

THE OUTPOST

U.S. ARMY YUMA PROVING GROUND, YUMA, ARIZONA 85365 | VOLUME 65 NO. 12 JUNE 13, 2016

Volunteers create YPG color guard on own time

By Chuck Wullenjohn

Geographically speaking, U.S. Army Yuma Proving Ground is one of the largest military installations in the entire western world. With a workforce numbering 2400, it boasts a respectable number of workers, too. Most of these employees are civilians, however, with fewer than 175 Soldiers and other uniformed personnel stationed at the proving ground.

In the world of formal military colors guards, large installations often have designated personnel specifically assigned to perform this duty on a full time basis to handle the large volume of requests that come in each year. YPG does not have this luxury, however, for everyone is fully employed executing the proving ground's demanding test

workload.

Nonetheless, a large number of requests flow in throughout the year, both winter and summer, for the YPG color guard to participate in Yuma community events. Because YPG does not enjoy saying "no" to

these requests, arrangements are made whenever possible. How exactly is this done when no formal YPG color guard exists?

The answer is that each request is considered and Soldiers from YPG's Airborne

SEE **COLOR GUARD** page 7



A color guard made up of volunteer Soldiers from YPG's Airborne Test Force played a prominent role in two Yuma community Memorial Day remembrance ceremonies last month. Aside from giving up part of their holiday, the Soldiers practiced for hours to ensure they presented a sharp, professional appearance. From left to right: Staff Sgt. Nathan P. Newey, Staff Sgt. Jesse C. Robbins, Staff Sgt. Cliff M. Warner, and Staff Sgt. Richard Gilmore.

Alaska extreme cold challenges Stryker vehicle

By Mark Schauer

When Soldiers in Iraq and Afghanistan were imperiled by the destructive power of improvised explosive devices, a variant of the armored Stryker combat vehicle sporting a specially-designed blast-diffusing hull saved countless lives.

Particularly suited for transporting infantry in urban environments, the Stryker has become popular among Soldiers in the most dangerous and rugged areas overseas, who describe the vehicle as quiet, reliable, and easy to maintain and repair.

The vehicle's stellar performance is doubtless related to the extensive evaluation it has undergone at Yuma Proving Ground and its three subsidiary test centers since 2002, including a six month stint in the jungles

of Suriname in 2008. Recently, a new variant of the vehicle wrapped up a winter of extreme use at U.S. Army Cold Regions Test Center.

Boasting an upgraded chassis and drivetrain along with a variety of mechanical, electrical and digital improvements to enhance its performance, the latest Stryker variant was subjected to more than 3,000 miles driving across rugged terrain in extreme cold.

"It looks like a regular Stryker, but it isn't," said Richard Reiser, test officer. "It has a larger engine that significantly increases horsepower and torque. It has a much greater diagnostic capability that integrates sub-systems. This gives operators a greater awareness of vehicle

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Draftee Remembers 1950's at Yuma Test Station

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YPG depends on volunteers /Page 11





PHOTO BY MARK SCHAUER

Coming in various shapes, sizes, and depths, some of the natural water tanks within this undulating volcanic rock have impressive stone formations rising from the center of the ponds.

THE OUTPOST

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PHOTO BY MARK SCHAUER

Andy Laurenzi, southwest field representative of Archaeology Southwest, views a petroglyph-inscribed canyon wall. "This is one of the most significant archaeological sites in Arizona," he said. "The military has done a great job of stewardship here by recognizing the importance of White Tanks and others like it."

Major archaeology sites protected at proving ground

By Mark Schauer

As a military installation, U.S. Army Yuma Proving Ground has a proud history dating back to the 1940s.

Part of Gen. George S. Patton's Desert Training Center/California-Arizona Maneuver Area during World War II, 20 divisions of men trained here for combat, and ten of these liberated Nazi concentration camps in Europe.

From the 1950s forward, the proving ground has tested virtually every piece of equipment in the ground combat arsenal for the most impressive military in world history. Technologies like the global positioning satellite (GPS) system were pioneered here, and today cutting edge commodities like unmanned aerial systems are put through their paces prior to being fielded to troops.

But the installation, larger than the state of Rhode Island is also home to history that is far more ancient. A crossroads for native people for

at least seven thousand years, there are hundreds of culturally significant sites within the modern boundaries of YPG. The stewardship of these irreplaceable sites is a high YPG priority, with the proving ground performing painstaking ground surveys of between 12,000 and 15,000 acres annually.

Some of the sites are isolated: vestigial remnants of ancient trails with the occasional arrowhead or potshard strewn on the ground. Others are awe inducing: White Tanks is a canyon studded with natural rock cisterns that retain rainwater year-round. Some crevices within this undulating volcanic rock have impressive stone formations rising from the center of the ponds.

The water itself may not be palatable by modern civilization's standards: it is still and brackish, sporting a thin, but noticeable film of algae across the top. Bees hover near the water, their low drone one of the most audible sounds in the silent canyon. But to a parched desert

traveler of hunter-gatherer times the water was life-saving. Across the millennia, passers-through decorated the canyon walls with hundreds of intricate petroglyphs that remain to this day, a faded but stirring testimony to the importance of this natural wonder to unknown numbers of travelers.

"This is one of the most significant archaeological sites in Arizona," said Andy Laurenzi, southwest field representative of Archaeology Southwest, a non-profit organization dedicated to exploring and protecting the places of the past throughout the American Southwest. "You have this relatively undisturbed landscape with quite a concentration of petroglyphs and indications of human occupation for thousands of years. You find similar places along major river systems, but not very often in arid parts. The added significance of the area is its association with Malcolm Rogers, one of the pioneering archaeologists in the Southwest: Remnants of his camps in the White Tanks are present today."

Along the top of the canyon are small caves, some of which have ancient pot sherds and other artifacts, all suggesting human habitation.

"People were living here," said Laurenzi. "Maybe not year-round, but certainly for sizable periods of time. If you're going to go to the trouble of carrying in pottery, it suggests you have plans to stay awhile."

Despite the fact that trespassing on military land is both unsafe and a violation of federal law, people still

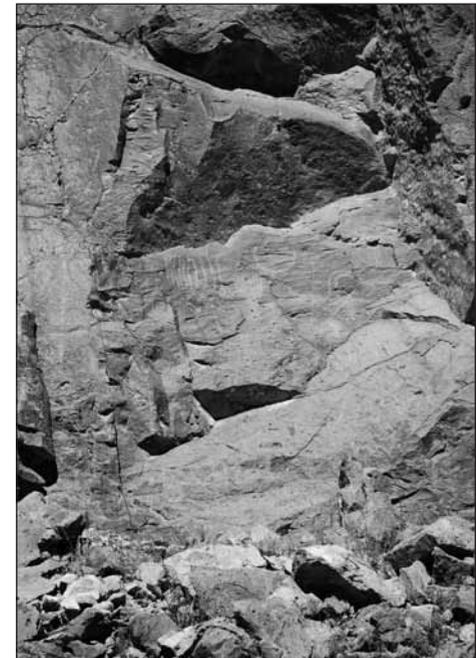
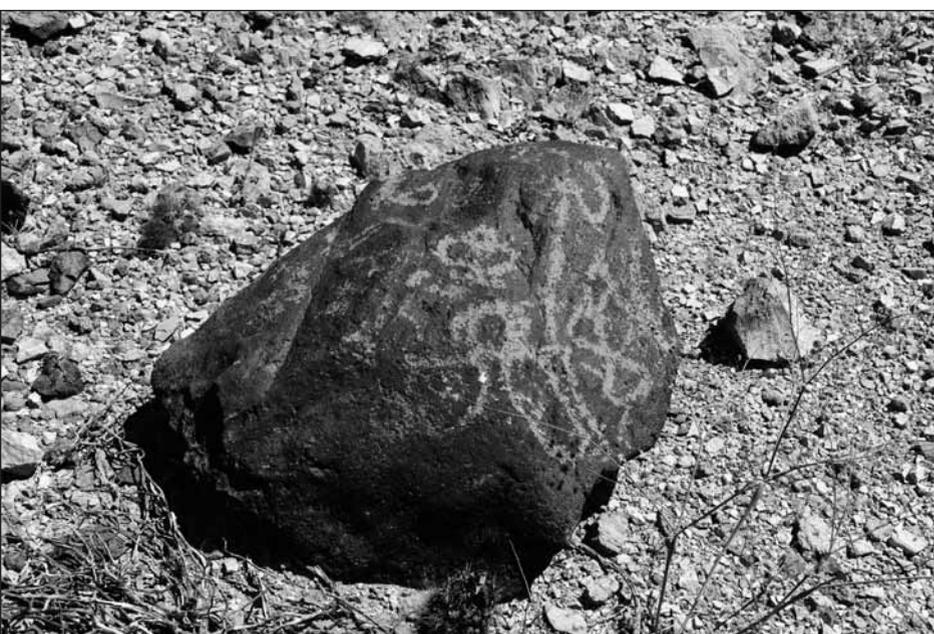


PHOTO BY MARK SCHAUER

Trespassing on military land is both unsafe and a violation of federal law, and paths to White Tanks are exceptionally rugged even for the best four-wheel drive vehicles. The area is surrounded by signs and gates, but unscrupulous people still occasionally slip in intending to loot or vandalize.

occasionally slip in to White Tanks and other cultural sites intending to loot or vandalize. Though site surveys over the past two decades show the site is relatively unchanged, YPG personnel want to be proactive in preserving the site for generations to come. In addition to upgrading gates, the likeliest long-term solution is a site stewardship program comprised of YPG employees willing to volunteer their weekend time for periodic site inspections.

"Part of our job is advocating for the preservation of cultural resources," said Laurenzi. "The military has done a great job of stewardship here by recognizing the importance of White Tanks and others like it. The designation of White Tanks Management area by YPG helps minimize intrusions, and that's good news."



This awe-inducing canyon is studded with natural rock cisterns that retain rainwater year-round, a life-saving feature to parched desert travelers of hunter-gatherer times. Also found throughout the site are petroglyph-laden rocks.

PHOTO BY MARK SCHAUER

Draftee Remembers 1950's at Yuma Test Station

By Mark Schauer

The median age in the United States is 37 years, which means the last time retired lawyer Herbert Rosenberg set foot on what became YPG was 25 years before half the population had been born.

The year was 1954: Dwight Eisenhower was president, Rear Window was a box office smash and Marilyn Monroe was a popular idol. The population of Yuma numbered 15,000. The memories came flooding back to the now 85 year old Rosenberg when he approached the proving ground's main gate for the first time since then.

"There was a curve on the highway coming in we called 'the Coca Cola' curve," he recalled. "A Coca-Cola truck had overturned on it not long before I arrived."

Many of the buildings of the era still stand, albeit remodeled and with different uses. The barracks Rosenberg once slept in still exists as an office building on YPG's Howard Cantonment Area. The dining hall, which no longer stands, was a short walk away.

"Some guys wouldn't walk to the dining hall, they had to drive," Rosenberg said with a smile. "These



Rosenberg returned to YPG 56 years after serving here, accompanied by wife Janet. Here, the couple looks at a vintage overhead photo of Yuma Test Station as he remembered it at the YPG Heritage Center as curator Bill Heidner looks on.

PHOTO BY MARK SCHAUER

were Californians who didn't know how to walk."

The regular Army of that time was quite different before becoming an all-volunteer force in the early 1970s. Young men who weren't in college were eligible to be drafted, a position

in which Rosenberg found himself after earning his Bachelor's Degree in Business Administration in 1952. With the Korean War still in progress, he was sent to basic training at Fort Sill, Okla. in December of that year.

At that time, the Undersecretary of the Army was Anna Rosenberg, the first woman to hold the post. Undersecretary Rosenberg, not related to Pvt. Rosenberg, was a human resources expert whose World War II-era manpower recommendations had earned her the Presidential Medal of Freedom. She had, however, been branded a communist sympathizer by Sen. Joseph McCarthy in an effort to derail her nomination to the position in 1950. The attempt failed, but McCarthy's smear campaign had

tarnished her. Also, the presence of a Jewish woman in the position was not popular with some in the Army.

"At Fort Sill, Rosenberg wasn't as common a name as in other parts of the country," said Rosenberg. "They were convinced we had to be related, and they despised her. I had a rough time."

His degree in business administration resulted in his being classified among scientific and professional personnel, a category where orders were sent directly from Washington, DC. When he graduated from basic training, Rosenberg was the only individual from his group assigned to Yuma Test Station.

"It was because I was classified scientific and professional, but to half the people in the battalion it

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was proof that I was related to Anna Rosenberg," he said.

Arriving at Yuma Test Station was another culture shock, though in a different way.

"The test station was an informal place," he said. "You did things you never would have done at Fort Sill or elsewhere in the Army. Everyone was on a first-name basis."

Rosenberg's primary job at Yuma Test Station was to reimburse incoming test teams for their travel mileage and per diems. The typical rate was 6 cents per mile and the per diem was calculated in quarter days.

"The finance office job had nothing to do with accounting or auditing, the things I had been trained to perform," he said. "The test teams traveled all kinds of ways, but the mileage and rate of pay was calculated by using railroad mileage tables. The only time I ever saw them was when they came to collect their money."

Yet Rosenberg didn't lack for things to do. He recalled that testing only occurred during the hottest summer months, leaving the post a relaxed duty station the remainder of the year. During his stay, he acted in a lavish production of Moss Hart's Broadway play Light Up the Sky at the post's outdoor theater and hitchhiked to Los Angeles as often as possible on weekends. Like many of his fellow Soldiers, he also spent time at the post recreation center, located in the main post building that later served as commissary. During Rosenberg's tenure, a contest was held to name the building, with a suitcase, sports shirt and pair of pants as prizes.

"I submitted several names and thought the winning entry, 'the Test Rest,' was the worst of them," Rosenberg said with a laugh.

Nonetheless, he won, and a reference to him in an issue of the post newspaper, then called The Sidewinder, included 'Test Rest' as his nickname. The prizes for his winning entry were donated and presented by noted Yuma department

store owner and state senator Harold G. Giss, who later became majority leader.

"I was aware that Giss was a merchant and significant figure in Yuma, but I didn't know the details of his impressive political career," said Rosenberg.

A number of his buddies went on to distinguished careers in the civilian world. One, Paul Caponigro, became a noted landscape photographer.

"This guy was a magnificent photographer who won an Army award while we were at Yuma Test Station," Rosenberg said. "He gave me a photo and I wish I could find it. His work sells for big bucks now."

Though Rosenberg enjoyed his time at Yuma Test Station, he wanted to return to civilian life.

"When the Korean War ended, the Army allowed draftees to leave a two year term up to three months early," Rosenberg recalled. "I took them up on it. I would have been promoted to sergeant in another week, but it was okay."

His final week at the test station was a whirlwind, though.

"My most eventful day occurred in my last week," Rosenberg said. "In the morning, I was a witness in a divorce case in town, at noon I had to talk myself out of a court-martial for being away without leave and at 1700 hours I was best man at a wedding at the post chapel."

The groom was Rosenberg's buddy Bill Kimball, who was marrying Jean Veith, the stepdaughter of the finance officer, after a whirlwind courtship. The marriage was not only a major event on a post that experienced few weddings but had great longevity: Rosenberg and his wife were surprise guests at the Kimballs' 50th wedding anniversary in 2004.

Back in the civilian world, Rosenberg graduated from Columbia Law School and practiced law until retiring in 1999. He married his wife, Janet, in 1962, and they had two children.

Though he has led an eventful

life, Rosenberg said the experience of serving with a diverse group of Soldiers at Yuma Test Station was valuable to his personal development.

"I loved it there. I had come from a very religious Eastern European family and my whole world had been New York," Rosenberg said. "For me, serving at Yuma Test Station was an extraordinary learning experience. I grew up there."

Herb Rosenberg came to Yuma Test Station in 1952 after being drafted during the Korean War. "For me, serving at Yuma Test Station was an extraordinary learning experience," he said. "I grew up there." LOANED PHOTO



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VIEWPOINTS

The weather is heating up in Yuma!
Do you prefer an extremely hot or
extremely cold environment?

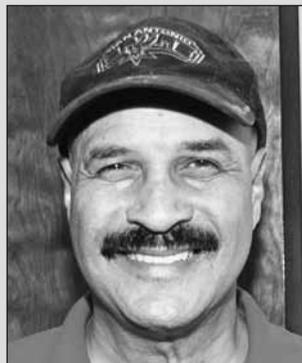


Kelly York, Property Book Officer:

After spending a few months in Normandy in the military where the temperature was 20 to 30 degrees below zero and with the 10th Mountain Division in Fort Drum, New York, this warmer weather is the nicest weather to have. I can deal with the hot weather here much better than the cold weather anywhere else.

Ron Basolet, Supply Technician:

I like the heat and enjoy it much better being in a hot environment versus being in a cold environment. I've been in an extremely cold places when I was in the Marine Corps, such as Norway and Japan. I lived in New York growing up, so being in such a cold environment was extremely intolerable especially in the winter time. Since being in Yuma, I've welcomed the heat with open arms.



Denys Jarvis-McKee, Budget Analyst:

Having lived in both climates, including Germany and Rock Island, Illinois, I say living in the heat is far better than the cold. Cold brings snow and ice, and I hate having to scrape car windows and shovel sidewalks and driveways!



SHOOTING THE BREEZE

Kids do the darndest things...

By David J. Horn

Our kids. They do the darndest things. When they're born, you count all their toes and hope that they're healthy. When they're toddlers, you hope they'll walk and talk. When they start day care, you hope that they'll get along with others. When they start school, you hope they'll make friends and get good grades. When they're young teenagers, you hope that they stay off drugs and out of jail. When they're old teenagers, you hope that they can move out of your house and make it in college. And when they graduate from college, you hope that they can find a job to again move out of your house. Over the years you've celebrated their victories, and when they've struggled, you've hurt more than they will ever know. And in the blink of an eye... they're all grown up.

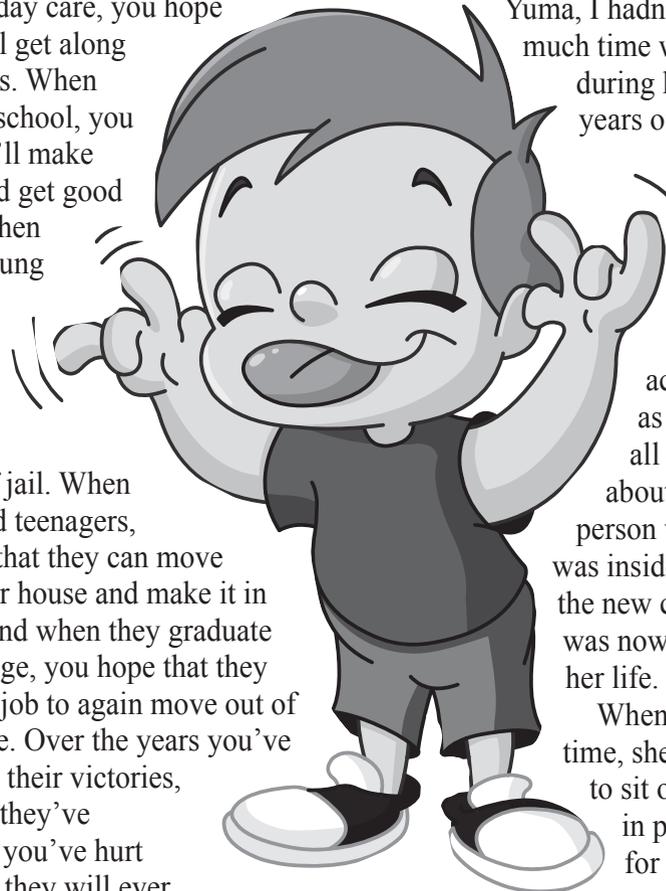
When they get out on their own, you're now in the background with your fingers crossed, hoping that as they make their own choices they'll make the right ones based on that foundation that you worked so hard to lay down. And when they do make those choices, you have to let them live their own lives.

I raised my daughter Sarah up in Minnesota. I just got back from a trip up to the Midwest, where I watched her get her college diploma from the

University of Wisconsin at Madison. I am so proud that she landed a great job to launch her real career. I got to see her new apartment, and meet her new...roommate.

Since I've been living here in Yuma, I hadn't spent much time with Sarah during her five years of college. So on that recent visit, I had to be tolerant and accepting as I learned all over again about the true person who she was inside, including the new choices she was now making in her life.

When it was time, she asked me to sit on her sofa in preparation for the big announcement she was waiting to make. Even though I tried to prepare myself, it still rocked me to my core when she said, "Dad...I have to tell you that...I've starting rooting for the Green Bay Packers."



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COLOR GUARD

FROM PAGE 1

Test Force, Health Clinic and other organizations volunteer whenever possible. It doesn't mean "light" duty, though, for they have to practice as a group on their own time to develop the crisp precision expected of a military color guard.

In the most recent case, two commemoration ceremonies that occurred in downtown Yuma early this past Memorial Day, the four-person color guard appeared on a holiday, requiring each individual to give up what would otherwise have been private time. Not only that, but the members of the color guard practiced



for hours after their normal work day in the weeks leading up to the holiday.

"Soldiers from the Airborne Test Force have most often volunteered to be on the color guard and they are only 17 in number," said YPG Command Sgt. Maj. Sean Ward.

"Sometimes requests conflict with the work schedule or come in too late, but they're enthusiastic and do whatever they can to help."

Ward says Soldiers are happy to take part, even when personal sacrifices are required. "Taking part in the color guard represents something bigger than themselves and they feel it is part of their duty," he explained.

But YPG's Soldiers volunteer for more than just the color guard. YPG participates in numerous events in the Yuma community each year, from displaying equipment and photo displays to marching in parades and visiting school classrooms. When Ward asks for two or three Soldiers to march in a local parade, such as the annual Veteran's Day or Silver Spur Rodeo parades, seven or eight people typically come forward.

Staff Sgt. Richard Gilmore was

one of the color guard volunteers this past Memorial Day and said he was happy to participate in tribute to his grandfather who served during World War II and as a remembrance of all Soldiers who have fallen in defense of the nation. "The others enjoy being here to pay this same respect to the fallen, too," he said.

"The pool of Soldiers at YPG is relatively small, and for guys to have a full time job and take the time to do this is awesome," commented Ward.

Rob Turner

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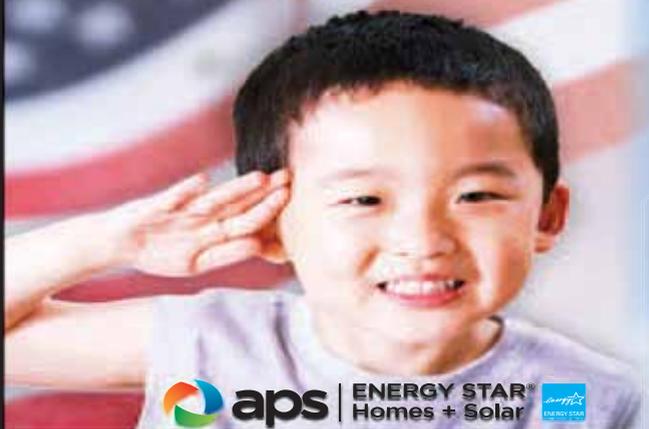


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STRYKER

FROM PAGE 1

health and potentially improves situational awareness during the actual mission in the vehicle.”

In the world’s most frigid environments, cold starts can be harrowing even for the most rudimentary vehicles. For a complex system like the Stryker, every component’s ability to function in extreme cold is crucially important, and was subjected to keen evaluation at CRTC in temperatures far below freezing.

“Like automotive trends in general, we have much greater reliance on computer systems in these vehicles,” said Reiser. “Those computer systems and sub-systems integrated into the hull depend on a great deal of computer software and hardware.”

Though a vehicle’s performance characteristics are similar in cold weather once started and sufficiently warmed up, dramatic fluctuations in temperature can degrade performance of any number of a vehicle’s components.

“Stopping distance and acceleration shouldn’t change profoundly in this environment,” explained Reiser. “The real issues tend to be related to rapid temperature differentials. Each sub-zero temperature threshold tends to flush out small anomalies.”

Given this, the testers went to great lengths to test in potential failure conditions. For example, after a long drive on the range the day before a particularly nasty drop in temperature is forecasted, the testers used fans connected to long tubes snaking into the engine compartment and other vital areas of the vehicle to blow frigid air onto the components overnight. This enabled the team to record the equivalent of cold chamber test activity in the natural environment.

“We adjust to capture things and be ready for those colder temperatures on short notice,” said Reiser. “It’s a small crew and it’s easy to make adjustments to the mission profile to



PHOTO BY MARK SCHAUER

A new variant of the Stryker Combat Vehicle underwent a winter of extreme use at U.S. Army Cold Regions Test Center earlier this year. “It looks like a regular Stryker, but it isn’t,” said Richard Reiser, test officer. “It has a larger engine that significantly increases horsepower and torque.



PHOTO BY MARK SCHAUER

Boasting an upgraded chassis and drivetrain along with a variety of mechanical, electrical and digital improvements to enhance its performance, the latest Stryker variant was subjected to more than 3,000 miles driving across rugged terrain in extreme cold. “Cross country miles accumulate slowly in this environment,” said Reiser.

take advantage.”

Throughout the test, the Army evaluators utilized the same vehicle that had the previous summer been subjected to punishing hot weather testing at Yuma Test Center, Arizona. CRTC personnel travelled to Yuma to take part in the testing and instrumented the vehicle in a configuration that applied to testing in both climates.

“It provides not only continuity in the instrumentation process, but helped our technician get it done quicker while supporting Yuma’s effort as well,” said Reiser.

The test was more than just endless driving. The performance of every special feature the vehicle boasts, from its communications suite to the central tire inflation system that adjusts tire pressure as the vehicle is in motion, was scrutinized in sub-tests across the winter.

“Cross country miles accumulate slowly in this environment,” said Reiser. “We didn’t have consistently cold weather, so we were able to move what sub-test activity we were doing based on its environmental relevance. If it is something that’s not so much impacted by extreme cold, we moved that to the less-cold times.”

The Stryker also lent itself to ingress and egress testing with the participation of Soldiers from Fort Wainwright’s 25th Infantry Division who were assisting in a concurrent test. The Soldiers entered and exited all hatches of the vehicle wearing the full complement of armor and Arctic battle dress, ensuring everything in the vehicle could be touched and reached without snagging their bulky gear.

“It was great coordination between the two tests to pick the appropriate miserable day to get the Soldiers to do some limited ingress-egress testing,” said Reiser. “When this vehicle is fielded and the Soldiers have the new body armor, we’ll already know it isn’t an issue for ingress and egress.”



PHOTO BY MARK SCHAUER

After a long drive on the range the day before a significant drop in temperature is forecasted, the testers used fans connected to long tubes snaking into the engine compartment and other vital areas of the vehicle to blow frigid air onto the components overnight. This enabled the team to record the equivalent of cold chamber test activity in the natural environment.

The multi-month test was completed ahead of schedule and under budget, which Reiser attributes to the flexibility of the rugged, self-contained six-person crew. The drivers, for instance, were from CRTC’s maintenance shop, and were able to troubleshoot and repair problems that cropped up without lengthy downtime at a maintenance shop many miles from the test range.

“We were able to eliminate delay times when we went into maintenance because maintenance was right here,” said Reiser. “If we had a vehicle issue, they just changed hats and researched from a different vantage point what they had to do to solve the problem, which was a huge cost savings.”

“In today’s world, anything we can do to trim costs and maintain the quality of the end product is what matters,” said Reiser. “I’m very, very proud of the crew for stepping up to the plate.”



PHOTO BY SEBASTIAN SAARLOOS

The crew adds chains to the Stryker’s tires prior to a run in brutally cold and icy conditions. The multi-month test was completed ahead of schedule and under budget, which Reiser attributes to the flexibility of the rugged, self-contained six-person crew.

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YPG Faces and Places

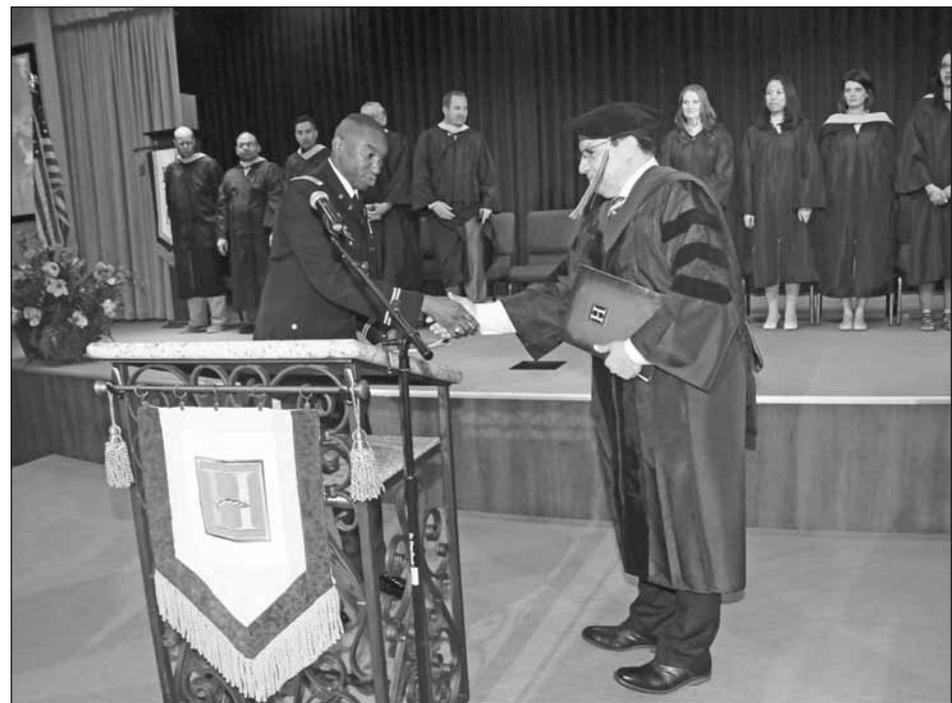
TOP LEFT: YPG depends on volunteers for things like youth sport programs and support for the Heritage Center museum, and recognized the dedicated efforts of these individuals in a ceremony in late May.

ABOVE: The time donated by YPG volunteers was worth more than \$60,000, and YPG Volunteer of the Year Vince Lacey (center) was responsible for more than \$35,000 of time given in support of the Heritage Center.

LEFT: May is Asian Pacific Islander month, and YPG Soldiers and personnel celebrated with a food tasting at the Michael's Military Housing Office late in the month. The menu included favorites like kimchi, japche, wonton soup, and roast pork, and was enjoyed by all.

BOTTOM LEFT: Late May was also graduation season, and YPG commander Col. Randy Murray delivered the commencement address to 48 graduating seniors at Harvest Preparatory Academy.

BELOW: Welcomed to the podium by school director Dr. Mario Ybarra, Murray's rousing speech gave graduates practical wisdom on success in life. "Do not chase after money, but focus on your purpose, because your gifts and talents will make room for you," he said. "I certainly have found this to be true with my life."



CHAPLAIN'S CORNER

What do we remember?

Submitted by Chaplain (Maj.) Steven D. Smith

After the tears, the only thing a person can do is remember. When the war is over, the remembering continues. Somehow, the memories give life, as if remembrance is a form of resurrection. Memory does bring life.

Just recently we celebrated Memorial Day. I remember as a child looking forward to Memorial Day weekend because it marked the end of school and the first day the swimming pools and Kings Island opened up in Cincinnati, Ohio. We go through life remembering all the things that make life so special. Right at this very moment, you are doing just that, going through your thoughts. You are remembering. You are thinking back through your life.

Think about that word, "remember."

- To re-member is to bring back together that which has been dismembered- to put the pieces together again.

- To re-member is also to re-unite one who has been separated- to bring them back into membership, into community.

The Hebrew word for remember adds to our understanding: Its ancient root means, "to mark so as to be recognized." In other words, to be remembered is to be made known. When someone mentioned the name

of a dead person, that person's being became real in that moment.

What a sacred thing it is to remember the fallen Soldier- not because all Soldiers are necessarily heroes, not because all who give their lives die for a good cause, but because in handling the memory of God-given lives, we participate with God in the healing of the world.

To re-member is to put the broken pieces back together, to make members again of those who were missing. Remembrance is resurrection!

Remembering the Soldiers of any war -- friends and enemies alike -- calling out their names, singing their songs, or just thinking about the fact that they fought -- does make it difficult to send people into battle again. The voices of the dead cry out to us for peace. What do you remember?

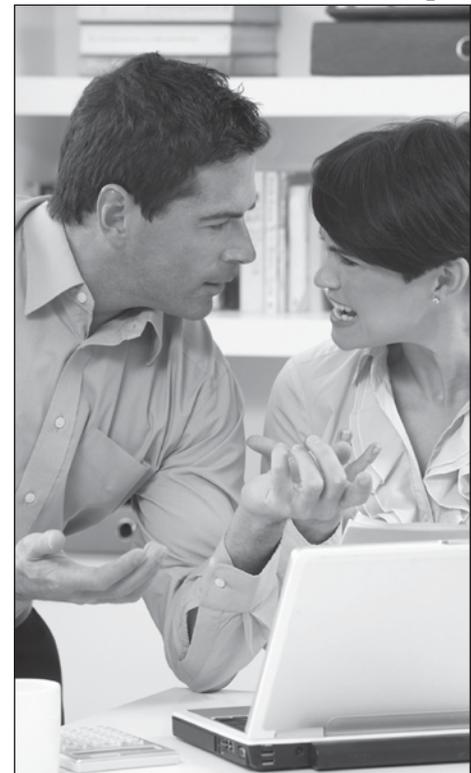
Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. Let's not forget to remember that freedom isn't free, it was paid with a high price.

Please come and join the Oasis (Post) Chapel congregations: Catholic services at 0930 Sunday; Protestant services at 1100. It's a shorter drive!

Managing stress in a relationship

Submitted by Paul J. Kilanski Family Advocacy Program Manager

Stress affects everyone at times and can be difficult for couples to handle. Hopefully, this article will help you understand what causes stress and how to best manage it together. Stress is a reaction to demands that feel overwhelming. Stress can cause unpleasant feelings. When stressed, you may feel tense, insecure or irritable. You may feel fearful or powerless. You may also have physical reactions to stress such as headaches, upset stomach or back pains. People under stress may see themselves as less capable and overwhelmed. Stress can make it hard to do well in life and in relationships. In a relationship, one person's stress affects both partners. Stress can be caused by difficult times such as work problems or illness. But stress can also come from positive life experiences such as getting married or getting a promotion at work. Stress causes you to be different from usual. Some changes caused by stress are: a change in mood from being comfortable to being upset or very quiet, a switch from solving problems to constant complaining, a shift from active to being tired and sleepy, less interest in interactions with your partner or feeling bad about oneself. Stress can cause partners to turn against each other. Partners can get angry with each other about small issues. You may criticize and blame each other and get into fights. You may stop discussing issues and solving problems together. You may avoid each other and feel apart and alone. Stress can be outside or inside the relationship. Outside stress can be about work, family, money, health or legal problems. Long absences (such as travel for work or military service) can also create stress. Inside stress can be about one partner not feeling respected or appreciated. Some couples experience stress if



there is not enough love and intimacy. Sometimes the cause of the stress is not clear to the person who feels it. Help reduce the stress! Declare the stress as OUR stress, even if it is only one of you who is stressed. Listen carefully and allow your partner to vent their feelings. Be supportive and encouraging. Tell your partner that they are loved. Reassure your partner that this stress is temporary and that you can overcome it as a team. Strengthen yourselves for future stress. Practice talking and solving problems together. Share physical activities. Dance, hike or take a bike ride. Being active produces hormones that fight stress. Be playful and funny. Laughter reduces stress. Support each other in healthy eating, getting enough sleep and taking time for relaxation. Learn from past experiences. If you did well with stress, build on your successes. If you had a hard time, try to problem solve what you can do differently the next time. Be appreciative. Show affection. People who feel valued and loved are better able to handle stress.

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SAFETY CORNER

Hazard communication updates due

Recently, everyone has been working to bring their HAZCON programs into compliance with the newer Global Harmonized System (GHS). From the GHS training you completed in December 2013, you remember that the next major milestone is June 1, 2016. Employers must update alternative workplace labeling and hazard communication program as necessary, and provide additional employee training on newly identified physical or health hazards.

Here's what this next June 2016 deadline means to Soldiers and civilians at YPG –

- All MSDS (Material Safety Data Sheets) binders must be relabeled SDS (Safety Data Sheets).

- ALL MSDS's in binders must be replaced with safety data sheets (SDS). Obtain updated SDS's for all items from the vendors of the material.

- Train your employees on the new labeling and SDS requirements. Provide basic GHS training to new employees who never received the initial 2013 training.

New changes to the Occupational Safety and Health Administration's (OSHA) Hazard Communication Standard are bringing the United States into alignment with the Globally Harmonized System of Classification and Labeling of Chemicals (GHS), further improving safety and health protections for America's workers. Building on the success of OSHA's current Hazard Communication Standard, the GHS is expected to prevent injuries and illnesses, save lives and improve trade conditions for chemical manufacturers. The Hazard Communication Standard of 1983 gave the workers the 'right to know,' but the new Globally Harmonized System gives workers the 'right to understand.'"

The new standard covers over 43 million workers who produce or handle hazardous chemicals in more than five million workplaces across the country. The modification is expected to prevent over 500 workplace injuries and illnesses and 43 fatalities annually.

Major changes to the hazard communication standard

- 1. Hazard classification:** Chemical manufacturers and importers are required to determine the hazards of the chemicals they produce or import. Hazard classification under the new, updated standard provides specific criteria to address health and physical hazards as well as classification of chemical mixtures.
- 2. Labels:** Chemical manufacturers and importers must provide a label that includes a signal word, pictogram, hazard statement, and precautionary statement for each hazard class and category.
- 3. Safety Data Sheets:** The new format requires 16 specific sections, ensuring consistency in presentation of important protection information.
- 4. Information and training:** To facilitate understanding of the new system, the new standard requires that workers be trained by December 1, 2013 on the new label elements and safety data sheet format, in addition to the current training requirements.

If you need any assistance with acquiring SDSs or training on the new GHS standard, please contact the Safety Office.

The Army Combat Readiness/Safety Center has a wealth of information on GHS at [http://safety.army.mil/ON-DUTY/Workplace/GloballyHarmonizedSystem\(GHS\).aspx](http://safety.army.mil/ON-DUTY/Workplace/GloballyHarmonizedSystem(GHS).aspx).



Globally Harmonized System (GHS)

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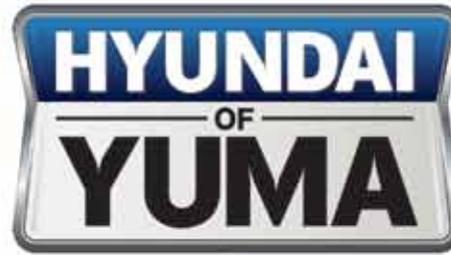


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