoke alarms don't last forever. Replace your smoke alarms once every 10 years.

8. Don't disable smoke alarms even temporarily - you may forget to replace the battery.

9. Regularly vacuuming or dusting your smoke alarms following instructions can help keep it working properly.

Be alert for unsafe fire conditions in the home and the work place.

