



WARRIOR MEDIC

Seasons Greetings from

An Army Reserve Medical Command Publication



To the Soldiers, Civilians and Leaders of the U.S. Army,

As we close 2012 and all Americans enjoy their holiday season, I want to thank all of you for your sacrifice, discipline, and dedication to the security of our nation. Because of you, all Americans and many others around the world will be able to peacefully enjoy this wonderful time of year.



To those who will not be able to spend the holidays with their families, our thoughts and prayers will be with you. I am truly humbled and honored to serve in your ranks - we are indebted to you for your service and sacrifice.

Army Strong!

Raymond T. Odierno
General, 38th Chief of Staff
United States Army

Chief of Army Reserve and Commanding General, United States Army Reserve Command Lt. Gen. Jeffrey Talley, and his wife, Linda, send a holiday message to troops and their families. To hear the message go to the following link:

[http://www.dvidshub.net/video/182175/
lt-gen-jeffrey-talley-holiday-message](http://www.dvidshub.net/video/182175/lt-gen-jeffrey-talley-holiday-message)



6th E-edition, 2012

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Change of Command AR-MEDCOM welcomes its new commander, Maj. Gen. Bryan R. Kelly



Remembering our own AR-MEDCOM honors Maj. Christopher Rem



Staff Sgt. Johnathan Brown, a medical maintenance noncommissioned officer assigned to Army Reserve Medical Command in Pinellas Park, Fla., demonstrates to student on how the military marches during the Great American Teach-in at Seminole Heights Elementary in Tampa, Fla., Nov. 15, 2012. (U.S. Army photo by Staff Sgt. Marnie Jacobowitz/Released)

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Charlotte Biles, a Veteran and resident of Westminster Palms Retirement Home renders a salute during a flag pole dedication ceremony at Westminster Palms Retirement Home in St. Petersburg, Fla., Nov. 9, 2012. (U.S. Army photo by Master Sgt. Enid Ramos-Mandell/Released)



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International

Syrian VP says neither side can win war

From the Reuter



BINIDH, Syria -- Dec. 16, 2012, Syrian Vice President Farouq al-Sharaa has told a Lebanese newspaper that neither the forces of President Bashar al-Assad nor rebels can win the war in Syria.

Sharaa, a Sunni Muslim in a power structure dominated by Assad's Alawite minority, has rarely appeared in public since the revolt erupted in March 2011.

The newspaper, al-Akhbar, released only limited excerpts on Sunday from the interview appearing in Monday's edition, and it was far from clear that Sharaa's comments represented the view of the government.

But he is still the most prominent figure to say in public that the crackdown will not win. The paper, which generally takes a pro-Assad line, said Sharaa had been speaking in Damascus.

In the first phase of the 21-month-old civil war, which has claimed at least 40,000 lives, Damascus was distant from the fighting.

Rebels have now brought the war to the capital, without succeeding in delivering a fatal blow to the government.

But nor has Assad found the military muscle to oust his opponents from the city.

In Paris, Foreign Minister Laurent Fabius of France, one of the major powers most insistent that Assad has lost his legitimacy, told RFI radio: "I think the end is nearing for Bashar al-Assad."

OFFENSIVE IN HAMA

On the ground, rebels said they were launching an operation to seize the central province of Hama to try to link northern rural areas of Syria under their control to the center.

Qassem Saadeddine, a member of the newly established rebel military command, said fighters had been ordered to surround and attack checkpoints across the province. He said forces loyal to Assad had been given 48 hours to surrender or be killed.

"When we liberate the countryside of Hama province ... then we will have the area between Aleppo and Hama liberated and open for us," he told Reuters.

The city of Hama in the province of the same name has a special resonance for anti-Assad activists. In 1982 Hafez al-Assad, father of the current ruler, crushed an uprising in the city, killing up to 30,000 civilians.

In Damascus, activists said fighter jets had bombed the Yarmouk Palestinian refugee camp, killing at least 25 people sheltering in a mosque.

The attack was part of a month-old campaign by Assad's forces to eject rebels from positions they are establishing around the capital's perimeter. Yarmouk, to



Demonstrators hold banners near damaged buildings during a protest against Syria's President Bashar al-Assad, after Friday prayers in Kafranbel near Idlib December 14, 2012.

the south, falls within an arc of territory running from the east of Damascus to the southwest from where rebels hope to storm the government's main redoubt.

MOSQUE HIT

Opposition activists said the deaths in Yarmouk, to which refugees have fled from fighting in nearby suburbs, resulted from a rocket fired from a warplane hitting the mosque.

A video posted on YouTube showed bodies and body parts scattered on the stairs of what appeared to be the mosque.

The latest battlefield accounts could not be independently verified due to tight restrictions on media access to Syria.

Syria is home to more than 500,000 Palestinian refugees, most living in Yarmouk, and both Assad's government and the rebels have enlisted and armed Palestinians as the uprising, which began as a peaceful street movement 21 months ago, has mushroomed into a civil war.

Heavy fighting broke out 12 days ago between Palestinians loyal to Assad and Syrian rebels, together with a brigade of Palestinian fighters known as Liwaa al-Asifah (Storm Brigade).

After Sunday's air strike, clashes flared anew between Palestinians from the pro-Assad Popular Front for the Liberation of Palestine-General Command (PFLP-GC) and rebels including other Palestinian fighters, according to the Syrian Observatory for Human Rights monitoring group.

Some PFLP-GC fighters were killed, the London-based Observatory said. Opposition activists and the Observatory said many were trying to escape the internal fighting in Yarmouk.

INFANTRY COLLEGE CAPTURED

In the latest of a string of military installations to fall to the rebels, the army's infantry college north of Aleppo was captured on Saturday after five days of fighting, a rebel commander with the powerful Islamist Tawheed Brigade said.

Insurgents first reported seizing the infantry college on Saturday, but the Syrian Observatory for Human Rights said later that day there was still fierce fighting going on.

The commander whose Tawheed brigade took part in the assault said the rebels had surrounded the college, located 16 km (10 miles) north of Aleppo, Syria's largest city, three weeks ago.

"At least 100 soldiers have been taken prisoner and 150 decided to join us. The soldiers were all hungry because of the siege," the commander, who spoke on condition he was not further identified, told Reuters by telephone.

Desperate food shortages are growing in parts of Syria. Residents of Aleppo say fistfights and dashes across the front lines have become part of the daily struggle to secure a loaf of bread.

Violence continued across the country. Syrian forces killed 25 people in the town of Helfaya in Hama province when they shelled it with warplanes and artillery for the first time since February, opposition activists said.

Ten fighters were killed in shelling in Deraa, the cradle of the revolt against Assad.

HEZBOLLAH

Damascus has accused Western powers of backing what it says is a Sunni Islamist "terrorist" campaign to topple Assad, a member of the minority Alawite sect affiliated with Shi'ite Islam. It says that U.S. and European concerns about Assad's forces possibly resorting to chemical weapons could serve as a pretext for preparing military intervention.

In Lebanon, Sayyed Hassan Nasrallah, leader of the Islamist Hezbollah militia group, said the rebels could not win in Syria.

"The situation in Syria is getting more complicated (but) anyone who thinks the armed opposition can settle the situation on the ground is very, very, very mistaken."

Syrian rebels accuse Hezbollah, a Shi'ite Muslim group, of sending fighters to neighboring Syria to help Assad overcome the largely Sunni Muslim revolt. Hezbollah denies these accusations.

Assad's and Hezbollah's main ally in region, Iranian President Mahmoud Ahmadinejad, cancelled a visit to Syria's estranged neighbor Turkey a day after his military chief said the deployment of NATO missile defenses along its border with Syria could lead to a "world war," Turkey's state-run Anatolian news agency said.

British medics share expertise with Afghans

By Richard Long



CAMP SHORABAK, Afghanistan —

Personnel from the Royal Army Medical

Corps have been mentoring Afghan soldiers to improve the trauma care and first aid skills of the aspiring Afghan medics.

A small band of medics within the British Army's Brigade Advisory Group are using their knowledge and experience to help their home-grown equivalents function as an independent outfit.

Based at Camp Shorabak, the team has been teaching Afghan warriors core skills in trauma, primary healthcare, anatomy and delivering first aid under fire in an intensive eight-week course.

But the reality of instructing these soldiers is far removed from the methods used on recruits within the UK's ranks.

With literacy levels ranging from low to non-existent, PowerPoint presentations and lectures are not an option

"I have not seen a computer since I've been here. This is back-to-basics, old-school teaching," said Captain Ed Gordon, the officer in charge of the advisory group medics.

"Hands-on training is what this is all about, with lots and lots of practice."

"They like games and competitions so we use that in our teaching and they always want to win."

"Afghans see their medic qualification as prestigious. When they go back to their villages or towns after leaving the Army it will be of use."

Desire to learn while teaching methods have been adapted to suit the students' needs, there is no doubt about their desire to learn and progress in the future. Captain Gordon added:

"They are quite receptive. We have seen those who qualify go to their kandaks [battalions] and prove themselves as robust medics."

"I think this is working very well. We are never going to make them into London Ambulance Service paramedics but this is about them operating in Afghanistan."

"This is one of the best jobs in Helmand province as we are working with the locals and helping them move towards transition."

"Developing the medical capability is what it's all about but we are also training instructors to teach their colleagues without our help."

"Hopefully by the time we leave, or through Op HERRICK 17, it will be the Afghan sergeants teaching eight warriors to be medics. For transition [of operational responsibility] to go smoothly the medical capability and counter-IED work is key. Anyone can shoot or drive a truck."

One part of the programme sees the aspiring medics taking part in a training serial in which two warriors are ‘injured’ by an ‘improvised explosive device’.

The troops quickly return fire as the casualties are moved to cover, where they receive immediate first aid followed by in-depth treatment. But the simple use of a tourniquet has also created problems.

British soldiers have had to teach the Afghans how to tell the time using digital watches so they can record when the device was applied.



Aspiring Afghan medics perfect their battlefield drills under the watchful eye of Staff Sergeant Jason Summerfield, Royal Army Medical Corps. (British Army photo)

Instructor Staff Sergeant Jason Summerfield said:

“The main thing about the instruction here is the practical element; the theory side falls dead.”

“They are receptive to the right teaching. We made a lot of mistakes in the first two weeks but since we changed the programme they have been getting better and better.

“In the future they will work independently on their own medical evacuations and treatments and will be successful in the UK and it is good for me to pass on my knowledge and experience.”

Fellow instructor Warrant Officer Class 2 Rob Davies has been impressed by the medics passing through the programme and believes the standard of education and literacy prior to the course is not a major concern:

“They are enthusiastic and motivated, they want to be medics and they want to learn, which is far more important than being literate,” the Senior

Non-Commissioned Officer explained.

“They have absorbed more than we thought they would and we do a lot of repetitive teaching, which helps.

“They want to become medics as they feel it is helping the Army and Afghanistan.

“If these guys go on the battlefield we are sure they will save lives. Once they get some experience under their belts they will be a lot more effective.”



Left to right: Capt. Greta N. Cox, and Lt. Col. Teddy Hughart, assigned to Third Army, enjoys Thanksgiving dinner at the dining facility in Camp Arifjan, Kuwait. (Courtesy Photo)



Unit Public Affairs Representative’s (UPARs) let us know what your unit is doing for monthly observances ... during the BTA and around your local area.

UPARs inform your Leaders and Soldiers who you are, market your command by telling the Army Reserve story!

Find AR-MEDCOM, APMC, MARSGs and MRTC units on FACEBOOK.



National

Obama set January deadline for gun proposals

By Julie Pace



WASHINGTON (AP) — Spurred by a horrific elementary school shooting, President Barack Obama tasked his administration Wednesday with creating concrete proposals to reduce gun violence that has plagued the country.

"This time, the words need to lead to action," said Obama, who set a January deadline for the recommendations. He vowed to push for their implementation without delay.

The president, who exerted little political capital on gun control during his first term, also pressed Congress to reinstate an assault weapons ban, which expired in 2004. He also called for stricter background checks for people who seek to purchase weapons and limited high capacity clips.



Associated Press/Charles Dharapak - President Barack Obama stands with Vice President Joe Biden as he makes a statement Wednesday, Dec. 19, 2012, in the Brady Press Briefing Room at the White House in Washington, about policies he will pursue following the massacre at Sandy Hook Elementary School in Newtown, Ct. Obama is tasking Vice President Joe Biden, a longtime gun control advocate, with spearheading the effort. (AP Photo/Charles Dharapak)

"The fact that this problem is complex can no longer be an excuse for doing nothing," Obama said. "The fact that we can't prevent every act of violence doesn't mean we can't steadily reduce the violence."

Obama's announcement Wednesday underscores the urgency the White House sees in formulating a response to the shooting in Newtown, Conn. Twenty children and six adults were killed when a man carrying a military-style rifle stormed an elementary school.

The massacre has prompted several congressional gun rights supporters to consider new legislation to control firearms, and there is some concern that their willingness to engage could fade as the shock and sorrow over the Newtown shooting eases.

Obama said Wednesday it was "encouraging" to see people of different backgrounds and political affiliations coming to an understanding that the country has an obligation to prevent such violence.

Appealing to gun owners, Obama said he believes in the Second Amendment and the country's strong tradition of gun ownership. And he said "the vast majority of gun owners in America are responsible."

The president tasked Vice President Joe Biden with leading the administration-wide effort to create new gun control policies. Obama also wants his team to consider ways to improve mental health resources and address ways to create a culture that doesn't promote violence.

The departments of Justice, Education, Health and Human Services, and Homeland Security will all be part of the process.

Biden's prominent role in the process could be an asset for the White House in getting gun legislation through Congress. The vice president spent decades in the Senate and has been called on by Obama before to use his long-standing relationships with lawmakers to build support for White House measures.

May the New Year bring you happiness, peace, and prosperity. Wishing you a joyous new year!



No Army for Young Men

By Rosa Brooks



Military demographics change over time. Sixty-five years ago, the United States had a segregated military, but today people of every race, color, and creed train and fight side by side. Twenty-five years ago, women were excluded from half the occupational specialties in the

Army and 80 percent of Marine Corps jobs; today, women can serve in all but a few combat-related occupational specialties. Just two years ago, gay and lesbian service members risked discharge; today, they can serve openly.

But there's one thing that hasn't changed much. Each year, the overwhelming majority of new military recruits are young and male. In that sense, the American military of 2012 still looks a great deal like

least well-suited demographic groups.

For most of human history, having an army full of young men made lots of sense. As soldiers, young males have had two things going for them, historically speaking. First, they're usually stronger, on average, than any other demographic group: they can run fast and carry heavy loads. Second, they're (relatively) biologically expendable from a species-survival perspective: women of child-bearing age are the limiting factor in population growth. A society can lose a lot of young men without a devastating impact on overall population growth.

Today, though, these characteristics don't matter as much as they once did. Overall birthrates are much lower in modern societies than they were during earlier periods, but life expectancy is much longer. Early societies worried about sustaining their populations; today we worry less about ensuring



Soldiers.... AP courtesy photo

the American military of the 1970s, the 1940s, the 1860s, or the 1770s.

For that matter, it still looks a lot like virtually every group of warriors in virtually every society during virtually every period of human history.

It's time to question the near-universal assumption that the ideal military recruit is young and male.

The nature of warfare has changed dramatically in the last century and the capabilities most needed by the military are less and less likely to be in the exclusive possession of young males. In fact, the opposite may be true: when it comes to certain key skills and qualities likely to be vital to the military in the coming decades, young males may be one of the

population growth than about overburdening the planet's load-bearing capacity.

Simple brawn also offers far less advantage in our high-tech age. In modern warfare, brutal hand-to-hand combat is no longer the norm, and warfare is no longer a matter of sending out wave after wave of troops to overwhelm the enemy through sheer mass. Increasingly, modern warfare involves a mixture of high-tech skills and low-tech cultural knowledge rather than "fighting" in the traditional sense.

In fact, if the next few decades are anything like the last, most military personnel will never see combat. A recent McKinsey study found that the "tooth to tail" ratio in the active duty U.S. military was roughly one to three in 2008: for every service

member in a combat or combat-support position, there were more than three service members in non-combat-related positions. A 2010

Defense Business Board study found that 40 percent of active duty military personnel had never even been deployed -- and that's during a decade in which the United States was at war in both Iraq and Afghanistan.

Being young, male, and strong offers no particular advantage to an Air Force remote drone pilot or an Army financial services technician. Even for service members in combat positions, the physical strength that young men are more likely to possess no longer offers as much of an advantage: today's weapons are lighter and more portable than they used to be, and even the most impressive musculature is no match for an IED.

Retired military leaders want junk foods out of schools

Story by Nanci Hellmich, USA TODAY



Several hundred retired military leaders are raising red flags about childhood obesity in the USA and its impact on finding qualified recruits, calling for junk food to be booted out of schools.

Mission: Readiness, a group of more than 300 retired generals and admirals, is releasing a new report today saying that the 40% of students who buy high-calorie, low-nutrient junk food from school vending machines and cafeteria a la carte lines consume an average of 130 calories a day from those types of foods (candy, chips, cookies, pastries). That's roughly 5% to 10% of the calories kids and teens should eat in a day.

The analysis says that junk food adds up to 400 billion "empty" calories in a year or the calories in almost 2 billion candy bars, which would weigh almost 90,000 tons, more than the weight of the aircraft carrier Midway (70,000 tons).

STORY: Schools serving healthier lunches

STORY: Obesity increasing in men and boys

STORY: Cutting sugary drinks reduces weight gain

All those extra calories are contributing to childhood obesity, a problem that means many young people are too heavy to serve in the military, ultimately putting national security at risk, the report says.

Three-quarters of those ages 17 to 24, or about 26 million young people, cannot serve in the military, a quarter of them because they are overweight or obese, says retired Air Force lieutenant general Norman Seip, a spokesman for Mission: Readiness, which advocates policies that would help young Americans get ready to serve. Other reasons young people can't join if they want to: They don't have a high school diploma, have criminal records or suffer from other health problems.

The new report called "Still Too Fat to Fight" is a follow-up to the group's 2010 report "Too Fat to Fight."

"We look at childhood obesity not only as a health crisis but a national security issue," Seip says. "When 25% of young people can't join the military simply because they are overweight, that's an issue that needs to be dealt with."

Right now, all the armed services are meeting their recruiting goals because of the economy, Seip says, "but we shouldn't use the current economy as a recruiting strategy.

"At the end of the day, it's not our aircrafts, our tanks, our ships or our information technology that keep our nation safe and sound, it's the men and women who wear the uniform and so proudly serve," he says.

About a third of children and teens are obese or overweight, putting kids at a greater risk of diabetes, high blood pressure, high cholesterol and other health problems. They are also more likely to be overweight or obese as adults. Obesity is still climbing among boys ages 12 to 19, government statistics show.

In fact, the male rates of being overweight or obese (73%) in the U.S. are already higher than those of any other major country, the report says.

"While there has been a near doubling of obesity rates worldwide since 1980, no other major country's military forces face the challenges of weight gain confronting America's armed forces."

For example, many accepted recruits are diverted to special training to address inadequate physical fitness before they can even begin basic training, and those costs add up, the report says.



A group of retired military leader is raising concerns about the impact of junk food at school.

The retired-military group based its caloric intake estimates on a survey of junk food and sugar-sweetened beverages in schools conducted in 2005 by the U.S.

Department of Agriculture (USDA). That survey found that about 40% of elementary, middle and high school students -- 16 million school kids -- bought and consumed these foods and beverages on any given day.

For its report, Mission: Readiness focused on junk foods, which are called "competitive foods," and factored out sugar-sweetened sodas because major beverage companies have largely stopped selling high-sugar sodas to schools since the survey was conducted.

The retired-military group is urging the government to move quickly in releasing updated nutritional standards for competitive foods in schools as required by the Healthy Hunger-Free Kids Act. The law directed the USDA to update nutrition standards for all food served in schools. The updated standards for school meals have been released and are being implemented, but the standards for competitive foods served in a la carte lines.

Army leaders come together to discuss family programs

Story by Capt. Adam W. Jackson Office of the Chief, Army Reserve



WASHINGTON, D.C. -- Chief of Army Reserve Lt. Gen. Jeffrey W. Talley participated in a panel discussion for military family programs during the 2012 Association of the United States Army Annual Meeting and Exposition. AUSA is a private, non-profit educational organization that supports America's Army, National Guard, Reserve, retirees, government civilians, wounded warriors, veterans, and family members.

Hundreds of Soldiers, family members, and military civilians heard from top officials from the Army, National Guard, and Army Reserve on how each component will continue to improve its family programs, which are dedicated to maintaining the readiness of Soldiers, families and communities.

Talley's message to the audience was straight and to the point. He wanted to remind all Army Reserve Soldiers to put their families first, their jobs second and the Army Reserve third.

"It doesn't matter what kind of Soldier you are to the Army Reserve, or what type of committed family member you are to the Army Reserve," he explained. "Your Soldier won't stay a part of the Army Reserve if those two get out of balance."

During his four months on the job, Talley realized that most of the issues affecting reserve Soldiers were employment, financial and medical issues. But he warned the audience, "All these problems can be solved if we know the problem exists and it can only be discovered if we are talking to Soldiers."

Talley said he also found that a lot of Soldiers are looking for legal support. He said the Army Reserve has the most legal representatives and he wants to take

advantage of them, specifically by tasking the legal personnel to provide direct support to those Soldiers and families associated with the Warrior Transition Units of the Wounded Warrior Program.

Additionally, he emphasized putting liaisons at the Warrior Transition Units so family members will know they are bringing their problems, questions or concerns to Army Reserve personnel.

Talley said Army Reserve leaders and family members needing support can also reach out to Army Reserve ambassadors located in their state. The Army Reserve Ambassadors educate the public, community leaders and congressional staff offices about the capabilities and value of the Amy Reserve and its Soldiers.

In addition to urging the audience to use the Army Reserve Ambassador program for support, Talley also recommended the use of the "Fort Family Hotline".

The Fort Family Hotline provides a single gateway to responsive family crisis assistance. It is available 24 hours a day and seven days a week all year long. It is designed to provide unit and community-based solutions to connect people to other people. By pinpointing families-in-need and local community resources, the Army Reserve can quickly connect the Soldier family and resources thus providing installation-commensurate services in the geographic location of the crisis.

**Fort Family
Outreach Hotline
866-345-8248
help@fortfamily.org**

The winter holiday season for military families is a time filled with celebrations, parties, and gatherings with friends and family. However, for many of our military families it is a time filled with sadness, loneliness and at times feelings of anxiety and fatigue. If you are someone you know is suffering from the negative effects that the holiday season can bring please feel free to contact the Fort Family Outreach and Support Program Office at (866) 345-8248. Specialists are available to answer your questions or provide assistance 365 days per year, 24 hours per day and 7 days per week.

FORT FAMILY

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Fort Family Outreach &
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Reach us on the web at:
www.arfp.org

Or Call us
24 hours a day,
7 days a week,
365 days a year at:
866-345-8248



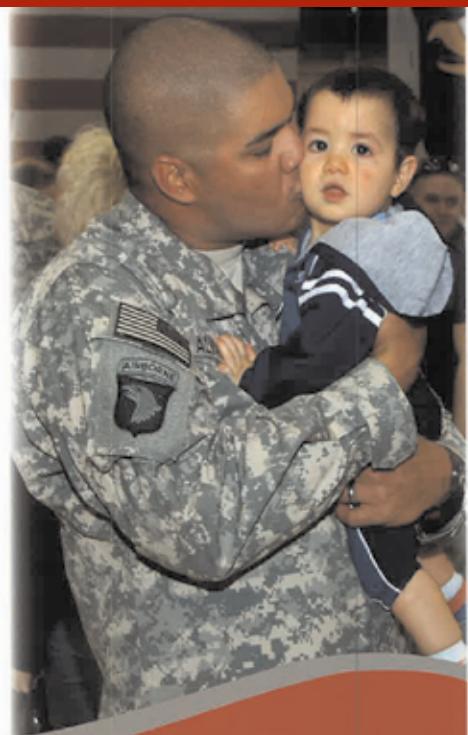
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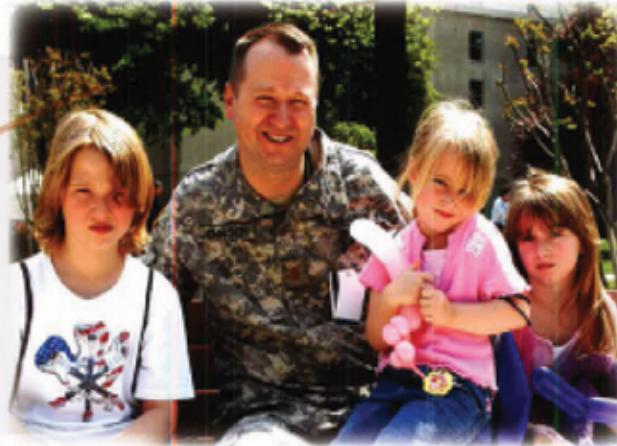
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- Providing resources to address Family member issues regarding finances, household bills, medical travel, military support, etc.
- Addressing the challenges and meeting the needs of our geographically dispersed Soldiers & Families.



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"To provide commanders with relevant and responsive quality-of-life programs and services in support of Soldiers, Families, and DA Civilians."

The Right Support at the Right Time

Fort Family is staffed by Outreach and Support specialists who are experienced in providing support with crisis management and in providing information and referral services concerning Social Services, Red Cross, TRICARE, Child, Youth & School Services, Customer Service, and More!

Fort Family's Professional and Compassionate staff may include former military, military Family members, and spouses who can relate to your needs.



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www.arfp.org

For more information on how to become a Fort Family Community Partner, please call (866) 345-8248 or send an email to help@fortfamily.org.

FFO&S

Military

Military couple avert Soldier's suicide attempt

Story by Rick Scavetta,



KAIERSLAUTERN, Germany

-- One evening in late July, military police called Sgt. 1st Class Danny Licciardi saying that a Soldier

whom he knew needed help. The Soldier had called stateside, telling friends goodbye. Fortunately, those friends called Military One Source, a service that counsels Soldiers and families during difficult times.

They alerted military police in Kaiserslautern -- but they didn't know where to look. Licciardi, the noncommissioned officer in charge of the garrison's religious support office, tried the Soldier's cell phone. No answer.

He and his wife, Charlene, got into their car -- not knowing where to go. Licciardi called again, and again, and again. After 15 calls, he heard the Soldier answer in slurred words.

"Don't hang up," Licciardi said. "Stay on the line."

An hour earlier, the Soldier had parked in an isolated area and overdosed on pills. Barely conscious, the Soldier could not tell Licciardi where the car was. Time was running out. If Licciardi couldn't keep the Soldier awake and figure out where the car was, it might be too late. That's when suicide prevention training kicked in, he said, allowing him to stay focused.

"Danny was very calm, totally in control. I was really impressed," said Charlene Sanchez-Licciardi, who works at the garrison's Army Community Service. "We had to ask leading questions because we did know where the Soldier was."

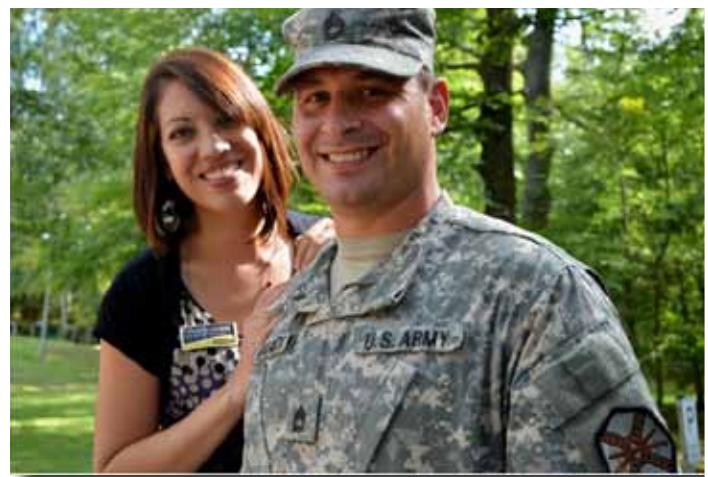
Training and suicide prevention awareness information helped the Licciardis as they drove along a wooded road behind Ramstein Air Base. Nerve wracking minutes passed as they kept the Soldier talking.

"Stay awake," he told the Soldier. "Don't close your eyes."

Danny had an idea where the Soldier was. Meanwhile, Charlene called the military police -- telling them about the pills and Soldier's relative location. Out of the corner of his eye, using what Charlene described as a "sixth sense," Danny spotted the Soldier's car.

"When we got there it was even more nerve wracking," Danny Licciardi said. "The MPs and the ambulance arrived about five minutes later."

The Soldier was taken to Landstuhl Regional Medical Center and afterward went to the U.S. for further treatment. For their efforts, the Army's Installation Management Command recently recognized the Licciardis as heroes. During a teleconference, Joe



Sgt. 1st Class Danny Licciardi and his wife Charlene were recently recognized for having saved the life of a Soldier who had attempted suicide.

Capps, IMCOM's executive director, told the Licciardis how proud the command was of their dedication.

"What distinguishes a great leader is that they intimately involved and care about Soldiers," Capps said. "They do not let time or distance stand between them and the people they lead. The Army owes you a lot for that type of leadership."

Holiday Tips: Buy Safe Toys

If you plan to buy toys for the kids in your life, choose age-appropriate toys and look for labels with safety advice. For young children, avoid toys with small parts, sharp edges, and electric toys that can heat up. Always purchase safety gear in addition to sports-related gifts or ride-on toys, such as bicycles or skateboards.

Pay Attention to Food Portions and Physical Activity

The holidays are a wonderful time to celebrate with family and friends, but celebrations sometimes involve over-indulging in sweet treats and heavy foods. Even if you only gain one or two pounds during the holidays, these gains can add up over the years. The holidays are probably not the ideal time to try to lose weight, but you can take steps to maintain your weight.

CSA: Trust is bedrock of Army Profession

Story by Sgt. 1st Class Raymond J. Piper



WASHINGTON (Army News Service, Oct. 26, 2012) -- "Our profession is built on the bedrock of trust," said Army Chief of Staff Gen. Ray Odierno.

"Trust is earned. It is not given," Odierno told attendees of the annual meeting of the Association of the United States Army during a forum about the Army Profession Monday.

"It is not rank-oriented. It is deeds, not words."

Odierno said that the Army has learned time and time again all anyone needs to do is listen to the young Soldiers who have been in combat to understand what trust between Soldiers means, and how much they rely on the person to their left or to their right.

"You have to rely on them undeniably. You have to be there for each other in the most stringent of conditions. You have to believe that they will be there for you at the most important times. You have to work as a team and that trust must be built over time, and it must be earned," he said.

The trust between Soldiers and leaders is absolutely fundamental and critical to the profession, Odierno explained. The foundation of being an effective leader is to earn the trust of peers, subordinates and superiors.

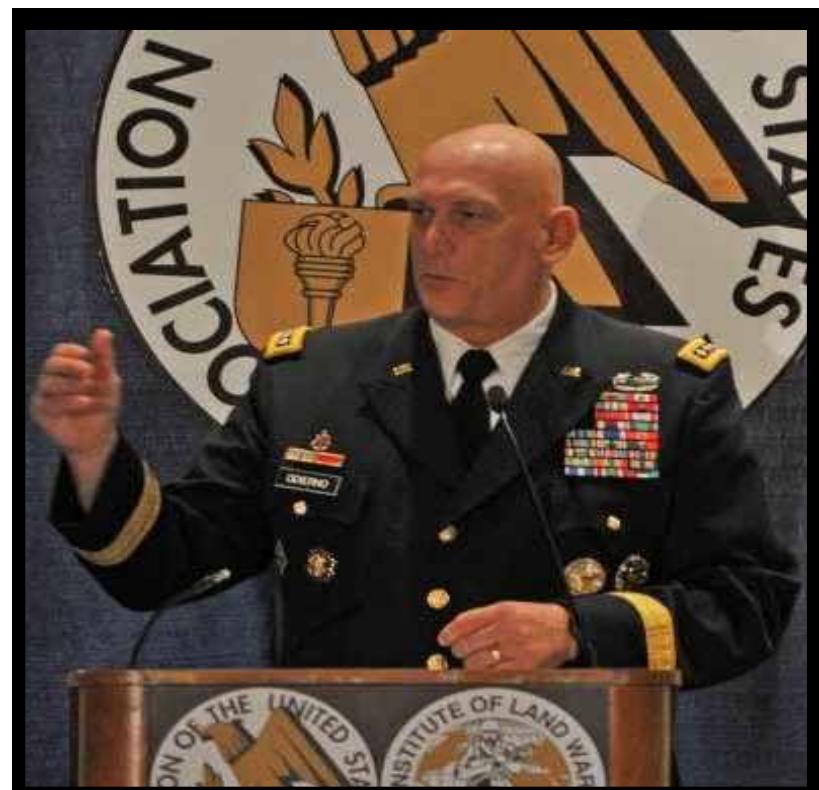
"I want to put emphasis on earned. I worry that sometimes we have too many people that believe just because they are a certain rank they automatically deserve a certain amount of trust and respect," he said. "You have to earn it. You earn it by your actions, you earn it by your experience, and you earn it by your ability to lead, mostly in the most difficult times, so that is incumbent in everything we do."

He explained to build trust between Soldiers and leaders there must be, "a leader who believes in what they are doing; a leader who leads from the front; a leader who is able then to garner a respect that ultimately engenders trust from his subordinates and his fellow leaders."

Trust goes beyond the faith Soldiers have in each other and includes trust between the Army and Soldiers.

"It is about the institution of the Army by making sure we are doing everything we can to ensure we have the best-trained, the best-equipped and the most ready Soldiers," Odierno said. "We must have leaders that are willing to make tough decisions. Who are willing to be tough and fair with their Soldiers. That are willing to uphold the highest standards for their Soldiers."

When leaders ask him what they can do as professionals for their troops, he said, "It's not to coddle them, it's not to be a nice guy, it's not to be their friend, it's to make sure they are absolutely prepared,



Army Chief of Staff Gen. Ray Odierno speaks at a forum during the 2012 Association of the United States Army Annual Meeting and Exposition in Washington, D.C.

so when we ask them to go to combat, they can do the appropriate mission, they can protect themselves, and they come back to their families."

The final level of trust, Odierno said, is between the American people and the Army when they entrust their sons and daughters to the military.

"Mothers and fathers turn over their young sons and daughters to us in order to build them up to something more and help them to become part of something that's bigger than themselves," Odierno said. "They trust we will train them, and we will provide them a learning environment that allows them to individually improve and collectively improve as a whole Army."

The American people hold the Army accountable to as it executes one of the most important things the Army is given -- the execution of combat land power.

"They expect us to hold a higher standard. We represent the United States wherever we go abroad," Odierno said. "What I want is when someone sees a Soldier, no matter where it might be ... that they understand that they are talking to someone who is a true professional. Who understands their business, who has the moral and ethical values to make the right judgments, and causes them to say, 'I want to be just like him.'"

AR-MEDCOM

AR-MEDCOM welcomes new commander

Story and photos by Lt. Col. Michele R. Sutak



PINELLAS PARK, Fla. – Maj. Gen. Bryan R. Kelly, a native of Stamford, became the 4th Commanding General of the Army Reserve Medical Command Sept. 23, in a ceremony here at C.W. Bill Young Armed Forces Reserve Center. Kelly took over for the retiring Maj. Gen. Robert J. Kasulke, who began his command at AR-MEDCOM October 1, 2009.

“Bryan you have an outstanding crew here, there’s no ifs’, ands’, or buts’ about it,” said Kasulke. “And ... there yours, you can only move forward.”

Maj. Gen. Bryan R. Kelly, with his wife Denise, unfurls his two star flag with the assistance of Command Sgt. Maj. Harold P. Estabrooks (back to camera) at the Change of Command for the Army Reserve Medical Command at the C.W. “Bill” Young Armed Forces Reserve Center, in Pinellas Park, Sunday, September 23.

During the ceremony, Maj. Gen. Luis R. Visot, deputy commanding general - operations of the United States Army Reserve Command, Fort Bragg, N.C., transferred the AR-MEDCOM colors to Kelly with the assistance of Command Sgt. Maj. Harold P. Estabrooks, his senior enlisted advisor. The passing of the colors symbolically represents the passing of responsibility and authority over to the new AR-MEDCOM commander.

“It is our good fortune that the Army Reserve has a great bench of leaders, and our good fortunate that we have another great leader, our newest Maj. Gen in the United States Army, Maj. Gen. Bryan Kelly,” said Visot.

“Part of the value of the Warrior citizen is the civilian acquired skills,” addressed Visot, recognizing Kelly’s civilian capacity as a clinical psychologist. “The knowledge and experience it brings to the United States outfit.”

Denise, the wife of Kelly, stood alongside during his promotion by Visot to Major General, and the unfurling of the two star flag. Their adult daughters, Kristina from Burlington, Vt., and Michelle of East Sandwich, were not able to be present for the ceremony.

“WOW, it’s just an honor and a privilege,” said Kelly. “It was one of my sincerest hopes to be able to pin ... and be recognized in front of the AR-MEDCOM Soldiers.”

... Kelly credited his family and Soldiers on his promotion. “Any officer or enlisted Soldier, who gets promoted up the ranks, does not do so on his own.”



Maj. Gen. Bryan R. Kelly, with his wife Denise, unfurls his two star flag with the assistance of Command Sgt. Maj. Harold P. Estabrooks (back to camera) at the Change of Command for the Army Reserve Medical Command at the C.W. “Bill” Young Armed Forces Reserve Center, in Pinellas Park, Sunday, September 23.

He talked about three key factors related to success to any of the Soldiers in formation, “One of those and foremost is our family support, my wife, Denise, my mother Bea Kelly is here from Stamford, Conn. proudly stated that it was a wonderful day to be here and see all of this happening for him. She went on praising, that elementary school, where she taught for 37 years, has a recognition board of military service members serving in today’s Army and Kelly is displayed in the center of the recognition board.

The second key factor he addressed was mentorship, being responsible for your own career by identifying military mentors to provide guidance along your career path, and the employers in our communities who support our Citizen Soldiers missions. The third factor, trust and mission focus within our formations, as a commander or leader, the support of each individual from the highest ranking Soldier to the lowest ranking Soldier, working together as a team toward mission success and trusting one another to do their job.

“We as individuals become successful Citizen-Soldiers through the synergy of these three factors,” pointed out Kelly.

Along with his wife and family members, colleagues and friends, some going back as far as the inception of his military career in 1989, attended the change of command ceremony.

“Denise and I truly appreciate your support going forward,” said Kelly, and remarked that he looks forward to working with Command Sergeant Major

Estabrooks and his wife, Shana, as a command team for AR-MEDCOM.

"One of the things I enjoyed most being in command of any organization is the command team relationship," said Kelly. "And the relationship that we develop with the Soldiers across our command and across the Army Reserve and I truly look forward to that opportunity here with AR-MEDCOM."

Kelly, a native of Stamford, received a direct commission in 1989 in the United States Army Reserve beginning his career as a clinical psychologist in the 883rd Medical Company (Combat Stress Control), for six years.

Throughout his military career, Kelly took on several command assignments, to include, command of the 883rd CSC that mobilized for a year in 2003 to Kuwait in support of Operation Iraqi Freedom, receiving the Bronze Star Medal for service during this deployment and a second Bronze Star Medal for his service as commander of the 399th Combat Support Hospital, deploying to Mosul, Iraq in 2006 supporting Operation Iraqi Freedom 6. The 399th CSH received a Meritorious Unit Commendation for their successful OIF6 mission. Both units are Massachusetts based.

Kelly, a resident of East Sandwich, Mass., is no stranger to AR-MEDCOM. In 2009, he served as the Commanding General, Medical Readiness and Training Command, San Antonio, Texas, a subordinate command of AR-MEDCOM.

As the Commanding General of the AR-MEDCOM, he employs more than 9,000 Soldiers and Civilians across all 50 states. The command provides trained, equipped and ready, skill-rich Citizen-Soldiers, to meet medical requirements across unified land operations. Dual-hatted, he commands the Reserve Component Soldier Medical Support Center, a command that develops, coordinates, and integrates administrative and medical efforts for the wounded, ill, and injured Soldiers in order to promote future readiness of the force.

Kelly's awards and decorations include the Legion of Merit, Bronze Star Medal with 1 Oak Leaf Cluster, Meritorious Service Medal with 2 Oak Leaf Clusters, Army Commendation Medal with 2 Oak Leaf Clusters, Army Achievement Medal with 1 Oak Leaf Cluster, National Defense Service Medal, Iraqi Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Overseas Ribbon and Combat Action Badge.

Additionally, he was selected as a member of the Order of Military Medical Merit September 17, 2009 for his contributions to the Army Medical Department.

He was appointed by the Secretary of the Army for three year tenure on the Army Reserve Forces Policy Committee, Washington, D.C., commencing April 1, 2012.

Kelly is an honors alumnus of Fairfield University in Fairfield, Conn., earning a bachelor's degree in

psychology in 1976 graduating Cum Laude. Later, he received a master's degree and doctorate in psychology from Boston College, Mass., during 1979 and 1983, receiving Magna Cum Laude recognition for both degrees. Kelly received a second masters degree in Strategic Studies July 2007 at the Army War College in Carlisle, Penn.

Kelly is Twice the Citizen, serving as an Army Reserve command general for AR-MEDCOM, as a civilian, Kelly established a full-time independent practice as a health service provider in clinical psychology from 1984 to 1997. Since 1997, Kelly has served as a trial court clinical psychologist in the Barnstable Probate and Family Trial Court, in Barnstable, Mass.

Holiday Tips: Keep Food Safe

Holiday buffets are convenient ways to entertain a crowd, but leaving food out for long periods of time can invite bacteria that cause foodborne illness. To keep your holiday foods safe, cook them thoroughly; use shallow containers; never leave them sitting out for more than two hours; and keep them at the appropriate temperature. Get more food safety tips to help keep your guests healthy.

Reduce Holiday Waste

The holiday season includes many opportunities to reduce waste, recycle, and reuse items. Did you know that about 40 percent of all battery sales occur during the holiday season? Consider buying rechargeable batteries (and a charger) for electronic gifts to help reduce the amount of harmful materials thrown away. After the holidays, look for ways to recycle your tree instead of sending it to a landfill. If you plan to send greeting cards, consider purchasing ones that are made of recycled paper or sending electronic greetings.



AR-MEDCOM Command Sergeant Major takes charge

Story and photo by Staff Sgt. Marnie Jacobowitz



PINELLAS PARK, Fla. - Command Sgt. Maj. Harold P. Estabrooks assumes the responsibility of the Army Reserve Medical Command Sept. 23, 2012, here at the C.W. Bill Young Armed Forces Reserve Center.

Estabrooks, a native of Midwest City, Okla., and a resident of St. Petersburg, Fla., took over for the retiring Command Sgt. Maj. Roger B. Schulz, who began his command at AR-MEDCOM November 2007.

During the change of command ceremony, Maj. Gen. Luis R. Visot, deputy commanding general, operations, for the United States Army Reserve Command, Fort Bragg, N.C., transferred the AR-MEDCOM colors to Maj. Gen. Bryan R. Kelly, who passed the colors to Estabrooks.

"I truly appreciate your support going forward," remarked Kelly. "I truly look forward to working with Command Sergeant Major Estabrooks and his wife, Shana, as a command team for AR-MEDCOM."

Estabrooks, an Infantry Soldier, began his military career in 1985 in the United States Army Reserve in a training battalion. He later became a drill sergeant in Bravo Company, 4th Battalion, 291st Regiment. Since then he has continued to serve in positions of increased leadership responsibility and key noncommissioned officer positions. His last duty assignment was command sergeant major of the 86th Division (Operations), the "Blackhawk Division" at Fort McCoy, Wis.

Estabrooks has attended numerous military schools, to include, Airborne, Air Assault and Pathfinder schools, Basic and Advanced Noncommissioned Officer Courses, First Sergeant Course, United States Army Sergeants Major Academy, the Command Sergeant Major Course and he is a Master Fitness Trainer.

Estabrooks is no stranger to the Army; it's been a way of life for him, as he followed in his father's footsteps, retired Master Sgt. Milton Estabrooks, a

U.S. Army veteran of the Korean and Vietnam Wars. His wife, the former Shana Shepherd, retired from the Army Reserve as a sergeant first class, and is a recipient of the Shield of Sparta, "Heroine of the Infantry." Together they have three adult children, Tegan, Keith, and James.

"This Army is our family business," said Estabrooks. His youngest son, James, is currently serving in the U.S. Army in the rank of private first class with the 173rd Airborne Brigade Combat Team in Afghanistan.

"I understand the challenges for Soldiers, spouses, parents, and children because I have lived all of them," said Estabrooks. "All of the roles require sacrifice and I am thankful that we live in a nation that honors sacrifice."

Before taking the position of command sergeant major, Estabrooks was thoroughly engaged and making an impact on AR-MEDCOM.

"Command Sergeant Major Estabrooks is a Soldier's Soldier," said Col. Tracy L. Smith, served as the commander of troops

during the change of command ceremony. "He cares about Soldiers and is one who is fully involved with the multiple and complex missions of AR-MEDCOM."

Smith, the chief of staff of the AR-MEDCOM, said that Estabrooks was the right 'CSM' during this time of great transition.

"Command Sergeant Major Estabrooks is a take charge leader, who will lead this command into becoming something better," said Smith. "He is highly intelligent, competent, proactive and with great initiative and enthusiasm. We look forward to his command tenure and are grateful to have him on board."

"I love my life as a soldier," said Estabrooks. "It has been many things, but never dull."



Command Sgt. Maj. Harold P. Estabrooks talks to soldiers of the Army Reserve Medical Command during the East Bay Stand Down Sept. 15, 2012. The EBSD is an Innovative Readiness Training mission which allows Soldiers to utilize their medical skills while providing a service to the community. Estabrooks took the position of Command Sergeant Major for AR-MEDCOM Sept. 23, 2012.

Soldier walks for Breast Cancer Awareness

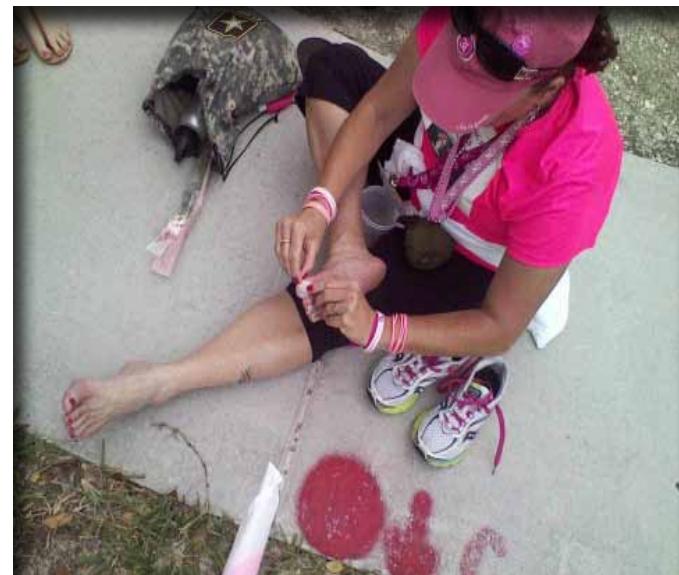
By Lt. Col . Michele R. Sutak



Staff Sgt. Holly Wright, a resident of St. Petersburg, Fla., participates in the Susan G. Komen 3-Day for the Cure Walk for women and men, Oct. 26-28, 2012, that began at Sand Key Park, Clearwater, Fla., ending in St. Petersburg, Fla.

The walk route takes the walkers along the beautiful Gulf Beaches of Florida, through neighborhoods, city parks and golf courses, where supporters and survivors filled the streets dressed in pink cheering on each individual.

The last day ended with the remaining miles walking along several beaches and stopping for lunch within the Treasure Island community. The walk ended in St. Petersburg, where walkers were greeted by cancer survivors and supporters as they crossed the finish line. The closing ceremony was held in Spa Beach Park, St. Petersburg, where participants celebrated those who have survived breast cancer, and memorialize those who have not. The money raised will help Susan G. Komen for the Cure, formerly known as The Susan G. Komen Breast Cancer Foundation, save lives. Komen is the most widely known, and largest breast cancer organization in the United States.



Staff Sgt. Holly Wright participates in the Susan G. Komen 3-Day for the Cure Walk for women and men, Oct. 26-28, 2012, that began at Sand Key Park, Clearwater, Fla., ending in St. Petersburg, Fla. (Courtesy photo)

Wright's team, composed of twenty-seven women and eight men, walked 60 miles in three days to help raise millions of dollars for breast cancer research and patient support programs

"Each walker needed to raise 2,300 dollars and I was fortunate to have raised 2,450 dollars," said Wright, senior budget analyst for the Army

Reserve Medical Command. "This is my third time walking for the Cure."

HOLIDAY TIP

Get Through the Holiday Blues

The holidays aren't joyous for everyone. This time of year can bring stress and feelings of loneliness. Exercise, focusing on positive relationships, and doing things that you find rewarding can help with depression. Get tips on what to do if you feel depressed. Keep in mind that winter depression could be a sign of seasonal affective disorder (SAD), which may be caused by the lack of sunlight. Treatment for SAD is much like other forms of depression, but also involves light therapy.

Suncoast Army Ten-miler team



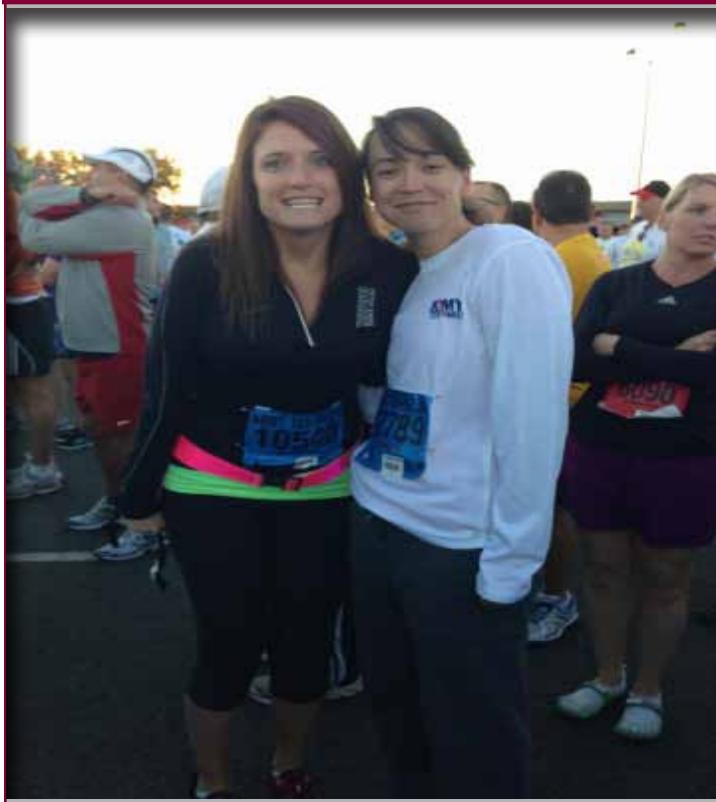
Soldiers from the Army Reserve Medical Command and the Florida National Guard pose for an Army Ten-Miler team photo in front of the C.W. "Bill" Young Armed Forces Reserve Center in Pinellas Park, Fla., Oct. 17, 2012. The Soldiers compete in the Army Ten-Miler in Washington D.C., Oct. 21, 2012. Front row from left to right, Lt. Col. Maria Juarez, Master Sgt. Quineen Penales-Burton, Staff Sgt. Melanie Linton, Sgt. 1st Class Theresa Winterhalter, Back row, left to right, Maj. Heidi Skelton-Riley, Staff Sgt. Richard Burton, Staff Sgt. Johnathan Brown, and 1st Lt. Michael Riley, not pictured is Sgt. 1st Class Norticia Everette and Maj. Brian Hill. (U.S. Army photo by Staff Sgt. Marnie Jacobowitz/Released)



Soldiers from the Army Reserve Medical Command and the Florida National Guard from Pinellas Park, Fla., participated in the 28th annual Army Ten-Miler, Sunday, October 21, 2012, in Washington, D.C. Runners of the Suncoast pose for a picture with Maj. Gen. Luis Visot, deputy commanding general, operations, United States Army Reserve Command. Front row: Theresa Winterhalter, Army Reserve Medical Command, Maj. Gen. Luis Visot, and Lt. Col. Maria Juarez, AR-MED-COM; Back Row: Staff Sgt. Johnathan Brown, Lt. Michael Riley, Maj. Heidi Skelton-Riley of Army Reserve Medical Command, and Sgt. 1st Class Norticia Everette, Florida National Guard. (Courtesy photo)



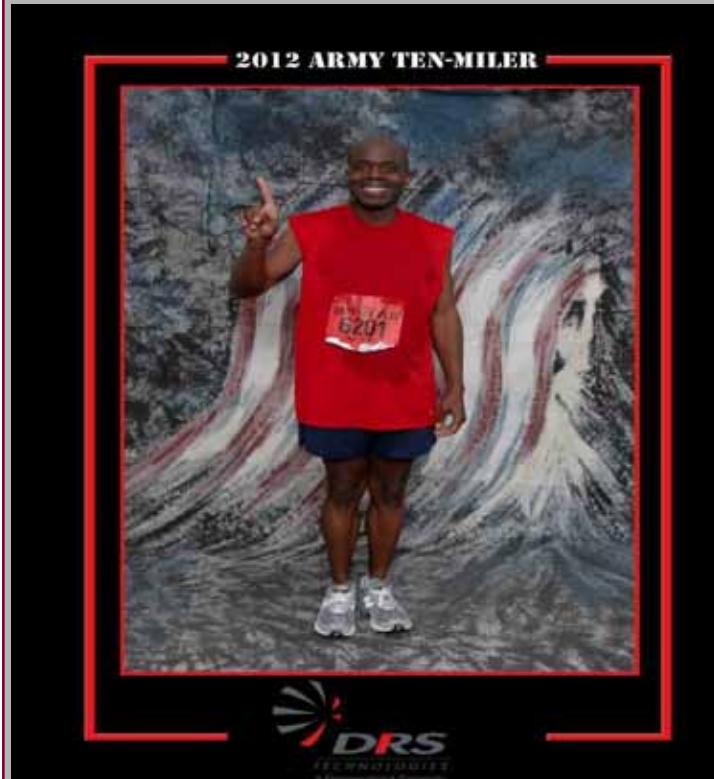
Soldiers from the Army Reserve Medical Command and the Florida National Guard from Pinellas Park, Fla., participated in the 28th annual Army Ten-Miler, Sunday, October 21, 2012, in Washington, D.C. Runners of the Suncoast pose for a picture with Command Sgt. Maj. Michael Schultz, senior enlisted advisor for the United States Army Reserve Command. Front row kneeling: Theresa Winterhalter (Courtesy photo)



Sgt. Rene Headley (left), a combat medic and Spc. Maggie Tobin, a medical laboratory specialist, both members of the 7222nd Medical Support Unit, Tampa, Fla., participated in the Army Ten Miler. Both Soldiers are currently mobilized, Headley is at William Beaumont Army Medical Center, Fort Bliss, Texas and Tobin is at the blood donor center, Fort Benning, Ga.



Joseph West (middle) of the Northeast Medical Area Readiness Support Group, Fort Wadsworth, N.Y., participated in the Army Ten Miler, Oct. 21, 2012 in Washington D.C., with a completion run time of 1:52:41. His son, Blake, 6 and daughter, Maddi, 7, participated in the youth run. (Courtesy photo from the West family)



Lt. Col. Alvin Barney, executive officer for the Northeast Medical Area Readiness Support Group, Fort Wadsworth, N.Y., participated in the Army Ten Miler, Oct. 21, 2012 in Washington D.C., with a completion run time of 1:22:42. (courtesy photo)



Capt. James Zavala, battle captain for the Northeast Medical Area Readiness Support Group, Fort Wadsworth, N.Y., and father to Mia and Crystal, participated in the Army Ten Miler, Oct. 21, 2012 in Washington D.C., Zavala's completion run time 1:17:25, and Crystal, 17, completed the run in 1:52:47. Mia, 4, ran the youth run. (courtesy photo from the Zavala's)



Army Reserve Medical Command (AR-MEDCOM)

Medical Management Agency (MMA)

Reserve Component - Soldier Medical Support Center (RC-SMSC)

Thank you for your donations!

Combined Federal Campaign

Soldiers surpass the 2012 CFC goal to help their charities

Goal- \$8,780

Reached- \$10,797

A red thermometer graphic shows the progress, starting at 100% and going down to 10%.

1st Lt. Arrianna Patton and Mashay Rutherford raise funds for CFC

MRTC

Student art to honor military displayed at RTS-Medical McCoy

From The Real McCoy

 TOMAH, Wis. -- With the support and mentorship of Tomah High School Art Instructor Lisa Winchel and two of her students, Regional Training Site (RTS)-Medical Fort McCoy and the Directorate of Family and Morale, Welfare and Recreation (DFMWR) each are displaying a new painting at their facilities.

Tomah High School representatives present a military, medical painting with a patriotic theme to Lt. Col. Dennis Klatt (left) and Col. Brad Richardson of Regional Training Site-Medical Fort McCoy. (Contributed photo)

The paintings were completed and donated by students Megan Franklin and Cheyenne Shenepe.

Both Franklin and Shenepe worked on their respective paintings throughout the spring 2012 semester. Shenepe's painting is at RTS-Medical, while Franklin's painting is displayed at a DFMWR facility at the installation.

The idea of bringing local artists paintings to the RTS-Medical site came from Col. Brad Richardson, RTS-Medical Site director.

"I looked into the possibility of obtaining a new mural to be displayed at one of the medical campus buildings (similar to the mural in building 10000 on post)," Richardson said.

"I contacted Mrs. Winchel to see if any of her students would consider producing a painting with a military/medicine theme. Luckily she had two talented students step forward and offer to assist with this project."

Richardson said the paintings add a nice atmosphere to the buildings.

The students had to research and develop a military/medical theme for the paintings, which helped them learn more about the military and medicine.

The students also felt ownership and a connection with the military, thus supporting the concept of the Army Community Covenant and also helping to develop a bond between a neighboring community and Fort McCoy, he said.

Richardson and Lt. Col. Dennis Klatt, clinical coordinator for RTS-Medical McCoy accepted the paintings and, in turn, presented the artists and Winchel with the Site Director's coin and a certificate of appreciation.



Tomah High School representatives present a military, medical painting with a patriotic theme to Lt. Col. Dennis Klatt (left) and Col. Brad Richardson of Regional Training Site-Medical Fort McCoy. (Contributed photo)

HOLIDAY TIP

Give the Gift of Service

Sometimes the greatest gift you can give to others is service. Studies show that reading to a child just three hours a week significantly improves his or her reading skills. If you help out at a local soup kitchen or food bank, you are directly providing meals to hungry individuals.

Find volunteer opportunities in your area, or create your own and recruit others.

Northeast MARSG

Why I Serve

Story by Master Sgt. Enid Ramos-Mandell
Army Reserve Medical Command, Public Affairs



SILVER SPRING, Md. — Why do we choose to serve our country in the armed forces? If you ask, you will get many different responses. First Lt. Leah Evert, 31, a dietitian and nutritionist with the 4215th United States Army Hospital, Richmond, Va., was selected for the "Why I Serve" Discovery Channel Project.

"It was an honor to be selected, but I was nervous about appropriately representing such a large group of people and slightly intimidated," responded Evert to how she felt about being selected for the "Why I Serve" Discovery Channel Project. She says she has a story to tell and can relate to folks who are thinking about joining the Army Reserve.

First Lt. Leah Evert, a dietitian and nutritionist with the 4215th United States Army Hospital, Richmond, Va., poses during the

Discovery Channel interview in Silver Spring, Md., with her father Raymond Evert,

Evert, a native of McLean, Va., fulfills many responsibilities at the 4215th USAH which include: wellness expert, education and counseling for improved nutrition, Soldier's fitness, cardiovascular, counseling diabetes prevention and sports nutrition. She also serves as the officer in charge of the units' fitness program, and runs the Soldier Athlete Readiness Program consisting of a two-week intensive nutrition and fitness camp for Army Reserve Soldiers looking to improve their wellness.

During a break between jobs, she was informed the Army was in need of dieticians. Evert decided to serve after completing her clinical internship. She knew her skills could be used and was looking forward to giving back, providing nutritional care and counseling to Soldiers.

"I knew I had valuable clinical skills that the Army could use and there would be Soldiers who needed to improve their health and like the rest of America, lose weight and decrease their risk for disease," she added. "I knew I would be the right person to provide those Soldiers with the tools they could use to improve their own health."

With only two years in service, she stated that it's not just about serving, the Army has made her a much stronger and confident woman and leader because of the Soldier skills she learned. Land navigation, overcoming the obstacle course, weapons firing, combative training and more, is something that a dietitian would probably never get to do.

"I am organized, disciplined and driven, thanks to the skills I've learned during Army training," she said.

"That makes me a better employee and a better manager."



1st Lt. Leah Evert, a dietitian and nutritionist with the 4215th United States Army Hospital, Richmond, Va., poses during the Discovery Channel interview in Silver Spring, Md., with her father Raymond Evert, Sept. 13, 2012. The Discovery Channel selected Evert for a project called "Why I Serve." (Photo by Lt. Col. Tad Fichtel)

When counseling Soldiers on how they can improve their health and bring about a complete change, she sees impact of her contributions. This impact on Soldiers' lives is what she loves best about being in the Army

"I never get tired of Soldiers approaching me to let me know of their improvements. I try to lead by example," said Evert. "My goal is to create a culture of wellness that others want to be a part of."

Read more <http://www.usar.army.mil/resources/Pages/Why-I-Serve.aspx>

Refresh your Individual Development Plan in Army Career Tracker (ACT)

During this holiday season take time to update your Individual Development Plan (IDP) in Army Career Tracker (ACT). This new web portal provides an easy electronic means to create, expand, and forward your IDP to your supervisor.

It provides easier to use drop down menus to select and include potential IDP goals across the eight developmental areas (Key Assignments, Competencies, Academic Training, etc.). The ACT provides a calendar capability to help outline the time frame to complete these goals and automatically updates your IDP as you update each goal completion.

This electronic IDP will become the standard for USARC so take time now to update.

Enlisted Corner

SMA speaks out about suicide, sex assault, tats

From the ArmyTimes



The cover of this week's Army Times boldly proclaims, "SMA Cracks Down." Sergeant Major of the Army Raymond Chandler highlighted several areas that NCOs need to crack down on: hazing, sexual assault, tattoos, and suicide.

SMA Chandler is spot on. I've been disgusted at what has happened to the NCO Corps over the past few years. Because of my specialized missions I was on between 2004 and 2009, I didn't get to see the "real Army" much. It wasn't until I got to Fort Hood that I even interacted with many troops in uniform again. I was happy to wear the uniform again and be amongst a proud group of Soldiers. Unfortunately, I was about to experience a shock to the system.

For a long time, I was with a unit based out of West Fort Hood. I rarely went over to main post unless I had to go to the Corps HQ or military clothing sales store. Every single time I did, however, I found myself spending entirely too much time correcting Soldiers for what used to be no-brainer infractions.

Prior to doing away with the much-maligned beret, I would frequently see Soldiers walking around post with their soft cap (brimmed, camouflage hat) on. Per Corps policy, soft caps could only be worn in the field, while conducting area beautification, or in the motor pool. As soon as a Soldier stepped out of one of those areas, he/she was to immediately switch back to the beret. I didn't matter if they were only coming out of the field to grab a bite or eat or pick up a Soldier; when you were walking around post conducting business, you did so in beret.

All too often, I would find myself making this correction even though there were usually junior NCOs in the area that walked right past these Soldiers without correcting them. Soldiers would have their pant legs unbloused or dropped all the way down to their ankles. Some uniforms were just downright unserviceable. It got to where I hated going to main post because it was a nightmare. It was like swimming upstream during a flash flood.

Hazing is a no-brainer. Hazing has no place in the Army of today or yesterday. I've never understood the need for hazing that required beating troops to within an inch of their life. I realize that in some communi-

ties it builds camaraderie, but there are ways of making service in a particular unit meaningful without endangering the lives of Soldiers or belittling them. Believe me, I've been in units where you literally go through days of hell to become part of a unit. You come out the other side knowing that you survived and form that bond with others that went through the same hell. However, even in SERE school I was never treated the



way some people treat new Soldiers to their units. I agree with SMA Chandler that it needs to stop. There are legal, safe, and moral ways of "initiating" troops into a new unit.

Another thing I'll never understand is the epidemic that seems to have become sexual assault in the military. Personally, I think we need to bring back firing squads. Those convicted of sexual assault should be brought together in front of Corps or Division Headquarters each month and shot on site. I guarantee you if Soldiers realize they are going to be put to death by using fear, power and control to sexually assault another we'd have less of it. Obviously, that will never happen, but we need to come up with some form of extreme punishment to prevent this sort of aberrant behavior.

Up until the 90's, many major posts had a brig on them. Soldiers were incarcerated there and performed hard labors around post. I think we should bring those back and put these Soldiers on chain gangs. They could pick up trash, trim the grass, pick the weeds, trim the trees, and other undesirable chores around post. I would issue them pink camouflage uniforms that they had to wear while incarcerated, similar to what Sheriff Joe Arpaio does in Arizona with his inmates.

There is NO PLACE for sexual assault in a professional military force. There is no place for it anywhere, but especially in a profession that enjoys the respect and admiration of the public the way we do. It's unconscionable that the SMA even feels the need to have mention this. We as NCOs need to get off our asses and put a stop to these actions. An NCO Corps that has its finger on the pulse of its troops does not allow these things to happen.

I have to admit that I was a bit bewildered that the SMA was going after tattoos. In today's society, tattoos are no longer the domain of biker gangs, thugs, and criminals. Many people get their first tattoo as teenag-

ers. I thought maybe the SMA was just out of touch with society in wanting to crack down on tattoos. That is, before I read his thinking on the subject.

In one example he cited, Chandler was visiting a division headquarters when he noticed an NCO with the words “F— You” tattooed on his neck.

This, he said, is a two-pronged problem. In addition to a soldier openly and prominently displaying vulgarity, such tattoos illustrate a leadership issue.

“What troubles me is that no one pulled this sergeant aside and said, ‘Hey, you’ve got to get rid of that,’” he said.

This and other inappropriate tattoos indicate a desire to bring attention to self rather than the service — and tarnish the reputation of all, he said.

“Is that a reflection of you? It sure isn’t of me. And that’s not what we want the American people to see,” Chandler said.

SMA Chandler is not out of touch at all. He’s spot on. Do you think that an employer would want their customers to shop in their stores when their cashiers had “F— You” tattooed on their necks or other visible areas of the body? Absolutely not. I don’t understand why anyone would get that tattoo anywhere, but especially in a place that it can’t be concealed.

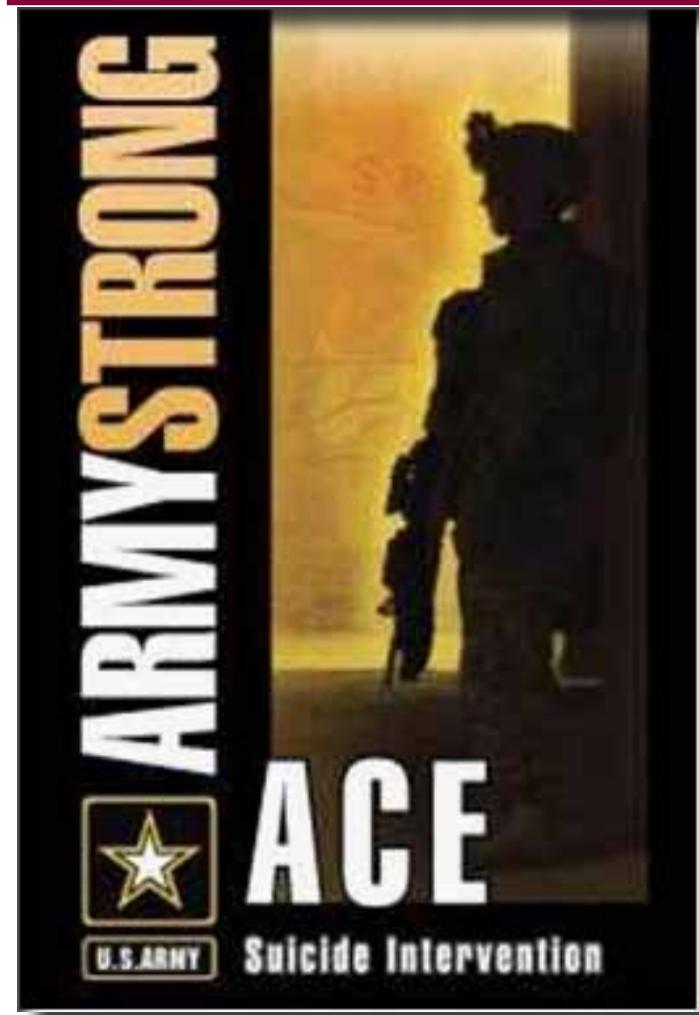
I don’t have a problem with tattoos and I’m sure that SMA Chandler doesn’t either. I see where he’s coming from with respect to tattoos that are visible in uniform. We aren’t talking about tattoos of dogtags of our lost friends or the American flag. We’re talking about vulgar, distasteful, and offensive markings that detract from a professional appearance.

That brings us to suicide. Obviously, this is something that hits home for me. I’ve written often about suicide prevention on this blog. Readers may have noticed that I don’t write much about PTS or suicide issues any more. That is what happens when no-talent ass clowns try to use PTS as leverage in their misguided efforts at attacking me. It silences those that would be able to help others by sharing their stories. In other words, it furthers an inaccurate stigma and prevents troops from seeking help. I hope those people feel good about their “troop support” activities and putting their own selfish agendas ahead of the welfare of our brave troops.

But, I digress.

“This issue of suicide is going to be with us a long time, until we decide we own this,” Chandler said. “Our profession requires — demands — that we look out for each other. We throw words like this around all the time, but our actions speak louder than words.” Emphasis mine.

I highlighted what I see as the greatest obstacle to making headway against the suicide problem in the Army. Too often, our leaders — both NCOs and officers — look at Soldiers that are having difficulty processing their combat experiences as problem Soldiers and not Soldiers with problems.



Chaplain's Corner



On behalf of Chaplain (COL) Christopher Carlson the Command Chaplain for the Army Reserve Medical Command, we pray that this note finds you blessed and doing well.

I am Chaplain (LTC) Michael Pope, Deputy Command Chaplain. What an honor and privilege to be assigned as the Deputy Command Chaplain. I have been looking forward to this assignment for some time, and now that I am here, the tasks and expectations are the challenges I most enjoy.

My goal as the Deputy Command Chaplain is to ensure every Soldier in the command knows where they can locate a Chaplain if they are in need. As the Unit Ministry Team for AR-MEDCOM our task is to provide resources for Chaplain coverage in the subordinate units areas for religious support needs. We plan to accomplish this by making contact with the regional support Command Chaplains who can respond to Soldier issues. If that fails, CH Carlson and I want to let Soldiers know they can contact us directly for advice or counsel.

I personally have extensive experience in relationship counseling. Soldier wants to contact me and have a one-on-one session. So far I have received positive feedback from this offer.

Regional Strong Bonds events and dates will be sent to all subordinate units with instructions detailing how Soldiers can attend a Strong Bonds event. As of this time, a single Soldier or married Soldier can attend one event per year. I want to encourage Soldiers of all ranks in AR-MEDCOM to np;an on attending one event this coming FY 13. If you can't find an event or do not receive information, please feel free to contact me by phone or e-mail.

May God richly bless you, your family, and your service to our country. I will keep you in prayer. You are free to send me any prayer needs you may have. A final word of encouragement and for thought: "A faith that cannot be tested cannot be trusted."

MICHAEL POPE
 CH (LTC), USA
 Deputy Command Chaplain
 727-563-3786

Chaplain (LTC) Michael L. Pope

Chaplain (LTC) Michael L. Pope is a native of Atlanta, Ga., and resides with his wife in Spring Hill, Fla.

Chaplain Pope was ordained to the ministry as a Southern Baptist in May 1985, and served churches in throughout the Southeast before entering the Active Guard Reserve program in June 2007 as a United States Army Reserve Chaplain.

Chaplain Pope was commissioned a first lieutenant in the Chaplain Corps in 1997 and served in a variety of Chaplain Corps key position throughout the Army Reserve. He was promoted to Lieutenant Colonel 7 March 2012.

Chaplain Pope graduated from the University of North Florida in Jacksonville, Fla., in Dec/1981 with a Bachelor of Arts in Sociology. He then attended Mid-America Baptist Theological Seminary, Memphis, Tenn., graduating in Dec/1983, with a Master of Divinity degree and later earning his Doctor of Divinity through Master's International Seminary, July 2011. Additionally, he studied at Biola University in Southern California.

Chaplain Pope became the Army Reserve Medical Command Deputy Command Chaplain, September 28, 2012. His previous chaplain assignments include serving as the Assistant Command Chaplain, Army Activity Services, Joint Base McGuire-Dix-Lakehurst, N.J.; Command Chaplain, Human Resources Command, St. Louis; Command Chaplain, Task Force Marshall (Mobilization), Fort Jackson, S.C.; Senior Camp Chaplain for Operation Iraqi Freedom in Camp Bucca, Iraq, with the 724th Military Police Battalion (EPW), 800th Brigade, Delaware., and Command Chaplain 1/485th and 3/485th Infantry Regiments, 108th Division, Charlotte, N.C.

His military education includes the Clinical Pastoral Education with 4 units, Chaplain Officer Basic, the Chaplain Career Course, and the Command and General Staff College.

Chaplain Pope's previous military experience has been with the United States Marine Corps, from 1969 through 1978. He served with the 1st, 2nd and 3rd Marine Divisions. His tours include, Vietnam in 1971; Two-six month Mediterranean tours and a 13 month tour in Okinawa. His Marine Corps education includes, Nuclear Biological and Chemical School, the Noncommissioned officer School, and the Advanced Staff Noncommissioned Officer Leadership Academy.

His military awards and decorations include the Meritorious Service Medal with 2 Oak Leaf Clusters, the Army Commendation Medal with 3 Oak Leaf Clusters, the Army Achievement Medal with 2 Oak Leaf Clusters, the Marine Corps Good Conduct Medal with two Stars, Iraq Campaign Medal (2 stars), Vietnam Service Ribbon, National Defense Service Medal with one Star, Overseas Service Ribbon (5) and he has been awarded the Infantry "Order of St. Maurice", Centurion Level.

Chaplain Pope is married to the former Terri Ann Jones. They have a son, Shawn who lives in Germany, and two grandchildren.



Good to Know

Cracking down: Army will purge Soldiers who fail APFT, weight standards

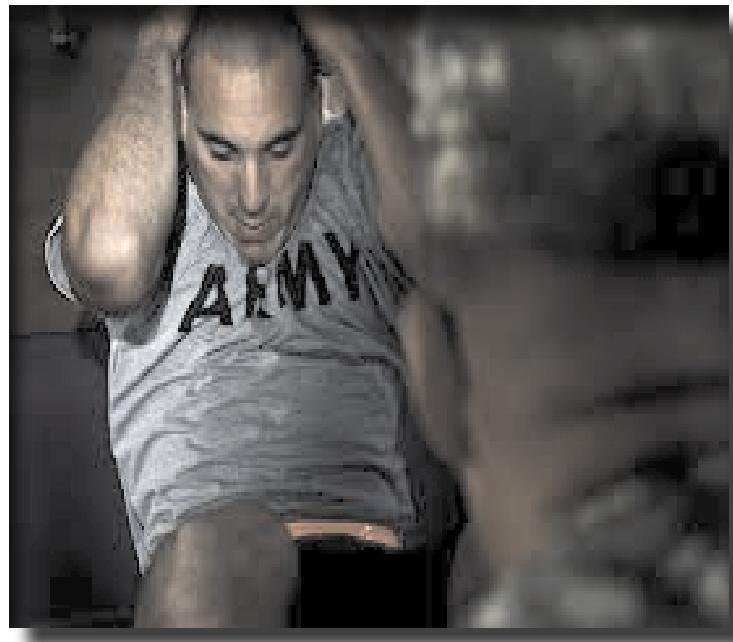
From the DOD



WASHINGTON --The Army is trimming the fat. Beginning Nov. 1, Soldiers attending Professional Military Education must pass the Army Physical Fitness Test and meet height/weight standards.

Those who fail will be given a second chance within seven to 24 days. Soldiers who fail a second time will be:

- Ineligible for re-enlistment and promotion.
- Booted from the course.
- Subject of a letter to the first general in their chain of command.
- Identified as a course failure on DA Form 1059.



Banned from PME for six months. If a Soldier fails again, he will be banned for a year.

The new rules are contained in Army Directive 2012-20.

Army leadership for the past year has repeated the warning that unfit Soldiers would be among the first to face the ax as the service begins to cut 80,000 Soldiers over the next five years. Officials are unapologetic in their plans to retain only those Soldiers with the greatest potential.

As operations diminish, the Army is recommittting itself to retaining and promoting Soldiers who are fit to fight and project a professional appearance.

"This is about the Army profession," said Command Sgt. Maj. Daniel Dailey, command sergeant major of

Training and Doctrine Command. "TRADOC led a study of our profession over the last year and a half, and we consistently heard from Soldiers that the Army must enforce the standard at all times - not just when it's convenient.

"This policy change is a big step forward for the profession," Brig. Gen. Todd McCaffrey, director of Army Training, was more to the point.

In 2007, when the Army was fighting two simultaneous conflicts, we instituted a physical fitness waiver for institutional training courses: regardless of temporary fitness issues or post-deployment recovery and reset cycles," he said. "We accepted this risk, rather than send an untrained or unschooled soldier back to their units."

With the war winding down, he said the Army enforce standards at the unit level and require Soldiers attending PME to meet Army Physical Fitness Test and Height/Weight standards for graduation. That same focus was in force in the decade following the 1991 Persian Gulf War. Nearly 20,000 Soldiers were discharged from 1992 to 2001 for failing to meet weight standards, according to the 2009 Military Services Fitness Database report.

It is not clear how many Soldiers will be affected by the new rules, but the pickings are anything but slim. More than one-third of Soldiers do not meet height/weight standards, according to a 2009 report, "Military ServicesFitness Database: Development of a Computerized Physical Fitness and Weight Management Database for the U.S. Army."

"PT may not be the most important thing a Soldier does in a day, but it is the most important thing a Soldier does every day," Dailey said.

Fat and unfit Soldiers are not the only ones in jeopardy. Soldiers with patterns of misconduct will not be retained, top leaders have said. This includes 4,877 Soldiers who have committed multiple felonies while on active duty.

The Army also is taking a hard look at 78,262 criminal offenses committed by active-duty soldiers in fiscal 2011 - specifically, the 2,811 violent felonies and 28,289 nonviolent felonies.



Veterans Wait for Benefits as Claims Pile Up

By James Dao



For Dennis Selsky, a Vietnam-era veteran with multiple sclerosis, it was lost documents. It seemed that every time he sent records to the Department of Veterans Affairs, they disappeared into the ether.

For Mickel Withers, an Iraq war veteran with severe post-traumatic stress disorder, it was a bureaucratic foul-up. The department said he received National Guard pay in 2009, though he had left the Guard the previous year, and cut his disability compensation by \$3,000. He filed for bankruptcy to protect himself from creditors.



For Doris Hink, the widow of a World War II veteran, it was the waiting. The department took nearly two years to process her claim for a survivor's pension, forcing her daughter to take \$12,000 from savings to pay nursing home bills.

These are the faces of what has become known as "the backlog": the crushing inventory of claims for



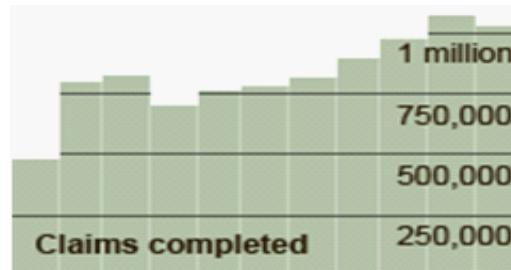
Kathryn Kausch with her mother, Doris Hink, 89, who has dementia and is the widow of a World War II veteran. The Department of Veterans Affairs took nearly two years to process her claim for a survivor's pension.

disability, pension and educational benefits that has overwhelmed the Department of Veterans Affairs. For hundreds of thousands of veterans, the result has been long waits for decisions, mishandled documents, confusing communications and infuriating mistakes in their claims.

Numbers tell the story. Last year, veterans filed more than 1.3 million claims, double the number in 2001. Despite having added nearly 4,000 new workers since 2008, the agency did not keep pace, completing less than 80 percent of its inventory.

This year, the agency has already completed more than one million claims for the third consecutive year.

Yet it is still taking about eight months to process the average claim, two months longer than a decade



ago. As of Monday, 890,000 pension and compensation claims were pending.

Skyrocketing costs have accompanied that flood of claims. By next year, the department's major benefit programs — compensation for the disabled, pensions for the low-income and educational assistance — are projected to cost about \$76 billion, triple the amount in 2001. By 2022, those costs are projected to rise nearly 70 percent to about \$130 billion.

These are the compounding wages of war, and they are not just the result of recent conflicts. The department is administering pensions for World War II veterans while handling new claims from Vietnam veterans struggling with the multiplying ailments of age. Indeed, nearly a third of all pending new claims are from Vietnam-era veterans, roughly equal to the number from Iraq and Afghanistan war veterans.

Thanks to superior battlefield medicine and armor, those Iraq and Afghanistan veterans have survived combat at a higher rate. As they return home with more wounds, and perhaps more savvy, the ones who file for disability compensation are claiming on average nearly 10 disorders or injuries each, compared with 6 for Vietnam veterans and fewer than 4 for World War II veterans. Their complex claims are often more time-consuming to process, adding to the backlog.

Master fitness trainers make comeback

By David Vergun



WASHINGTON (Army News Service, Sept. 10, 2012) -- The Army's Master Fitness Training Course, discontinued in 2001, will soon be back.

The pilot course for the new Master Fitness Training Course, or MFTC, which began Aug. 27, is underway at Fort Jackson, S.C., and the class of about 30 Soldiers will graduate Sept. 21.

The MFTC rebirth was announced at the same time U.S. Army Training and Doctrine Command, known as TRADOC, decided to retain the three-event Army Physical Fitness Test. TRADOC also emphasized that Training Circular 3-22.20, published August 2010 to prepare troops for combat-specific tasks, will remain the physical readiness training program for the Army.

"The objective of the MFTC is to target [mid-level] NCOs (noncommissioned officers) and junior officers and teach them the fundamentals of exercise and nutrition science, using TC 3-22.20, Physical Readiness Training, as the foundation," said Capt. Donald Maye, operations officer, Physical Readiness Division, Fort Jackson. "When they return to their units, they will have the skills and expertise to tailor a comprehensive physical readiness training plan for their unit."

Upon graduation, the master fitness trainers will return to their units to provide fitness mentoring, in consultation with their commanders, according to Maye.

Maye explained how fitness programs should be customized for each commander's mission requirements. He said the MFTC instruction -- taught by subject-matter experts with backgrounds in exercise science and physical therapy -- "is broad and flexible enough to accommodate the specific requirements of the unit mission to which they are assigned. For example, a program for engineers who do a lot of heavy lifting might be different from one at a medical treatment facility."

In addition to consulting with their commanders, Maye said the eventual goal of the MFTs will be to collaborate regularly with medical personnel, physical therapists, nutrition experts and even those involved with Comprehensive Soldier Fitness and Family, or CSF2.

"The goal of the program is not to train Soldiers to improve their physical fitness test scores," he emphasized. "It is to train to doctrine (TC 3-22.20), which itself is based on exercise science principles."

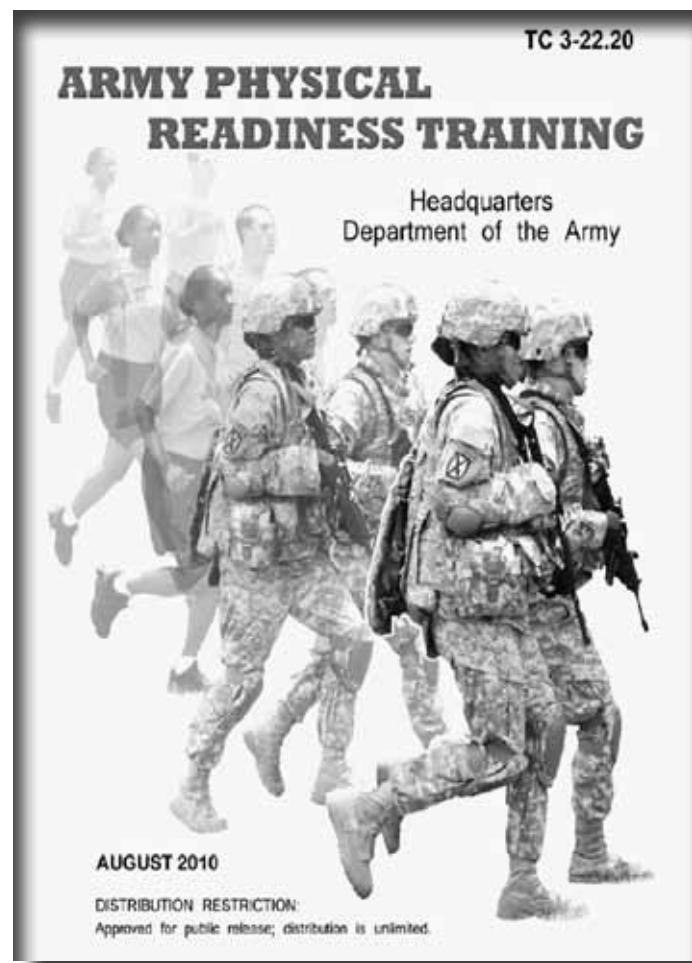
He added that improved PT scores and injury rate reduction would be byproducts of a fitness plan based on the doctrinal principles found in TC 3-22.20.

Although all Soldiers are expected to benefit from the MFT once they arrive at their units, the ones who will see the most improvement are those at the lowest

levels of fitness. "Our goal is to provide leaders the tools to safely and effectively train Soldiers," Maye said, adding that the program advances at a slow enough pace to prevent injuries from over training or from progressing too quickly to allow the body to recover and rebuild. He also said those with injuries will benefit from MFT-supervised fitness and reconditioning programs.

Maye said the MFTC is progressing "exceptionally well" and the trainees are providing constructive feedback for further improvements in the course. Once they graduate, they will retain their primary military occupational specialty and will receive the Army skill identifier as MFT-certified. He said the goal is to eventually provide one MFT per company-level command.

Also, TRADOC is working on changing the designation of TC 3-22.20 to Field Manual 7-22. "We hope to make the change as early as next month," Maye said, adding that the change will not affect any of the content.



Are you ready for Enterprise Email?

For the last 23 months, the Army has been working its transition from legacy email systems to a Department of Defense Enterprise Email service provided by the Defense Information Systems Agency.

To date, almost 600,000 users have been migrated.

As the Army continues its efforts, there are two general groups remaining to migrate.

The first group consists of all of the remaining Soldiers, government civilians and contractors who have a CAC and who currently have an email account (other than AKO) provided by the active Army, the Army National Guard, or the Army Reserve. Most of these users regularly use a government computer and will become EE business class users. These users will migrate according to the timeline their organization has coordinated with NETCOM and CIO/G-6.

The second, and the last major group, to migrate are those who use AKO mail for their primary Army email. Beginning in February 2013, NETCOM will migrate the email of these AKO mail users to the DoD Enterprise Email (EE) system. This migration applies to the Soldiers, government civilians and contractors who have a CAC, who generally do not regularly use a government computer, or who do not use another Army-provided email service to do their job. These AKO mail users will become EE basic class users. The migration will include AKO email, only. Calendars and contacts will not migrate.

Deployed Soldiers who have not migrated to EE can continue to use AKO Webmail until they re-deploy. Individuals who are retirees, even if they have a CAC for another role (e.g., a retiree who is also an Army civilian or contractor), will also maintain their AKO email. Retirees, family members and other AKO users without CACs will continue to use AKO email; they will not be migrating to EE.

Warrior Transition Command (WTU/CBWTU) Soldiers whose email accounts have migrated to EE may also continue using AKO mail as an option. These details are being worked out and more information will be provided through WTC in the coming weeks.

Once migrated, email addressed to AKO accounts (@us.army.mil) will be automatically forwarded to EE accounts (@mail.mil). Although AKO email addresses remain valid, the migrated user will no longer have the associated AKO mail storage, mail handling capability, or mail interface previously provided by AKO.

EE requires the use of a CAC for login; EE accounts will only be accessible through a Web browser on a computer with a CAC reader. Since EE supports the use of virtually any Web browser and any operating system, almost any computer can be used. The only requirement is that the computer be configured to use the CAC reader for login. Accessing EE by username and password is not allowed.

Users who currently access AKO with a CAC will be able to access EE using the same computer(s). Those who currently access AKO webmail using only a username/password should take the steps necessary to configure their computer(s) to be accessible using a CAC. Waiting to address the issue until email migration begins could result in interrupted access to email.

For information on how to CAC-enable a home computer, visit the AKO CAC Reference/Resource Center at <https://ako.us.army.mil/suite/akocac> or MilitaryCAC <http://www.militarycac.com>.

There are several differences between AKO email and EE that users need to be aware of. Specifically, email cannot be accessed:

- Via Outlook (and the AKO Outlook connector) using a nongovernment computer.
- From personal mobile devices, as these typically require either IMAP or POP protocols.
- Using IMAP/POP protocols from a commercial email client (e.g., Outlook or Thunderbird), as these do not support the mandated CAC PKI certificate authentication requirement.

For email-related issues, business class users should continue to contact their Network Enterprise Center (NEC) or equivalent. Basic class EE users should continue to call the AKO Helpdesk at: 1-866-335-ARMY (2769); select 2 (for "AKO"), then 3 (for "Other"). The help desk can assist with AKO account access, AKO "how to" questions, and accessing EE on a non-government computer.

For general information about the transition to Enterprise Email, including plans for retirees and family accounts or for issues not addressed here, go to: <https://www.us.army.mil/suite/> page/EnterpriseEmailTransition.

Army Reserve Moving to Enterprise Email

US Army Reserve Command G-2/6

User preparation, both prior to and after their date of provisioning, is important in guaranteeing the smooth transition from USAR Email to Enterprise Email. The following checklist will assist with the preparation:

Note: For detailed instructions on how to complete the below actions, please reference the TTPs stored in the USAR Enterprise Email Knowledge Base

Pre-Provisioning of EE Mailboxes (prior to scheduled date)

1. Visit the milConnect website and update location information as needed at <http://milconnect.dmdc.mil/> or <https://www.dmdc.osd.mil/milconnect/>
2. Dual Status users (CIV/MIL and CTR/MIL) ensure you have a CAC for each persona (job), and enable your PIV AUTH cert
3. Create a folder for all files associated with EE
4. Assess and record your current environment (rules, calendar, SharePoint synchronizations, delegated permissions, and group membership)
5. Un-vault all mail
6. Copy **un-vaulted mail** to a local personal folder (.pst); ensure you un-vault your mail prior to copying.

Post-Provisioning (ONLY after you have your EE Mailbox)

1. Check the functionality of Outlook Web Access (OWA); this will verify a successful account creation. Go to <https://mail.mil>
2. Check the functionality of Microsoft Outlook Client Access (business class users only)
3. Integrate your previously recorded environment (rules, calendar, SharePoint synchronizations, delegated permissions, and group membership)
4. Manually reconfigure personal settings
5. Re-subscribe to RSS feeds and portal alerts if you had any

Reminder

- All USAR account holders need to update their profiles in milConnect
- All Dual Status members need to enable their PIV AUTH cert before attempting to access their DISA Enterprise Email
- Knowledge Base for commonly-asked questions and "how-to's"- <https://xtranet/info/default.aspx>



SECRETARY OF DEFENSE
1000 DEFENSE PENTAGON
WASHINGTON, DC 20301-1000

DEC 20 2012

MEMORANDUM FOR: SEE DISTRIBUTION

SUBJECT: Implications of Ongoing Fiscal Cliff Negotiations

We are providing you this information regarding the potential impact of sequestration here at DoD. As you are all likely aware, the Administration and Congress are continuing to work to resolve a series of economic or fiscal events, collectively referred to as the “fiscal cliff,” that are scheduled to occur around the end of the year. One of the key issues involves potential across-the-board reductions in Federal spending—also known as “sequestration”—which were put in place by the Budget Control Act of 2011. Under current law, these reductions are scheduled to take effect on January 2, 2013. Many of you have raised questions regarding the impact of a potential sequestration for the Department of Defense, and I would like to take a moment to clarify a few things.

I want to start by noting that this past summer, the President indicated his intent to exercise his legal authority to exempt military personnel funding from sequestration. This means that military end strength will not be affected by sequestration in FY2013.

Our civilian employees should keep in mind that the Administration remains focused on working with Congress to reach agreement on a balanced deficit reduction plan that avoids such cuts. Sequestration was never intended to be implemented, and there is no reason why both sides should not be able to come together and prevent this scenario.

Nevertheless, with only a couple of weeks left before sequestration could occur should a deal not be reached, it is important to clarify the potential implications. Let me start by explaining what sequestration is and what it is not. Sequestration is an across-the-board reduction in budgetary resources for all accounts within the Department of Defense that have not been exempted by Congress. If it occurs, sequestration will reduce our budgetary resources for the remainder of the fiscal year (which runs through September 30). These cuts, while significant and harmful to our collective mission as an agency, would not necessarily require immediate reductions in spending. Under sequestration, we would still have funds available after January 2, 2013, but our overall funding for the remainder of the year would be reduced. Accordingly, this situation is different from other scenarios we have encountered in recent years, such as threats of government shutdown due to a lapse in appropriations.

For these reasons, I do not expect our day-to-day operations to change dramatically on or immediately after January 2, 2013, should sequestration occur. This means that we will not be executing any immediate civilian personnel actions, such as furloughs, on that date. Should we have to operate under reduced funding levels for an extended period of time, we may have to consider furloughs or other actions in the future. But let me assure you that we will carefully examine other options to reduce costs within the agency before taking such action, taking into

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consideration our obligation to execute our core mission. Moreover, if such action proves to be necessary, we would provide affected employees the requisite advance notice before a furlough or other personnel action would occur. We would also immediately cancel any scheduled personnel actions should a deficit reduction agreement be reached that restores our agency funding.

I want to assure you that we will do our very best to provide clear information about the status of events as they unfold.

Finally, let me express my gratitude during this holiday season for your continued hard work and dedication to the vital mission of the Department of Defense. Your contributions touch people's lives in many significant ways, and I want you to know how deeply appreciative the President and myself are for all that you do.



DISTRIBUTION:

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Prevention of Sexual Harassment

Information taken from ALARACT 007/2012 DTG: R 121650Z JAN 12 Effective October 1, 2012, the Prevention of Sexual Harassment (POSH) and Sexual Assault offices have combined

The intent is to form a “One Stop Shop. The new name governed by ALARACT 007/2012 is the Sexual Harassment and Assault Response Program (SHARP). All commands will have SHARP personnel on orders and appointed at all levels.

Full time SHARP Managers are required at Brigade level and above. SHARP personnel must complete the 80 hour SHARP training and complete a right seat ride on the job training with the Equal Opportunity Office. All Military and Civilian personnel must attend SHARP training two quarters of each fiscal year and complete self-study SHARP training.

Commanders are required to coordinate with their command SHARPs to complete operational SHARP training within 45 days of assuming command.

ARMEDCOM SHARP Contact information:

Manager: MSG Marian McGhee
Phone: (727) 563-3701
E-mail: marian.d.mcghee2@usar.army.mil





ARE YOU RETIRING?

Transition to E-Echoes We continue to seek ways to improve the way we communicate important messages with you. Thanks to your overwhelming feedback, we're in the process of updating and improving the registration process.

Thank you for your patience...and more importantly...thank you for your service!

The purpose of the Army Echoes newsletter is to keep Army Retired Soldiers and Family members abreast of their rights and privileges, inform them of developments in the modern Army, and to inspire goodwill and a desire to support the Army in their civilian communities.

The first Retired Army Personnel Bulletin was published in March 1956. It was a four page, monthly bulletin, designed to respond to the Army's "urgent need" to get information to its 100,000 Retired Soldiers. Retirees had previously received information through inserts in their paychecks. This method did not provide information to those retirees receiving compensation from the (then) Veterans Administration and not receiving pay from the Army, and it limited information to a maximum of 350 words a month.

The publication's name was changed to Army Echoes in January 1979. Today, Army Echoes, is a 16 page bulletin. It is published three times a year and mailed to 900,000+ Retired Soldiers and SBP annuitants. The correspondence address that the retiree has on file at the Defense Finance and Accounting Service-Cleveland Center (DFAS-CL) is used to mail Army Echoes. The correspondence address that Reserve Retired Soldiers, not yet age 60 and not yet in receipt of retired pay, have on file at the Army Human Resources Command in St. Louis is used to mail Army Echoes to them. Through the years, the name, size and frequency of publication have changed. However, the publication's mission of providing a vital communications link between the Active Army and Retired communities has remained unchanged.

Comments concerning Echoes should be directed to the Editor, Army Echoes, HQDA, 200 Stovall St, Room 5N35, ATTN: DAPE-HRPD-RSO, Alexandria, VA 22332-0470.

Army Echoes Goes Electronic

Army Echoes has served retirees for decades. Now get your retirement news at the click of a mouse and receive additional retirement related bonus information by signing up for the online version of the Army's Bulletin for Retired Soldiers and Families -- Army Echoes at <https://www.armygl.army.mil/rso/e-echoes/e-form.asp?checked=true>

For those who are retired or planning to retire from the Army, MyArmyBenefits is the Official Army Benefits Website. On the site, you can Browse Over 150 Fact Sheets for Benefit Eligibility and Highlights, Calculate Estimates of Your Survivor and Survivor Education Benefits, and forecast Your Retirement Benefits. Army Strong! <http://myarmybenefits.us.army.mil/>

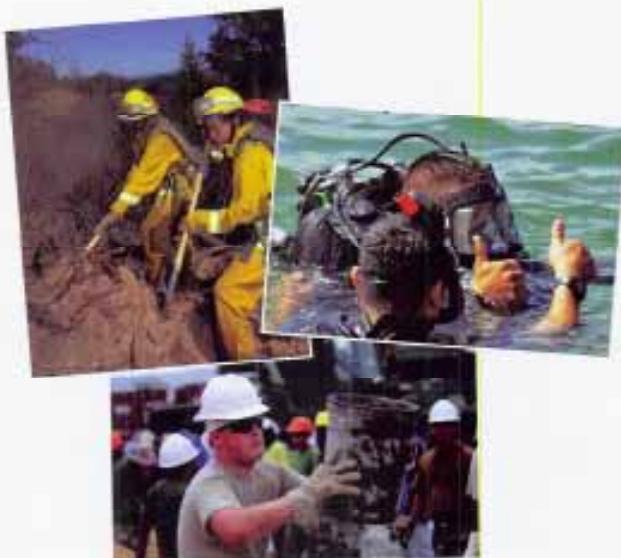


Summary of VA Benefits for National Guard and Reserve Members and Veterans



As a member of the National Guard or Reserve you may qualify for a wide range of benefits offered by the Department of Veterans Affairs (VA). VA is here to help you and your family understand the benefits for which you may be eligible and how to apply for them. VA benefits include disability compensation, pension, home loan guaranty, education, health care, insurance, vocational rehabilitation and employment, and burial.

Active Guard Reserve (AGR) Program supports and enhances the mobilization readiness of the Reserve components. The AGR includes both National Guard (Title 32) and Reserve members (Title 10) who serve full-time. National Guard members may establish eligibility for certain VA benefits by performing full-time duty under either Title 32 or Title 10.



QUALIFYING SERVICE IN THE NATIONAL GUARD AND RESERVE

Generally, all National Guard and Reserve members discharged or released under conditions that are not dishonorable are eligible for some VA benefits. The length of your service, service commitment and/or your duty status may determine your eligibility for specific benefits.

Active Service. Eligibility requirements for several VA benefits include a certain length of active service. Active service in the National Guard or Reserve includes:

- » Active duty (Title 10) - full-time duty in the Armed Forces, such as unit deployment during war, including travel to and from such duty, except active duty for training, OR
- » Full-time National Guard duty (Title 32) – duty performed for which you are entitled to receive pay from the Federal government, such as responding to a national emergency or performing duties as an Active Guard Reserve (AGR) member

A state or territory's governor may activate National Guard members for State Active Duty, such as in response to a natural or man-made disaster. State Active Duty is based on state law and does not qualify as "active service" for VA benefits. Unlike full-time National Guard duty, National Guard members on State Active Duty are paid with state funds as opposed to Federal funds.

Access Your VA Benefits

Go to eBenefits at www.ebenefits.va.gov, your one-stop shop to learn about and apply for your benefits.





Health Care. VA health care benefits may include all the necessary inpatient hospital care and outpatient services to promote, preserve, or restore your health.

Eligibility for VA health care requires that you served on active duty by a Federal order and completed the full period for which you were called or ordered. If you served on active duty in a theater of combat operations after November 11, 1998, you are eligible for free VA health care benefits for up to 5 years from the date of discharge or release.

Additional factors determine health care benefit eligibility for non-combat Veterans, or those with combat service prior to November 11, 1998. Learn more at www.va.gov/healthbenefits.

Vet Centers. VA assists combat Veterans through a nationwide network of community-based Vet Centers. Counselors provide individual, group, and family readjustment counseling to help with the transition to civilian life, treat post-traumatic stress disorder (PTSD), and help with any other issues related to military service. Other services include: outreach, education, medical referral, homeless Veteran services, employment, and VA benefit referral.



Burial. VA offers burial and memorial services to honor our Nation's deceased Veterans. For example:

- » VA can furnish an inscribed headstone or marker at any cemetery, or a medallion in lieu of a headstone, or marker to affix to one that is privately purchased.

- » VA can provide a burial and/or plot allowance to partially reimburse the burial and funeral costs of a Veteran
- » VA can provide a Presidential Memorial Certificate (PMC) for the next of kin and loved ones of a deceased Veteran
- » VA can provide an American flag to drape the casket of a Veteran
- » A Veteran and his or her dependents can be buried in a VA national cemetery

Eligibility for burial benefits requires that you served on active duty, or that your death was due to an injury or disease that developed or was aggravated during active duty, active duty for training, or inactive duty for training.



Insurance. VA's life insurance programs provide financial security and peace of mind to you and your family, especially considering the risks involved in military service. Eligible Servicemembers and Veterans pay relatively low monthly premiums for coverage, which vary by insurance program. You are automatically insured under full-time Servicemembers' Group Life Insurance (SGLI) as either a:

- » Member of the Ready Reserve or National Guard who is scheduled to perform at least 12 periods of inactive training per year, OR
- » Servicemember who volunteers for a mobilization category in the Individual Ready Reserve (IRR)

Part-time coverage is also available to National Guard and Reserve members who do not meet the inactive training requirement above, but do perform duty at specific times.

VA Mental Health Services & Vet Center Services

For Returning Veterans and their Families



**Seeking Counseling
Services?**

**Contact Your Local
OEF/OIF/OND
Program Manager
For Arrangements**

www.oefoif.va.gov/caremanagement.asp

**or Contact The
Vet Center Combat
Call Center**

www.vetcenter.va.gov | 1-877-WAR-VETS (927-8387)



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Vet
Center

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BC
Combat
Care

IT'S
BACK!

2013 Disney® Promotional Tickets!

**\$156 Four Day Ticket
with Park Hopper Option**

Valid October 1st, 2012 - September 28th, 2013

Who is eligible?

Active and Retired U.S. military personnel or their spouses,
including National Guard and Reservists.

How many can I purchase?

Each eligible member of the military or their spouse can
purchase six (6) tickets.

Are there blackout dates?

Yes, December 24th - 31st, 2012 and March 24th - April 4th, 2013
at all parks. Magic Kingdom will also be blocked out on July 4th, 2013.

Does the military member have to be present?

Yes, the eligible military member or their spouse must be
present to purchase and activate all the tickets.

Check with the ticket office for more details!



Stay with us!

To book your rooms contact
Reservations at 888.593.2242 or
book online at www.shadesofgreen.org





Subject: Universal Orlando Military Salute FREE 3-day Park-to-Park Ticket

Take Advantage of these Special Limited Time Offers

FREE 3-DAY

Park-to-Park Ticket*

PLUS Special Offer—Blue Man Group tickets \$29**

ASK ABOUT GREAT UNIVERSAL ORLANDO® VACATION PACKAGES!

VISIT PARTICIPATING BASE ITT/LTS OFFICES FOR TICKETS ONE (1) (MacDill AFB at the BX)

FREE 3 DAY PARK-TO-PARK MILITARY SALUTE TICKET* OFFER – Valid for Active Duty (includes Army, Navy, Air Force, Marines, Coast Guard, National Guard or Reservists) or Retired Military service members with valid military photo ID. To receive this offer, please:

Visit a participating military base ticket office (ITT/LTS) by March 31, 2013, to obtain your free ticket.

Complete an Acknowledgement Form and sign your name on the free ticket.

Once at Universal Orlando® Resort, present your free ticket and valid military photo ID to ACTIVATE your free ticket, and proceed to turnstile for admission to either of the theme parks:

Universal Studios Florida® and/or Universal's Islands of Adventure®. Ticket must be used on the same day of activation.

SPECIAL OFFER MILITARY SALUTE BLUE MAN GROUP SHOW TICKET FOR ONLY \$29.00** – Valid for Active Duty (includes Army, Navy, Air Force, Marines, Coast Guard, National Guard or Reservists) or Retired Military service members with valid military photo ID. To receive this offer, please:

Visit a participating military base ticket office (ITT/LTS) by March 31, 2013, to purchase your discounted ticket.

Once at Universal Orlando® Resort, present your discounted ticket purchase confirmation and valid photo military ID at the Blue Man Group ticket box office to receive your discounted Blue Man Group show ticket.





MILITARY OFFER DETAILS

Universal Orlando's Military Salute Free ticket and the discounted Blue Man Group show ticket can ONLY be obtained by ACTIVE DUTY (includes ARMY, NAV Y, AIR FORCE, MARINES, COAST GUARD, NATIONAL GUARD or RESERVISTS) or RETIRED MILITARY SERVICES MEMBERS WITH VALID MILITARY PHOTO ID (a maximum of one (1) Free ticket

and purchase of one (1) discounted show ticket per service member, regardless of where the ticket is obtained).

Offer available through March 31, 2013. Visit a participating U.S. military base ticket office or the Shades of Green Resort in Orlando to receive an inactivated Military Salute Free ticket and purchase a discounted show ticket.

Offers expire March 31, 2013 and must be used by June 30, 2013; any unused days will be forfeited. Offers cannot be combined with any other offers, promotions or discounts. Offers exclude separately ticketed events or venues within theme parks, Universal City Walk or at Blue Man Group; parking; and, discounts on food or merchandise.

*Free 3 Day Park-to-Park Military Salute Ticket has no cash value, is non-transferable and void if altered. Free ticket entitles one (1) guest admission to both Universal Orlando theme parks on the same day for any three (3) calendar days during a fourteen (14) consecutive calendar day period beginning with the first day of use. Ticket also includes fourteen (14) consecutive calendar days of admission to entertainment venues at Universal City Walk beginning with the first date of use. Some venues require 21 or older for admission. **Discounted Blue Man Group Show Ticket entitles one (1) guest admission to a specific seat for a specific performance and date of the Blue Man Group show as stated on the ticket.

Additional restrictions may apply to all offers which are subject to change and /or availability without notice.



**Check out AR-MEDCOM PAO
products on the web:**



Website: <http://www.armyreserve.army.mil/armedcom>
flickr: <http://www.flickr.com/photos/armedcom>
twitter: http://www.twitter.com/AR_MEDCOM
dvids: <http://www.dvidshub.net/units/AR-MEDCOM>
YouTube: <http://www.youtube.com/user/ARMEDCOM>
Facebook: <http://www.facebook.com> (Army Reserve Medical Command (Official PAO Page))

Other Contacts:

AR-MEDCOM HQ, General Inquiries: (877) 891-3281, ARMEDCOM@usar.army.mil.
AR-MEDCOM, Emergency Operations Center: 727-563-3720 or 877-891-3281
Staff Duty Officer: 727-254-2099.

