

84TH TRAINING COMMAND

RAILSPLITTERS

SPRING 2012



**FAREWELL TO A GREAT LEADER
MERCURY RISING**



What's inside...

- 3 Army Alcohol and Substance Abuse Message
- 4 Farewell Message from The CG
- 5 CSM Comments
- 6-7 Message from Safety for the upcoming Summer Season
- 8 National Suicide Prevention Information
- 9 Family Programs Contact Information
- 10-11 New Army Physical Readiness Test set
- 12-13 81st RSC Celebrates Women's History
- 14-15 Strong Bonds
- 16 Family Day Fun

84th Training Command

Maj. Gen.
Jeffrey W. Talley
84th TC Commander

Mr. Ted Jendusa
84th TC Command XO

Command Sgt. Maj.
Daniel J. Zebrauskas
84th TC CSM

Lt. Col.
Barry Burns
Public Affairs Officer

Capt. 'Wole Osibodu
Deputy PAO

RAILSPLITTERS is produced for personnel of the 84th Training Command, and is an authorized publication for members of the Department of Defense. Contents of RAILSPLITTERS are not necessarily the official views of the U.S. government, the Department of the Army, the US Army Reserve or the 84th Training Command. For information, or to suggest story ideas, send an email to oluwole.osibodu@usar.army.mil, or call 502-378-2561.



From the Railsplitters Staff...

We would like to use this opportunity to invite all units in the 84th Training Command downtrace to endeavor to contribute articles and photos to our office for use in this magazine. This is a medium to tell the command's story, and all of its units are included. We suggest appointing capable personnel as Unit Public Affairs Representatives (UPARs) in order for a better facilitation of this process. We look forward to feedback and suggestions for us to improve the product and ensure as much coverage as possible. Thank you

Front cover: 84th Commanding General Maj. Gen. Jeffrey Talley addresses his audience at the 2011 edition of the Senior Leader Conference which was held at the Fort Knox Leaders Club. Photo by Master Sgt. D. Keith Johnson.

Back cover: Five yr-old Adrian Moses Wolfe smiles as he braces for the dunk into a pool of water by Maj. Gen. Talley during the HHC 84th family day activities. Adrian is the son of Lt. Col. Harold and Anita Wolfe of the HHC, 84th Training Command. Photo by Capt. Wole Osibodu.

Are you an E-6 or below looking for a change to a military career with skills you can use in a civilian career? If you have a GT score of 107 or higher, US Army Reserve Public Affairs has open E-5 to E-8 positions across the country. Contact the 84th Training Command PAO for details.

Army Alcohol and Substance Abuse Program Awareness Campaigns

Alcohol is the most commonly used drug in the United States (National Institute on Drug Abuse). Alcohol is popular, socially accepted, and legal. Yet it is the most frequent cause of individual and family pain and suffering. Alcohol awareness month is an opportunity to raise awareness about alcohol misuse and encourage people to make healthy, safe choices. The goal of the awareness campaign is to encourage people to take time to educate themselves and their loved ones about the dangers of alcohol misuse.

National Alcohol Screening Day was held April 5. National Alcohol Screening Day (NASD) is designed to inform, educate, and raise awareness about the dangers of at-risk drinking through anonymous online self-assessments. The screening will not provide a diagnosis. The assessment will allow you to recognize symptoms that are consistent with a condition or concern. It also provides guidance and contacts for proper resources to address identified areas of concern.

Alcohol Awareness Toolbox

Rethinking Drinking – provides a variety of education and resources regarding causes, consequences, prevention, and treatment of alcohol-related problems - <http://rethinkingdrinking.niaaa.nih.gov/>

Alcohol screening tool - <http://www.alcoholscreening.org/Home.aspx>

NCADD provides information on the National Council on Alcoholism and Drug Dependence – <http://ncadd.org/index.php/learn-about-alcohol/overview>

Take 5 Safe Spring/Summer Safety

Summer is a very dangerous time of year for the Army with notable increases in off-duty accidental fatalities. In fact, off-duty fatalities during the months April through September have risen nearly 20 percent during the past three fiscal years. To help protect our Band of Brothers and Sisters during this high-risk time of year, the U.S. Army Combat Readiness/ Safety Center launches the 2012 Safe Summer Campaign. This year's campaign, which runs 1 April through 30 September, encourages every member of the Army Family to get out and enjoy all that summer has to offer, but keep safety out front of every activity.

This campaign site offers a variety of tools and articles on several summer safety topics including home safety, sports and fitness, travel, ATV safety and water safety. These products are meant to strengthen the command's existing safety program by providing information on topics for Soldiers, Family Members and Civilians to enjoy during their off duty time.

The U.S. Army Combat Readiness/Safety Center stands ready to support you this summer in our collective mission to safeguard our most precious resource, our Soldiers, and, in doing so, keep our team Army Strong. Encourage Soldiers to "Take 5" this summer, by looking out for each other.

From the CG

A Fond Farewell

Dear Soldiers, Civilians, and Families of the 84th Training Command:

The past three years has been an exciting time for all of us in the 84th Training Command! We have re-missioned, reorganized, and relocated. We have become the centerpiece of the new Army Reserve Training Strategy (ARTS) as we conduct CTC-like field exercises to prepare our units for mobilization in support of Contingency Expeditionary Force (CEF) and Deployment Expeditionary Force (DEF) requirements for our Nation. My expectation is that our training role will only grow in importance and impact as the active Army decreases in size and increases its reliance on the Army Reserve for enablers.

As I leave the command and head off for another Army assignment, I know you will join me in welcoming your new Commander, Brig. Gen. David Puster. Gen. Puster is an outstanding Soldier/Leader and has just the right blend of O&F and training experience to lead the 84th to the next level. I know I leave you in good and capable hands. In closing, thank you for all you do everyday for America's Army. Your dedication and unwavering commitment to the readiness of our Army Reserve is all-inspiring. I will always be grateful for the lessons I have learned from each of you – the 84th has made me a better person, Soldier, and Leader.

Strike Hard, Army Strong!



Maj. Gen. Jeffrey W. Talley
84th Training Command

Editor's Note: At the time this edition was printed, Brig. Gen. David Puster was set to assume command of the 84th Training Command. In the next issue, we will have his very first message to the command via this forum and pictures of the change of command ceremony.

“A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent”.

-Douglas McArthur

CSM Comments

More expected from Army Reserves

Another year gone and another successful year the 84th Training Command's Soldiers and civilians can be proud of. Much has been accomplished through your efforts, from the extremely successful conduct of four exercises, to the virtual "out of the box" task organization of our subordinate divisions, and to the smooth move from four buildings in the 2200 block of Fort Knox to the state of the art building, Grow hall on Old Ironsides Ave. You did this in light of the future budget and structure concerns. Your accomplishments last year are nothing short of displaying the highest level of loyalty and dedication to the Soldiers and civilians of the 84th Training Command, a big "HOOAH!" to all.

Not only was last year a

very productive one, while setting the momentum for the future, it was also one of our safest years. We experienced the least amount of personal and equipment loss than any other year, another statistic to be very proud of. As we ramp up our efforts to prepare for this year's events, keeping safety at the forefront of plans will make for another safe year. Staying focused on the mission success.

All indications on the budget strategy lean towards the Army relying more on the Reserve component with that in mind, we need to prepare ourselves for yet another busy year. In order to remain successful as a command, we need to work our assigned missions on a daily basis, this keeps the flames high and makes it easier to stay fo-



**Command Sgt. Maj.
Daniel J. Zebrauskas
84th Training Command**

cused, you need to challenge yourself to become better at what you do, as a leader and as a Soldier. Set goals and accomplish them one by one to build momentum. All 84th Soldiers know that momentum doesn't just happen, we go out and get it. I'm confident in all of you and know that the future will be no different. STRIKE HARD! ARMY STRONG!!

“Nothing is more harmful to the service, than the neglect of discipline for that discipline, more than numbers, gives one army superiority over another”.

- George Washington

Mercury Rising....

Safety Tips For The Summer Season Ahead

Phillip Garrett, Timothy Bushman, Tyson Grier, Keith Hauret.
U.S. Army Public Health Command.
Courtesy of the Knowledge Magazine.

With summer approaching and temperatures rising, there is a natural tendency to worry about heat injuries. But another equal concern is the increase in musculoskeletal injuries due to more vigorous outdoor summer activities. Winter conditioning does not necessarily translate to being conditioned for your summer activities. This creates the need to physically train the body for warm-weather activities.

Without taking precautions before engaging in new sports, exercise and recreational activities, you may be more susceptible to physical injury. Such factors as reduced overall physical activity (not including physical training), an unbalanced diet (and maybe a few extra pounds), holiday leave and fewer recreational opportunities during the win-

ter may all contribute to an increased risk for injury.

According to a recent Status of Forces Survey of active-duty Soldiers, more than half of all Soldiers (59 percent) get injured each year. Almost 30 percent of Soldiers had an injury from sports, exercise and recreational activities. Half of these injuries were from running and about two-thirds were lower body injuries. The most common injuries experienced from these activities were sprained joints, strained muscles, tendonitis or bursitis, fractures, and joint dislocations or separations. Because of injuries such as these, nearly 40 percent of the injured Soldiers were placed on limited duty for 15 or more days. Though many injuries are caused by trauma (such as falling or colliding with another player), many more injuries are caused by overuse or overtraining.

According to a recent Status of Forces Survey of active-duty Soldiers, more than half of all Soldiers (59 percent) get injured each year. Almost 30 percent of Soldiers had an injury from sports, exercise and recreational activities.

With PT and sports-related injuries playing such a big role in the Army, it is important to take certain steps to help prevent these injuries from occurring.

Tips to help prevent sports and PT injuries for individual and group activities include:

- Wear running shoes that fit comfortably and replace them after 300 to 500 miles.
- Run on stable ground; avoid gravel, loose dirt and potholes.
- Wear sports attire that helps to keep the body cool, such as moisture-wicking fabrics that allow sweat to quickly evaporate through your clothing.
- Wear an ankle or knee support/brace if you are susceptible to ankle rolls or knee injuries.
- Remove any jewelry that could get caught in quick movements.

- Wear shoes that are appropriate for the activity, such as cleats, to avoid slips, trips or falls.
- Wear sports-specific padding and equipment (helmets, protective eyewear, etc.).
- Communicate with team members to avoid collisions.
- When possible, always wear a mouth guard (basketball, soccer, football, martial arts/combatives).
- Ensure equipment is maintained and perform safety checks.
- Always wear a U.S. Coast Guard-approved life jacket when in open water.

Before any physical activity, always remember to warm up for 5 to 10 minutes with light cardiovascular work and exercises that simulate the movements you will perform in your activity. It is also important to cool down and continue to hydrate your body with water or a carbohydrate sports drink at the end of any exercise. One way to monitor fluid loss and replacement needs is to record your weight before and after workouts. In conditions of 85 F and 40 percent humidity, athletes will lose about 2 to 4 pounds of body weight per hour through sweat loss. Regardless of activity, Soldiers participating in recreational sports will lose a significant amount of

water through sweat. The aim of athletes should be to replenish water levels lost from exercise and physical activity. Keep in mind that by the time an athlete experiences thirst, a significant amount of body fluid has already been lost and dehydration has set in. The Institute of Medicine recommends 3.7 liters of water per day for men and 2.7 liters for women. When exercising, an additional 1 to 2 liters should be consumed for endurance bouts lasting over an hour. It is also important to replenish carbohydrates and protein (a 3:1 ratio is recommended, in which you consume three carbohydrate grams for every single gram of protein) used during exercise and recreational activities within 30 minutes of ending the activity.

If you experience a serious injury (such as a concussion, fracture or dislocated joint) from PT or sporting activities, seek medical treatment and inform unit leadership if you are given limited duty restrictions. For a minor injury (sprain, strain, abrasion or bruise), always report the injury and remember the acronym RICE (Rest, Ice, Compression, Elevation). You must rest to give the injury time to heal, which could take several days or weeks, depending on the severity of the injury. Use

ice (20 minutes on, 20 minutes off for four to six hours) to reduce swelling of the affected area and decrease the pain. Compression bandages will help to stabilize the joint and elevating the affected area will also help reduce swelling. If pain and swelling persists, seek medical treatment.

Did You Know?

Rising temperatures and summer weather present persistent challenges for Soldiers and Civilians operating in theater and at home. The Army team must remain watchful of the increased hazards associated with spring and summer activities and stay engaged throughout this high-risk season. Visit our safety multimedia page, <https://safety.army.mil/multimedia/>, to check out our heat injury prevention video and other resources conveniently available to all Leaders, Soldiers, Family members and Civilians.

Behind every Soldier is a strong support team

Use them to prevent suicide

Counselor

Battle Buddies

Family

Chain of Command

Coach

Chaplain

Physician

www.militaryonesource.com | 1.800.342.9647
National Suicide Prevention Lifeline 1.800.273.TALK (8255)





84th Training Command Family Programs Staff



**Family Program Director
Ms. Kimberly A. Franklin**

Desk: 502-624-7636

Email:

TC084FamilyReadiness@usar.army.mil

**Family Readiness Support
Assistant**

Mrs. Beth Suckiel

78th Training Division

5231 South Scott Plaza

JB MDL, New Jersey 08640

O: 609-562-7462

F: 609-562-7718

Email: beth.suckiel@usar.army.mil

www.gomdl.com

www.84thfamilystrong.org

Child, Youth and School Services

Youth Support Specialist

Ms. Rosanna Raj

Desk: 502-624-1704

Email:

rosanna.raj@usar.army.mil



[https://facebook.com/
RosannaRajUSARCYSS](https://facebook.com/RosannaRajUSARCYSS)

School Support Specialist

Ms. Katie Brough

Desk: (502) 624-1862

Email:

TC084FamilyReadiness@usar.army.mil



Community Outreach Assistant

Ms. Teresa Belles

Desk: (502)624-7632

Email:

TC084FamilyReadiness@usar.army.mil

New Army PT Test Ready



Soldiers of the HHC 84th Training Command cross the start line to begin the run/walk event during the unit's November 2011 APFT. Photo by Master Sgt. D. Keith Johnson.

Lance M. Bacon
Army Times

More than 10,000 tests were conducted, mountains of data were compiled, and a few dialogues even devolved into debates — and now your new fitness test is ready for final approval.

The plan retains the same five events first considered more than a year ago, but each had significant changes and challenges along the way. The recommendation will be presented this month to Gen. Robert Cone, head of Training and Doctrine Command, and includes:

- **Two-mile run.**

The initial plan was to cut the run to a mile and a half, which is considered the best measure of cardiovascular fitness. But the rank and file sounded off and said the extra half-mile measures the heart.

Maj. Gen. Richard Longo, who as deputy commanding general of Initial Military Training was responsible for designing the new test, said leaders may toughen the scoring scale to ensure better fitness.

- **Pushups for one minute.**

This event was nearly replaced with dead-hang pullups, which are a better measure of functional upper body strength. Pullups were included in more than 1,000 pilot tests conducted at Fort Bliss, Texas. The scoring discrepancy between men and women was so great that different events would have been required to keep it fair. For example, Marines test men with dead-hangs and women with a flex-arm hang.

Army officials are adamant that the new test remain gender-neutral. That means

identical events with different scoring standards for men and women.

“If we did the pullups, it would disadvantage the female soldiers, and I’m just not comfortable with that,” Longo said.

- **Rower for one minute.**

Officials looked hard at doubling the rower from one to two minutes. Evaluations showed that the shorter version had a steep bell curve with little variation. But the Fort Bliss evaluation showed the two-minute rower brought little change to the results.

- **60-yard shuttle run.**

The big change is that this event will be pass/fail, for now. The same is true for the fifth and final event.

- **Standing long jump.**

Soldiers have been less than enthusiastic about this event and the shuttle run. Officials opted for the pass/fail scoring to allow sufficient time for both events to settle into the ranks.

But the Army may apply a scoring scale in the future, Longo said.

Sergeant Major of the Army Raymond Chandler has questioned whether the new shuttle

run and long jump should remain as part of the new fitness test. The long jump is a “great measurement of leg strength but not necessarily what we want to measure,” Chandler said during a January visit to Fort Jackson, S.C.

He said the shuttle run is far more difficult for older soldiers, who may not be as agile as they once were.

Leaders’ input considered Chandler, who was not willing to accept the status quo of an overweight Army, also said he wanted to up the run to four miles with a 36-minute limit and add a 12-mile ruck march, to be done in four hours or less.

Longo said he welcomes any guidance from senior leaders, “especially someone as informed as Sgt. Maj. Chandler,” but added that many commanders and leaders have expressed concern about the test’s length.

In addition, a four-mile run and 12-mile ruck march are tools commanders can already use to assess fitness.

“And we certainly can discuss whether those two should be included in the test,” Longo said.

When it starts, Longo reiterated the Army’s commitment to allow adequate time for the force to transition to the new test. The long-standing plan has anticipated a decision by Army Chief of Staff Gen. Ray Odierno by April. The chief could sit on the proposal or make his own changes.

But the new test was not designed in a vacuum. Sources tell Army Times that Odierno has full confidence in his TRADOC commander, and will likely follow his recommendation. If so, soldiers will likely see full implementation as early as Oct. 1, 2012

In the meantime, officials are trying to find money to resurrect the master fitness training course. The plan is to send soldiers to the course or send mobile training teams to the soldiers to ensure every commander has one or two master fitness trainers who can develop a fitness program appropriate for the unit and mission, Longo said.

These master fitness trainers will also get the physical training doctrine fully anchored throughout the force and prepare troops for the new test.

81st RSC Celebrates Women's History Month

Sgt. 1st Class Joel Quebec
81st RSC Public Affairs

FORT JACKSON, S.C. --

Women hold up half the sky. This Chinese proverb was used to illustrate the importance of women in the history of the world and was used by Command Sgt. Maj. (Ret) Yolanda Lomax as she spoke at the 81st Regional Support Command during their Women's History Month activities on March 28. The theme for 2012 is "Women's Education, Women's Empowerment."

As with all special observances there is a great opportunity to celebrate and learn about notable historical events, achievements and accomplishments. "This year's theme," Lomax explained, "raises awareness of the essential and influential role women play in the development of our shared history. Most importantly it recognizes the essential role higher education has played in granting women political, economic and social agency in the biases, stereotypes and pseudo-science women faced to be educated equally with men."

It was not long ago that women were expected to take home economics instead of trade-related classes and during physical education classes,

square dancing was the norm as opposed to the sports that many women play professionally today. Although being a nurse or a teacher was common, becoming a principal or a university president was beyond their perceived capabilities.



Women's Army Auxiliary Corps Poster
courtesy of the world wide web

All that changed, at least on paper, when Title IX became law on June 23, 1972 thereby requiring gender equity for every educational program that receives federal funding. Although many were slow to accept the idea, the fact that law required action quickly gave women the opportunities to prove themselves far more

than worthy in both academics and sports.

Lomax herself was unaware of Title IX prior to seeing a story about a possible violation of it in her local newspaper, prompting her to do further research into its history. Equality did not come without a price. Lomax spoke of the valiant struggle waged by many tenacious women across years and cultures in the U.S. Because of such pioneers women have the very opportunities that were unavailable just 40 years ago well within recent memory.

"In recognizing the educational accomplishments and dreams achieved by women, both women and men can realize their own potential and face the challenges in their own lives", Lomax said,

The emcee for the program Director for Emergency Services Laura Steele who had served in Germany with Lomax when she was a garrison CSM. Referring to Lomax as well as all military women she said, "It's important for not just women but also for men to see such strong women in leadership positions."

"Education is the natural pathway to women's empowerment." Lomax said "If we are to define empowerment,



Sgt. Neisha Boyd (wearing Spc.) models a 1970's era women's Army uniform during Women's History Month activities at Fort Jackson, SC on March 28.

we would know that it means getting the skills, the tools and attributes needed to pursue the career and lifestyle choices we currently have or will select in the future."

One of the historical features was Sgt. Neisha Boyd modeling a 1970s-era Women's Army Corps (WAC) uniform. "I felt honored to wear the WAC uniform from the

1970's." Boyd said. "The uniform was older than me but it was great to learn the history and listen to stories from the Soldiers before me. It amazed me how excited people were to see this uniform again, I am just thankful for the opportunity."

Many men vehemently opposed allowing women in the military fearing a devalu-

ing of their own masculinity. Some warned sisters or female friends that if they joined they would be seen as prostitutes or lesbians. Others feared that if women took the safe jobs, that they would have to serve in combat.

Gen. Douglas MacArthur referred the WACs "my best soldiers." He said they worked harder, complained less and were better disciplined than men. Gen. Dwight D. Eisenhower said that "their contributions in efficiency, skill, spirit and determination are immeasurable." The 150,000+ women that served during World War II released the equivalent of 7 divisions of men for combat.

The Women's Armed Services Integration Act became law on June 12, 1948 thereby giving women permanent status in the military.

"It felt great to contribute to something that was bigger than me and potentially paved the way for not only me but women that will come after me," said Boyd.

Also included in the activity was a poetry reading by Ms. Tannie Jackson entitled "A Letter from God to Woman" by B.J. Morbitzer followed by Chaplain (Capt.) Ken Hubbs and Ms. Steele who sang a song entitled "Eyes Wide Open", written by Hubbs in honor of his wife.

STRONGER RELATIONSHIPS MEAN A STRONGER ARMY

Army Strong

Soldiers and military couples are confronted with great challenges to their personal relationships. The ever present reality of stressful deployments and lengthy separation contributes to the mixed emotions often felt during reunion and reintegration. Conflict sometimes seems inevitable and problems impossible to overcome.

STRONG BONDS has been designed to encourage a safe and relaxed environment where Soldiers and military couples can learn new skills that help prevent the disintegration of their most important relationships. Strong Bonds unites fun programs with user-friendly, "battle-tested" methods that really work. The RSC provides and funds orders, lodging, meals and travel, ensuring a worry-free weekend for Soldiers and spouses to learn and enjoy. Soldiers who sign up for a retreat sponsored by their Major Army Command have priority in reserving a seat. Soldiers can also apply for a retreat sponsored by another Major Army Command, and will be put on a waiting list. If there are open slots at the retreat 30 days prior to the event, Soldiers on the waiting list will fill those slots in the order they applied.

MARRIAGE ENRICHMENT (M)

This Strong Bonds Marriage Weekend Getaway is designed specifically for the married Army couple. Strengthen the marital bond through marriage education, better communication, and relationship enhancement.

SINGLE LIFE ENRICHMENT (S)

This Strong Bonds Singles Getaway focuses on the skills of finding the best version of you. Single Soldiers learn decision-making, goal-setting and relationship-enhancement skills in a very interactive environment.

MILITARY FAMILY ENRICHMENT (F)

Military Families work and learn together in this weekend retreat, with focus on the skills that help military families stay strong.

For more information:

www.strongbonds.org

or contact our Strong Bonds team:

Bonds Program

81st RSC

Date	Location	Type
May 4-6	Orlando	S/M
Jul 20-22	Orlando	F
Aug 10-12	Orlando	F
Aug 24-26	Orlando	S/M

99th RSC

Date	Location	Type
Apr 20-22	Baltimore, MD	S/M
May 4-6	Niagara Falls, NY	S/M
May 18-20	Virginia Beach, VA	M
Jun 8-10	Lake Placid, NY	S/M/F
Jun 29-Jul 1	Lancaster, PA	F
Jul 13-15	Boston, MA	S/M/F
Jul 27-29	Burlington, VT	S/M
Aug 3-5	Washington, DC	S/M/F
Sep 7-9	Virginia Beach, VA	M

63rd RSC

Date	Location	Type
Apr 19-22	Anaheim	S/M/F
May 3-6	San Francisco	S/M
Jun 7-10	San Antonio	S/M
Jul 19-22	Dallas	S/M/F
Aug 9-12	Anaheim	S/M/F

88th RSC

Date	Location	Type
JMay 4-6	Kansas City	M
Jun 8-10	Seattle	S/M
Jun 22-24	Denver	S/M/F
Jul 13-15	Chicago	S/M
Jul 20-22	Chicago	S/M/F
Aug 17-19	Seattle	S/M/F
Aug 24-26	St. Louis	F

Dates and locations subject to change.

Please contact the Strong Bonds team for your RSC:

RSC081_StrongBonds@usar.army.mil

RSC063_StrongBonds@usar.army.mil

RSC088ChaplainStrongBonds@usar.army.mil

STRONGBONDS99@USAR.ARMY.MIL



SPLASH!!!