



Fort Detrick The Standard

A Sustainable Community of Excellence



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New Army Surgeon General Visits USAMRMC

By Crystal Maynard
USAMRMC Public Affairs

Lt. Gen. Nadja West, the newly appointed Army Surgeon General and U.S. Army Medical Command commanding general, visited the U.S. Army Medical Research and Materiel Command March 3.

West was confirmed as the Army Surgeon General in December 2015. As the Army Surgeon General, West oversees the U.S. Army Medical Command, which is composed of three regional health commands, the USAMRMC and the Army Medical Department Center & School.

West coordinated her visit prior to participating in a hearing March 9 with the Senate Appropriations Committee's Subcommittee on Defense, to review the fiscal year 2017 budget request for the Defense Health Program.

"Lt. Gen. West is not a stranger to the USAMRMC," said Maj. Gen. Brian C. Lein, commander of the U.S. Army Medical Research and Materiel Command and Fort Detrick. "During her visit, we were able to share some of the latest ground-breaking research and work being conducted by the medical commands at Fort Detrick prior to such an important hearing."

After meeting with Lein and other members of the USAMRMC leadership team, West met with USAMRMC subject matter experts, learned more about the command's vast research portfolio and was able to see firsthand a sampling of the products and programs being developed to ensure our Armed Forces remain in optimal health and are equipped to protect themselves from disease and injury, particularly on the battlefield.

In addition to being the Army Surgeon



PHOTO BY CRYSTAL MAYNARD, USAMRMC PUBLIC AFFAIRS

During a visit to the U.S. Army Medical Research and Materiel Command, Army Surgeon General and U.S. Army Medical Command Commanding General Lt. Gen. Nadja West reconstitutes freeze dried plasma with the help of Andrew Atkinson, U.S. Army Medical Materiel Development Activity product manager, as USAMRMC Acting Principal Assistant for Research and Technology Dr. George Ludwig looks on.

General and MEDCOM commander, West is the first black female three-star general and the highest ranking female to graduate from West Point.

The Army Surgeon General provides advice and assistance to the Secretary of the Army and Army Chief of Staff on all health care matters pertaining to the U.S. Army and its military health care system. West is responsible for the development, policy direction, organization and overall management of an integrated Army-wide health service system. These duties include formulating policy regulations on

health service support, health hazard assessment and the establishment of health standards.

"It was my honor to not only congratulate Lt. Gen. West on making Army history but to also provide her the information that she required to present to key decision makers during the hearing," said Lein. "Lt. Gen. West has a very important job of making sure that we here at USAMRMC are able to continue our work in ensuring that the Warfighter is protected and ready for whatever threats they may face in the line of duty."

Fort Detrick Seminar Focuses on Mindful Eating



By Shannon Bishop
USAG Public Affairs

Just a few months after New Year's, how many of you are still following through with your resolutions to eat healthy and get in shape? It's hard to stay motivated, especially with the weather getting warmer and families are starting to fire up the grill and prepare summer foods. One seminar at Fort Detrick is working to help people stay on track with those New Year's resolutions.

Last week, a small group gathered to discuss and learn about how to be mindful with the food they eat in order to improve their health and avoid long term health concerns such as obesity, diabetes, arthritis, stroke and heart attack.

"It's important to plan ahead," said Exceptional Family Member Program Manager Michelle Hewitt. "When you plan ahead you won't eat mindlessly, which often times leads to overeating and consuming unhealthy foods."

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Celebrating Women's History Month

March is Women's History Month, and at this time I would like to take this opportunity to talk about the important role women play as history makers, world leaders, inventors, physicians, mothers, Service Members... the list goes on and on.

Women continue to shape American history through innovation, leadership and service. Throughout history, women have shown their strength and their commitment to our country by serving in the U.S. military; and today, women make up about 15% with over 35,000 serving as officers in our military. Starting with the Revolutionary War, women would disguise themselves to serve alongside men. Cathy Williams was one such woman who disguised herself to serve amongst the Buffalo Soldiers; her biography is placed in the foyer section of the U.S. Army Garrison command suite. Williams is only one example of the courage and fortitude shown by women to stand and fight for what they believe in. I am proud of the contributions women have made in our military as our diversity is what sets the U.S. Armed Forces apart as the worlds greatest. The Pentagon's recent announcement that all combat positions will be open to women will continue to break down the gender-barriers.

As the senior enlisted advisor for the U.S. Army Garrison Fort Detrick, it is my job to lead by example; to strengthen those under my guidance and to encourage excellence in developing strong character and integrity. Whether male or female, when called to serve, we are unified in mission and purpose.

March is a chance to reflect on the accomplishments women have made throughout history. Women's History Month came about in February 1980 when President Carter issued the first Presidential Proclamation declaring the week of March 8th, 1980, as National Women's History Week. According to the National Women's History Project, in the same year, Representative Barbara Mikulski, who at



Command Sgt. Maj. Franklin D. Jordan
U.S. Army Garrison Fort Detrick Command Sergeant Major

the time was in the House of Representatives, and Senator Orrin Hatch, co-sponsored a Congressional Resolution for National Women's History Week 1981. This co-sponsorship demonstrated the wide-ranging political support for recognizing, honoring and celebrating the achievements of American women.

By 1986, 14 states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rationale to lobby Congress to declare the entire month of March 1987 as National Women's History Month. In 1987, Congress declared March as National

Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women.

One woman in particular, who is not only influential on the world stage, but has a direct impact on us here at Fort Detrick as well, is Lt. Gen. Nadja Y. West. In December 2015, West was named the 44th U.S. Army surgeon general and commanding general of the U.S. Army Medical Command, making her the first black woman to achieve that rank in the United States Army. West is the first black Army surgeon general, the first black female active-duty lieutenant General and the first black female lieutenant general in Army Medicine. She is also the highest ranking female to have graduated from the United States Military Academy.

When West was promoted to major general in 2013, she said "My parents taught me to work hard and be the best I can be and things will work out. I'm just really honored. If anything at all, I hope I can be an inspiration to any one or any group that has not seen themselves in certain positions. We all want to see people who look like us doing certain things to give us inspiration. Hopefully, I can inspire someone to be able to say, 'I can do that.'"

As we celebrate Women's History Month, let us take a look at our own history, and who we truly are. Who has molded our character? Who has made an impact on our lives? To know where we are, we have to know where we've been. I would encourage all of us to reach out to our great-grandmothers, our grandmothers, our mothers, our aunts, our sisters and other women in our lives to hear their stories, understand where they've been and the challenges they've overcome. It seems as though women have often times been left out of the history books, so let's change that by knowing our own history, changing our future and remembering to thank those women in our lives who have made an impact.

Upcoming Events

Installation Town Hall / Awards Ceremony

March 22
1 p.m.

Fort Detrick Auditorium

All Fort Detrick organizations are welcome to attend and submit employees to recognize at the awards ceremony. Call (301) 619-2503 for more info.

AER Run

March 31
6:30-7:30 a.m.
Blue and Gray Field

Veterinarian Clinic

April 2
9 a.m. to 3 p.m.
Fort Detrick Auditorium
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Chaplain's Corner

A Better Army, Because You Served

Elvira "Ella" E. Gibson Hobart served as the first female chaplain in the U.S. Army during the Civil War. She served with the 1st Wisconsin Regiment of Heavy Artillery, then U.S. Secretary of War Edwin M. Stanton never endorsed her and refused to commission her as an officer in the U.S. Army. 100 years after her death, at the age of 79, Ella Gibson Hobart was posthumously granted her commission as a captain in the Chaplain Corps of the U.S. Army (Monadnock Ledger-Transcript, Alyssa Dandrea, May 23, 2013); her commission granted as part of the 2001 appropriations bill.

It would not be until almost 100 years later that the first officially recognized and commissioned female chaplain would join the Chaplain Corps of the U.S. Army. In July 1974, ([http://www.army.mil/article/122458/-Women in the U.S. Army Chaplain Corps](http://www.army.mil/article/122458/-Women_in_the_US_Army_Chaplain_Corps), Megan Doyle, March 24, 2014) Reverend Alice M. Henderson of the African Methodist Episcopal Church attended the U.S. Army Chaplain School at Fort Hamilton, New York, in the summer of 1974; before moving on to serve at Fort Bragg, North Carolina (The Day, New London, Connecticut, George Dullea, August 17, 1974).



Since 1974, women have been answering the call to serve God and country; to serve the men and women of the U.S. Army. They have been providing pastoral care, spiritual guidance, encouragement and a unique perspective, one that has made the Army a better organization.

Chaplain (Lt. Col.) Karen Meeker and I began our chaplain careers together in the summer of 1993. We both attended the United States Army Chaplain School at Fort Monmouth, New Jersey, as chaplain candidates. It would not be until twenty years later, in 2013, that we would meet again at Fort Bliss, Texas; Meeker was assigned as the division chaplain for the 1st Armor Division and I was serving as the family life chaplain for Fort Bliss. Meeker's career reads like a who's who story; she has served in the 101st, Special Operations, several deputy chaplain positions, executive officer for the chief of chap-

lains and then division chaplain. Her professional career is stellar and without reproach; so many things that make her not only a great Soldier, but the, calling, pastoral skill, spiritual maturity and proclamation skills that make her an even better chaplain. The Army is a better place because women like Meeker have been able to serve and make a difference in the lives of Soldiers and families; differences that last not only for a career, but for a lifetime.

Meeker is only one of many other women who have answered the call to serve as chaplains in the U.S. Army. I have been privileged to work with several others over the years and see the difference they make. The unique perspective of women adds to the effectiveness of caring for Soldiers and thus adds to the effectiveness of the Army. Thank you to the women who serve in the U.S. Army across all branches. From one chaplain to another, thank you to all the women who have been part of the Chaplain Corps of the U.S. Army. Thank you for being a part of a great team, caring for the religious needs of our Soldiers and families; you make the Army a better place to serve.

God Bless, Chaplain Michael Jeffries

#FLASHBACK FRIDAY

St. Patrick's Day Begins in the U.S.

By Nick Minecci
USAG Public Affairs

Saint Patrick's Day is a widely celebrated holiday in the U.S. among religious and non-religious people alike, but few know the first parade honoring the Catholic feast day of Saint Patrick, the patron saint of Ireland, was held in New York City on March 17, 1762, by Irish Soldiers serving in the British Army.

Saint Patrick was born in Britain in the late 4th century to a Christian family of Roman citizenship. Patrick was taken prisoner at the age of 16 by a group of Irishmen who attacked his family's estate, then transported him to Ireland where he spent six years in captivity before escaping and returning to Britain.

Patrick believed he was called by God to Christianize Ireland, joined the Catholic Church and studied for 15 years before being consecrated as the church's second missionary to Ireland. him began his mission to Ireland in 432, and by his death in 460, the island was almost entirely Christian.

When Irish settlers, many of whom were indentured servants, began arriving in



the American colonies, they brought the Irish tradition of celebrating Saint Patrick's feast day to America. The first recorded Saint Patrick's Day parade was held in New York City in 1762, not in Ireland, and as more Irish immigrants made their way to the United States in the mid-19th century, the March 17 celebration became widespread.

Motorcycle Inspections Help Soldiers Ride Safely

By Ellen Crown
USAMMA Public Affairs

Fort Detrick, with its backdrop of the Catoctin Mountains and never-ending country roads that wind through Central Maryland, is a motorcycle rider's dream.

But for Soldiers stationed on post, that dream can quickly turn into a nightmare — if they don't play it safe.

Motorcycle safety includes knowing your bike. Riders must know how things should look and feel for optimal performance. One primary way of knowing your bike is through routine inspections.

"A bike that is routinely inspected not only performs better but also will be more dependable—not to mention safer," said Greg Pugh, who spent seven years in the Army and now works at the U.S. Army Medical Materiel Agency. "Routine inspections give a rider a general idea about the mechanics, as well as the systems of the motorcycle. Inspections also help a rider know what



PHOTO BY ELLEN CROWN, USAMMA PUBLIC AFFAIRS

Chief Warrant Officer 4 Wendell Johnson, the chief of the U.S. Army Medical Materiel Agency's National Maintenance Program, complete a motorcycle safety inspection March 8 with Greg Pugh, also assigned to the USAMMA. Annual motorcycle safety inspections are a requirement for all Soldiers.

may need to get repaired to reduce premature mechanical or systems failure that could lead to an accident"

Pugh has been riding motorcycles for 23 years. As the weather warms up, he inspects each Soldier's motorcycle at

the USAMMA to ensure it is in good working order. Annual motorcycle safety inspections are a requirement for all Soldiers who operate motorcycles. Civilian employees may also request courtesy inspections.

The inspection process, developed by the internationally recognized Motorcycle Safety Foundation, is called "T-CLOCS" and includes a thorough review of the bike's:

- Tires
- Controls
- Lights
- Oil
- Chassis
- Sidestand

Pugh also reviews the rider's registration information and gear. Motorcycle drivers and riders on Fort Detrick must wear "approved protective helmets, eye protection, hard-soled shoes, long trousers and brightly colored or reflective outer upper garments," according to Fort Detrick Regulation 190-5.

Helmets are the law — and common sense. Data from the Centers for Disease Control and Prevention cite that helmets reduce the risk of head injury by 69 percent and reduce the risk of death by 37 percent.

Chief Warrant Officer 4 Wendell

Johnson, the chief of the USAMMA's National Maintenance Program, completed his inspection with Pugh March 8. Although he has been riding motorcycles for 15 years, he said he still takes the Army's safety process seriously.

"Riders should never be overconfident," said Johnson. "Don't overestimate your skills. Remember your training and respect your gear. When riders forget those things, they can take unnecessary risks and end up hurting themselves or someone else."

To keep new and returning riders sharp, the USAMMA also participates in the Army Motorcycle Mentorship Program, which is an established voluntary installation-level motorcycle club where less experienced riders and seasoned riders can create a supportive environment of responsible motorcycle riding.

May is National Motorcycle Safety Awareness Month, sponsored by the National Highway Traffic Safety Administration.

Kemper Frocked to Captain to take Command of NEMSCOM

By Julius L. Evans
NMLC Public Affairs

On a brisk morning on the deck of the mighty warship that rests in the Baltimore Inner Harbor, family and friends gathered to witness a rare ceremony March 5 aboard the USS Constellation.

Cmdr. Michael J. Kemper, executive officer of the Naval Medical Logistics Command, Fort Detrick, Maryland, and future commanding officer of the Navy Expeditionary Medical Support Command, Williamsburg, Virginia, was frocked to the rank of captain.

A frocking ceremony grants officers selected for promotion and, if required, confirmed by the U.S. Senate but not yet promoted, the right to wear the insignia and uniform, and assume the title of the next higher grade. Naval officers are rarely frocked.

"As long as I have been in the United States Navy, I have never witnessed a Medical Service Corps officer frocking ceremony," said former acting director of the Defense Health Agency's Medical Logistics Division Capt. Bernie Poindexter, who was also the previous commanding officer of the NMLC and now retired.

Yet, there were many people on hand to witness this ceremony. From as far away as Alaska, relatives made the journey to see the donning of new shoulder bars and insignia.

Kemper was flanked by his wife, Renee, and sons, Michael Kemper, Jr., from Charlotte, North Carolina, and Patrick Kemper, a student at Florida Gulf Coast University in Fort Myers, Florida. Other family members who attended included his mother, Virginia Kemper, and brother, Chuck Kemper, from Navarre, Florida; his sister and brother-in-law, Tina and Tom Collins, from Chugiak, Arkansas; his aunt, Cecelia Smith, from Pensacola, Florida; and his mother-in-law, Marie Vandervort, from Philadelphia, Pennsylvania.



PHOTO BY JULIUS L. EVANS, NMLC PUBLIC AFFAIRS

Family members and friends look on as Naval Medical Logistics Command Commanding Officer Capt. Mary Seymour reads the authorization governing frocking a naval officer before donning his new shoulder bars. Cmdr. Michael J. Kemper, executive officer of the NMLC and future commanding officer of the Navy Expeditionary Medical Support Command in Williamsburg, Virginia, was frocked to the rank of captain March 5 aboard the USS Constellation in the Baltimore Inner Harbor.

NMLC Commanding Officer Capt. Mary Seymour presided over the ceremony. During her comments, she thanked Virginia Kemper for "doing a fine job raising a son who is one of the hardest working gentlemen she knows." She also added, "He treats everyone with the utmost respect, regardless of their rank or position."

After the formal aspects of the ceremony, Kemper shared a few words with his guests. He regretted that his deceased father, an Air Force veteran, was unable to attend; but he continued by thanking his family for traveling considerable distances to witness the ceremony. About his brother, he said, "I am not the first captain in the

Kemper family. Chuck is a charter boat captain, so he holds that proud distinction."

He also thanked Seymour and said, "It was an honor and a privilege to have served as your executive officer. In particular, I learned the importance of accountability and the value of having frank and honest discussions." He mentioned several other valuable traits he learned from Seymour and then directed his comments toward two other fellow captains. "We would not be having this ceremony if it were not for the role Capt. James 'Bernie' Poindexter and Capt. Edward Sullivan played in guiding and mentoring me."

Sullivan will relinquish the commanding officer role of the NEMSCOM to Kemper in April.

Kemper's career met the established requirements that allowed his service record to be reviewed and designated him as one of the few people selected for frocking. He then served as the assistant commandant and Navy company commander at the F. Edward Hubert School of Medicine, Uniformed Services University of the Health Sciences in Bethesda (2006 to 2009). He also held a faculty appointment in the School of Medicine as an assistant professor in military/emergency medicine. In 2009, he performed a 7-week fellowship at the Center for Naval Analyses in Alexandria, Virginia. He then reported to the Bureau of Medicine and Surgery Contingency Support Division later in 2009 and conducted analysis and supervised the sourcing of individual augmentee personnel for all of Navy Medicine's contingency support operations. Kemper deployed to Qatar in 2011 and served as the Special Operations Command (Central) medical material officer and Combined Forces Special Operations Component Command deputy surgeon. He then reported to the NMLC in October 2011 and assumed the duties and responsibilities as director, Medical Equipment and Logistics Solutions. In June 2014, he became the executive officer.

Selected as the next commanding officer of the Navy Expeditionary Medical Support Command, Kemper will hold his change of command ceremony April 29 in Williamsburg, Virginia.

As the ceremony came to a close, Kemper was mindful to thank his wife, Renee, for the tremendous impact she had in supporting him and his career, as well as in raising a loving family.

"Even though we are complete opposites, she completes me. There's no better way to acknowledge and recognize this than the fact that we will be celebrating our 30th wedding anniversary later this year," said Kemper.

No Stopping Youth Sports at Fort Detrick



PHOTO BY CHARMAYNE MCCLARINE, FORT DETRICK CYSS

The Fort Detrick Child, Youth and School aged Services held their youth sports banquet March 9, acknowledging soccer and basketball athletes for the 2015-2016 season. The banquet, held at the Community Activities Center, included a video presentation highlighting the accomplishments of the youth sports teams. The night also introduced the Fort Detrick's U12 boys' basketball team as the 2015-2016 Maryland Youth Basketball Association Champions.

Pictured- (left to right) Coach Reggie Mose, Johvon Mose, Khaliq-ali Connor, Amiel Diaz, Matthew Rogge, Larry Mack, Garrett McCutcheon, Reginald Snowden, Maxwell Harriday, Samuel Kamara, Bennett Rogge, Larry Smith, Jr. and Coach Charles Harriday.



PHOTO BY CRYSTAL MAYNARD,
USAMRMC PUBLIC AFFAIRS

Bishop Retires

The U.S. Army Medical Research Acquisition Activity Director of Contracting Brian E. Martin (right) presents the USAMRAA Chief of Staff Robert D. Bishop (left) with his certificate of retirement during a ceremony Feb. 23 at Dutch's Daughter in Frederick, Maryland. Bishop retired after 39 years of government service.

FOOD

Continued from page 5

Fort Detrick Military Life Counselor, Anita Gonzales, spoke to the group of 12 on how to better understand the impact their diet has on their long term health.

According to the Centers for Disease Control and Prevention, about 35% of U.S. adults are obese. Obesity has been linked to heart disease, stroke, type 2 diabetes and certain types of cancer, all of which can be preventable.

"Sometimes people eat because they are bored, lonely or angry," said Hewitt. "This class was designed to help individuals internalize what they already know about eating healthy. My hope is that the group learned something that might be able to help them prevent or kick bad habits when it comes to being mindful of what they eat."

The EFMP plans to host additional seminars in the future which relate to the Performance Triad. The next course, focused on exercise and chronic illness, will be held Thursday, May 12 from 11:30 a.m. to 1 p.m. in Building 1520, Room 9. For more information about Mindful Eating, or upcoming seminars, call (301) 619-3385.

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2016 Bench Press Competition Winners



PHOTO BY DON VIERRA, FMWR

U.S. Army Fort Detrick Garrison Command Sgt. Maj. Franklin Jordan presents the winners of the Fort Detrick annual Bench Press Competition with trophies March 3 at the Jennifer Odom Fitness Center. The competition was held the week of Feb. 8. Using the Schwartz/Malone Formula, with a winning score of 236, Greg Smith benched 395 pounds, while Kathleen Smith-Jones pushed out a winning score of 123, benching 160 pounds.

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WAY TO SERVE.
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Undergraduate Cybersecurity Student

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