

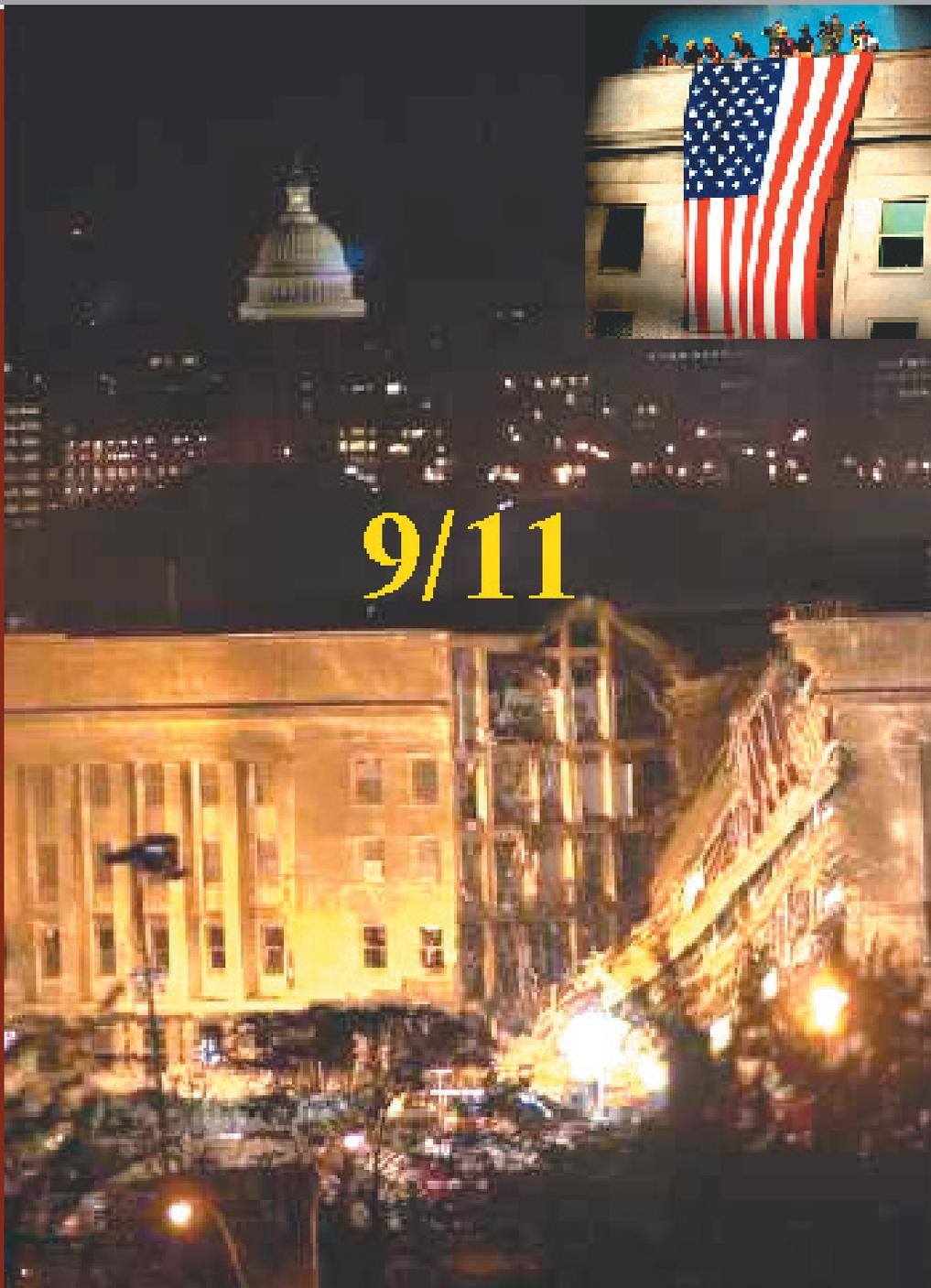


U.S. Army Center for Health Promotion and Preventive Medicine

The Sentinel

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Change of Command for CHPPM-Pacific

By: Evelyn B. Riley-Hess

COL Joan P. Eitzen passed command responsibility for CHPPM-Pacific to COL Ross D. LeClaire on July 30. The ceremony was held at Camp Zama, Japan and featured the U.S. Army Japan Band.

BG William T. Bester, Commander, CHPPM, hosted the ceremony. He thanked Eitzen for her leadership and competence. Eitzen has been the commander since August 2000. She also served as Director, Health Promotion and Wellness, at CHPPM and the Consultant to the Army Surgeon General and the Army Nurse Corps for Health Promotion and Wellness. She graduated from the U.S. Army War College in 2000 with a Master's degree in Strategic Studies.

LeClaire comes to CHPPM from the U.S. Army Medical Research and Materiel Command. He has served as a Staff Officer, Medical Biological Defense Research Area Directorate; Medical Product Manager, Medical Materiel Development Activity; and Veterinary Comparative Medical Officer, Department and Division Chief, Medical Research Institute of Infectious Diseases, Fort Detrick, Maryland. He has conducted research resulting in peer-reviewed publications in molecular immunology; plant, marine, algae, and bacterial toxins; and bioaerosol pathogenesis. During this time, he facilitated transition of vaccines for botulinum neurotoxins and staphylococcal enterotoxins into advanced product development. He represented the command in the area of biologics development and manufacture compliance for

Anthrax Vaccine Adsorbed and Pentavalent Botulinum Toxoid Vaccine. On behalf of the Nunn-Lugar Cothrax Operative Threat Reduction Program, he served as team leader for Project Discovery assignments to the Independent States of the Former Soviet Union. In addition, he served on NATO working groups and biomedical technical panels to study defense aspects of aerosol threat agents, and authored/co-authored NATO long-term scientific studies.



LeClaire's awards include the Legion of Merit, Meritorious Service Medal (three oak leaf clusters), Army Commendation Medal (two oak leaf clusters), Army Achievement Medal (one oak leaf cluster), Air Force Achievement Medal, and the National Defense Service Medal (one bronze service star). He is a member of the Order of Military Medical Merit and Society of Phi Zeta (Honor Society of Veterinary Medicine). He also holds The Surgeon General's "A" proficiency designator (veterinary comparative medicine).

LeClaire is married to the former Janice Marie LaHaye of Minneapolis, Minnesota. They have three children: Tara, Ryan and Dana.

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Commander...BG William T. Bester

Public Affairs Officer...Evelyn B. Riley-Hess
Editor.....Anne Gibson
Asst. Editor.....Linda D. Patrick

A Message from The Chief of Staff of the Army

On the morning of September 11, our nation sustained a horrifying attack against our people, our property, and our sovereignty. In its assault on our freedom and liberty, this brutal act of war is an attack against all who embrace the principles of peace, freedom, and democracy. In New York, in Washington, in Pennsylvania, this terrorist attack on humanity has cost us the dearest of our friends and colleagues, our loved ones both military and civilian.

We do not yet know the full extent of our losses, but we know already the strength of our resolve – the dedication of the thousands of our men and women who are working together to deal with this crisis, the unfaltering sense of duty, of honor, of sacrifice of those countless numbers who – in many cases – have risked their own lives to save the lives of others.

Along with the rest of the nation and our sister services, the Army is still calling the roll, accounting for the missing, assessing the damage, and moving rapidly to full operational capability.

But let us assure you: attacks of this nature – indeed any attack against our country and its people wherever they serve – may stun momentarily but, as history shows, this nation will prevail. It will absorb the blows of the threatened and paranoid who fear our principles of freedom and democracy and the fundamental dignity of each man, woman and child to enjoy peace and the right of self-determination. It is not the U.S. that threatens these terrorist agents; it is our way of life and our celebration of individual human dignity.

We will emerge from this attack strong – with greater resolve to prevail against the forces of hatred and darkness.

Our nonnegotiable contract with the American people remains the cause of peace and the alleviation of suffering, but when called, we will fight and we will win our nation's wars as we have for over 226 years. And the legacy of our nation's most esteemed institution remains the American soldier – the centerpiece of our formations.

We are strong: we are ready: and we will keep faith with our fallen comrades and their loved ones. And we will fulfill our contract.

God bless you, God bless the Army, and God bless America.

Eric K. Shinseki
General, United States Army

On September 11, 2001 – the World Changed

By: Gail Gibson
Deputy Chief of Staff for Information Management

- 8:46 AM American Flight 11 crashes into the north tower of the World Trade Center.
- 9:03 AM United Airlines Flight 175 crashes into the south tower of the World Trade Center.
- 9:21 AM The Federal Aviation Administration halts all flights at U.S. airports.
- 9:38 AM American Airlines Flight 77 crashes into the Pentagon.
- 9:45 AM The White House evacuates.
- 10:05 AM The south tower of the World Trade Center collapses.
- 10:10 AM A portion of the Pentagon collapses.
- 10:10 AM United Airlines Flight 93 crashes in Somerset County, Pennsylvania.
- 10:28 AM The north tower of the World Trade Center collapses.
- 10:45 AM All Federal office buildings in Washington, DC are evacuated.
- 1:44 PM Five warships and two aircraft carriers are ordered to leave the U.S. Naval Station in Norfolk, VA to protect the East Coast of the United States.
- 4:10 PM Building 7 of the World Trade Center collapses.

Americans learned a painful lesson on September 11, 2001 - American soil is not immune to acts of mass murder and terror. These events have forever changed our lives and the life of our country. As Americans, we responded with ...

...resolve and determination, first recovering, now rebuilding, and, at all times, committing ourselves to protecting our people and preserving our freedom.
President George W. Bush, September 2002

This past year has been a struggle for both the military and civilian communities to determine their role in the fight against terrorism. While we must never forget those who sacrificed their lives in these senseless acts of terrorism, we must remember the U.S. is continuing to fight this war on terrorism both on foreign soil and at home. Countries are harboring terrorist cells and building weapons of mass destruction not only against their neighboring countries but also possibly targeting U.S. sites. For CHPPM, we will have the ability to provide a rapid medical response to a terrorist incident as we have proven on many occasions since September 11. After the Pentagon attack, we immediately deployed a Special Medical

Augmentation Team-Preventive Medicine (SMART-PM) to the Pentagon. Our SMART-PM performed a re-entry assessment, working long hours in a hazardous environment and under extremely complex and stressful conditions to assess potential exposures and direct clean-up efforts. CHPPM's rapid response allowed Pentagon personnel to return safely to their work environments as soon as possible.

Our country also experienced domestic terrorism with anthrax-contaminated mail received at the Hart Senate Office Building and the Brentwood Postal Facility. CHPPM deployed SMART-PMs to develop sampling protocols, process samples, and provide consultation on remediation techniques and evaluation of the effectiveness of such techniques. CHPPM-Europe also conducted evaluations of 52 postal facilities throughout the European region to identify potential risks and provide control measures to reduce the potential of any anthrax exposure. The Army postal system in Europe continued to operate safely and was not disabled by the anthrax threat.

In support of Operation Enduring Freedom, CHPPM-Europe deployed a SMART-PM in response to reports of potential petroleum odor exposures in tent city at Camp Stronghold Freedom, Uzbekistan. The team executed and coordinated a health analysis of the entire camp, targeted expansion areas for environmental and radiological threats, and provided health risk communication to ensure that Stronghold Freedom personnel understood any health risks and health countermeasures.

It has been one year ago that the war on terrorism began, and CHPPM needs to be proactive not reactive. Now is the time to put our training in place to assist first responders and to establish working agreements with analytical laboratories and other health-related agencies. Conducting food and water vulnerability assessments and medical threat assessments need to be done while there is time to implement resulting recommendations. As stated by Secretary of Defense Donald Rumsfeld, "our objective in the global war on terror is to prevent another September 11th or an attack that is far worse, before it happens."

COMMENTARY

West Nile Virus – Where Do We Go From Here?

By: LTC Scott W. Gordon,
Commander CHPPM-South

Since its 1999 introduction in New York City, West Nile virus moved steadily through New England and Mid-Atlantic States, and by 2001, reached the Mississippi River and the upper Midwest. In 2002, we observed its seemingly relentless march from the Mississippi River west to California and north into Canada.

As of September 20, the Centers for Disease Control and Prevention have verified 1745 human cases of West Nile virus with 84 deaths. Virus activity has been detected in 42 of 50 states. West Nile has remained in the headlines and raised many concerns with the average citizen. CHPPM, through its internet presence, plays an important role as a trusted source of information on current disease threats. A visitor to our website has quick and easy access to all the most accurate and up-to-date information available.

Mosquito-borne diseases are endemic in the U.S. and if West Nile virus is indicative of the future, we can look forward to the emergence of additional diseases. For this reason, it is extremely important that CHPPM maintain its excellent mosquito surveillance program. A well-run surveillance program is essential to detect viruses as soon as they appear and to provide timely information on virus transmission to individuals at the local level. Since 2000, CHPPM-North has served as the primary Department of Defense West Nile Mosquito-Testing Center. Their efficient testing system and dedication to timely reporting have ensured that vital information is funneled directly to the installation where it can be used to effectively target mosquito control operations.

Personal protection measures are still the best defense against infection with mosquito-borne diseases. CHPPM has historically taken the lead in promoting the DOD Insect Repellent System. Proper wear of the Permethrin-treated uniform

combined with DEET applied to exposed skin constitutes the first line of defense against vector-borne disease. Surprisingly, many soldiers in the field do not utilize the tools provided to protect them. As health educators as well as force protectors, we should be emphasizing the DOD Insect Repellent System during our technical assistance visits with active and reserve component preventive medicine personnel.

CHPPM has proven itself to be an invaluable asset to the DOD in the fight against vector-borne diseases. Because of this success, we have an excellent opportunity to expand our services. Through equipment acquisitions and advances in technology, it will soon be possible to conduct surveillance not only for West Nile virus but also for all vector-borne disease pathogens likely to be encountered in CONUS. CHPPM and its subordinate commands are well situated to take advantage of this opportunity to provide the DOD with another tool to support environmental health surveillance and force health protection.



Cluex pipiens feeding; photo courtesy of Centers for Disease Control and Prevention.

Military News

ARRIVALS

CDR Dale Barrette – DCPM
 CPT Jennifer Cummings – DCSOPS
 PV2 Hubert Ernest Exume – DLS
 SPC Stacy Garvin – DCSLOG
 MAJ Chris Jenkins – CHPPM-West
 PFC Jennifer Johnson – CHPPM-Europe
 CPT Lee Lefkowitz – DLS
 MAJ Gary Matcek – CHPPM-Europe
 PV2 Jeffrey Mitchell – DLS
 PV2 Erik Montgomery – CHPPM-North
 SGT Jacob Morton – CHPPM-Europe
 SPC Jaime Antonio Purcell – DLS
 LTC David Smith – CHPPM-Europe
 SPC Prean Javelle Spann – DLS
 LTC Juliet Tanada – CHPPM-Europe
 SPC Devonne Williams – TAML

DEPARTURES

CPT James Flanagan – CHPPM-North
 PFC John Flores – DEHE
 CPT Thomas Hamill – CHPPM-South
 SSG Gwendolyn Harris – CHPPM-Europe
 MAJ Deborah Hastings – CHPPM-South
 SPC Michael Luttrell – DLS
 SGT Diane Tamez – OCO
 SGT Samantha Tate – DOHS

AWARDS AND RECOGNITIONS

Meritorious Service Medal

CPT Thomas Hamill – CHPPM-South
 MAJ Deborah Hastings – CHPPM-South

Army Commendation Medal

MSG Robert Carpenter – DLS
 MAJ Thomas Timmes – DEHE
 SGT Laura Williams - HHC

Army Achievement Medal

CPT Brett Swierczewski – CHPPM-South

Outstanding Military Volunteer Service Medal

CPT Eric Kelly - CHPPM-South

PROMOTIONS

1LT Lesly C. Calix, CHPPM-North to CPT
 SGT Chadwick Johnson, CHPPM-South to SSG
 1LT Brett Swierczewski, CHPPM-South to CPT

PROMOTED



LTC Laurie Cummings (l) and LTC Charles Cannon(r) do the honors of pinning on the new insignia rank of CPT on Lesly C. Calix at a ceremony held at CHPPM-North on October 1. (photo provided by CHPPM-North)

Civilian News

ARRIVALS

Melissa Allingham – DEHE
Timothy Attig – CHPPM-Pacific
Sara Birkmire – DEHE
William Burgess – DHPW
Timothy Boyle – DOHS
Kathlyn Cage – DOHS
Adam Deck – DHRM
Trinee Few – DLS
Adriana Franz – CHPPM-Europe
Kara Godineaux – CHPPM-Europe
Jeffrey Grow – DEHE
Kenneth Hilton – CHPPM-North
Erik Janus – DHRM
Inga Jordan – DHPW
Sarah Karl – DEHE
Keith Leonard – DCSIM
Trenna Manners – DOHS
James Maio – DEHE
Melody Marsh – DEHE
Janice McNeal – CHPPM-Europe
Sharon Miller – DCSOPS
Michele Nihiser – CHPPM-Pacific
Ward Nihiser – CHPPM-Pacific
Richard Overturf – DOHS
Richard Smith – DOHS
Roxanne Smith – DHRM
Milagros Sola – CHPPM-West
Sarah Wellman – CHPPM-Europe
Matthew Wyant – DLS

DEPARTURES

Nicole Allen - DLS
Bonnie Burello - DOHS
Brian Clark - DTS
Margarete Decker - DCRM
Todd Defelice-DEHE
Wylie Harper - CHPPM-West
Rebecca Hayes - CHPPM-Europe
Christopher Mooshian - DTS
Pamela Murray - DOHS
Beverly Norton - DCSOPS
Jon Rychalski - DTS
Roy Wiggin - CHPPM-Europe
Michael Willard - DLS

AWARDS AND RECOGNITIONS

Quality Step Increases

David Gilbride – DEHE
Brad Hutchens – DHRM
Michael Pattison – DEHE
Todd Richards – DEHE

Performance Awards

Marianne Cloeren – DOEM
Vivian Rush – DOEM
Thomas Smith – DOEM
James Stout – DOEM

Service Certificate & Pin

James Stout – DOEM 10-Yr



**BG Bester and LTC Mallon
present Dr. Doug Ohlin with the
Commander's Award for Civilian Service.**

Meet CHPPM's Sergeant Major



SGM David Vreeland was assigned to CHPPM on July 1st. He has been in the Army for 23 years, all of those with Preventive Medicine. He graduated from the U.S. Army Sergeant Major Academy with honors in May. Vreeland's career began with an assignment to the 82nd Airborne Division as the first Preventive Medicine Technician within the Division, where he earned the Expert Field Medical Badge, the Parachutist Badge, and the Jungle Expert Badge. He then was assigned to the 34th General Hospital in Augsburg, Germany where he earned the Germany Sports Proficiency Badge. Vreeland transferred to Fitzsimons Army Medical Center in Colorado for 3 years and then headed back to Fort Bragg, North Carolina to begin a long career with the U.S. Army Special Operations Command. He was assigned to the 7th Special Forces Group (Airborne) for 3 years. While with the 7th Special Forces Group, Vreeland earned the Australian Parachutist Badge. Once promoted to the senior noncommissioned officer ranks, Vreeland moved up to the Special Operations Command Surgeon's Office to assume the position as the senior Preventive Medicine NCO within Special Operations. He has served as a First Sergeant at two of the largest medical companies in the U.S. Army; Landstuhl Regional Medical Center in Germany and Womack Army Medical Center on Fort Bragg. Vreeland held the position as the senior Preventive Medicine NCO in Europe for 3 years before his last assignment at Fort Bragg, as the senior Preventive Medicine NCO at Womack Army Medical Center and also the senior Preventive Medicine NCO in the Joint Special Operations Command.

Vreeland was inducted into the Official Order of Military Medical Merit while serving at Fort Bragg. He is married to MAJ Dianne D. Pannes, DDS, who is assigned to the Aberdeen Proving Ground Dental Clinic where she serves as the Clinic Officer-in-Charge. Vreeland and his wife, Dianne have two sons; Travis, 18, a high school senior and Corey, 13, an 8th grader. Both attend school in North Carolina.

Meet CHPPM's Safety Manager

By: Evelyn B. Riley-Hess

Roy Valiant is our newly assigned Safety Manager. His primary responsibility is to oversee our safety program with continuing development and implementation of safety policy and procedures. Major areas of concern include re-energizing the overall safety program and awareness within the command with emphasis on required training, standing operating procedure implementation, safety program structure, and requirements.

Valiant comes to CHPPM from the Safety Division of Headquarters, U. S. Army Europe and 7th Army in Heidelberg, Germany where he worked for 4 years as a tactical safety specialist. His many duties included visits to exotic Hungary, Bosnia, Kosovo, and Sarajevo.

He said, "I am looking forward to working with all the military, civilians, and professional associates that are within CHPPM. This being my first assignment to this area, my wife Valerie and I are excited about the area and the many places to go and things to do. My goals for this position and the CHPPM Safety Program are to have an energetic program that reaches all CHPPM employees and their families, on and off duty. Injuries affect the mission whether they happen on or off duty." Valiant stated that his philosophy is simple when it

comes to safety and the job, "I firmly believe that safety is a mission enabler, not a mission inhibitor. I consider myself a team player and always look at the glass as half full, not half empty. I believe in working hard and playing hard and have fun doing both. Safety is an attitude, and as long as we maintain a good one safety will always wear a white hat."



Valiant continued by saying, "If I make it easy for the CHPPM family to complete the safety requirements and give them the safety tools needed to complete their jobs, they will be more willing to have a good safety attitude."

He is a retired Army officer and received his bachelor's degree in applied science from the American Technological University in Killeen, Texas. He and his wife, Valerie, live in Forest Hill and have three sons and two grandsons. He enjoys golf, bowling, and model railroading.

New Faces at CHPPM

By: Linda Patrick



CPT Lee Lefkowitz joins the Directorate of Laboratory Sciences, where he will serve as Chief, Cholinesterase Reference Laboratory. Prior to joining CHPPM, he was assigned to the U.S. Army Medical Research Institute of Chemical Defense. He is a graduate of Bucknell University and received his doctorate in biochemistry from the University of

California, San Diego. He currently resides in Abingdon, Maryland with his wife Julie and enjoys cycling, reading, and numerous outdoor activities.



LTC Juliet Tanada entered active duty in 1987 when her future husband, COL C. David Vesely, recruited her. She was born in Urbana, Illinois but grew up living overseas accompanying her father, a Ph.D. research scientist, on State Department directed Third World Humanitarian Missions. Tanada graduated

from Ohio State University, Columbus, Ohio with a Doctorate in Optometry and Master of Science, Physiological Optics. Upon graduation, she accepted an assistant clinical professorship position, School of Optometry, University of California, Berkeley. Tanada is presently assigned as the Vision Conservation Consultant, CHPPM-Europe. Previous Army assignments include two tours to Germany (Hanau and Stuttgart) along with three stateside tours (Fort Leavenworth, Aberdeen Proving Ground/Fort Meade, and Army Medical Department Center & School/Fort Sam Houston).

Tanada is a Fellow of the American Academy of Optometry and graduate of the Officer Basic/Advance Course, Combat Casualty Course, Command and General Staff College and Army War College. Tanada has two daughters. Her first-born graduated from the U.S. Air Force Academy and is presently a freshman at the University of Texas San Antonio, Medical School. The youngest attends first grade, Landstuhl Elementary School. Tanada's husband, COL Vesely, is Chief, Optometry Services, Heidelberg Hospital. Her hobbies include playing the piano, pottery, horseback riding, travel, antiques and raising her daughters.



LTC James Boles, VC, Director, Toxicology was raised an Air Force brat whose family hails from Kansas, as does his wife, Donna. They have four children; the oldest, Hannah is in her second year at Kansas University while Blake, Lydia, and Anna Leah are in schools in the Frederick, Maryland area.

Boles just completed a tour with the Navy Medical Research Unit #2 in Jakarta, Indonesia as head of the Animal Research program. His Veterinary Corps experience started in 1987 right after graduation from Kansas State University and has varied considerably from animal care (Military Working Dogs mostly), and some food inspection to medical research.

Boles area of concentration is the modeling of toxic endpoints in animals that started with his dissertation work at the University of Kansas (Ph.D. Toxicology 1996), through his tour at U.S. Army Medical Research Institute of Infectious Diseases (bioaerosol research) and most recently with infectious diseases in Southeast Asia. Deployments include: Operation Desert Shield/Storm and Calm, United Nations Special Commission bioweapons inspector, Civilian Research and Development Foundation for the Independent States of the Former Soviet Union, and Operation Noble Eagle. Boles plays softball and coaches youth athletics, baseball, softball and basketball.



LTC(P) John Ciesla arrived at CHPPM in July and is assigned to the Directorate of Occupational Health Sciences as the Program Manager for program 69, Health Hazard Assessment Program. Ciesla was previously assigned as the Commander, CHPPM-West at Fort Lewis, Washington, from March 1999 to June 2001. From July 2001 until his arrival at CHPPM-Main, he served as the Preventive Medicine Operations

Officer for the I Corps Surgeon's Office.

(continued on page 10)

(continued from page 9)

Ciesla was born in Duluth, Minnesota and received his Bachelor of Science degree in Biology from the University of Minnesota, Duluth, and his Masters degree in Environmental Health from the University of Minnesota School of Public Health in Minneapolis, Minnesota. He entered the Army in October 1980. He is a Registered Environmental Health Specialist and has been awarded the "A" designator from the Surgeon General for his expertise in environmental health.

Ciesla's awards and decorations include the Meritorious Service Medal (five awards), Army Commendation Medal (four awards), Army Achievement Medal, the Expert Field Medical Badge, the Air Assault Badge, and the Order of Military Medical Merit.

Ciesla is married to the former Cheryl Johnson of Duluth, Minnesota. They have two daughters, Cassandra (Ciulla) and Jessica, and a son, Jacob.



Richard "Rick" Overturf joined CHPPM as a Henry M. Jackson Foundation associate in September. He is working in the Health Physics Program as a Health Physics Research Technician. Overturf is a recently retired Sergeant First Class with over 20 years of experience in preventive medicine, specializing in health physics.

Overturf's Army assignments included Fort Hood, Texas; Walter Reed Army Medical Center; Gorgas Hospital, Panama; Fort Sam Houston, Texas; Defense Nuclear Agency, Johnston Atoll; Camp Red Cloud, Korea; Fort Bragg, North Carolina; and the U. S. Army Environmental Hygiene Agency (1990-1992).

Overturf is a Montana native; but now makes his home in Bel Air, Maryland with his wife, Rose, also a DOHS employee. He is an avid fisherman and gardener.



CPT Jennifer Cummings, is the new Chief of Future Operations in the Health Information Operations Division of DCSOPS. Her previous job was as the Commander of the 61st Medical Detachment at Fort Campbell, Kentucky. She has a Masters of Arts degree in Environmental Toxicology and

a Bachelor's degree in Biology. Cummings enjoys running races, kayaking and making stained glass windows. She and her husband Patrick, live in Edgewood, Maryland.



MAJ Michael R. Bell is the Program Manager for Occupational Medicine. Bell has a Bachelor of Arts degree from Syracuse University, New York, a Bachelor of Science from the University of Alabama and a Masters in Public Health, Uniform Services University of the Health Science.

Bell's professional training and experience is in an Internship: Internal Medicine,

Madigan Army Medical Center, and a Residency in Occupational and Environmental Medicine, USUHS. Some of his work history and military assignments include: Officer in Charge, Fort Myer, Virginia, and Fort Lewis, Washington. He was also a Pharmaceutical Sales Representative for Eli Lilly and Company in Fayetteville, North Carolina and a Battalion Intelligence Officer, Fort Stewart, Georgia/Saudi Arabia/Iraq. Bell has had four assignments in Babenhausen, Germany.

Honors and Recognitions includes: Army Commendation Medal with Oak Leaf Cluster, Army Achievement Medal, Delta Omega (Public Health Honorary), Alpha Omega Alpha (Medical Honor Society), Outstanding Academic Performance in Pathology, USUHS; Outstanding Academic Performance in Biochemistry, USUHS; Distinguished Military Graduate, University of Alabama. He is a member of the American Medical Association, American College of Occupational and Environmental Medicine. His research experiences include: "Factors Related to Infant Feeding Choices," Volunteer Research Assistant at the National Institutes of Allergy and Infectious Disease (Medical Student) and Volunteer Research Assistant, Syracuse University, and as a Consultant for OSHA Steering Committee on Bioterrorism.

Bell and his wife Shelby live in Millersville, Maryland with their three children; Sophia 8, Savannah 6, and Max 3. He enjoys snow and water skiing, football, music (especially the blues), computers and reading.

Commander Tours Edgewood Waste Water Treatment Plant

By: COL. Kotu K (KK) Phull,
Director, Environmental Health Engineering



Mr. Kent Prinn explains the Waste Water Treatment Facility to BG William Bester

What's in a name? A lot - if you polled the folks from the Directorate of Environmental Health Engineering when we expanded our mission and changed our name in 1995 from Army Environmental Hygiene Agency to the Center for Health Promotion and Preventive Medicine. The "environmental health" old-timers in DEHE felt that they were losing visibility and identity, even though they probably knew, deep down in their hearts that Environmental Health, both in garrison and deployments/field environments, is an integral and significant part of Preventive Medicine. The reorganization of DEHE last October (2001) caused a similar sentiment among many in DEHE who wondered if they were still contributing to the AMEDD and Army mission as they did before.

The recent request by our Commander, BG William Bester, to tour a Waste Water Treatment Facility certainly supports what we all know, i.e., all elements of CHPPM support this great organization in meeting its obligations to the leadership of the AMEDD, Army, and Department of Defense, as well as to the American community world-wide. We do so by helping the garrison commanders establish and sustain safe and healthful work places and environments at the garrisons so we can supply the field commanders with the best, ready, healthy, and fit forces, both military and civilians, to support a spectrum of military missions. We do

it by ensuring optimal conditions in the field for our deployed forces. And, we do it again when our Forces return to home stations, our projection platforms - the Garrisons, to prepare for the future deployments.

Not only was the BG impressive with his excellent inquiries during the presentation of the Waste Water Management 101 to him by Mr. Kent Prinn, Chief, Wastewater Section, prior to the Field Trip, but he was also just as attentive and inquisitive during the tour, as you can see from the photos below. He was awed to learn that the teeming microscopic world, with many different types of creatures, was responsible for making dirty water clean. The BG was impressed with how clear the water at this end of the plant appeared when compared to what he saw at the influent channel. He really wanted to see the actual discharge pipe into the bay, but it is about 100 yards off shore. The BG was amused by the fact that Army sludge is land filled or land applied at drop zones at Fort Bragg, North Carolina. He listened with interest and concern when Prinn described the Inflow and Infiltration problem, which is due to the Army's aging infrastructure.

I'd like to thank our BG for his interest in and for taking the tour of a facility which Mr. Bill Fifty, the Surface Water and Waste Water Program Manager, and his staff view as our bread and butter. It meant a lot to all of us in DEHE.



BG Bester discusses the Waste Water Treatment Facility operations with Mr. Kent Prinn

Training and Leadership Development for Future CHPPM Leaders

By: Gail Gibson
Deputy Chief of Staff for Information Management

In the next 2 years, CHPPM will have over 26 percent of the current civilian work force eligible for retirement. This presents a major challenge to an organization whose major product line is information and whose most valued assets are the people and their technical and leadership capabilities. We need to begin now to train our new supervisors, managers, and leaders of the future.

Planning for our future is critical. The Center uses several tools to help plan and mold our future—

- ❖ The Strategic Plan: This plan describes the direction the Center will take in responding to future endeavors; it operationalizes the elements of the Commander's Campaign Plan.
- ❖ The Commander's Officer Evaluation Report Support Form: This form focuses on the future of health promotion and preventive medicine and how the Center will respond. It is the Commander's priorities for CHPPM.
- ❖ CHPPM Balanced Scorecard: Our BSC translates our Strategic Plan (5 years) into a short-term (12-18 months) management-by-objectives action plan that is aligned with and supports the Army Medical Department BSC priorities, goals, and objectives. Our BSC gives us metrics for measuring short-term progress and performance in supporting the AMEDD strategic objectives.

By using these tools, managers are able to develop a corporate view that strives to balance the needs of our entire organization. CHPPM is also committed to developing our leaders of tomorrow. Our goal is to develop and strengthen our employees'—

- ❖ Broader career skills and knowledge.
- ❖ Field knowledge, experience, and operations management capability.
- ❖ Managerial and leadership skills.

To this end, we have updated existing information and guidance and developed new career development documents so employees will have information available to guide them in their career progression.

- ❖ Human Resources Development Plan. A methodology by which the Center will develop and sustain subject matter experts and leaders. Figure 1 outlines the key elements.

Corporate Training Plan

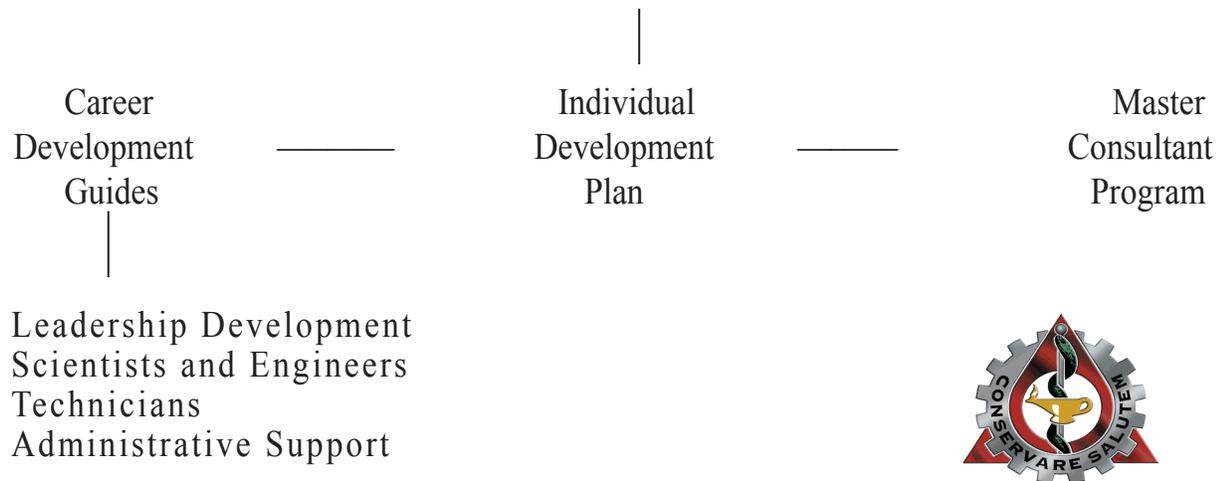


Figure 1. CHPPM Human Resources Development Plan

- ❖ Corporate Training Plan. This plan establishes the concept and framework for implementing a high quality, cost-effective program to develop our employees. It applies to all employees, to include military, civilian, and professional associates. The Corporate Training Plan is the umbrella document for the Center's Human Resources Development Plan.
- ❖ Career Development Guides. These are technical guides employees can use as a starting point for their training and development. They provide general guidance on training and developmental assignments to improve job performance and build qualifications for advancement at each stage of an employee's career. They rely on ACTEDS and Individual Development Plans, as well as counseling and mentoring by supervisors and managers. The following is a list of the CHPPM career guides. You can review these documents on the CHPPM Home Page, Publication Section: <http://chppm-www.apgea.army.mil>
 - Leadership Development - TG 261, February 2002.
 - Scientists and Engineers - TG 262, September 2001.
 - Technicians - TG 263, January 2001.
 - Administrative Support - TG 264, (Being developed).
- ❖ Individual Development Plan. All employees within the Center will have an IDP to assist in their career progression. It is a systematic approach to career development. Employees and their supervisors identify and track technical and leadership/managerial career objectives in the areas of education, training, and experience opportunities. These documents are prepared annually and can be updated or modified at any time throughout the year by the mutual agreement of the employee and supervisor. CHPPM Form 413-R-E can be found electronically on the Army Medical Department Electronic Forms Support System. See the CHPPM Employee Development page for detailed information: <http://chppm-cims.apgea.army.mil/skillsoft/emp/>

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- ❖ **Master Consultant Program.** This program recognizes technical employees who have demonstrated long-term, outstanding contributions to the Center in their scientific discipline. See USACHPPM Regulation 690-2, Master Consultant Program, December 2001 for more information.

It is more important today than ever before to develop good leaders, especially with the changing face of business and government. CHPPM is working with Harford Community College to answer this need. We have developed a new CHPPM Leadership Development Program open to all full-time, Career Status and Term, GS-11 through GS-13, employees who have obtained, at a minimum, an Associate of Arts degree. The objectives of this program are to increase awareness of each participant's strengths and weaknesses as they pertain to leadership and management; develop and refine leadership skills; and gain insight into the mission, vision, and values of CHPPM and the overall culture of the organization. The first class began in January 2002 and will complete its requirements in December 2002. The next class is scheduled to begin January 2003. We have also developed an Aspiring Leader Program for full-time, Career Status and Term, GS-5 through GS-10, employees. This course will develop employees in such areas as interpersonal skills, effective communication, team formation and team building, problem solving, handling conflict, and leadership skills. The first class began in September 2002 and will complete its requirements in April 2003. See USACHPPM TG 261 for detailed information on these leadership programs.

Not only do we need to develop our future leaders, but we also need to reinforce leadership skills for our current supervisors and managers. Harford Community College just recently conducted two Leadership Effectiveness Profile sessions for our Program Managers, Directors, and Command group. We will also be conducting future discussions dealing with open and effective communication, creating learning opportunities for employees, and management commitment and responsibility.

For over a year, the Center has offered a web-based training program, FasTrac SkillSoft® to all employees (SkillSoft is a registered trademark of the SkillSoft Corporation, Nashua, NH). This training focuses on professional development, leadership and management, and business skills training. If you are not familiar with the FasTrac SkillSoft Training Library of Courses, you can explore the site:

<http://chppm-cims.apgea.army.mil/skillsoft/>

If CHPPM is committed to developing its future leaders, it is imperative that our leaders have all the tools at their disposal to address the many challenges that continuously occur in the conduct of any leadership position. By providing our leaders and aspiring leaders with both training and leadership opportunities today, we will be assuring that the future direction and success of CHPPM will transition smoothly to our next generation of leaders.

Directorate of Health Promotion and Wellness

By: LTC Michael Custer
Directorate of Health Promotion and Wellness

It is almost intuitively obvious that the Center for Health Promotion and Preventive Medicine would have a directorate specifically tailored to promote health and wellness. Our directorate, located in Building 1570, has a greater mix of health professionals than any other directorate in CHPPM, so that we can provide both breadth and depth to the promotion of wellness. With our dentist, physical therapist, community health nurses, nutritionist, psychologist, social worker, chaplain and health educators, we are better able to contribute to the development and recommendation of health policy. We also look at policy and the health needs identified from soldiers out in the field and use that to develop, evaluate, and disseminate health promotion programs. Some of the projects we have been intimately involved with are suicide prevention, soldier self-care, personal responsibility, and pregnancy and post-partum fitness training. We maintain a web site that provides information and downloadable products and services on various health promotion topics.



Hooah 4 Health is a comprehensive health promotion program based on an interactive web site and targeted to the Army Reserve Component. The H4H web site is used to deliver educational materials in the areas of physical, mental, spiritual, and environmental/occupational health. Access the H4H web site at: <http://www.hooah4health.com/>

The goal of the Pregnancy/Postpartum Physical Training Program is to affect force readiness by maintaining basic physical fitness levels of pregnant/postpartum soldiers; decreasing Army Physical Fitness Test failures; reducing unwanted weight and body fat gain; lessening physical discomforts during pregnancy, labor, and delivery; increasing morale; and reducing injury rates of the postpartum soldier by having them fully ready for integration back into unit physical training.



The Self-care Program increases soldier wellness by empowering soldiers to be responsible for personal health, increases the efficiency of health care delivery, and reduces the amount of training time lost by soldiers waiting in sick call. The Self-care web page includes: Self-care Toolkit (v. 2.0), Soldier Health Maintenance Manual, Self-care Program briefing slides, and the Self-care Replication project data summary.

Our team is led by COL Gemryl Samuels whose office is in Building 1930. Samuels holds a Master's of Science in Community Health Nursing and is board certified by the American Nurses Credentialing Center. She is supported by her health systems coordinator, LTC(P) Michael Custer and the three program chiefs, LTC Sharon Reese, LTC(CH) Ron Smith and MAJ Anne Crosby. Currently, there are 23 people in the DHPW, 11 of whom are soldiers, all working toward our vision to deliver a healthy and fit force by integrating health promotion into the U.S. Army to include the Reserve Component.



The DHPW stands with the other directorates in support of CHPPM's mission. Our health professionals matrix and contribute to many projects that other directorates are leading such as Population Health and Injury Prevention. Our nurse practitioner and a health educator contribute to the development of Clinical Practice Guidelines. Flexibility and adaptation are the qualities that enable us to meet our mission. For more information or assistance, we can be reached at 410-436-4656 or DSN 584-4656.

THE NEW TAML “LITE”

By: COL Ron Shippee
Comander, Theater Army Medical Laboratory

In 1995, the Theater Army Medical Laboratory was developed to provide confirmation level chemical, biological and environmental laboratory analysis in austere environments under tactical conditions. To this day, there is no deployable unit within the Department of Defense that can provide the technical capability that this unique organization can bring to the theater operation.

While the complexity and the level of analytical capability are impressive, this comes with a price. The TAML was setup to operate out of expandable ISO shelters and sections of Temper tent. To maintain proper ambient temperatures for the various chemical assays the shelters and tents are all connected to environmental control units. These requirements fit into a relatively large footprint and require trucks and material handling equipment for deployment and redeployment.

This is not a unique problem to today's Army combat units. Analogous to the armored mechanized units moving from a 70-ton track vehicle to a lighter more sustainable tank, the TAML needs to seek ways to deploy a much lighter analytical package. The challenge is not only to design a lighter deployable package but at the same time, continue to provide the same level of conformational analytical capability.

To this end, a team of TAML soldiers has been working in collaboration with the Soldiers Biological Chemical Command team of contractors that design and build the Biological Identification and Detection System. The BIDS units consist of a lightweight shelter mounted on the back of a HUMMV. The shelter is equipped with various pieces of analytical equipment designed to detect and provide a preliminary screen assay for biological warfare agents. Under current doctrine, a Technical Escort Unit would then transport a “presumptive” positive screen test to a confirmation laboratory.

Using the skills and fabrication equipment supplied by the SBCCOM contractors, an older model BIDS shelter was stripped of the BIDS equipment mounting hardware by the TAML team. The team then worked closely with the technical

advisors from both the chemical and biological warfare assessment teams within the TAML to modify the shelter to accept the various pieces of analytical equipment required by the TAML to confirm chemical and biological agents.

The salient piece of equipment used for chemical warfare agent analysis is the gas chromatography/mass spectrometer (GC/MS). This highly sophisticated and sensitive analyzer posed a number of unique and challenging problems to the team. After considerable planning and extremely helpful consultation assistance from the SBCCOM contractors, the TAML soldiers fabricated a custom, shock-mounted system to hold the GC/MS and the various support hardware needed during specimen analysis.

During the TAML's recent field training exercises the shelter was mounted on a HUMMV and deployed to the training site. Preliminary results were very encouraging. The GC/MS performed all the specimen training samples providing equivalent results to the GC/MS operating from the expandable ISO shelter. Additional local deployment tests are planned to assure the system is robust and not adversely affected by road conditions and frequent moves. Subsequently the shelter will be fitted with a fume hood capable of handling dangerous chemical and biological samples.

If this project proves to be successful, this will result in a highly mobile confirmation chemical and biological laboratory that will result in almost an 80 percent reduction in weight over the traditionally deployable package. While the lighter concept will not have the redundant capability of the current laboratory and will not be capable of analyzing a large number of samples, it will meet current restrictions on military air cargo frame space and deployments to less than mature logistical base structures. For the TAML to remain relevant to the current OPTEMP, efforts will have to be made to provide its unique analytical capabilities in a deployment package that is responsive, deployable, agile, versatile, survivable and sustainable. (photo's provided by COL Ron Shippee)



The TAML team: (l to r)
PFC Nicholas Booth,
SGT Michael Henry,
SPC Matthew Baldwin,
SGT Kevin Stainbrook (team leader).

The BIDS fabrication shop was provided to the TAML team to convert the shelter to accommodate the analytical equipment.



The first tactically-mounted gas chromatography mass spectrometer.



The new mobile chemical and biological assessment laboratory deployed in a recent TAML field training exercise. (photo provided by COL Ron Shippee)

TAML's Equal Opportunity Representative



SGT(P) Candy Bailey is TAML's EOR. Bailey is from Bangkok, Thailand and has nine years of military service. She is a Laboratory Non-Commissioned Officer in the Chemistry section of the lab and has been with TAML for 6-months. Bailey believes that every individual should be treated equally with dignity, respect, fairness and without bias. She feels that the EO program helps to set those moral and ethical standards to help keep harmony in any environment, be it military or civilian. As an EOR, she feels that education and awareness are the keys to lesson prejudice and discrimination. "My position allows for me to be part of that education and awareness process, but as individuals it's everyone's responsibility to utilize what we know and learn," said Bailey.

Bailey is completing her AS in Medical Laboratory Technology from George Washington. Her goal is to attain her certification as a Medical Technologist and Bachelor of Science degree in Psychology from the University of Maryland. Bailey enjoys aerobics, weightlifting and spending quality time with her children.

CHPPM Volunteers with Harford County's Women Home Build

This summer, a group of ladies from CHPPM volunteered to participate in Habitat for Humanity's Women Build A Legacy, Harford County's first Women Home Build project.

Linda Patrick, Deputy Chief of Staff for Information Management, spear-headed a group of women from CHPPM who participated in building a house this summer. The group included three of her co-workers; Velma Buchanan, Audrey Gibson, and Cynthia Givans, all technical writer/editors from Publications Management Division. Also joining the group was Patricia Beall of the Directorate of Toxicology; Kim Fleischmann of the Directorate of Environmental Health Engineering; Mary Tritle, Directorate of Occupational Health Sciences, and Patrick's daughter, Ebony, a 2002 graduate of Bel Air High School.

A little known fact: Women Build A Legacy, is an off-shoot of Habitat for Humanity International's ecumenical Christian ministry dedicated to eliminating poverty housing. The Women Build follows the highly successful First Ladies Build in which women built homes in or around each of the state capitals with the participation of the first lady or woman governor.

The Women Build program is not about excluding men, it's about including women. A survey of the Habitat International program found that although women make up 50 percent of Habitat's workforce, they accounted for less than 15 percent of the work on the site.

The Women Build program empowers women to build simple, affordable homes, through monetary donations from organizations, businesses, individuals

and volunteer labor, keeping the average price to build a home at \$55,000. Those who are selected to receive a home are required to volunteer during construction and in their community, and pay an affordable mortgage.

Participating in the Women Build was an opportunity to work with a group of people who cared about others and wanted to share their expertise. As a homeowner, this was a wonderful learning experience for me; now I can help my husband cut down on his "honey do list," said Patrick.



Women participate in the Habitat for Humanity by building a house in the Edgewood Community.

"As you can imagine it's hard to get people to volunteer. I actually got thank you's," said Patrick. "Fleischmann was one of many to write or call and thank me for advertising the opportunity to CHPPM women."

"I had a great time during the few times I could help out. I met some new people, and I met an old friend from elementary and high school who I hadn't

seen in years," said Fleischmann. For Buchanan, it was like a dream come true. She said, "I've wanted to be a volunteer with Habitat for Humanity for a long time. I was glad to finally have the opportunity to contribute to such a worthwhile endeavor. Gibson actually taught me to paint with a roller— something I had not done previously."

"While it felt good to know you were working for such a worthy cause, it was also nice to get out of the office and work with your co-workers. Even as hot as it was, we had a good time," said Gibson.

This home build project started in April and the house was completed in July. The Harford Habitat for Humanity has plans for several more homes in Harford County; if anyone is interested please call 410-297-9378. (photo provided by APG News)

