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By Jade Fulce

U.S. Army Installation Management Command

SAN ANTONIO (Nov. 1, 2013) - U.S. Army Installation Management Command welcomed Maj. Gen. Camille Nichols to the team as the new Deputy Commanding General for Operations and Chief of Staff in a ceremony at Fort Sam Houston Theater.

More than 200 Army senior leaders, civilians, friends and guests gathered to recognize Nichols' accomplishments and to welcome her to the Installation Management Community and San Antonio.

"She was handpicked for this position and we are blessed to have her," said Lt. Gen. Mike Ferriter, IMCOM commanding general. "She knows the business of taking care of people. She's knows the business of transforming."

In her previous assignments, Nichols was U.S. Army Contracting Command's first commanding general and served as program executive officer, Program Executive Office Soldier, at Fort Belvoir, Va.

Nichols has more than 25 years experience in Department of Defense acquisition. She has also served in various engineer jobs earlier in her career as an engineer officer in tactical engineering units. Nichols has a unique distinction as a member of the 1984 U.S. Olympic women's handball team, serving as manager and assistant coach.

"Thank you for allowing me to be a part of your team," said Nichols. "I look forward to meeting and spending time with all of you."

Nichols enlisted in the Army in 1975 in her home town of Niagara Falls, N.Y. In 1981, she was commissioned as an engineer officer upon graduation from the U.S. Military Academy at West Point.

After Nichols' welcoming ceremony, IMCOM held its monthly town hall, which focused on employee appreciation and wellness.

Paul Smith, the new IMCOM wellness program coordinator, said wellness is not just physical, it's a lifestyle.

"I wasn't eating properly," said Smith, a transitioned Soldier. "I was used to running four to five times a week. However, I

started a sedentary job, working 8, 10, 12 hours a day and the pounds started building up."

Smith shared his personal story: How he changed his diet and started walking 45 minutes during his lunch period, resulting in a 20-pound weight loss in two-and-a-half months. Smith cautions that wellness means different things to everyone, so it's up to the individual to make changes in his or her life.

"This is your program - success depends on you," said Smith.

The town hall ended with IMCOM command team thanking employees for their dedication and service. "We have the best team in the DoD," said IMCOM Command Sgt. Maj. Earl Rice.

About the U.S. Army Installation Management Command:

IMCOM handles the day-to-day operations of U.S. Army installations around the globe – We are the Army's Home. Army installations are communities that provide many of the same types of services expected from any small city. Fire, police, housing, and child-care are just some of the things IMCOM does in Army communities every day. Our professional workforce strives to deliver on the commitments of the Army Family Covenant, honor the sacrifices of military Families, and enable the Army Force Generation cycle.

Our vision: Ready & Resilient Army: Provide Soldiers, Families and Civilians with a quality of life commensurate with the quality of their service.

Our mission: IMCOM will synchronize, integrate, and deliver installation services and sustain facilities in support of Senior Commanders in order to enable a ready and resilient Army.

To learn more about IMCOM:

*Homepage: <http://www.army.mil/imcom>
<http://twitter.com/armyimcom>
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