

# The Challenge

Sierra Army Depot, Herlong, CA

February 2005

Vol. 62 No. 1

## Sierra Welcomes New TACOM Commanding General

By Lori McDonald  
Public Affairs Officer

Brigadier General William M. Lenaers, Commanding General, Tank-automotive and Armaments Command (TACOM) visited Sierra Army Depot on January 13, 2005 despite the recent snowstorm and very crisp cool air. Colonel Paul Plemmons, Depot Commander, began the day by presenting a command overview that outlines Sierra Army Depot's (SIAD's) mission, goals and strategic location.

After the hour-and-a-half briefing, Colonel Plemmons gave an in-depth tour beginning at Building 169. Here BG Lenaers was able to observe Soldiers receiving classroom instruction from Cadre of the 104<sup>th</sup> Training Division, which will eventually qualify those soldiers as Army fuel handlers (Military Occupational Specialty 92F). Master Sergeant Debra Bradshaw explained to BG Lenaers that each classroom training session lasts two weeks, in addition to the two-week field training. BG Lenaers asked how Sierra Army Depot was selected for this specific type of training. MSGT Bradshaw stated that since Sierra already had the Inland Petroleum and Distribution System (IPDS) equipment

on-site, it would be more realistic and beneficial to have actual hands on training than to go to Fort Lee and just learn through classroom or simulations.

Colonel Plemmons then drove out to Amedee Airfield where he described the expansion of the airfield to BG Lenaers. While at the airfield, BG Lenaers met Jon France, Installation Transportation Officer and congratulated him for receiving the US Army

Transportation Corps Regimental Civilian of the Year in 2003. Recognition was also given to the entire Transportation Office for receiving the 2003 Surface Deployment Distribution Command Shipper Performance Award.

One of the critical stops on the tour was the production of the armor survivability kits for the High Mobility Multi-purpose Wheeled Vehicles

(HMMWVs). Colonel Plemmons explained we currently produce approximately 50 four-door kits per week, with the possibility of moving production up to 100 four-door kits and operating on a 24/7 schedule. BG Lenaers praised all the employees for the dedication they are showing for this mission and how important it is to the soldier in the field.

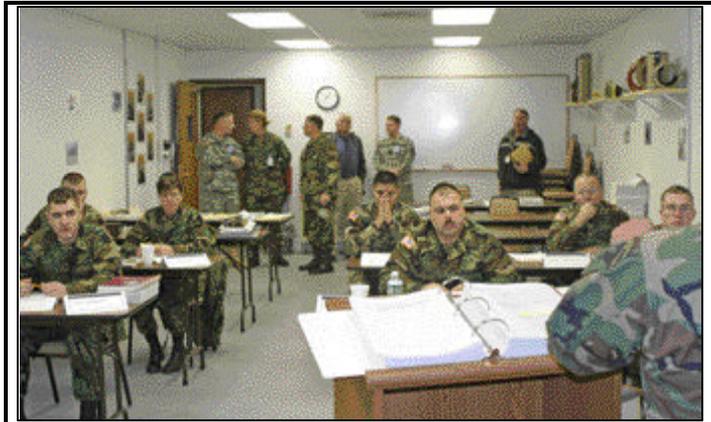
After walking through the areas like Medical (Building 671) and Configured Loads (Building 541), BG Lenaers met with all leaders in the former chapel. He began by acknowledging employees who recently returned from Southwest Asia in support of the HMMWV Service Center. Those individuals are: Diana Eakin, Patricia Erickson, Virginia Garman, Patrick Helmka, Timothy Milligan, Robert L. Robinson, Warren Tuft, and Collette Wheeler.

BG Lenaers talked for a few moments about Base Realignment and Closure (BRAC). He stated, "All Depots are going through the same uneasiness. At TACOM Warren, we're small, and are more likely to get BRAC'd than SIAD is. BIG is good. I have a connection to this area (grew up in Ukiah, and father was a lumberman there.) This will be a joint BRAC process this year. Everyone is on the list now, and everyone is getting questioned and reviewed."

After addressing the leaders, the group moved on to the industrial area where maintenance, welding and paint shop operations were observed. The tour continued through the staging area where the reserve component field hospitals are stored.

The tour ended in Building 357 where employees were diligently working on the M939 Conversion kits. Sierra currently has 5,000 tires that will be prepared for inclusion in the conversion kit and is expected to receive an additional 10,000 more tires in the near future.

The long day came to an end at the Headquarters building where Colonel Plemmons thanked BG Lenaers for allowing employees the opportunity to show their dedication in contributing to the war effort and that Sierra Army Depot continue with their mission.



Photos By Lynn Goddard

**Pictured in the background left to right, Brigadier General William Lenaers discusses with Master Sergeant Debra Bradshaw and Colonel Paul Plemmons the value to the military these Soldiers are adding because they actually receive hands on training in a particular MOS and not just through simulators.**



**Pictured at left, Brigadier General William Lenaers shakes the hand of David Russell, Railroad Operations Supervisor after being given hands on training for on the proper skills of conducting one of the depot locomotive engines.**

# Commander's View

Happy New Year! As promised at the December town hall and in last month's edition, the pace of work has continued to rise. We have gone to 24/7 shifts manufacturing HMMWV armor doors and it looks like we will do the same for several other missions so we can catch up on production due to the many missions coming into the Depot. Your hard work is paying off with additional and new business.



Colonel Paul R. Plemmons

We are just starting 5-ton truck armor conversion kits, again important work supporting the soldier at war. It reminds us that all that we do at Sierra must be done with professional urgency and unquestionable quality. Lives depend on getting it done quickly and right the first time.

BRAC, the B word! I want to reemphasize that there is no official list of installations going away, nor have any decisions been made. If anyone on the Depot tells you it looks bad for Sierra, you may want to ask where the information came from. I ask you to dispel the rumors as they come around. Sierra has and continues to

prove relevance to the current and future Army. Your hard work has made senior leadership in Washington take a hard look at the missions we perform. Numbers are still being crunched and questions continue to come to all Department of Defense installations. So bottom-line, the jury is still out and we will know officially on or about 16 May.

National Security Personnel System (NSPS) - It is coming, as TACOM has agreed to be one of the first Army

organizations to convert beginning no earlier than July 2005. Your union leadership is gathering updated and pertinent information that they will share for the purpose of educating all who will be affected. Our Civilian Personnel Advisory Center is also putting together information sessions for our workers and supervisors. More will shortly follow on the dates and times of the sessions.

Thank you for your generous Combined Federal Campaign contributions. We raised over \$10,000 for United Way organizations. Your generosity is fully appreciated by the folks that require aid from the organizations you contributed to.

Finally, the issue of safety continues to be at the front of all of our business. With all the ice and snow, we have started out 2005 on a bad safety note. We have had many people slipping and falling, resulting in lost time injuries. Liberal use of ice melt is recommended and highly encouraged. Icy conditions require more deliberate.

(See Page 3, COMMANDER)

## Submission of Good News Stories

Each year brings about news ideas in the work place. With that said, it is also time to look at any changes you would like to see in the monthly edition of the Challenge. If you have an interesting article that you would like to share (see page 6), please send it to the Public Affairs Office (lori.mcdonald@sierra.army.mil) for consideration. Just remember that the Challenge is one way of spreading good news about Sierra Army Depot.



# The Union's Position: AFGE, Local 1808

On January 10th, AFGE local from the 12<sup>th</sup> District met in Las Vegas to discuss the effect the new National Security Personnel System (NSPS) will have on federal workers in the Department of Defense and what we can expect when DoD's proposal is released in the Federal Register sometime in the next few weeks. There are a few things that must happen before implementation of "Spiral 1" of the new NSPS in July 05.



Jim Swistowicz, President

**Public Comment:** There will be a 30-day public comment period, at which time the public has a chance to comment on the proposed new NSPS. When Homeland Security introduced their new personnel system for public comment, they set up a website that the public could access and give their input. Hopefully DoD will do the same. You, as federal employees/public, are allowed to comment during this period also.

**Meet and Confer:** The next 30-day period is set aside for DoD and the Coalition of Unions representing DoD employees. We will meet and discuss issues that are in question by the Unions.

**Congressional Review:** After the Unions and DoD meet and exchange issues the next 30 days are set aside for Congressional actions.

"Spiral One", which is the first group of DoD employees to be af-

ected by the NSPS, will only apply to GS employees.

**Personnel activities that may be substantially changed under NSPS include:** Staffing and workforce resizing, Pay rates and systems, Job classification, Performance management, Labor-management relations and Discipline, adverse actions and employee appeals.

**By law, the NSPS system will not change some portions of the civil service system, including:** Merit system principles, Prohibitive personnel practices, including violations of Veterans' preference, Laws against prohibited discrimination, Leave and attendance, Travel, transportation, and subsistence, Allowances, incentive awards, Retirement, health benefits and life insurance benefits, Firefighter overtime pay calculations, employee training, suitability

(See Page 3, UNION)



## The Challenge

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# Where the deer and the antelope play...

By Melanie Teschner  
Environmental Specialist

A military range is a designated land or water area set aside, managed and used to conduct research on, develop, test and evaluate military munitions and explosives, other ordnance, or weapons systems; or to train military personnel in their use and handling. Not quite the easy definition of the old "Home, Home on the Range".

Sierra's ranges are currently being inventoried in a comprehensive effort to identify areas which may have been used for training with munitions or explosives. DOD is collecting data which will be used to provide a basis for estimates of unexploded ordnance and unexploded ordnance constituents.

The inventories are being accomplished to allow us to sustain our active ranges for training of our warfighters. This will also help develop costs and

timelines for the clean-up of our closed ranges.

At Sierra, we have identified ranges in all the following categories:

Active – A military range that is currently in service and is regularly used for range activities.

Inactive – A military range that currently is not used, but still considered by the military as a potential range area.

Closed – A military range that has been taken out of service as a range and is not considered a potential range area.

DOD will provide guidance and funding for future cleanup of our closed ranges. Sierra will continue to help meet the national challenge of sustaining our ranges for continued use by our warfighters. A positive side of sustaining our ranges is the protection of wildlife in these areas that are safeguarded from constant access. Although our ranges differ from the old definition, they are still a place where "the deer and the antelope play".



Photo By Lynn Goddard

Antelope like the ones pictured above have found their own "Home, Home on the Range" right here on Sierra Army Depot. The antelope can be seen throughout the installation, grazing along side any roadway or bedded down in the tall brush.



## BRAC - its coming sooner or later

By Sandy Goss  
NE Region PAO

It can simultaneously be a community's worst headache or greatest blessing; it can cause sleepless nights or days of celebration. The "It" that can cause a run on aspirin, Excedrin and 800mg Motrin in local pharmacies, is a process known as "BRAC" – the Base Realignment and Closure.

BRAC is one of those acronyms whose mere mention can panic a community. It is frequently not understood well, if at all, and is notable for an absence of facts and information about this lengthy, mysterious and compli-

cated process, accompanied by a plethora of rumors, innuendoes and allegedly legitimate "lists" constructed by "insiders." At the beginning of this long and agonizing process it is important to know what will really occur during the next few years so that whatever "threat" is out there can be placed in proper perspective.

What is BRAC and how does it work?

"BRAC" is an acronym that stands for Base Realignment and Closure. It is the process DoD has previously used to reorganize its base structure to more

efficiently and effectively support our forces, increase operational readiness and facilitate new ways of doing business. Defense Department officials expect that BRAC 2005 will build upon processes used in previous rounds.

The process is governed by law; specifically, The Defense Base Closure And Realignment Act of 1990.

The process begins with a threat assessment of the future national security environment, followed by the development of a force structure plan and basing requirements to meet those threats.

DoD then applies published selection criteria to determine which installations to recommend for realignment and closure. The Secretary of Defense will publish a report containing the realignment and closure recommendations, forwarding supporting documentation to an independent commission appointed by the president, in consultation with congressional leadership.

All military installations in the United States will be examined as part of this process.

(See Page 5, BRAC)

### Commander:

(Continued from page 2)  
slow movement on foot or in a vehicle. I have directed a new safety course be designed for new employees which will be phased to include collateral safety officers instructing new employees of the specific hazards of their work areas. This will be coming out with the emphasis required to get us safer at Sierra in the quickest time.

Be safe and I will see you out and about. Pride in Excellence!



Photo by Lynn Goddard

Two mature hawks enjoy peace and quiet in a tree covered with pogonip after a recent storm that dropped several feet of snow.

### Union:

(Continued from page 2)  
and security, safety and drug abuse programs.

There are no specifics on NSPS available; those will be available as soon as NSPS is published in the Federal Register. I will continue to keep you informed as changes or more information comes available.

Union meetings are on the first Tuesday of each month, Building 58 at 5:15 p.m. All are welcome to attend. My office number is 827-5375.

# New Changes Affecting Resume Builder

Due to computer/network configuration requirements, the Army has delayed the fielding of the new Resume Builder/ANSWER tool until Wednesday, **26 January 2005**. The new Resume Builder/ANSWER tool will modernize, simplify and shorten the application process. It combines both the Resume Builder and ANSWER into one application providing a number of benefits to applicants. For more information, visit <http://acpol.army.mil/employment/>. Frequently Asked Questions are provided for your use.

**Q: What is the difference between the old and new version?**

**A:** The new version will combine both the Resume Builder and ANSWER into one application providing a number of benefits to applicants.

**Q: Are there any other changes in the new version?**

**A:** Yes. There are quite a few. Since the Resume Builder and ANSWER systems will be combined, you can access both with only one login. You can toggle between Resume Builder and ANSWER. There are enhanced copy, cut, and paste features. New job experience entries will automatically be entered at the beginning of the resume. Users can opt to enter job experience in one large text box versus six individual boxes - allowing more flexibility, or you may continue to use the worksheet formats for entering work experience, education and additional information ensuring information is submitted in proper format. There are more help menus and wizards to assist you in answering questions and entering information.

**Q: Why change the current Resume Builder?**

**A:** Changes and enhancements to our current builder were necessary to modernize, simplify and integrate with changes required by the Office of Personnel Management's new "Recruitment One-Stop" initiative.

**Q: Will you automatically transfer my resume in the current Army Resume Builder to the new version?**

**A:** No. Although efforts were made, the infrastructure changes between the old and new versions

are too significant to allow an automatic transfer. Your resume will not appear in the new builder. However, a text copy will be accessible to you through the ANSWER system.

**Q: If I already have a current resume in the centralized Resumix database, do I have to create a copy of my resume in the new Resume Builder?**

**A:** No. Deployment of the new Resume Builder will not affect your resume in the centralized Resumix database. You may continue to apply for any job openings. However, it is to your advantage to establish a resume in the new Resume Builder to allow you to more easily change, edit and make future changes to your resume.

**Q: What must I do to ensure a copy of my resume is stored in the new Resume Builder?**

**A:** Basically, you must access the new Resume Builder. If you have an existing account in the current Resume Builder, you will log in as a "Registered User." Once you have verified your registration information in the new Resume Builder, you must create your resume. We recommend you do this by first accessing your text resume from ANSWER, highlight and copy your resume into a word processing document such as Microsoft Word or Word Perfect. Be sure to save this document. When you are ready to create your resume in the new Resume Builder, you may "cut and paste" pertinent sections of your resume you saved in your word processing document into the applicable worksheet blocks in the new Resume Builder.

**Q: What is the difference between the Army Resume Builder and the centralized RESUMIX database?**

**A:** Although related, they are entirely separate systems. The Army Resume Builder is a tool for your personal use in creating, storing and sending your resume to apply for jobs in Army. Centralized Resumix is a separate database system where resumes are received and evaluated for job openings. The resume you create and store in the Army Resume Builder may be accessed and edited at your leisure, however, you must submit a copy of your resume to the centralized

Resumix database if you wish to apply for any job openings.

**Q: How many resumes may I have on file in the Resume Builder at one time? In centralized Resumix?**

**A:** One resume in each system. When you make and save changes to your resume in the Resume Builder, you overwrite your existing resume. When you submit an updated resume to the centralized Resumix database, your previous resume will be replaced with the new resume.

**Q: Will it still be necessary to send Supplemental Data with my resume?**

**A:** Yes. If you do not submit the Supplemental Data, or the Supplemental Data is incomplete, your resume will not be processed. The supplemental data format can be found in the new Army Resume Builder as well.

**Q: How long will it take to process a resume in the new Resume Builder?**

**A:** Resumes submitted to centralized Resumix from the new Resume Builder are flowed electronically and are normally received within 5 to 10 minutes, but on rare occasions it may take an hour or more depending on the traffic. You will receive an immediate notification that your resume has been submitted to centralized Resumix. You may access our ANSWER system to determine and verify that your resume has been posted in the centralized Resumix database. If you submit your resume by hard-copy or e-mail to the Centralized Resume Processing Center, it will normally be processed within 3 workdays.

**Q: Must I complete the Supplemental Data Information in the new Army Resume Builder if I have already done so in the old?**

**A:** Yes.

**Q: How long will my current resume remain accessible to me in the ANSWER system?**

**A:** A text copy of your resume will remain in ANSWER when the new version is deployed on 26 January 2005. You will be able to retrieve and make a copy of your resume from our ANSWER system at any time. However, the resume copy in ANSWER is just a "text copy" and cannot be edited or submitted. We recommend you make a copy of your resume from ANSWER so that you may easily "cut and paste" your resume in the new Resume Builder once it is deployed on 26 January 2005.

**Q: When should I update my resume in centralized Resumix?**

**A:** The four important events causing you to update your resume remain the same and include: A change in position or duties such as a promotion, re-assignment, detail or work schedule; a change in your personal information such as Name, Phone and Address; a change in your training and/or educational courses or degree programs; when you have accepted a permanent or temporary position offered through a RESUMIX referral. Once you are again available to apply for jobs, you MUST submit a new resume.

**Q: Will there be any changes to ANSWER?**

**A:** Yes. In addition to being combined with the Army Resume Builder, only the last 25 status entries

(See Page 6, Resume)

## Depot Employees Support HMMWV Service Center



Pictured left to right, Colonel Paul Plemmons, Depot Commander, Warr Tuft, Timothy Milligan, Collette Wheeler, Kevin Robinson, Patrick Helmka, and Brigadier General William Lenaers. In front left to right Virginia Garman, Diana Eakin, and Patricia Erickson. These individuals received a certificate of appreciation from BG Lenaers for the dedicated work performed during their deployment in support of the High Mobility Multi-purpose Wheeled Vehicles (HMMWVs) operation in Iraq.

# BRAC: its coming

(Continued from Page 3)

The commission has the authority to change the Department's recommendations, if it determines that a recommendation deviated from the force structure plan and/or selection criteria. The commission will hold regional meetings to solicit public input prior to making its recommendations. History has shown that the use of an independent commission and public meetings make the process as open and fair as possible.

The commission forwards its recommendations to the President for review and approval. If he concurs with the recommendations, he then forwards them to Congress.

Congress then has 45 legislative days to act on the commission report on an all-or-none basis. After that time, the commission's realignment and closure recommendations become law.

Implementation must start within two years, and all actions must be complete within six years.

So the fact that the BRAC process will help reshape the military, conserve money and resources, remove excess or unneeded infrastructure, improve readiness, encourage jointness and assist in the prosecution of the Global War on Terrorism doesn't assuage the fears of those whose installations might be at risk. While it doesn't help make it easier to accept that an installation is at risk, it is important to remember that each installation has strengths and weaknesses relating to the BRAC process. And there is nothing anyone can do to change this; for the BRAC process is a key component in the transformation of the entire Department of Defense.

At this point one can only keep current with the latest information, understand the process, know what is required in the way of information and then continue the mission.

Between now and the Spring of 2005 all military installations in the continental United States will comply with specific reporting and briefing requirements.

This activity should be transparent to the majority of the installation and tenant units, as it involves a series of "data calls" and command level briefs, all of which are confidential in nature. Ultimately, the Secretary of Defense will publish his BRAC recommendations to the commission in May 2005 and the President's final revision is expected by November 2005.

The bottom line is that the BRAC process exists to ensure wise use of limited resources during a very dangerous period of our history.

The final results should be based upon what is best for the Department of Defense and the Nation. Although one may expect much posturing and dire warnings of doom to the Nation if a particular installation is closed, the process will be as dispassionate as is possible and guided by honorable men and women seeking to do that which is best for the Nation.

*(Editor's Note: Between now and May, you are likely to hear numerous rumors regarding the fate of Sierra Army Depot. If you have any questions or would like clarification, refer to the Strategic Planning Office at 827-4277 or the Public Affairs Office at 827-4343.)*



Photo by Lynn Goddard

Jim Manfred, second from left, was honored while his wife, Kathy stood beside him, when BG William Lenaers presented him with a Superior Civilian Achievement Award for recognition of the 35 years plus continued federal service. Col Paul Plemmons, right, finished the recognition by presenting Mr. Manfred with his retirement certificate, pin, and U.S. Flag. Good luck and best wishes go out to Jim and Kathy on this new adventure.



## How the Sierra Army Depot Directorate of Public Works Celebrated the Holidays

During this Holiday Season, the Directorate of Public Works at the Sierra Army Depot donated a variety of gifts to a struggling family with four children in Lassen county and a local family of a Fallen Soldier in Sparks, Nevada. Donald Cline gave his life trying to save/help his fellow wounded Soldiers. He has left behind a wife and two little boys, Dakota who is now 4, and Dylan who is now 2. Public Works also held a toy drive at their Christmas Party for the Toys for Tots Foundation.

Public Works employees with the help of Wal-Mart's donation and great sales have set a heart felt example for giving and supporting our local community. Thank you to everyone for participating in the fund raisers and toy drive to make this all possible and making their holidays brighter.

*(Editors Note: A great deal of thanks goes out to all of Public Works employees for the compassion and dedication shown during the holiday season)*

## Your part in our future

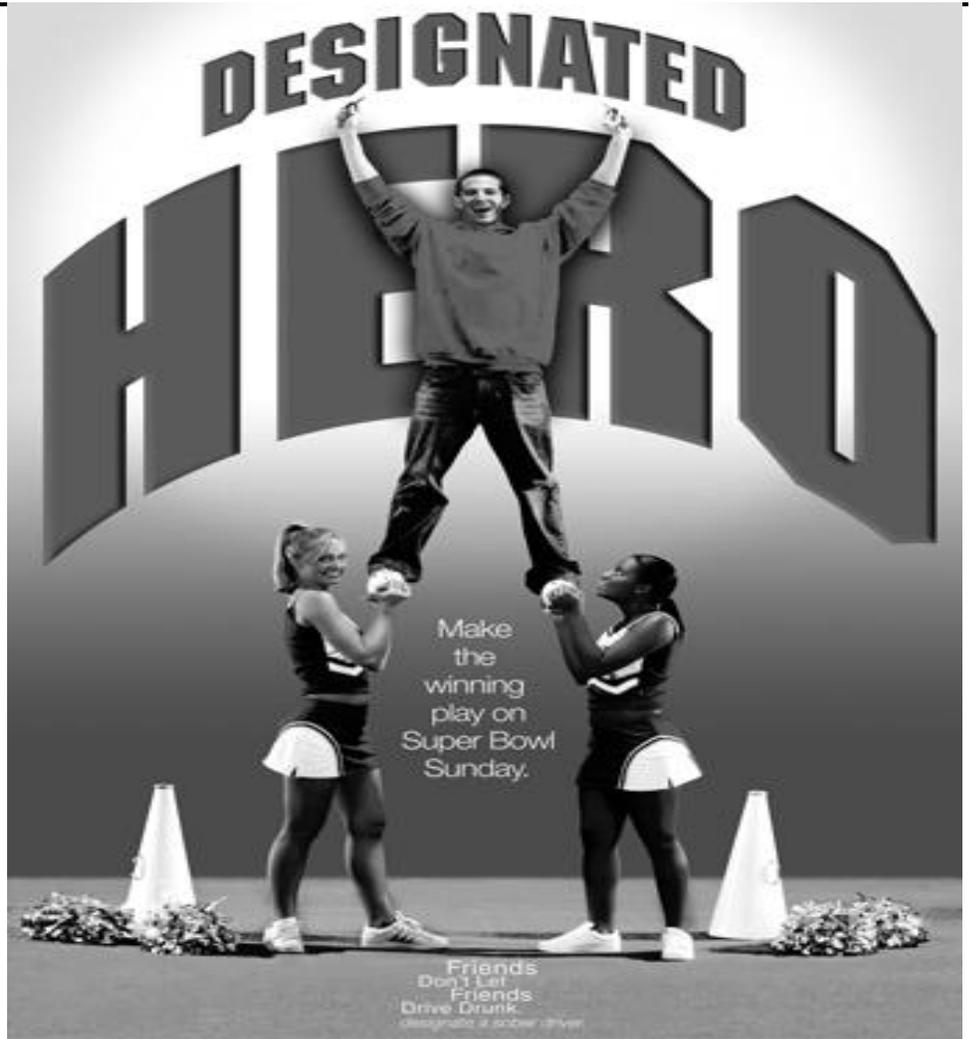
By Margaret Hill  
General Supply Specialist

A lot of people think that Sierra's future lies in the hands of only a few individuals, or Congressional decisions. Although the impact from these sources does play a part of shaping our future, supporting Sierra's future begins at home. As I was waiting in a line in the store, I heard a conversation taking place between another shopper and a clerk. The shopper was somehow identified to work at Sierra by the clerk. As they were checking out the question came up from the clerk, "I heard Sierra is closing soon, is that true?" The answer provided to the clerk was very positive and hopeful. The Sierra shopper stated that we were real busy and that a lot of equipment was coming into the depot, and He didn't think we were closing- it was probably a bad rumor. I was two shoppers back in line. As I waited to reach the clerk I started to think about the impact that this one Sierra employee had. Could it be more than idle conversation? What kind of impact could conversations like this one I witnessed have? By the time I made it to checkout with this clerk, I hoped I had purchased enough stuff in order to ask all the questions I had in mind.

What I found out surprised me regarding the clerk. She hears stories all the time from other shoppers about the depot. Several of which are very negative. She has a couple distant relatives that work here. A neighbors' son is back in the area having finished college and is looking for work.

After leaving the store, my head was swimming. I thought of all the people and the ways that this one little idle conversation could have an impact on Sierra. The clerk's immediate circle of impact was now known. But what about the others standing in line, hearing the same conversation? Who else could take that conversation and extend the impact on others? Who is to say that the neighbor's son wouldn't be a great asset to our workforce? The person in line listening is a personal aide for governmental officer whom we are working with to gain support. The list goes on. The true impact circle of each conversation about Sierra can never be known.

Each of us at Sierra play an integral part in the future of this depot. We all represent Sierra's abilities and success in supporting the Warfighter. Each and every time we speak about our installation outside these gates, whether it be in a grocery line or anywhere else, we all represent Sierra Army Depot and have an impact on it's future.



## RESUME:

(Continued from Page 4)

will be displayed instead of the entire history. You will have an option to view more than 25 if you wish. For those of you not familiar with our ANSWER system it stands for "Army Notification System Web Enabled Response System" and is designed to allow you to obtain information on the status of your resume, job vacancies for which you have submitted your resume, and your referral status. You may also view your resume and supplemental data.

**Q: May I get a copy of my resume after I submit it?**

**A:** Yes, you can access your resume through ANSWER where you may print a copy. You may also access your resume through the resume builder where you can email a copy to yourself or print your resume.

**Q: How do I get assistance resetting my Resume Builder password?**

**A:** You no longer have to make a request to have your password reset. You will be able to retrieve or change your password at any time on the registration page.

**Q: What happens if I forget my Resume Builder password?**

**A:** Simply click on the "Forgot Password" link. You will be asked to fill out a retrieval form. If the form is filled out with the correct information, you will be automatically directed to the registration page, where you can change your password.

**Q: Can I still submit a resume to Centralized Resumix by hard-copy or e-mail?**

**A:** Yes. This procedure has not changed. For complete instructions, you may access our on-line Job Application Kit at <http://cpol.army.mil/library/employment/jobkit>

(Editor's Note: For additional information pertaining to RESUME Building contact the Civilian Personnel Activity Center at 827-4255).



Happy Valentines Day!

## Child Youth Services Monthly Update

By Lanaya Chapman  
Youth Services

### SIERRA ARMY DEPOT CYS BASKETBALL TEAM

The Susanville Parks and Recreation has started their annual basketball teams and Child and Youth Services is sponsoring two teams this year. We are sponsoring a boys 5th and 6th grade team and a boys 7th and 8th grade team. The teams practice at CYS on week days and play their games in Susanville on Saturday's at Lassen College. We wish all of the participants good luck with the upcoming season!!

If you need any additional information about the teams, please contact Kelly at CYS at 530-827-4696.

### TSUNAMI RELIEF EFFORT

The tsunamis that killed more than 150,000 across much of South Asia and East Africa also affected at least 1.5 million children. This massive tragedy is a call to action. Child and Youth

Services is affiliated with Boys and Girls Club of America and this disaster is a defining moment for the Boys & Girls Club Movement. It is a critical time for these children. Many are orphaned. Many are searching for family members. Now is the time to step up and respond with our hearts. The Child and Youth Services Youth is preparing to raise money for the disaster relief. This money is to be raised by

kids for kids. With the Boys and Girls Club combined efforts, we hope to raise \$1 million as a Movement. Some of the fundraisers that our youth are coordinating are snow shoveling, dinner, dance, and bake sales. Please look for our flyers and we encourage your support. If you have any questions or would like to make a donation, please contact Marsha Olsen or Jennifer Fuller at CYS at 530-827-4696.



For the Fall 2004 CYS has been very involved with Fort Sage Unified School District. The CYS School Liaison Officer Lanaya Chapman had the pleasure of working with the Middle School and High School in coordinating a Chemistry Class (pictured left) and a Toastmasters Class.

## Lighten Up! TIGHTEN UP!

Visit participating MWR clubs, snack bars, and restaurants -  
Work out at the gym or fitness center - Commit to get fit this winter!

- Purchase 10 "healthy meals" and earn great prizes
- Enter our Grand Prize drawing for a spa resort vacation, a Bowflex by Nautilus or one of 2 gas grills.
- Sign up for the "Buns on the Run" 5K run/1 mile walk

Promotion ends 31 March  
For Army endorsement invited

GOVARM.COM NAUTILUS Gardenburger

Sierra Army Depot Morale Welfare and Recreation (MWR) patrons trying to shed a few holiday pounds will find help at our snack bar & fitness center. This winter, participating food & beverage activities will be offering special menus featuring healthy dining options as part of a *Lighten Up! Tighten Up!* promotion.

The snack club will receive a frequent "healthy" diner card that will be stamped when they purchase one of the "healthy" meals. Six new menu items have been added, with a price of \$1.00 to \$5.00. Cards can be redeemed after 10 "healthy" meals for a cool fitness prize—pedometers, talking jump ropes, fitness & walking journals, body fat analyzers and more! The fitness center has introduced three

new weight losing and competitive programs for the individual and a work/office buggies/team etc.

In addition, the cards will be entered into a grand prize drawing for a 7-day spa resort vacation package from [www.GovArm.com](http://www.GovArm.com), a Bowflex by Nautilus home gym, or one of two gas grills provided by Gardenburger.

Healthy menus will be offered at the snack bar. Watch for lunchtime walking groups, shop/warehouse fitness competitions, and weigh in program.

*Lighten Up! Tighten Up!* began on January 1, and will run until March 31, 2005.

For additional information, contact Jackie Weston, 827-4442 or Ok Fern, 827-4655.

## Happy Birthday

Heather Annerl - Leroy Babb - Virginia Bartholomew - Kirk Bausman - Melissa Boatright - Jay Brandenberger - James Brooks - Christopher Buffham - Ira Burroughs - Susan Catuccio - Theresa Coffenberry - John Colberg - Larry Cowan - Joann Davis - Larry Duncan - Anthony Edwards - Eddie Ellis - George Englen - Ok Fern - Lois Fisher - Kelton Freitas - Tamara Gage - Virginia Garman - Dawn Garofalo - Robert Grivel - Juan Guerrero - Virginia Hanson - Brandon Harvey - Drew Hess - James Hinkle - Dori Holmes - Jeffrey Honea - Kristie Jones - Jake Lahr - Arlis Lundstrom - Lori McDonald - Gale Meyerdick - Albert Micone - Stephen Noel - Gerard Olsen - David Ortiz - Barbara Osterman - Mark Paytas - Raymond Pino - Barbara Rausch - Robert Ray - Barbara Regan - Deborah Richardson - Woodrow Rish - Charles Roach - Jimmy Ross - Michele Russell - Kay Schneider - Charles Sedlacek - Fred Sheldon - Joseph Shipley - Un Suk Siple - Mistie Soares - Robert Sullivan - Justin Waddle - William Watson - Brandon Weeks - Jesse Wilder

## MWR Services

### Skedaddle Inn Meeting Center

The Skedaddle Inn Meeting Center/Lounge is now open Monday - Thursday, 6:30 a.m. to 5:00 p.m., (Thursdays until the last customer leaves). It is also equipped to cater large or small events.

Call the manager at 4360 or email: [raul.granados@sierra.army.mil](mailto:raul.granados@sierra.army.mil) The business hours are Monday-Friday, 6:30 a.m. to 5:00 p.m.

### Sierra Lodge/Guest House

Call the lodging manager, 4544, or email: [raul.granados@sierra.army.mil](mailto:raul.granados@sierra.army.mil) for information.

### Sierra Bowling Center and Snack Bar

Open everyday, 11:00 a.m. to 8:00 p.m. Call 4442 for information. Check out the Lunch Specials Monday through Thursday. Delivery available on all orders received before 10:45 a.m. Contact Jackie Weston-Chase to book your birthday packages and holiday parties.

### Physical Fitness Center

Open Monday through Thursday, 11:00 a.m. to 1:00 p.m. and 5:00 p.m. to 8:00 p.m. Open Friday, Saturday, Sunday from 11:00 a.m. to 1:00 p.m. The only charge to individuals is \$3 for use of the Racquetball Court (per hour).

ITR is available at the Physical Fitness Center. For more information call 4655 or email [ok.fern@sierra.army.mil](mailto:ok.fern@sierra.army.mil)

### Outdoor Recreation and Equipment Rental

For reservations and information call Tony Bruening, 4354.

### Laundromat

Open daily, 7:00 a.m. to 10:00 p.m. in building 142. Cost for wash, \$1.25 and .25 cents (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 5:00 p.m. Call 4504.

### Morale, Welfare, and Recreation

Administrative Assistant can be reached at 4797, Mon.-Thurs. from 6:30 a.m. to 5:00 p.m., or email her at [jessica.cuevas@sierra.army.mil](mailto:jessica.cuevas@sierra.army.mil). Business Office can be reached at 4178 or 4609.



## Driving Tips



- Clean off windows and windshield
- Ensure tires are in good condition
- Ensure heater and defroster are working
- Ensure all lights are working
- Drive at an appropriate speed for conditions
- Do not tailgate
- Tap your brakes to warn others of your intention to stop
- Drive defensively
- Take a bus and don't worry about driving

**Always Buckle Up!**

