

JUNE 19, 2014

A Space & Missile Defense NewsWire

THE EAGLE

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SMDC celebrates Army's 239th birthday



Photo by Scott Andraee

Spc. Brandon Carter, Headquarters and Headquarters Company, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, and Col. Thomas Powell, SMDC's G-35 section, cut the command's Army birthday cake as youngest and oldest Soldiers, respectively, in the command's operational headquarters at Peterson Air Force Base, Colo., June 12. The cake was made by retired Sgt. Maj. John Mattie, former operations sergeant major for the SMDC G-3 office at Redstone Arsenal, Ala..



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U.S. Army Space and Missile Defense Command/Army Forces Strategic Command publishes the Eagle bi-weekly as a digital newswire. The newswire is an authorized publication of the USASMDC/ARSTRAT in accordance with AR 360-1. The SMDC commanding general has directed that the publication of this periodical is necessary in the transaction of the public business as required by law. The views and opinions expressed in the Eagle are not necessarily those of the Department of the Army or SMDC. The Eagle is intended to inform members of the command on happenings within the Army space and missile defense community. Distribution is made to the service members, civilians and contractors, and to the general public.

COMMANDING GENERAL

Lt. Gen. David L. Mann

COMMAND SERGEANT MAJOR

Command Sgt. Maj. James N. Ross

DEPUTY TO THE COMMANDER

Ronald E. Chronister

DEPUTY COMMANDING GENERAL FOR OPERATIONS

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Community celebrates Army birthday



Photo by Sofia Bledsoe

Lt. Gen. David L. Mann, center right, commanding general, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, helps cut the Army's 239th birthday cake at the Redstone-Huntsville Chapter of the Association of the United States Army, or AUSA, Army Birthday Dinner June 14. Mann cut the cake with, from left, Kris McBride, AUSA chapter president; Joe Fitzgerald, civilian aide to the secretary of the Army; Rich Kretzschmar, deputy program manager for unmanned aircraft systems at U.S. Army Program Executive Office Aviation; Mann; JROTC Cadet Justin Walker; and Command Sgt. Maj. James K. Sims, Army Material Command.

FWC sergeant major retires



Photo by Carrie E. David

Lt. Col. Steven Clark, professor of military science, West Virginia University, U.S. Army Cadet Command, pins the Legion of Merit on Command Sgt. Maj. Harry Jeffries, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command Future Warfare Center sergeant major, during Jeffries' retirement at SMDC's Redstone Arsenal, Ala., headquarters June 6. Jeffries retires with 32 years of service.

CLEF brings community leaders to SMDC

Jason B. Cutshaw
SMDC Public Affairs

REDSTONE ARSENAL, Ala. – The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command hosted a Community Leadership Engagement Forum June 10 to inform local community leaders about what the command contributes to national defense.

During the CLEF, community leaders from North Alabama and the Tennessee Valley spent the day at USASMDC/ARSTRAT's Redstone Arsenal headquarters receiving briefs and seeing what the command does firsthand.

Lt. Gen. David L. Mann, SMDC commanding general, gave a command overview that included the command's messages as well as how the command contributes to the local and regional communities. He explained how different the command is from other tenants on Redstone Arsenal.

As the CLEF continued, Mann's deputy discussed the importance of local leaders participating and learning about the command.

"The importance for the command was sharing with the community the significance and importance of the mission of this command, which by most accounts was not as well known as it should have been," said Ronald E. Chronister, SMDC deputy to the commander. "This was a great opportunity for us to share with community leadership what we do, how we are different from some other commands out here and the significant operational mission that we perform for our country.



Photo by Jason B. Cutshaw

Community leaders receive a briefing during the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's Community Leadership Engagement Forum June 10. The command hosted the forum to inform local community leaders about what the command contributes to national defense.

"A lot of hard work by the command team went into putting this together," he added. "We knew the importance of today, and I think the community leaders will take our message out into their communities and other places. That will be helpful to us in the future."

The visitors were taken on a tour of the command's Battle Laboratory; the Concepts Analysis Laboratory, where they interacted with local university students and received a briefing and demonstration on nanosatellites and space support kits; and learned about the Future Warfare Center's Geospatial Information Interoperability Exploitation-Portable, or GIIEP, system.

They learned how SMDC is providing assistance to more than just Warfighters in the field, and the guests had video teleconference

interaction with Soldiers assigned to the 49th Missile Defense Battalion at Fort Greely, Alaska.

The visitors learned how users of the GIIEP technology can enable greater use of space-based, aerial and terrestrial imagery to support homeland domestic events and first response operations. One example was how the technology was used to support civil authorities in the Tennessee Valley shortly after the tornadoes in April 2011.

Also for CLEF, Army Astronauts Col. Shane Kimbrough and Col. Mark Vande Hei came from SMDC's NASA Detachment at the Johnson Space Center in Houston to remind the community about the Army and the command's commitment to space operations.

"We wanted to be a part of this

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SMDC leadership drops in on building of PAC-3 MSE

Jason B. Cutshaw
SMDC Public Affairs

REDSTONE ARSENAL, Ala. – The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command Test Execution Support Division is currently building hardware for the Patriot Advanced Capability-3 Missile Segment Enhancement, or MSE, live-fire test and evaluation, or LFT&E, test series scheduled for later this year.

This program is designed to determine interceptor lethal effectiveness against high-fidelity ballistic missile threats.

The test requirement will provide data that will support the full rate production decision of the PAC-3 MSE. The MSE, when deployed, is designed to protect American Warfighters and critical assets from various ballistic missile and air-breathing threats.

Cain Crouch, SMDC LFT&E program lead, has been in charge of



Photo by Stephanie Chrisley

Julie Schumacher, center, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command Technical Center director, and Richard DeFatta, left, USASMDC/ARSTRAT Emerging Technology director, receive a briefing from Cain Crouch, right, SMDC live-fire test and evaluation program lead, on the Patriot Advanced Capability-3 Missile Segment Enhancement, or MSE, surrogate composite aeroshell and internal components.

fabricating the PAC-3 MSE target payloads since late 2012.

“This program has been very successful in fabricating flight-capable

hardware through its various government partnerships,” Crouch said. “We have worked very closely with the AMRDEC Weapons Development and Integration Aerospace Materials Function Lab to produce our composite aeroshells and also solve materials issues that were critical to our schedule and success.”

This program utilizes teaming relationships between USASMDC/ARSTRAT; U.S. Army Lower Tier Project Office, or LTPO; U.S. Army Aviation and Missile Research Development and Engineering Center, or AMRDEC; Holloman Air Force Base, N.M.; and several contractors in the Huntsville area.

“This effort is a great example of cross-organizational cooperation,” said Julie Schumacher, SMDC Technical Center director. “I’m glad to see our contribution toward this increase in air and missile defense capability.”

The first development test is scheduled for later this year with additional scheduled events to follow.

G-3 TREX enlightens community leaders during CLEF



Courtesy photo

Col. Eric Handy, chief, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command G-3 Training, Readiness, and Exercises Division, or TREX, describes components in the Army Space Training Strategy, or ASTS, space kits to Army Astronaut Col. Shane Kimbrough. Members of the G-3 TREX team briefed an audience of military, civic, and business leaders at the Community Leader Engagement Forum at the command’s Redstone Arsenal headquarters June 10. Demonstration of ASTS space kits emphasized the availability of commercial-off-the-shelf sourced platforms to support space training and operations.

Soldier astronauts serve Army, educate public

Story compiled by
SMDC Public Affairs

REDSTONE ARSENAL, Ala. – Since the space race began in the 1950s, the Army has had astronauts leading the way either learning about new frontiers or educating the public about out of this world adventures.

The Army currently has two Soldier astronauts, Col. Robert S. Kimbrough and Col. Mark T. Vande Hei, who serve in support of the International Space Station as crew members or for operational support for ongoing space missions. They are assigned to the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's NASA Detachment in Houston.

Kimbrough, who was recently at Redstone Arsenal as part of a Community Leader Engagement Forum hosted by his home unit, USASMDC/ARSTRAT, flew as a mission specialist for the Nov. 14, 2008, Space Transportation System-126 mission aboard Space Shuttle Endeavour to the International Space Station. In an interview conducted at the Human Resources Command at Fort Knox, Ky., he spoke of his first experience in outer space.

"The purpose of the mission was to deliver equipment and supplies to the International Space Station and to service and repair any problems," Kimbrough said. "It also included an update in crew quarters to include a new kitchen, toilet and exercise equipment. The mission was unofficially called an Extreme Home Makeover for the ISS."

The highlight of the mission was



Photo by Jason B. Cutshaw

Army astronauts Col. Mark T. Vande Hei, left, and Col. Robert S. Kimbrough speak to college students in the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's Concepts Analysis Laboratory during a recent visit to the command headquarters at Redstone Arsenal, Ala., June 10.

two spacewalks in a spacesuit.

"Think of it," Kimbrough said. "I'm in space where the temperature range goes from minus-200 degrees to 200 degrees. Yet here I am comfortable and able to work. To top it off, every 45 minutes or so, I get to see a sunrise or sunset as we orbit the earth. Perhaps, the only drawback while doing a spacewalk is there's no food. The only thing you have is a little water.

"The launch was another incredible experience," added Kimbrough, a 1989 graduate of the U.S. Military Academy at West Point and an AH-64 Apache pilot, added. "To feel the pressure from 7 million pounds of thrust and go to 17,500 miles per hour in eight and a half minutes ... It was awesome and really, really cool! It was like being on the best roller coaster ride ever."

While the shuttle program ended in 2011, the United States is not out of the space flight business.

"NASA is working on a new spacecraft, called Orion, which will take humans farther in the solar system than they have ever been," Kimbrough said. "The first test flight of this vehicle is scheduled in December 2014. In parallel with NASA's effort, commercial companies are competing to take astronauts to and from the ISS. This is an ongoing initiative that will play a key role in the future of U.S. space operations."

"We are exploring big ideas such as sending a person to an asteroid, Mars or even the moon," he added. "We have never sent a human to another planet. However, that is the goal over the next several decades."

Shortly after SMDC's recent CLEF, Vande Hei spoke to local community leaders, as well as members of the command and reminded them that the Army is

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CAL welcomes new students to programs

Jason B. Cutshaw
SMDC Public Affairs

REDSTONE ARSENAL, Ala. – The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command is helping interns to become SMART.

Each summer, the USASMDC/ARSTRAT's Concepts Analysis Laboratory staff trains and mentors college students and young professionals via the Department of Defense's Science, Mathematics And Research for Transformation, or SMART, program which pays students full scholarship, stipend, insurance, and more to encourage science and technology studies.

The three SMART students working this summer are Matthew Hitt, Margaret Tam and Veronica Ebert.

Other interns in the CAL are five students working with the Army in parallel, or SWAP. They are: Tyler McCutcheon, Daniel Little, Annalisa Fowler, Alex Campbell and Dylan Wallace. There is also one West Point cadet, Charles Starke, assigned this summer.

"It is always exciting to train the next generation and we have acquired some really sharp people who will fill some mission-critical needs for us. We are excited to have them on board," said Kevin Nash, CAL supervisor. "The students gain experience and the fact that they are concentrated in one place helps them build relationships with young people like themselves. It is a good place to grow professionally and I think these are things they will take forth in their careers.

"Interested students need to keep paying attention to the program websites," he added. "It is a real honor to get to work with them and it has been a highlight of my career to be a part of this program. I couldn't ask for anything more."

The CAL came to fruition in 2004 when the command asked Nash and others to start an in-house technical capability for some of SMDC's research, such as concepts analysis, radar technology, ground station development for the new generation of small Army satellites, and more. It also is designed to entice science, technology and engineering students and recent graduates, giving them challenging, hands-on work.

"Coming here is such an opportunity to gain hands-on experience at one of the most cutting-edge facilities," said Margaret Tam, a graduate student at the University



Photo by Jason B. Cutshaw

From left, Veronica Ebert, West Point Cadet Charles Starke, Margaret Tam and Matthew Hitt are gaining experience in the U.S. Army Space and Missile Defense Command/Army forces Strategic Command's Concepts Analysis Laboratory this summer.

of Texas at Austin, who started at the CAL June 9 via the SMART program. "I really hope to contribute while here and look forward to learning as much as possible.

Tam received her Bachelor of Science in engineering at Princeton University, N.J., and became interested in the SMART program while there.

"This is a great place. I have been here less than a week and have already met two astronauts," Tam said. "I would definitely encourage interested students to apply for this opportunity. They should take advantage of all opportunities, and this is a great one."

As the new students come in, some of the CAL "veterans" are moving on to the next step in their career. One SWAP program student is leaving soon and reflected on her time at the CAL.

"Working here at the CAL was great. I have had some amazing experiences," said Annalisa Fowler, who started at the CAL in May 2012 through the SWAP program while attending the University of Alabama at Huntsville.

Fowler, whose last day is June 20, will be moving to become a general engineer at Eglin Air Force Base, Fla. She talked about the experiences she gained at the CAL and how it has helped prepare her for the future.

"I have gotten to tackle a lot of major projects here at the CAL, while also building a lot of foundation for my engineering career," Fowler said. "This is a great program, and I would do it again in a heartbeat."

Command prepares for Antiterrorism Awareness Month

Mike Primm

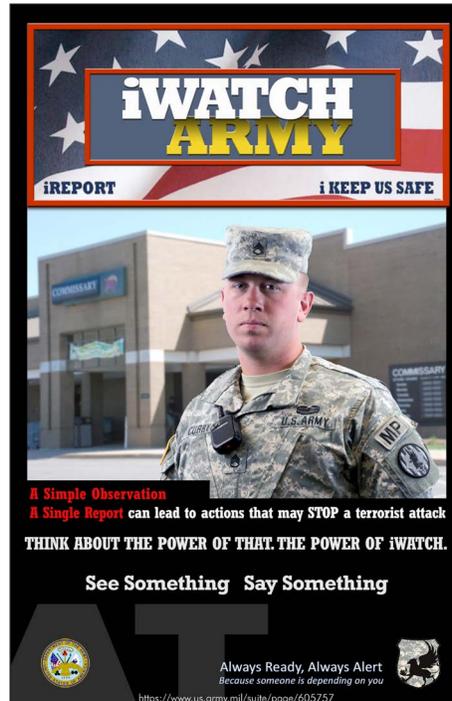
SMDC antiterrorism officer

COLORADO SPRINGS, Colo. – The senior leaders of the U.S. Army have proclaimed August as the Army's Antiterrorism Awareness Month.

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command has an inherent responsibility to protect its Soldiers and civilian workforce, as well as the families at local installations, mission locations, and within local communities.

The overall intent is to instill and sustain command-wide heightened awareness and vigilance to prevent and protect the command's work force in all global locations and critical resources from acts of terrorism. Every member of the command should be leveraged as a sensor to help identify and prevent potential terrorist acts.

The key to this implementation is educating all personnel of the indicators of terrorist planning and the procedures to report these



Courtesy graphic

An iWatch antiterrorism poster

suspicious activities through local provost marshal offices. The Army AT Awareness Month will be executed with the greatest degree of latitude delegated to commanders at the lowest levels.

The following themes have been developed for Antiterrorism

Awareness Month and are intended to help focus and guide commanders and managers on high pay off tasks that directly support the Army's Antiterrorism Program:

1. Recognize and report suspicious activities – including implementation of Army iWATCH and eGuardian threat reporting;
2. Antiterrorism exercises; and
3. Antiterrorism measures in contracting.

Antiterrorism products are available online at the Army Antiterrorism Enterprise portal on the Army Knowledge Online website. Products include proclamation letter for Antiterrorism Awareness month, strategic talking points, AT Level I briefings, lesson learned vignettes, active shooter response information, posters, brochures, and public service announcements. They can be tailored by adding contact information for the Army's iWATCH program.

For more information, contact the Force Protection Office (719) 554-2192 in Colorado Springs, Colo., or (256) 955-2141 in Huntsville, Ala.

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still a leader in space and he and future Soldiers will continue to lead the way for future generations.

“The Army wants people to know that, first, the Army astronaut corps exists,” Vande Hei said. “The Army has had astronauts throughout the history of the space program and we continue that tradition. Out of the astronaut selection class of 2013, 25 percent of candidates selected are from the Army.

The two Army astronaut candidates are Maj. Anne C. McClain, and Lt. Col. Andrew R. Morgan. Additionally, five retired Soldiers currently serve in NASA's cadre of astronauts, they are: retired Colonels Timothy J. Creamer, Nancy J. Currie, Patrick G. Forrester, William S. McArthur, Jr., Jeffrey N. Williams.

Retired Army Brig. Gen. Robert L. Stewart and retired

Col. James S. Voss are also former astronauts. According to NASA, there are currently 50 active astronauts and 35 management astronauts in the program; 196 astronauts have retired or resigned; and 49 are deceased.

“People who are interested in becoming astronauts need to do something they love doing,” Vande Hei said. “NASA typically hires people who genuinely love what they are doing because they are usually successful at it. They also recognize that solving very challenging problems requires a lot of people with very different backgrounds so they can bring very different perspectives to the table.

“People should not be afraid to fail at times,” he added. “They need to challenge themselves even if they are not always successful.”

SMDC leaders meet with space operations officers



Photo by 1st Lt. Jeff Rogers

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's highest ranking operational leaders met May 28 with Army space operations officers assigned to Joint Forces Component Command-Space at Vandenberg Air Force Base, Calif. At left are Brig. Gen. Jeffrey Farnsworth, at the time the deputy commanding general for operations, and Col. Greg Bowen, who currently is the deputy commander for operations.



Photo by 1st Lt. Jeff Rogers

A historic chapel at Vandenberg Air Force Base, Calif., was the site of a group photo May 28 of Army space operations officers assigned to Joint Forces Component Command-Space and Brig. Gen. Jeffrey Farnsworth (second row, center), at the time the USASMDC/ARSTRAT deputy commanding general for operations, and Col. Greg Bowen, who currently is the deputy commander for operations. The chapel is one of the buildings remaining from when the U.S. Army operated the installation as Camp Cooke, 1941 to 1953.

History: 1958, the beginning of U.S. policy on outer space

Sharon Watkins Lang
USASMDC/ARSTRAT command historian

In November 1957, the Soviet Union launched Sputnik, the world's first man-made satellite. Within months, the National Security Council planning board issued directive 5814/1, the U.S. Policy on Outer Space, June 20, 1958.

On the first page, the authors identified the “starkest facts” faced by the nation. First, “the USSR has surpassed the United States and the Free World in scientific and technological accomplishments in outer space, which have captured the imagination and admiration of the world.”

Second, “the USSR ... will be able to use that superiority as a means of undermining the prestige and leadership of the United States.” And third, “the USSR ... could create an imbalance of power ... and pose a direct military threat to U.S. security.”

They concluded that “the security of the United States requires that we meet these challenges with resourcefulness and vigor.”

The immense scope of the issue was soon realized. Although national policies and international agreements had defined a recognized “air space,” there was no specified upper limit to air space nor did there exist an agreed upon definition of “outer space.”

Should it be defined by the distance from the Earth's surface, or should there be a functional basis to the definition? Is there a limit to a nation's sovereignty and jurisdiction?

Recognizing that space can be used by vehicles and objects designed to operate in outer space, such as sounding rockets and satellites, as well as those that only traverse space to accomplish their missions, such as ballistic missiles, as well as the transmission of electromagnetic energy, such as communications and radar measurements, the opportunities were limitless encompassing everything from astronomy and physics to biology and psychology.



File photo

National newspapers announcing the launch of Sputnik after it became the world's first man-made satellite.

Given these factors, the policy's authors observed that the unknowns of space are such that any peaceful exploration of outer space could have potential non-peaceful applications.

Having discussed the nation's space activities, international implications and legal problems, the policy provided a comparison of American and Soviet capabilities.

Only then does it begin to address the objectives that included “the establishment of the United States as the recognized leader in the overall development and exploitation of outer space for scientific, military and political purposes.”

The policy guidance fell into nine categories: Priority and Scope of Outer Space Effort; Psychological Exploitation; Reconnaissance Satellites; International Cooperation in Outer Space Activities; Limited International Arrangements to Regulate Outer Space Activities; International Outer Space Law; Interim Position on International Negotiations; Security Classification; and Administration of Outer Space Programs.

All of these issues provide the foundation for discussions held during a July 3 meeting of the National Security Council.

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with the command and the local and state leaders,” Kimbrough said. “We wanted to help educate them on all of the SMDC capabilities and what role the astronaut detachment plays in the command. It is great to come home to SMDC, and I am honored to play a part in today’s event.

“We got a chance to really let folks know who we are and that we actually have Army officers who are astronauts, and we got to educate them on who we are, what upcoming missions we are doing, and also what NASA’s future holds,” he added.

The distinguished community leaders participating in the CLEF were: Sen. Bill Holtzclaw, Alabama State Senate 2nd District; Rep. Mike Ball, Alabama House of Representatives 10th District; Rep. Laura Hall, Alabama House of Representatives 19th District; Rep. Howard Sanderford, Alabama House of Representatives 20th District; Joe Fitzgerald, civilian aide to the secretary of the Army; Lisa Montgomery, office of Sen. Jeff Sessions; Carrie Suggs, office of Senator Richard Shelby; Kathy Murray, office of Congressman Mo Brooks; Tiffany Noel, office of Congressman Mo Brooks; Gerald Tucker, Alabama Army Reserve ambassador; Madison County Sheriff Blake Dorning; Dale Strong, Madison County Commission chairman; Huntsville Mayor Tommy Battle; Grant DeMuth, Guntersville Economic Development director; Harrison Diamond, office of the mayor of Huntsville; Lewis Morris, Huntsville chief of police; Dr. Marilyn Beck, Calhoun Community College president; Dr. Helen McAlpine, J.F. Drake State and Technical College president; retired Brig. Gen. Robert A. Drolet, Madison County Veterans Memorial chairman; Kris McBride, Redstone Arsenal/Huntsville Chapter of the Association of the U.S. Army president; Chip Cherry, Huntsville/Madison County Chamber of Commerce president and CEO; and Mike Ward, Huntsville/Madison County Chamber of Commerce senior vice president for government and public affairs.

As the community leaders left the command, Mayor Battle spoke of the new knowledge he had gained about SMDC and how the day reiterated his beliefs that the organizations on Redstone Arsenal are key to surrounding communities, as well as national defense.

“It was a wonderful visit,” Battle said. “This is the defense of the country. When we start talking about what space and missile defense does and how it protects us against threats that are out there. It is a very special



Photo by Jason B. Cutshaw

David Cox, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, Integrated Missile Defense Division chief, briefs community leaders during the command’s Community Leadership Engagement Forum June 10. The command hosted the forum to inform local community leaders about one aspect of the command which contributes to national defense..

thing to know that it is centered and headquartered right here in your hometown, it makes you very proud.

“The biggest thing is that we have a very highly technical group who is looking at all aspects of how they can protect this country,” he added. “Beyond missile defense, they are going to address much larger technological advances to make sure that our country is safe, and it makes you sleep better at night knowing that you have these guys on your side.”

With the CLEF ending, the civilian aide to the secretary of the Army took the time to point out how important it is for SMDC to engage with local leaders and remind them how important the command is to the defense of the nation.

“It is very important for community leadership to understand the importance of what is going on here at SMDC, and this is a magnificent mechanism to do that,” Fitzgerald said. “Heretofore, these community leaders from across northern Alabama did not have a consensus opinion or idea about what work goes on here and how important it is to our national defense. They do now, I assure you.

“Furthermore, this goes a long way toward ensuring the future of SMDC in the mindset of these leaders on how important it is,” he added. “This is a national treasure we have here in North Alabama, and I know they get that.”

Command Safety Gram

Working in the Summer heat

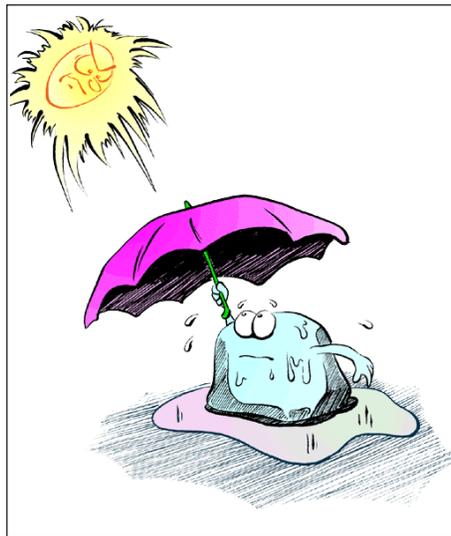
The hot summer sun puts a whole new light on the workplace. Some people love the heat, while others can't wait for the dog days of summer to give way to blessed fall-like conditions. Regardless of your personal viewpoints on hot weather, everyone must take precautions to know and avoid heat illness.

Here are the warning signals of heat illness:

- **Heat Cramps.** Heat cramps affects muscles such as those in the arms, legs and abdomen – the muscles that have been used while working. These cramps may occur after work, when the person is resting. Heat cramps are a signal that the body has lost too much salt through sweating.

- **Heat Exhaustion.** Heat exhaustion is a serious condition that needs immediate attention. It may have any or all of these symptoms: A feeling of exhaustion, nausea, dizziness, pale and clammy skin, quick pulse, and low blood pressure. Heat exhaustion is also a warning that the mechanism that controls heat for the body becomes seriously overtaxed. Heat stroke may follow if heat exhaustion is not treated.

- **Heat Stroke.** Heat stroke is a serious matter and it can be fatal. It occurs when the body's heat control mechanism simply shuts down. Perspiration stops and body temperature rises. The heart pounds



and the skin becomes flushed and hot. This condition is a medical emergency and must be treated immediately.

Here are some suggestions for smoother sailing in the summer:

- Let the water flow. People often wait until they are thirsty to drink water, but if they are doing physically demanding work one can become dehydrated and can not catch up, then they are at risk for potentially fatal heat illness. Employees need to be encouraged to drink water continuously on hot days and it must be provided.

- Take frequent rest breaks when working in hot conditions. These breaks can consist of moving to a cooler area or switching to lighter work for a while.

- Acclimate to working in hot conditions. One cannot go from working in comfortable

temperatures to working full tilt in a heat wave. Allow frequent rest breaks in the shade and save extra-demanding physical jobs for cooler parts of the day.

- Wear hats and dress in light-colored, lightweight, loose clothing. People should be using sunscreen with a sun protection factor (SPF) of at least 15 and reapplying it if they are sweating it off. Workers who are overweight or have medical conditions should ask their doctors about additional precautions to take while working in hot conditions, whether indoors or outdoors.

- Do not stop taking medication unless ordered by a doctor. Take extra care to stay cool and ask the doctor or pharmacist for any special heat advice.

- **Ventilate.** Ensure that indoor areas are kept well ventilated and that fans or air conditioners are operating.

- Watch each other for signs of heat illness. Mild cases can be treated by moving the person to a cool area and supplying water to drink. Heat stroke is a life-threatening condition that calls for immediate medical help.

Every summer many areas undergo periods of seriously hot weather. Know how to avoid heat illness at work and off the job.

– *Courtesy of the U.S. Army Combat Readiness/Safety Center*

Deadline for comments and submissions for the July 3 issue is June 27.

Please submit to Jason B. Cutshaw at Jason.B.Cutshaw.civ@mail.mil.

SMDC celebrates Organizational Day



Photo by John Cummings

Mark Hobbs and Command Sgt. Maj. James N. Ross lead members of the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's headquarters command group in a tug-of-war during the command's Organizational Day at the MWR Activity Field June 12. During the Organizational Day, US-ASMDC/ARSTRAT Soldiers, civilians and family members listened to the Army Material Command Band while participating in racquetball, horse shoes, spades, dominoes, bingo, corn hole, face painting, a dunking booth, karaoke and numerous other events.



Photo by John Cummings

Lt. Gen. David L. Mann, commanding general, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, prepares to get soaked by his wife, Robyn, at the USASMDC/ARSTRAT Organizational Day's dunking booth at Redstone Arsenal, Ala., June 12.



Photo by Jason B. Cutshaw

Lt. Col. Corey Robinson, deputy chief of staff G-1, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, and others play horseshoes at the USASMDC/ARSTRAT Organizational Day at Redstone Arsenal, Ala., June 12.

SMDC observes 'Bring your Child to Work' day

Jason B. Cutshaw
SMDC Public Affairs

REDSTONE ARSENAL, Ala. – Members of the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's Redstone Arsenal headquarters participated in the national "Bring Your Child to Work Day" April 24.

The event was for parents to show off what they do in the defense of the nation, and show their children a different side of their parents they may not get to witness at home.

"This event is aimed at children between the ages of 8 and 18, but open to children of all ages, and is intended to bring future generations of youth into the workplace in order to explore the many life choices they have," said Col. Dewey A. Granger, USASMDC/ARSTRAT chief of staff.

A short program of demonstrations and discussions was conducted in the command's Concepts Analysis Laboratory, or CAL.

There was a small satellite demonstration, a Counter-Rocket, Artillery and Mortar, or C-RAM, demonstration, a 3-D printer demonstration, a space power video and other scientific demonstrations.

"Bring Your Child to Work Day



Photo by Dottie White

Stephanie Cunningham, general engineer, Concepts Analysis Laboratory, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, briefs parents and children during the command's Bring Your Child to Work Day April 24.

allows kids to see exactly what their parents do at work each day, as well as informing them of other career options they may not have considered before," said Charlene Booth, SMDC assistant secretary of the general staff, who brought her

daughter, Jennica, to work with her. "Jennica enjoyed the demos that CAL presented. The engineers who lead the demos were young and presented the information in a clear, fun manner and even encouraged the kids to participate."

Command Surgeon's Corner

Improving performance, resilience and readiness

By Col. Kevin P. Michaels
SMDC command surgeon

As part of the Army's Ready and Resilient Campaign efforts, Army Medicine is advocating a culture shift by encouraging every professional Soldier to develop a mindset that drives them to optimize their own health to improve his performance and resiliency.

There must be an effective way to change mindsets, not just dictate behaviors. As Army Medicine continues to open the aperture, it must look where health is influenced.

It is in the lifespace where the choices we make impact our lives and our health. We understand the patient healthcare encounter to be an average interaction of 20 minutes, approximately five times each year.

Therefore, the average annual amount of time spent with each patient is 100 minutes; this represents a very small fraction of one's life. It is in between the appointments – in the lifespace – where health really happens and where we desire a different relationship with Soldiers, families, retirees and civilians.

The Army wants to reach beyond the physical boundaries of our medical treatment facilities and partner with those entrusted to care during the other 525,500 minutes of the year where people are living their lives and making health choices.

The connection between health and Army readiness is clear. The more people positively influence health, the better the Army is able to answer

the nation's call.

Army Medicine's operational approach to these three key components of health – activity, nutrition and sleep – is the performance triad.

Army Medicine wants to illustrate to patients that they can positively impact their health by investing in these triad of factors. Getting back to the basics of activity, nutrition, and sleep – as both leaders and healthcare providers – are key in optimizing personal health, performance and resilience.

Physical activity is more than just exercise at the gym. Regular activity during the day can improve health by reducing stress, strengthening heart and lungs, increasing energy levels and improving mood. Similarly, quality nutrition and sleep management can serve as key components in promoting health, preventing disease, and achieving or maintaining a healthy body weight.

Chronic poor sleep may increase the risk for stroke, cardiovascular disease, diabetes and obesity. People think better, feel better and perform better when their bodies are well-nourished, well-rested and healthy.

While the Army may have a more visible influence in the lifespace and health of its active duty population, the challenges become greater with the Army Reserve and National Guard – the reserve components. The RC provides strategic depth and flexibility to the capabilities of the force, and has a valuable connection to the broader U.S. population.

A significant percentage of

Army capabilities are within the RC, therefore, when it pertains to readiness of the force, the performance triad is just as important for the reserve component warriors as it is for those on active duty.

Finding innovative ways to extend our influence into the lifespace of the Reserve and National Guard is an important avenue to pave, and may set the stage for Army Medicine to truly strengthen the health of the nation by impacting those in uniform who work within the civilian communities.

Across all age groups and medical conditions, the impact of restful sleep, regular physical activity, and good nutrition are visible in both the short and long term. While each component is independently important, optimal performance is achieved when all three are addressed simultaneously.

The people who have the greatest impact on Soldier behaviors do not reside in military hospitals and clinics – they are the unit leaders, mentors, and family in the lifespace. The goal is to make this a part of the backbone of the Army – sleep discipline, daily activity, and good nutritional decisions.

Sleep: seven to eight hours every 24 hours

Activity: 10,000 steps per day and regular exercise

Nutrition: Eat eight servings of fruits and vegetables a day

Learn more about Army Medicine and the performance triad at www.armymedicine.army.mil.