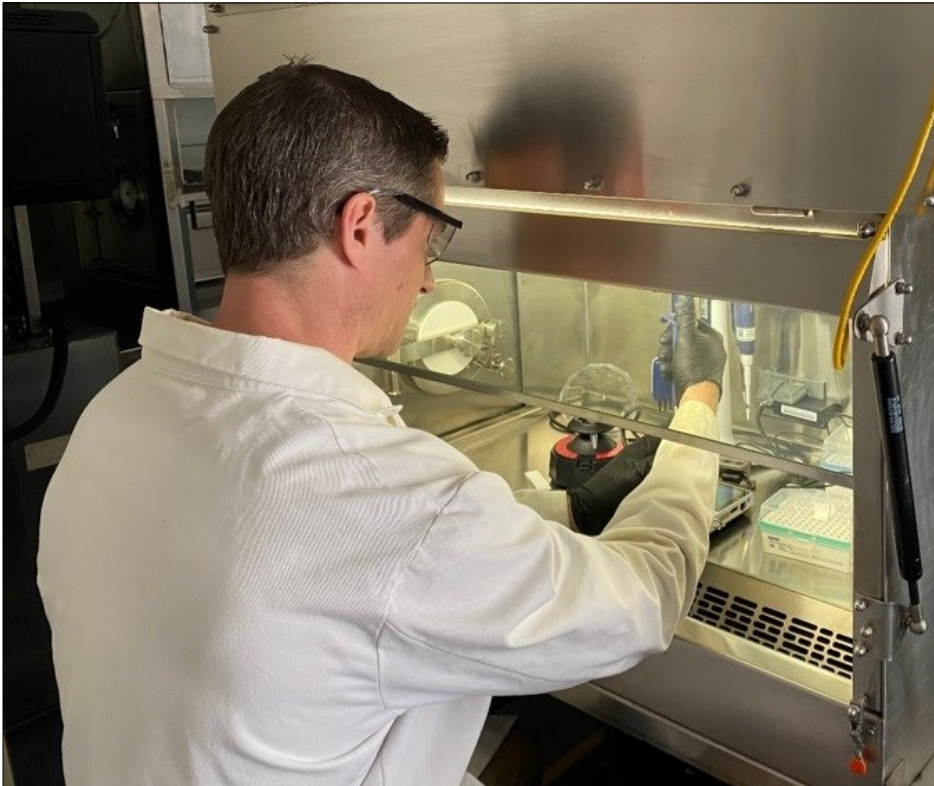




## CARA microbiologists leverage improved detection software



*Dr. Timothy M. Reed, a U.S. Army civilian microbiologist from the Chemical, Biological, Radiological, Nuclear, Explosives Analytical and Remediation Activity, tests samples using the MinION Detection Software. U.S. Army photo by Christopher Seliga.*

ABERDEEN PROVING GROUND, Md. – Army civilian microbiologists are using an offline bioinformatics tool that collects gigabytes of data and distills it into actionable results.

Army civilian microbiologists from the Chemical, Biological, Radiological, Nuclear, Explosives (CBRNE) Analytical and Remediation Activity (CARA) are working with the Army Chemical Biological Center to leverage the MinION Detection Software (MINDS), an offline bioinformatics tool that interfaces between genomic information and maps it to a library.

Based on Aberdeen Proving Ground, Maryland, CARA is part of the 20th CBRNE Command, the U.S. military's premier all hazards command. CARA is an all Army civilian organization that conducts mobile laborato-

ry operations, emergency response missions for Recovered Chemical Warfare Material and technical escort of surety and non-surety chemical material.

With mobile expeditionary laboratories, CARA provides theater-level validation of chemical and biological warfare agents, toxic industrial chemicals and explosives to support operations. These distinct laboratory capabilities are designated to support the combatant commanders or joint task force commanders when called upon to deploy into their area of operations.

Dr. Timothy M. Reed, a microbiologist at CARA, said the bioinformatics tool increases the ability of CARA's expeditionary laboratories to produce biological threat information.

"Until recently, CARA's biological detection capabilities were limited to those organisms that we had targeted methods for," said Reed. "We could only detect a few dozen of biological targets of interest."

Reed said this method was similar to a patient visiting a doctor with a sore throat and fever and only being tested for flu, strep and COVID-19.

"If all tests come back negative, no further identification can be made for the causal agent of the illness and the patient is left not knowing what is wrong with him or what possible disease he has," said Reed, a Dallas native who has served at CARA since 2014. "If a sample was outside our detection capabilities, we would have a difficult time trying to identify it."

In collaboration with the U.S. Army Chemical Biological Center, Dr. Samir Deshpande developed MINDS to provide the same data analysis available in an online cloud-based software to a stand-alone, offline software package.

With this application, the graphical user interface that was developed by Deshpande runs Centrifuge, a freely available classification software developed by Johns Hopkins University, which identifies all the organisms in a sample by mapping them to a reference library.

[Read full story](#)

### *In the Army Civilian Wellness edition*

Page 7 — Army Wellness Centers empower civilian fitness, Page 8 - Employee Assistance Program serves civilians, and Page 10 — Chaplains support civilians

# From the Deputy to the CG

To the men and women of the 20th CBRNE Command,

As my time at the 20<sup>th</sup> CBRNE Command comes to an end, I want you to know just how incredibly proud I am of your service to this Command and our Army; it has been the honor of a lifetime to be among you. And of all my experiences, other than my family, I am most proud of once having served in the United States Military. The values forged early in my military career such as honor, courage, and commitment – I will carry with me throughout the rest of my life, and I have seen those same traits in each of you.



I have been the benefactor of your extraordinary talents and I am proud to have been on a team that made People our #1 priority. To that end, the health of our civilian workforce has never been greater and reflects the extraordinary efforts of a multifaceted enterprise. Today we have more civilians walking our campus than at any other time in the history of our Command. In addition, we have embarked upon many new initiatives such as the Civilian of the Quarter and Year program, hiring and staff action management reforms, recruitment and retention initiatives, and this newsletter that you have embraced and that will continue to flourish.

Finally, on a personal note, I am honored to end my service where it all began nearly four and a half decades ago – surrounded by men and women, military and civilian alike, who have dedicated their lives to the preservation of our Nation and our way of life. Thank you for your unwavering service, sacrifice, and commitment to this Command and our Army. May God bless and keep you.

[Army Civilian Corps Creed](#)

*Fair winds and following seas!*



Liberty We Defend! Enabling Lethality!  
People First! Winning Matters!

Dr. Mark W. Fishback  
Deputy to the Commanding General

# Chaplain's Corner

Dear "Liberty We Defend" team,

Saying goodbye is sometimes a part of life. But our memories will always speak for our true friendship wherever we go. I will treasure all the sweet memories that I have of working here with you. For the last two years, we had been in a season that none of us had experienced before. It was a time that everything became uncertain — a time where the number of people who died went up by a few thousand a day from COVID-19. Many people were affected - not just financially, but also emotionally lost with stress levels spiked up in that season.

But the God, your God is same yesterday, today, and forever. He is still with you. He is looking after you. He loves you and He never forsakes you. Apostle Paul, who faced most difficult challenges, said; "Therefore we do not lose heart, though outwardly we are wasting away, yet inwardly we are being renewed day by day."

2 Corinthians 4:16 I will pray for you and may we learn together and find the strength to persevere in our time uncertainty. At this juncture, I wish you all the very best here at 20<sup>th</sup> CBRNE Command. Once again, thank you for everything. Goodbye.

Chaplain Lt. Col. Martin S. Cho

## The Defender

### Commanding General

Maj. Gen. Antonio V. Munera

### Command Sergeant Major

Command Sgt. Maj. Jorge Arzabala

### Deputy to the Commanding General

Dr. Mark Fishback

### Public Affairs Officer

Maj. Traun Moore

### Editor in Chief

Walter T. Ham IV

### Public Affairs Staff

Marshall Mason  
Andrew Monath

### Editorial Board

Dr. Mark Fishback  
Lt. Col. Rebecca J. Cozad  
Lt. Col. Martin Cho  
Maj. Charles Foster  
Amy Snyder  
Kent Ward  
Chuck Grady  
Shila Smith

The Defender is an authorized publication for members of the command. Contents of The Defender are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, U.S. Army Forces Command or 20<sup>th</sup> CBRNE Command. The newsletter is distributed quarterly by the 20<sup>th</sup> CBRNE Command Public Affairs. Send articles and photos to 20<sup>th</sup> CBRNE Command Public Affairs at [cbrnepao@gmail.com](mailto:cbrnepao@gmail.com) or through the 20th CBRNE Command [portal link](#). The deadline for submissions is the last day of the month prior to the publication month.



# Civilian establishes first 20th CBRNE Command Surety Office

ABERDEEN PROVING GROUND, Md. – An Army civilian established the first Surety Office at the U.S. Department of Defense's premier deployable all hazards command.

Christopher J. Gutberlet serves as the first Surety Manager for the Aberdeen Proving Ground, Maryland-based 20<sup>th</sup> CBRNE Command.

Gutberlet coordinates staff support and provides surety program oversight for the CBRNE Analytical and Remediation Activity, an all Army civilian activity that conducts technical escort missions of surety and non-surety chemical material.

The 20th CBRNE Command recently conducted the first major interagency exercise in more than 10 years at the Chemical, Ordnance, Biological and Radiological Facility for Domestic Preparedness in Anniston, Alabama.

Gutberlet said the research facilitated

by the Surety Program safeguards U.S. troops and American citizens from chemical weapons.

Signed by 165 nations in 1993 and in effect since 1997, the Chemical Weapons Convention aimed to eliminate this entire category of Weapons of Mass Destruction.

Gutberlet said the Department of Defense Schedule 1 chemical program allows, under the Chemical Weapons Convention, for the research and development of cutting edge personal protective equipment, chemical monitoring devices and chemical decontamination capabilities for DoD agencies.

A former U.S. Army preventive medicine noncommissioned officer, Gutberlet said the Surety Program not only helps to prepare civil authorities for a WMD attack on the homeland but also prepares the military to operate in all hazards environment.



*Army civilian Christopher J. Gutberlet serves as the first Surety Manager for 20th CBRNE Command. U.S. Army photo by Marshall Mason.*

A native of Pensacola, Florida, Gutberlet has traveled across the nation and around the world with the 20th CBRNE Command.

[Read full story](#)

## Army civilians participate in FORSCOM-hosted 'Honor the Oath' ceremony



*Army civilians from the 20th CBRNE Command participated in a Forces Command mass oath of office ceremony via Microsoft Teams, June 1. FORSCOM Commanding General Gen. Michael X. Garrett hosted the "Honor the Oath" event. All U.S. Army civilians take an oath of office and make a personal commitment to defend the U.S. Constitution. U.S. Army photo by Marshall R. Mason.*

# Faith and service: Chaplain upholds family legacy

ABERDEEN PROVING GROUND, Md. – The multi-talented Army chaplain who serves at the U.S. military's only multifunctional all hazards command can preach a sermon, play a song and break a stack of bricks.

Lt. Col. Martin S. Cho is not only a well-respected United States Army chaplain serving at the 20th Chemical, Biological, Radiological, Nuclear, Explosive (CBRNE) Command but he is also a second degree Tae Kwon Do black belt, a former elite South Korean Army Special Forces officer and a motorcycle rider who plays the saxophone.

Cho's extraordinary story of faith and service spans more than 110 years and bonds two nations across a vast ocean. Born in South Korea in 1964, Cho grew up in a determined nation that was recovering from a devastating war. The Korean War had ended just 11 years earlier in an armistice that remains in effect today.

Cho followed in the footsteps of his father and grandfather and became a minister. His grandfather received a Bible from American missionary Horace Grant Underwood more than 110 years earlier.

When it came time for him to do his mandatory service in the South Korean military, Cho was selected for the Republic of Korea Army's elite counterterrorism unit called the 703rd Special Operations Battalion.



*U.S. Army Chaplain Lt. Col. Martin S. Cho serves as the command chaplain for the 20th Chemical, Biological, Radiological, Nuclear, Explosives (CBRNE) Command, the U.S. military's premier all hazards command. Courtesy photo.*

Chaplain Cho immigrated to the United States in the early 1990s and served as a minister at churches in Hawaii and California.

Then 9/11 happened and Cho decided to join the military again, this time as an Army chaplain for his new nation.

[Read full story](#)

## Risk Management Team offers tips for avoiding heat illness



*Heat exhaustion and heat stroke can escalate rapidly and be lethal. U.S. Army file photo.*

**By Julie "JP" Pendergrass, CSP**

ABERDEEN PROVING GROUND, Md. – The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle.

Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death.

In 2019, 884 people died and 2,061 were injured in the U.S. from exposure to excessive heat, according to *Injury Facts*. People most at risk include:

- Those who work in the heat.
- Infants and young children, especially if left in hot cars.
- People 65 and older.
- People who are ill, have chronic health conditions or are on certain medications.
- People who are overweight.

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses. The National Institute for Occupational Safety and Health recommends:

- Working shorter shifts until workers have adjusted to the heat.
- Staying hydrated and drinking before you get thirsty.
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke.
- Take time to rest and cool down.

Knowing the [symptoms and proper response](#) to these illnesses can save a life. Check out the Center for Disease Control's website.

Here are the links to other helpful information on heat illness to help you stay cool and safe this summer:

[Army Public Health Center Heat Illness Factsheet](#)

[Prevent Heat Illnesses at Work](#)

[OSHA Protect yourself in the Sun](#)

[U.S. Army Combat Readiness Center Heat Illness Summer Safety 2022](#)

[HIP Pocket Guide](#)

[Urine Color Test Card](#)

[Work/Rest Table](#)

For more heat illness and safety information, the [U.S. Army Combat Readiness Center website](#) also provides general safety and risk management information.



# U.S. Army chemists identify chemical warfare material



Kevin Wioland, a chemist with CARA, inspects a sample he received, Sept. 12, 2021. U.S. Army photo by Marshall R. Mason.

ABERDEEN PROVING GROUND, Md. – Civilian chemists protect U.S. troops by providing chemical and explosive forensic analysis to combatant commanders.

Civilian chemists from the CBRNE Analytical and Remediation Activity (CARA) deploy around the world to detect a wide range of chemical warfare agents (CWAs), CWA precursors, CWA breakdown products, toxic industrial chemicals and materials, illicit substances and explosives.

“Our primary mission is to provide combatant commanders and their staff, rapid identification of recovered sus-

pected chemical warfare material with a high degree of confidence allowing them to make battlefield decisions based on the results,” said Matthew Kalfoglou, an analytical chemist at CARA.

From maintaining vehicles, equipment and instrumentation to developing new procedures for quicker or more reliable data, Kalfoglou said being a chemist requires the flexibility to provide support to combatant commanders.

An Air Force veteran, Kalfoglou served as a Communications, Navigations and Mission Systems Avionics Technician on the B-52H Stratofortress. After he completed his service and graduated from Virginia Commonwealth University in his hometown of Richmond, Virginia, he decided to continue to serve his country.

Kevin P. Wioland also serves as a chemist at CARA. He decided to choose a career with CARA because it was outside of the traditional “chemist” career field.

“I believed my scientific knowledge, overall skillset and prior experiences aligned well with what CARA was looking for within a chemist,” said Wioland, who is from Jackson, New Jersey. “Being with CARA for some time now I look forward to coming into work each day knowing the work I and the other members of the team perform help to make this world a better and safer place.”

[Read full story](#)

## Retirements/Moves/Promotions

### 3<sup>rd</sup> Quarter Retirements

CARA	David West	31-May-22
CARA	Bruce Griffin	30-Jun-22

### 3<sup>rd</sup> Quarter Gains

CARA	Courtney Aceto	11-Apr-22
G6	William Ball	11-Apr-22
CARA	Cornelia Murry	11-Apr-22
CARA	Cyle Carroll	25-Apr-22
CARA	Eric Dietz	25-Apr-22
RMT	Timothy Sank	24-Apr-22
CARA	Val Schultz	25-Apr-22
RMT	Rosetta Hubbard	9-May-22
CARA	Nicholas Johnson	9-May-22
CARA	Eric Troxler	9-May-22
52D	Tony Woolard	9-May-22
71 <sup>st</sup>	Brent Mathison	22-May-22
G8	Emilie Herold-Weber	6-Jun-22
G3	Pedro Johnson	6-Jun-22
G8	Natalie Polk	6-Jun-22
WCT	Manuel Salvador	6-Jun-22
CARA	Mychael Hamlin	21-Jun-22
48 <sup>th</sup>	Rodney Munoz	21-Jun-22

### 3<sup>rd</sup> Quarter Losses

G3	Richard E. Davidson	10-Apr-22
CARA	James Grigsby	11-Apr-22
G2	Tonia Edwards	23-Apr-22
48 <sup>th</sup>	Robert Thomas	23-Apr-22
CARA	Cheryl Bonine	20-May-22
CARA	Shane Pollard	22-May-22
CARA	David West	31-May-22
CARA	Bruce Griffin	30-Jun-22

### 3<sup>rd</sup> Quarter Promotions

CARA	Kerry Jones	8-May-22	GS-14
CARA	Pedro Johnson	5-Jun-22	GS-12

### 3<sup>rd</sup> Quarter Honorary Awards

Dimitri Cromwell	Certificate of Achievement
Richard Davidson	Meritorious Civilian Service Medal
LaKeitia Lewis	Certificate of Achievement
Shila Smith	Civilian Service Achievement Medal
Suree Valenzuela	Civilian Service Achievement Medal
Kent Ward	Meritorious Civilian Service Medal
Keith Weeks	Civilian Service Achievement Medal
David West	Meritorious Civilian Service Medal

## Birthdays

### April

Daniel P. Ballard  
John W. Bestall  
Joe L. Bestor Jr.  
Jessica J. Caldwell  
Joseph M. Fierro  
Kevin P. Funcheon  
William C. Hart  
Nadia C. Hopkins  
Charles Hughes  
Valerie A. Lesniak  
Marshall R. Mason  
Jill E. Moore  
Robert w. Page Jr.  
Shannon J. Platt  
Timothy T. Sank Jr.  
Pamela S. Silcox  
Travis J. Thomas  
Tony L. Woolard  
Gregory T. Young

LaKeitia S. Lewis  
Michael S. Nastari  
Keioka J. Norfleet  
Gerald D. Oliver  
Nicole G. Patton  
Michael R. Randolph  
Deborah P. Shirley  
Amy L. Snyder  
Steven M. Tewhill  
Wende J. Thornton

### June

Franz J. Amann  
James B. Area  
Keith M. Beigel  
Michel M. Brooks Sr.  
Tracey I. Corbett  
Khamara C. Harris  
Rosetta D. Hubbard  
Albert C. Marte  
Gary E. Miller  
Ryan P. O'Connell  
Julie Pendergrass  
David M. Penhollow  
Janita M. Sims  
Patricia M. Waters  
Keith A. Weeks III

### May

Earl Austin  
Michael A. Emelio  
Ruth N. Garcia  
Sharon Harris  
Kerry M. Jones

## Awards

### Civilian of the Quarter for 2nd Quarter

Suree D. Valenzuela

### Length of Service Awards

#### April

10 Years	Frank Amemu-Golo	8-Apr
35 Years	Brent Mathison	13-Apr
20 Years	John Spillman	16-Apr

#### May

25 Years	Caroline Tompkins	4-May
10 Years	Pamela Silcox	6-May
15 Years	Gerald Godwin	11-May
10 Years	Albert Marte	20-May
35 Years	Cynthia Mostella	28-May

#### June

5 Years	Valerie Lesniak	12-Jun
5 Years	Kevin Wioland	12-Jun
30 Years	Kevin Funcheon	17-Jun

## Civilian manages \$27 million budget for chemical brigade



*Suree D. Valenzuela (right), as the 48th Chemical Brigade lead budget analyst, provides a financial update to the brigade executive officer. U.S. Army photo by Maj. Nicholas A. Hughes.*

FORT HOOD, Texas – An Army civilian budget analyst helps to keep the U.S. Army's only Chemical Brigade ready to support operations around the world.

Suree D. Valenzuela, a budget analyst for the 48<sup>th</sup> Chemical Brigade, manages the brigade's budget and ensures the one-of-a-kind formation has the necessary resources to accomplish its high stakes mission.

For her efforts, Valenzuela was selected as the 20<sup>th</sup> CBRNE Command Civilian of the Quarter for the 3<sup>rd</sup> quarter of fiscal year 2022.

Valenzuela managed more than \$27 million in funds, cleared more than 350 unmatched transactions and analyzed the budget shortfalls for M1135 Nuclear, Biological, Chemical Reconnaissance Vehicle.

She helped the brigade to navigate the budgetary uncertainty caused by Continuing Resolutions and also supported the 20<sup>th</sup> CBRNE Command headquarters and the command's two Explosive Ordnance Disposal groups.

A resident of Georgetown, Texas, Valenzuela retired from the U.S. Army before becoming an Army civilian. During her 20 years as a uniformed Army unit supply specialist, Valenzuela served on Fort Carson, Colorado; Fort Lewis, Washington; and Fort Hood, Texas. She deployed to Iraq and Kosovo. Valenzuela has served as an Army civilian for 10 years.

"I support 48th Chemical Brigade operations around the world by being able to provide the financial guidance and funding documents to ensure that they are always in the state of readiness to accomplish any task, mission or training given to them," said Valenzuela.

[Read full story](#)

# Army Wellness Center empowers civilians to improve fitness

Courtesy of APG News

ABERDEEN PROVING GROUND, Md. — The Army Wellness Center has a lot of options to help Active Duty Soldiers, civilians, retirees and their families reach and maintain their health and wellness goals.

The AWC is a U.S. Army Medical Command initiative overseen by the U.S. Army Public Health Center. It is staffed by nurses and health educators who strive to deliver primary prevention programs.

The APHC website, <https://phc.amedd.army.mil/>, said the AWC helps patrons build and sustain good health. The center helps empower patrons to set their own health goals and achieve them over time.

It addresses lifestyle changes in areas that affect both short-and long-term health.

“The AWC approach to service is holistic,” the website states. “AWC staff members take into account all of an individual’s physical, psychological and social circumstances when providing services.”

AWC Services are available to active duty military and their families, retired military and current DoD civilian employees.

Army civilians can visit the Army Wellness Center up to six times for free.

The AWC uses a state-of-the-art fitness tool called the BOD POD to conduct a full-body composition test. The BOD POD measures fat mass versus fat-free mass and can show changes to your body over time.

The Army Wellness Center is currently open for appointments, both in person as well as virtual, and our staff of highly trained health professionals are ready to help you reach your wellness goals. The AWC takes a holistic approach to wellness, recognizing that a person’s health cannot be fully addressed unless we consider the whole person. Services available through the AWC include:

**Health Assessment Review:** This includes an analysis of a person’s health status, risk for disease and ability to increase physical activity safely.

**Physical Fitness Testing:** Using state of the art equipment, physical fitness level is assessed. Data gathered from this testing is then used to create an individualized exercise prescription.

**Metabolic Testing:** This test provides information on a person’s resting metabolic rate. This data is then used to provide tailored strategies for weight loss, gain or maintenance.



*The BOD POD is one of many pieces of technology the Army Wellness Center uses to help patrons get a more well-rounded idea of their general physical health. U.S. Army photo by Megan Clark, APG News*

**Body Composition Testing:** This assessment provides data on a person’s fat mass as well as fat free mass to determine whether or not body composition is within a healthy zone. Once the assessment is complete, goals will be set with the health educator and a plan will be put in place to reach those goals. Re-assessment will occur regularly to track progress.

**Stress Management:** For this service, a health educator provides education in stress management techniques, healthy coping skills and good sleep habits.

**Health Coaching:** Health coaching is used throughout the person’s wellness journey to provide education, set goals and address barriers. Health coaching can cover a variety of topics such as healthy nutrition, physical activity, stress management, sleep health and self care.

The AWC serves Soldiers, retirees, family members, as well as Army civilians. To schedule an appointment with a Health Educator, please call the APG Army Wellness Center at (410) 306-1024.

[Learn more](#)



# APG Employee Assistance Program supports Army civilians

**By Jenise Bryce, Aberdeen Proving Ground Employee Assistance Program Prevention Coordinator**

ABERDEEN PROVING GROUND, Md. — How can we press past the frigid cold of life when all the elements seem to be fighting against us and there seems to be no hope in sight for a better tomorrow?

Well, remember who you are and how you got to where you are today; it took a great deal of strength, perseverance, determination and an attitude of survival. Sometimes we forget how strong we are because a situation may threaten to destroy the life we've built. While under the weight of that situation, it is easy to lose sight of what you have accomplished.

Remember, you got where you are today along with the help of your support system. Therefore, stand tall and remind yourself of your value, your worth and never allow your circumstances to define you.

Rather than persevere on your situation, develop realistic solutions that you can begin to implement incrementally to achieve your desired outcome.

The Employee Assistance Program is part of the Army Substance Abuse Program. The Employee Assistance Program offers:

- Family and Human Service Agencies
- Marriage and Career Counselors A
- Alcohol and Drug Counselors and Programs
- Community Support Groups
- Attorneys, Physicians and Psychologists
- Social Workers and Clergy
- Financial and Credit Counselors

For more information, call (410) 278-5319/3784, email [jenise.n.bryce.civ@mail.mil](mailto:jenise.n.bryce.civ@mail.mil) or visit the APG EAP at: <https://home.army.mil/apg/index.php/my-fort/employees/employee-assistance-program>.

## 20th CBRNE Command celebrates U.S. Army's 247th birthday



On June 14, the U.S. Army commemorated 247 years of service in defense of our nation by showcasing American Soldiers and their contribution to global 24/7 readiness. The Army [shared stories](#) that illustrate what it means to serve and emphasized how Soldiers operate across a range of situations and environments around the world. Leaders, Soldiers and civilians from the 20th CBRNE Command held a cake cutting ceremony on June 14 to mark the occasion. Maj. Gen. Antonio V. Munera, the commanding general; Command Sgt. Maj. Jorge Arzabala; and Dr. Mark Fishback, the senior civilian, participated in the event. Command Chaplain Lt. Col. Martin S. Cho read the Soldier's Creed to remind everyone what it means to serve in the world's greatest Army. U.S. Army photo by Marshall R. Mason.



# EOD tech retires from elite unit after recovering from paralysis

FORT BRAGG, N.C. – The most highly decorated Explosive Ordnance Disposal technician in the history of an elite U.S. Army airborne EOD company recently retired after recovering from a combat-related gunshot wound that paralyzed him from the chest down.

Sgt. 1st Class Jeffery M. Dawson completed his legendary career with the 28th Ordnance Company (EOD), the Army's only Special Operations-focused EOD company with hand-picked and highly trained EOD Soldiers who support direct action missions around the world.

The 28th EOD Company (Airborne) is part of the 192nd EOD Battalion, 52nd EOD Group and 20th CBRNE Command.

In an Army EOD community first, 75th Ranger Regiment Commander Col. Jim "JD" Kiersey and Command Sgt. Maj. Curt D. Donaldson upgraded Dawson's status from an "honorary member" to a "distinguished member" of the Ranger Regiment.



Sgt. 1st Class Jeffery M. Dawson and his wife Trish Dawson attend his retirement ceremony on Fort Bragg, North Carolina. Courtesy photo

A seasoned combat veteran who is originally from Coalville, Utah, Dawson deployed to Iraq with the 722nd EOD Company before being select-

ed for the 28th EOD Company. During his six years with the 28th EOD Company, Dawson deployed to Afghanistan seven times.

Dawson said EOD technicians safeguarded forces and enabled operations during the Global War on Terror by confronting and defeating the enemy's preferred weapon — the improvised explosive device.

During his career, Dawson defeated hundreds of explosive devices and earned the Purple Heart for combat injuries twice.

"As an EOD tech, the most memorable missions stand out because they were either really good or really bad," said Dawson. "Working with special operations forces, you often find yourself in situations where the outcome can sway in either direction in a moment's notice."

The missions that stand out the most for Dawson are the one where he earned the nation's second highest military medal, the Distinguished Service Cross, and the mission that nearly ended his life and left him paralyzed from the chest down.

[Read full story](#)

## Fitness Center available for use by Army civilians

Location:	Wellness Center:	Phone Number:
Aberdeen Proving Ground, MD	AA Fitness Center	(410) 278-4011 / 4124 / 7933
	EA Fitness Center (Edgewood)	(410) 436-7134
Location:	Wellness Center:	Phone Number:
Fort Campbell, KY	Shaw Physical Fitness Center	(270) 461-2293
	Sabo Physical Fitness Center	(270) 798-7355
	Lozada Physical Fitness Center	(270) 798-4101
	Estep Physical Fitness Center	(270) 798-2753
	Fratellenico Physical Fitness Center	(270) 798-5830
	Olive Physical Fitness Center	(270) 798-4023
	Gertsch Physical Fitness Center	(270) 798-9409
Location:	Wellness Center:	Phone Number:
Fort Carson, CO	Garcia Fitness Center	(719) 526-3944
	Ivy Fitness Center	(719) 526-2760
	McKibben Fitness Center	(719) 526-2597
	Waller Fitness Center	(719) 526-2742
Location:	Wellness Center:	Phone Number:
Fort Hood, TX	Warrior Way Fitness Center	(254)618-7521
	Burba Physical Fitness Center	(254) 287-8298
	Harvey Functional Fitness Center	(254) 287-0195
	Ironhorse Physical Fitness Center	(254) 287-1346
	Grey Wolf Physical Fitness Center	(254) 287-0194
	West Fort Hood Physical Fitness Center	(254) 553-2010
	Starker Functional Fitness Center	(254) 287-9639
	Kieschnick Physical Fitness Center	(254) 287-5493
	Applied Functional Fitness Center	(254) 287-5586
	MOB at North Fort Hood Fitness Center	(254) 288-0111
	Abrams Physical Fitness Center	(254) 287-2016

# Soldiers, civilians march to honor D-day

ABERDEEN PROVING GROUND, Md. – More than 100 Soldiers and civilians participated in the Norwegian Foot March on Aberdeen Proving Ground, Maryland, June 3, to commemorate the 78th anniversary of the D-Day landings.

The marchers started at midnight and marched for 18.6 miles on the Army installation in northeastern Maryland.

To earn the Norwegian Foot March qualification badge, marchers had to complete the march between 4:30 a.m. and 6 a.m., depending on their age group, while carrying 25 pounds of dry weight in a backpack.

Then they had to work a full day following the all-night march.

[Read full story](#)



More than 100 Soldiers and civilians participated in the 2022 Norwegian Foot March on Aberdeen Proving Ground, Maryland, June 3. The marchers started at midnight and covered 18.6-mile march across the U.S. Army installation in northeastern Maryland. U.S. Army photo by Andrew D. Monath.

## Civilians allowed three hours per week for fitness

By Shila D. Smith

The Army Directive from July 18, 2021, revises the Department of the Army Civilian Fitness and Health Promotion Program policy.

The program enhances the health, fitness and quality of life of Army civilians while increasing organizational wellness and mission productivity. Evidence indicates that civilians who participate in fitness programs experience increased readiness and resiliency, enhanced morale, increased productivity, reduced sick leave use, and increased job and life satisfaction.

- Civilians may be granted up to three hours of administrative leave a week (one hour a day).

- Available installation or on-site fitness facilities should be used to the maximum extent practicable.

- Civilians and supervisors must ensure fitness periods are annotated on timecard in ATTAPS as Administrative Leave "LN" with NTDIFF/HAZ/Other code "PF".

For more information, read [Army Directive 2021-03 \(Army Civilian Fitness and Health Promotion Program\)](#) and [Army Health Promotion](#).

## Calling all Defenders!

The Defender is your newsletter and we are looking for your stories.

Please send tips, stories and photos to 20th CBRNE Command Public Affairs at [cbnepao@gmail.com](mailto:cbnepao@gmail.com) or through the 20th CBRNE Command [portal link](#).

The submissions suspense is the last day of February, May, August and November.

*In the September edition —*

**U.S. Army civilian professional development opportunities**

## Command Unit Ministry Teams available to help civilians at Army posts around nation

20th CBRNE Command:

Incoming Chaplain: Chaplain Lt. Col. Daniel D. Kang  
Command Religious Affairs NCO: Vacant

48th Chemical Brigade:

Acting Brigade Chaplain: Chaplain Capt. Jackie S. Karch  
Brigade Religious Affairs NCO: Staff Sgt. Julio I. Teixeira-Hernandez

52nd Ordnance Group (EOD):

Group Chaplain Maj. Eric J. Light  
Group Religious Affairs NCO: Staff Sgt. Jerrod D. Turner

71st Ordnance Group (EOD):

Acting Group Chaplain: Chaplain Capt. John M. Fletcher  
Group Religious Affairs NCO: Staff Sgt. James W. Boldizar