



U.S.ARMY®



Dugway Community Town Hall

Tuesday, 28 February

Bldg. 5450 HQ Auditorium



Agenda

- ✓ **Intro: New Community Members**
- ✓ **Integrated Priorities List**
- ✓ **Housing:**
 - **Rental Rates**
 - **Project Updates**
- ✓ **DPW Project Updates**
- ✓ **Safety**
- ✓ **Commissary/AAFES**
- ✓ **Chapel/Services**
- ✓ **Wellness/Stress Management**
- ✓ **FMWR Community Programs & Services**
- ✓ **ICE Feedback**
- ✓ **Community Open Discussion**
- ✓ **Closing Comments**





New Resident Introductions



WELCOME

CSM Rawls





FY23 Integrated Priorities List

People

- Special Pay Allowances
- DPG Education Opportunities (School)
- Workforce Development
- CYS & Youth Services

Readiness

- DAIG/CDC/HHA Inspections
- WDTC Funding Transfer, FY25 Shortfall, and MILCON
- Medical and Behavioral Health

Modernization

- MILCON Projects
- Commercial Communications Antennas
- Water and Energy Resiliency
- Housing Plan and Path Forward

COL Hoffman
Brian Peterson





DPW – Army Family Housing

Annual Rental Rate Adjustment

This year we are experiencing a rent increase in housing. This information comes from the department of interior and the increase is due to inflation.

Housing Market Analysis (HMA)

- Conducted by the Department of Interior every 4 years.
 - Last Analysis: 2019
 - Next Analysis: April 2023
- Analysis compares Colorado, Utah, and Wyoming market rates
- Isolation adjustments are considered and factored into discounts of the rental rate.
- The HMA assesses the capacity of the area's housing market to provide Dugway personnel with housing meeting U.S. Army and DoD criteria. That criteria includes:
 - Location
 - Affordability
 - Quality
 - Number of Bedrooms

Consumer Price Index (CPI)

- Inflation measures are applied to rent, furnishings, and utilities every year.
- Cost of rent for 2023 increased nationally by 7.4% - **the highest rent inflation in more than 20 years**
- 2023 National Average Utility Increases:
 - Fuel Oil is up 59%
 - Natural Gas is up 34%
 - Propane is up 13%
 - Electricity is up 16%
- Government housing provides these utilities as a flat rate.

COL Hoffman
Brian Peterson





DPW – Army Family Housing

Annual Rental Rate Adjustment

<u>AREA</u>	<u>BDRM</u>	<u>AVG</u> <u>FY 19 RATE</u>	<u>AVG</u> <u>FY 20 RATE</u>	<u>AVG</u> <u>FY 21 RATE</u>	<u>AVG</u> <u>FY 22 RATE</u>	<u>AVG</u> <u>FY 23 RATE</u>
ARMITAGE	4	\$1,974.00	\$2,075.00	2,152.00	1,963.00	2,117.09
EAST WHERRY	2	\$ 569.00	\$ 609.00	672.00	740.00	819.88
EAST WHERRY	3	\$1,051.00	\$1,061.00	1,128.00	1,151.00	1,240.66
EAST WHERRY	6	\$1,583.00	\$1,608.00	1,697.00	1,648.00	1,775.95
MOUNTAIN VIEW	2	\$ 832.00	\$ 859.00	928.00	917.00	975.40
MOUNTAIN VIEW	3	\$1,243.00	\$1,273.00	1,354.00	1,318.00	1,414.86
MOUNTAIN VIEW	4	\$1,450.00	\$1,476.00	1,563.00	1,497.00	1,606.89
RENEAU COURT	3	\$1,539.00	\$1,577.00	1,720.00	1,587.00	1,718.07
RENEAU COURT	3	\$1,699.00	\$1,790.00	1,682.00	1,692.00	1,826.69
RENEAU COURT	4	\$1,709.00	\$1,765.00	1,874.00	1,722.00	1,857.19
ST. JOHNS	3	\$1,704.00	\$1,790.00	1,884.00	1,680.00	1,812.45
5132	1	\$ 566.00	\$ 582.00	659.00	524.00	573.20
5220	1	\$ 182.00	\$ 188.00	393.00	405.00	430.56
5140	1	\$ 529.00	\$ 545.00	370.00	343.00	371.40

COL Hoffman
Brian Peterson



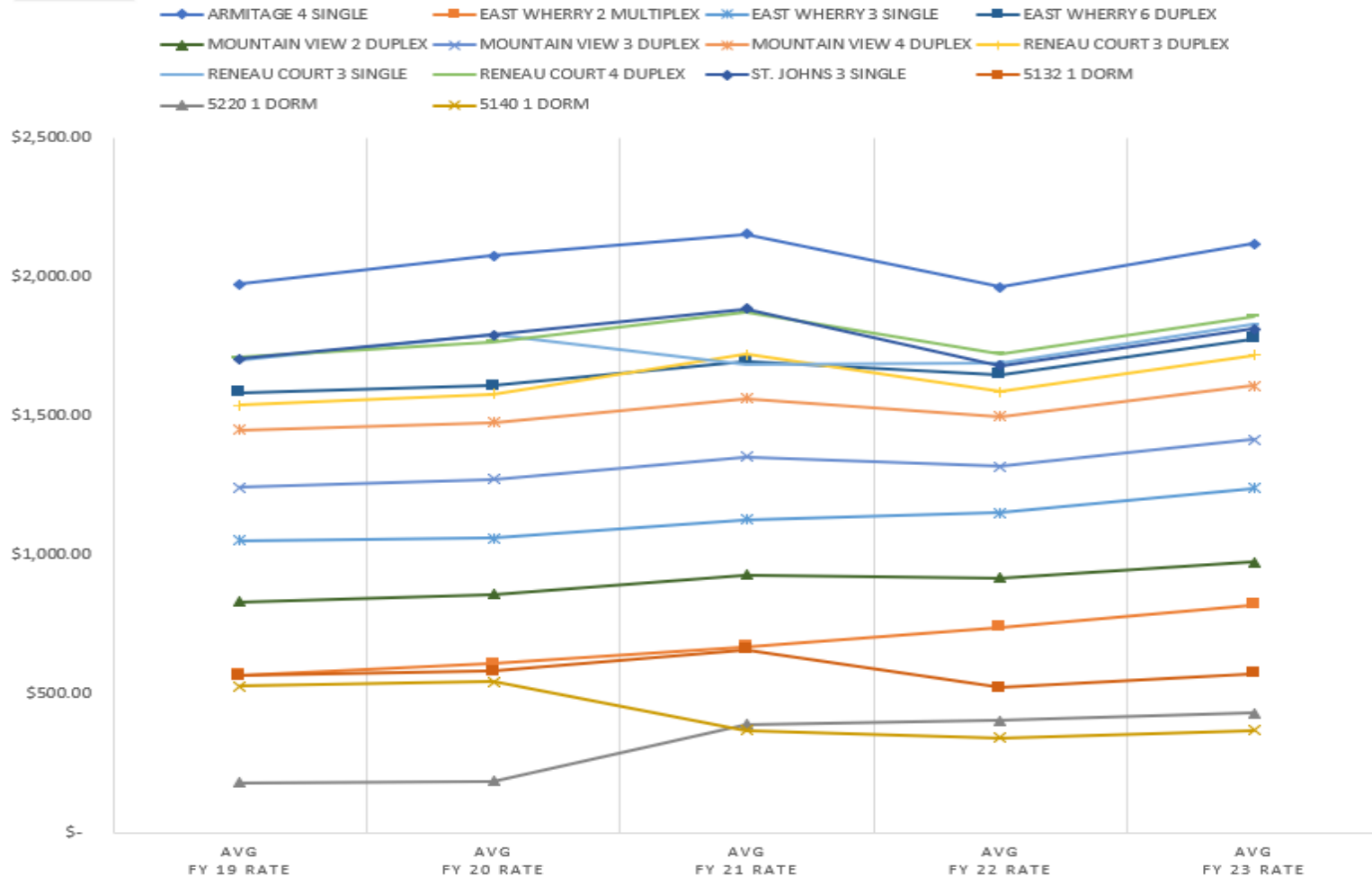


DPW – Army Family Housing

Annual Rental Rate Adjustment

Chart Area

HOUSING RATE ANALYSIS BY HOUSING TYPE FY19 - FY23



COL Hoffman
Brian Peterson





Housing Projects

Completed Projects:

- Mountain View AFH HVAC
- Several large IJO's
- New concrete at basketball court and pavilion. Pavilion painted.
- In the fall we brought the level of landscaping back to Pre-Covid levels.

Projects underway:

- Mountain View Concrete Project: Driveways, sidewalks and aprons. (Pinyon is complete.)
- Bringing housing that was slated for DEMO back into the rental pool.
- Remaining AFH units in East Wherry HVAC
- Converting some UPH back to AFH

Projects in Planning:

- Mountain View AFH Electrical Panel Replacement/Upgrade
- Mountain View AFH Water Heaters and Water Softeners
- AFH Common area parks and playgrounds
- Pickle Ball courts
- New Pavilion with grills and tables
- New Basketball hoops

Gary Christensen





Housing Concerns:

- Spring is getting closer and with that comes the requirement to water, cut and trim lawns, and landscaping.
- We have increased the level of landscaping the contractor performs and will continue at the increased level. This means the vacant houses and common areas will be cut and trimmed regularly.
- Mice and Rodents
 - We experienced a high level of mice last year and we are expecting the same this year. With this comes other problems including snakes.
 - We will be taking some new precautions for mice and rodent mitigation. We ask for your help in letting us know about problem areas.
 - Remember that normal pest control issues inside the housing units are the responsibility of the tenants. We have a large number of traps and other mitigation supplies at the Self Help Store for your use.

Gary Christensen





DPW Projects Planned FY23

Top Sustainment Projects FY23

- Replacement Marquee Sign
- Repair Fire Station PA System
- Water Supply & Fire Hydrant at ACP-1
- Repair Avery Sewage Lift Station
- Comprehensive Energy and Water Evaluation
- Repairs to Building 4132
- EV Charging Stations for GOV Phase 2
- Repair HVAC, Bldg. 4153
- Repair Uninterruptible Power Supply, Bldg. 4156
- Repair HVAC, Bldg. 4153
- Repair Exhaust Fans Bldg 4015
- Design for Ditto Fire Station Repairs

Brian Peterson





Old High School/Elementary School Demolition

- Contract was awarded FY22
- Contractor has been given Notice to Proceed
- Demolition set to begin late February.

Brian Peterson





Safety

Gun Safety Tips

- Lock your weapons away so that only you can reach them.
- Invest in a weapon's cabinet which only you will be able to open using a key or a combination. (Keep it locked at all times when not in use and away from children)
- Lock Ammo away separately.
- Organize guns such as hunting rifles and ammunition.
- Ensure that any additional pistols or firearms are stored separately from one another so that there isn't confusion between firearms.
- Keep your weapons clean. Keep all your weapons unloaded and use trigger locks on all guns when not in use.
- Ensure all weapons that are brought on post are registered.

If you own a firearm, the AAP recommends it be **stored unloaded, locked up** (lock box, cable lock, or firearm safe), with the ammunition stored separately.



Every day,

78 children,



teens and young adults are **injured or killed** by guns in the United States.

= death = injury

Source: CDC WISQARS database including data for all races, ages 0-21, from 2013-2016.

Children as young as **3 years** may be strong enough to **pull the trigger** on a handgun.



Rick Harrison





DeCA



Phone Number: (435) 831-4773

Ask about the Military Star Card!

Don't forget to set up
your online account at
shopmyexchange.com



Store Secretary: (435) 831-2164
Store Manager-Dominic Perez
(435) 831-3465

Click2Go with online ordering and
curbside pickup!

Order at shop.commissaries.com

Or

Use the **Digital Garrison App**



Brian Peterson





Religious Support Office

We are here to serve you and your family!!

Worship Services

Protestant Service

Pastor Christ Begnaud
Sunday @ 1300

Catholic Mass

Father Rafael Ventura
Wednesday @ 1800

Contacts:

Garrison Religious Affairs NCO
SGT Charles King
DSN: 435-831-2431
Cell: 229-326-8034

Brian Peterson





Religious Services & Counseling Resources:

- **Suicidepreventionlifeline.org:** 1-800-273-8255 or call **988**
- **Susan Lohnes (Employee Assistance Program Coordinator) :** 435-833-2852
- **SAMHSA National Hotline:** 1-800-662-4357
(Mental/Substance Abuse disorders. English and Spanish)
- **Dugway Emergency Call 911** or 435-831-2929 Dispatch
- **SafeUT Crisis Chat and Tip Line:** 833- 372-3388
or the Safe UT app on your phone
Office: 435-831-3611
- **211utah.org**
Dial 211 to connect with services such as food resources, legal aid, education, transportation and more.
- **National Human Trafficking Resource Center:** 1-888-373-7888
or the Utah Attorney General Tipline: 801-200-3443

Brian Peterson





Wellness/Stress Management

Relaxation: A conscious effort to relieve excess tension in muscles and to provide temporary mental and emotional respite.

- Stress is a good thing. Too much stress is a bad thing.
- Stress can come in many forms. Typically we experience unhealthy stress when we have deficits in any of the 5 pillars of wellness...Emotional, Social, Physical, Spiritual, and Family.
- Financial wellness, friendships and associations, work/life stressors are all found within those 5 pillars.

"FIGHT OR FLIGHT" ACUTE STRESS RESPONSE

-Increased blood flow to brain;
Increased production of
catecholamines (epinephrine,
norepinephrine, dopamine)
which help to facilitate cognitive
performance

-Pupils dilate/Peripheral
vision is reduced

-Heart rate increases

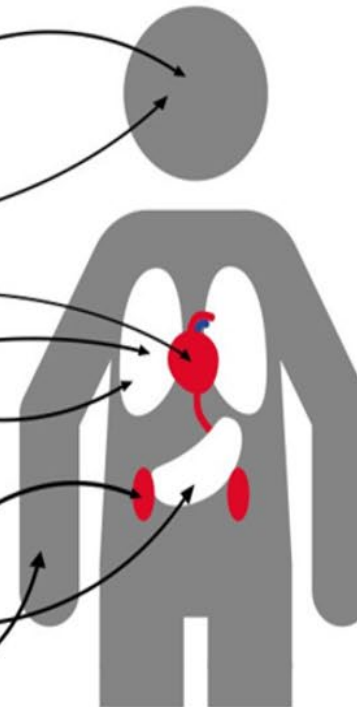
-Faster, deeper breathing

-Increased blood flow to large
muscle groups

-Adrenal hormones (cortisol and
DHEA) released, resulting in
increased energy mobilization

-Digestion slows dramatically

-Blood pressure increases



REACTIONS

- Increased alertness
- Increased short term strength
- Increased ability to handle stress
- Heightened ability to focus
- Increased oxygen to the brain
- Faster, deeper breathing
- Heightened sense of smell
- Body and mind are hyper-alert

OTHER RESPONSES

- Perspiration increases to cool body
- Muscle tension increases to prepare for "fight or flight"
- Saliva production decreases
- Metabolism speeds up considerably
- Inflammation increases
- Blood flow from skin surface is diverted to larger muscle groups & brain
- Body extremities can change temperature
- Blood pressure increases

Greg Mason
Arzu Twitty





Wellness/Stress Management

What are relaxation techniques?

Relaxation techniques are practices to help bring about the body's "relaxation response," which is characterized by slower breathing, lower blood pressure, and a reduced heart rate. The relaxation response is the opposite of the stress response.

What are the different types of relaxation techniques?

- **Progressive Relaxation:** Involves tensing different muscles in your body and then releasing the tension.
- **Autogenic Training:** A series of mental exercises involving relaxation and ideas you suggest to yourself
- **Guided Imagery or "Visualization":** You picture objects, scenes, or events that are associated with relaxation or calmness and attempt to produce a similar feeling in your body.
- **Biofeedback-Assisted Relaxation:** Through feedback that is usually provided by an electronic device, you learn how to recognize and manage how your body responds.
- **Self-Hypnosis:** Produce a relaxation response when prompted by a phrase or nonverbal cue of their own.
- **Breathing Exercises:** Focus on taking slow, deep breaths—also called diaphragmatic breathing.



You have to learn to BE different. Stress and relaxation techniques are good...and helpful...but unless we are actively working on changing both who we are and our circumstances, 'tools' will fail us.

You can lie to others...you cant lie to yourself

Greg Mason
Arzu Twitty





Marketing Coordinator

Welcome:



Marah Conner

Marketing Coordinator, DFMWR

Phone: (435) 830-6089

Email: marah.g.conner.naf@army.mil

Jerome Vos





Welcome:

Kavon Avent

Army Community Services Specialist

Phone: (435) 831 2387

Email: kavon.r.avent.civ@army.mil

Jerome Vos





Army Community Services

ARMY COMMUNITY SERVICES

ACS Chief

Greg Mason

Office: ACS Building

Office Hours: M-TH, 07:00-17:30

Office Phone: (435) 831-2834

Email: gregory.a.mason8.civ@army.mil

ACS Specialist

Kavon Avent

Office: ACS Building

Office Hours: M-TH, 07:00-17:30

Office Phone: (435) 831-2387

Email: kavon.r.avent.civ@army.mil

Family Advocacy Program

Arzu Twitty (FAPM)

Office: ACS Building

Office Hours: M-TH, 07:00-17:30

Office Phone: (435) 831-2260

Email: arzu.twitty2.civ@army.mil



SHARPTM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

Diane Singh (SARC/VA)

Office: ACS Building, Rm #237

Office Hours: M-TH, 07:00-17:30

Office Phone: (435) 831-2120

Email: diane.m.singh.civ@army.mil

24/7 CRISIS HOTLINE
(435) 830-8896

Jerome Vos





MWR Happenings

Outdoor Recreation and Sports Fitness & Aquatics Upcoming Activities

- Mess-Free Painting with Yoga Class on Thursday March 09 @ 1700 in the Shocklee Fitness Center. We will be creating mess-free art with the movements of our bodies on our yoga mats. Class Cost is \$5 per person. You can register day of.
- ODR/Dugway Fire Department will be holding a Bushcraft Cooking Class outside at Shocklee Fitness Center on Thursday March 23 @1700. Participants will be able to cook a meal in a simulated bushcraft experience. Class Cost is \$5 per person. You can register day of.
- Snowed-In Event, Thursday, March 30, Shocklee Fitness Center (Hours are subject to change for later times than indicated on flyer). Event is FREE to all participants; children are required to be accompanied and supervised by an adult 18+.



Contact Information available on Digital Garrison App

Jerome Vos





MWR Happenings

Outdoor Recreation and Sports Fitness & Aquatics News:

- **New Gym Equipment** – Shocklee Fitness Center has received 2 new treadmills, 6 new Spin Bikes and 1 new Versa Climber that are up and running for all to enjoy during their cardio workout.
- **Rock Shop – Working on Opening** – Outdoor Recreation is in the process of repairing the equipment, finding and relocating the old Rock Shop Equipment to a new location for patron usage again. ODR is planning on having a ***Dugway Geode Finding and Cleaning Day Trip to Topaz Mountain on Friday, May 19, @ 0900.***



Contact Information available on Digital Garrison App

Jerome Vos





Child & Youth Services

- **CYS is HIRING!** Full-Time, Part-Time & Flex openings. We currently offer 50% off childcare costs for the first child, and 20% for each additional child. Currently offering a recruitment incentive of \$1000! Please apply on USAJOBS, [USAJOBS - Job Announcement](#).
- **CYS Teen Room** is open, every Wednesday from 1530-1800. All children must be registered to attend! We've got billiards, art projects, PS4's, Nintendo Switch's, with all of the new games! Come hang out with us and see what we have!
- Open enrollment in our **School Age Center** for *both before and after* school care! Offering full-day care for Spring Break. **Walking With The Dinosaurs from 3-6 April**. Call CYS for registration and pricing info 831-3345.



Contact Information available on Digital Garrison App

Jerome Vos





Community Club / Ditto Diner

HANDMADE PIZZA

Every Thursday



Community Club



SMALL 7"

- Cheese.....\$6.00
- Pepperoni.....\$7.00
- Meat Lovers.....\$8.00
- Supreme.....\$9.00

SPECIALTY

- Veggie.....\$9.00
- Hawaiian.....\$6.50
- Buffalo Chicken.....\$8.50
- Bar B Que Chicken.\$8.50

LARGE 16"

- Cheese.....\$11.00
- Pepperoni.....\$13.00
- Meat Lovers.....\$15.00
- Supreme.....\$16.00

SPECIALTY

- Veggie.....\$16.00
- Hawaiian.....\$12.75
- Buffalo Chicken.....\$12.75
- Bar B Que Chicken.\$12.75



Ditto Diner

Monday – Wednesday

0600 – 0900 & 1030 – 1330

Thursdays

1030 – 1330

Community Club Bar

Wednesdays

1800 – 2000

Thursdays

1800 – 2200

Community Club

Monday – Thursday

1700 – 2000

Tuesday-Wednesday

1030 – 1330

Daily Specials! Call-In Orders Recommended!

Community Club: 435-831-2901 Ditto Diner: 435-831-5193



Jerome Vos





**WE WANT
YOUR
FEEDBACK**



Brian Peterson





Questions





Closing Remarks

- Mr. Brian Peterson
- Mr. Chris Damour
- CSM Rawls
- COL Hoffman

A Great Place to Work, Live, and Play

Next Community Town Hall: May 16, 2023

