



US Army Corps
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Huntsville Center

Bulletin

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- 8** *Education key to early cancer detection*

Mark your calendar now...

Global Town Hall
Aug. 5
8 - 9:30 a.m.
cafeteria

Maj. Gen. Don Riley visit
Aug. 19

Women's Equality Day Program
Aug. 20
Redstone Arsenal
Sparkman Center
Bob Jones Auditorium

Site Inspection program meets significant milestones

By Jenny Stripling
Public Affairs Office

With 287 of 765 Formerly Used Defense Site investigations complete, the U.S. Army Corps of Engineers is on its way to meeting the goal of having all FUDS Military Munitions Response Program site inspections completed.

The SI Program is required by the Department of the Army to complete 962 site inspections before

the Sept. 30, 2010, deadline. Headquarters, Corps of Engineers proposed to the Department of the Army that it will finish 765 site inspections by Sept. 30, 2010, which is the number of active projects listed in the 2004 Annual Report to Congress.

U.S. Army Engineering and Support Center, Huntsville's Brad McCowan, Environmental and Munitions Center of Expertise, is the SI Program manager for all FUDS site

inspections, tracking metrics and milestones, as well as providing status updates to headquarters.

"For 2008, we are nearing the end of the third quarter, and we were to have completed 134 site inspections by that time. Already we have met our goal for this quarter," McCowan said. "We need to complete a total of 46 site inspections in the fourth quarter, and we are right on track to completion."

The main objectives of the site inspection is to determine if the site poses a significant threat and whether a detailed investigation is needed, determine if an immediate response is needed and collect data that will be used to prioritize the site for future cleanup action, if required.

Each of the services within the Defense Department prioritizes each of the sites for cleanup. All of the services follow the Munitions Response Site Prioritization Protocol, 39 CFR Part 179 dated Oct. 5,



Courtesy photo

A soil sample is taken during a site inspection at the Naval Auxiliary Air Facility, located in Rhode Island. This is one of several Formerly Used Defense Sites currently being inspected.

See *Site inspections* on page 10

Commander's thoughts

First of all, I would like to welcome Lt. Col. Dave Bailey to the Huntsville Center as the new deputy commander. He comes to us from Germany, and he has spent time in Iraq. He has a lot of experience in the Corps of Engineers and has been a district deputy commander. We've been without our military deputy for about a year, and we've been looking forward to his arrival. John Loyd has done an admirable job as the acting deputy. John will continue supporting the Center by moving to the Engineering Directorate on the Centers of Standardization program where he will be working hard to get those acquisitions awarded.

Here it is August already. Summer vacations with the family are coming to an end. Children are heading back to school and morning traffic will become more congested, especially around schools. Please be careful as you are driving to and from work, especially in the school zones.

July was the beginning of the ACE-IT refresh. We struggled through many challenges, not all of them resolved yet. Most of the computers at the Huntsville Center, however, have been refreshed and are working as expected. As of July 29, there were about 56 personal computers to finish in the main building, 20 in the CEFMS building and 65 at the learning center. We are now at 92 percent complete for the Center with a projected completion of mid-August.

In July we also had our ISO 9001:2000 surveillance audit. I am proud to say that Huntsville Center cleared all the findings from the last audit and no new findings were discovered! Congratulations to Betty Neff for leading the Center in preparation for the visit, to those folks

interviewed during the audit and to the Huntsville Team for making the corrections to the previous audits. Huntsville Center was well served.

I visited our team in Russia in late July. Work there is rapidly coming to a close after many, many years of intense effort. The construction of the Chem Demil facility in Russia is rapidly progressing with the expected Initial Operating Capability of December 2008. Huntsville Center most likely will still have a role after the IOC for about another year. Details of that effort are still under discussion.

In August we have lots of very important work that needs to be done before we start the end of fiscal year crunch in September. Supervisors just



Col. Larry D. McCallister

See Commander on page 3

Hails and farewells

Welcome to new employees —

Lt. Col. David Bailey, deputy commander; Seon C. Farris, Installation Support and Programs Management Directorate; Jo Ann Ginsberg, Installation Support and Programs Management Directorate; Adam R. Hall, Contracting Directorate; Warren Gary Harper, Engineering Directorate; Michael Kelly, Contracting Directorate; John Mayes, Contracting Directorate; Amy Olive, Ordnance and Explosives Directorate; Dorothy Richards, Ordnance and Explosives Directorate; Larry Ridgeway, Contracting Directorate; Randolph Scott, Contracting Directorate; Patrick Shaw, Ordnance and

Explosives Directorate; and Donna Snead, Contracting Directorate.

Farewell to Michelle Bannister, Engineering Directorate; Eileen Broady, Contracting Directorate; Jason Byrd, Ordnance and Explosives Directorate; Natasha Haynes, Engineering Directorate; Brittany Olson, Executive Office; Ronald Qualls, Installation Support and Programs Management Directorate; Sam Sang, Engineering Directorate; Shamekia Underwood, Contracting Directorate; Susan Werner, Contracting Directorate; and Ronald Wynne, Chemical Demilitarization Directorate.



US Army Corps of Engineers

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BULLETIN

Commander..... Col. Larry D. McCallister
 Chief, Public Affairs..... Debra Valine
 Editor..... Becky Proaps

The Bulletin asks:

What was the most important day of your life and why ?



John LaPietra
ACE-IT Onsite Support

That's a "no-brainer" for me; 'twas my wedding day. Our official journey began on May 3, 1997, in upstate New York. That was our wedding day and my official entry into married life. My beloved wife of 11 years, Adria, and I said, "I do"... The pastor declared us 'best friends for life' in a ceremony with more than 250 guests. My "big fat Italian wedding" was celebrated in a 5-star Radisson Cathedral Grand Ballroom. Amenities included a seven-course sit-down meal; top shelf open bar; live music; N.Y. style cheesecake wedding cake and a five-tier Italian cookie cake; single-malt scotch and cigar bar; and 5-star accommodations for inebriated guests. I can think of better ways to blow \$20 grand but that included the HONEYMOON – 15 nights in Cancun, Mexico, at a 5-star resort (somehow that made it all worthwhile). To this day, we're still happily married and proud parents of the cutest twin boys that two could ever dream for. That declaration was more profound and welcomed than any other day in my life.



Jo Ann Ginsberg
Installation Support and Programs
Management Directorate

Professionally, it was when I decided to enroll in college after having been out of school for more than 15 years. While I am not currently using my degree, it has opened some doors and my eyes to a better future.

I have to say there were two days — 8:30 p.m., Dec. 16, 1982, the day I met my wife Savanna, and June 23, 1983, the afternoon Savanna said "I do".



George R. Smith
Installation Support and Programs
Management Directorate

Commander

continued from page 2

completed updating the Individual Development Plans for their employees. We also are compiling our operating budgets for FY 09 and getting ready for annual appraisals in NSPS.

USACE has its annual Summer Leaders Conference beginning Aug. 5. In his opening remarks, being broadcast via our first-ever USACE global webinar town hall, the Chief will be unveiling the new Campaign Plan and new communications initiatives. Huntsville employees can view the webinar in the cafeteria at 8 a.m. Afterward, a link to the broadcast will be available on the Web for those unable to attend. The USACE Emerging Leaders conference and

workshop will coincide with the SLC as young leaders within the Corps get to interact one-on-one with the Corps' senior leaders for a week. Representing Huntsville Center as emerging leaders at the conference are Ryan Black, Office of Counsel, and Chris Cochrane, Ordnance and Explosives Directorate.

Women's Equality Day is Aug. 26. We'll participate in an event Aug. 20 at 10 a.m. at the Bob Jones Auditorium in the Sparkman Center on Redstone Arsenal. A tribute to women will showcase those who have broken through the glass ceiling or those who are working in traditional male professions. Lt. Gen. (P) Ann Dunwoody, is the tentative keynote speaker.

Looking back at military history,

Operation Desert Shield started on Aug. 2, 1990; the Coast Guard celebrates its birthday Aug. 4; Aug. 6 commemorates the bombing of Hiroshima in 1945; and the Purple Heart Medal was established in 1782.

I would like to close by saying that we need to stay diligent in regard to summer safety. Exercise caution when you are out enjoying hot weather activities or working in the yard. Make sure you drink plenty of water to avoid dehydration. If you have vacation time accrued, take it. We'll be working long hours to meet end of year obligations. Rest now if you can! We want to do all we can to keep workload stress to as low a level as possible. Thanks for all that you do for the Center and the nation!

Huntsville Center gets new deputy commander

The U.S. Army Engineering and Support Center, Huntsville, welcomed its new Deputy Commander Lt. Col. David E. Bailey July 15.

Bailey comes to the Huntsville Center from Heidelberg, Germany, where he served as the G7 (Engineer) for the U.S. Army V Corps from 2007-2008.

Bailey is not new to the Corps of Engineers. He served as the deputy area engineer at Balad, Iraq, in 2005 and as the chief of reconstruction for the Multi-national Corps Iraq in 2006. Bailey also served as the deputy district engineer with the U.S. Army Corps of Engineers, Albuquerque District, from 2002-2005.

Other assignments included mathematics instructor at the U.S. Military Academy at West Point, N.Y., in 1999-2001; assistant operations officer, personnel officer and company commander in the 307th Engineer Battalion, 82nd

Airborne Division, Fort Bragg, N.C., from 1994-1997; executive officer for an Initial Entry Training (Basic Training) Company at Fort Leonard Wood, Mo., from 1992-1993; and platoon leader and assistant operations officer, 237th Engineer Battalion in Heilbronn, Germany from 1990-1992.

Bailey earned a bachelor's degree in mathematics from West Point in 1989, when he also was commissioned as an engineer officer. In 1998, he earned master's degrees in applied mathematics and in operations research and statistics from Rensselaer Polytechnic Institute in Troy, N.Y.

His military education includes graduation from the Engineer Officer Basic and Advanced Courses, and the Combined Arms Staff Service School. Bailey also graduated from the Cours Supérieure d'État-Major (French Command and General Staff College) in Paris, France.

His military decorations include the Bronze Star with oak leaf cluster, the

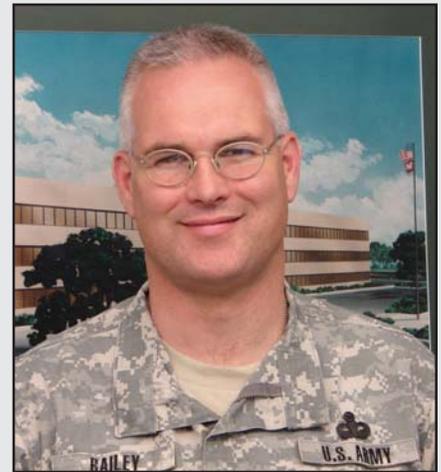


Photo by Becky Proaps

Lt. Col. David Bailey is the new Huntsville Center deputy commander.

Meritorious Service Medal with three Oak Leaf Clusters, the Army Commendation Medal, the Army Achievement Medal, the National Defense Service Medal and the Army Engineer Association's Bronze De Fleury Medal. Bailey also wears the U.S. Army Ranger Tab, Sapper Tab, Master Parachutist Wings and French Parachutist Wings.

Huntsville Center issues \$276 million in contracts to three firms across U.S.

HUNTSVILLE, Ala. — The U.S. Army Engineering and Support Center, Huntsville, has awarded contracts, not to exceed \$276 million, to three contractors to perform Facility Repair and Renewal (FRR) work at military facilities.

The contracts were awarded July 24 to the following three firms: VT Griffin Services, Inc., of Alpharetta, Ga.; Innovative

Technical Services, Walnut Creek, Calif.; and John J. Kirlin Special Projects, LLC, Rockville, Md.

These contracts require the firms to provide quick response for facility repair, renovation, conversion, alteration, additions, construction, equipment procurement and installation, and maintenance services on installed equipment or systems at military facilities.

The contractors shall also

provide site investigations and reports, feasibility studies, work plans or designs, and construction or repair and renewal efforts to include architectural, mechanical, electrical, civil, structural, instrumentation, communications, security, force protection, safety, systems, and cost, as well as environmental and hazardous materials abatement of military facilities.

These contracts are Indefinite Delivery/Indefinite Quantity Contracts, base year with four option years. Proposals were solicited from all qualified contractors via FedBizOpps. The basis for selection was best value.

The firms will perform work throughout the continental U.S., District of Columbia, Alaska, Hawaii, and U.S. territories and possessions.

Huntsville Center produces IMCOM top Installation Support Professional of the Year, once again

By Jo Anita Miley
Installation Support and
Program Management
Directorate

For the third time in four years a Huntsville Center employee will receive the Installation Management Command's prestigious Installation Support Professional of the Year award.

Installation Support and Programs Management Directorate's, Mark Fleming, a program manager with the directorate's Military Integration Division is co-recipient of this year's award.

Lt. Gen. Robert L. Van Antwerp, Chief of Engineers, will present the award to Fleming in Pittsburgh, Pa., Aug. 4.

This national-level award recognizes individuals in senior management positions at the regional or installation level who distinguish themselves in superior management skills, and have been selected for special recognition for consistent outstanding performance.

This is only the fourth time the award has been presented, and an employee from ISPMD has received this recognition three of these years. Fleming joins fellow ISP employees Sally Parsons and John Grigg who were award recipients for 2005 and 2006 respectively.

As a program manager for the Army Training Facilities Program Office, Fleming led the effort to provide installation master planning and military construction programming services to support Army Modular Force, Warrior in Transition, Grow the Army, Global Defense Posturing Realignment, and Base Realignment and Closure stationing actions.

Fleming's team's primary responsibilities include managing the performance of more than 200 facility

requirement analyses and planning charrettes for more than \$70 billion in facilities over the next six years to support the re-stationing of 142,000 personnel.

Fleming doesn't take this responsibility lightly, and said his primary focus is finding innovative new ways to provide quality customer service.

"Planning is very important in our business process. We (team) are now looking six years into the future to identify requirements," he said. "With so much turbulence in our Army right now, we want to be proactive rather than reactive."

Fleming attributes the success of his program and his success as a leader to team effort. Fleming works closely with the members of his team to support critical Armywide installation programs.

"I'm feeling equally honored and humbled, and feel I'm really representative of a lot of other people's hard work," Fleming said. "You have to have good people in motion behind you executing the work as you lead."

Fleming's capacity for leadership is shown by those he supervises. David Broyles, a project manager on the program and one of his team members, said Fleming is very proactive, and makes sure that every aspect of the program is addressed.

"Our team observes Mark's dedication to the program on a daily basis. He enjoys working on the program, and it shows," Broyles said. "He inspires and leads us to do a good job, because he does. He is so full of energy and enthusiasm that we can't

keep up with him."

Fleming has a vast amount of experience and knowledge as a master planner that has helped him tremendously in his current program.

He said he learned many of the complex planning and program processes involved with master planning early on as the master planner at the Nation Training Center at Fort Irwin, Calif.

"It was trial by fire," Fleming said. "I started out in 1981 at Fort Irwin, Calif., and knew nothing about the Army. They told me 'go build a city' — and I did it. I learned a lot during that assignment, and got more than 20 years of experience during the 2 and a half years I spent there."

Fleming hopes he will be able to further hone his leadership abilities as he continues his service with Installation Support by mentoring new leaders within the Center.

"I want to pass on all the knowledge I've gained during my 28 years of civilian service to others within the Center and the Corps," he said. "I'm at a point within my career where I can mentor, and I'd like to do more of it. Mentoring can only take us from good to great."

Fleming said he is passionate about his job because his team is making it possible for Soldiers, their Families and Civilians in the Army to have more improved working and living conditions.

"I love my job because my work results in a higher state of Army readiness. Being able to work for the Army is a good thing; being able to help the Soldiers and their Family members," he said. "I'm on the right bus and in the right seat."

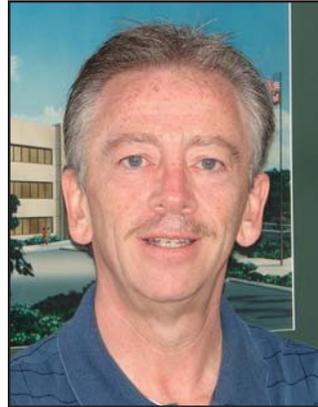


Photo by Becky Proaps

Mark Fleming wins the Installation Management Command's Installation Support Professional of the Year award.

Level I energy assessments begin at Rock Island Arsenal, Fort Polk

By Becky Proaps
Public Affairs Office

To ensure the Army provides safe, secure, reliable environmentally compliant and cost-effective energy and water services to Soldiers, Families, Civilians and contractors on Army installations, the Army Energy Strategy for Installations and the Army Energy and Water Campaign Plan for Installations were developed. These formed the foundation for the future direction and resource requirements for effective energy and water management for the Army.

In FY06, the Installation Management Command initiated and funded the Energy Engineering Analysis Program.

A critical part of this initiative consists of energy optimization assessments conducted at selected U.S. Army installations in the U.S. and outside the continental U.S. These assessments identify and analyze energy inefficiencies and waste which can initiate energy related projects, and identify applicable funding and execution reduction requirements mandated by Executive Order 13123 and EPACK 2005.

The EEAP team with the U.S. Army Engineering and Support Center, Huntsville, serves as program manager and recently performed a Level I energy assessment and installation-wide Facility Energy Decision Screening analyses at Rock Island Arsenal, Ill., and Fort Polk, La. In addition they contribute expertise to the program as the Army's leader in life cycle cost analysis and Energy Savings Performance Contracts contracting.

They were joined at both installations by subject matter experts,



Courtesy photo



Courtesy photo

These photos show two views of the Central Energy Plant's exterior at Fort Polk, La. It is one of the buildings that received a review of energy conservation measures by the Energy Engineering Analysis Program team from Huntsville Center.

researchers and expert consultants from the U.S. Army Engineer Research and Development Center, Construction Engineering Research Laboratory, and the Pacific Northwest National Laboratory with participation from the Oak Ridge National Laboratory and a number of private sector companies.

"The scope of the Level I assessment included central energy plants and associated steam distribution systems providing heat to buildings, representative administrative buildings, warehouses and small repair shops and an analysis of their building envelopes, ventilation air systems and lighting," said Tammie Learned, program manager, EEAP, Installation Support and Programs Management Directorate. "For the first time, SMEs' evaluations were combined with the FEDS modeling tools."

For Rock Island alone, there were 259 different energy conservation measures, divided up into eight ECM packages, which addressed a central energy plant; steam distribution system; building envelopes; heating, ventilating and air conditioning; potable water; and lighting, Learned said.

A major consideration of which combination to implement depends upon their affect on the size of a new power plant required in the very near future.

The Huntsville Center team,

consisting of Learned, Brian Johnson, the EEAP electrical engineer, and Bruce Forsberg, the ESPC mechanical engineer, worked with the Department of Public Works and Dave Osborne, energy manager at Rock Island Arsenal, to determine which ECMs for which funding will be requested and implemented. Robert Hennessee accompanied the team to Fort Polk because of his expertise in electric and natural gas rate structures. He was able to help determine which improvements offered better return on the long-term investment.

"The Huntsville Center 1391 development team aggressively worked to develop 1391s for the selected ECM packages," Learned said. "After 1391s are developed, they are placed in the IMCOM Project Prioritization System and the Assistant Chief of Staff for Installation Management Energy Conservation Investment Program. Rock Island Arsenal has been very aggressive and successful in pursuing energy savings opportunities. This is apparent by the decrease in energy consumption from 200 MBTU/KSF in FY 1985 versus 137 MBTU/KSF in FY03. If the packages are implemented for maximum energy savings, they would reduce Rock Island's annual energy use by up to 225,000 MBTU/year, or 26 percent. Four of the eight ECM packages had simple paybacks between 4.7

and 6.1 years.

The study at Fort Polk identified 248 potential ECMs. They were presented in four packages (low cost improvements, lighting improvements, HVAC improvements and Central Energy Plant improvements). These packages have simple paybacks between 0.8 and 4.2 years. If these ideas are implemented, they have the potential to save Fort Polk approximately \$3.7 million per year in energy costs and an additional \$1.1 million in maintenance costs while reducing annual energy consumption by as much as 27.9 percent. These projects have an estimated total capital cost of \$17.3 million with a simple payback of 3.6 years.

An EOA conducted in August 2006 at Fort Polk identified 247 potential ECMs and were also presented in four

packages (low cost improvements, lighting improvements, HVAC improvements and CEP improvements). These packages have simple paybacks between 0.8 and 4.2 years. If these ideas are implemented, they can save Fort Polk approximately \$3.6 million per year in energy costs and an additional \$547 thousand in maintenance costs while reducing annual energy consumption by as much as 26.2 percent. These projects have an estimated total capital cost of \$13.6 million with a simple payback of 3.3 years.

“There are numerous energy savings opportunities at Fort Polk,” Learned said. “Some of them are straight-forward, requiring minor investment for each measure, and can be implemented using installation operation and

maintenance funds. Other recommended opportunities are either more complex or large in scope, requiring significant capital investment, and may be best suited for implementation using third-party financing.”

There are numerous benefits to energy assessment.



Photo by Eric Cramer, IMCOM Public Affairs Office

This intricate staircase, located in one of the buildings on Rock Island Arsenal, Ill., is built entirely of cannonballs produced in a foundry on RIA during the 1800s. When the cannonballs were no longer needed they were melted down and used to build the staircase.

The primary benefit is to identify projects with the potential to reduce an installation’s energy usage and operational costs.

“A very real, but often difficult to quantify benefit of energy audit is increased process capacity, better labor utilization/ productivity and enhanced quality of life for Soldiers,” Learned said. “These results can sometimes be far more significant than the direct energy and environmental benefits. All of these issues, however, must be considered together to accomplish the facilities’ mission in the most efficient and cost-effective way.”

However there are always challenges. Funding outside the installation is scarce and the number one challenge. Alternative financing modes are Energy Savings Performance Contracts and Utility Energy Savings contracts.

The other significant challenge is the everchanging mission of installations.

“Energy conservation

measures identified for a facility, for example, that is using 40 hours a week today may be required to utilize 24/7 at a later date due to a change in mission requirements,” Learned said.

A prime example of this was noted during the Fort Polk assessment.

“Fort Polk is a training garrison so its population changes greatly as units come and go. This offers many opportunities to reduce energy use, but makes it extremely hard to quantify how those improvements will pay off in the future,” Hennessee said. “For example, Fort Polk has two main electric bills, north and south post. For the last year, south post had its highest consumption in the summer — as I expected. But north post was the exact opposite. I asked Cy Stell, the resource energy manager, why they didn’t correlate. He explained that many units on north post deployed that summer so the population was much less than in the winter.”



Photo by Eric Cramer, IMCOM Public Affairs Office

Bruce Forsberg, left, ESPC mechanical engineer, Huntsville Center; Tammie Learned, EEAP program manager, Huntsville Center; Brian Johnson, EEAP electrical engineer, Huntsville Center; and Dave Osborn, energy manager for Rock Island Arsenal, Ill., review energy conservation lighting improvements during a Level I energy assessment at RIA.

Take responsibility for your health

Education, awareness: keys to early cancer detection

(This information is from the American Cancer Society Web site)

What you eat and drink, how you live, where you work . . . all these factors can affect your risk for cancer.

While a tremendous amount of progress has been made in cancer research, we still don't understand exactly what causes most cancers. However, we do know of many factors that place us at higher risk for different cancers. Some of these factors are beyond our control, but there are others that we can do something about. And today we have tests that can help us detect some cancers in their earliest stages.

Cancer-related checkups

The American Cancer Society recommends that all men get cancer-related checkups as part of general health visits after age 20. This checkup should include health counseling and, depending on your age, might include looking for cancers of the skin, thyroid, mouth, lymph nodes, and testes, as well as for some diseases other than cancer.

The cancers that most frequently affect men are skin, prostate, lung and colon cancers. Knowing about these cancers and how they can be prevented or found early can save your life.

Prostate Cancer

Who is at risk?

The chance of getting prostate cancer goes up as a man gets older. Most prostate cancers are found in men over the age of 65. For reasons that are still unknown, African American men are more likely than

Caucasian men to develop prostate cancer. Having one or more close relatives with prostate cancer also increases a man's risk of developing this disease.

The best defense: early detection

Prostate cancer can usually be found in its early stages with regular testing. Your doctor should offer you the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) every year starting when you are 50.

Prostate-specific antigen (PSA) is a substance made by cells in the prostate gland (whether they are normal or cancerous).

Talk with your doctor about the benefits and limitations of testing so that you can make an informed decision about testing. If you are at high risk for prostate cancer (if you are African American or have a father or brother who had prostate cancer at a young age), you should begin having these tests at age 45.

Lung Cancer

Who is at risk?

People who smoke are at the greatest risk of getting lung cancer and many other tobacco-related illnesses, such as heart disease, stroke and emphysema. Smoking is responsible for more than 80 percent of all lung cancers. Other risk factors include exposure to radon and asbestos, particularly for smokers.

The best defense: prevention

Lung cancer is one of the few cancers that can often be prevented,

because it is usually caused by smoking. If you are a smoker, ask your doctor or nurse to help you quit. If you don't smoke, don't start. If your friends and loved ones are smokers, you can help them quit. For help quitting, call the American Cancer Society at 1-800-ACS-2345.

Colon Cancer

Who is at risk?

Most colorectal cancers (cancers of the colon and rectum) are found in people over age 50. People with a personal or family history of the disease, or who have polyps in the colon or rectum or inflammatory bowel disease, are at greater risk than the general population. Eating a diet of mostly high-fat foods (especially from animal sources), being overweight, smoking, heavy use of alcohol and being inactive also increases a person's risk for this disease.

The best defense: prevention and early detection

Colon cancer almost always starts with a polyp. Testing can save lives by finding polyps before they become cancerous. If precancerous polyps are removed, colon cancer can be prevented. Eating a low-fat diet rich in fruits and vegetables may also lower the risk of colon cancer. The American Cancer Society recommends one of the following testing options for all people beginning at age 50.

Tests that find polyps and cancer

- Flexible sigmoidoscopy every five years*, or

See *Cancer* on page 9

'Gifts to Army' Web site launched July 21

The U.S. Army launched a new Web site July 21, called "Gifts to Army" which is an online resource developed to streamline and process gifts that American citizens and organizations contribute to benefit Soldiers and their Families.

Soldiers, their Family members, and Army Civilians often get questions from people about how they can support the Army. People often want to know how they can help men and women in uniform with gifts, money, goods or services to show their support for the troops.

This Web site provides an online resource to answer the question: "How can we help?"

"Many individuals have asked how they can help the Army," said Joyce Morrow, administrative assistant to the Secretary of the Army. "We appreciate how generous the public is and the concern they have for the welfare of our Soldiers and Families. We've developed this Web site to provide information on how to contribute money, goods or services to benefit Soldiers and their Families."

The launch of this Web site centralizes the many venues and paths for the public whose offers of support fall within the Army's overall Gift

Program, which is managed by the Office of the Administrative Assistant to the Secretary of the Army. Contribution options addressed on the Web site include support for the Army, Soldiers and Families, Wounded Warriors, Army installations and more.

"This Web site is not intended as a solicitation, but merely as a way to provide information on the options and programs available to those who have expressed a desire to make a donation," Morrow said.

The Army Gift Program has existed for many years under the authority of Title 10 United States Code, Section 2601. On Jan. 28, President Bush signed into

law, the National Defense Authorization Act for Fiscal Year 2008 (Public Law 110-181, Section 593), which expanded the Army's gift acceptance authority to include acceptance of gifts on behalf of Wounded Soldiers, Wounded Civilian employees and their Families.

This new Web site provides a central source of information to refer those interested in contributing to and supporting Soldiers and Army Families and ways for them to express that support if they choose.

For more information, visit the "Gifts to Army" Web site at <http://giftstoarmy.army.mil>.

Cancer

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- Colonoscopy every 10 years, or
- Double contrast barium enema every five years*, or
- CT colonography (virtual colonoscopy) every five years*

Tests that primarily find cancer

- Yearly fecal occult blood test (gFOBT)**, or
- Yearly fecal immunochemical test (FIT)**, or
- Stool DNA test (sDNA), interval uncertain**

* If the test is positive, a colonoscopy should be done.

** The multiple stool take-home test should be used. One test done by the doctor is not adequate for testing. A colonoscopy should be

done if the test is positive.

The tests that are designed to find both early cancer and polyps are preferred if these tests are available to you and you are willing to have one of these more invasive tests. Talk to your doctor about which test is best for you.

Skin Cancer

Who is at risk?

People with fair skin, especially those with blonde or red hair, have a greater risk of skin cancer than people with darker coloring. Anyone who spends a lot of time in the sun is at risk. People who have had close family members with melanoma and those who had severe sunburns occurring early in life are at higher risk for

this type of skin cancer.

The best defense: prevention and early detection

You can help prevent most skin cancers by avoiding long periods in the sun between 10 a.m. and 4 p.m. Wear hats with brims, long-sleeve shirts and sunglasses, and use sunscreen with a sun protection factor (SPF) of 15 or higher on all exposed parts of the skin. If you have children, protect them from the sun and don't let them get sunburned. Look for new spots or changes in your skin regularly and have a skin exam during your regular health checkups.

For more information, visit the American Cancer Society's Web site at www.cancer.org.

Army's first confirmed female 4-star general: tentative keynote speaker at Women's Equality event Aug. 20

Government agencies in Huntsville (Team Redstone) will host a free program in observance of Women's Equality Day Aug. 20 at 10 a.m. in the Bob Jones Auditorium, Sparkman Center on Redstone Arsenal.

Lt. Gen. Ann E. Dunwoody, newly confirmed as the first woman to become a four-star general and soon to be commander of the Army Materiel Command, is the tentative keynote speaker.



Lt. Gen. (P) Ann E. Dunwoody

"A Tribute to Women" will be held during this program to honor and recognize both military and Civilian women who occupy non-traditional jobs/positions, regardless of their rank, i.e., jobs that are traditionally held by males. The tribute will also include women who have overcome barriers to career advancement, excelled and/or advanced into upper-level management positions (broke through the glass ceiling).

No tickets are needed. In 1971 the U.S. Congress designated Aug.

26 as "Women's Equality Day."

The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, N.Y.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality.

Site inspections

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2005.

"MRSPP scores are to be initially completed during the site inspection phase. The completion of the MRSPP will enable the Department of Defense to focus efforts and limited funding on the highest priority sites," McCowan said.

These site inspections are being performed in accordance with the Comprehensive Environmental Response, Compensation and Liability Act process that's being used by all of the military munitions response program sites in the FUDS program.

CERCLA, commonly known as Superfund, was

established by Congress on Dec. 11, 1980. CERCLA established prohibitions and requirements concerning closed and abandoned hazardous waste sites, provided for liability of persons responsible for releases of hazardous waste at these sites and established a trust fund to provide for cleanup when no responsible party could be identified.

CERCLA follows a phase process.

A FUD site considered to be a success story in the making has been that of Pinecastle Jeep Range in Orlando, Fla., where more than 100 pounds of World War II-era bombs and munitions were unearthed from the grounds around

Odyssey Middle School. The school was built in 2001 atop the northern half of a jeep track that had been used for gunners' target practice.

"Pinecastle was originally identified as a site with higher priority as part of the SI team's efforts," said Deborah Walker, deputy SI Program manager. "If you think about it, those munitions might never have been found if we had not been doing the site inspection."

According to Brad McCowan, completing the site inspections by Sept. 30, 2010, ensures the Army and other services will be able to see the big picture and prioritize the Military Munitions Response Program sites with a higher confidence that cleanup efforts are being conducted on a worst first basis.



Courtesy photo

Workers install a temporary 1-inch groundwater well during a site inspection at the Naval Auxiliary Air Facility in Rhode Island.

Defense Department travelers gear up for November travel card switch

The Department of Defense's current Government Travel Charge Card contract with Bank of America is ending this year. As the Travel Card Program transitions to the new SmartPay[®] 2 contract, all government travel cardholders will receive new cards during August or September.

The new GTCCs will be issued by Citi and ready for use on Nov. 30, after the current Bank of America GTCCs expire on Nov. 29, at 11:59 p.m. Eastern Standard Time. The new travel card will be mailed to the cardholder's mailing address on file with Bank of America, so please ensure it is current. If you do not receive the new card by Oct. 31, notify Yazmine Gerousis or Angela Rackard, Huntsville Center's Agency Program Coordinators. Personal identification numbers for the new Citibank cards will arrive on or around Nov. 1.

Citibank will offer some of the same features Bank of America cardholders are accustomed to, including an online payment option. Cardholders who have a balance on their Bank of America account will have to pay the full amount by Nov. 29. Any refunds also should be requested ahead of that date.

If an individual is scheduled for a Permanent Change of Station move, please make sure the address is updated in the database. The new travel card will be sent to the address on file. Any mail that is sent to an incorrect address will be returned to the sender. APCs will not have the option to forward the mail to a new address.

Important Note: Remember to verify receipt of the new travel card to ensure that you will be able to use it on Nov. 30. You can verify receipt of your card by phone or online anytime after Aug. 15. The contact information will be on a sticker that is affixed to your card. As part of the receipt verification process, you will be asked to accept the Cardholder Agreement Terms and Conditions. You must agree to the terms and conditions in order to use the new travel card.

Traveling during the cutover

If you will be traveling during the cutover (Nov. 29-30), you should charge all official travel expenses up to, and including, Nov. 29, on your current Bank of America GTCC. Travel expenses incurred from 12 a.m. EST



on Nov. 30, should be charged to the new GTCC.

If you do not receive your new travel card, it may be because there is an outdated address on file. If you believe your address of record is outdated, please notify your APC immediately.

Links for more information

Your primary contacts for transition information are Yazmine Gerousis or Angela Rackard. Cardholders can also visit www.defensetravel.dod.mil; www.gsa.gov/smartpay; or send questions to dtmotc@dtmo.pentagon.mil for more information.

(This information provided by the Department of Defense Travel Management Office.)

Serving in Afghanistan

Terry L. Patton, an Operations & Maintenance (O&M) program manager at the Afghanistan Engineer District, is supporting the Afghan National Army and the Afghan National Police construction efforts. AED will award more than \$2 billion this fiscal year in Afghanistan — 90 percent of these funds will go directly toward building Afghan National Army and Afghan National Police facilities in every region of the country. Patton is shown at a training site that when completed will equip the Soldiers and police officers with basic plumbing, electrical and operations skills to support the existing and future facilities.



Courtesy photo

Ethics Corner

Rules for holiday party fundraising

By Walter Roberts
Office of Counsel,
Omaha

Congratulations! You were just “volunteered” to be the 2008 holiday party chairperson for your organization. You have a big job ahead so you quickly organize a committee to help you and together you come up with the main elements of a good party — location, food, entertainment, publicity and the date. You have started early, you have a good team and you are ready to go, except for ... MONEY! How do you get money to do all these things?

You brainstorm with your team and they offer lots of great ideas to make money. But then you remember the first rule of staying out of trouble — talk to your Office of Counsel. Here are your team’s ideas and what the Office of Counsel had to say about

them.

1. Hold a bake sale at each work center. *Answer: Holding a bake sale is a good way to raise money, if it is done on off-duty time and is not done at the workplace. Joint Ethics Regulation (JER) 3-300a and 3-211b. Workplace does not include the public access areas of work buildings, like the lobby or café. Army Regulation 700-29, para. 1-5c. There are more restrictions if you are on a military installation.*

2. Hold a Monte Carlo night with lots of gambling. *Answer: DoD employees are prohibited from gambling while on-duty or on federal property or workplace. Most state laws also provide restrictions on gambling — even gambling for a good cause. JER 2-302.*

3. Solicit donations from everyone at work. *Answer: Donations can be used to fund your party, however you must be careful in “soliciting” donations. Subordinates and junior personnel cannot be solicited to volunteer time or money. JER 3-305b and 2-205. Charging “admission,” however, is acceptable.*

4. Solicit donations from the contractors you work with. *Answer: No! An employee may not solicit funds or other support from a company for an unofficial fundraising event or effort, if the employee knows that the*

company is a DoD contractor. 5 CFR 2635.808(c)(1). *An employee may not solicit funds or other support from an individual for an unofficial fundraising event or effort, if the employee knows that the individual is an employee of a DoD contractor. 5 CFR 2635.808(c)(1), .203(d), .102(k)*

5. Tell the boss she has to fund the whole thing. *Answer: Completely legal but not real wise. She does sit on your pay pool committee. Might want to look at other alternatives.*

6. Solicit donations from commercial businesses. *Answer: Though businesses can make donations if they bear of the party, DoD personnel cannot solicit donations from businesses “downtown.” JER 3-210.*

7. Sell the office reserved parking spaces to the highest bidder. *Answer: No! Government resources or time cannot be sold, rented or charged*

for. 5 CFR 2635.704(a); 5 CFR 2635.808(c).

8. Have one of the military members get a lot of drinks and snacks from the commissary and resell them at work. *Answer: No! This is strictly prohibited. DoD 1330.17-R, Armed Services Commissary Regulations (ASCR), April 1987, para. C4.2. The military member can go to jail!*

9. Borrow a tank and charge the public for having their picture in the tank. *Answer: Though innovative, this idea violates the using Government resources prohibition above and it has its own special prohibition found at DoDI 5410.19, para. E3.2.9.*

10. Organize a car wash in off-duty time. *Answer: As long as this is off a military installation, it is a good idea. Counsel congratulated us on starting early, because fundraisers cannot conflict with the CFC Campaign. See Army Regulation 600-29, para. 1-6.*

Good luck and Happy Holidays!

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ADDRESS CORRECTION REQUESTED