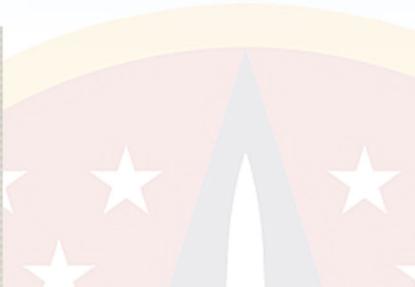


VANGUARD

PERFORMANCE CENTER

QUARTERLY NEWSLETTER: 3RD QTR
FOCUS- "RESILIENCY AND LIFESTYLE"



Inside this issue

- Meet the New Members of the VPC Team
- VPC Facility Updates
- Quarterly Focus: Resiliency and Lifestyle
- Upcoming Events
- New VPC Classroom
- Calendar & Resources



Volume 4
APR/MAY/JUN 2023



"VANGUARD – Always Forward"





MAJ Matthew Holtkamp
5SFAB BDE Surgeon

“Hello 5SFAB team - I am excited to be back in the SFAB family. Since my arrival I have notice impressive focus and enthusiasm for the SFAB mission across the brigade. As the new Brigade Surgeon, I plan to build on the high standards set by all of you. This is an exciting time for 5SFAB and I am thrilled to be a part of it.”



SFC Aria Mantz
5SFAB MEO Advisor

“Hello everyone! I am SFC Aria D. Mantz, I’m the Brigade Military Equal Opportunity Advisor. I have been an Equal Opportunity Advisor for almost three years. The EO program is very important to me and I take pride in helping to create an Organizational Climate that everyone wants to be apart of. I am excited to be here and be part of the Vanguard Team. I am dual military, have 4 kids, and 2 grandkids. In my free time I enjoy spending time with my Family and getting outdoors and hiking and running. I look forward to working with each and every one of you. I have candy on my desk so feel free to come by and say hi.”



CH (MAJ) Andrew Nielsen
5SFAB Chaplain

“Hello Vanguard Brigade. I’m Chaplain Andrew Nielsen. I joined the 5th SFAB the beginning of February 2023. I am honored to serve as your chaplain. My wife Amanda and I have been married for 23 years and we have 9 children together, 5 boys and 4 girls. This is our second time at Fort Lewis. I look forward to building strong relationships with you, and support you as you build strong relationships with you family and fellow soldiers. I’m passionate about helping Army leaders get to the next level in there professional, personal , and spiritual lives. I will see you out there. Always Forward!”



CPT Devon Furey
5SFAB Nurse

“Hello everyone! My name is CPT Devon Furey. I am your Brigade Nurse. I’m originally from Ohio, Go Buckeyes! I am excited to be a part of this H2F team in order to help coordinate your care. I want you to have the best outcome to continue to enjoy things both inside and outside of work. In my free time you’ll typically find me snowboarding, playing sand volleyball, or spending time with my pug.”



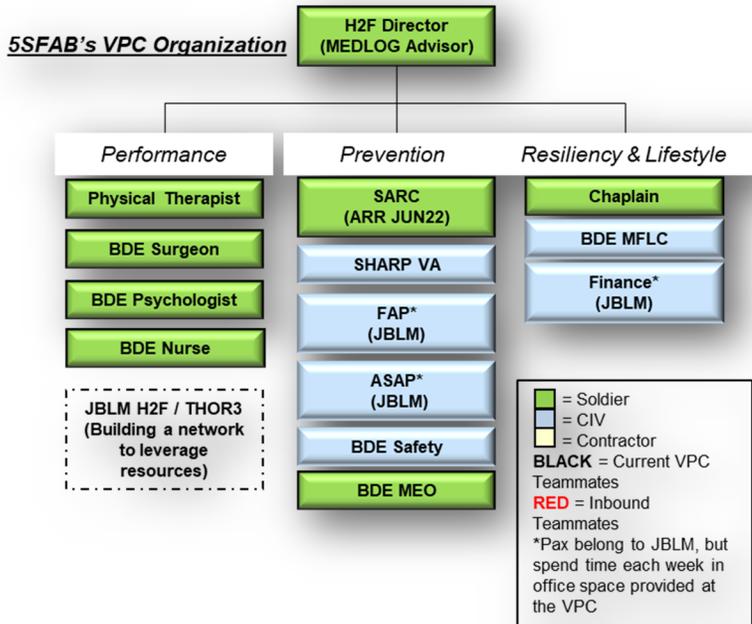
Darlene Pacheco
5SFAB FAP

“I’m the Family Advocacy Program Specialist partnered with 5th SFAB. I’m an Army brat, the proud daughter of a Vietnam veteran. My husband retired from the Army after 24 years, we love the Pacific Northwest, and call Olympia home. We have two grown children, and two amazing grandchildren. I’ve worked with the Family Advocacy Program for three years. I’m a collaborative person who truly enjoys being a part of something larger than myself. I enjoy traveling, hiking, and spending time with my family. I look forward to working with the team.”

Our H2F team is dedicated to providing the highest standard of care, resources, and training. Look out for more to come Advisors

“VANGUARD – Always Forward”

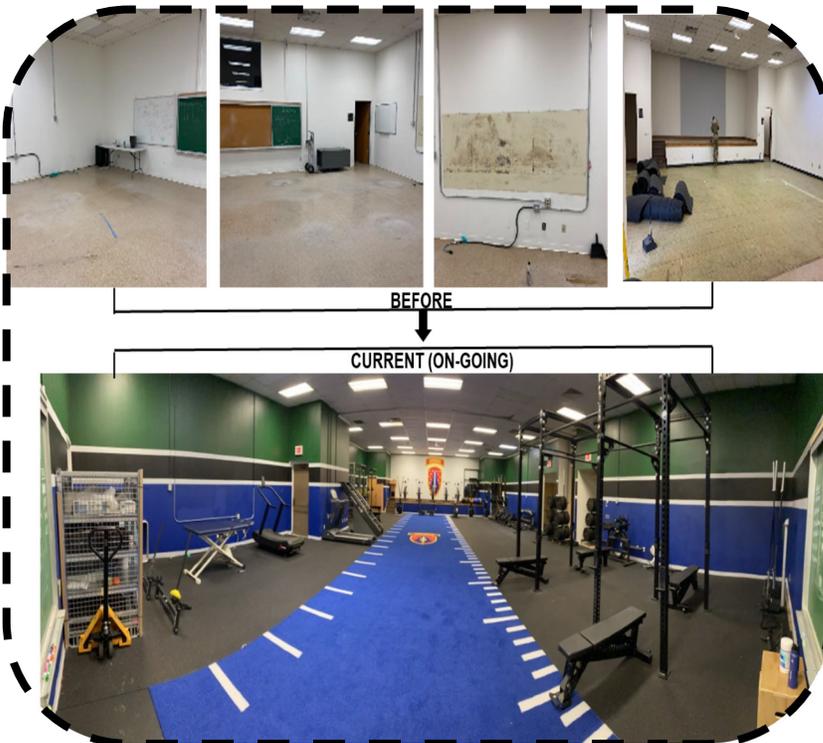




WHO WILL YOU FIND UNDER THE VPC UMBRELLA?



VANGUARD PHYSICAL READINESS ROOM



**Open Gym: 0930-1230
During Duty Days**

ON-GOING CLASSES:

- Mindfulness Yoga: 1st and 3rd Wednesdays 0730-0830
- ACFT PREP: **Upon Request**
- Review of Dead Lift/Back Squat/Power Clean/Bench: **Upon Request**
- Review of Pose Method of Running: **Upon Request**



CLASS/TRAINING POC:

- CPT Overton @ marlisa.c.overton.mil@army.mil
- MAJ Jordan @ james.r.jordan52.mil@army.mil

When is open gym?



Optimize Your Resistance Training

Want the biggest bang for your buck on your training sessions?

Order of performance matters just as much as exercise selection and dosing! Arrange your exercises so that your max force capabilities are available. When considering the flow of your resistance training follow this recommended order:

1. **Power** (i.e. snatch, hang clean, power clean, push jerk, dead lift, squat)
2. **Other (non-power) core exercises**
3. **Assistance/accessory exercises**

Sets and Reps matter too (i.e. dosing)!

Every training session should have a goal, and dosing should be selected based on the goal of the training session. Follow these recommendations for dosing based on your training goal:

Goal	Load (% 1RM)	Reps
Strength	>/= 85%	</= 6
Power:		
Single effort	80-90%	1-2
Multi-effort	75-85%	3-5
Hypertrophy	67-85%	6-12
Muscular Endurance	</= 67%	>/= 12

Interested in learning more?! Chat with your BDE Physical Therapist at the Vanguard Performance Center.

We also offer individual and group classes on lifting form and technique

CPT Marlisa Overton, PT,
DPT, OCS

PHYSICAL

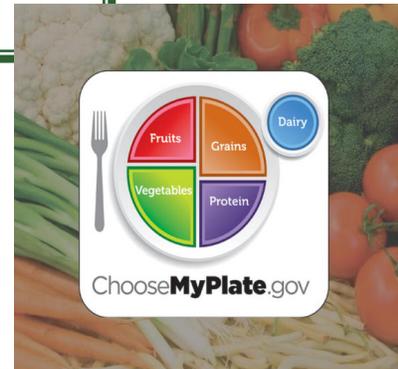
“VANGUARD – Always Forward”



REDUCED ACTIVITY...TRY THIS!

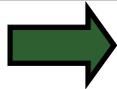
It can be quite difficult to identify exactly what to eat when your physical activity has been less than desirable during employment or even back home in garrison. **MyPlate** can be considered as a starting point. **MyPlate**, found at www.choosemyplate.gov or in the app store, provides guidelines and portion recommendations for fruit, grains, vegetables, protein, dairy, and an allowance for oil based on age and sex for individuals who get less than 30 minutes of moderate physical activity most days. See example chart below:

NUTRITION



MAJ James Jordan
5SFAB VPC Director

	AGE	EST. CALORIE INTAKE	FRUIT	VEGETABLES	GRAINS (MINIMUM)	PROTEIN FOODS	DAIRY	OILS
FEMALE	19-30	2,000	2 cups	2.5 cups	6 oz. equivalents (3)	5.5 oz. equivalents	3 cups	6 tsp
	31-50	1,800	1.5 cups	2.5 cups	6 oz. equivalents (3)	5 oz. equivalents	3 cups	5 tsp
	51+	1,600	1.5 cups	2 cups	5 oz. equivalents (3)	5 oz. equivalents	3 cups	6 tsp
MALE	19-30	2,400	2 cups	3 cups	8 oz. equivalents (3)	6.5 oz. equivalents	3 cups	7 tsp
	31-50	2,200	2 cups	3 cups	7 oz. equivalents (3)	6 oz. equivalents	3 cups	6 tsp
	51+	2,000	2 cups	2.5 cups	6 oz. equivalents (3)	5.5 oz. equivalents	3 cups	6 tsp



Reference: National Strength & Conditioning Association— Essentials of Tactical Strength and Conditioning, 1st Edition. Pg 178-179.

-LETS GET TO HOPPING

SPIRITUAL/MFLC



“Former First Lady, Rosalynn Carter, stated, “A leader takes people where they want to go. A great leader takes people where they don’t necessarily want to go, but [they] ought to be.” As leaders in the SFAB, one has to get out of his or her comfort zone and challenge him or herself to get uncomfortable in the learning zone. Getting out one’s comfort zone and challenges one’s self requires taking leaps of faith. It is like playing the old-school video game Frogger: Leaping from spot to spot to dodge dangerous situations. As you play Frogger, you are going to make mistakes. At first, you will die often as you learn the game. Likewise, learning comes from the moans and groans of our current knowledge and understanding. It is inevitable that you will make mistakes. Whether you are advancing in the game of Frogger or life, you build “scaffolds” between your current knowledge and abilities to your new knowledge and abilities. You also learn through participating in activities and social interactions.

Through these social interactions, individuals tend to influence each other’s behaviors. When one lacks the knowledge to complete a task, you naturally turn to those who have better knowledge or higher ability level to accomplish your team’s objectives. Tasks that seemed out of reach are now more tangible. President John F. Kennedy was a great leader, because he encouraged Americans to dream and stretch their imagination to reach the moon. Many leaders endure the growth of learning and grew in spite of many tries and failures before reaching success. What was once unthinkable became reality. .”

John Lakvold
5SFAB MFLC



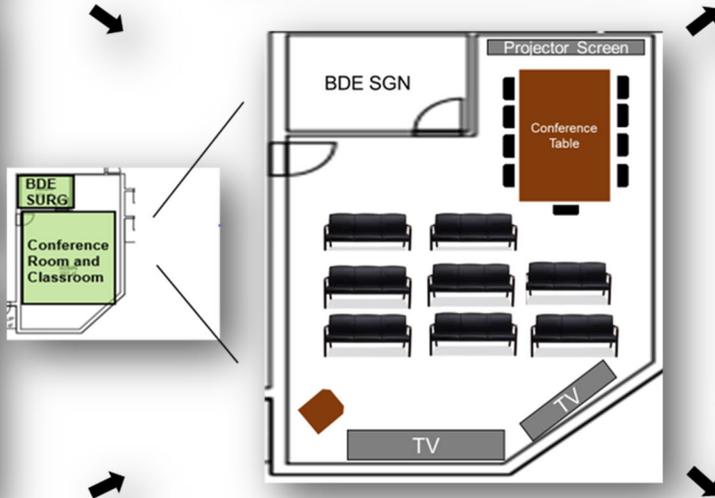
HAVE YOU SEEN THE VPC CLASSROOM?!!?

WHERE WE STARTED...



VPC CONFERENCE/CLASS ROOM

WHERE WE ARE...



SPACE AVAILABLE
Call:

CLASSROOM/TRAINING POC:

-MAJ Jordan @ james.r.jordan52.mil@army.mil

-MRS. Ishihara @ emily.h.ishihara.civ@army.mil



3RD QRT VPC

Rounds	Exercise	Reps
*68 Sec. rest/round		
8 Rounds	20 Plate Thrusters	160
9th Round	20 Burpees	20
8 Rounds	20 Bodyweight Squats	160
9th Round	20 Burpees	20
8 Rounds	20 Walking Lunges	160
9th Round	20 Burpees	20
Final Round	30 T-Push-Ups	30
	Total Reps	570

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH 2023

68 Every 68 seconds someone in the United States is sexually assaulted

9 Every 9 minutes that victim is a child

570 Every day, 570 people are sexually assaulted

Please email bridget.m.offutt@jblm.af.mil with questions

APR23

*APRIL OBSERVANCES 2023

- SEXUAL ASSAULT AWARENESS & PREVENTION MONTH
- > WEIGHT OF THE WORLD RUCK: 26APR23
- > DENIM DAY: 26APR23
- ALCOHOL AWARENESS MONTH
- NATIONAL FINANCIAL LITERACY MONTH
- MONTH OF THE MILITARY CHILD (NATIONAL CHILD ABUSE PREVENTION MONTH)
- NATIONAL AUTISM AWARENESS MONTH

MAY23

*MAY OBSERVANCES 2023

- ARMY EMERGENCY RELIEF (AER) CAMPAIGN (01-15MAY)
- MENTAL HEALTH AWARENESS MONTH
- GLOBAL EMPLOYEE HEALTH AND FITNESS MONTH
- NATIONAL NURSES MONTH
- NATIONAL WOMENS HEALTH MONTH

JUNE 23

*JUNE OBSERVANCES 2023

- MENS HEALTH MONTH
- PTSD AWARENESS MONTH

NATIONAL FINANCIAL LITERACY MONTH EXPO

Thursday, April 20 from 1-3 p.m.
 Bldg. 100 COL Joe Jackson Blvd., Customer Service Mall, McChord Field
 Guest Speaker: Lt. Col. Czarney, 627 ABG/CD

In celebration of NFLM, we're hosting an event to highlight the importance of financial literacy. We will have information tables available with a variety of resources and organizations in attendance. The JBLM community is invited to attend!
 For questions please call (253)982-7027 or (253)982-3125

APRIL IS National Financial Literacy Month

RETIREMENT & THE THRIFT SAVINGS PLAN

Friday, April 28 from 9:30-10:45 a.m.
 Bldg. 2140 Liggett Ave., Financial Readiness Classroom, Lewis-Main

Begin the journey towards financial freedom and building wealth for your future -- it's never too early to start planning! Join us for this free and valuable class! All Service Members, Family Members, DoD ID Card holders are welcome to attend!

SEATS ARE LIMITED! RESERVE YOUR SPOT TODAY!



Don't miss our special "10 Credit Score Myths" video where we debunk common credit-related myths. You can find online it at: fb.com/jblmdhr



STRONG ADVISOR COMPETITION 23MAY2023 "YOUR MOVE....."



Joint Base Lewis-McChord Directorate of Human Resources

Scan or click this code to see all DHR flyers

jblmDHR

APRIL CLASSES FOR PARENTS



Register for classes online at JBLMFamilyAdvocacy.timetap.com



VPC PREVENTION TEAM

	DAY	TIME	LOCATION	APPT NUMBER
ASAP (Mr. Krause)	MONDAY	0800-1630	BLDG 3328 OFFICE 109	Waller 253-967-5777, VPC 253-966-2168
Financial Readiness (Ms. Coffey)	TUESDAY	0900-1600	BLDG 3328 OFFICE 109	Waller 253-966-2244, VPC 253-966-2168
Family Advocacy (Mrs. Pacheco)	THURSDAY	0730-1600	BLDG 3328 OFFICE 109	Waller 253-967-7233, VPC 253-966-2168



"VANGUARD – Always Forward"

