

# The Challenge

Sierra Army Depot, Herlong, CA

July 2007

Vol. 63—No. 6

## Resources, Not Content, Drive Web-Use Decisions

By Tim Kilbride

Special to American Forces Press Service

WASHINGTON, May 18, 2007 - A directive blocking access to 13 popular Web sites from the Defense Department network was designed to guarantee bandwidth availability for mission-critical functions, a defense official said yesterday.

Operational security concerns “played absolutely no part in the decision” by U.S. Strategic Command to limit access to several recreational sites, including MySpace and YouTube, Navy Rear Adm. Elizabeth Hight, vice director of the Defense Information Systems Agency, told “bloggers” and online journalists.

STRATCOM does not conduct user monitoring, she said, because “we are protectors and defenders and operators of the network, and we do not get into the content of the information flowing over the network.”

Rather, what drove the decision to restrict access to certain sites was a desire to be proactive in mitigating the problem of new technology’s ever-increasing demand for bandwidth, Hight said. She pointed to streaming video as

a particular drain on bandwidth resources.

Blocked sites include: YouTube; 1.fm; Pandora; MySpace; PhotoBucket; Live365; hi5; Metacafe; MTV; ifilm.com; Blackplanet; stupidvideos; and filecabi.

Hight said officials looked at the highest-volume Web sites that were using a large amount of bandwidth in deciding which sites to block. That process extends the possibility that other sites may be blocked in the future, she said.

Addressing bloggers’ concerns that the directive was being used to stifle the open flow of information from deployed troops, Hight pointed out that restrictions on certain Web sites have been in place in Iraq, Afghanistan and elsewhere in Southwest Asia for more than two years — four years in some cases — because of tangible limitations to the technology infrastructure.

Using Iraq as an example, she explained, “anytime that you have a resource in a resource-constrained environment — in this case high-speed connectivity in an area like the Anbar province that does not have an infrastructure to support that — you’re

relying primarily on commercial satellite services. And, those transmission pipes, so to speak, are in fact limited.”

Most deployed forces still have the opportunity to access the blocked sites using commercial Internet cafes and providers. Such Internet facilities are common features on U.S. military installations overseas to provide troops morale, welfare and recreation opportunities.

The tradeoff, Hight said, is a guarantee of official communications availability in support of missions and enhanced security to the overall Defense Department network.

“We are becoming more and more concerned about the potential for network security incidents,” she said. “And so if we can find the right balance between bandwidth and security in order to support our ongoing operations while providing alternative sites for recreational use, ... that’s precisely what we’re trying to do.”

If operational requirements demand unfettered Web access, Hight said, waivers can be granted to specific offices. Exceptions have already been made for public affairs and recruiting offices, she said.

But at the same time, Hight noted, her agency is advocating common-sense usage across the military’s intranet. “One of the things we’re encouraging everyone to do is follow best practices to make sure that we only use the amount of bandwidth absolutely necessary to provide that information necessary for decision makers and others.”

Vernon Bettencourt, deputy chief information officer for the Army, pointed out that Army Knowledge Online, the Army’s interactive resource portal for soldiers, features file-sharing capabilities that cut down on the need for sending oversize slide shows across the Internet. That functionality should spread across the military when the portal transitions into Defense Knowledge Online.

The Army site also offers instant messaging, chat rooms, and discussion groups, Bettencourt added, and will soon feature blogging capability.

Hight stressed that these sites are not being blocked to prevent servicemembers from talking about their experiences in war zones. Individual soldiers, sailors, airmen and Marines are encouraged to share their views from the ground, she said.

### Depot employee and family share a visit with Senator Dole during Washington, DC trip



After visiting his future son-in-law, Michael Hardiman (second front right) who was recently wounded in Iraq, Jay Brandenberger, left back row, along with his wife Mary and daughter Christina were joined by Sen. Bob Dole (Kansas-R) as they were walking through the Veterans Memorial in Washington, DC. Hardiman was assigned to the 10th Mountain Division out of Fort Drum, NY, when he was injured during a patrol in Iraq. Hardiman’s vehicle maneuvered around some debris in the road at which time triggered an IED that was covered by dirt. He sustained extensive injuries to the right side of his body. Hardiman is convalescing at Walter Reed Army Medical Center. Hardiman has such a love for the military and is very anxious about a quick recovery so he can return to duty.

## Commander's View

Time is getting short – where have the last 2 years gone!? We have all gone through a lot over the last 24 months, and even though I have no doubt there will be more challenges to come, I'm convinced you all will rise to the occasion regardless of who is in command. You all have a tremendous amount to be proud of; you have set the conditions for a prosperous future here on the depot, and I feel extremely fortunate to have been here with you while you did it. On July 26 I will officially relinquish command of Sierra Army Depot to Lt. Col. Lee H. Schiller, Jr. The ceremony will begin at 10:00 a.m. on the lawn in front of the old headquarters building. I hope to see you all there!

As I mentioned last month, on any given day we have a number of people on depot that are not depot employees. They range from customers or potential customers to high level dignitaries. All five elected members of the Lassen County Board of Supervisors, GEN Griffin, the AMC CG, and



**Lt. Col. Brian D. Butler**  
MG Lenaers, the TACOM LCMC CG were the most recent individuals to tour Sierra Army Depot for a close look at mission operations. The visits were overwhelmingly positive as we toured several of our RESET programs, the AJ1 operation, and our long term storage area near building 671. Each and every one of you deserve a huge pat on the back for all of the hard work you

put in every day in support of our Army. Within the next couple of months we will continue to have visitors here from all levels of our Army; I have no doubt in my mind that they will leave here with a positive impression of Sierra's value to the overall Army mission. Our commitment to our customers and to the Soldiers we all serve is paramount to our continued success. I know we can depend on you to continue to demonstrate the pride we've presented to the world for more than 65 years. You're doing a GREAT job!

As I look into the near-term future, I think it's important to address some recent developments to help make us all more efficient. It's no secret that as our mission progresses and grows, so does the need to ensure our technology and the training of our employees is kept up-to-date. We've recently completed the installation of wireless computer networks in several of your work centers; prior to the installation, the majority of our processes were manual and training opportunities were limited. Ev-

erywhere I look now, however, employees are in the process of developing new skills, playing a key role from the ground floor in the definition of our business rules, and gaining confidence in their own abilities as logisticians. This has resulted in an increased level of performance in receipt, storage, and issue operations, backlog, inventory accuracy, repair cycle times, visibility of containers, and report accuracy.

The installation of SARSS and the WIFI network has provided a vastly improved management environment that touches nearly every corner of the depot. New work stations, handheld devices, and modern materials handling equipment have all contributed to an increase in performance. As time progresses, I encourage you to continue to develop these technologies to continue our progress.

Whether you work in an office environment, in a warehouse or shop within mission, or at a critical job on  
**See COMMANDER Page 4**

## The Union's Position: AFGÉ, Local 1808

I would like to take this opportunity to wish Sue and Manual Leslie a happy and enjoyable retirement; they both deserve it and will be missed. I would also like to thank Sue Leslie for her dedication, support and hard work to AFGÉ Local 1808. She has been the Secretary Treasurer for this Local for 10 years and will be greatly missed. We couldn't have done it without you, Thank You, Sue.

Safety is everybody's concern while at work.

There have been incidents that have occurred that could affect us in completing our mission, such as, an increase in on the job injuries, vehicle and forklift accidents, incidents of drug and alcohol abuse, etc. We as federal employees receive mandatory annual training on EEO, Sexual Harassment, Violence in the Workplace and Drug and Alcohol Abuse. If you indulge in these prohibitive actions or fail to fol-



**Jim Swistowicz, President**

low safety procedures you can be terminated from Federal Service. Please obey policies, regulations and procedures, be safe and remember we are here to support our soldiers in the field.

The Depot is hiring more employees as the workload increases and the movement and storage of material and heavy equipment operation increases the potential for more accidents. Be

aware of what is going on around you; use the proper PPE to protect yourself from injury.

If you are not certified to operate a certain piece of equipment, then **don't**. If you have any question on safety or recognize a potential safety hazard in your work place, notify your Work Leader and/or your Supervisor or notify the Safety Office at x4431.

### Drug and Alcohol Abuse

The Commanders Policy on Drug and Alcohol is **ZERO TOLERANCE** - if you use drugs or alcohol during duty hours, you can be terminated. If you test positive for the use of a controlled substance, you can be terminated. If you use a controlled substance at anytime you jeopardize the safety of your fellow workers as well as yourself. It is one of your conditions of employment to stay drug free and to provide a safe environment for yourself and fellow workers.

### SPEEDING

The Law Enforcement and Security Department on Depot enforce driving on depot under California traffic laws. While driving on depot you are required to obey all posted speed limit signs and seat belt requirements just as you would driving off Depot. If you are pulled over for a traffic violation, please do as the police officer is required to do, be respectful. If you feel that you were not at fault, you have the right to appear in Magistrate Court, which is held on Depot, and present your case before the Magistrate. Remember you are required to obey all California traffic laws while driving on Depot.

There is a lot of road construction being done on depot; drive slow and watch out for the road crews.

### A-76 Update

We are currently working on the Baseline Cost to operate base support. This is not our MEO bid it is the cost  
**See UNION Page 4**

## The Challenge

This is an authorized publication for members of the Department of Defense. Contents of *The Challenge* are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army. 1,000 copies are printed by J. Prassa Printers, a private firm in no way connected with the U.S. Government, under exclusive written contract with Sierra Army Depot. The editorial content of this

Depot Commander/Publisher \_\_\_\_\_ Lt. Col. Brian D. Butler  
Public Affairs Officer/Editor \_\_\_\_\_ Lori McDonald  
Editorial Assistant \_\_\_\_\_ Jennifer O'Hern

publication is the responsibility of the Sierra Army Depot Public Affairs Officer. It is published monthly by the **Public Affairs Office, Sierra Army Depot, Herlong, CA., 96113. Telephone (530) 827-4343 Email: lori.mcdonald@sierra.army.mil**

Unless otherwise noted, all articles and photographs are provided by the editorial staff. Letters to the editor and classified ads must include a name, signature and telephone number to be considered for publication. Letters may be edited to fit space.



## Accidents, Near Misses, Go Unreported

Safety professionals know the value of actionable information. We gather and use hazard assessments, injury, and illness information so that we base prevention strategies on this data. But there's a frequent blind spot in our analysis: Near misses. It's not enough to review injuries that have occurred; we must also consider injuries that have almost occurred. Unfortunately, near miss data is hard to capture due to individuals' reluctance in reporting those incidences. Near Misses Are Prevention Opportunities Lost.

In the course of conducting an injury/accident investigation, nothing is more frustrating than to learn that the same circumstances that led to an injury resulted in prior incidents that went unreported because accidents were narrowly missed and nobody got hurt. You hear: "That guard has been loose for two weeks;" or, "I slipped on that same spot yesterday;" or, "that's been malfunctioning for three days."

It just makes you want to shout. If only the people working in and around the area who knew of the danger had said something, action would have been taken and the injury could have been prevented!

### WHY NEAR MISSES GO UNREPORTED

Employees and others involved could do themselves and their buddies a world of good by reporting near misses to their supervisors and/or the safety office. So, why don't they?

*There are several reasons:*

- They don't recognize the event (incident) as a near miss that needs to be reported. "I didn't get hurt – so nothing actually happened," the thinking goes.

- Employees involved fear discipline for causing the incident and don't want to "turn themselves or a buddy in."

- Reporting takes time – time that cuts into "production". "I have to write a report for this? Why??"

- Individuals don't know how to report near misses. "Who do I tell?"

### OVERCOMING RELUCTANCE

Everyone needs to be educated so that a red light goes off in their heads when they witness a near miss. They need to understand that the same conditions, unless addressed, are likely to result in future incidents and that the next time it might lead to actual amputations, broken bones, head injuries or even fatalities which leads to what we constantly fear LOSS of **production**. People need to understand that a situation might not be addressed, unless it is reported.

Supervisors and leaders play a key role in education and awareness building efforts. They need to instill the urgency of reporting the near miss to everyone.

### 5 WAYS TO GET INDIVIDUALS TO REPORT NEAR MISSES

1. Educate employees about what constitutes a near miss and why they're to be reported.

2. Require that all incidents be reported immediately.

3. Everyone needs to know that reporting a near miss is a Good Thing!

4. Make it easy to report a near miss.

5. When someone reports a near miss, thank them and use their input to remedy the situation.

Remember: "Don't just walk by; safety is everyone's responsibility and never give safety a day off."

## Azeveda and Whitebird Retire



Glenda Azevedo and Larry Whitebird display the flags they received during their retirement ceremony. Ms. Azevedo began working at Sierra Army Depot in 1986. Mr. Whitebird began his career at SIAD in 1974. These two individuals leave the depot with a combined total of 58 years of federal service, not to mention a wealth of knowledge. Best of luck Glenda and Larry.

**BE AWARE!**  
*For the Month of June*

Are you working in AJ1  
General Support  
Are you a Helper

Then you are prone to  
**Sprained Ankles**

Data provided by Safety Office

## Composite Risk Management Process

### Word Search

F D O K H L A S S E S S H A Z A R D S H F Z I J G T L G C M I  
D D P O Y G S N U K J S N H V C N U H G N P H Y T A E Q A A M  
I X Q Z Q Y W K G Q E E M B K Y R O B I S W C N Y C V O T R T  
W M Y A D N D L U C H C Q M F J K I N H O O E K L T E U A G L  
A M U K T A L X W Q Q O G L T K B U T L J U N P X I L A S I U  
H P D B S A C W S D L R S U J S I U W I Q V R T I C K I T N B  
O R T A R W O C G O E P O A O Q F I X E C O G N V A S D R A M  
N B I N A C C I D E N T A L H A Z A R D B A S E D L I E O L G  
F K R S H R P U M J L N A O E Q V F A A B G L M E T R N P N F  
F K X I K J R O B B U E Q U V E J K B H V Q H S B H L T H I S  
L G Y Y A A D B A D G M J O L O B I V Q B V Y S I R A I I H L  
P A H M R E S P K T F E F H D A L E D G M P U E W E U F C Z L  
L R Q J R K N S X H K G O B I I V H C Z B T H S D A D Y W T E  
A V N A F G M Q E P Y A E O T G C E K Z X L O S B T I H J L X  
H B T M T B Y M Z S E N P Y P O M H E R W M P A Z B S A S Y N  
V E P K Z C C H R F S A H F L G H A T S L V R K L A E Z T A S  
S L O R T N O C T N E M E L P M I S C S I T N S G S R A S J Y  
U N L I K E L Y E O O K E D A I G Z U F O V V I L E Y R G F B  
D X Y P B X R O N X Q S M N M F L I E J M D R R C D S D J E T  
T K T Z A E S D J A T I N I T I A L R I S K L E V E L S U M Z  
N O I S I C E D K S I R E K A M S L O R T N O C P O L E V E D  
I R R S S D L V G W J E E L C V A Y L E K I L N P U Y T O F L  
R T E B W R L M L T Z T R M B M T T M U U J P X A D S A O S J  
P G V I O I N M O D W I P M E I X B R H U F X X U X T T L M X  
T N E M E G A N A M K S I R O L G D D I K G R S A Q J P Z L D  
Y L S U B K I N Y W U O S S O D Y I Z N X K J C X J J P Z O U  
U M F W O H U M I Q Z P J K D G L H L H N I K Y M G N E G O Z  
W G Q Z N T B C J W G M G T G P V E I G S S K Y T M Q H B Y I  
W O Z U E V V P R P X O H H E J U J S G E K H N Y N U R V X P  
N P C Y D F E I L G I C Z H L S H B A M H N R G X C L J P A C  
K S J Z Y Q L A N O I S A C C O F C I Q G L N O D D C M Y I R

Accidental Hazard Based	Marginal
Assess Hazards	Moderate
Catastrophic	Negligible
Composite Risk Management Process	Occasional
Critical	Probability
Develop Controls & Make Risk Decision	Residual Risk Level
Extremely High	Risk Assessment
Frequent	Risk Assessment Matrix
High	Risk Management
Identify Hazards	Seldom
Implement Controls	Severity
Initial Risk Level	Supervise & Evaluate
Likely	Tactical Threat Based
Low	Unlikely

## Results of ISO Surveillance Audit

By Puett Willcox  
Logistics Management

The results of the ISO 9001:2000 Surveillance Audit (18-19 April 2007) were OUTSTANDING. There was one minor nonconformity and three observations. We have corrected the minor nonconformity, enacted two of the three observations, and are in the process of enacting the third observation. Perry Johnson will recommend that the Depot keep its ISO certification and the ISO team would like to congratulate the entire Depot. The hard work from all areas really paid off. We would really like to thank all of the areas that Ms. Carrie Jones audited during her visit to the depot.

Our next Surveillance Audit is in October and will be more detailed. It will cover more areas of the ISO Standard and more areas of the Depot will be visited. This audit is preparation for the recertification audit in April 2008. We, as a depot can not rest on our laurels; we must continue the dedication and hard work that so many have put forth. Hence, the ISO team will continue with our monthly Internal Audits, and we are sure that all areas will continue their hard work. Remember that by building quality into our products, we will improve the Depot's reputation and ensure a long-lasting workload.



### UNION (From Page 2)

associated with the operations of the base support side of the house. We are also selecting the MEO Team, which will put together the Government's bid based on the PWS.

Our monthly Union Meeting is held on the first Tuesday of the month at 5:15 pm at bldg. 58. The Union Office phone number is 827-5375.



### COMMANDER (From Page 2)

the garrison side of our operations, management is trying very hard to ensure you have the people and resources to do your job safely and efficiently. Key to our effort is your input and proactive actions to make a difference in your individual work center. I encourage each of you to continue to constructively make recommendations for change – nobody knows your job or what you need to do it better than you do! There are no silly ideas – your input to continuous process improvement DOES MAKE A DIFFERENCE!

## Army's Newest Units to Address Soldier Medical Care and Transition Nationwide

(Army News Service, Jun. 14, 2007) The U.S. Army announced today a series of improvements for wounded Soldiers' medical care and outpatient assistance to prepare them for continued, successful military service or transition to active citizenship - including the national establishment June 15 of Warrior Transition Units at the Army's major installations nationwide.

"As we've said before, the Army takes Soldier inpatient and outpatient care very seriously," said Army Chief of Staff Gen. George W. Casey Jr., "and remains firmly committed to returning our Soldiers to productive careers and lives. We have made improvements, but realize there is still work to be done - including work with the complex Medical Evaluation Board and Physical Evaluation Board processes. By no means is everything 'fixed' - but we are aggressively acting on what we can fix now."

The Army continues partnering with the Defense Department and the Department of Veterans Affairs on efforts to smooth transition from one organization to another, streamline bureaucracy, and offer education about symptoms and care. The Army Medical Action Plan includes significant current improvements in leadership and services enhancing a Soldier-centric healthcare system. Ten examples of immediate improvements announced today include:

1. Establishing Command and Control. On June 15, U.S. Army Medical Command will consolidate Medical Hold units for active duty Soldiers and Medical Holdover units for Reserve Component Soldiers into single Warrior Transition Units, and assumed command and control of these units. Assigning all Soldiers, regardless of component, under one command, ensures equity in care, leadership and administrative support.

2. Transition Triad. Army Medical Command also established a provisional Warrior Transition Unit command and control structure of active and Reserve personnel that includes a primary care manager, nurse case manager, and a squad leader triad for each Warrior in Transition. The provisional status for these units is the first step to establishing a formal manning or personnel document that reflects these new units

and the positions associated with them, and the triad is a new concept that synchronizes the efforts of leadership and clinical support.

3. Increased Priority to Transition Families. The Senior Mission Commander, typically the installation commander, now makes Warrior in Transition facilities and furnishings top priorities for repairs and improvements. The Senior Mission Commanders also conduct monthly town hall meetings for Warriors and their Families, ensuring medical treatment facility, Warrior Transition Units, and garrison commanders and staffs all attend, to collectively understand the issues and assign appropriate responsibility.

4. Placing Greater Focus on Family Support. The Army conducted a meeting in May with leaders, Soldiers, Family Members, and veterans to work issues facing Families of wounded Soldiers and Warriors in Transition. Attendees developed the structure, functions, roles, and responsibilities of a prototype Soldier and Family Assistance Center. These centers were stood up at Walter Reed Army Medical Center and Brooke Army Medical Center, and similar capabilities are being established Army wide.

5. Supporting Families in Transition. Policies now allow for non-family members who provide patient support to wounded Warriors to receive guest lodging. Before this policy change, if a non-medical attendant was not a relative, procedures were not always in place for them to have access to guest housing while they cared for their loved ones. While this may appear to benefit single Soldiers more, it is a policy change that is also being applied to non-medical attendants of married Soldiers.

6. Creating Full Patient Visibility. The Army is improving visibility of patient status through a web-based joint patient-tracking application as well as a

See HEALTH page 5

### SCHILLER (From Page 12)

Joint Service Achievement Medal, Army Achievement Medal, Airborne Badge, Air Assault Badge and the Combat Medical Badge.

Lt. Col. Schiller is married to the former Christine F. Brown, retired Lt. Col., Army Nurse Corps and they have four children; Andrew (12), Joseph (11), Elizabeth (9) and Matthew (5).



Finally, on behalf on my wife, Wendy, and children, Samantha, Brian and Jacob, I sincerely thank each and every one of you for our experiences here and the many warm friendships we've established. I couldn't have asked for a more rewarding command tour. I may be the only one in uniform on a day-to-day basis, but you all contribute more to our National defense and the success of our soldiers on the battlefield than I ever could. I'm proud to be associated with you, and you have my heartfelt respect and thanks for a wonderful two years. We will never forget Herlong or Sierra Army Depot.

Have a great July, and let's get to work!

## Chief of Staff Stresses Family Support

By Robin Brown  
Ft. McPherson Sentinel

FORT MCPHERSON, Ga. (Army News Service, May 18, 2007) - In a visit to Fort McPherson and Fort Gillem Tuesday, Army Chief of Staff Gen. George W. Casey Jr. emphasized his goal to support Army Families.

Gen. Casey is spending his first 60 days on the job framing initiatives. He will take the next 100 days to receive feedback from leaders, Soldiers and Families to calibrate whether the initiatives - which include maintaining the continuity of Army modernization and increasing the quality of support to Soldiers and Families affected by deployments - are the right areas of emphasis.

The responses from his tour will be presented to the assistant secretaries of the Army in charge of each initiative. They will prepare action plans and create necessary programs and budget systems, the general said.

Eight-five to 90 percent of Soldiers are comfortable with the Army transformation, Gen. Casey said.

"There is great support for what the Army is trying to accomplish in terms of modernization and support to deploying forces, preparing the deploying forces and resettling those that deploy," he said. "We are in a consistent cycle of consuming and building readiness, and that will continue well past the time Army operations have ended in Iraq and Afghanistan."

But Families are stressed by the increase and pace of deployments, he added. "And we are starting to see the impact of five years of war on our Soldiers, Families, equipment and institution... We will raise what we do for Families another notch. Doing so will preserve the strength of the force."

The general said Family members have expressed to him that it's not new programs they want, but funding and standardization for programs that already exist. Information must also be given to teachers to help them understand what children may be going through when one parent or both are deployed for extended periods.

"Combat is inherently brutal and difficult, and it impacts humans in different ways," he said. "We have recognition and counseling programs we are working on to enhance and increase the level of support for Families and their Soldiers who are dealing with post traumatic stress disorder and traumatic brain injury."

Gen. Casey served in Iraq as a commander for 30 months and insists the Army isn't stretched too thin. "We will give the nation the Army it needs in 2020, while we meet our commitment today," he said.



Major General William M. Lenaers  
Commanding General  
US Army TACOM – Life Cycle  
Management Command  
requests the pleasure of your company  
at  
a Change of Command  
for the Sierra Army Depot  
at which  
Lieutenant Colonel Brian D. Butler  
will relinquish command to  
Lieutenant Colonel Lee H. Schiller, Jr.  
on Thursday, the 26<sup>th</sup> of July  
at ten o'clock  
on the parade field across from  
Building P-1

## HEALTH (From Page 5)

patient record and tracking system internal to the Defense Department. From point of injury or illness, the Army leadership will have improved visibility on location, medical status, and progress of Soldiers care.

7. Facilitating the Continuum of Care and Benefits. To ensure a seamless transition between military medical care and in partnership with the VA, Walter Reed co-located the Veterans Health Administration and Veterans Benefits Associations liaisons with the Warrior Transition Unit case managers to support a continuum of care and benefits.

8. Improving the Medical Evaluation Board Process. Army Medical Command created the MyMEB website on the Army's internal computer system, Army Knowledge Online, allowing warriors to go online and access the status and progress of their Medical Evaluation Board. A limited release of the MyMEB will start June 15 This limited release is designed to solicit feedback from a focus group of injured Soldiers prior to full release.

9. Enhancing Physical Evaluation Board Representation. The Army called 18 Reserve Component lawyers and paralegals to active duty to provide additional legal advocacy for warriors undergoing the Physical Evaluation Board process. These personnel act as legal advocates for Warriors in Transition as they move through the Physical Evaluation Board process.

10. Caring for Post Traumatic Stress Disorder/Traumatic Brain Injury. The Army plans other major changes as part of this comprehensive Army Medical Action Plan. Next month, the Army will roll out an extensive educational program on Post Traumatic

Stress Disorder and Traumatic Brain Injury for all its Soldiers and leaders. This program consists of a standardized presentation commanders will use to inform and educate both Soldiers and leaders. The teaching materials and visual support products are in the final stages of development and are undergoing review by military and civilian health professionals. The Army currently also is developing proposals for establishing Traumatic Brain Injury and Post Traumatic Stress Disorder Centers of Excellence to provide nationwide education and training to Army leaders, clinicians, Soldiers and their Families. Locations have yet to be selected, but will support area coverage of the United States, operating much like the Defense Veterans Brain Injury Centers.

"Our Army is doing everything possible to come to grips with a very challenging and complex issue," Gen Casey said on this subject. "The goal is to educate all Soldiers and leaders on PTSD and TBI so they can recognize, prevent and help Soldiers receive treatment for these debilitating physical and mental health issues, and remove the stigma associated with seeking care. Look, this is not just a medical problem, it is an Army problem, and we are going to do all we can to help our Soldiers."

Continuing improvements under the Army Medical Action Plan support the Army's Warrior Ethos of "I will never leave a fallen comrade" by promoting changes in the Army's system of caring for warriors in transition and establishing long-term solutions for a productive career and life.

# Deputy Commander Retires





## VINCENT J. SABATINO

Everyone at sometime in their career, look forward to the day they can retire. On Jun. 23, Vincent J. Sabatino, deputy commander, saw that day come. After 40 years of continuous federal service, Mr. Sabatino was joined by family, friends and coworkers on his last day of work. During an official ceremony, Lt. Col. Brian Butler, depot commander, presented Mr. Sabatino with the Superior Civilian Service Award. Mr. Sabatino began his career in June 1967 where he served in positions of increasing responsibility, providing visionary leadership to organizations charged with supporting warfighting Soldiers in desperate situations, culminating his distinguished career as the deputy to the commander, Sierra Army Depot.



## Defense Official: No Plans to Extend Army Deployments

By Donna Miles  
American Forces Press Service

WASHINGTON, June 20, 2007 – A senior defense official cautioned today against reading too much into Army secretary nominee Pete Geren's statement yesterday that the Army hasn't ruled out extending deployments for troops in Iraq.

Bryan Whitman, deputy assistant secretary of defense for public affairs, emphasized today that Defense Secretary Robert M. Gates' deployment policy stands. Gates announced April 11 that all soldiers in the U.S. Central Command area of operations "will deploy for not more than 15 months and return home for not less than 12 months."

"And at this point, there is no plan to deviate from the policy," Whitman said.

Whitman responded to reporters' questions about statements Geren made during his confirmation hearing before the Senate Armed Services Committee.

When asked by senators how long the Army will maintain the 15-month deployment policy, and if there's any chance it could be extended longer, Geren said the Army leadership is evaluating a wide range of options for Iraq. "It's too early to look into the next year, but for the Army, we have to begin to plan," he

told the committee. "We have to look into our options."

Extending combat tours in Iraq is one option, Geren said, but others include relying more heavily on Army Reserve and National Guard members or other services.

Geren said the Army is committed to meeting requirements set forth by Adm. William J. "Fox" Fallon, the U.S. Central Command commander. "We have been able to do so up until now, and we will continue to do so," he said.

Whitman said today that the Army secretary has to balance the requirements of recruiting, training and equipping forces for the combatant commander, while also sustaining the force over an extended period of time.

Recognizing that it's impossible to predict conclusively what any one combatant commander will need – let alone multiple combatant commanders – the services must plan for "any number of contingencies at any time," Whitman said.

That planning looks at every conceivable possibility — "worst-case scenarios, best-case scenarios, most dangerous scenarios, most likely scenarios" — and applies force management concepts to all, he said.

"I would tell you that you would be hard-pressed to find somebody that is going to rule out anything, as we are a nation at war with a certain amount of un-

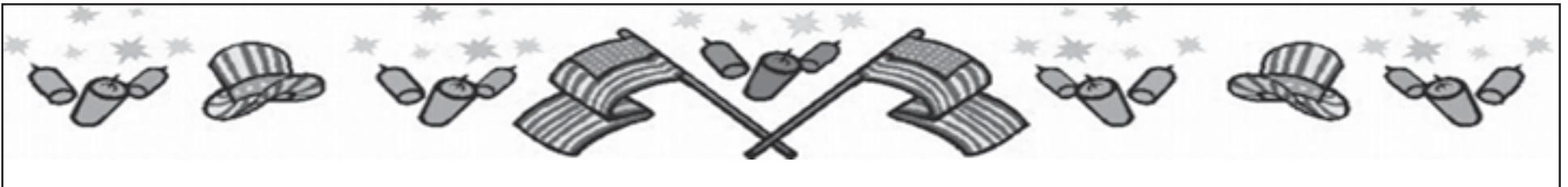
certainty with respect to what the requirements may be in the future," Whitman said.

Geren called the decision to extend deployments to 15 months "the better of two tough choices." Far worse, he told the Senate committee, would have been to wait until the last minute, when troops were about to return home, to extend them.

That's what happened last summer, when the 172nd Stryker Brigade Combat Team – since reflagged as the 25th Infantry Division's 1st Stryker Brigade Combat Team – got word that they were being extended. The brigade was in the throes of re-deploying, and some unit members had already returned home to Alaska when they learned that the Army extended their deployment four months.

Geren acknowledged yesterday that longer tours are difficult for soldiers as well as their families. "I appreciate the burden that it puts on soldiers and their families," he said. "We were asking a lot before. With this, we're asking more."

That makes it all the more important, he said, that the Army ensures it meets their needs and looks out for their quality of life. "You can destroy an army by burning the soldier out or burning the family out," he said.



## Is it time to submit the budget? Where's Devrah!



After years of TDY trips, budget submissions, depot expenses, and keeping track of man-hours, Ms. Devrah R. Epstein decided the time had come to say good-bye. Along side her friend Mo Korver, both shared some last laughs during a luncheon given in their honor by friends and co-workers. After the luncheon, Lt. Col. Brian Butler, depot commander presented Ms. Epstein with the Commander's Award for Civilian Service in recognition of her retirement from 26 years of federal service. As the Budget Officer, she maintained an effective budget strategy (tell everyone NO). Ms. Epstein was instrumental in supporting the configuration of the Logistics Modernization Program (LMP) go-live and stabilization process. Her outstanding effort and professional approach contributed valuable Subject Matter Expertise to this important Army Logistics Transformation Program. Ms. Epstein's personal sacrifices, her dedicated and diligent efforts reflect greatly upon herself, the depot and the Army. Best wishes as you enjoy your new adventure.

## Mo time for golfing



There is a time when everyone must leave, but it doesn't make it any easier when you say good-bye to friends. Another exceptional employee reached the career high called retirement. Ramona "Mo" Korver was all smiles as she accepted the Commander's Award for Civilian Service from Lt. Col. Brian D. Butler, depot commander on the day of her retirement. In recognition of her retirement and 25 years of government service, Ms. Korver was commended for exceptional performance as the Financial Program specialist within the Directorate of Resource Management. Ms. Korver was instrumental in the start up at Sierra Army Depot for the Mass Transportation voucher system. She performed her duties promptly, and with a high degree of accuracy. In her spare time, most folks can find Ms. Korver on the greens somewhere hitting a very small ball. Ms. Korver has such a passion for the game of golf, and now that she has reached her career goal (RETIREMENT), don't be surprised if you see her wearing a GREEN JACKET (okay, maybe the women's tour calls it something different). Congratulations Mo!

## Visit the Post Office Online at USPS.com

By Christine Brown  
Herlong Postmaster

**BUT FIRST AN ANNOUNCEMENT!** Don't forget that the Doyle Post Office is open until 6:00 pm on Tuesdays and the Herlong Post Office is open until 5:30 p.m. on Thursdays.

When you think about the post office, you probably think about the letters and magazines you'll get in today's mail. Or the friendly letter carrier who brings them to your address. Or the building downtown with Old Glory flying proudly overhead.

You probably don't think about the internet.

Yet the Postal Service operates one of the busier sites on the web. Our award-winning web site, [www.usps.com](http://www.usps.com), averages almost a million visitors a day.

Through [www.usps.com](http://www.usps.com), millions of Postal Service customers:

- Find a Zip Code.
- Purchase stamps and order free Priority Mail and Express Mail shipping supplies.
- Use Click-N-Ship service to ship items without having to leave their home or office. Calculate postage rates, print shipping labels with or without postage, even purchase Online Insurance, all at one location.
- Access NetPost services to create letters, booklets, fliers, postcards, greeting cards and more, and have them printed and mailed.
- Schedule a free next-day pickup of their Express Mail or Priority Mail package (available in most locations nationwide).

· Learn how to use the mail to attract and keep new customers and grow their businesses, just like the Fortune 500 companies do.

Find out more about Postal Service products.

Give it a try. Go to [www.usps.com](http://www.usps.com) and check out the many mailing functions you can perform online. It's Quick, Easy, Convenient™.



## Soldiers never give safety a day off

By Lori Yerdon

U.S. Army Combat Readiness Center

The U.S. Army commences its 101 Critical Days of Summer Safety campaign with a simple yet meaningful slogan, "Never Give Safety a Day Off."

Memorial Day through Labor Day marks the critical days when accidents and mishaps pose a greater risk to Soldiers and their Families, so this year's theme holds great value in sustaining the force and maintaining an Army Strong, said Brig. Gen. William H. Forrester, director of Army Safety.

"As we enter the 101 days of summer – think back to effective messages come of your previous leaders delivered," said Forrester. "One in particular I vividly recall was given by then Maj. Gen Dick Cody, our Commanding General. His message, delivered to the entire 101<sup>st</sup> Airborne Division was founded on the statistical analysis that predicted the division would lose two Soldiers to fatalities over the Memorial Day weekend. As we gathered shoulder to shoulder, with some twenty thousand of our comrades, our division commander asked us all – "Who in this crowd will we let die?"

Each week, the U.S. Army Combat Readiness Center will publish articles containing information to help Soldiers use composite risk management in making sound judgments while on and off duty.

"My charge to you and our Army is a simple but an effective goal that proclaims "I can save my life and that of my comrade." said Forrester.

## CYS monthly update

Child and Youth Services would like to introduce three new members to our team, Christina Philips (Administrative Assistant), Rick Ruiz (CLEOS Director), and Katie Eggers (Sports Director). We are excited to have them and grateful to finally be fully staffed.

CYS will be hosting a special event for all CYS families on August 21, 2007 from 4 p.m. to 7:30 p.m. at the CYS field area. Field and Family Day will include fun activities that promote positive growth and development and the six pillars of character, Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. There will be games, food, and prizes! If you have any questions or would like to volunteer to help, please contact Rick Ruiz at 827-4696.

Summer trips and special events this summer, for middle school and teen youth include Kayaking- July 12, Eagle Lake Camping Trip- July 19-20, Field and Family Day-, CYS Lock-In- July 27-28, Six Flags Trip- Aug. 2, Wild Island Trip- Aug. 9, and our annual Family Lake Trip- Aug. 16, Aug. 21. This is going to be a fun filled summer so don't miss out, register your youth with CYS. Please be sure to

have permission slips in by deadlines or the participant will not be allowed to attend. If you are interested in chaperoning for any of the trips or have questions or concerns please feel free to contact Marsha Olsen at 827-4696.

### CYS Sports

If your child is interested in playing soccer but you're tired of driving to Susanville for games, good news parents, we are now starting a local league. Fall soccer registration is going on now; the deadline for fall soccer is July 27. Please don't wait for the last minute to sign up, teams are filling up fast. If you have questions or concerns, please feel free to contact CYS 827-4696 and ask for our sports director Katie Eggers.

### CONGRATULATIONS!!!

Tawni Berry for winning first place in the BGCA Regional Photography contest. We're proud of you!!! Tawni's photograph will go on to compete at the National level.

## Now sending a package is as easy as "CLICK-N-SHIP"

By Christine Brown  
Herlong Postmaster

Looking for an easy way to send a package? Now all you have to do is "Click-N-Ship®"!

With Click-N-Ship from the U.S. Postal Service, you can ship things without leaving your home or office. All you need is a computer, a printer and a Internet connection, and you print labels with or without postage. Click-N-Ship calculates rates, finds a ZIP Code™, standardizes and saves addresses, keeps a history of your online shipping and accepts major credit cards—all at one convenient web site location.

What's more, with Online Insurance, you can buy coverage of up to \$500 for your packages at the same time you prepare your mailing labels. No extra transactions are required and no additional forms, labels or stickers

are necessary. With just a few extra keystrokes, you get protection and peace of mind for your packages at the same low price you'd get by driving to the Post Office.

With Click-N-Ship, you can use flat-rate Priority Mail boxes—available in several convenient sizes at one consistent shipping rate. Or if you prefer, you can weigh, pay for, and ship your own Priority Mail or Express Mail packages right from your office or home. You even get Delivery Confirmation™ service at no extra charge when you arrange for shipment online and use Priority Mail. And if you need global service, Click-N-Ship can help you use Priority Mail International or Express Mail International.

For more information, just go to [www.usps.com/clicknship](http://www.usps.com/clicknship). And you'll be "clicking" and "shipping" in no time!

## ANDY (From Page 11)

Belief in the idea that a few unsafe Andy's cause most accidents is widespread. But in reality, every one of us is an Accident Prone Andy at various times in our lives. We are distracted by marital or family problems. We may be

unable to get a decent nights sleep. We are having medical problems. Or sometimes we just have a bad day or week for any number of other reasons. All these conditions are absolutely normal human behavior. The safe design of

equipment and process units assumes that workers will have occasional bad days and will make mistakes. When the workplace is designed and maintained safely, we don't need to fix or fire the workers.

# MWR Services

### Skedaddle Inn Meeting Center

The Skedaddle Inn Meeting Center/Lounge is now open Monday through 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 827-4360 or email: [skedaddle.inn@sierra.army.mil](mailto:skedaddle.inn@sierra.army.mil). Business hours are Monday through Friday, 6:30 a.m. to 5:00 p.m.

### Sierra Lodge/Guest House

Call the depot lodging manager, 827-4544, or email: [skedaddle.inn@sierra.army.mil](mailto:skedaddle.inn@sierra.army.mil) for information. Room rates from \$50.00 - \$60.00 per person.

### Sierra Bowling Center and Snack Bar

Open Monday through Thursday, 11:00 a.m. to 8:00 p.m.; Friday

and Saturday, 11:00 a.m. to 5:30 p.m.; closed on Sunday. Call 827-4442 for information. Check out the Lunch Specials that are advertised Monday through Thursday. Delivery available on all orders received before 10:30 a.m. Contact the Snack Bar to book your birthday packages and holiday parties early.

### 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. There is no charge for general use for military and depot personnel. For other authorized patrons, there is a \$2.00 daily charge with special monthly rates available. Regular membership is \$20.00, premier membership is \$40.00. A tanning bed is also available at a rate of \$6.00 per tan or a monthly

rate of \$35.00. Use of the Racquetball Courts is only \$3.00 per hour.

Now available - Prepaid orders for custom hats, jackets, and shirts with depot logos.

ITR is available at the Physical Fitness Center. For more information call 827-4655 or email [ITR@sierra.army.mil](mailto:ITR@sierra.army.mil) or [ok.fern@sierra.army.mil](mailto:ok.fern@sierra.army.mil).

Sign ups are now being accepted for racquetball tournament, flag football league and the basketball tournament.

### Outdoor and Equipment Rental

*A safety class is no longer required to rent ATVs.* For information call the fitness center during regular gym hours for fall and winter equipment availability at (530)827-4655 or send an e-mail to [fitness.center@sierra.army.mil](mailto:fitness.center@sierra.army.mil).

### Laundromat

Open daily, 6:00 a.m. to 10:00 p.m. in building 142. Cost for wash, \$1.25 and \$.50 cents with a longer drying cycle. Please call 827-4655 for additional information.

### Recycling Center

Open Monday through Thursday, 6:30 a.m. to 5:00 p.m. Call 827-4504 or email [christopher.long@sierra.army.mil](mailto:christopher.long@sierra.army.mil) to schedule a pick up or service.

### MWR Office

The Administrative Assistant can be reached at (530) 827-4497, Monday through Thursday, 6:30 a.m. until 5:00 p.m., or send an email to [bonita.weaver@sierra.army.mil](mailto:bonita.weaver@sierra.army.mil). Business Office is (530) 827-4178 or (530) 827-4609.

# The case of Accident-Prone Andy

In every plant there is always at least one worker who has the reputation of being a hazard to themselves and others. Let's call this person Accident Prone Andy. Some corporate safety consultants subscribe to the theory that a handful of unsafe workers are responsible for a significant percentage of all accidents. Behavior modification programs will give lots of attention to Andy. He will be encouraged to change his ways. Maybe he will work safer. If he continues to have accidents, the discipline



program will be used. If that still doesn't work, Andy might be fired. Another way that corporations deal with the notion of accident prone workers is to attempt to not hire them by using screening programs. One such program is BST's Job Candidate Profile. BST promises employers that by purchasing this personality profile test, accident prone workers and other problem employees can be weeded-out. BST curiously warns that their "good" employee screening test is

only appropriate for hourly workers, not for management staff.

So what kinds of "safety" questions does the BST test ask? Here are a few examples which the prospective worker is asked to agree or disagree with:

*The police should be given more power.*

*This country needs higher moral standards.*

*There is too much crime today.*

*The old-fashioned values are best.*

It is hard to tell from questions like these whether management and BST are looking for safe workers or if they are recruiting for a conservative political organization.

If the theory of the accident prone worker is true, then by modifying or firing and by not hiring all the Andy's we will have finally created a safe workplace. But is this true? Will there be fewer fires and explosion caused by thin piping systems and by poorly maintained pumps and compressors? Will there be less welding done on running process units? Will contractor companies start giving equal training to their workers to that received by employees of the host company? Modifying or firing all the Andy's leaves intact the unsafe safety systems which need to be changed in order to create a truly safer workplace.

See ANDY Page 10

## Helpful hints to decrease the back pain

### Managing Low Back Pain

*The key to managing low back pain is to understand it and know when to ask for help from a doctor. This brochure provides a brief overview of how to recognize, understand, and safely treat your low back pain.*

**Rules To Live By**

- Lose weight. Extra pounds, especially around the middle, increase stress on the lower back.
- Don't smoke. Smoking can interfere with blood circulation to the lower back, while a constant cough can bring on a back spasm.
- Reduce stress. Economic worries, family pressures, and fatigue can cause back spasms or tense muscles. Daily exercise is an excellent way to relieve stress.
- Walk short distances instead of driving.
- Climb a few flights of stairs instead of taking the elevator.
- Choose a sport that is easy on your back such as walking, swimming, or bicycling in an upright position.
- Be aware there are times when immediate medical attention is required (see What Are My Options?).
- Remember, most back pain from minor strains can be resolved with over-the-counter medicines and simple home treatment.

This patient education brochure, prepared by the U.S. Army Center for Health Promotion and Preventive Medicine, is a product of the partnership initiative between DoD agencies and the Veterans Administration.

The recommendations that the guidelines present were derived from a consensus of expert opinion after an extensive review of the medical literature. The guidelines were also reviewed by orthopedic surgeons, physicians, nurses, physical therapists, orthopedic physician assistants, and ergonomists from the Departments of the Army, Navy, and Air Force.

DEPARTMENT OF DEFENSE  
JANUARY 1999

### What Are My Options?

Actions you can take:

- Most back pain resulting from minor strains can be resolved with over-the-counter medicines and simple home treatment.
- If the pain gets better as time passes, or the pain is not the result of a serious injury, then successful low back treatment by yourself is possible.

See your doctor if any of the following problems occur within a few days of your back injury:

- Pain that keeps you from moving.
- Pain that runs down a leg or goes into an arm.
- Night pain that keeps you from sleeping.
- Pain that increases after a few days rest.
- Pain that does not lessen after rest and basic home treatment.

Seek immediate attention from your doctor if you have any of the following:

- Difficulty controlling your bladder or bowel movement.
- Loss of sensation in the rectal area.
- Pain following a fall or impact to the back.
- Severe leg pain down both legs, weakness, tingling, numbness, or inability to move.
- Pain that is steadily increasing over several hours.
- Chills, fever, or night sweats.
- Difficulty with balance or coordination.

### Self-Care Guidelines

#### Over-the-Counter Medicines

- Over-the-counter (OTC) medicines are available without a prescription. They are very effective for reducing inflammation, swelling, and pain. OTC pain relievers include acetaminophen (e.g., Tylenol®) and nonsteroidal anti-inflammatory drugs such as aspirin, ibuprofen (e.g., Advil® or Motrin® IB), and naproxen sodium (e.g., Aleve®). **Caution: Do not take aspirin with ibuprofen or naproxen sodium.**
- OTCs are medicines and you should take them with caution. If you are taking other medicines, talk with your doctor or pharmacist to be sure an OTC medicine will not negatively interact with any of the prescription drugs you are taking.

#### Treatment Without Medication

There are many safe and effective ways to relieve your low back pain without using medication. Sometimes these techniques are used in combination with drug treatments. Many of these pain relief methods can be used at home; others require the help of a doctor. Remember to talk with your doctor about any pain relief techniques you are planning to use.

#### Ice

- For a day or two, apply ice or a cold pack for about 20 minutes at a time, three or four times a day.
- Always wrap ice or cold pack in a thin protective layer—such as a towel or face cloth. This will protect your skin.

© Use of trademarked names does not constitute endorsement.

### Heat

- If ice has not relieved the pain after 2 or 3 days, apply moist heat.
- Wrap a hot water bottle in a towel or take a warm shower.
- Apply moist heat about 15 to 20 minutes, two or three times a day.
- Do not use heat if you injured your back in a fall, or if the heat increases your symptoms.

### Bed Rest

- Staying in bed more than a few days can cause supporting back muscles to become weaker; some movement is necessary to heal properly.

### Chronic Low Back Pain

#### X-rays

- Your doctor may order x-rays if you have persistent or recurrent low back pain.
- X-rays are usually not necessary in the beginning of low back pain treatment. This is because back muscles, ligaments, and discs do not show up on x-rays.
- X-rays are necessary for significant trauma (a fall or blow to the back), or for older patients with severe degenerative conditions (brittle bones).

#### Surgery

- Surgery is most often not needed. Nonsurgical treatments, exercise, and good body mechanics are usually effective at relieving low back pain.
- For complicated disc injury, surgical treatment may be necessary depending on the type of back injury. Consult your doctor about surgical options.

### Treating Your Own Back

Recovery from an acute injury takes some time. It is important to increase your activity gradually so you do not increase your discomfort.

If you suffer from an acute back injury—

- Perform stretches in a smooth motion and hold the position for a few seconds; do not bounce or jerk while stretching.
- Do these stretches and exercises after a day or two of rest, if rest is necessary.
- Get your muscles ready for activity by stretching. This reduces the tightness in muscles and provides them with more blood flow.
- You may experience some discomfort when doing these exercises. If the discomfort increases and remains the following day, consult your doctor.
- Devote just 10 to 20 minutes a day to the health of your back. It will aid your recovery and help prevent further injury.

#### Press-Ups

1. Lie on your stomach with your legs straight and feet together. 2. Prop up your upper body with your forearms. 3. Push upward while keeping your pelvis on the floor. 4. Hold for five seconds. 5. Gently lower yourself to the floor. Remember to keep your forearms in contact with the floor at all times. 6. Repeat five times.

#### Lower Back and Hip Stretch

1. Lie on your back with knees bent and feet flat on the floor. 2. Press your lower back onto the floor. 3. Grasp one knee with both hands and pull toward your chest keeping your head on the floor. 4. Keep the other knee bent and foot on the floor. 5. Hold for a count of ten. 6. Return to starting position. 7. Repeat with the other leg. 8. Repeat ten times on each leg for three sets.

#### Backward Stretch

1. Stand upright.
2. Place your feet a shoulder width apart.
3. Place your hands on your lower back.
4. Lean backward while keeping your neck straight.
5. Lean further back until you feel a slight stretch in your back.
6. Hold for a count of five.
7. Return to the upright position.
8. Repeat three or four times.

#### Pelvic Tilt

1. Lie on your back. 2. Bend your knees at a 90-degree angle. 3. Tighten stomach muscles and buttocks. See Figure A. 4. Slowly push your lower back downward. 5. Hold your back in this position for five seconds. See Figure B. 6. Slowly return to normal and relax. See Figure A. 7. Repeat five times.

### Good Body Mechanics Can Protect Your Back

#### Getting out of bed.

1. Roll on your side and push your body up with your arms.

#### Getting out of a vehicle.

1. Use the steering wheel as leverage to help pivot your lower body out of the car. 2. If possible, slowly swing legs out of the car at the same time to prevent twisting your back. 3. Use the door for support as you raise your body with your legs.

#### Sitting.

While sitting at work or at home, try to maintain good posture. 1. Keep your knees at a 90-degree angle. 2. Keep your feet flat on the floor or on a footrest. 3. Use a back support or a rolled up towel to support the normal curvature of your lower back. 4. Keep your ears, shoulders, and hips in a straight line perpendicular to the floor. 5. Bend your elbows at about 90 degrees, with your wrists parallel to the floor. 6. Allow your arms to rest on the soft armrests of a chair. This will also relieve some compression on your lower back.

#### Lifting.

1. When lifting, keep the object close to your body. 2. If the object is on the floor, widen your stance (slightly outside of shoulder width) and bend only at the hips and the knees. 3. Keep your back in its normal arched position while lifting. 4. Do not lift by bending forward and using your lower back. 5. Do not twist while you are lifting. 6. Take a breath and breathe out as you exert yourself during the lift. 7. Tighten your stomach muscles and begin the upward lift by using your legs. 8. If you are carrying the object, be sure to keep it close to your body and maintain a straight spine.



### ACCIDENT FREE WORK CENTERS

The accompanying chart depicts the current results of the Commanders Initiative on an Accident and Injury Free Workforce for the first 120-day periods of performance and the majority to the second 120-day periods of performance (ends Jul.14). Those organizations in red have at least one accident or reportable injury (an injury which resulted in lost time or medical expense).

Safety Metrics By Work Center		1st Cycle 11-15-2006 3-14-2007	2nd Cycle 3-15-2007 7-14-2007	3rd Cycle 7-15-2007 11-14-2007	Annual Cycle 11-15-2006 11-14-2007
o Ofc Dir of Mission OPS	41000	A			
o Prod Planning & Control Div	43000	A			
o Shops Division Ofc	44000	A			
o Mechanical Repair Branch	44100	P	1	2	
o Painting Branch	44200	P	1		
o Metal Working Branch	44300	P	1	1	
o Box Fabrication Branch	44400	P			
o Small Arms Team	53000	P			
o Logistics Division Ofc	46100	A			
o Inventory Branch	46200	P			
o Install Sup Acty Br	46300	A			
o Storage & Dist Div Ofc	47000	A			
o Contain & Assembly Br Ofc	47510	A			
o COSIS Section	47520	P	1		
o Packaging & Pres Section	47530	P		1	
o Receiving Section	47540	P			
o Assembly Section	47550	P			
o Central Receiving & Stor Br	47490	A			1
o Outside Storage Section	47420	P			
o Central Receiving Section	47430	P	1		
o Warehouse Storage Sec	47440	P	2	1	
o Internal Rail Branch	47300	P	1		
o AJI Operations Branch Ofc	47610	A			
o Central Shipping Section	47620	P	2	1	
o AJI Receiving Section	47630	P	2		
o AJI Storage Section	47640	P	4	1	
o AJI Outside Storage Section	47650	P			
o Movement Control Section	47660	P	1	1	
o AJI Hazardous Storage Section	47670	P	2		
o Transportation Division Ofc	45000	A			1
o Ammunition Division	80000	P			
o Quality Control Division	48000	P			
o Small Arms Repair Division	53000	P			
o Ofc of Commander	01000	A			
o Legal Ofc	2800	A			
o Contracting Ofc	04000	A			
o Internal Review & Audit Comp Ofc	05000	A			
o Ofc of the Dir of Resource Mgmt	11000	A			
o Budget & Manpower Div	12000	A			
o Finance & Accounting Division	13000	A			
o Garrison Mgmt Ofc	Y9000	A			
o EEO Ofc	03000	A			
o Quality Engineering Ofc	06000	A			
o LEAN Branch	06100	A			
o Quality Assurance Branch	06200	A			
o Public Affairs Ofc	07000	A			
o Strategic Planning Ofc	08000	A			
o Ofc of the Dir Community Support	21000	A			
o Community Activities Division	23000	A			
o ADCO Ofc	24000	A			
o Training Ofc	25000	A			
o Ofc Dir of Risk Management	X0000	A			
o Law Enforcement Div	X2000	P	2		
o Security & Intelligence Branch	X2400	A			
o Fire & Emerg Services Division	X3000	P	1		
o Safety Division	X5000	A			
o Environmental Division	X6000	A			
o Ofc of the Dir of Base Support	3A100	A			
o Eng, Plans, & Svs Div Ofc	3A210	A			
o Engineering Branch	3A230	A			
o Supply & Maintenance Ops Div	3A300	P		1	
o Maintenance Division Ofc	3A310	A			
o Buildings & Grounds Branch	3A320	P	1	2	
o Utilities Branch	3A330	P	1		
o Production Support Branch	3A340	P			
o Ofc Director Info Mgmt	E9000	P			

## Change of Command to take place at Sierra Army Depot



Sierra Army Depot will once again hold their change of command ceremony. The ceremony is scheduled for July 26, here at 10 a.m. on the parade field located across from Building P-1 (old headquarters).

Lt. Col. Brian D. Butler will at that time relinquish the command that he has had for the past two years to Lt. Col. Lee H. Schiller, Jr.

Lt. Col. Lee Herbert Schiller, Jr., is a native of Baltimore, Maryland and 1988 graduate of Western Maryland College. Commissioned as a Medical Service Corps officer, he first served at Fort Campbell, Kentucky. His assignments there included Assistant S-4 and Platoon Leader in the 86<sup>th</sup> Evacuation Hospital; Medical Platoon Leader of the 2-502 Infantry Battalion (Air Assault) during Operation Desert Shield/Storm; Company Executive Officer in the 326<sup>th</sup> Medical Battalion; Chief of Logistics for Medical Element, Joint Task Force Bravo-Honduras and Division Medical Plans Officer, 101<sup>st</sup> Airborne Division (Air Assault). After completing the Officer Advanced Course, Schiller was assigned as the Charlie Company Commander for 2<sup>nd</sup>

Forward Support Battalion, 2<sup>nd</sup> Infantry Division, Camp Hovey Korea. Upon returning from his overseas tour, he served at the Joint Readiness Training Center, Fort Polk, Louisiana as a Platoon and Company Observer Controller. Schiller was then assigned as a Small Group Instructor for Project Warrior at the Army Medical Department Center and School. After attending Command and General Staff College and completing his Masters in Healthcare Administration at Baylor University, he served as the Executive Officer for the 28<sup>th</sup> Combat Support Hospital (CSH) at Fort Bragg, North Carolina. Following his deployment to Operation Iraqi Freedom with the 28<sup>th</sup> CSH, he continued his assignment at Fort Bragg as the Executive Officer for the Womack Army Medical Center. Returning to his home state, he served the last two years as a Deputy Commander for the Fort George G. Meade Medical Treatment Facility.

His awards and decorations include; Bronze Star Medal (1OLC), Meritorious Service Medal (4OLC), Army Commendation Medal (2OLC),  
**See SCHILLER Page 4**