

January 21, 2014

NSSC This Week



Natick Soldier Systems Center Public Affairs Office

Photo: Tony Karis, USARIEM

Feeling the **heat** at Natick

'Maj. Clo' sweats it out at Doriot Climatic Chamber

Also inside:

- **USARIEM seeks to improve bone health**
- **Young says goodbye**
- **Worth the headaches**
- **A Day On: Natick food drive**
- **New exercise facility**
- **Saving energy at Natick**

ARMY



Publisher's Note

John Harlow
USAG-Natick and NSSC Chief of Public Affairs

Welcome to 2014!

This is our first edition of *NSSC This Week* for 2014.

We have been extremely blessed to be able to tell you the stories we are able to tell and will continue to tell. It is because of you, the subject matter experts who are doing great things for our Soldiers, sharing your stories with our staff that allows us to put this newsletter together.

Before I start talking about this edition of the newsletter, I would like to take a minute and thank one of my fellow Garrison directors.

Lisa Clover, the Director of Plans, Analysis and Integration for the Garrison, is retiring after 40 years of service to our Army. To put it into context, when Lisa started working here at Natick, I was finishing Christmas break as a second-grader at Oak Ridge Elementary School in Tyrone, Pa. She has been a dedicated professional and someone who I used as a source of reference of how things worked here at Natick.

Lisa, thank you for your dedicated service, enjoy your retirement, and I appreciate your friendship.

In this edition of *NSSC This Week*, Kelly Sullivan from USARIEM profiles the 36-year career of Dr. Andrew Young, Tazanyia Mouton tells you the story of the new gym opening in Building 14, and Bob Reinert looks at the agreement between the Garrison and PEPCO and how it will benefit the installation.

If you have a story to tell, please feel free to contact us so we can share it.

Thanks for reading this edition of *NSSC This Week*.

USAG-Natick and NSSC Chief of Public Affairs

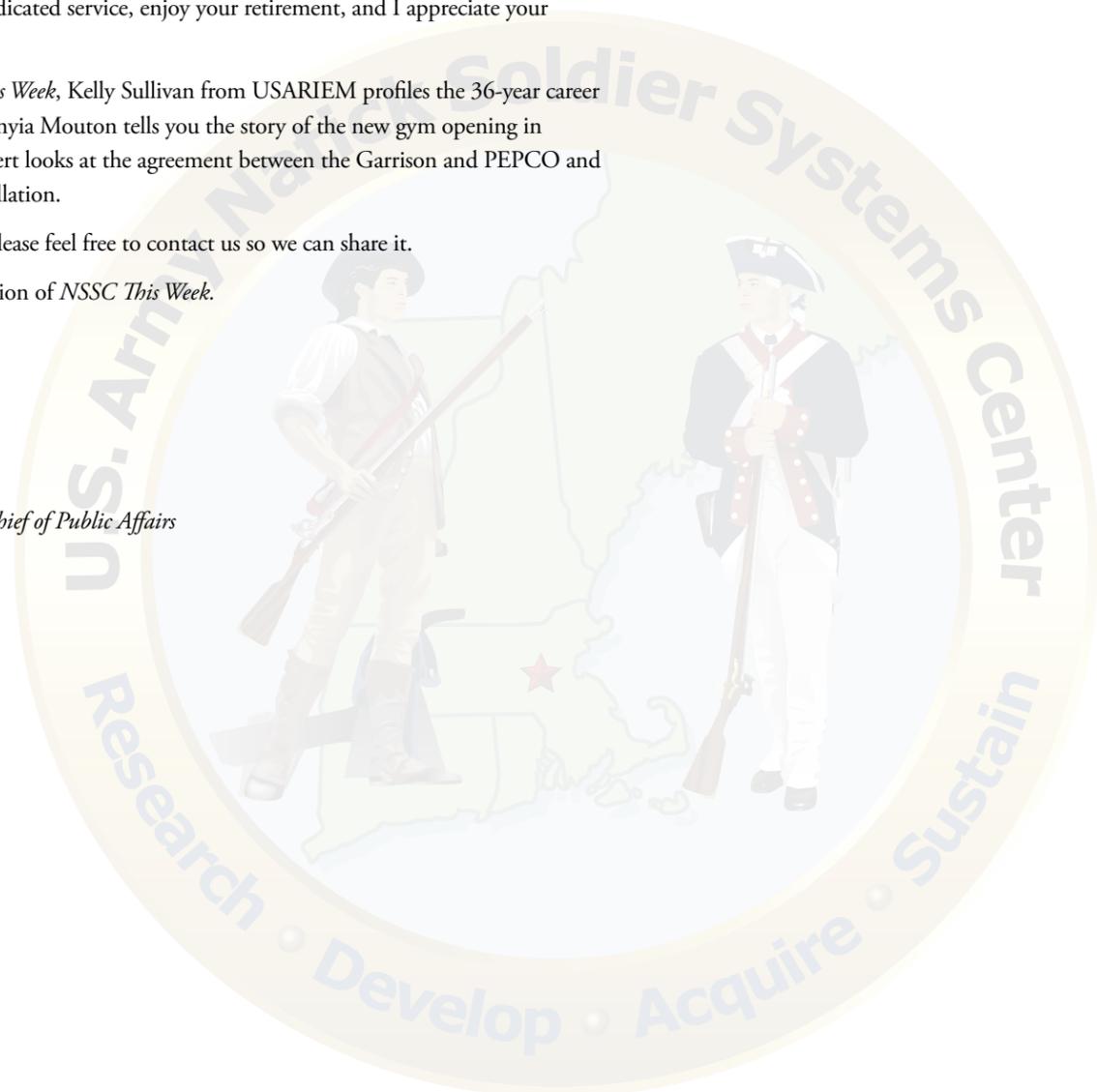


Table of Contents

January 21, 2014



2 Feeling the Heat at Natick



4 Bone Health
6 Young Says Goodbye



8 Helmet Returned



10 A Day On



12 New Exercise Facility



13 Saving Energy

NSSC This Week

Within the Gates

CWF Council

Do you want to help make Natick a better place to work? Do you like event planning and organizing? Do you feel like your ideas for events fall on deaf ears? If so, the Civilian Welfare Fund Council is for you.

The CWF is soliciting one volunteer from each Directorate/Office to serve as a voting member. Members must participate in at least one event during the year, either helping or leading the event. Typical events include Organization Day, Holiday Party, Red Sox ticket events, movie tickets, parties, bus trips or other social activities.

Don't miss this opportunity to have fun, meet new people and make a positive impact at the Natick Soldier Systems Center. Come to the next CWF meeting at Bldg. 1, Carney Hall, Room A-303, Wednesday, Feb. 5, 2014, at 1:30 p.m. for the CWF elections. For more information, contact Janice Kopacz at ext. 4205 or Duane Young at ext. 4091.

Upcoming Events



Blood drive

The next NSSC Blood Drive will be held Jan. 31 from 9 a.m. to 2 p.m. in Bldg. 32.

All donors will receive a voucher for a free pound of Dunkin' Donuts coffee.

Government employees who donate blood may be authorized an excused period of absence not to exceed four hours. Permission of an employee's supervisor is required prior to the leave being taken.

To make an appointment, visit https://esie-belarecprod.redcrossblood.com/eevents_enu/start.swe?SWECmd=Login&SWECM=S&SWEHo=esiebelarecprod.redcrossblood.com.

Red Sox tickets

The Civilian Welfare Fund has Red Sox tickets available.

The deadline for ticket reservations is Jan. 31. For more information, call Janice Kopacz at ext. 4205.

'Maj. Clo' sweats it out at Doriot Climatic Chamber

1 Feeling the heat at Natick

By Bob Reinert, USAG-Natick Public Affairs / NATICK, Mass. (Jan. 15, 2014)

If he's a bit of a hot head these days, you'll have to excuse him. "Maj. Clo" is just doing his job.

Lately, he's literally been feeling the heat at work, because Maj. Clo is the thermal test manikin at the U.S. Army Research Institute of Environmental Medicine.

Maj. Clo has been getting a real grilling recently as USARIEM researchers placed him under solar lamps at the Doriot Climatic Chambers of the Natick Soldier Research, Development and Engineering Center in an effort to measure the thermal burdens of different-colored garments.

"Different materials absorb different amounts of solar radiation," said Tony Karis, a research physical scientist at USARIEM, "and this testing will help us quantify how much solar radiation is being absorbed."

Doriot's Tropic Chamber became just the place to do that in January 2013, when it was outfitted with a Solar Simulation Unit

that brought daylight conditions indoors. The 18 1,500-watt metal halide vapor lamps, arranged in three rows of six apiece, allow Doriot to produce artificial sunlight that replicates different climates in every season at various times of day — in the mountains, desert and everywhere in between.

"All of the tests in the past that we've done for 50 years in this facility have been without sun," said Josh Bulotsky, Doriot's manager. "This is like real sunlight. You don't realize how really hot it is."

It was only a matter of time before Maj. Clo and his 5-foot-9-inch carbon fiber, epoxy resin and copper frame, featuring 200 sen-

sors and simulated sweat pores, would be deployed there.

"There (are) not too many places that have these solar lamps that we can actually use a full-size manikin," Karis said. "A lot of times, it's done on a smaller scale. To be able to use a full-size manikin in an operational room is something that — as far as I know — no other place is doing."

Karis explained that USARIEM researchers are measuring how much heat is being transmitted from the clothing to Maj. Clo.

"Another thing that complicates this is the coverage," Karis said. "As coverage changes, the absorbtivity changes, too. Short-sleeve shirt versus long-sleeve shirt, shorts versus long pants — each one of them, there's different coverage, so there are different thermal burdens to each ensemble."

Karis and his USARIEM colleagues have placed Maj. Clo in the chamber at 80 degrees and 50 percent relative humidity with a 3.5 mph breeze. Then they have hit him with either 1,000 or 500 watts of solar load.

"A thousand watts is a good choice for the highest value in most locations during the summer, but more extreme conditions may occur," Karis said. "We also did 500 watts, which may be a more representative value for conditions between late morning and early afternoon for the warmer part of the year."

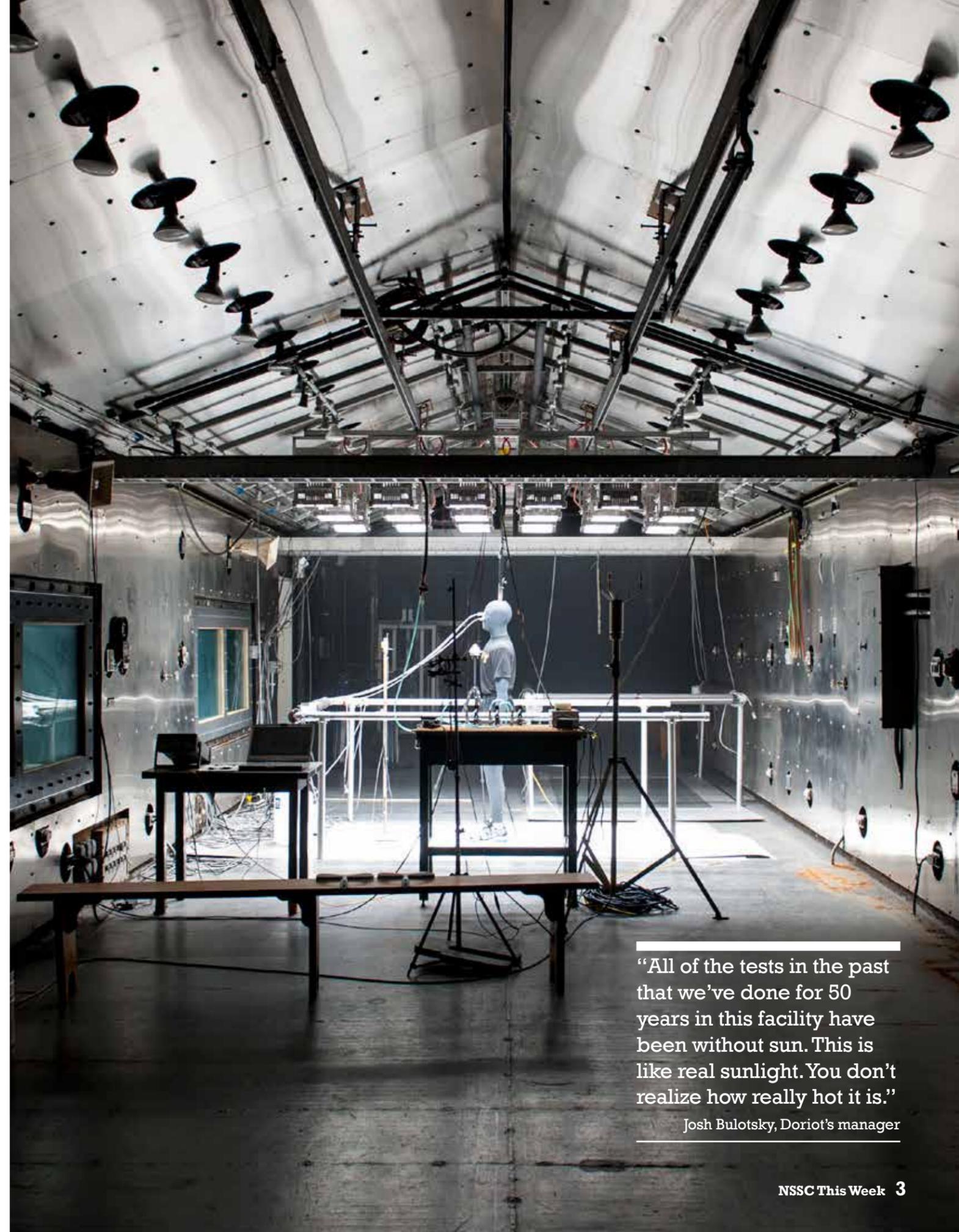
"The manikin measures heating over different parts of the body, and the heating just due to solar loading can vary widely for different parts of the body. But that's the idea — to monitor and measure the solar load on different garments and its effects on different parts of the body."

This validates models that USARIEM already has.

"It's nice to be reassured that your models are predicting correctly," Karis said. "We will use this information to make our models more robust."

Karis said USARIEM had done about a dozen tests with another half-dozen remaining. One day, the data could have real-world applications.

"The battlefield has changed from a jungle battlefield or woodland," Karis said. "Now we're in open desert or mountain regions where there's very little overhead coverage from plant life. So now you're in direct sunlight for the majority of the time."



"All of the tests in the past that we've done for 50 years in this facility have been without sun. This is like real sunlight. You don't realize how really hot it is."

Josh Bulotsky, Doriot's manager



USARIEM

seeks to improve bone health

Army and Air Force conduct joint study

By Kelly Sullivan, USARIEM / NATICK, Mass. (Jan. 6, 2013)

Researchers from the U.S. Army Research Institute of Environmental Medicine have teamed up with the Trainee Health Surveillance Flight 559th Medical Group's Basic Military Training Team at Joint Base San Antonio-Lackland, Texas, to determine whether increased vitamin D and calcium intake can improve bone health in military personnel.

Stress fractures and musculoskeletal injuries are among the leading causes of medical holdovers during basic military training, and often lead to attrition of military personnel early in their careers. As many as five percent of males and 20 percent of females may develop some sort of stress fracture during military training due to the novice warriors' inability to withstand unaccustomed, repeated stress to their bodies, such as marching with body armor.

"Optimizing bone health of military personnel is essential, especially during Basic Military Training and other military training activities," explained Dr. James McClung, a nutritional biochemist with USARIEM's Military Nutrition Division. "These injuries are costly to warfighters and to the military, as a significant portion of individuals that suffer from stress fracture leave military service and stress fracture results in substantial health care costs associated with treatment and rehabilitation."

Recent studies have linked vitamin D and calcium to bone health and the prevention of stress fractures. In a 2008 study conducted by Creighton University, in conjunction with the Navy, more than 5,000 female recruits underwent a trial in which they consumed either a supplement containing vitamin D and calcium or a placebo over the eight weeks of Navy boot camp.

During the course of that study, 270 stress fractures were observed in the placebo group, but only 226 stress fractures were observed in the group receiving the vitamin D and calcium supplement. Advanced analysis showed that vitamin D and calcium supplementation may have reduced the risk of stress fracture by up to 20 percent.

"We say 'may have reduced the risk' because missing from that study were biochemical indicators of nutritional health or functional indicators of bone health," McClung said. "There were just not enough data to use this study as the sole basis for implementing policy changes affecting vitamin D and calcium levels in the warfighter diet."

So, McClung and his team of researchers, managed by Dr. Erin Gaffney-Stomberg, a research fellow within the division, set out to explore the biochemical and functional basis for these findings, with the goal of providing Army and Air Force personnel with levels of vitamin D and calcium consistent with the Navy study. After conducting an initial study with the Army in 2012, McClung partnered with the team at JBSA-Lackland in October 2013, for more research.

Air Force recruits, both male and female, participated in a trial similar to the Navy study, but this time they were given a snack bar either fortified with vitamin D and calcium that was developed in collaboration with scientists from the Department of Defense Combat Feeding Directorate at the Natick Soldier Research, Development and Engineering Center, in Natick, Mass., or a placebo snack bar.

"Optimizing bone health of military personnel is essential, especially during Basic Military Training and other military training activities."

Dr. James McClung, a nutritional biochemist with USARIEM's Military Nutrition Division

McClung's team of researchers collected physiological data from Airmen twice during their training, on day three of their reception phase of training and again immediately prior to graduation. Techniques included body composition assessment (using military standards), blood collection, a bone scan using a device called a peripheral quantitative computed tomography, and paper surveys. This round of collected data was sent to USARIEM's headquarters in Natick, Mass., as well as Pennington Biomedical Research Institute, Baton Rouge, La., for assessment.

According to McClung, they had close to a 90 percent rate of compliance from Airmen in this study.

"We have had great support from everyone at Lackland for this study, from the leadership to the recruits," McClung said. "This is important because we have extended the scope of our knowledge beyond the Army, and we now have the basis to extend nutrition recommendations to the Air Force based upon data collected directly from their personnel."

The leadership at Lackland agrees that this collaboration is valuable and could not have been conducted in partnership with any other organization.

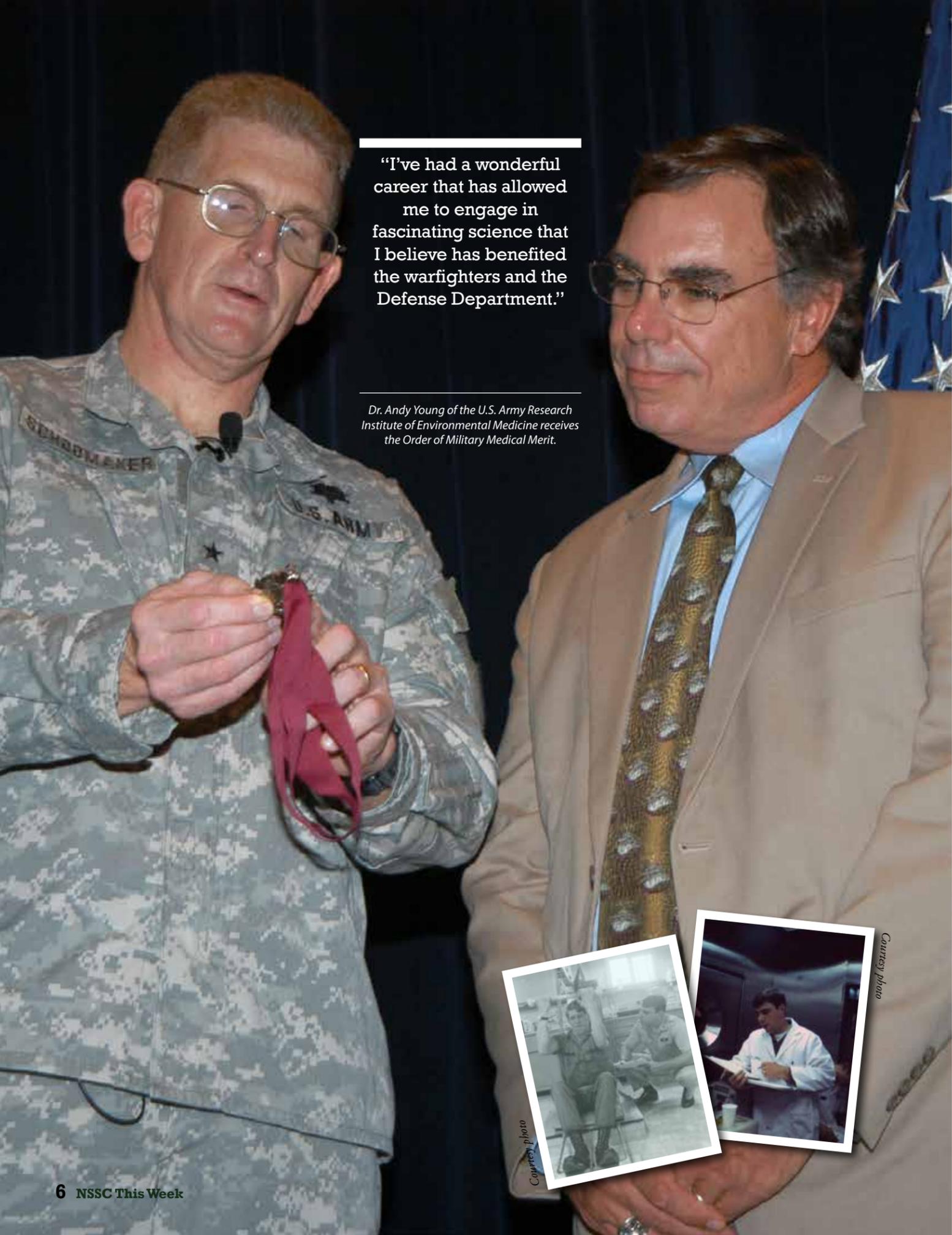
"As I reviewed the military literature on stress fractures and prevention, it was clear that Doctor McClung and the USARIEM team were the only assets in DoD who had published on nutrition and impacts on military training," said Thomas Leo Cropper, director of Trainee Health Surveillance Flight 559th Medical Group at Lackland. "We consulted them to gain access to the latest military science knowledge on nutrition and military performance to improve military training outcomes."

According to Cropper, stress fractures are costly because they can require multiple doctor visits and medical tests such as X-rays or MRIs, plus physical therapy, which can cost the Air Force more than \$6,000 per case. Added to that, trainees miss weeks to months of expensive military training while they wait to heal in medical hold and then exercise to regain fitness to meet military physical training standards required to graduate.

"Many trainees get demoralized after a stress fracture and quit," Cropper said. "If we can prevent stress fractures or other injuries, it is much better for all concerned."

McClung and his team plan to return to Lackland in spring 2014, to continue testing in the hopes of preventing future injuries. At the completion of the study, scientists from USARIEM will share those data with senior leaders from the DoD's medical and training commands in an effort to determine whether providing vitamin D and calcium beyond the current recommended daily allowance may be beneficial for the optimization of bone health during military training.

"Military personnel represent a unique population faced with sometimes intense physical demands," McClung said. "Our goal is that findings from these studies will provide the information necessary to determine the optimal vitamin D and calcium requirement of military personnel for the maintenance of bone health and prevention of stress fractures to keep warfighters mission ready for the long haul."



“I’ve had a wonderful career that has allowed me to engage in fascinating science that I believe has benefited the warfighters and the Defense Department.”

Dr. Andy Young of the U.S. Army Research Institute of Environmental Medicine receives the Order of Military Medical Merit.

Young says goodbye

Army researcher retires after 36 years of service

By Kelly Sullivan, USARIEM / NATICK, Mass. (Dec. 19, 2013)

It’s been 36 years since Dr. Andrew Young first stepped foot through the U.S. Army Research Institute of Environmental Medicine’s doors as a young captain, and after a lifetime of contributions to the Army science, Young is preparing to say goodbye.

“I’ve worked here for so long and have so many fond memories, it is difficult to pick any single one,” Young said. “However, I think the memories of the many different field studies on which I worked are among the best memories.”

Young began his Army career as a captain and research physiologist within the Altitude Research Division at USARIEM in 1977. His preliminary research was in the area of high-altitude physiology and exercise metabolism. Four years later, he left USARIEM for the Department of Physiology at Walter Reed Army Institute of Research.

He returned to USARIEM in 1983, this time as a civilian research physiologist for the Military Ergonomics Division. In 1990, Young made the transition to the Thermal and Mountain Division, where he began investigating physical performance limitations of humans exposed to thermal stress.

“My personal favorite study was probably the study we conducted with Soldiers from the Ranger Training Brigade at Camp Rudder, Florida,” Young said. “The research team performed well in pretty stressful conditions, our volunteer subjects were amazingly cooperative, and the findings of the research, along with other work we did for the Ranger Training Brigade at the same time, enabled the revision of safety tables used to regulate training activities in the swamp based on water depth and temperature. I think those findings may have enhanced health protection for the students at the RTB.”

In 2000, Young became the division chief of the Military Nutrition Division. In this

role, Young has supervised the work of, and has been an invaluable mentor to, scientists, Soldiers, technicians and support staff. With Young’s leadership and guidance over the past 13 years, the Nutrition Division has seen significant growth, attained important partnerships and has accomplished many great endeavors. He hopes that his legacy will lead to further partnerships.

“I hope that by my example, USARIEM scientists and staff appreciate the value of working collaboratively, crossing organizational lines to leverage the talents and skills of colleagues so as to maximize the outcomes of our research projects,” Young said. “I also hope that the scientists will continue to take great care with their written and oral communications, and if nobody ever used the word ‘utilize’ rather than the simpler word ‘use,’ then I’d consider myself a successful editor.”

As a researcher, Young has made overwhelmingly significant contributions to the fields of exercise science and nutrition. He has been the editor-in-chief of the American College of Sports Medicine’s flagship research journal, *Medicine and Science in Sports and Exercise*, for almost a decade. Young has also authored or co-authored more than 140 open-literature research articles, 30 book chapters and 25 government technical reports. His work has been cited more than 2,000 times.

He has been awarded the Army Commendation Medal with Oak Leaf Cluster, the Department of the Army Superior Civilian Service Medal, the Department of the Army Commander’s Award for Civilian Service, the Department of the Army Achievement Medal for Civilian Service, the Expert Field Medical Badge, and the Army Medical Department’s Order of Military Medical Merit.

Last year, Young was presented with the ACSM Citation Award, which is granted only to those who have made the most significant and important contributions to sports medi-

cine and the exercise sciences. Young said that it was through support that he was able to make such accomplishments.

“Over my entire career, I’ve never gotten anything done on my own,” Young said. “I need to thank the many creative and dedicated scientists with whom I’ve collaborated ... and the entire Military Nutrition Division team deserves my thanks for the simply outstanding support they’ve given me and the directions that I’ve tried to steer our work. Also, thank you to my long-standing scientific collaborators, mentors and friends, who advanced my career and added to my life in ways I cannot ever repay.”

His advice to researchers is to not focus on research simply to see “what happens.”

“Then your findings will only be applicable to the specific conditions you studied,” Young said. “Instead, design your research to investigate ‘how and why it happens,’ so that you can extrapolate the results to predict outcomes in many other conditions, populations and situations. That will increase the value of your efforts.”

Young’s immediate plans are to re-energize and rewrite his life’s mission statement. He plans to explore new opportunities to serve, perhaps in local community volunteer work, and also to sell his home so he and his wife Pat can relocate to a more urban environment.

“I’ve had a wonderful career that has allowed me to engage in fascinating science that I believe has benefited the warfighters and the Defense Department,” Young said. “I’ve gotten to work with outstanding people and travel extensively, and I wouldn’t do anything differently. I’ve focused almost my entire energy on this career. Now, I’m looking forward to figuring out something new and different to do with my life that can be equally meaningful, memorable and fun.”

Bullet-stopping helmet returned to
Soldier at All-American Bowl

Worth the headaches

By Debi Dawson, PEO Soldier / SAN ANTONIO (Jan. 6, 2014)

When former Army Spc. Chance Darby was reunited in San Antonio, Saturday, with the Advanced Combat Helmet that saved his life in Afghanistan, he said the headgear had successfully stopped an enemy rifle bullet, but left him with two big headaches.

One of those headaches lasted just a few days, a result of the impact of the high velocity round that hit his helmet. The other headache lasted several weeks, as he tried to keep the news he had been shot from his mother in San Angelo, Texas, and his fiancée who was attending Texas A&M University in College Station.

Darby had proposed to Cheryl shortly before he deployed to Afghanistan, with the 82nd Airborne Division. May 31, 2012, a month or two before his tour in Afghanistan would come to an end, Darby's unit was dismantling an improvised explosive device. It was then his platoon was ambushed by the Taliban.

"My gunner and I began laying down fire when I got hit," Darby said. "My squad sergeant, who had been directing our fire, also got hit in the head and went down."

Darby, a specialist at the time, shook off the hard blow and continued fighting. His squad sergeant was knocked unconscious for 10 to 15 seconds, then revived and rejoined the battle. The fighting lasted for an hour and a half before the enemy withdrew.

Darby did not want to tell his family about the incident, even though, thanks to the Advanced Combat Helmet, or ACH, both he and his squad sergeant had survived essentially unharmed.

"I just didn't want them to worry," said Darby, who finished his enlistment and now works as a civilian in the oil industry.

His fiancée could sense something had happened, however.

"I could tell something sounded different. He called me and said the guys went out on patrol without him," said Cheryl, who has recently graduated from Texas A&M University. "I finally pried it out of him, because he got tired of me asking him."

His mother, Lynlee Darby, was the last to know her son had taken a bullet to the head.

"Everybody used to say they hated wearing their helmets. But I love mine now. I would wear it anywhere."

Former Army Spc. Chance Darby

"I only found out because the mother of one of his buddies over there called to tell me how glad she was for me, and how angels were looking out after Chance," Lynlee said. "I wondered what she was talking about, so I kept her talking until I got the whole story. Then I emailed him and said, 'Call me. NOW!'"

Darby, his wife, mother, sister, brother-in-law, and a collection of nieces and one nephew traveled to San Antonio for a short ceremony outside the Alamodome. The U.S. Army All-American Bowl is a football game played among high school all-stars was played at the stadium that day, and it was there the

Former Spc. Chance Darby and wife Cheryl Darby attended a ceremony together in San Antonio, Jan. 4, 2013. During the ceremony, officials from the Army's Program Executive Office Soldier returned to Darby the Advanced Combat Helmet that stopped a bullet from ending his life. Darby had been wearing the helmet during a fire fight with the Taliban, May 31, 2012, in Afghanistan.

Army returned to Darby the ACH that had stopped a bullet from ending his life.

"Let me present a real American hero," said Command Sgt. Maj. Doug Maddi, as he presented Darby with the helmet, which was mounted on a polished wood display stand.

Maddi is the senior non-commissioned officer of Program Executive Office Soldier, the Army organization responsible for development and initial fielding of all the equipment worn or used by individual Soldiers, including helmets, body armor, uniforms, small arms, and night vision goggles.

Darby described the combat incident during which he was hit, and said his protective equipment made a believer out of him.

"Everybody used to say they hated wearing their helmets," he recalled with a smile. "But I love mine now. I would wear it anywhere."

"I love the Army equipment and how it protected Chance," said his wife, Cheryl. "I had seen pictures of his helmet, but it is different when you see it in person. When you see how close the bullet shot was, it takes my breath away."

The couple, who married one year after the helmet saved Darby's life, said they hope to build a house.

"This helmet is going to sit right there on the mantle," Darby said, as he held it in his hand. "You know, when my first sergeant told me I was going to get the helmet back, I figured it would just arrive in a box. I had no idea that PEO Soldier and the Army would hold this ceremony, or that they would put it on this display. That's awesome, and I am very thankful for it."

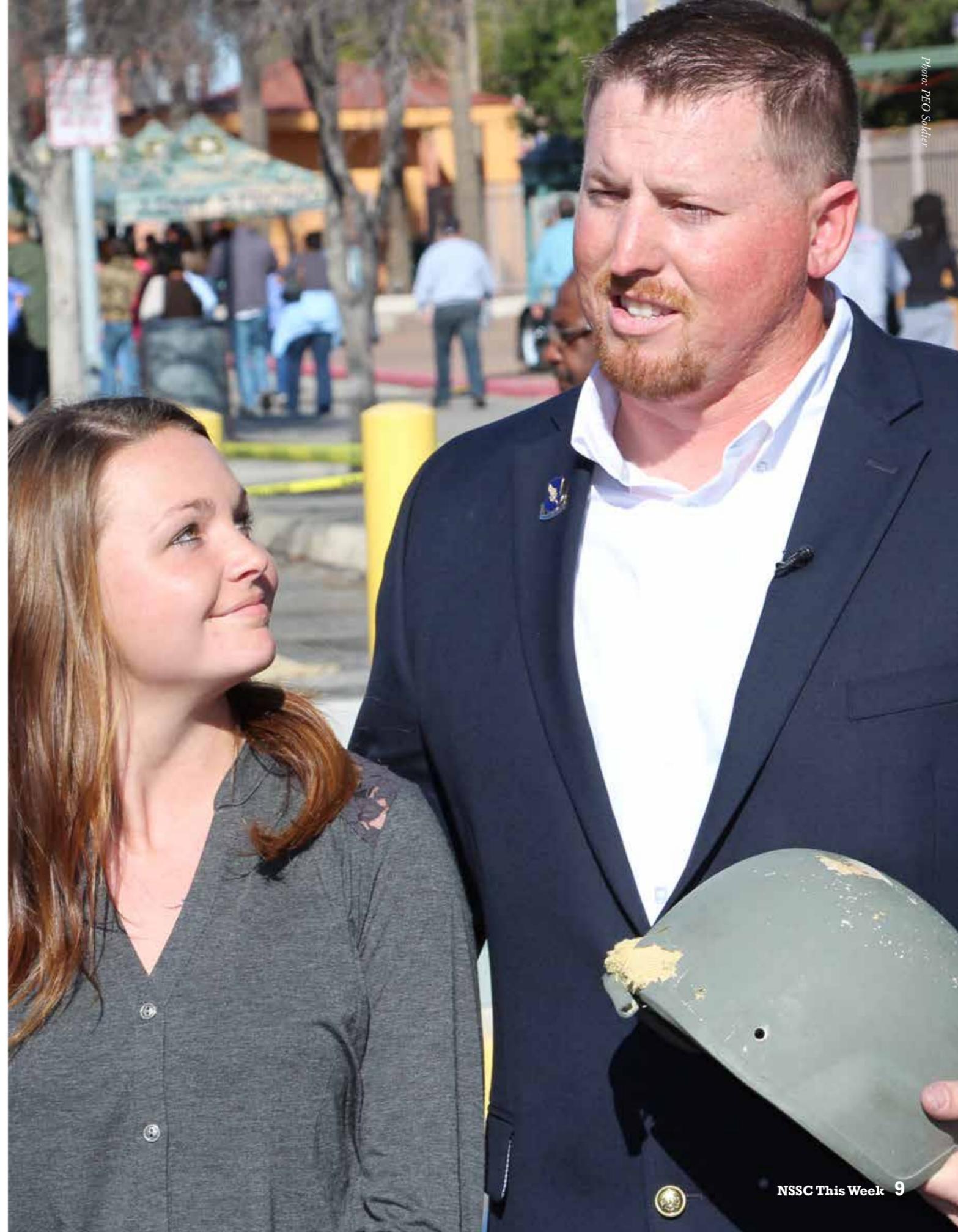


Photo: PEO Soldier

Natick commemorates MLK Day with food drive

A DAY ON

By Tazanyia Mouton, USAG-Natick Public Affairs / NATICK, Mass. (Jan. 17, 2014)

In honor of Dr. Martin Luther King Jr.'s legacy, the personnel of the Natick Soldier Systems Center hosted a food drive Jan. 6-13.

The donations were delivered Jan. 15 to the Marlborough Community Cupboard, the Salvation Army-Framingham Food Pantry, the Natick Service Council and the Worcester County Food Bank. The Equal Employment Office received more than 6,000 pounds of food.

Jan. 15 would have also been King's 85th birthday if he were still alive today.

After a short introduction, Willena Rosemond-Lopes led the audience in singing "Lift Every Voice and Sing," which is often referred to as the Black National Anthem.

"I want to thank the Black Employment Program Committee for making the special emphasis observance into a day of service," said Lt. Col. Brian Greata, USAG-Natick garrison commander. "This is a win-win event and allows us to showcase NSSC's community service spirit in giving back and helping others.

"Martin Luther King Jr. dedicated his life to pursuing the greater good. The NSSC Day of Service honors that legacy and improves the lives of those in need from the local community. The volunteers who gathered all the donations for this program did a remarkable job, and represented NSSC superbly."

Although representatives from each organization could not attend the program, Barbara LaGrenade, office coordinator for the Marlborough Community Cupboard, accepted their donations.

"On behalf of United Way of Tri-County and the Marlborough Community Cupboard, we are honored," LeGrenade said. "Our board of directors, volunteers and staff want to thank everybody for their outpouring of generous donations to help support our community."

The Marlborough Community Cupboard serves more than 400 families each month and has a goal of reducing levels of food insecurity, while strengthening the connections between people and available resources.

"It is their mission to provide hunger relief, improve the quality of life, and connect families and neighbors in need to essential services in the community," said Greata.

After the program, those in attendance were encouraged to participate in a day of service, which included packaging food and hygiene products and preparing them for delivery.

Spc. Travis Crook, a biological science specialist for the U.S. Army Research Institute of Environmental Medicine and a Black Employment Program Committee member, said he thought the MLK observance was one of the more effective programs he has participated in.

"(The food drive) allowed Soldiers and civilians on the installation to be actively engaged and involved with the program," Crook said, "and allowed them to have a stronger understanding of what the purpose of Martin Luther King's message was ... and why the observance is recognized."

Crook said with the help of donations from the installation, as well as the Hanscom Air Force Base commissary, committee members were able to accomplish that goal.

Crook is no stranger to community service. He tries to volunteer about once a month at the Framingham Salvation Army.

Upon committee members' arrival at the Salvation Army's curbside, volunteers from the center were quick to lend a helping hand.

Deborah Hanbury, administrative assistant at the Salvation Army-Framingham Food Pantry said the food will assist those in need. Hanbury added that the pantry benefits about 100 to 160 people per week, and they also cook meals for about 60 to 100 people every night.

"We average about 35 percent homeless veterans that come in to eat," said a Marine veteran volunteering at the center, who wanted to remain anonymous.

"The veteran shelter in Boston is the same way; you see guys walking up and they're beat up, their hardened and they've had a rough go," the veteran said. "There are thousands of programs, but not all of them get utilized."

Greg Tutuny, executive director of the Natick Service Council, said he appreciated the gifts donated.

"We rely on the generosity of the Natick community, including local citizens (and) organizations," Tutuny said. "We serve low-income residents in the town of Natick ... (and) the food pantry is our main program.

"Natick is an incredibly generous town and we work close with (NSSC) and a number of different initiatives and we're just proud to partner with them."

The Natick Service Council serves roughly 700 families in Natick, and Tutuny estimated the donated food will serve about 100 families for one to two weeks.

Through service projects that strengthen communities and create solutions, as well as empower individuals and bridge barriers, Dr. King is celebrated by all Americans of every age and background.



Event photos: Tazanyia Mouton, USAG-Natick Public Affairs

NSSC opens new exercise facility

By Tazanyia Mouton, USAG-Natick Public Affairs / NATICK, Mass. (Jan. 13, 2014)

With the new year upon us, many have made resolutions to be more fit in 2014. Employees at the Natick Soldier Systems Center don't have to look far, because Family and Morale, Welfare and Recreation christened a new exercise facility Jan. 10.

"The purpose (of the facility) is to provide all employees that are interested, a convenient location to work out and improve their fitness and health during their off-duty time," said Don Cannata, Family and MWR director.

"This is in line with (what) many other Army bases and private firms provide," said Cannata. "Tangible benefits that may accrue are reduced use of sick time and improved morale."

The interior of Bldg. 14 has been in the planning and renovation stages since 2012, and it represents a quantum leap in on-post exercise capability.

"Total space from the previous facility in Building 5 has increased from 1,785 square feet to 4,800 square feet," said Lt. Col. Brian Greata, USAG-Natick garrison commander.

Along with the additional space in the

facility, the interior has been totally renovated with new construction. Improved natural and artificial lighting, with the additional open space, creates a lighter atmosphere than previously.

Existing exercise machines from Bldg. 5 have been moved, in addition to some new cardio and weight apparatuses.

"A significant amount of new equipment is on order, at no cost to NSSC," said Greata, adding that it would come from Headquarters IMCOM centralized bulk procurement.

Greata anticipates that the new gear will arrive by mid 2014.

"Partitions separate an open area on the left, which is being used by Family and MWR's 'Thirty Minutes to Win It' fitness classes," said Greata. "Family and MWR anticipates more class offerings for martial arts and other fitness classes in this area."

Use for these purposes frees up the former

space used in the Lord Community Activity Center for other recreational programs.

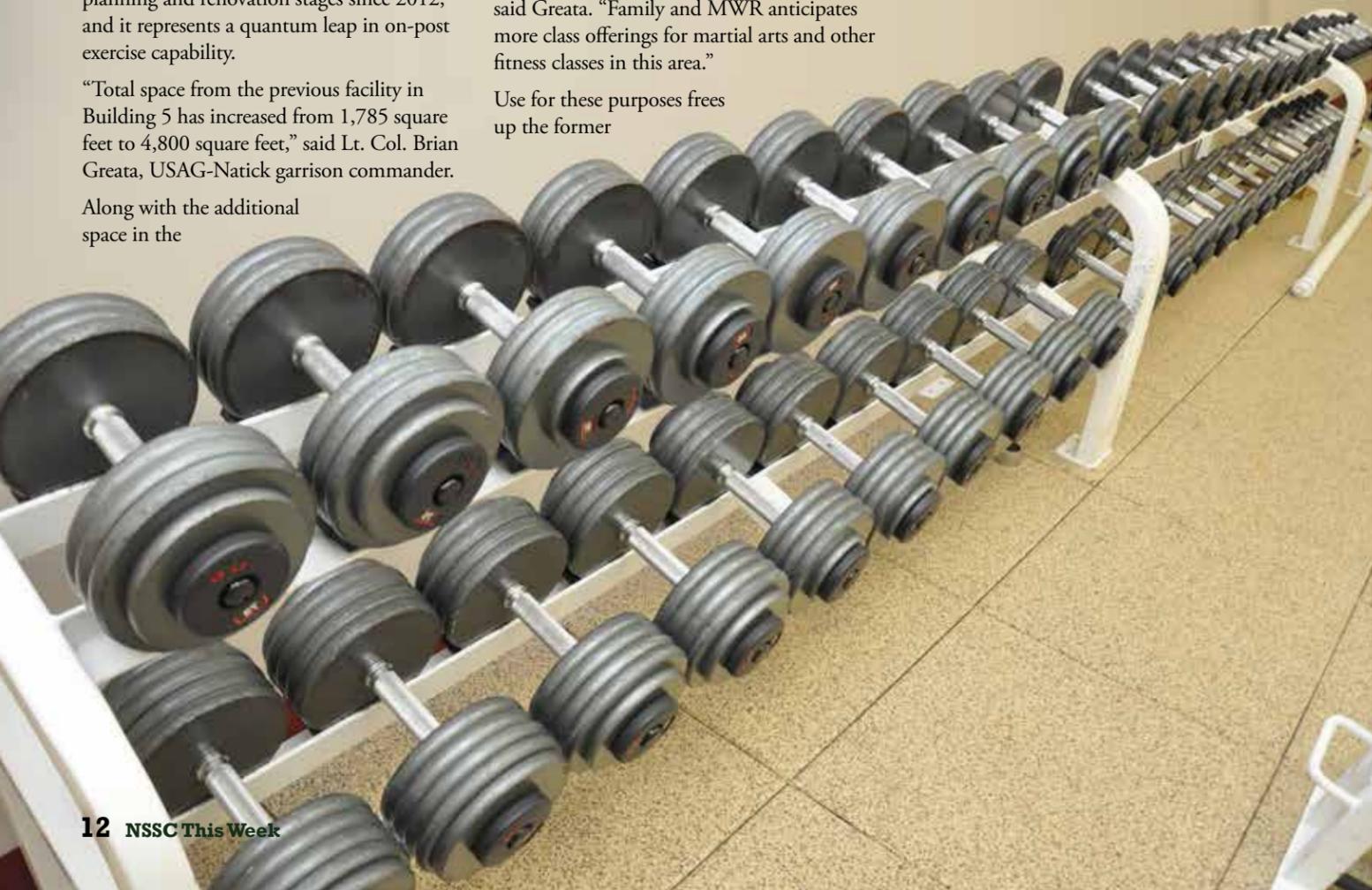
Family and MWR had a soft opening of the new facility in December to ensure maximum exercise capability, and incorporated suggestions from users during that period.

A quality of life survey conducted in 2012 determined that a bigger and better equipped facility was needed.

The Family and MWR team are on hand to answer any questions and to guide employees through the new facility.



Photos: Tazanyia Mouton, USAG-Natick Public Affairs



An \$8 million Energy Savings Performance Contract between U.S. Army Garrison Natick and Pepco Energy Services should more than pay for itself through a dramatic reduction in energy consumption over its 25-year term.

Improvements made to 33 buildings on the Natick installation are expected to result in annual savings of \$500,000 and to reduce energy consumption by 41.7 percent by the contract's completion. The Army has established a goal of a 30-percent reduction in energy consumption by the end of fiscal year 2015, using 2003 as a baseline.

"USAG-Natick has to date been able to reduce energy consumption by 3 percent per year as mandated but would not be able to reach the total 30 percent reduction required in 2015 without embarking on this Energy Savings Performance Contract," said Russell Stokes, USAG-Natick Public Works director. "From the outset, the garrison has striven to bundle short-term energy conservation measures with long-term measures to produce a balanced project, which produces the most bang for the buck for the installation."

Natick upgrades should also have a significant, positive impact on the environment by reducing emissions.

The project, which began with a preliminary assessment in June 2012 and included a comprehensive energy audit, will be completed in October. The project will be operated and maintained for the following 23 years.

The contract will include lighting upgrades, new windows and building envelope



Courtesy photo

Saving energy at Natick

By Bob Reinert, USAG-Natick Public Affairs / NATICK, Mass. (Jan. 15, 2014)

improvements, water conservation, energy management control system upgrade, HVAC upgrades, and co-generation to produce electricity and heat.

"The ESPC will not only allow us to meet energy savings goals, but will ultimately

provide a better working environment for NSSC employees," said Lt. Col. Brian Greata, USAG-Natick garrison commander. "This supports the installation master plan, as well as the vision for the long-term future of NSSC."

Under the Energy Savings Performance Contract at U.S. Army Garrison Natick, 33 buildings will receive upgrades. New windows will be installed on the exterior of Building 4.





NSSC This Week

NSSC

Senior Commander

Brig. Gen. William E. Cole

Garrison Commander

Lt. Col. Brian Greata

Command Sergeant Major

Command Sgt. Maj. Robert Beausoleil

Public Affairs Officer

John Harlow

NSSC Social Media Sites

Facebook: <http://bit.ly/5tmSRd>

Flickr: <http://bit.ly/7BntsV>

Twitter: <http://twitter.com/natickssc>

About this newsletter

NSSC This Week is a biweekly newsletter covering NSSC news within the Army and commercial media.

NSSC This Week is maintained by the USAG-Natick Public Affairs Office.

Art Direction by Philip Fujawa, NSRDEC Strategic Communications.

Photos by David Kamm unless otherwise noted.

To subscribe to *NSSC This Week*, please contact Bob Reinert at robert.j.reinert.civ@mail.mil.

On the Web: www.army.mil/natick

