



The next publication of The Standard is Jan. 23. If you have any submissions you would like considered for the paper please send them to usarmy.detrick.usag.mbx.pao@mail.mil by COB Friday, Jan. 16.

You can follow USAG Fort Detrick on social media for daily updates and information. On Facebook go to: www.facebook.com/DetrickUSAG and “Like” us, or follow us on Twitter: @DetrickUSAG. For Forest Glen social media go to: <https://www.facebook.com/ForestGlenAnnex> and Twitter: @ForestGlenAnnex

Announcements

- **Changes in Policy to Enter Fort Detrick and Forest Glen Annex**
Beginning January 2015 entrance into Fort Detrick or Forest Glen Annex requires clearance. Installation Access Badges are available to those who frequent the installation, pending an approved background check. For more information call (301) 619-1191 or email usarmy.detrick.usag.mbx.des-vetting@mail.mil
- **Do you drive an electric vehicle?**
We would like to hear from those Garrison and Non-Garrison Employees who have electric vehicles who would like to see car charging stations installed for a needs assessment. Please e-mail mark.s.zangara.civ@mail.mil or call (301) 619-0399.
- **Fort Detrick Toastmasters Club**
The Fort Detrick Toastmasters Club meets on the second and fourth Tuesdays in the NCI Cafeteria and Conference Center (Building 549, Fort Detrick). Meetings are from noon - 1 p.m. and are open to active duty service members, civilians, and contractors. Meetings for this month will be January 13th and 27th. The Fort Detrick Toastmasters is a welcoming club. We are here to meet your communication and leadership goals. For more information contact the President of the Fort Detrick Toastmasters Club, Mr. Chris Cason, at president@fdtm.org.

NOTE: Weekly announcements will be sent out every Thursday and will span two weeks' worth of events.

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- **Transitioning Service Members & Veterans VA Disability Application Assistance**

Date: Jan. 14

Time: 9:30 a.m. – 2:30 p.m.

Veterans of the United States Armed Forces may be eligible for a broad range of programs and services provided by the U.S. Department of Veterans Affairs. To apply for VA Benefits, veterans are required to complete certain VA Forms providing information relative to the benefit for which he/she is applying. To assist in this application process, a Disabled American Veteran Service Officer will be at Fort Detrick on Jan. 14 to provide information and prepare VA claims for veterans, their spouses and family members. Please bring a copy of your Military Discharge, DD 214 or other service record, VA Claim Number if one was issued and any VA correspondence or Rating Decision information. Appointments preferred. If you have questions or wish to schedule an appointment call (301) 619 2174. Walk-ins also welcomed if time permits.

This is a free service provided by the DAV to all Veterans, their Spouse and Dependents

- **Wondering Why You Didn't Receive Your AtHoc Message?**

Not all installation messages are sent through AtHoc as text messages. In fact, text messages delivered through AtHoc are reserved for imminent danger and base status such as closure or delay. All watches and advisories will be sent out by computer pop-up, the AtHoc Notifier App or through emails. If a personal email is entered as a contact, we are finding that these messages are going directly to spam folders instead of inboxes. Please check the spam folder first.

- **LED Traffic Light Installation**

Overhead street lights, Post-Wide, are being replaced with new LED high efficiency lighting. The work will continue through late spring 2015. Traffic may be slightly impeded at various locations around post as the crew works to change the overhead lights. The work will not require lane closures, traffic will be flagged around the work areas by the flagman onsite. Please remain alert and drive with caution. Thank you for your patience.

- **Volunteers needed at DoD STEM Experiences**

The Army Educational Outreach Program is requesting your support of the DoD STEM Experiences held on Friday, 1 MAY during the 2015 National Junior Science and Humanities Symposium (JSHS), which will be held in Hunt Valley, Maryland from 29 April – 2 May, 2015. JSHS is a Tri-Service program that encourages high school students to

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THE
FORT DETRICK WEEKLIES
ANNOUNCEMENTS, EVENTS AND TRAINING

Jan. 8 – Jan. 22

Please note:

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conduct original research in the fields of science, technology, engineering, and mathematics (STEM) . The purpose of the National JSHS is to bring together 230 high school students who qualify for attendance by submitting and presenting original scientific research papers at the regional level. Awards will be announced and presented to the first, second, and third place winning students for each STEM category at the National event.

A critical part of National JSHS is to offer JSHS finalists “DoD STEM Experiences” by allowing them to engage with DoD’s world-class STEM professionals and providing exposure to the Department’s cutting-edge research and technologies. To make these STEM experiences valuable we need individuals such as yourselves to volunteer as little as 1 hour of your time.

For more information call (301) 619-7942

- **Scholarships for Military Children**

As the Scholarships for Military Children Program enters its 15th year, more than 8,000 students have shared nearly \$13 million in scholarships. Applications for the 2015-2016 school-year awards are available at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>.

- **Officer Candidate School Board**

The next local Officer Candidate School Board will convene at 9 a.m., Feb. 18, 2015 at Building 1520 Freedman Drive in the Medal Of Honor Conference Room #208E. Completed applications must be received at the Military Personnel Division by close of business Feb. 9, 2015. Waiver exception requests must be received no later than Jan. 16, 2015. It is recommended that all applicants review MILPER MESSAGE #14-219 AHRC-ORD-A and AR 350 United States Army Officer Candidate School. All packets must be processed through their S1 office first for review. The Military Personnel Division will not accept any packets directly from individual Soldiers, only the S1’s. Points of contact for all packet submissions and questions is: Mrs. Thomas at (301) 619-3448/7311.

- **53rd National Junior Science and Humanities Symposium**

JSHS is currently seeking support from DoD scientists and engineers and research partners in academia to deliver “DoD STEM Experiences” on Friday, May 1, 2015. The event will take place in Hunt Valley, Maryland. For more information on how to get involved, call (301) 619-7942.

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JSHS is a Tri-Service program that encourages high school students to conduct original research in the fields of science, technology, engineering, and mathematics (STEM). Through JSJS, over 10,000 talented youth annually compete in 48 regional symposia covering the U.S., Puerto Rico, and DoD Dependent Schools in Europe and the Pacific to receive recognition, incentives, and scholarships for their research achievements.

Events:

<http://www.detrick.army.mil/calendar/index.cfm>

- Dr. Martin Luther King, Jr. Observance
January 23
11:30 a.m. to 1 p.m.
Community Activities Center, Bldg. 1529

Post Chapel Events:

For more information about these events, call (301) 619-7371.

- Financial Peace University
This is a nine week program that begins on Sunday, January 11.
Post Chapel Conference Room
1-3 p.m.
- Prayer Breakfast
Jan. 20
Community Activities Center, bldg. 1529
Guest speaker is Lt. Cmdr. (Ret.) Michael Johnson
- Strong Bonds Family Training
Jan. 26
9 a.m. to 4 p.m.
Embassy Suites Baltimore Inner Harbor, Maryland

FMWR EVENTS

For a complete list of upcoming events and for more information on the events listed visit the Fort Detrick FMWR website. <http://detrick.armymwr.com/us/detrick/>

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- **Aerobic Marathon**

Jan. 10, 2015, 8 a.m. - 1 p.m.

CPT Jennifer J. Shafer Odom Fitness Center - Porter Street, Building 1507

All fitness enthusiasts are invited for a fun filled day of aerobics taking on various formats, kickboxing, combo, Zumba, shape you name it we have it. The 5 hour long session will allow everyone regardless of fitness level to participate, you can join in whenever you like depending on your choice and style of aerobics.

The day promise to be exciting and fun. Come join us for a memorable day.

Cost \$10.00 per person

- **Fort Detrick Fantastic Fridays**

Jan. 16, 2015, 5 - 10 p.m.

School Age Center (SAC) - Sultan Drive, Building 949 and Child Development Center, Building 1776

When is the last time you enjoyed a kid free evening or ate a meal without interruptions? Miss those days? Then plan your date nights with CYSS Fantastic Fridays.

Dates: Every third Friday of the month from 1700-2200

Cost \$4.00 per hour

Register 24 hours before Fantastic Friday. Minimum of 5 participates required for event.

Call (301)619-7100 to register

Army Community Service Events

For a complete list of upcoming events visit the ACS website.

<http://detrick.armymwr.com/us/detrick/programs/army/>

- **Newcomers Orientation**

Date: Jan. 13, 2015, 9 a.m. - 3 p.m.

Community Activities Center, building 1529

Newcomers is an excellent opportunity to learn more about Fort Detrick and the surrounding communities. A bus tour of Fort Detrick will follow after orientation (bus tour is optional). For more information call (301)619-6364

Training

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- **Master Resilience Training**

Jan. 9, 2015, 9 - 11 a.m.

Post Chapel, Ditto Avenue, Building 1776

Master Resilience Training (MRT) is a key component of the Comprehensive Solider Fitness (CSF) Program. The concept behind the CSF program, as it relates to resiliency, is simple: being Army Strong is much more than being physically fit; it is about mental and emotional strength as well.

What does the MRT Program do?

- Enables Family members to "bounce back" from adversity and grow from current or past adversities Army Families face
- Introduces Family members to their true potential
- Focuses on "Hunting the Good Stuff"
- Develops the ability to understand the thoughts, emotions and behaviors of self and others
- Enhances effectiveness and well-being by teaching competency skills

What skills does the MRT Program focus on?

- Self-awareness
- Self-regulation
- Optimism
- Mental Agility
- Strength of Character
- Connection

Take the Global Assessment Tool (GAT) before the first class. GAT is a confidential self-assessment tool that tells you how to improve your overall health and well-being. By knowing yourself, you can stay emotionally and psychologically strong for yourself. Take the GAT on ArmyFit by logging onto <https://armyfit.army.mil>.

Training Modules and Dates:

- Jan. 9 - Introduction and ATC (Activating Events, Thoughts, and Consequences)/Hunt the Good Stuff
- Jan. 16 - Avoid Thinking Traps/ Detect Icebergs
- Jan. 23 - Energy Management
- Jan. 30 - Problem Solving
- Feb. 6 - Put it in Perspective

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- Feb. 13 - Real Time Resilience
- Feb. 20 - Identify Strengths in Self and Others/ Use Strengths in Challenges
- Feb. 27 - Assertive Communication/Active Constructive Responding and Praise

Army Community Service provides fun, interactive sessions that enhance your ability to grow and thrive in the face of military life's challenges by applying everyday skills. MRT will be conducted by the Victim Advocate Coordinator once per week. MRT is open to Service members, DA Civilians, and their Families.

For more information call (301)619-7415

- **Accessing Higher Education Course**

Jan. 21-23

Building 1520, Classroom 1,

8 a.m. – 4 p.m.

3-day Workshop for Transitioning Service Members Target audience: Transitioning Service Members in ACAP and their family members seeking to enhance their career development through higher education opportunities leading to undergraduate/graduate degrees and professional certificates.

What to expect:

- Identify educational goals
- Research & compare institutions
- Learn about education funding
- College application process
- Interpretation of Self-assessment

Pre-requisite:

- Completion of 5-day VOW Class
For questions or enrollment, call 301 619 2174 or email usarmy.detrick.usag.mbx.dhr-acap@mail.mil

- **ACE Civilian Suicide Prevention Training**

The course satisfies the yearly suicide prevention training required by AR 600-63. Please note this training is NOT required for contractors, although they are encouraged to attend.

Jan. 23, 1:30 - 3 p.m., Building 1520. Classroom 5

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Feb. 13, 1:30 - 3 p.m., Building 1520, Classroom 5

- **Local Hazards Training**

Jan. 26, 2015

Building 1520, Classroom 6

2-3 p.m.

Local Hazards Training is a part of the Army Traffic Safety Program and is mandatory for all new civilian and military personnel to be orientated to the local driving hazards, laws, and regulations. For more information contact the Safety Office at 301-619-7318

Due to a scheduling conflict the Local Hazards Training scheduled for Jan. 12, 2015 is cancelled. Local Hazard Training will resume on Jan. 26.

- **Applied Suicide Intervention Skills Training for Gatekeepers**

Jan. 29-30, 8:30 a.m. – 4:30 p.m., Building 1520

For more information contact the Course Manager at (301) 619-1751

The emphasis of the ASIST workshop is on suicide first aid and on helping a person at risk stay safe and seek further help. Evaluations have shown that the workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and they are put to use to save lives. The ASIST satisfies the Fort Detrick requirement for Suicide Prevention Training of all Gatekeepers. Attendance at the full two days is essential in order to receive a certificate of completion.

The ASIST is currently mandated for Department of Army gatekeepers. Fort Detrick will provide this training to Department of Army employees within the fence of Fort Detrick. Forest Glen employees may attend a session of their choice at Fort Detrick.

Please contact 301-619-1751 to register or find out more about ASIST.

- **ACE Civilian Suicide Prevention Training**

Jan. 23

1:30-3 p.m.

Building 1520, classroom 5

Voluntary Leave Transfer Program

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The VLTP allows federal employees to donate annual leave to assist other federal employees with a personal or family medical emergency.

http://www.opm.gov/forms/pdf_fill/opm630a.pdf. (Within Agency)

http://www.opm.gov/forms/pdf_fill/opm630b.pdf. (Outside Agency)

Raven Conner of USAMRAA has been approved for the Voluntary Leave Transfer Program. If you would like to donate leave to Ms. Conner, please complete an OPM Form 630-A for within Agency or OPM 630-B for Outside Agency and forward to Daryl.g.bakner.civ@mail.mil. Any donations will be greatly appreciated.

Mrs. Maria Gonzalez of USAMMA has been approved for the Voluntary Leave Transfer Program. If you would like to donate any leave to Mrs. Gonzalez, please complete an OPM Form 630-A for within Agency or OPM 630-B for Outside Agency form and forward to the Human Capital Office of USAMMA To Ronald.E.Jackson14.civ@mail.mil Any donations will be greatly appreciated. Thank you for your continued support.

Mr. Jason Madrigale of Forest Glen PMO-DES has been approved for the Voluntary Leave Transfer Program. If you would like to donate leave to Mr. Madrigale, please complete an OPM Form 630-A for within Agency or OPM 630-B for Outside Agency and forward to katherine.m.szamier-bennett.civ@mail.mil. Any donations will be greatly appreciated.

In Our Communities

Frederick: <http://www.visitfrederick.org/events>

Silver Spring: www.silverspringdowntown.com

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