

The Pulse - Online Edition



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The Pulse Online Edition is a bi-monthly publication for the Soldiers, Families, civilians and medical professionals of the 807th MDSC. The November 2011 edition is a special, double edition.

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807th MDSC/U.S. Army South trains in jungles of Belize

By Eric Lucero, Army South Public Affairs
BELMOPAN, Belize -- Deep in the jungle of Belize, five U.S. Army Soldiers, accompanied by soldiers from the Belize Defense Force, moved through unfamiliar terrain with their casualty. The ability to move their casualty more than 200 yards was strenuous due to the climate and terrain. Time was a factor for their casualty, and they knew it.

Sensing they were running out of time, the medics chopped their way through thick vegetation, rappelled down steep cliffs, crossed rapid rivers, and made their way through dark caves. Once they reached their objective, the unusual happened. Their patient stood up, smiled and praised them on a job well done.

The Army medics were participating in a

two-week, U.S. Army South-sponsored Subject Matter Expert Exchange (SMEE) with the Belize Defense Force and the Belize Coast Guard Service. The exchange required the U.S. Soldiers to step outside their comfort zones and slither through the jungle and rivers of Belize, all while staying focused on properly executing their skills.

With the stability and security of the U.S. and partner nations dependent upon our ability to work together to detect, deter and disrupt common security challenges, conducting exchanges with partner nations ensures the Army's regional partners are ready and able to meet potential threats.

During the two-week exchange, the Belizeans trained the U.S. Soldiers in various ele-

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Sgt. Matthew Archilla of the 228th Combat Support Hospital in San Antonio works with members of the Belize Defense Force during a simulated high angle casualty evacuation near Belmopan, Belize, Feb. 11. The U.S. Soldiers participated in a U.S. Army South-sponsored Subject Matter Expert Exchange with the Belize Defense Force and the Belize Coast Guard Service near Belmopan, Belize, Feb. 6-17. During the two-week exchange, the Belizeans trained the Soldiers in patient evacuation techniques in a jungle environment such as high angle evacuations using rappelling techniques, confined space evacuations in caves and swift water river evacuations. (photo by Mr. Eric Lucero, U.S. Army South Public Affairs)



Introducing the Structured Self-Development Program



Leaders,

In this new era of technology, our Soldiers gather and process information differently today than they did even ten years ago. With advancements in the web and the invention of collaborative sites like Facebook and Twitter, the youth of today are able to glean information instantaneously via computer screens and cell phones. Understanding the way our potential recruits learn is critical to our success as an Army. We cannot force our Soldiers to learn using outdated methods of content delivery.

Structured Self Development (SSD) is planned; goal-oriented learning that reinforces and expands the depth and breadth of an individual's knowledge base, self-awareness, and situational awareness. It compliments institutional and operational learning. It enhances professional competence and meets personal objectives. It is required learning that continues throughout a Soldier's career and is closely linked to training and education in the NCO Education System (NCOES). It promotes lifelong learning (LLL). It also sets conditions for continuous growth as a Warrior and a Warrior Leader. All Soldiers are required to participate in SSD. It will also be a pre-requisite for attending NCOES courses, and will affect future promotions.

SSD I prepare Soldiers for the Warrior Leaders Course (WLC). Soldiers are automatically enrolled upon completing Basic Combat Training (BCT)/One Station Unit Training (OSUT). SSD I tasks are focused

primarily at the team and squad levels. SSD focuses on the common leader and tactical skill sets. Private (PV1) through Command Sergeant Major (CSM) have the option to self enroll.

There is no SSD Level II. The Advanced Leaders Course Common Core (ALC-CC) is in lieu of SSD II. Enrollments are Headquarters, Department of the Army (HQDA) select. The ALC-CC focuses on preparing unit and subordinate elements for peace, wartime missions, and contingencies, and replaces the old Basic Noncommissioned Officer Course (BNCOC).

SSD III focuses on tasks at the platoon level and prepares Sergeants (SGT) through Sergeants First Class (SFC) for the Senior Leaders Course (SLC), previously known as the Advanced Noncommissioned Officer Course (ANCOC). It offers lessons on implementing measures to reduce combat stress, developing a physical security plan, supervising the NCO's professional development, supervising ceremony setups, and applying ethical leadership decisions at the small unit level. Soldiers will be automatically enrolled in SSD III after they have completed all phases of ALC. Senior enlisted leaders, Master Sergeant through CSM, may self enroll.

SSD IV focuses on tasks at the battalion level and prepares Staff Sergeants (SSG) through CSMs for attendance at the Sergeants Major Course (SMC). Soldiers may start SSD IV upon completing the Senior Leaders Course (SLC). The US Army Sergeants Major Academy recommends completing SSD IV prior to assuming duties as a First Sergeant (1SG). Graduates of the SLC are automatically enrolled. Current graduates of SLC may self-enroll.

Although the SMC is the capstone of the NCOES, learning does not stop. Soldiers must complete SSD V after they have completed the SMC. It focuses on nominative and joint staff level tasks and prepares Soldiers for the strategic levels of Army leadership. It offers lessons on employing nation building operations and resolving conflicts between civilian employees and the military. MSGs through CSM are automatically enrolled after they graduate from the SMC. SSD V will be-

come a prerequisite for nominative and joint assignments.

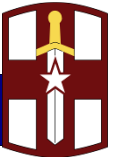
Even though Soldiers have three years to complete SSD I, less than 15% are currently on track to graduate before WLC. Leaders at all levels must ensure our Soldiers are taking these modules and not trying to "cram" them all in before ALC. SSD is both an individual and first-line leader responsibility.

One of the biggest complaints I hear about SSD is a lack of computers at units, especially in the Army National Guard (ARNG) and the Army Reserve (AR). CSMs for the ARNG and AR are actively seeking a resolution to this problem.

I require your help to ensure that we embrace this new learning tool. SSD will be the key link in the Army Career tracker (ACT) and will improve Army readiness by integrating self-development into a lifelong learning (LLL) strategy. I charge all leaders to give their Soldiers time throughout the week to work on their SSD courses.

**- Raymond F. Chandler III
Sergeant Major of the Army**





807th medics train Malian Defense Forces

By Sgt. Mark Henderson, Utah National Guard
MOPTI, MALI — Soldiers of the 807th Medical Deployment Support Command, Fort Douglas, Utah, are sharing their expertise with their Malian medical defense forces counterparts during Atlas Accord 12 in Mopti, Mali, Feb. 7-15.

This annual-joint-aerial-delivery exercise, hosted by U.S. Army Africa, brings together U.S. Army personnel with militaries in Africa to enhance air drop capabilities and ensure effective delivery of military resupply materials and humanitarian aid.

Doctors and medics from both militaries are seizing this unique opportunity to expand on training.

While here in Mali 807th medics were asked by Malian Army Col. Youssouf Treore, commander of the medical detachment in Mopti to aid Malian medical personnel in the use of supplies they received from U.S. forces several years ago.



U.S. Army Staff Sgt. Anthony P. Baca, a healthcare specialist assigned to the 807th Medical Deployment Support Command, Fort Douglas, Utah, explains the use of trousers designed to help prevent hypotension to Malian Medical Defense Forces in Mopti, Mali, Feb. 7. Baca, a McKinney, Texas, native was part of a medical team participating in Atlas Accord 12. (U.S. Army photo by Spc. Kimberly Trumbull)



Maj. Dean A. Nelson, 807th Medical Deployment Support Command, Fort Douglas, Utah, and Wendell, Idaho native, explains the use of a battery powered cauterizer pen to Malian medical defense forces Col. Youssouf Traore, in Mopti, Mali, Feb. 7. The 807th MDSC were in Mali as medical support during Atlas Accord 12. (U.S. Army photo by Spc. Kimberly Trumbull)

Treore said the supplies are very practical, easy to use, and helpful to the Malian Medical Defense Forces.

We are training with the Malian medical personnel on different types of equipment that include cervical braces, finger splints, ring cutters, pressure bandages, back boards and more, said Maj. Dean A. Nelson, a family physician and Wendell, Idaho native, assigned to the 328th CSH, 807th MDSC. These Malian soldiers and medical personnel have on-the-job training, so it is very rewarding to show them and see their excitement when we demonstrate the proper use of the equipment, said Sgt. La Tonia R. Luna, an 807th MDSC Army healthcare specialist and Fort Worth, Texas native.

American medical personnel gained experience from working with the Malians.

"I learned they do a lot with a little," Baca said. "I don't know how they handle trauma situations but, it's impressive how they do it," said Staff Sgt. Anthony P. Baca, an 807th MDSC Army healthcare specialist and McKinney, Texas native.

Training will help our medics become better since they are teaching the Malians through interpreters and have to move slowly and ensure they are understood; it gives them a better understanding of the training they are providing, said Lt. Col. David H. Moikeha, an emergency physician, and Coppell, Texas native, assigned to the 94th Combat Support Hospital, 807th MDSC.

Baca said he is impressed with both militaries' willingness to learn.

Luna agreed.

"The Malians asked very good questions and were curious about the use of the equipment and now they know how to use it to help their patients, Luna said.

Helping patients recover is important to the people, Treore said.

"We receive so much trauma from highway accidents, military and civilian," he said. "The equipment we have will help us care for the trauma patients we receive at our level."

Treore added he was grateful for the experience. "I appreciate the cooperation with the U.S. Army," he said. It [the training] is very practical and it will help us face all of our needs."



807th Soldier skis to success

Courtesy Story

HIGHLAND, Utah —1st. Lt. Barbara Blanke of the 987th Blood Support Detachment has been chosen to represent the United States Military as a member of the biathlon team in the International Military World Championships (CISM).

Blanke, 47, routinely competes for the National Guard's Biathlon Team (along with her husband, Sgt. 1st Class Shawn Blanke, a Utah National Guard Soldier) against Soldiers half her age from around the world.

Although she has been competing for years, this is the first time she has been selected to compete at CISM, which is the premiere military biathlon event in the world. Her most recent competition was at the German Invitationals, where she won gold in the Female Guest Class division (including all foreign skiers), and only came in behind two German skiers.

Blanke was selected for the 2012 U.S. CISM Team as the top female military biathlete in the United States during the 2011-2012 season. Her accomplishments this season include a Gold Medal at the IDSM Military Championships in Regen, Germany, a Bronze Medal at the South American Cup in Portillo, Chile, as well as a third place finish at the North American Cup (NORAM) Race Series Number Two in West Yellowstone, Montana. Blanke also won both races convincingly at the National Guard Western Regional Biathlon Championships at Soldier Hollow in Midway, Utah, in early January of this year.

All of these results come in spite of Blanke falling firmly into the "Masters" category, at forty-seven years of age, yet competing against athletes of all ages for medals, prize money, and in some cases, a spot on their respective countries' National Team.

"Whenever I enter these 'open-class' races, I often wonder if I even belong in the field..." said Blanke after being asked about a 'forty-something' racing against an often much-younger crowd.

Although she had skied for over 25 years, Blanke never trained for or participated in biathlons until she was older than most of the competitors.

"When I saw it, I thought I had just missed my calling in life. At that time, I was already 30, and I just didn't want anyone to experience it too late in their life, so I got involved in coaching," said Blanke.

Every year, the Department of Defense selects the top athletes among all branches of the service to represent the U.S. at this prestigious event. The top military athletes in the world, many who are among the elite professional winter athletes in Europe, will gather in Slovenia to compete against each other while representing their respective countries. Over forty-five countries are expected to send delegations to the 2012 CISM Championships, which will likely include some of the top biathletes in the world.

Blanke insists that whenever she competes, all she really tries to do is compete against herself, have fun, and help other athletes whenever she can.

"Most of the time I don't even know where the other competitors are in a race, so my strategy is to ski my own pace, focus on the things that I can do well, and let the results take care of themselves," said Blanke when asked how she handles the pressure of international competition.

The biathlon

involves both cross country skiing and target shooting. The intense aerobic exertion of 7.5 kilometers of skiing makes the marksmanship difficult. Competitors must shoot twice—once standing and once prone, and there is a "penalty loop" of several hundred meters for every target out of five that is missed. A great skier can find themselves trailing the pack with a poor shooting performance.

Blanke currently serves as a Clinical Laboratory Officer in the 987th Blood Support Detachment of the 172nd Multifunctional Medical Battalion based out of Ogden Utah, and also serves as a Hematology Supervisor at Timpanogos Regional Hospital in Orem, Utah.

"There is no way I could do the things that I have been able to do without the support of my employer, my Army Reserve unit and my family," said Blanke.



1st Lt. Barbara Blanke of the 987th Blood Support Detachment fires her rifle during a biathlon at the South American Cup in Portillo, Chile, in 2011. Blanke, 47, has won numerous national and international awards as a member of the National Guard biathlon team. (photo courtesy of 1st Lt. Blanke)



Belize

Continued from page 1

ments of high-difficulty casualty evacuations. Whether it was rappelling down sheer cliffs, using ropes to cross swift rivers, or crawling into confined spaces during cave rescues, the scenarios and terrain provided by the Belizean soldiers offered their U.S. counterparts an unparalleled training opportunity.

“The most important part of an opportunity like this is it gets the Soldiers out in an environment that they would otherwise not have,” said Maj. Al Brown, U.S. Army South G-3 operations officer. “Back home, the conditions are not quite as challenging as you have here in the jungle. To get this deep into a jungle environment and train is pretty hard to do.”

Being able to treat a wound in a brick building with sound security and a working air conditioner may seem ideal, but being able to overcome exhaustion, sweltering heat and unfavorable terrain can quickly turn the situation from ideal to deadly if unprepared.

“As medics, we may find ourselves in a jungle or cave environment and it’s our duty to be able to go in there and extract that patient safely,” said Sgt. Eric Chappell, a medic assigned to the 228th Combat Support Hospital in San Antonio. “Any U.S. Soldier that comes through this program will be able to take this training back with them and use it effectively. There’s no question in my mind that this course has been tough.”

Sgt. Matthew Archilla, a medic assigned to the 228th Combat Support Hospital, believes the training he received in Belize has the ability to pay immediate dividends.

“A lot of the rappel training they gave us is really relevant,” said Archilla. “Our current situation in Afghanistan has us operating in a lot of mountainous terrain. Allowing a medic to get in there and learn how to package a patient in that type of terrain is extremely beneficial.”

While the Belize Defense Force is a relatively small military, only consisting of approximately 1,000 troops, the experience its service members have operating in a jungle environment makes their training invaluable to partner nations seeking to improve their own capabilities.

“It’s good to see how other armies

handle different situations,” said Spc. Marco Borrego, a health care specialist assigned to Army South’s Headquarters and Headquarters Battalion. “We can learn from them just as much as they can learn from us.”

After successfully making their way through the jungle, the U.S. Soldiers reciprocated the training by providing the Belizeans with medical care classes designed to improve the host nation’s ability to effectively treat casualties in hostile situations.

“We taught them trauma casualty care, a step above the combat lifesaver course,” said Sgt. 1st Class Efreem Dicochea, a medical operations non-commissioned officer assigned to Army South. “This will assist the Belizeans in developing the skills needed to be able to treat and evacuate casualties in a combat environment. It’s important because it gives the host nation confidence in their medics so they can operate in an austere environment away from definitive care.”

Since the Belizean soldiers participating already had basic medical skills, the U.S. medics provided medical training to the host nation soldiers in how to treat casualties under fire.

“The majority of the rescuers and military here already have the rescue side down,” said Cpl. Wendy Garcia, a combat medic with the Belize Defense Force. “The medical training is what we really needed to help us expand more on our medical knowledge. An exchange like this really helps us stay up-to-date on real-world changes in the medical world.”

“This is very important for us,” said Capt. Elfryn Reyes, the force medical officer for the Belize Defense Force. “We are always very happy when we get support from

partner countries like the U.S. It is very important to keep this relationship because we complement each other. We hope this relationship can continue and grow.”

In addition to the formal training, both groups spent some time enjoying the intricacies of the jungle during a 24-hour jungle immersion exercise.

“It was awesome living off the jungle,” said Chappell. “You just had to go into the jungle, chop your way in and build a hut and live in that with absolutely nothing except some bread and water. We even ate termites.”

While the U.S. medics and their Belizean counterparts parted ways, the experience and training each group received will prove to be crucial toward building partner nation capacity and improving abilities to successfully work side-by-side on any future operations or exercises.

“If I’m out there working on a rescue and there is a Belizean soldier working alongside me, we both know the same information,” said Archilla. “We’re both tying the same knots; we’re doing the same battlefield tactical combat casualty care. It just allows for continuity and better cohesion.”



U.S. Soldiers from U.S. Army South and the 228th Combat Support Hospital practice medical transportation and rescue in the jungles near Belmopan, Belize, in Feb. 6-17. High angle evacuations, confined space evacuations, and swift water evacuations were some of the important skills the forces trained together on. (photo by Mr. Eric Lucero, U.S. Army South Public Affairs)



First GE partnership class graduates

By Maj. Matt Lawrence

MILWAUKEE—On March 15th, the first seven students in the General Electric Externship program graduated at a ceremony at GE Healthcare's Training Headquarters.

Staff Sgt. Adam Malzewski, Sgt. Zachary Larue, Sgt. Rebecca Vega, Sgt. Christopher Deschenes, Spc. Juan Morales, Spc. Brian Stack, and Spc. Wayne Reger were honored for completing the program, which provides the Army with fully duty-MOS qualified Soldiers in the biomedical repair specialist (68A) MOS, and provides GE with a new talent pool on which to draw.

"At first it seemed like a rumor," said Vega, who reenlisted to be a part of the program. "It seemed like an amazing opportunity—too good to be true."

While many Soldiers in the 68A field do the same job on the civilian side, there are benefits for Soldiers and the Army Reserve by partnering with GE.

Malzewski outlined the benefits say-

ing, "the different exposure to different manufacturers, how to manage and execute contracts, and manage customers. All of those skill sets can parlay back over and we can take best business practices from this training back to our home units."

Of the seven, six were offered full time employment with GE Healthcare, and three have accepted the offers so far. Future iterations of the GE partnership will not be restricted to members of the 807th MDSC.

GE employs over 14,000 veterans worldwide and has been named one of the best companies for veterans several years in a row.

Staff Sgt. Adam Malzewski connects the display of an MRI machine at a hospital in Kenosha in January, 2012. Malzewski was one of seven graduates from the initial class of the GE/807th MDSC partnership. (photo by Maj. Matt Lawrence)



807th Commander wins MacArthur Award

By Maj. Matt Lawrence

SALT LAKE CITY—Capt. Patrick Naughton, HHC 807th MDSC Commander, has been selected for the Douglas MacArthur Award for Leadership Excellence.

Naughton assumed command of HHC in April 2011, after completing a deployment in the logistics section of Task Force 807th, which was responsible for medical operations throughout Iraq.

Naughton has a long list of accomplishments that made him a natural choice for the award. He was part of the medical logistics team responsible for developing a medical asset redistribution program for Iraq, that transferred millions of dollars of equipment from closing hospitals to those who needed it. TF 807th was awarded the Surgeon General's Excalibur Award for this program.

Naughton was a nominee for the AMEDD Junior Officer of the Year

Award in 2011, and was selected to attend the highly coveted AMEDD Junior Officer Week.

Naughton also received the Center for the Army Profession and Ethics award in 2011 for his work proposing a new leadership and mentoring program for the Army. He also was an American Red Cross Partnership Award Winner for his sexual assault prevention efforts.

In the short time Naughton has been HHC commander, he has been able to increase drill participation by ensuring robust training. He also established the HHC's Officer Professional Development, Non-Commissioned Officer Professional Development, and the Junior Enlisted Professional Development programs, in addition to the HHC's Family Readiness program.

Naughton will receive the award in a ceremony in Washington, D.C., on May 25.



Capt. Patrick Naughton at the 807th MDSC headquarters at Fort Douglas, Utah. (Army Reserve photo)



G8 awarded for efficiency program

By Maj. Matt Lawrence
SALT LAKE CITY—Col. Marc van Oene has been selected as a winner of the 2011 Resource Management Individual Award for Cost Savings Initiatives by the Department of the Army.

The project that earned the award was the implementation of the Defense Travel System (DTS) in the 807th MDSC, which was estimated to have saved the Army about \$300,000 over fiscal year 2011.

The 807th is one of only three commands in the Army Reserve to fully mandate the use of DTS so far. The savings are realized in the accounting work that was formerly required to have taken place at the Department of Financial Management and Services (DFAS) when manual vouchers were submitted.

“What we did was to give our commands more control over travel dollars, more oversight, and a better feel for where their Soldiers [and money] are going,” said van Oene.

By allowing the commands to

manage their own travel budgets, DTS implementation gives the 807th’s subordinate commanders flexibility.

Commanders, when presented with an unexpected travel requirement no longer have to say, “‘okay, let’s go beg someone for money.’” Now they have a pot of money they can draw from,” said van Oene.

And though DTS can be frustrating at times, travelers can enjoy some perks by using the system.

“What I like about DTS, is that it gives the person inputting the authorization a chance to have some choices [with flights or carriers],” said van Oene.

Travelers can now manage flight times better and benefit easier from frequent flyer programs if they travel frequently.

Advantages from DTS implementation exist for the 807th itself, including making the command’s travel records “audit ready.”

Van Oene said he couldn’t have



Col. Marc van Oene (Army Reserve Photo)

done this without the hard work of his staff, who worked hard to train subordinate units and fix the hundreds of problems that inevitably popped up during the implementation.



807th MDSC photo wins best of the year for U.S. Army

WASHINGTON, D.C. — Sgt. 1st Class Adam Stone has won first place in the Army’s Keith L. Ware Awards for an individual photograph for calendar year 2011.

This photo, which he took while in South Africa with the 949th Veterinary Detachment, only placed second in the Army Reserve’s Brumfeld Awards competition in January, but had excellent composition and a perfect fade to the background.

This photo competed against over 100 other entries in the Army Reserve competition, and over 100 entries, all winners from their commands, in the Army-wide competition.

Stone and his photo will now compete for the Department of Defense’s coveted Thomas Jefferson Award, to be held in April.

Stone left the 807th MDSC in February for promotion to Sgt. 1st Class, and is currently at Fort Dix, N.J., preparing for deployment to Afghanistan with the 316th Expeditionary Sustainment Command from Coraopolis, Pa.

On the right, Dr. Tim Hill, a South African Veterinarian Volunteer, helps U.S. Army Capt. Katerynn Lobus-Gosciniak of the 949th Medical Detachment (Veterinary Services), US Army Reserve, with a difficult spay operation while South African National Defense Force Navy Warrant Officer Cpoerik Mostert helps by holding intravenous fluids.



Media Engagement—Follow the rules

By Maj. Matt Lawrence

On March 14, an article appeared through Time Magazine's online portal discussing the case of Staff Sgt. Robert Bales, who allegedly murdered 16 Afghans in two villages.

Comments in this article appeared from an unnamed Army Reserve psychiatrist that speculated that Bales's suffering from Traumatic Brain Injury could have been the catalyst for him to snap and commit these acts. Other quotes in the article attributed to unnamed Army Officers discuss how Soldiers could get off base without being stopped by security forces manning the checkpoints.

The article created a stir in the Army Reserve and the medical community and a strong warning from Maj. Gen. Miller, Deputy Commanding General for U.S. Army Reserve Command, stating that all Soldiers must seek approval prior to engaging with the media.

This is not the first time one of our medical providers has spoken out of line to the press. The greatest confusion exists with our medical professionals, who have the education and professional experience that would qualify someone as a subject matter expert in medical matters, as was the case here.

While our medical professionals may have the professional expertise to answer questions for the Army Reserve, they must remember they do not have the position that gives them that authority.

A proper analogy would be a car mechanic for a Ford dealer in Peoria, Ill., who knows the Ford Focus well, including its advantages and problems, giving an interview to the press on what the Ford Motor Company should do to improve the car, or why a certain malfunction has happened in several cars. The mechanic does not have the authority in the company to give that opinion, regardless of how well they know that vehicle.

Soldiers must also be careful what they comment on with the media. OPSEC must be observed whenever giving an interview. Violations of OPSEC with the media can lead to disciplinary action for the offending Soldier.

I am the first to admit, properly handling the media is not difficult—if you

understand your limits. It's understanding where the line is drawn that can be difficult.

Soldiers are encouraged to engage the media and to give interviews to reporters to expand the public knowledge about the military and give exposure to the Army Reserve. However, comments should be limited to that Soldier's personal experience. Examples would be: "what did you and your family do to prepare for this deployment?" or "How were you able to save the lives of Soldiers who were multiple amputees due to blast wounds?"

Questions about specific patients should obviously be avoided, due to HIPPA restrictions.

Questions about Army policy or questioning policies or decisions should be deflected to the appropriate authority. If a doctor is asked, "What can the Army do to better treat PTSD victims?" the answer should be for the reporter to contact the Office of the Surgeon General.

And finally, each interview has a theme that should be adhered to. If a reporter wants to conduct an interview on your experiences but asks, "Do you think we should continue the war in Afghanistan?" the response should be similar to, "I thought we were here to discuss my personal experiences. I can't comment on a topic of national importance."

The worst thing you can do is speculate, which was part of the problem with the Time interview. The psychiatrist interviewed had never evaluated or treated Bales. His opinion was pure speculation on why he allegedly committed these acts and nothing more. Do not speculate—there is no shame in saying, "I don't know" if you really don't.

Overall, here's the problem—some people like the attention, and can get carried away with the notion that a reporter talking to you is validation of your expertise. This is not the case. In many instances, reporters will come to Public Affairs Offices and be dissatisfied with our answers (i.e. please call the Surgeon General's office), or bypass us completely. They are coming to you merely because you wear a uniform and may have the skill set they are looking for.

While most media interaction our Sol-

diers will have will likely continue to fall under the category of "low risk engagements" such as unit farewell ceremonies, there are many that can cause damage to the image of the Army Reserve. In those situations, the PAO must get involved to protect both you and the Army Reserve.

Keep us in mind:

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Media Do's and Don'ts

Do:

- Contact the PAO & SJA before any interview
- Observe OPSEC
- Answer questions regarding your personal experiences
- Remember you represent the Army Reserve

Don't:

- Speculate on something you don't know
- Violate HIPPA
- Ever think that anything is really "off the record"
- Decline to comment if you feel uncomfortable
- Be rude or offensive



Tax Time is Near!

By Maj. Matt Lawrence

It's tax time again, and if you haven't filed yet, you need to get your act together. Taxes are due on April 17th for the tax year of 2011, due to the 15th being on a weekend, and the observance of Emancipation Day in the District of Columbia on April 16th this year. It's one of the few quirks about our nation's capitol that benefits all of us.

If you haven't done that return yet, here are some tips to help speed the processing of your return and to avoid the dreaded audit:

1) **Use the IRS's e-file system**—The system is easy to use, free to use, and will process your refund (if you are due one) within just a few days. In comparison, a paper tax return may take six to eight weeks to process. The system allows you to store your information on the IRS's servers, and you have a unique password to access your information—don't forget this password. The e-file system will also do all of the math for you. If any forms are incomplete or missing, the IRS will contact you via e-mail within 72 hours. Other computer programs such as TurboTax also do a fine job, but are often available only if they are purchased.

2) **Be sure to list all of your income**—The IRS receives electronic versions of your required tax forms and checks to see if you have accounted for all of them. The surest way to trigger an audit is to think that you can hide some of this income. People who make less than \$250,000 are far less likely to be audited than those making more, but mistakes and deceit increase your odds significantly.

3) **Be sure to take all your deductions**—Many of the common deductions include interest on your mortgage, charitable donations, and property taxes, but some others are not so com-

mon. For instance, many states allow residents mobilized outside of the state borders to earn their income tax free.

4) **Be sure to calculate your deployment time correctly** — For most Soldiers, all income earned while on deployment to a hostile fire zone is non-taxable. Be sure to calculate this correctly—your W2 should reflect your overseas pay correctly, so double check it before you file.

5) **Get professional help if you need it** — If you have simple income and use the 1040EZ form, don't bother going to a tax preparation service to do your taxes. They will charge you a couple hundred dollars for what is essentially 15 minutes of work. However, if you own your own business, have made dozens of stock trades throughout the year, or have a significant event such as a divorce that complicates your taxes, then seek professional help. Getting things wrong increases your chances of an audit, especially with home businesses.

The nation's tax law is difficult to know well. State systems are commonly more simple, with less deductions and rules overall. But taking the time to understand your taxes is a worthwhile pursuit to understanding why you are eligible for deductions or not, and also will help you in preparing for next year. While there are inevitable changes from year to year, the overall system remains fundamentally the same from year to year.

Good luck!



Meet the new Command Chaplain—Ch. (Col.) Bonnie Koppel

Friends- It is a humbling privilege to introduce myself as the Command Chaplain of the 807th MDSC. I come to you from 3 ½ years of service as the 63rd Regional Support Command (RSC) Command Chaplain, and I have a confession to make- Ch. (Col.) Bryce Holbrook was always our FAVORITE O&F/T Command Chaplain to work with, so I am all too aware of the big shoes I am stepping into!

Fortunately I have the outstanding support of Ch. (Lt. Col.) Robert Brady and Master Sgt. Steven Ferguson to lean on.

I began my career as a chaplain candidate in 1978, and was the first female Rabbi ever to serve in the U.S. military. I spent many years as a Corps Support Group Chaplain, and have had the awesome opportunity to deploy downrange 5 times to provide Jewish

religious support for Passover and Hanukkah in Kuwait, Iraq, and Afghanistan.

In addition to these deployments, another amazing career highlight was offering the prayer at a gathering with President George W. Bush, and then attending the White House Hanukkah Ball in 2007. (I have some photos of that event posted at my website, www.azrabbi.com.)

I was the first Command Chaplain of the 63rd RSC, and am immensely proud of having been part of that team becoming fully operational. As an RSC Chaplain, Strong Bonds has been a huge focal point. I believe in the training and cannot encourage you strongly enough to participate in a Strong Bonds retreat. (www.strongbonds.com).

In my civilian life, I am one of three rabbis on the staff of Temple Chai

(www.templechai.com), a Reform Jewish congregation of 850 families in Phoenix. I have been married to my beloved husband, for 26 years, and we are the parents of two daughters.

In addition to the above, I have accepted the challenge of studying as a Department of Distance Education student at the US Army War College, an experience I am finding immensely challenging and rewarding.

My philosophy of leadership is relatively simple- find 99 reasons to say yes rather than 1 reason to say no. I understand that we are here to support Soldiers and Families and I am fully committed to that vision.

I am very thrilled to be part of the 807th and hope that you will never hesitate to be in touch with me or one of our staff. Thank you so much for this amazing opportunity!



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