

Commander's View

Team Sierra,

As you all know, next week we as a Nation celebrate American Independence. We as Americans celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation. July 4, 1776 wasn't the day that the Continental Congress decided to declare independence (they did that on July 2, 1776), however the Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776.

For the first 15 or 20 years after the Declaration was written, people didn't celebrate it much on any date, but celebrations of the Fourth of July became more common as the years went on and in 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays.



Lt. Col. Russell E. Henry

May I remind you, as you celebrate this year... Freedom is not Free. Many Americans

throughout our existence as a Nation have made a lifelong commitment and service, some making the ultimate sacrifice, that allows us to enjoy the freedoms we enjoy today. May you take some time in your celebrations over this Fourth of July to reflect. Enjoy the holiday... and be safe! Please enjoy an extra 59 minutes on Wednesday 1 July, as Thursday 2 July we at Sierra Army Depot recognize the Federal holiday.

Thanks for all you continue to do in support of the Soldier, Army and Defense readiness, and the Army's fight against this pandemic.

Sierra Strong... Army Strong.

v/r

RUSSELL E. HENRY
LTC, U.S. Army, Logistics
Commander
Sierra Army Depot
"The Army's End of First Life Center"

Sierra firefighters train Air National Guard counterparts

John Wooten, Sierra Army Depot firefighter, monitors a controlled burn, June 9, 2020, before the beginning of a training iteration with Nevada Air National Guard firefighters at Sierra Army Depot's fire training center in Herlong, California. Sierra Army Depot firefighters trained firefighters from the Nevada Air National Guard's 152nd Airlift Wing, based out of Reno, Nevada, on multiple scenarios. (U.S. Army photos by Doug Magill)



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The CHALLENGE

Depot Commander/Publisher
Editor-in-Chief
Graphic Design/Photographer

Lt. Col. Russell Henry
Doug Magill
Lloyd Gubler

On the Cover: (hopefully - SIAD receives PPE and Test Kits, directly contributing to the Army's COVID-19 response)

Centerfold: (photo credits: Lynn Goddard, Lloyd Gubler and Doug Magill)

Graphic design by Lloyd Gubler

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Sierra Army Depot answers Army's call to support COVID-19 response, Civil Unrest missions



Sierra Army Depot base support employees assemble kits containing personal protective equipment, April 7, as part of Sierra Army Depot's proactive response to Coronavirus Disease 2019. The kits contain 12 ounces of Purell Advanced hand sanitizer, 2 neck gaiters and an N95 mask. (US Army photo by Lynn Goddard)



Andrew McClarty, Sierra Army Depot information technology specialist, assists depot employees, March 31, as they check out computer equipment in preparation to telework. (US Army photo by Lloyd Gubler)



Sierra Army Depot employees pose for a photo, June 2, during a break in the action while providing support to the National Guard. Sierra Army Depot provided thousands of Small Arms Protective Inserts to National Guard units nationwide as they provided support to local law enforcement during periods of civil unrest. (US Army photo by Doug Magill)



Sierra Army Depot first responders prepare to practice disinfecting measures on a Sierra Army Depot building, March 26, as part of Sierra Army Depot's proactive response to Coronavirus Disease 2019. (US Army photo by Doug Magill)



Sierra Army Depot employees place a pallet of Small Arms Protective Inserts into the back of a C-130, June 2. Sierra Army Depot shipped thousands of inserts to National Guard units nationwide as they supported local law enforcement during periods of civil unrest. (US Army photo by Doug Magill)

Sierra safety office holds stand-down

By Donny Lafferty, Sierra Army Depot safety office

The month of May is recognized as Fall Protection Month for the employees of Sierra Army Depot.

SIAD participated in Occupation Safety and Health Administration's 2020 National Safety Stand-Down, May 4-8, for the prevention of falls in the construction and general industry.

This was SIAD's third year participating in the national emphasis program held by OSHA. All SIAD weekly safety talks have been focused on proper fall prevention equipment, personal fall arrest protection equipment, hazard identification for work process when working at heights, and finally job hazard analysis requirements for addressing working at heights.

The SIAD safety office addressed and assisted with fall protection education and JHA creation with various work centers.

The safety office also engaged with several construction contractors with fall prevention oversight as well as provided shared information with their onsite safety representative.

Overall the safety stand down with general industry and construction contractors was a success and has reinforced our continued partnership with each contractor here on the depot.



Photo by Donny Lafferty, Sierra Army Depot safety office

Members of the Sierra Army Depot safety office pose for a photo with SIAD contractors during a safety stand-down, May 4-8. The stand-down focused on fall prevention equipment, fall arrest protection, hazard identification and job hazard analysis requirements.



Photos by Donny Lafferty, Sierra Army Depot safety office

Members of the Sierra Army Depot safety office facilitated a safety stand-down day with SIAD contractors, May 4-8, 2020. The stand-down included practical examples and training focused on fall prevention equipment, fall arrest protection, hazard identification and job hazard analysis requirements.



COVID-19 with a SIAD perspective

By Rebecca Durocher

Family Advocacy Program coordinator

We have all been inundated with information to prepare us for the intrusion of COVID-19 into our work and personal lives. It is truly excellent to remember and follow the advice coming from the CDC (Center for Disease Control and Prevention) – here's a few:

- cough/sneeze into your elbow or a tissue (contain it)
- distance yourself socially (at work allow some space between, or, limit to six)
- wash your hands OFTEN
- open/close doors with elbows, knuckles, hips, or tissues
- avoid touching eyes, nose, mouth (in other words, your face)

Here's another one – watch and be aware of your mood.

Wait a minute – what was that? Why is that important?

When you are feeling the strain of this threat a person can easily get down and depressed. And, bad news, that stress works to lower your immune system's capacity to resist/fight disease. It's a good time to remember that this isn't our first experience dealing with a traumatic epidemic, or, world event. The citizens of the USA are very capable of dealing with a crisis – we rise to challenges – look below at recent history to verify that point:

- the roll out of assist after Hurricane Katrina;
- coming to the aid for victims of the 2018 and 2019 California wildfires;

and, of course, 9/11

Now is the time to be a part of the "kindness contagion" – the patriotic acts of 2020 –

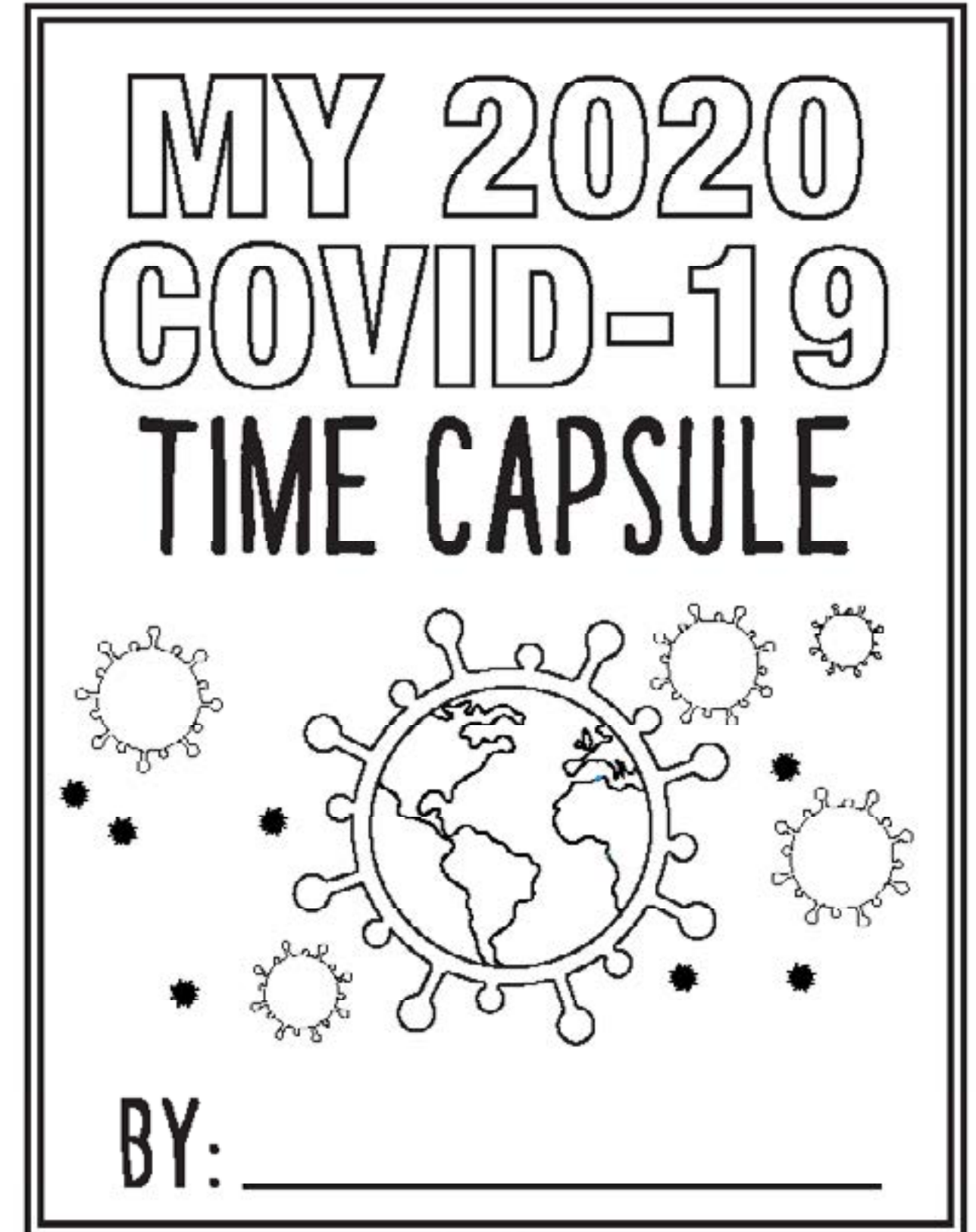
Use your Costco membership to buy for others who are homebound

Kids are now home without that one balanced meal a day – offer to bridge the gap for those parents, or, form a Facebook group that does

While you may not be able to go on that family vacation you could form a group to combine donations to pay rent for a struggling household

Give your frequent flyer miles to a stranded college student trying to get home, or, open your doors for temporary lodgings, or, just store their belongings

If you are confined in your home:



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Courtesy Family Advocacy Program

Click on the graphic above to download the full time capsule

- | | |
|---|--|
| ~ Recognize/acknowledge what happening to you | ~ Put a time cap on how long you spend reading the news |
| ~ Add structure to your days | ~ Know when to seek professional help |
| ~ Focus on your purpose – what to do each day, and, journal accomplishments | And, this is a great time to . . . |
| ~ Call or Facetime the people you love | Take a walk, plant a garden (seeds at Walmart), or birdwatch (its SPRING)! |
| ~ Move your body – its great for improving your mood | |



Pride in Excellence

SIAD Employees receive awards for length of service, outstanding performance and retirements.



Chris Zahara, Length of Service



Andrea Patton, Performance



Steve Alby, Performance



Jerry Beckett, Performance



Sgt. Armand Sery, Service



Mr. Robert Roberts, Performance



Mr. Clarence Beauchman, Retirement



Ms. Regina Rapacon, Performance



Mr. Donny Lafferty, Service



Mr. Gregory Masnick, Service



Ms. Jessica Everett, Performance



Ms. Kimberly Hunter, Length of Service Award



Ms. Michelle Fauls, Performance



Ms. Shirley Paxton Young, 4-star note



Mr. Tobiah Mogavero, Service



Mr. Violetta Raborn, Service



Sgt. Robert Tate, Performance



Sgt. Darryl York, Performance