



ENERGY CONNECTION



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A MESSAGE FROM THE COMMANDER Brig Gen Jimmy Canlas

It's hard to believe that we're closing out another fiscal year. As we go into the home stretch, I want to thank the Energy team for your unwavering dedication. COVID-19 continues to throw us challenges postponing, once again, events like the DLA Energy Hall of Fame. We're planning to hold a hybrid ceremony in early 2022 where our 2020/21 inductees can be highlighted in a live video feed to the workforce. More to follow.

A huge shout out to the DLA Energy America's team for their FEMA support and close coordination with suppliers and DFSPs to ensure adequate levels of supply for Hurricane Ida recovery. Thank you to the five Task Force Americas members who deployed to Louisiana and Mississippi to oversee the FEMA fuels contingency contract: Dan Schmidt, Melissa Rodriguez, Jeff Cotton, Calvin Williams, and Army TSgt Dominic Mersino. Your dedication is admirable.

By now, you've probably read or heard about [Executive Order 14043](#) that requires all Federal Executive Branch employees to be vaccinated against COVID-19. The Safer Federal Workforce Task Force issued [new FAQs](#) and [updated guidance](#), which states all Federal employees must be fully vaccinated by Nov. 22, 2021. DLA continues to wait for implementing instructions from the DoD. As soon as more information is available, we will share it with you. Anyone with questions concerning the vaccine mandate can email Energy.SCG@dla.mil.

Please continue to stay healthy and balanced. Let's monitor our mental and emotional health just as we do with our physical health. The article on the right outlines some ways to help ourselves and others.

Suicide Prevention Month

Suicide Prevention Month is an opportunity to educate ourselves about suicide and raise awareness of signs, prevention tactics and available resources to protect one another against suicide.

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework

- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood

- Difficulty concentrating
- Loss of interest in things you usually find enjoyable and responsibilities
- Thoughts of death or self-harm

Seek professional help:

- Psychotherapy talk therapy—virtual or in person, individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

Mental health is as important as physical health. Do you need help with your mental health? If you don't know where to start, click the graphic to learn more.

Suicide is complicated and tragic. It is also often preventable. Knowing the warning signs can help save lives. Click the graphic below to learn more.

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

- Wanting to die
- Great guilt or shame
- Being a burden to others

FEELING:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

- Making a plan or researching ways to die
- Withdrawing from friends, saying good bye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline 1-800-273-TALK Crisis Text Line Text "HELLO" to 741741

Connections with family, friends, and the community can play an important role in preventing suicide, especially in these unique and challenging times.

We can help each other by standing together and taking every opportunity – in our homes, at work, and in conversations with friends and mentors – to connect with and support one another. Be kind, you never know what someone else may be going through.

5 Action Steps for Helping Someone in Emotional Pain

ASK

"Are you thinking about killing yourself?"

KEEP THEM SAFE

Reduce access to lethal items or places.

BE THERE

Listen carefully and acknowledge their feelings.

HELP THEM CONNECT

Save the National Suicide Prevention Lifeline number 1-800-273-8255.

STAY CONNECTED

Follow up and stay in touch after a crisis.

Learn about what to do if you think someone might be at risk for self-harm by reading these 5 Action Steps for Helping Someone in Emotional Pain. Click the graphic to learn more.

If you're in crisis, there are options available to help you cope. You can call the National Suicide Prevention Lifeline at 1-800-273-8255 any time to speak to someone and get confidential support. The Crisis Text Line is also available. Text "HELLO" to 741741 to be connected to a Crisis Counselor over text.

If you're in crisis, there are options available to help you cope. Call the **National Suicide Prevention Lifeline** at **1-800-273-8255** to speak to someone and get support 24/7.



During National Hispanic Heritage Month Sept. 15 to Oct. 15, we honor the heritage, culture, and contributions of Hispanic and Latino Americans. DLA Energy is highlighting employees for their enduring contributions to the agency's global mission of logistics support to America's warfighters.

[Read this story honoring Army Lt. Col. Jose Medina.](#)

NEWS

DLA Energy South-West Pacific completed a new fuel tanker offload facility on Andersen AFB, Guam.

[More here.](#)



Q&A: [Learn more about how junior employees can broaden their skillsets through technical and leadership capacities.](#)

Reminder: New Outlook retention/deletion policy in effect Oct. 1. Emails will be deleted on a continuous, daily cycle when they are seven years old. [Read more in this DLA Today IT Announcement.](#)

CONDOLENCES

On Wednesday, Sept. 8, Mr. Ronald Staten unexpectedly passed. Ronnie worked in the DLA Energy Terminal Operations branch for more than five of his 31 years of federal service. He served a total of 26 years in the U.S. Air Force retiring as a Master Sergeant while assigned to Air Force Petroleum Office. Following retirement, he served six years as civilian employee with AFPET before joining the DLA Energy team.



Please keep Ronnie's family in your thoughts and prayers.

Mark your calendars!

Oct. 7: Coffee with the Commander 1-2 pm and 5-6 pm EST (Military Personnel only)

Oct. 14: Donuts with the Deputy 10-11 am, 6-7 pm EST, (Business unit/Regional Deputy Directors only)

Nov. 2: DLA Energy All Hands and Supervisor's Town Hall

ANNOUNCEMENTS

Welcome **Dominica "Dom" Gay**, our new DLA Energy Equal Employment Opportunity and Diversity Office Complaints Manager.

She replaces Adrian Morrison who joined the Department of Homeland Security as a lawyer.

Previously, she served in the DLA headquarters EEO office.



The DLA Energy Diversity and Inclusion Committee Special Emphasis Program welcomes two new program managers to the team:

Ms. Gladys White, Black Employment Program Manager

Ms. Pamela (Kris) Lester, Federal Women's Program Mgr

Congratulations and thank you for volunteering!

As a reminder, here are your POCs for the four committees under the DLA Energy Advisory and Integration Council:

Supervisory Committee

- Patti Rivera – Chair
- Caitlin O'Leary – Co-Chair
- Callie Ettleson Lake – Champion

Training Committee

- Ditu Kasuyi – Chair
- Dari Carver – Co-Chair
- Doug Thomas – Champion

Culture Climate Committee

- Natasha Robinson – Chair
- Joy Griffith – Co-Chair
- Greg Thevenin – Champion

Diversity and Inclusion Committee

- Sloane Struse – Chair
- Keith Mills – Co-Chair
- TBA – Champion

Congratulations to **Mr. Michael Park**, chief of DLA Energy Fuel Cards Program Office, for completing Enterprise Level Development Program level 3 – new civilian leaders.

The ELDP level 3 is a comprehensive two-year formal program for new supervisors to build fundamental knowledge of human resource management and interpersonal skills.



For more information, please visit [DLA's Enterprise Leader Development Program website \(CAC-enabled\).](#)