



U.S. ARMY®



# Welcome to the Community Action Council Announcements

COL Hollie J. Martin  
Garrison Commander  
USARMY

May 05 2020



# Logistics NCO Academy

UNCLASSIFIED//FOUO

## Army Value - Selfless Service

### PPE MASK MAKERS

Field-Fabricators of Personal Protective Equipment

#### WHO WE ARE

Founded on March 28, 2020 by active duty and retired military EOD technicians, PPE Mask Makers is a coalition of fabricators whose innovative outlook and passion for public service turned into helping first responders without adequate personal protective equipment (PPE) deal with the COVID-19 crisis.



#### HOW WE GOT HERE

At the onset of the crisis, SSG James Ahn made several observations about PPE:

- There is a critical shortage for our first responders on the front lines.
- Industry members stepping up to fill equipment gaps need time to ramp up.
- EOD and bomb techs and members of maker groups have fabrication capabilities & equipment that could help.
- We needed a design for face protection that overcomes raw material shortages.

#### GET INVOLVED IN OUR NATIONWIDE EFFORT:



Ghengisahn175@yahoo.com (based in VA)  
GL2814MD@gmail.com (based in MD)  
Paypal.me/Ghengisahn175

#### OUR GROWING COALITION

**JAMES AHN** founded coalition as a critical stopgap in the PPE shortage until industry ramps up production. Members include:

- **GARY LEDDER & TEAM** – technical SMEs in manufacturing, fabricating & tooling
- **50+ fabricators** from around the country, and the ranks are growing
- **DAGER TECHNOLOGY** – experienced in building, characterizing, and validating field fabricated tools

#### HOW YOU CAN HELP

**DONATE:** We are accepting donations for raw materials used to fabricate face shields. All donations are used exclusively on component parts.

**BUILD:** If you have 3D printing capabilities and a drive to jump in and help, contact us and follow the instructions on the back to produce face shields.

**REQUEST:** If you are a first responder, please contact us, share the needs of your facility, and get on our list for donated face shields.

### INSTRUCTIONS FOR BUILDING FACE SHIELDS

For complete instructions, please contact ghengisahn175@yahoo.com.

**Please Note:** While there are many open source designs for face shields and masks online, PPE MASK MAKERS tailored this design to overcome shortages in certain supplies such as elastic, and to meet as many industry standards for face shields as expedient. Materials needed include a 3D printer with a rigid filament and a semi-flexible PETG filament, a 3-hole punch, and 8x11 transparency film.

#### STEP 1

##### 3-D Print the Visor

Download the print instructions for the visor at <https://youmagine.com/designs/protective-visor-by-3dverkstan>. Thanks to the open source design of the 3DVerkstan team in Sweden, this visor prints in less than an hour, requires no elastic, and is comfortable and durable.



#### STEP 2

##### Attach the Shield to the Visor

3-hole punch sheet of 8x11 transparency film, or 3M Scotch thermal laminated sheet, then attach it to the notches in the visor.



#### STEP 3

##### 3-D Print the Dog Bone

Download the print instructions for the dog-bone shaped mask strap from <https://3dprint.nih.gov>. This simple strap is used with the medical face mask to relieve pressure on the ears.

#### Assembled Face Shield



SSG Ahn was recognized by Hon. Michael Smith, a Member of the House of Representatives, for his outstanding efforts

To volunteer or donate to this effort, contact SFC Phongsay, Phianthong at (915) 270-5416







# ALU Support Battalion UMT

*Army Value - Selfless Service*

## Commissary Volunteer Program (Concierge Shoppers)

ALU Support Battalion is proud to partner with Garrison and the RSO in assisting with the Commissary Volunteer Program

### This Program Requires the Following

1. Must not be in a high “at-risk” category
2. Must be willing to participate in serving
3. Must be vetted and able to log volunteer hours
4. Must be on the RSO current vetted background list
5. Be willing to have minimal training for this initiative

If you are anyone you know is interested in volunteering to participate in this service, please contact CH Kimberly Ingram, ALU SPT BN Chaplain at (804) 720-8267 or SPC Lenica Lomeli, ALU SPT BN RAS at (929) 378-5024





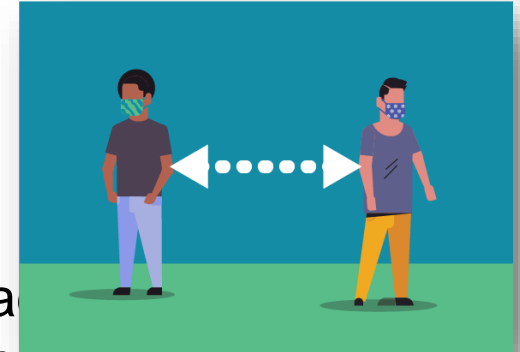
# The Community Action Council (CAC)

## Kenner Army Health Clinic

### CDC Guidance

#### Social Distancing and gatherings

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups, no more than 10 in a space
- Stay out of crowded places and avoid mass gatherings



#### Washing Hands

- At least 20 seconds

#### Wear of face/mask coverings

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape





# The Community Action Council (CAC)

## Kenner Army Health Clinic

**All beneficiaries enter through the single point of entry by A Ave parking lot. *Must wear a mask to enter building.***





# The Community Action Council (CAC)

## Kenner Army Health Clinic



**Drop Off  
and Drive  
Thru  
Pharmacy**

**0800-1200  
1300-1530**







# The Community Action Council (CAC)

## Kenner Army Health Clinic

### Inform your Supervisor...

- **If you have symptoms**
- **Need to have COVID-19 test**
- **Completion/Results of test**

**These symptoms may appear 2-14 days after exposure to the virus:**

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell





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## Kenner Army Health Clinic

- Rapidly evolving situation
- Updates will be communicated via on the Fort Lee website at <https://home.army.mil/lee/index.php/COVID-19> and Kenner Facebook page at [www.facebook.com/kenner.ftlee](https://www.facebook.com/kenner.ftlee)





# Fort Lee Religious Support Office

Fort Lee UMTs are providing continual religious support through:

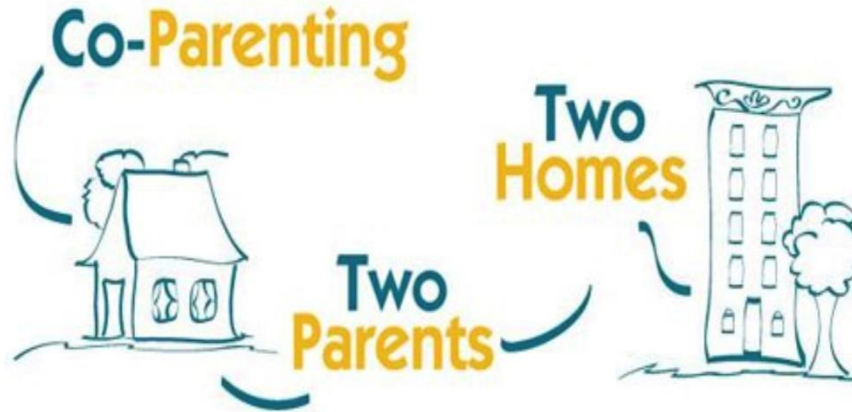
- ~ Virtual Worship Services
- ~ Word of the Day (social media)
- ~ App-based spiritual resiliency studies
- ~ Confidential counseling
- ~ Free streaming of religious studies  
on Rightnow MEDIA ©





# The Community Action Council (CAC)

## *Army Community Service*



**What: Co-Parenting, Two Homes, Two Parents**

**When: Saturday, 16 May & 20 June, 2020, 0800-1200**

**Where: Free Conference Call Online Meeting**

**Who: Service members and Family members who are court mandated due to divorce and child custody mediation**

**\* REGISTRATION IS REQUIRED**





# The Community Action Council (CAC)

## Life at Lee Bingo

Fort Lee Family and MWR has put together a special Bingo card just for you, your family, and your friends to help you stay busy. All you have to do is download the Bingo card and start playing.

Once completed, submit your card:

- + Post your Bingo card to your Instagram Page or in your Instagram Stories and tag us @FortLeeFMWR
- + Direct message your Bingo card to us on Facebook or Instagram @FortLeeFMWR

Each Wednesday, we will randomly select people to win one of our fandanas, that doubles as a face covering.

For more information, please visit  
<https://lee.armymwr.com/promos/life-at-lee-bingo>

# B I N G O

Complete a Wellbeats workout

Decorate for the Neighborhood Window Walk

Give someone a compliment

Organize a room, closet, or space

Read "A Military Spouse's Guide to Fort Lee and MWR"

Finish reading a book

Play a card or board game

Go for a walk in your neighborhood

Learn a new skill

Cook Mickey Mouse pancakes

Watch a historical documentary

Order takeout from Sustainers' Pub



Take a virtual tour

Run or walk a mile

Cook a special meal just because

Complete one of Fort Lee Fitness' workout videos on Facebook or Instagram

Video chat with a friend of family member

Try a new food

Drive through Battlefield

Play license plate game

Comment on 5 friends' posts you don't normally talk to

Like Fort Lee MWR on Instagram

Complete the Fort Lee MWR Customer Needs Survey

Check out an ebook

Complete tasks and show us your Bingo!

@FortLeeFMWR





# The Community Action Council CAC)







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# The Community Action Council (CAC)

Have your say on Fort Lee's family activities, special events and more by taking the...

## Family and MWR Customer Needs Survey

Complete the survey for a chance to  
**WIN** one of our exciting prizes  
with values ranging from \$25 - \$200!

### Prizes:

Two Escape Room Certificates  
Four Movie Tickets  
One \$25 Swaders Gift Card

**ESCAPE**  
OLD TOWNE



Paid sponsorship. No federal endorsement implied.



[LEE.ARMYMWR.COM](http://LEE.ARMYMWR.COM)



**FORT LEE FMWR**







# The Community Action Council (CAC)

Family and MWR **ACS** Army Emergency Relief Program



## AER Campaign 2020

Now - May 15

Every donation helps! Please take a moment to donate.

Visit **AERHQ.ORG** and **donate online, Fort Lee Code: 01016**

DETAILS: (804) 734-7952



LEE.ARMYMWR.COM



FORT LEE FMWR





# The Community Action Council (CAC)



## MWR CANCELLATIONS



Visit **[lee.armymwr.com](http://lee.armymwr.com)** for a full list of postponements & cancellations.





# The Community Action Council (CAC)

## 5 TIPS

### DISCOVER AND NAVIGATE LEE.ARMYMWR.COM EASILY AND EFFECTIVELY

Find all the information you need on our website. Events, childcare, sports and more! Lee.armymwr.com is your source for what's happening with Family and MWR.

1. Visit [www.lee.armymwr.com](http://www.lee.armymwr.com)

2. Find events in a calendar format

3. Search for events specific to each category under the "More" Menu

4. Find a list of all Family and MWR Facilities & Programs

5.

Click on any **Event Graphic** for specific information







# The Community Action Council (CAC)

AT HOME OR ON THE GO...  
STAY CONNECTED WITH  
FORT LEE FAMILY AND MWR



@FortLeeFMWR  
[www.lee.armymwr.com](http://www.lee.armymwr.com)





# The Community Action Council (CAC)

**Next CAC  
Scheduled for 09:30  
June 02, 2020**

