

®

Huntsville Center Bulletin



U.S. Army Engineering and Support Center, Huntsville



CHANGE OF COMMAND

Story on Page 5



Table of Contents

| | |
|--|----|
| Employee Spotlight: Smith selected best in Army for 2018..... | 4 |
| Center changes commander, Hurley retires..... | 5 |
| Survey echoes Center's strengths, challenges..... | 6 |
| Acquisition leaders participate in Defense Department development program..... | 7 |
| Maack conquers rigorous DAU course..... | 9 |
| CIS2 program supports DoDEA schools..... | 10 |
| Fuels project quick-turn supports Dragon Lady..... | 12 |
| Facility Communication Distribution System..... | 13 |
| Workshop good for taxpayers, environment..... | 15 |
| ESPC program delivers Fort Carson energy storage system..... | 16 |
| Puerto Rico Product Delivery Team receives Army award for excellence..... | 17 |
| Energy department experts lead ESPC training..... | 18 |
| Business director in VA development program..... | 19 |
| Colleague remembers life, career, legacy of OE veteran Wayne Galloway..... | 20 |
| Center loses valuable engineer, friend to many..... | 21 |
| Students wow science fair judges..... | 20 |

Hail and farewell

Hail

Anthony Satcher, Brandy Bartlett, Brody Daniel, Dallas Carlisle, Daniel Cook, Joshua Arnett, Juan Oliver, Arthur Hurst, Daniel Richey, Jeremiah Haley, Kenia Jobb, Kimberly Blood, Tyree Whitson, Sherry Page Engineering Directorate; **Thomas Mangum, Solomon Adeyemo, Silke Ball, Robert Woolsey, Phillip Garrison, Michael Metje, William Lawson Vanessa Ennis, Allison Holmes, Darren Hunter, Mayda Marrero, Willie Reid,** Installation Support and Programs Management Directorate; **Christy Tallant, Tashia Hill, Doris Richardson,** Center Contracting; **James Lewis, Stacie Miller** - Internal Review Office; **Precious Baker,** Resource Management Office; **Carlos Reis,** Business Management Office; **Maurice McCullough,** Executive Office.

Farewell

Kim Duda, Cassandr Harris, Center Operations; **Lourdes Roman, Jeff Byrd, Kevin Powell, Feleicia McBride, David Floyd, Oscar Dothard,** CT; **Willie Mae Wade,** RM; **Robert Sachuk, William Goff, Larry McIntosh,** ED; **Robert Reynolds, Porscha Porter, Erik Johnson, Rebecca Hunt, William Knox,** ISPM.

Commander's thoughts



A lot of changes happened here at Huntsville Center over the last few months.

Many of you were able to take time away from your busy schedules and obligations to attend the change of command and retirement ceremony for Col. John Hurley.

Thanks to all who helped make the ceremony a success. I thought it was a fitting tribute to Col. Hurley for his decades of selfless service to the nation.

One of the biggest changes is that I'm in command until Col. Marvin Griffin returns from deployment and takes command of Huntsville Center this September.

As your commander for the next four months, I will guide and direct as needed – but I feel confident knowing each one of you is a dedicated professional continuing to solve challenging problems accomplishing the Center's mission of providing specialized technical expertise, global engineering solutions, and cutting edge innovations in support our nation's interests.

Col. Griffin is a dedicated Soldier with command experience. He served as Savanna District commander from 2015 until 2018.

He was hand-picked by Lt. Gen. Semonite to lead this organization into the future. I ask you in joining me in helping make Col. Griffin's transition as the new Huntsville Center commander as smooth as possible.

Other changes in personnel happening throughout the Center as folks are stepping up to fill positions temporarily vacated. Colleen O'Keefe is stepping in as business director while

Christina Freese participates in the 2019 Veterans Affairs Senior Executive Service Candidate Development Program. I want to congratulate Christina (Freese) on her selection and I know Colleen (O'Keefe) will do well filling in her stead.

A lot of you have been working with your supervisors on your annual appraisal in the new DOD Performance Management and Appraisal Program.

The new program focuses on open communication between the supervisor and employee, with continuous feedback and discussion on expectations, accomplishments, impediments and training needs.

For the next DMAP cycle, I ask supervisors and employees to remain engaged with open communication to enable effective performance discussions under any performance management system.

A Command Cyber Readiness Inspection was conducted in March at several Corps of Engineers organizations and the results were less than encouraging.

Although Huntsville Center wasn't inspected, we should always be vigilant regarding cyber and physical security. If you are leaving your desk or work area, remember to take your CAC with you.

If you work with PII or PHI, ensure it is always protected and only those with an absolute need to know see it. Ensure your government - issued mobile phone is secure and do not plug any unauthorized device into your PC via any port. Following these simple steps prevents the most common breaches of security.

Memorial Day will soon be upon us



Lt. Col. H.W. Hugh Darville

and the holiday is the "unofficial" kick-off to summer. Over the upcoming summer months, please take all of the necessary safety precautions, especially if you will be boating and swimming.

As we draw closer to Memorial Day, we also draw closer to Huntsville Center's Engineer Day set for June 14 at Point Mallard in Decatur, Alabama.

Further details about the event will be released by the Public Affairs Office.

Engineer Day is also a day we recognize our workforce with awards, and we will begin accepting award nominations soon.

Remember that nominations can come from form anyone — not just supervisors. So if you want to nominate someone, fill out the form and submit it to the Public Affairs Office.

Although I will serve in command of Huntsville Center only temporarily, I want to take this opportunity to thank each of you for the work you do and tell you how honored I am to serve as your commander.



**US Army Corps
of Engineers®**

The Huntsville Center Bulletin is printed by digital copier as an official publication authorized under the provisions of AR 360-1. Opinions expressed are not necessarily those of the U.S. Army. Inquiries can be addressed to Public Affairs Office, U.S. Army Engineering and Support Center, Huntsville, Attn: CEHNC-PA, 5021 Bradford Dr., Huntsville, AL 35805. Phone: DSN 760-1692 or commercial 256-895-1692. The Bulletin is also available online at www.hnc.usace.army.mil. The Huntsville Center Facebook page is located at www.facebook.com/HuntsvilleCenter. Follow Huntsville Center news and announcements on Twitter using hashtag #CEHNC. Circulation: 350.

BULLETIN

Commander..... **Col. John S. Hurley**
Chief, Public Affairs..... **Catherine Carroll**
Editor..... **William S. Farrow**



**Printed on recycled paper
30 percent post-consumer**



Employee Spotlight : Smith named best in Army for 2018



Courtesy photo

Stuart Hazlett, Deputy Assistant Secretary of the Army for Procurement, and Bruce Jette, assistant secretary of the Army for acquisition, logistics and technology, present Lashonda Smith, Huntsville Center contracting officer, with her award during the 2018 Secretary of the Army awards for Excellence in Contracting in Arlington, Virginia.

By William S. Farrow Public Affairs Office

Lashonda Smith, Huntsville Center contracting officer, took one of two Contracting Professional of the Year awards in the 2018 Secretary of the Army Awards for Excellence in Contracting.

Smith said she is honored by the award. Smith, a Brooklyn, New York native, said one of the things she likes most about her position is interacting with people working in various programs and learning how those programs have an effect on projects around the world.

She said she would not be receiving the award if it wasn't for professionals she works with daily.

"Especially the pre-award division," she said. "This team has definitely helped me strengthen my contracting skills and broadened me professionally."

Although this award spotlights Smith as the best-of-the-best in the contracting and acquisitions field, Smith said she still has a long list of professional goals she hopes to meet. She said her immediate focus is on expanding her contracting knowledge through training, seeking new experiences in acquisitions and gaining more responsibility to enable her to fill more senior positions throughout her career.

Col. John Hurley, Huntsville Center commander when the award was announced, said Smith's dedication and

commitment to the Center's mission is evident in all she does.

"The list of accomplishments that are behind this award are simply amazing," Hurley said. "From serving as the only team lead for all three pre-award branches, to managing and assisting in the procurement of 24 highly visible pre-award acquisitions, to volunteering and seeking opportunities above and beyond the call of duty, Smith has established herself as a leader among her peers."

Smith and the other winners were honored at a ceremony hosted by Dr. Bruce Jette, assistant secretary of the Army for acquisition, logistics and technology April 4 in Arlington, Virginia.

The **Employee Spotlight** is intended to highlight Center employees who positively impact the organization through mission achievements. Employees are featured quarterly in the Huntsville Center Bulletin. If you'd like to nominate someone for this recognition, please contact William S. Farrow, Public Affairs Office, at 256-895-1694, or email: william.farrow@usace.army.mil.

Center changes commanders, Hurley retires

By William S. Farrow
Public Affairs Office

It was standing room only at the University of Alabama in Huntsville's Chan Auditorium as a new commander took over the leadership and direction of the U.S. Army Corps of Engineers' U.S. Army Engineering and Support Center, Huntsville, April 18.

During the ceremony, Lt. Col. H. W. Hugh Darville accepted command from Lt. Gen. Todd Semonite, chief of engineers and commanding general of the U.S. Army Corps of Engineers.

Darville had served as deputy commander of Huntsville Center since 2017. Less than six months after assuming those duties, Darville deployed for more than 10 months to Southwest Asia. Now, he will serve as the Center's commander until Semonite's selection for command of the Center, Col. Marvin Griffin, is available for duty in the fall. Griffin is currently deployed in support of efforts in Southwest Asia.

"Hugh is really a proven leader. He has that depth, and he knows how things work," Semonite said, addressing the crowd of more than 300 Center employees and guests.

"We pulled him out of the Center and sent him to Task Force Essayons to support our Soldiers in Kuwait and Iraq, and he did a phenomenal job," Semonite added. "He's also served at Headquarters [U.S. Army Corps of Engineers], so he understands Washington D.C. He has all the technical confidence and credentials, and he's going to be great." During his speech to the audience, Darville thanked Semonite for the opportunity to serve as commander of the Center.

"Over the last year and a half I've gotten to know many of the people working at the Center, and you can be confident that they will solve any engineering problems and you can count on me to assist them as they accomplish the mission while providing outstanding support to our important stakeholders," Darville said.

Although the ceremony focus was the change of command, the ceremony also offered an opportunity for Semonite to lead Center employees and staff in celebrating the upcoming retirement of the Center's outgoing commander, Col. John Hurley.

Hurley served as the Center's commander since June 2016. Semonite recounted Hurley's career and thanked him for his service as a Soldier and an engineer.

"Throughout his entire career, John demonstrated an ability to find solutions. His guidance leaves a legacy of accomplishments that enabled the Corps to successfully execute countless projects and programs," Semonite said. "John's leadership and foresight and expert guidance really enabled your organization [Huntsville Center] to successfully



Photo by Stephen Baack

Lt. Col. Hugh Darville accepts the colors from Lt. Gen. Todd Semonite, commanding general of the U.S. Army Corps of Engineers, during a change of command ceremony.

support all the sister districts and a multitude of stakeholders. You're a leader of superior integrity and technical competence, and you really have been a cornerstone of some complex projects," he said.

"Your legacy over the last 30 years is not what you have done, but the spark you lit to inspire all of those who have served with you," Semonite added.

Hurley served in several capacities as an Army engineer including commander of Japan District (2013-2016) and Buffalo District (2006-2008), and deputy commander of the Corps' Transatlantic Division as the lead design and construction agent for the Department of Defense in the 20 countries in the Middle East from Egypt through Pakistan.

During his farewell speech, Hurley said the breadth of the Huntsville Center is "staggering," and he was honored to have commanded the organization.

However, Hurley said one thing he took most from his command is how the Center's mission supports the nation's military.

"It's always about the warfighter," Hurley said. "There's a warfighter out there somewhere who is waiting for us to deliver our product."

Hurley also took the opportunity to thank his wife and four children for their support during his career.

"I couldn't have done it without you," he said.

Survey echoes Center's strengths, challenges

By David San Miguel
Public Affairs Office

Singing its praises, employees with this Huntsville-based organization boast that it's a great place to work and one they highly recommend, according to results cited in the 2018 Federal Employee Viewpoint Survey.

Valerie Ward, human resources strategic adviser for Huntsville Center, said it comes as no surprise that the center would garner such high marks given the command's focus on the workforce.

Conducted each year by the Office of Personnel Management, the FEV survey polls employees to provide commanders valuable insight into the organization's culture and civilian work environment. However, unlike previous years when only a representative sampling of 25 percent was polled, this survey comprised 90-95 percent of the command's eligible workforce.

OPM broadens its survey every five years probably to help validate the representative sample, Ward said.

In an online post to the workforce, Col. John S. Hurley, then-commander of Huntsville Center, reiterated those views as validated through the survey.

"Because of your input and support, the Huntsville Center will continue to be a great place to work," he said. "Over the past two years, we have used your feedback from the surveys and focus groups to implement changes at the center. As a result, over 70 percent of the questions on the FEVS had an increase in positive scores."

"The survey looked at employees' success in seven basic areas," Ward said.

"It included questions about their personal work experience and what it's like working for the organization. It also surveyed how they feel about the actual workplace environment, including their supervisors and senior leadership.

"Finally, the survey asked specific questions about the employee's personal job satisfaction, various work life issues such as telework, employee assistance programs, health and wellness programs, child care, elder care, etc.," Ward said.

These 80-plus questions were assessed and then compiled into a report to help leadership identify the organization's strong points, areas of talent and challenges.

The more inclusive survey found that 94 percent of the workforce understands the center's goals and priorities and that they would recommend the organization as a good place to work (69 percent), and know what's expected of them to perform their jobs to achieve mission success (94 percent). It also identified 42 strengths and only three challenges.

"So, of course, we want to communicate we have way more strengths," Ward said.

According to the FEVS, employees have a sense of



Photo by William S. Farrow

Most Huntsville Center operations were relocated to 475 Quality Circle in December. The relocation addressed an issue important to many Center employees as more than 48 percent of the Center's employees who participated in the 2018 Federal Employee Viewpoint Survey had a negative viewpoint of the Center's physical building conditions at the previous located building at the University Square location.

personal accomplishment (74.3 percent). They feel their talents are being utilized (75 percent); they're being developed (73.3 percent); and, most importantly, that their first line supervisors respect (86.1 percent) and listen to them (85 percent).

"The responses stated that you are willing to put in the extra effort to get the job done; that you constantly look for ways to do your job better; that you felt the work you do is important; and, that your supervisors listen and treat you with respect," Hurley added. "However, we still have work to do."

Among those shortcomings were the employees' negative perception of the physical building conditions (48.7 percent), dealing with poor performers (41 percent) and pay raises based on performance (37.4 percent).

In response to those findings, the command's leadership hosted focus groups and sensing sessions to more fully understand employee concerns, and to develop strategies to address and tackle the challenges.

"We addressed the inadequate building concerns and actively pursued a better facility. That was achieved with the recent move of our headquarters to 475 Quality Circle," Hurley said.

"We will continue to address their concerns about pay raises through open and fair competitive opportunities for all, as well as concerns about dealing with poor performers."

Other initiatives include improving communication through the use of media; highlighting awards and recognition; extending mentoring and coaching opportunities;

See SURVEY on page 8



Photo by William S. Farrow

Latosha McCoy, Brandon Lee and Tonju Samuels were selected for the Defense Contract Audit Agency's Director's Development Program in Leadership, an 18-month-long Department of Defense executive level program designed to hone leadership competencies for managerial and executive-level performance.

Acquisition leaders participate in Defense Department development program

By William S. Farrow
Public Affairs Office

Three senior-level U.S. Army Engineering and Support Center, Huntsville acquisition professionals were selected for an 18-month-long Department of Defense executive level program designed to hone leadership competencies for managerial and executive-level performance.

Tonju Samuels, Latosha McCoy and Brandon Lee were selected the Defense Contract Audit Agency's Director's Development Program in Leadership – a program created as a competency-based leadership curriculum designed specifically for leaders using the DOD Civilian Leadership Development Continuum and Framework.

Each of the courses is presented in a one-week format. There will be four to six weeks between class sessions to allow for study and class preparation.

"Center Contracting remains committed to our workforce's leadership development," said Colleen O'Keefe, Huntsville Center business

director and previously Center Contracting director.

"The DDPL program is a rigorous and intellectually demanding experience requiring considerable self-sacrifice, persistence, dedication, discipline, desire, and time. The academic instruction is geared to executive leaders who are self-motivated and can set priorities for accomplishment of required learning assignments. The selectees have demonstrated high levels of performance and I'm certain they will continue to advance in their careers."

This DDPL program will have cohort participants from DCAA and other DOD and government agencies, allowing for multiple perspectives and networking opportunities. The program's intent is to strengthen employee engagement, communications, problem solving skills, and interagency collaboration.

Samuels, McCoy and Lee all expressed that they are certain the program will strengthen and enhance their professional growth.

McCoy said participation in DDPL

is preparing her to lead at the strategic level across a wide range of civilian and military operations, in joint, interagency, and multinational environments.

"I also am benefiting from the diverse experiences and leadership backgrounds of my fellow cohort participants, while improving the program through sharing personal tacit and explicit leadership experiences that I bring with me to the program," she said.

Lee said he believes what he learns from the program will help Huntsville Center accomplish its mission.

"At the completion of this program, I am optimistic that I will have learned to lead and think strategically so I may be in a position to continue to serve my contracting program and my organization," Lee said.

Samuels said leadership requires consistent commitment.

"Without continuous education and concentrated leadership training, leaders may become complacent and stagnant, which in turn may endanger the effective and efficient accomplishment of the organization's mission," she said.



Courtesy photo

Recruiting Tigers

Steve Goolsby, chief of Facilities Branch, left, and Wes Trammell, chief of Construction and Services Support Branch, right, pose with a Aubie and a student during Auburn University's Spring Building Science Career Fair in February. Huntsville Center representatives have visited more than a half dozen recruitment events in Texas, Georgia, Colorado and Alabama seeking the talent required to achieve Huntsville Center's and U.S. Army Corps of Engineers' missions.

SURVEY

and, conducting employee-centric lunch-and-learn seminars on topics such as resume writing, interviewing skills, career planning, etc.

Ward adds it's that focus to improve the workforce environment that keeps employees engaged and committed to the center.

"Now that we've moved into a newer building, morale has improved," she said.

"To address the issue of poor performers, we send new supervisors to face-to-face training on human resources through the Civilian Personnel Advisory Center at Redstone Arsenal," Ward added.

"We also host and conduct monthly professional development workshops where topics such as disciplinary actions, performance appraisals and various other issues are discussed.

"Hopefully, by giving supervisors the

tools they need, they won't be hesitant to deal with poor performers," she said.

"Supervisors will learn how to talk with those employees and provide positive constructive counseling to address concerns early on in the process. We're trying to give them the tools to help them deal with these individuals."

In a letter to the entire federal workforce, Margaret Weichert, acting director, OPM, commented that the 2018 FEVS results are especially critical as the government strives to be more effective, efficient and accountable to taxpayers.

"We take seriously our responsibility to make data-driven decisions that result in long-term success," she said. "We will look at underlying causes behind employee perceptions in order to replicate those that lead to positive responses and reshape the issues behind the negative observations.

"Our workforce will play a pivotal role in improving government efficiency and effectiveness by focusing on the three pillars of the president's management agenda: mission, service and stewardship," Weichert said.

This includes a modern workforce that delivers mission outcomes the public expects by focusing on high-value, high-impact work; facilitating faster, more convenient and more cost-effective customer experiences; and, utilizing new approaches, increasing transparency and delivering better services.

"That strategy includes an open line of communication between leadership and the workforce, and creating engagement opportunities that are responsive to the needs of stakeholders, customers and the American taxpayer," Ward said.

"And that's what we provide here at the Huntsville Center."

Maack conquers rigorous DAU course

By Stephen Baack
Public Affairs Office

A Huntsville Center contracting specialist graduated as the top student from the Defense Acquisition University's CON 090 course, which has a reputation as one of the most rigorous in the acquisition field.

Audrey Maack, who works on acquisitions for access control points, characterizes the four-week course as a tough rite of passage for professionals in her field.

"You hear horror stories about CON 090," said Maack, who graduated in December. "It has a very high attrition rate."

The course covers the fundamentals of the Federal Acquisition Regulations and the Defense Federal Acquisition Regulations Supplement for junior members of the acquisition field.

"The FAR is an ever-changing document," Maack said. "It's just a living-breathing document that's constantly changing. So, a lot of the class is really just learning how to navigate it."

Maack, having joined Huntsville Center in late July after working in private-sector contracting, is not completely new to the acquisition field. Nevertheless, she said the course demands an anxiety-provoking level of attention to detail even from students who aren't brand new to the acquisition world.

"The whole idea behind it is, particularly in the contracting field, attention to detail is incredibly important," Maack said.

"They structure the class, the tests and the quizzes where you have to pay very close attention to detail to the question and even in your answer. When you provide citations, you have to provide the exact citation, and that can go all the way down to multiple subparagraphs to an answer.

"Even the professors don't dance around the fact that it's rough," Maack added. "They don't hide the fact that it's meant to weed out those who they don't think are going to make it in the acquisition world."

Maack expressed gratitude that she and several of her peers were able to take part in a short, informal primer administered by Joel Williams, who serves as a senior contract specialist for the BASEOPS program. She said this relieved a lot of her anxiety.

"I did not like the course, and after having completed it successfully, I told Lisa Hendrix, our section chief, that I'd be willing to do a preparation course to help provide context because it's an extremely rigorous course," Williams said.

Williams said there is good reason for the high level of rigor in the course.

"You're obligating taxpayer dollars," he said. "With that, there has to be a level of accountability."



Photo by Stephen Baack

Audrey Maack, a Huntsville Center contracting specialist, graduated as the top student from the Defense Acquisition University's CON 090 course, which has a reputation as one of the most rigorous in the acquisition field.

Williams attributes that complexity to the competing avenues of consideration in ensuring an economically equitable playing field.

"You're addressing small businesses, minority-owned businesses, historically underutilized business-owned businesses, companies that would not traditionally have an opportunity to access these contracting dollars," he said.

"How do you do that and still meet the need or requirement of the government, of the agency, and of the mission? That's where it begins to get more complex. CON 090 actually dives into that. If you're new to it – a new hire with no background or experience – it's a whole different world."

CIS2 program supports DoDEA schools

By William S. Farrow
Public Affairs Office

After the success of a project at Naval Base Sigonella, Italy, a Huntsville Center program's management is coordinating future facility related communications infrastructure and systems support projects with Norfolk District and Department of Defense Education Activity leadership.

Huntsville Center's Communication Infrastructure and Systems Support program, or CIS2, coordinated with Norfolk District to provide technical engineering, project management and acquisition support to equip the DoDEA Europe South District's Sigonella Elementary School and Sigonella Middle High School with Uninterruptible Power Supply systems.

The CIS2 Program utilizes a dedicated, multidiscipline Project Delivery Team to provide support for the survey, design, acquisition, installation, testing, and/or maintenance of facility communications distribution systems.

The Sigonella project supported a DoDEA Information Technology Division's request to provide sufficient off-line power in the event of planned or unplanned power fluctuations to ensure the "graceful" shutdown of significant IT infrastructure, said Tracy Phillips, CIS2 branch chief.

In addition to protecting the agency's IT infrastructure investment, the system secures student and staff digital work and applications under abnormal power conditions, he said. Ricardo Lim, DoDEA information architect, said he is pleased with the system and the capabilities CIS2 present and he will "absolutely" rely on CIS2 for any future projects.

"The ease of use of the contract and the quality of available vendors makes CIS2 a valuable partner for our future projects," Lim said.

The DoDEA plans, directs, coordinates and manages prekindergarten through 12th grade educational programs on behalf of the Department of Defense. DoDEA operates 164 accredited schools in eight districts located in 11 foreign countries, seven states as well as Guam and Puerto Rico.



Courtesy photo

Sigonella Elementary School was one of two schools on Naval Base Sigonella, Italy, to receive Uninterruptible Power Supply systems in January.

Huntsville Center's Facility Technology Integration Division provides facility communications distribution systems (FCDS) across DOD-centric programs. FTI's vision is to "Connect facilities to meet the needs of the future."

Some of those projects include mass notification systems, audio/video systems, as well as additional UPS systems. Within the FTI Division, the CIS2 program provides FCDS quality oversight and technical engineering solutions in accordance with Unified Facilities Criteria standards, Unified Facilities Guide Specifications and telecommunications distribution methods.

Work performed by the team includes telecommunications interior infrastructure planning and design, facility-related cybersecurity systems, telecommunications spaces, pathways, cabling and systems and interconnecting components necessary to support the infrastructure of voice, data and video systems.

"Not only does the CIS2 program offer technical expertise for this mission, but that expertise spans the entire process of implementation. From design, development and procurement to integration, installation and project management oversight," Phillips said.

Key CIS2 Customers

U.S. Army Reserve Command
U.S. Southern Command
U.S. Army Corps of Engineers
DOD Education Activity
Office of the Secretary of Defense
Yuma Proving Ground Network Enterprise Center

Joint Communication Support Element
88th Regional Support Command
Fort Bliss Directorate of Public Works
National Guard Bureau
Navy Systems Support Group
Washington Headquarters Agency



Courtesy photo

Airmen perform last-minute checks on a U-2 reconnaissance aircraft before it takes from Osan Air Base, Republic of Korea. Huntsville Center's Fuels team cleaned, inspected and repaired a fuel storage tank used to hold and dispense a jet fuel created specifically for the U-2, an important part of the Air Force's intelligence, surveillance and reconnaissance mission.

Fuels project quick-turn supports Dragon Lady

By William S. Farrow
Public Affairs Office

Huntsville Center's Fuels Recurring Maintenance & Minor Repair Program completed a project at Osan Air Base, Republic of Korea, resulting in the continuation of mission-critical imagery and signals intelligence crucial for command leaders throughout the Korean peninsula. Huntsville Center's Fuels team had a very short period of time to clean, inspect and repair a fuel storage tank used to hold and dispense a jet fuel created specifically for the U-2 reconnaissance aircraft.

The contract for the work was awarded Jan. 31 and the project was completed March 12.

Although the schedule was extremely aggressive, Ron Brook, Fuels program manager, said his team and the contractor worked hard to shorten the length of the project execution.

"We had more than a few hurdles in terms of adding the scope while meeting the critical timeline. The team got back on their feet and continued the execution and the project manager, Moon Hemm, was instrumental in managing this project" Brook said.

Because of the short time allotted to complete the project, Hemm negotiated with the contractor to increase the hours technicians worked, including to work the weekends.

In a note to Col. John Hurley, then-Huntsville Center commander, Col. Phillip Noltemeyer, director, Air Force Petroleum Office, relayed his pleasure with the team's commitment during the project.

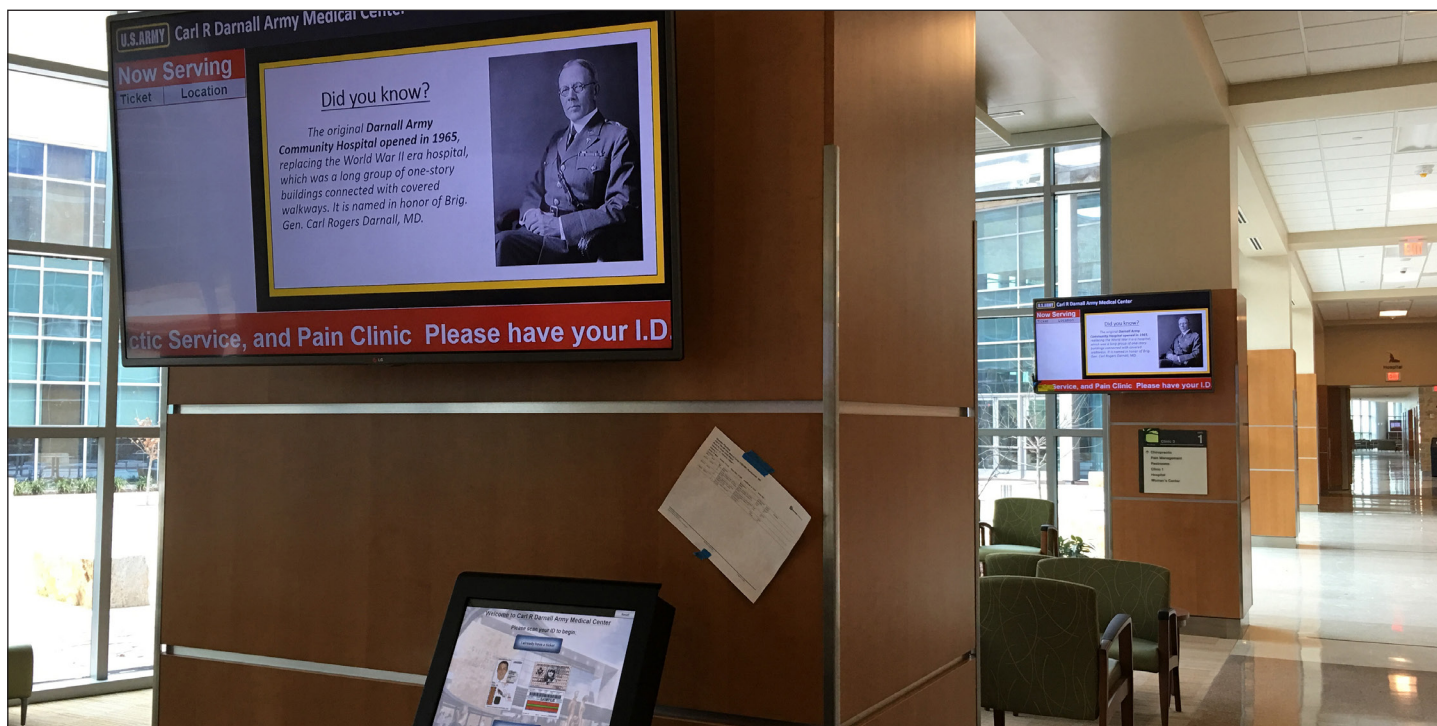
"While the response and the quality of the work were exceptional, the willingness of Moon Hemm and the contractor to be flexible and adjust as we went through the project execution was most noteworthy. This project fully displayed an 'all in' team effort totally

focused on the special mission support involved, as well as open, responsive communication channels that kept the decision process on track," Noltemeyer wrote.

"While we've had many exceptional projects completed via the Fuels Program, this one is in the 'best in class' category."

Flying at 70,000 feet on a combat mission at an altitude equivalent to approximately 13 miles, the U-2 Dragon Lady is an important part of the Air Force's intelligence, surveillance and reconnaissance mission enterprise, and provides high-altitude, all-weather surveillance and reconnaissance in direct support of U.S. and allied forces.

Huntsville Center's Fuels Program provides vital maintenance and repair services to the Department of Defense and other government agencies to sustain a worldwide robust fueling capability in support of the Army, Navy and Air Force service components.



Courtesy photo

Huntsville Center's Facility Technology Integration - Medical program implements facility communication distribution systems like this patient service ticketing kiosk inside Carl R. Darnall Army Medical Center at Fort Hood, Texas.

Facility Communication Distribution Systems: Technical centerpiece of a fully functional medical treatment facility

**By Patrick Stone
FTI-Medical**

Providing information technology and communications infrastructure for any military facility requires specialized technical expertise, but doing so for military medical treatment facilities requires an even more distinct set of skills.

Medical facilities are special in their operation because they not only must consider the need of the patients they serve, but they also must be particularly mindful of rules and regulations related to personally identifiable information in a medical setting like the Health Insurance Portability and Accountability Act, or HIPAA. Put more simply, these communication systems must be designed with cyber standards in mind while also providing added benefits to patients and medical staffs.

Not only does Huntsville Center's Facility Technology Integration - Medical (FTI-Medical) program offer technical expertise for this mission,

but that expertise spans the entire process of implementation: from design, development and procurement, to integration, installation and project management oversight.

The medical-specific systems that fall under the category of facility communication distribution systems, or FCDSs, are numerous and varied. They include electronic wayfinding systems, wireless internal communications systems, paging systems, nurse call systems, server rooms and data centers, and Voice over Internet Protocol telephone systems.

The implementation of FCDSs is at the heart of FTI-Medical's mission, and the advantage of FTI-Medical is its ability to implement these systems in cyber-ready, turnkey form.

Previously known as Medical Communication Infrastructure and Systems Support, the program adopted the FTI-Medical name to better align their purpose with the mission of providing technical solutions to

Department of Defense customers in the form of FCDSs.

Major customers of FTI-Medical include the Defense Health Agency, U.S. Army Medical Command, U.S. Army Regional Health Commands, and the U.S. Army Health Facility Planning Agency.

FTI-Medical also partners with the U.S. Army Corps of Engineers' geographic districts that are doing construction-related projects to assist with this specialized area of FCDS/information technology. Our partnerships with the districts provide superior, integrated facility solutions for USACE customers. Because the medical community is often tasked with renovating and building hospitals on tight timelines, project managers should always be mindful that medical treatment facilities are not fully functional without the enabling force of facility communication distribution systems.

FTI-Medical is there to do just that.

Workshop good for taxpayers, environment

By William S. Farrow
Public Affairs Office

Resource efficiency managers from around the world attended Huntsville Center's REM workshop in Huntsville, Alabama, Feb. 26-28.

The workshop for Huntsville Center contracted REMs coincided with Energy Huntsville's Energy Summit at the Huntsville Marriott Hotel at the U.S. Space and Rocket Center.

Energy Huntsville is a volunteer-based, nonprofit dedicated to growing the Huntsville region's economy in the energy sector and establishing Huntsville as the "go-to technology" center for solutions to energy programs and projects.

Huntsville Center's REM program provides contracted subject-matter experts to Department of Defense branch installations to increase energy program effectiveness by identifying programs and practices to reduce energy and water costs and meet resilience and security requirements.

REMs provide a vital link at installations to develop site energy programs to secure resources for sustainability and renewable energy assets. REMs are the "energy boots on the ground" to understand the necessary steps to build and execute Net Zero program applications, said John Trudell, Huntsville Center's REM program manager.

"Our REMs provide expertise to identify infrastructure energy improvements on government facilities to significantly reduce energy and water utilization, and our annual workshops are set to increase each REMS knowledge and understanding of what each of them is doing at their respective garrison," he said.

Trudell said this was the second time the program coincided with the Energy Huntsville Energy Summit. He said the reason for the events to coincide was to allow REMs to get face-time with other attending REM and energy industry representatives and participate in focused seminars, such as Cybersecurity and Energy Resiliency.

Most of the 200 people attending the summit were from state and municipal governments or private industry.

On Feb. 28, the REMs gathered at Huntsville Center for a day-long run down of processes and programs relevant to their specific jobs at their installations.

Gayle Hoffman is one of the REMs at Naval Base Guam. She has only been in the position for two months, but she said she is learning and looking forward to getting back so she can implement programs for her command. For Hoffman, attending the Energy Summit and the REM workshop has been eye opening.

"I'm learning a lot of new terminology and acronyms associated with the job and meeting with other REMs and



Photo by William S. Farrow

Karim Manji, left, Installation Management Command Sustainment, speaks to resource efficiency managers gathered at the Center for a workshop Feb. 28. The workshop coincided with Energy Huntsville's Energy Summit.

industry representative has helped me fill in a lot of gaps," Hoffman said.

"I've also learned a lot about energy resiliency priorities that has a wide focus across all service branches. It has been great meeting with vendors and learning about public/private partnerships and to meet with the other REMs and hear about their experiences and learn from them too," Hoffman said.

Although Hoffman is new to the REM program, she knows attending professional workshops, conferences and taking part in REM training opportunities is fundamental to her position.

Education and related experience is mandatory for all REM levels and varies for each qualification level.

Within one year after employment, all REMs must receive energy management certification as a Certified Energy Manager.

Huntsville Center's REM program has ensured millions of dollars in savings for military installations across the globe.

"We have a strong record of our REMs developing projects to improve the facilities for the Soldier, provide secure resilient power to ensure mission readiness, and finding projects to save energy and money," Trudell said.

"Getting most of the REMs under one roof once a year for the REM workshop gives them a chance to explore each other's programs and projects and offers them the opportunity to learn from one another, teach them additional ways to reduce energy and water consumption and save the DOD money. That's good for both the taxpayer and the environment."



Courtesy photo

Workers install portions of the 8.5 megawatt-per-hour battery system at Fort Carson, Colorado. Huntsville Center's Energy Savings Performance Contracting program coordinated the project designed to reduce peak electricity use costs, especially during the summer cooling season.

Huntsville Center ESPC program delivers Fort Carson energy storage system

By William S. Farrow
Public Affairs Office

A Huntsville Center acquisition vehicle delivered Fort Carson, Colorado, an energy storage system designed to combat the high cost of peak electricity use.

Huntsville Center's Energy Savings Performance Contracting program managers and contracting specialists coordinated the project with AECOM, the energy service contractor, and the garrison's directorate of public works. A ceremonial "switch throwing" event in January marked completion of the project.

Although Huntsville Center ESPC projects have resulted in energy storage systems installed at multiple military bases, Mike Belles, AECOM's senior project manager, said the Fort Carson unit installed in November is the largest peak-shaving battery on a Department of Defense installation.

The 8.5 megawatt-per-hour battery system consists of thousands of small cells inside more than a dozen, 5-by-12-foot containers.

The battery will offset the high energy demands placed on Fort Carson's power grid, especially during summer cooling season, ultimately increasing power grid resilience.

Rachel Hoeffner, ESPC project manager for the Fort Carson project, said ESPC projects are unique in that the energy savings contractor, or ESCO, performs operations and maintenance on major systems, allowing Fort Carson's Directorate of Public Works maintenance resources to be spent on other activities.

Because the project is guaranteed to pay for itself over time, Fort Carson was able to leverage an existing Energy Savings Performance Contract with engineering firm AECOM to finance, design and construct the \$8 million

battery system.

"These third party financed agreements allow the garrison to focus appropriated funds on mission critical requirements," she said.

Vince Guthrie, utility program manager, Fort Carson Directorate of Public Works, said the system will reduce the garrison's billed peak electric use by an average of 9 percent every month, which will save Fort Carson approximately \$525,000 a year.

When Fort Carson is paying the highest rate each month for peak electric use as a large-scale consumer, the system discharges electricity.

During periods where there is less electricity demand, and the post pays a lower rate for its electricity, the battery recharges.

"Using less of anything when demand is high and/or there is a shortage is the first step to becoming more resilient," Guthrie said.

Center's Puerto Rico Product Delivery Team receives Army award for excellence

Huntsville Center's Puerto Rico Product Delivery Team received the 2018 Secretary of the Army Awards for Excellence in Contracting, Outstanding Team Award for Specialized Services and Construction Contracting.

The PRPDT is credited for their rapid response in compressing a two-year acquisition schedule to bring power restoration to 3.4 million Puerto Rico residents who were left without electricity after Hurricane Maria devastated the island.

Known for the ability to take on and meet the challenge of implementing unique and innovative methods for execution of Huntsville Center's mission, the PRPDT was tasked to put in place a contract vehicle to execute up to 70 percent of the repairs to the power transmission and distribution system damage to allow for full electrical grid restoration.

Restoration of power was essential to avoid continued loss of life, protect the health and physical safety of U.S. citizens, and restore normalcy and safe living conditions for individuals. It was also critical in enabling the re-building of infrastructure and return of businesses to full operations.

Members of the team include:

Colleen O'Keefe, Business Director; **Boyce Ross**, Director of Engineering; **Margaret Simmons**, Center Counsel; **Lydia Tadesse**, Contracting Division Chief; **Timothy Griffin**, Contracting Officer; **Lisa Hendrix**, Contracting Officer; **Angela Wilson**, Contracting Officer; **Chase Bonds**, Contracting Specialist; **Valerie Clinkenbeard**, Acquisition Manager; **Todd Watts**, Facilities Division Chief; **Laura Lokey-Flippo**, Project Manager; **Steven Feldman**, Assistant Center Counsel; **James Steele**, Cost Engineer; **Jimmy Haywood**, Mechanical/Electrical Division Chief; **Kelton Pankey**, Cost Engineering Chief; **Mark Fleck**, Cost Engineering Technician; **April Rafael-Adams**, Cost Engineer; **Jeff Zysk**, Electrical Engineer; **Jason Page**, Electrical Engineer; **Chad House**, Mechanical Engineer; **Jeffrey Denton**, Electrical Engineer; **Richard Locklair**, Project Manager; **Bruce Railey**, Project Manager; **Steve Goolsby**, Facilities Branch Chief; **Amanda Mobley**, Project Manager; **Nicole Boone**, Procurement Analyst; **Chad Braun**, Civil Engineer; **Wesley Trammell**, Civil Engineer; **Monica Nelson**, Contract Cost Specialist; **Chris Shepherd**, Project Manager; **Ron Brook**, Project Manager; **Jesus Ramirez-Rodriguez**, Project Manager; **Rodney Graham**,



Courtesy photo

A contractor repairs power lines after Hurricane Maria hit Puerto Rico in 2017. Huntsville Center was tasked by Headquarters U.S. Army Corps of Engineers to put a contract vehicle in place to repair the island's power transmission and distribution system.

Project Manager; **Raul Alonso**, Project Manager; **Jerad McIntyre**, Project Manager; **Paul Anderson**, Electrical Engineer; **Joe Fentress**, Safety Manager; **Will Eggleston**, Safety Engineer; **Jay Bogus**, Electrical Engineer; **Jay Plucker**, Geographer; **Dustin Ray**, Physical Scientist; **Beverly Richey**, Geographer; **Michael Bosley**, Civil Engineer.

(Editor's note: information from staff reports)

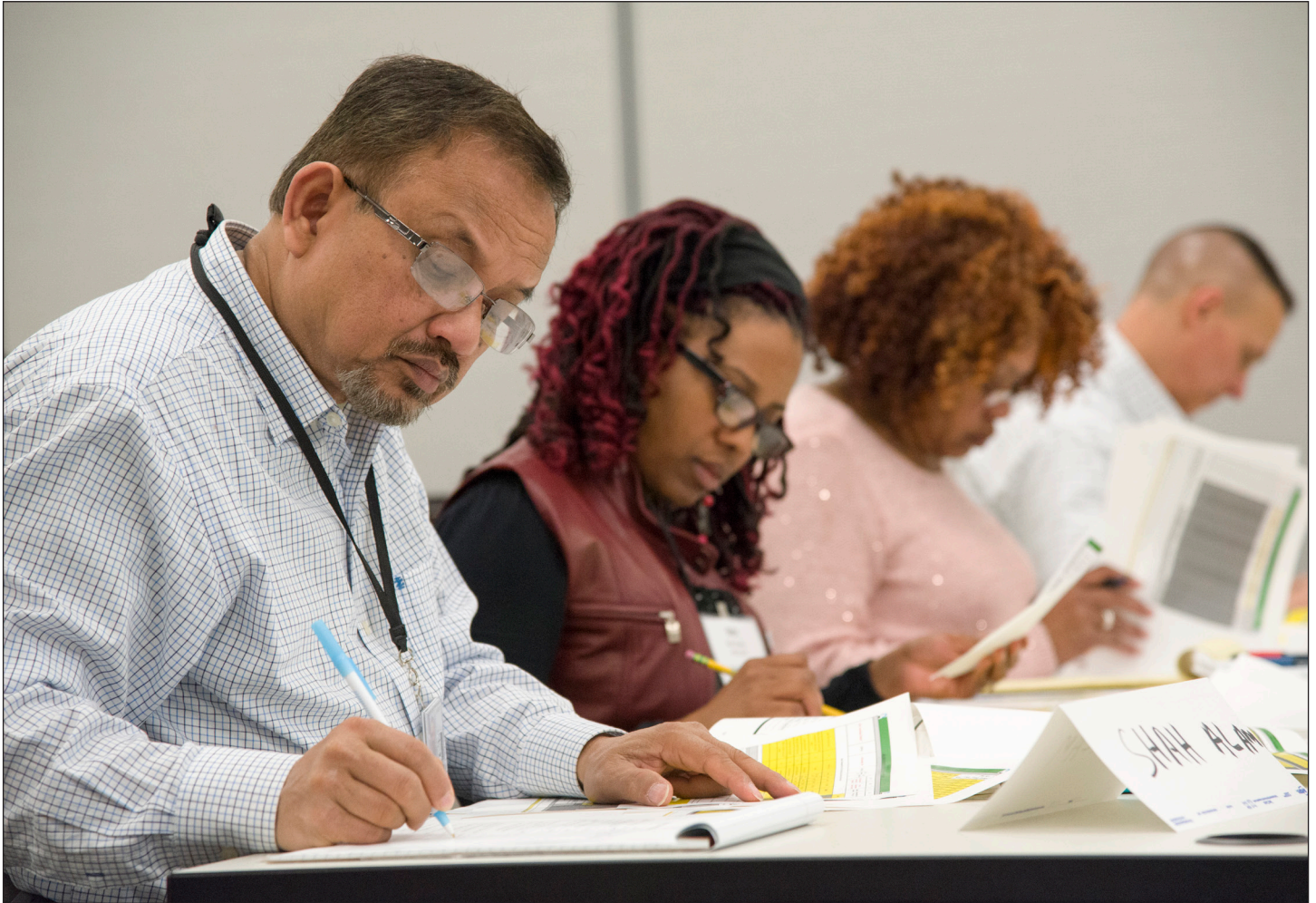


Photo by Stephen Baack

Members of Huntsville Center participate in refresher training March 28 on the topic of Energy Savings Performance Contracting during a three-day class for which members of the Department of Energy visited Huntsville Center to lead the training. Huntsville Center is considered the Army's expert in Energy Savings Performance Contracting.

Energy Department experts lead ESPC training

By Stephen Baack
Public Affairs Office

Instructors from the Department of Energy visited the U.S. Army Engineering and Support Center, Huntsville, in late March to lead training for key project managers and engineers assigned to the Engineering Directorate here on the topic of Energy Savings Performance Contracting.

Energy Savings Performance Contracts, or ESPCs, give federal agencies a way to make improvements to existing infrastructure at military installations that increase energy efficiency, ensure energy resilience, and save taxpayer money – all without the requirement of upfront capital costs or congressional funds.

Shah Alam, project manager from Huntsville Center's Energy Division, took the class as refresher training, but he said most everyone else in the class was approaching the material with new eyes.

Alam said they were in good hands with the team of

instructors.

"The trainers that we had are some of the best they have in DOE," Alam said. "They are nationally recognized. As far as the content, they kept the discussions open. The people in class had a lot of questions and were able to ask them. We had open and very fruitful discussion."

Training included processes that DOE and U.S. Army Corps of Engineers have to help organizations implement ESPC task orders contracts, along with best practices and resources.

The class also covered the main phases of an ESPC project: acquisition planning, ESCO selection and preliminary assessment, project development and detailed feasibility study, project implementation and construction, and post-acceptance performance.

Alam said they also spent about half a day on the measurement and verification process and another half a day on managing the financing component.

Business director in VA development program

By William S. Farrow
Public Affairs Office

Christina Freese, Huntsville Center business director, was recently selected to participate in the 2019 Veterans Affairs Senior Executive Service Candidate Development Program.

Freese was one of only two Army civilian employee candidates selected for the competitive program which seeks out individuals possessing the qualities and abilities needed in executive leaders across the federal government.

Col. John Hurley, Huntsville Center commander, said Freese's selection is another example of the talented people that the Center employs.

Since the Army doesn't currently offer an equivalent development program, Freese sought options with other federal agencies, and because the VA is an important Center stakeholder, she said she felt the VA program was a great opportunity to learn more about the providing benefits and services to eligible U.S. military veterans around the world.

"The services the VA provides our veterans are essential and, since the VA is also an important stakeholder with



Christina Freese

Huntsville Center, this appeared to be a great opportunity for me to learn more about them," Freese said.

According to the Office of Personnel Management website, an SESC DP is designed to further develop SES candidates' competencies in each of the Executive Core Qualifications.

Graduates of SESC DPs certified by OPM's Qualifications Review Board may receive an initial career SES appointment without further competition.

Certified graduates typically start their SESC DP with experiences

normally obtained at the GS-15 level, or equivalent. However, some agencies open their SESC DPs to individuals at the GS-14 level, or equivalent.

When Freese received notification of her selection, she said she was excited, honored and thankful.

"I knew the process would be very competitive and that only a small number of applicants would be selected, especially from outside the VA," Freese said.

"So I was thrilled the selection panel found my career potential worthy for the cohort group."

Although SESC DP is challenging and requires considerable effort including developmental assignments outside Huntsville Center, Freese will continue in her role as the Center's business director during the 18 to 24-month program.

Freese said her personal career approach has always been to continued growth and development.

"I don't shy away from difficult challenges and opportunities that stretch the bounds of my expertise because I feel that what I learn through those experiences makes me more effective," Freese said.

Kid, you'll move mountains

Maua Underwood, an administrative and office support specialist with Huntsville Center, reads to Kristi Clower's kindergartners at the Academy for Academics and Arts March 1 as part of Read Across America, a nationwide program to energize children's pursuit of reading. Many local schools participate in the event near or on Dr. Seuss' birthday. Underwood read Seuss' "Oh, the Places You'll Go!" and, when finished reading, donated the book to Clower's class.



Photo by Stephen Baack

Colleague remembers life, career, legacy of OE veteran Wayne Galloway

By Stephen Baack
Public Affairs Office

Wayne Galloway, a supervisory safety occupational health specialist who served with Huntsville Center for 28 years, passed away Feb. 13. He was 74.

Galloway leaves behind his wife Veronica, daughter Leslie, son Christopher, and three grandchildren. Galloway also leaves behind his Huntsville Center family at the Ordnance and Explosives Design Center, to whom he leaves a legacy as an expert in his field, a unique communicator, an innovator and a teacher.

“He was the greatest boss I’ve ever had,” said Gregory Parsons, supervisory safety occupational health specialist with the Ordnance and Explosives Design Center.

Galloway hired Parsons in 1993, and the two have worked together ever since. According to Parsons, Galloway was one of the first key people who helped build what is now the OE Design Center, along with the first director, David Douthat.

“First it was the safety office, and then we started adding program managers to support the contracts – and it just grew,” Parsons said of the burgeoning team.

Parsons said Galloway has always had a unique way of communicating. For Galloway, opportunities to communicate were also opportunities to teach.

“If you asked Wayne a question, he would walk you down this path,” Parsons said. “It may be a quick yes-or-no question, but he would still walk you down this path, which would take about 15 minutes, but by the time you got back to the answer, you would know exactly why that answer existed. He was always a teacher – a very good one if



Wayne Galloway

you had the patience.”

Galloway took this approach when he launched the OE stand-down, which Parsons said happened every winter holiday season when most projects were slowed down or paused.

“We went over things that happened during the year and issues that came up and how we resolved them,” said Parsons. “It was a learning process. He wanted people to learn why he was doing certain things so they’d understand it.”

Parsons said the stand-down became so successful that the directorate began to include program managers and, then contractors. Parsons said the annual event continued growing, but soon went beyond the scope of Galloway’s original vision.

“Wayne told them, ‘Don’t do this. You’re going to make this too big,’” Parson said. “Two sessions later, headquarters cancelled it all.”

“That was one thing Wayne did: He had the innate ability to see what’s happening at the moment and predict

what’s going to happen years down the road, or six months down the road with that particular action,” Parsons said.

In Parsons’ eyes, one of Galloway’s biggest accomplishments was starting the International Operations Center, which managed the disposal of ammunition overseas.

“He flew over and told them what they needed and built it all,” said Parsons.

“He started it, conceived of it. At the time, it was captured enemy ammunition. It’s evolved since then, but he started it. He designated me the operations NCO for it.”

Before he joined Huntsville Center, Galloway served 26 years in uniform, which included service in the Marine Corps and in the Army, the latter of which he retired from as an explosives ordnance disposal senior noncommissioned officer.

“He originally got out of the Marine Corps because they wouldn’t send him back to Vietnam, so he joined the Army, and they sent him to Vietnam,” said Parsons, who himself served in the Army as an explosives ordnance disposal technician.

“He wanted to be in Vietnam. He liked it. I think he had three tours. He was combat wounded – a Purple Heart recipient – and I’m sure he had some medals, but Wayne is not that kind of person. He never talked about that stuff.”

Parsons said Galloway was instead far more concerned with the missions at hand.

“Over 26 years there were so many things we battled, fought over – him and I – we did that a lot, but we were always friends – I mean, he was my boss,” said Parsons.

“The Corps of Engineers lost more knowledge than they will ever know,” Parsons added. “He was a good man. We have lost a lot.”

Center loses valuable engineer, friend to many

By William S. Farrow
Public Affairs Office

Huntsville Center and the Corps of Engineers lost a valuable member of the team when Pat Haas, 60, passed away Feb. 9 at home with his family by his side.

Haas spent more than 35 years with the Army Corps of Engineers at various locations managing numerous design and construction projects. He joined Huntsville Center in 1999 as resident engineer and deputy site project manager at a chemical demilitarization site in Newport, Indiana.

In 2004, Haas deployed to Iraq as the chief of construction for the South District-Iraq during a time of transition of construction management from the Coalition Provisional Authority to the Corps of Engineers.

In 2005 Haas began serving as the Chemical Demilitarization Directorate chief, leading and managing the design and construction of chemical weapons destruction facilities in both the U.S. and

the Russian Federation.

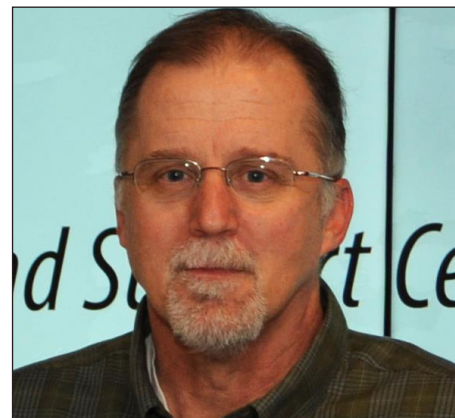
Recently, his engineering and construction expertise aided in the Puerto Rico power restoration after Hurricane Maria.

Ernest A. Drott, Chief, Great Lakes And Ohio River Division Military Integration Division chief, said Haas was largely responsible for setting USACE up for success in Puerto Rico in response to Hurricane Maria disaster.

"He set up the organizational connections and processes for communications among Corps offices and functions which turned out to be crucial for an organized approach to a constantly changing and confused environment...lots of fog of war he was able to clear," Drott said.

Larry McAllister, Huntsville Center commander from 2006-2009, said he remembered Haas as an expert in construction engineering and a "super nice guy to hang out with."

Haas grew up in Indianapolis and graduated from Purdue University



Pat Haas

with a degree in Civil Engineering. Haas was a member of St. John the Baptist Catholic Church and the Knights of Columbus and volunteered for many service projects to aid the Huntsville community.

His hobbies included watching sports on TV (especially the Indianapolis Colts and the University of Alabama Crimson Tide), golfing, listening to country music, reading, working out and taking on home renovation projects.



Photo by Michael May

Looking more like home every day

Workers install the Huntsville Center crest in the command conference room at the Center's new location on Quality Circle. The Center moved to its new 150,000-square-foot home in February after more than 20 years at the University Square location.



Photo by Stephen Baack

Mark Reed, Huntsville Center contract specialist and former science teacher, reviews Marteka Russell's science project on how salinity affects the buoyancy of an egg. Russell was one of 27 sixth-grade honor students participating in the science fair Jan. 10 at Monte Sano Elementary School.

Students wow science fair judges

By Stephen Baack
Public Affairs Office

Equipped with clipboards and grading rubrics, five Huntsville Center employees served as judges during a Monte Sano Elementary School science fair Jan. 10.

Rows of trifold presentation boards filled the school cafeteria as the judges conducted one-on-one interviews with 27 sixth-grade honors students who were tasked with presenting the results of their hands-on projects and demonstrating their understanding of the scientific method.

Mark Reed, Huntsville Center contract specialist, said he was “in awe” at the level the students’ projects achieved.

Before joining the Center 18 months ago, Reed taught sixth- and seventh-grade science in Copperas Cove, Texas, and is certified with the Texas Education Agency as Highly Qualified in Science.

“One of the students actually extracted the iron from different breakfast cereals so that he could measure which brands were most accurate in their advertising,” Reed said.

“I’m positive that when I was in sixth grade I could not have conceived of doing something this complex, let alone put together a hypothesis, do the research, perform the lab

exercise, and then write an academic paper that outlined everything from start to finish.”

Also serving as judges from Huntsville Center were Russ Dunford, strategic plans and integration manager, Tom O. Meier, director of the Management Review Office; Lorena Henderson; lead contract specialist in the Contracting Directorate; and Meghan Clardy, a chemical engineer who works in the Cost Engineering Branch.

Linda Tisdale, the sixth-grade science teacher presiding over the fair, thanked the Huntsville Center volunteers for making the time to participate.

“I’m impressed that they were able to come out to our small community,” Tisdale said. “Sometimes people forget about us up here on the mountain.”

While having fun and learning about science were part of the event for students and judges alike, Tisdale said the overarching goal behind the science fair was to prepare the students for short- and long-term success.

In the short-term, winners from Monte Sano’s science fair are slated to move up to the 2019 North Alabama Regional Science and Engineering Fair at the University of Alabama in Huntsville, scheduled this month.

Redstone nurse educator talks smart nutrition

By Stephan Baack
Public Affairs Office

A nurse educator from the Redstone Arsenal Center for Comprehensive Wellness hosted a lunchtime talk with Huntsville Center employees here on the topic of nutrition March 29.

Mary Bouldin, a registered nurse who holds a Bachelor of Science in Nursing and is a certified personal trainer from the American College of Sports Medicine, spoke as part of the third-annual Commander's Challenge, a health and fitness initiative started by Col. John Hurley, Huntsville Center commander.

Government employees are eligible to utilize the Center for Comprehensive Wellness Clinic, which held its grand opening Nov. 16 to replace the Fox Wellness Clinic.

During her talk, Bouldin addressed subjects like metabolism, portion control, how the body uses different nutrients, and knowing what to look for on food labels.

This is her second such visit with Huntsville Center employees as part of the challenge.

Bouldin also talked about creating a realistic way of fitting food planning into one's schedule, which she said too many people don't devote enough time to or ignore altogether. She said the average person takes 15 minutes per day to plan meals.

"If you only worked for 15 minutes a day, how do you think your employer would see you?" she asked rhetorically.

"You wouldn't keep your job very long. We sometimes spend a lot more time on other priorities than maintaining this one chance at the only body that we're ever going to have.

"A lot of us put so much effort into those other priorities that our health gets put to the wayside, when actually if we put our health right up front, we would be a better employee; we would be a better mother or sister or brother or whatever other functions we have to do, we'd have more energy to do them with," she added.

Bouldin also led a hands-on activity in which volunteers filled up different cups with cubes representing calories from fat and calories from sugar to illustrate the marked difference between coffee-based drinks of the same size.

In one example, a 20-ounce vanilla whole-milk latte had 320 calories, whereas a vanilla breve with steamed milk and whipped cream of the same size had a whopping 740 calories.

For those who consume these kinds of drinks frequently, Bouldin said, even simply cutting them out of a diet and making no other diet changes could equate to shedding pounds in the modest double digits at the end of a year.

If you missed the presentation, the same expert-level



Photo by Stephen Baack

Mary Bouldin, a nurse educator from the Redstone Arsenal Center for Comprehensive Wellness, talks with Huntsville Center employees on the topic of nutrition. The talk was part of the third-annual Commander's Challenge health and fitness initiative.

advice and more are available at the Redstone Arsenal Center for Comprehensive Wellness. The center is co-located with the Fox Army Health Center and offers a variety of services including health and wellness assessments, stress management advice, tobacco cessation education, and physical fitness and nutrition guidance.

Employees should be sure to check with their supervisors before arranging to attend.

To learn more, visit www.redstone.amedd.army.mil and find the "Wellness Clinic" link under the Services tab. To schedule an appointment at the center, call 256-955-8888, Ext. 1440.

Command chaplain's MLK Day message: We've come a long way, but we can do more

By Stephen Baack
Public Affairs Office

The U.S. Army Corps of Engineers Chaplain (Col.) Raymond Robinson made a special trip from USACE Headquarters in Washington D.C. to serve as the keynote speaker for Huntsville Center's Martin Luther King Jr. observance and celebration Jan. 17.

Organized by Huntsville Center's Equal Employment Opportunity Office, the event featured performances from Oakwood University's Voices of Triumph gospel choir and, as part of Unity Day, volunteer-prepared cuisine representing cultures and locales from around the world.

Robinson, who was 5 years old when a sniper's bullet took King's life April 4, 1968, in Memphis, said though he was too young to fully grasp the magnitude of the civil rights leader's death at the time, he quickly learned about racism while growing up in Forestville, Maryland, during school integration in the early '70s.

"I remember returning one day from a track meet at a neighboring school only to have our school bus met by a crowd with baseball bats, threatening to do harm to the black students on the bus," he said.

"That situation only resolved itself after police intervention. Those were some tense times that I pray we never, ever go back to as a nation."

Thanks to King and a host of other heroes beside him during the Civil Rights Movement, Robinson said, the nation has moved "closer to the ideals upon which our country was founded."

Robinson acknowledged that though the Founding Fathers held a limited view of whom these ideals applied to, he said their message transcends the prejudices of the time.

"While the framers of our Constitution only saw those ideals for a select few, their social myopia doesn't limit the scope of the powerful truth expressed in our founding document when they said, 'We hold these truths to be self-evident that all men are created equal and endowed by their creator with certain unalienable rights,'" Robinson said.

At the core of Robinson's speech was a call to action: There is more all of us can do to help move the country closer to those ideals.

"Yes, we've come a mighty long way, but can we say on our journey to realizing the ideals of our nation that we are there yet?" Robinson asked.

"Can we or should we just huddle around the mountain of our past successes and say, 'Well, it's good enough?'"

"Yes, we have laws that have desegregated us externally, but not internally," Robinson added.



Photo by Stephen Baack

U.S. Army Corps of Engineers Chaplain (Col.) Raymond Robinson speaks during the Center's Martin Luther King Jr. Day observance and celebration Jan. 17.

"Legislation is not enough. There is not a law on the books that can change the way we view each other. No law is going to affect how we treat each other. That takes intentional interaction."

Robinson praised the diversity initiatives in the Army, the Corps of Engineers and Huntsville Center, but he challenged everyone to consciously reach out to one another, even in the workplace.

"What are we each doing individually to help inculcate, nurture and normalize that diversity within our footprints and within our Corps? It's as simple as this: What am I doing to move across the cubicle or out of my office to build a relationship with somebody who doesn't look like me?"

Be better than you were last year with this year's Commander's Challenge

By Stephen Baack
Public Affairs Office

Despite an unusually busy start to 2019 for Huntsville Center, Season 3 of the Commander's Challenge is off and running.

"This program is my challenge to you to take a moment, figure out what you can do to improve your health and overall wellness, and make a change or two to improve your quality of life," said Col. John Hurley, Huntsville Center commander.

"The goal is completely personal; it's what you need."

Hurley encourages participants to keep goals simple, achievable and tailored for their own needs and schedules.

One person's goal might be to get better sleep or cut a few pounds, Hurley said, whereas another person may want to get back into the habit of regular exercise or work on cultivating better nutritional habits. Or someone might set a "negative" goal, such as cutting back on salt or quitting tobacco.

Robert Jackson, mechanical engineer and chairperson of Huntsville Center's Wellness Committee, recommends tracking your goals, whatever they may be. Seeing one's progress can be a strong motivator and can serve as an intangible reward.

"Some people want to track just their weight loss, or their running or their weightlifting or their diet, and some people want to track it all," said Jackson.

"It really depends on what your goals are and what you want to get out of it.

"A good approach is to just be better than you were last year," Jackson added.

"If you know you faded out or 'fell off the wagon' at a certain point last year, make up in your mind that you

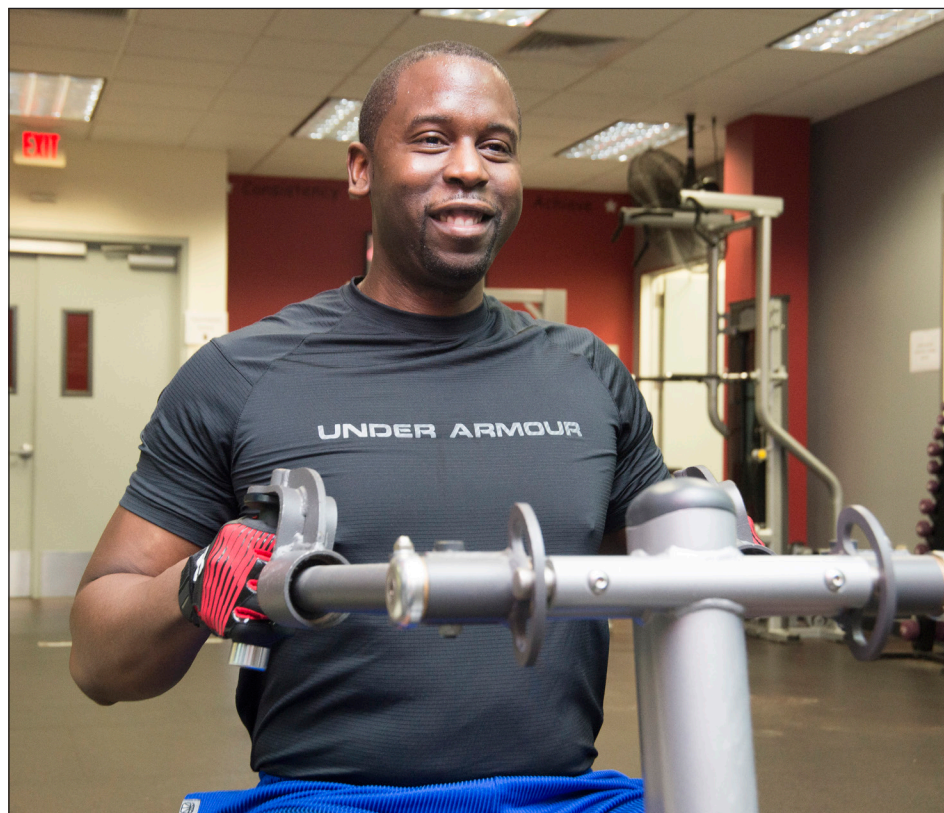


Photo by Stephen Baack

Robert Jackson, mechanical engineer and chairperson of Huntsville Center's Wellness Committee, uses the seated row machine in the Center's newly opened gym March 1,

will push past that point this year."

A big hurdle at the start of this year's challenge was the move from 4820 University Square to 475 Quality Circle, which redirected the time, attention and energy of many employees.

Another hurdle has been the lack of gym access for the past two months. The gym at the University Square location was closed ahead of the move, while the new gym required safety modifications before it could be opened.

Now that Huntsville Center has cleared these hurdles, thinking of excuses not to participate might be more difficult.

Nevertheless, though going to the gym can help participants achieve their health and fitness goals, doing so isn't

a prerequisite of the Commander's Challenge.

"Our gym is a great resource for employees, and I encourage everyone to take advantage of it," said Hurley.

"That said, going to the gym has never been a requirement for the Commander's Challenge."

One tool that wasn't available last year is the Redstone Arsenal Center for Comprehensive Wellness, which is open to civilian federal employees. Services include health and wellness assessments, stress management advice, tobacco cessation education, and physical fitness and nutrition guidance.

To schedule an appointment at the center, which is located inside Fox Army Health Center, call 256-955-8888, extension 1440-1026.

Proper use of your Government Travel Card

By **Melanie Braddock**
Office of Counsel

Many employees of the Huntsville Center have Government Travel Cards and frequently travel on Temporary Duty to support our customers and their projects.

Although many of us take these trips and the use of the travel card as a given, employees should be aware that there are limitations on the use of the Government Travel Card that can have both ethical and career-limiting consequences.

According to the Defense Travel Management Office's website, "the Government Travel Charge Card Program provides travelers with a safe, effective, convenient, and commercially available method to pay for expenses associated with official travel."

Additionally, "Department of Defense policy is that the government-sponsored, contractor-issued travel card should be used to pay for all official travel expenses while on TDY/TAD. Personal use of the travel card or using the travel card to pay for someone else's travel expenses is prohibited. The use of the travel card for non-official expenses may result in disciplinary actions."

The DoD Standards of Conduct Office maintains an "Encyclopedia of Ethical Failure," chronicling examples of credit card abuse including the following:

Government Travel Cards Are Not a Blank Check – An officer has been reprimanded for misuse of his Government Travel Card. According to witnesses and the officer's own admission, he knowingly misused his card, and allowed his wife to misuse it as well, in purchasing groceries, toys, and household items. For his failure to safeguard and use his

GTC appropriately, the officer was served with a General Officer Memorandum of Reprimand.

Credit Card Abuse by Air Force Employees – Three former civilian employees from Barksdale Air Force Base, Louisiana, were convicted of conspiracy to defraud the Government and conversion of U.S. property for personal use. The employees used their GTCs to purchase personal items, which included extensive home improvement products and car-related materials. One of the employees was sentenced to a one year and one day prison term, and the other employees were sentenced to six months in a Federal halfway house and were required to make full restitution.

Government Employees Double Down on Taxpayer-Funded Gambling – Two Government employees used their government-issued credit cards to fund their gambling binge to the tune of almost \$35,000. One of the employees, a manager, racked up an additional \$13,000 in expenses. In the end, approximately \$47,000 of the tax payer's money bankrolled the employees' fun and games. The manager, spending a total of \$45,000, repaid the debt and took an early retirement. The other employee repaid the debt to the Government and was fired.

As I discussed in the Annual Ethics Training, "the most common allegations involved personal misconduct including improper relationships, improper personnel actions, misuse of government resources, and travel violations."

The substantiation (proven) rate for these allegations has increased from 26 to 37 percent. Follow the rules regarding travel and the use of your government travel card so you do not add to these statistics.

For more information, call 256-895-7373.

DEPARTMENT OF THE ARMY
ENGINEERING AND SUPPORT CENTER, HUNTSVILLE
P.O. BOX 1600
HUNTSVILLE, AL 35807-4301

ADDRESS CORRECTION REQUESTED