

THE OUTPOST

U.S. Army Yuma Proving Ground, Yuma, Arizona 85365

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New hangar protected by cascade of foam



quickly ignite into a raging inferno, if not multiple explosions. Meant to blanket the aircraft in a long-lasting blanket of foam, the hangar's system can be either manually or automatically activated.

"You can manually activate it and it also has infrared flame detectors that can see a spark," said Bailey. "If it sees a flame, it dumps."

Additionally, deploying foam causes less water damage than a conventional sprinkler system.

"There is water damage, but it is certainly going to stop the fire, which would result in far more damage," said Bailey.

Before certifying the hangar for use, YPG firefighters conducted a test to ensure that the deployed foam would cover the four corners of a simulated aircraft to a depth of three feet within two minutes of the system's activation. Automatically mixed with water in a tank in an adjacent storage shed, the piped-in foam was dispersed throughout the hangar with four large fans mounted to the ceiling rafters.

The foam continued to expand with a soapy consistence for many minutes beyond this, enveloping the hangar in a blanket of foam reaching halfway to its ceiling. For the test, the firefighters used a refracting meter to test the foam's water ratio.

"If you have a water sprinkler system, all you need is water to come out to do its job," said Bailey. "Foam

SEE **FOAM** page 2

Suppressing fire is imperative in an enclosed place like a hangar, where a pool of thousands of pounds of fuel and its flammable vapors could quickly ignite into a raging inferno, if not multiple explosions. YPG's newest hangar boasts a foam fire retardant system capable of blanketing an aircraft in less than two minutes, as seen here. (Photos by Mark Schauer)

By Mark Schauer

YPG's test mission extends beyond evaluating virtually every piece of equipment a Soldier is likely to use: it even includes buildings used to support the proving ground's mission.

YPG's fire department is responsible for defending over 2,500 personnel and hundreds of millions of dollars in infrastructure from the peril of fire. One of the proving ground's newest

structures, a tensioned fabric hangar built to house high performance C27J cargo aircraft, has special requirements.

Aircraft contain fuel lines throughout their structure, even in the wings and tail. In the event of a fire, a fixed wing aircraft's wings block water spray from ceiling sprinklers inside a hangar. To counteract this problem, the fire suppression system installed

in YPG's new hangar uses high expansion foam instead of water.

"Foam suppresses vapors from the fuel and remains there for a long time," said Jackie Bailey, fire protection specialist. "Even if the fuel keeps pouring, the foam covers it up."

Suppressing fire is imperative in an enclosed place like a hangar, where a pool of thousands of pounds of fuel and its flammable vapors could

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FOAM

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Automatically mixed with water in a tank in an adjacent storage shed, the fire retardant system's piped-in foam is dispersed throughout the hangar by four large fans. Meant to blanket an aircraft in a long-lasting blanket of foam, the hangar's system can be either manually or automatically activated.

has to be chemically correct.”

Happily, the foam inundated the hangar well within the allotted time.

When the foam eventually dissipates, the hangar can be cleaned with push brooms, with the sweepings then put in barrels and removed to an

environmentally appropriate place.

The C27J, formerly used as a niche cargo plane to supplement the larger C-130, was extensively tested at YPG prior to being fielded. The aircraft will now support operations of the Army's Military Freefall School.

THE OUTPOST

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CHAPLAIN'S CORNER

Watch Your Emotions

By Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. I encourage you to watch your emotions. Several times in the Bible, Moses made some emotional decisions that netted him poor or dreadful results. For example, In Exodus 32:19 when Moses came down the mountain of Sinai and saw the people of Israel

committing sinful acts and totally out of control. You see, they were engaged in idol worship (worshipping the golden calf) and indulging in revelry. So angered by what he saw, Moses threw the stone tablets, which were the original Ten Commandants, down the mountain and they broke into pieces. In Exodus 31:18, we are told that the original tablets were written by the finger of God, meaning that they were divinely written without any input from man. The result of this emotional decision, as small as it may seem, is found in Exodus 34. Moses had

to spend another 40 days and nights with the Lord chiseling out the new Ten Commandments. I can't help but wonder what Moses was saying to himself as he was chiseling the second edition of the commandants. Could it have been, "Man, if I had only kept the original tablets, then

“MAN, IF I HAD ONLY KEPT THE ORIGINAL TABLETS, THEN I WOULD NOT BE REINVENTING THE WHEEL?”

I would not be reinventing the wheel?"

All of us, at one point or another, have made our share of emotional decisions.

And each time we make an emotional decision it usually costs us something. For example, we may have to repeat or do something more than once, rather than being patient and doing it right the first time (like Moses). It could cost us credibility with others. It might even cost us personal relationships. Over time we must learn that it is much better to make sound decisions based on reasoning rather than the emotions.

Yuma Proving Ground, don't let your emotions control you. Control your emotions! Have a blessed day.

**Next Outpost deadline is noon
May 14th**

**Sexual Assault Hotline: 920-3104
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AWC actively assists transitioning military personnel

By Yolie Canales

When military personnel know they will be leaving the military, whether it's a year or more away, they need to start planning their transition into civilian life. They need to find out who to see and what to do if they are going back to school or starting a new job.

For many, this is truly a significant event, not only for them, but for their entire family, if married. So, to make this a smooth transition, they must truly prepare.

Gabriela Siqueiros-Herwig, coordinator of Veteran Services at Arizona Western College (AWC), is ready to help local veterans with all their academic needs and inquiries. She is responsible for all educational guidance for student veterans using Veterans Administration (VA) benefits.

Many student veterans at AWC are members of the Yuma Proving Ground workforce, others work in the private sector or other government

agencies. Though some have been out of the military for some time, hundreds are just transitioning from active duty.

"This is a challenging time of their lives," said Herwig.

"They need to find someone they can come to with their academic choices and other campus inquiries. They also need to find other veterans on campus so they can feel comfortable and be able

to relate to them."

There are a great many monitoring and reporting requirements to the VA when using educational benefits at any college. "This is a big chunk of what our Veteran Services Department does at AWC," said Herwig.

They ensure students are attending classes, evaluate their previous college or military experience, provide them with new student orientation, and assist as they transition from the military world to the academic world. "We also provide referral services," she explained. "Many veterans do not know of the numerous agencies in the Yuma community to assist them with

"many of their issues they might face, such as financial hardships."

Having worked for the Department of Economic Security (DES) as a social worker, Herwig was well

prepared for the position. "I had the opportunity to gain knowledge of many local resources out there for veterans, not to mention my personal military background in the Navy," she explained. Her



Gabriela Herwig is ready to provide assistance and guidance to student veterans who plan to enroll at Arizona Western College for classes. (Photo by Yolie Canales)

husband is a retired Marine and her stepson was in the Army.

"These varied perspectives have made it easy for me to relate to our veterans and be able to help with their issues pertaining to academics and other matters."

For those veterans who don't know where to start their

academic path at AWC, Herwig said they need to visit the Veteran Services Department, located in the 3C building on the second floor during the hours of 7 a.m. to 5 p.m., Monday through Thursday. It is important to bring their certificate of eligibility. This tells the school what educational benefits they are eligible for, plus the number of months they have left. The DD214 will suffice if this document is not available.

Another necessary document is an unofficial transcript of their military experience and any other college or CLEP transcripts. This shows the VA what classes the veteran has taken.

"Once the student veteran makes this first stop, they are referred to me and I take it from there," said Herwig. "One thing I stress to veterans is they must stay enrolled and make sure to take courses needed for their degree. The VA will monitor this and their benefits depend on it."

For more information regarding veteran academic benefits or services, feel free to call Gabriela Herwig at 344-7683 or drop her an email at: gabriela.herwig@azwestern.edu.

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YPG's Health Clinic upgrades services



Three new ambulances at YPG, boast a host of upgraded features, such as a back-up camera and radio headsets for clearer communication between personnel in the front and rear compartments.

By Mark Schauer

When YPG was home to hundreds of Soldiers in the 1970s, the proving ground had a 15 bed hospital staffed with four uniformed physicians, including cardiac and internal medicine specialists and a surgeon.

In more recent decades, on-post medical care has been provided at a health clinic that for many years lacked physicians.

Since late last year, however, the clinic's staff has gained a physician's assistant and a flight surgeon, and clinic patients appreciate their presence.

"I think the clinic has improved a lot," said Staff Sgt. Colin Alexander of the Airborne Test Force. "It is nice to be able to be seen here instead of at a clinic in the Foothills, or the hospital."

The bustling clinic has undergone other improvements and innovations in recent months, too, including the

arrival of new ambulances and an electronic messaging system that makes patient communication more convenient and secure.

New ambulances

Serviceable ambulances are of vital importance to the Health Clinic's mission. Military Freefall School training jumps require an ambulance on hand at drop zones in case of a mishap, and other tests also request this support at times. The Health Clinic's previous rigs were from early in the last decade, and had seen constant use since that time.

"We originally ordered the new ambulances in February 2009 and finally got them in February of this year," said Sgt. Christopher Pierson, non-commissioned officer in charge of patient administration and vehicle maintenance.

The three new ambulances boast a host of upgraded features, such as a back-up camera and radio headsets for communication between personnel in the front and rear compartments. The

rear compartment is larger than on previous ambulances and also has air conditioning, which its predecessor lacked. Pierson says the new rigs seem more fuel efficient than previous models, as well as better at coping with unimproved desert terrain.

"It's more of a heavy duty truck," said Pierson.

Communication

The Health Clinic recently began offering patients' access to Relay Health, a secure electronic messaging system between patients and their medical providers.

"It means easier access to information," said Jayson Cabalbag, information technology specialist. "It's an online medical folder that gives you access to your medical documents wherever you have access to an internet connection. If you are PCSing, this follows you to your next command."

"You can consult your doctor on non-emergency things, request an appointment or a medication refill, or request a referral," added Tracy Sheffield, benefits coordinator.

Sheffield thinks parents will find the new system especially convenient for access to their child's vaccination and other records. Patients can create their own account in the optional program by visiting www.relayhealth.com.

"I think it's a good thing and hope people start using it," said Sheffield. "It saves on phone tag and drive time."

Mosquito season

YPG's ranges are home to a wide variety of wildlife, including some bothersome insects. The least welcome of these is likely the ordinary mosquito, which, aside from irritating bites, could potentially be the vector for diseases like malaria and West Nile Virus. Fortunately, the YPG Health Clinic's preventative medicine team regularly monitors the post's mosquito population for infectious diseases.

"I didn't think preventative medicine was going to have anything to do with mosquitos, but here we mainly do

SEE **SERVICES** page 5

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SERVICES

FROM PAGE 4

mosquitoes and food inspection,” said Pfc. Robert Artiche.

The preventative medicine staff collect samples of mosquitoes from various points around the post on a weekly basis using traps that attract them with dry ice and light.

“I usually set them out in the early afternoon and pick them up the next day as early as possible,” said Artiche.

Artiche says this time of year he usually finds hundreds of mosquitos in each trap, along with other insects that need to be sorted out in a petri dish. He then sends the mosquito samples to the public health command at Fort Lewis, WA, from which he is notified if any of the mosquitoes test positive for an infectious disease.

The preventative medicine team also performs regular inspections of all facilities on post that serve food or beverages to the public to ensure hygiene and safety.



Taking advantage of the medical staff and services at the YPG clinic, is Staff Sgt. Colin Alexander of the Airborne Test Force (right), who says “it’s convenient to be seen here instead of at a clinic in town when minor medical issues come up.”



Pfc. Robert Artiche, a member of the preventative medicine staff, displays one of the mosquito collection traps posted various points around the installation on a weekly basis.

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120mm mortar tube shows its stuff



One of the most important aspects of the early development is protecting Soldiers who use the mortar tube in the future from harm caused by the tremendous concussion of a mortar round firing an arm's length away from their bodies. Toward this end, the prototype cannon is surrounded by tripod-mounted sensors that measure overpressure in the areas around it, as seen here. (Photos by Mark Schauer)

By Mark Schauer

For versatility and power, the humble mortar has been a key indirect fire weapon for generations of infantrymen.

Quicker than calling in an artillery strike and capable of hitting targets at high angles, the mortar is likely to become even more important as technology makes mortar projectiles more accurate and maneuverable, and capable of reaching greater distances.

Though these advances have already led to mortar projectiles such as the GPS-guided XM-395 Precision Guided Mortar Munition, the mortar tubes from which they are fired have remained unchanged since the early 1990s. Currently, a ballistic tube for use with the 120mm mortar, the largest

in the Army's inventory, is undergoing initial testing at YPG. Data from this cannon will support development of future mortars for the warfighters.

"We are redesigning this tube because there have been developments within the 120mm system in the

propellant and projectiles that require the tube to do more than it really can," said Paul Koelbel, an engineer with the Army's Benet Laboratories. "Our goal is to design a new tube that will allow the existing and future

120mm projectiles to do all they can do."

"Mortar cannon are in the field for 20 years," added Robert Cooley, design team leader. "What we put in the field five years from now has to be good 15

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Testing of the prototype has attracted media interest from the Canadian science television program Daily Planet, which recently sent a film crew to witness a typical day of testing. Here, cameraman Travis Johnson attaches a GoPro camera to the tube as weapons operators John Devine (left) and John Delgado look on.

years from now."

One of the most important aspects of the early development is protecting Soldiers who use the tube in the future from harm caused by the tremendous concussion of a mortar round firing an arm's length away from their bodies. Though the tube has blast attenuators at the muzzle to direct the force away from the Soldiers firing it, the effects of a mortar report have been likened to the feel of 200 pounds of force hitting the body.

"The customer wants to create a pressure overblast profile that will help them determine where safe places for personnel firing the weapon are," said Ariel Melchor,

test officer. "It will also determine how many rounds at different charges a user can take."

Toward this end, in addition to gathering the typical information about the characteristics of the mortar

tube in action, the prototype cannon is surrounded by tripod-mounted sensors that measure overpressure in the areas around it.

"The goal behind everything we do is safety of the user," said Koelbel. "We need to have performance out of our equipment, but that performance can't come at the

cost of the user. Our goal is to develop

**"OUR GOAL IS
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OWN ACTIONS."**

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MORTAR

FROM PAGE 6



YPG weapons operators Tristan McCollum (left) and John Delgado prepare a 120mm mortar round for a test fire from the prototype mortar ballistic cannon tube under test. Mortar rounds have advanced in recent years with projectiles such as the GPS-guided XM-395 Precision Guided Mortar Munition, yet the tubes they are fired from have remain unchanged for more than two decades.



YPG weapons operator John Devine (left) and test officer Ariel Melchor examine a 120mm mortar projectile prior to a test fire from the prototype tube. The mortar is likely to become even more important to infantry as technology makes mortar projectiles more accurate and maneuverable, and capable of reaching greater distances.



YPG weapons operator Tristan McCollum loads a 120 mm mortar projectile. Other test centers possess enough land to conduct mortar tests, yet customers continue to choose YPG for its flexibility, favorable weather, and institutional knowledge of mortar systems. "When we're able to bring a gun out to Yuma, the proving ground provides experienced mechanics and investigators," said Robert Cooley, design team leader. "When firing, we can rely on expert advice from people who maintain these systems on a recurring basis."

the safest and most resilient equipment so the user isn't in any danger from his own actions."

There are additional safety features for the team testing the prototypes, too. In addition to the standard practice of remotely firing all rounds, the weapons operators are protected by the prototype cannon's ability to remotely

elevate and depress, a port to facilitate the extraction of misfired rounds using nitrogen, and the ability to be trigger-fired.

The performance characteristics of the tube and round are measured using the typical compliment of high speed cameras that can shoot thousands of frames per second, radar, and forward

observers downrange.

"When we're able to bring a gun out to Yuma, the proving ground provides experienced mechanics and investigators," said Cooley. "When firing, we can rely on expert advice from people who maintain these systems on a recurring basis. From our scheduling standpoint, because of the

weather and ranges available at Yuma Proving Ground, we can shoot at any range our cannons can reach, pretty much day in and day out."

"They are top notch people who really deliver the support and data we need," added Koelbel.

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VIEWPOINTS

By Mark Schauer

May is graduation month, and many members of Yuma's premier high technology workforce have walked the line multiple times. We asked members of the workforce about special graduation memories.



Iris Espinoza, Civilian Training Manager:

The one that stands out the most was graduating with my bachelors from the University of Tampa. I was the first one in my family to get a four-year degree. It was a private university out of state, but my brother and father flew across the country to come to my graduation. It was a great moment: my father started working in the fields as a young child, and therefore to see his daughter graduate with honors was very fulfilling for him and for me, that the long, hard hours he worked and sweated weren't in vain.

Megan Brown, Contract Management Support Officer
I have graduate degrees, but the most special graduation was my high school graduation. I went to a Christian school that split off into a separate school, and I was the first graduate of the new school. I was on track to be valedictorian anyway, but I was the only one to walk the line in front of over 100 people.



Tony Gingras, Program Manager:

They were all special mile markers, but I think graduating from Marine Corps boot camp was the best. My mother attended when I graduated with my Bachelors and Masters, and she was proud. This month, my son is graduating from eighth grade and my brother is graduating from high school, so that is very special to me. We also had three Lean Six Sigma black belt candidates graduate recently.

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Using Exercise to Beat Stress



Chrissy Randle is ready to "Step It Out" at the YPG fitness challenge for 2015 with members of her team. (Photos by Mark Schauer)

Submitted by Paul J. Kilanski,
Family Advocacy Program Specialist

Get active

Nothing can beat regular exercise as a stress-busting technique. The result of the 'fight or flight' reaction is that our bodies go into a state of high arousal but there is often nowhere for that energy to go, so our bodies can stay in this state for hours at a time. Exercise is the best way to dissipate the excess energy, especially if you have a sedentary job.

It's a good idea to channel your energy into proper exercise, be it a brisk walk, a run, a bike ride or a game of squash. You don't need to join a health club- exercise can be as informal as taking the dog for a walk, or dancing at home to your favorite music.

Experts recommend that we exercise

at a moderate intensity for a minimum of 30 minutes, most days of the week. And there are many reasons to do so.

Exercise not only improves health and reduces stress, it also relaxes tense muscles and helps you to sleep. It causes the release of chemicals called endorphins into your bloodstream, making you feel relaxed and happy. As such, it can be a helpful tool in fighting depression and anxiety, as well as keeping you trim and reducing your risk of heart conditions and stroke, managing high blood pressure, diabetes and back pain. All in all, fit people are better able to handle the long-term effects of stress without suffering ill health.

What to choose

Walking, jogging, swimming, cycling, aerobics classes or DVDs, and dancing are all great forms of

exercise. If you choose something you enjoy, it won't feel like a chore. It is also a good idea to vary your activities to avoid boredom. For example, if you normally exercise indoors, try an outdoor activity. Exercise should be fun. It's difficult to keep going with an exercise program that you don't enjoy.

Exercising with a friend might encourage you to keep it up longer, and try activities that will make you forget you're exercising, such as roller-skating or flying a kite.

Excuses, excuses!

If you find yourself making excuses, write them down and assess each one.

Perhaps you say:

- I don't have the time/money.
- I am not the sporty type/no good at exercise.
- I don't enjoy exercise.
- I am too old/tired/overweight/self-conscious.
- There are no facilities close by.
- I can't be bothered.

However, exercise doesn't have to take place at the gym or on a treadmill.

Anyone can exercise even without spending money, leaving the house or

having a particular skill. And everyone feels better afterwards. Just remember to warm up and cool down, to avoid injury.

Walking

Even the least fit among us usually are able to incorporate some walking into our schedules. An organized walking routine can be a great form of aerobic exercise. It's free, and strengthens the heart and lungs as well as the legs. It also helps to prevent osteoporosis, lowers blood pressure and cholesterol, helps with diabetes, and increases flexibility. Walking for 30 minutes most days can be an easily achievable target, perhaps walking all or part of the way to work, or a 15 minute burst at lunchtime and another in the evening. As your fitness improves, you could even try alternating with a slow jog. Taking the stairs instead of the elevator is a choice that will become automatic after a short time.

Yoga

Yoga reduces stress and improves strength, flexibility, coordination, circulation and posture. It may even reduce the frequency of asthma attacks. Yoga is an ancient Indian practice, dating back more than 5000 years. The word yoga means union, and was originally designed to lead to union of the human spirit with nature. However, today many people use it as a technique to link the body and mind in a way that encourages peacefulness and relaxation. It uses stretching postures, breathing, and meditation techniques to calm the mind and tone the body. There are different types of yoga, but almost of those used in the West are forms of Hatha Yoga. This is a combination of asanas (physical exercises and postures), pranayamas (breathing techniques) and meditation. You can learn about yoga from books and videos, but the best way is through attending a class with an experienced instructor. SEE **STRESS** page 10



Members of the YPG workforce, join in on the YPG fitness challenge as they walk early on the morning of April 30th.

STRESS

FROM PAGE 9

Tai Chi

Also known as tai chi ch'uan, this form of martial art will help to reduce stress and improve strength and flexibility. Based in the Chinese Taoist philosophy, it was developed for health, self-defense, and spiritual development. It combines a series of gentle physical movements and breathing techniques, allowing you to experience a meditative state. The idea is that it facilitates the flow of chi

(“life energy”) through the body by dissolving blockages both within the body and between the body and the environment. Through concentration, coordinated breathing and slow, graceful body movements, it aims to increase well-being.

It has recently been found that Tai Chi has physiological and psychosocial benefits and promotes balance control, flexibility, and cardiovascular fitness in patients with chronic health conditions. Tai chi is now practiced all over the world and, as with yoga, it's best to learn from a qualified teacher.

SAFETY CORNER

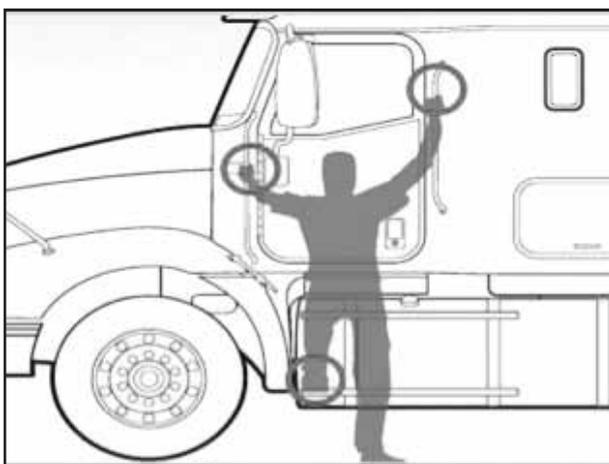
Entering, exiting a vehicle safely

Submitted by YPG Safety Office

Inattention, speed and rushing in an emergency are all causes of injuries sustained while entering and exiting a vehicle.

Three points of contact:

The Three-Point Contact System is designed to keep you safe and injury free. Maintain three-point contact at all times when getting on/in or off/out of a vehicle: two hands and one foot, or two feet and one hand, until you are securely seated or firmly on the ground.



Safely entering & exiting a vehicle

Face the vehicle when you enter. Use the grab bar to assist you as you climb. You can also use a seat or other fixed object if a grab bar is not available. Don't grab the steering wheel—it can turn suddenly and throw you off balance—or the door/handle unless there's a grab handle intended for this purpose. You may need to change hand/feet positions while entering and exiting.

Examine the ground before you exit. Look for water, cracks, rocks, and uneven surfaces. Use each step until you reach the ground. Never jump down or “fall” forward out of a vehicle; clothing can catch on the door handle, seat adjustments, seat belt, etc. resulting in a potentially serious, uncontrolled fall.

And remember...

- Only climb on dedicated stepping areas; fuel tanks and fenders can be slippery.
- Maintain three-point contact at the most direct and secure points until you reach the ground, vehicle seat, or other stable platform.
- Never enter/exit a moving vehicle.
- Make slow, deliberate movements to avoid slips or falls. Always, wear shoes with sturdy, no-slip soles.
- In hot and cold weather, wear gloves to help you grip hand railings.



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- 5** Turn in your completed Treasure Map Entry Form along with your proof of loan application to the ERA Matt Fischer REALTOR® office at 2755 S. 4th Avenue.

Completed entries will be accepted March 27th through May 29th.
Grand Prize Drawing to be held May 30th at Sunset Mountain Villas.
No Purchase Necessary to Enter or Win.

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iPad with accessories
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San Diego Padres Package
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Sofa Sectional

Grand Prize

Swimming Pool Installed in your home.
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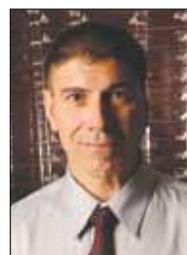
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