

DDJC Fire Department Named DLA's Best

The Defense Distribution Depot San Joaquin, CA (DDJC) Fire Department was recently selected as DLA's Fire Department of the Year. The award goes to the department achieving the highest degree of excellence in mission support and fire protection. DDJC's Team Fire is credited with maximizing efficiency and reducing operational costs by partnering with nearby municipalities on contracts for training, tools and equipment, resource sharing, and memberships in several professional organizations.

DDJC Team Fire is also credited with providing a comprehensive fire prevention program including construction plan reviews; facility inspections; fire drills; and fire extinguisher and prevention training for employees. The award also recognizes a progressive and innovative program which includes teams for Hazardous Material Spills, Anti-Terrorism threats to include Weapons of Mass Destruction rescue plans, and Emergency Medical Services response.

"The DDJC Fire Department is one of the best-trained and certified emergency agencies in DoD," said COL Ed Visker, USA, Commander, DDJC. "We are very proud of their accomplishments and more importantly, their commitment to excellence."

Each Fire Fighter is certified as a Fire Fighter 1-2, First Responder/Emergency Medical Technician Defibrillator Technician, Hazardous Materials Technician, Auto Extraction Specialist and several other certifications. The DDJC Fire Department is also recognized as the only DLA activity to have incorporated and hosted the entire DoD Firefighter Certification program.

"I would like to believe that this recognition is actually for 'Team DDJC' as our business is truly a team sport," said DDJC Fire Chief Terry Wyler.

Retired Army Drill Instructor takes Boot Camp to DDJC Fitness Center Classes

Although Defense Distribution Depot San Joaquin, California (DDJC) Transportation Assistant Nathan Womack, retired several years ago from the Army, he is still a practicing Drill Instructor. Every Monday evening you can find him barking out commands to his class at the 24-Hour Fitness Center in Stockton.

For an hour, Womack takes his class through exercises, just like he taught as an Army Drill Instructor for 12 years. After a short period of stretching, he plays military cadence as he leads the group through jumping jacks, push ups, knee benders, mountain climbers and all sorts of other exercises new recruits go through when they enlist.

After calisthenics they do more exercises to work on their abdominal muscles, and then spend the final 10 minutes running and doing cool down stretching. "It is very intense," notes Womack. "It gets your heart rate up. When they are done, they feel like they had a workout."

He also points out that everyone has limitations and cautions them to do only what is within their ability. The class objectives are to build endurance, lose body fat, build muscle and learn discipline. After each exercise he brings the class to attention. If they are not in position, he tells them to drop and pump out 10 push ups.

He has arrangements with several local recruiters who have recruits that can't meet the minimum physical requirements to

enlist. In every class there are at least a couple trying to get in the military.

Parents with kids having disciplinary problems send them to Womack to learn respect for authority. Many of his students are also preparing for careers in law enforcement.



Nathan Womack