

Recreation is the Name of the Game for Sloan

By Doug Imberi, DDJC Public Affairs

Morale, Welfare and Recreation (MWR) are three words that mean a lot to Ernie Sloan, DDJC's recreation specialist. "It is not something I do," he says. "It is something I am."

Sloan arrived last January to run Defense Distribution Depot San Joaquin, California's (DDJC) recreation program and youth activities for residents of military family housing at Sharpe. Previously Sloan worked at FT Hood as a physical fitness specialist in the MWR area. He also spent about 10 years in Germany's Bremerhaven Community doing recreation work as volunteer.

"I coached youth basketball, helped organize fests, cook outs and started several card clubs," he recalled.

While at FT Hood, Sloan developed a weight reduction program.

"A friend of mine was being discharged from the Army because he couldn't meet the weight standards," said Sloan. "He was a good soldier, only fat. So I said to myself that something needs to be done about it."

Sloan set up a pilot program, in conjunction with the dietician, at the base hospital so that soldiers could reduce caloric intake while exercising. He called it "Fat to Flat."

Sloan met with unit commanders to ensure he was not getting soldiers with more problems than just being overweight. He wanted good soldiers whose only difficulty was meeting the Army's weight standards.

"I wanted them to be outstanding soldiers, whose only fault was they couldn't push their plate away," Sloan said. "It was for the needy, not the greedy."

Every day each soldier would weigh-in. A slow, gradual reduction was the goal. If the soldier weighed more than three



Ernie Sloan, Recreation Specialist, takes a break at the Sharpe Fitness Center.

pounds over that of the previous day, Sloan cranked up the exercise routine.

His biggest thrill came when he helped an E-5 lose 110 pounds in 90 days. "He lost 50 pounds in one month," Sloan said.

At DDJC, Sloan oversees the operation of fitness centers at Sharpe and Tracy, the 20 space RV travel camp for military, the RV storage yard, and youth activities for about 60 dependent youths residing in military housing.

The most important thing on Sloan's mind right now is hearing what kinds of things interest the workforce.

"We've been brainstorming ideas, but I want to do what the people want," said Sloan. "That's what MWR is all about. When you are in good shape you feel better, plus you can work all day and not get tired."

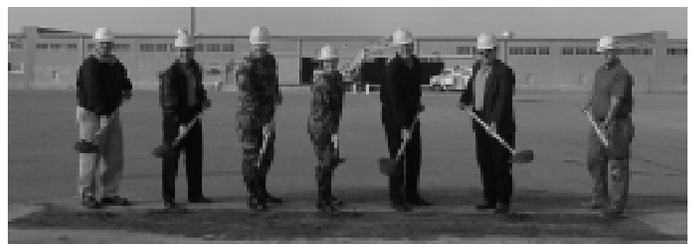
"All of our fitness specialists are certified fitness instructors," said Sloan. "They can help you set up a program and see to it you get all the help you need at the fitness centers."

BG Gainey Breaks Ground for New DDJC Warehouse

By Doug Imberi, DDJC Public Affairs

Defense Distribution Center (DDC) Commander, BG Kathleen Gainey, USA, pictured here in the center, visited DDJC on January 6 to break ground on the new 480,000 sq.ft. bulk warehouse. Joining BG Gainey in the ground breaking ceremony from the left are: Paul Epp, owner of Biltwell Development Company; Rod Tatman, Chief of the Installation Operations Division; COL Edward Visker, USA, Defense Distribution Depot San Joaquin (DDJC) Commander; David Ennis, DDJC Deputy Commander; Joe Perry, Chief of the Bulk Division; and Fred Martin, Project Engineer for the Army Corps of Engineers.

The new general purpose, bulk warehouse, is the first step in a depot modernization program that will replace 12 World



War II era warehouses. The new structure will feature concrete tilt-up walls, steel columns and a maximum stacking height of 26-feet. Construction is expected to be completed by April 2004.

Before construction begins, two warehouses and the box shop, which builds packing crates, pallets and dunnage materials will be demolished. These two warehouses were built in 1943 with wood and later coated with concrete. The WWII structures contain 173,00 sq. ft of floor space and a maximum stackable height of 12 feet.