



Better Opportunities for Single Soldiers

2017 Annual Training Storyboard Building

7 September 2017

Installation Management Command integrates and delivers
base support to enable readiness for a globally-responsive Army

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Overview

- Storyboard Basics
- Examples
- Purpose
- Constructing the Board
- Next Steps



Storyboard Basics

- What is a storyboard
- Why are They Important
- Who Actually Cares
- What They Should Include
- Where They Go



BETTER OPPORTUNITIES FOR SINGLE SOLDIERS



USAG FORT WAINWRIGHT



EVENT : Vehicle Winterization

DATE: 08 December 2016

LOCATION: FWA Automotive Skills Center

CATEGORY: Life Skills

ATTENDEES: 8

OVERVIEW: A life skills class in Vehicle Winterization was given at the Automotive Skills Center on post. Soldiers were given a 3 hour block on instruction on how to winterize their vehicles in preparation for the Alaskan winter months. One Soldier's vehicle was used as the demonstration vehicle, so he received a full winterization. The other 7 participants each received a battery trickle charger, one oil pan heater pad, a tube of RTV adhesive, and a 3-way extension cord.



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Examples



BOSS Life Skills: Nutrition and Crock Pot Cooking Class



On 20 April 2016 at Havana's, 19 single soldiers participated in a three hour hands on course that covered basic nutrition, healthy food selection, kitchen knife skills and safe food handling concepts under the umbrella of a Crock Pot Cooking Class. In addition to the valuable life skills listed above, the 19 soldiers left with a Crock Pot of their own free of charge that they can use in their barracks to put their new skills in practice.

The first hour of the course was led by Dr. Bret Kugler of Kadena Health Promotions. Dr. Kugler covered basic nutrition concepts as well as making healthy choices at the grocery store and while dining out. SGT Wallace from 10thRSFG led the second hour of the course by showing the soldiers safe food handling and kitchen knife techniques. SGT Wallace also demonstrated a sample recipe in the Crock Pot and the students used the third hour to practice their new kitchen skills.

This event was the first utilizing a new IMCOM funding stream for 'Life Skills' for single soldiers via BOSS. The next BOSS Life Skills events will be SCUBA certification courses during the months of May and June.

Special thanks to Dr. Kugler, SGT Wallace, and the staff at Havana's for making this event possible.

Total expenditures for the event: \$1255.25
Participants: 19
Volunteers: 3 for 9 hours



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Better Opportunities for Single Soldiers Camp Casey/Hovey BOSS, Area 1,



EVENT: LIFE SKILLS/QUALITY OF LIFE/CPR-First Aid, AED
DATE: 1 OCT 2016
TIME: 1100-1800 hrs.
PLACE: Camp Casey Community Activity Center
SUPPORT STAFF: Red Cross/Fred Ware

OVERVIEW

Program Description: This program is mandatory for new and current BOSS reps and Soldiers who chaperone BOSS tours and events. Additionally, this training will be useful to Soldiers who find themselves in a situation, on or off duty, where they may be called upon to assist in an emergency situation. This is a lifesaving skill that everyone should learn to be able to assist in life and death situations.

Goals: Our goal is to ensure that all BOSS council members and other interested Soldiers are afforded the opportunity to learn the lifesaving skills of First Aid, CPR and AED training.

Objectives: Provide First Aid training to all BOSS Council members and other Soldiers on a "no cost basis".

This program allowed Area 1 BOSS council and additional BOSS Reps an opportunity to attend this CPR training class at no cost to the participants. This class allowed 20 participants to attend the training in Area 1. During the training food and beverages were offered to the participants. All participants were delighted about the training and filled out BOSS activity surveys. The total cost of the Life Skills training was \$1,309.90. This training will be conducted again in early January 2017.



Better Opportunities for Single Soldiers Fort Hood, Texas



EVENT : Fort Hood BOSS CPR/AED Life skills event

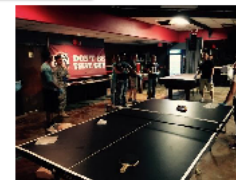
DATE: 1 & 8 August 2016

TIME: 0800-1700

PLACE: BOSS HQ Building 9212, Fort Hood, Texas

SUPPORT STAFF: 30 Participants, 2 MWR Staff Members, 1 Aquatics facilitators

OVERVIEW: FT Hood BOSS partnered with the FMWR Aquatics as part of the BOSS Life Skills program for Single Soldiers. This program was designed to instruct and certify Single Soldiers in CPR/AED Life skills. BOSS coordinated this life skills event to assist and educate Single Soldiers to understand Cardio Pulmonary Resuscitation (CPR) and the use of the Automated external defibrillator (AED), which is a portable electronic device that automatically diagnosis the life threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient. The instructors also went over basic life saving steps, both for adults and children. Soldiers were tested and then certified with a two year certification card after completion of the Life skills event. This was a very interactive event that had the Soldiers thinking and many Soldiers found the training valuable.



Purpose

It's simple!

- Identify Your Audience
- Identify Your Goals
- Tell Your Story



Constructing the Board

1. Start with your Garrison-provided template
2. Identify key information to give
 - A. Dates, locations, participants
 - B. Volunteerism hours, income earned, expenses
 - C. Key takeaway messages
3. Identify photos to tell the story
 - A. Image focus and content
 - B. Size and format
 - C. 2-5 photos
 - D. Captions!
4. Lay out the photos
5. Insert the base information / format for space
6. Expand the story to fulfill your messaging
7. Only use as many words as needed



Next Steps

- Validate!
- QA/QC
- Distribution



BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

USAG FORT WAINWRIGHT



EVENT : Basic Home Economics Series:
"Tighty-Whitey's" (Laundry)

DATE: 19 January 2017

LOCATION: Barracks BLDG 3200

CATEGORY: Life Skills

ATTENDEES: 7 (6 Soldiers, 1 Instructor)

OVERVIEW: On Thursday, 19 January 2017, Mrs. Nikki Hines from ACS taught a class on how to do properly do laundry while saving money. Mrs. Hines is one of the financial counselors at ACS. During the first half of the class, Ms. Hines offered the Soldiers tips on how to care for different types of fabrics, how to take advantage of the free services offered by the Quarter Master, and how to make their laundry dollars stretch. During the second half of the class Soldiers were given instruction on how to use the different settings on the appliances, using the washers and dryers in the second floor laundry room as visual aids.



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