

RAILSPLITTERS

SUMMER 2012



**84th Welcomes New Commnader
CAR launches “Rally Point 32”
German Doctors join Warrior Exercise**



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84th Training Command

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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...

This edition of the Railsplitters magazine brings our readers stories and pictures about the leadership transitions that have occurred in the command and important information on the way forward for the United States Army Reserve. We also bring you stories from our signature Warrior Exercises and the Best Warrior competition. We always strive to tell our story as the premier training command. Thanks to all who have contributed to this issue. We look forward to your continued support and readership.

Front cover: 84th Commanding General Maj. Gen. David W. Puster receives the unit colors from Maj. Gen. Jon Miller during the change of command ceremony held April 15 at Brooks Field in Fort Knox. Photo by Sgt. 1st Class Suzanne Goff.

Back cover: Soldiers of the 84th Training Command Color Guard team perform their duty during the change of command ceremony April 15. From (l) to (r) are Sgt. 1st Class Valarie Butler, Master Sgt. Francena Collins, Sgt. 1st Class Chris Gomez, Sgt. 1st Class Ajour Washington and Spec. Michael Garcia. Photo by Sgt. 1st Class Suzanne Goff.

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.



From the CG

It's an honor and a privilege to be selected by the Chief of Staff of the Army to command the Soldiers of the 84th Training Command (Unit Readiness). I come into the job with "eyes wide open" as we prepare Army Reserve Units for future Army missions both home and abroad and execute the new Army Reserve Training Strategy (ARTS). I am filling big shoes with Lt. Gen. Talley leaving to take over as the Chief of the Army Reserve, but I am confident that we will build on Lt. Gen. Talley's legacy and take Army Reserve unit readiness to new heights.

As you may know, Gen. Raymond Odierno, the 38th Chief of Staff of the Army, set America's Force of Decisive Action to prevent, shape, and win future engagements in a document called "Marching Orders" in January 2012. He provides his strategic guidance on how the Army ensures mission accomplishment as part of the Joint Force. Depth and versatility are characteristics of the future force and the Army Reserve provides much of this for the active

components.

Lt. Gen. Talley, our new Army Reserve Chief followed Marching Orders with a document he calls "Rally Point 32" in June 2012. Lt. Gen. Talley explains that we must maintain our unique capabilities and capacity acquired over the past ten years. "It is appropriate to 'rally' as we move forward as an Operational Army Reserve to Objective Army 2020 and Joint Force 2020." He praises civilian acquired skills as a force multiplier and calls for getting back to the basics - shoot, move and communicate. Soldier readiness is paramount while at the same time we will emphasize technical skills in the tactical environments found at our training centers.

The 84th Training Command is poised to stand center stage to help execute the Army Reserve training strategy as outlined in these documents. We have a tremendous opportunity to make a difference with our Warrior (WAREX) and Combat Support Training (CSTX) Exercises. I envision these exercises as demanding, realistic, scenario-based events



Maj. Gen. David W. Puster
84th Training Command

that stress our Army Reserve units and challenge them in a joint, multi-echelon environment.

I am extremely excited about this opportunity to truly reinforce the Army Warrior culture and hope you feel the same! My wife, Becky, and I both look forward to serving you for the next three years!

Strike Hard!

CSM Corner

CSM Zebrauskas retires after a career that spanned over three decades.

The 84th Training Command is bidding Command Sgt. Maj. Daniel Zebrauskas farewell as he relinquishes his responsibilities and retires after a long service career filled with accolades for distinguished achievement.

A native of Chicago, Zebrauskas enlisted in the United States Army in September of 1973 and attended his initial entry training at Fort Leonardwood, Mo. and Redstone Arsenal in Alabama. He then proceeded to Nuremberg, Germany where he served as a Shillelagh Guided Missile Systems repairman with the 116th Ordnance Company.

In July 1985, after a six year break in service, he enlisted in the U.S. Army Reserve and served on active duty (AGR) for the 3rd Battalion, 14th Field Artillery, Sioux City, Iowa. Throughout his army career, Command Sgt. Maj. Zebrauskas has held numerous positions of leadership responsibility in virtually every level of the Army from company to Department of the Army, to include a stint as the First Sergeant and acting Command Sergeant Major for the Army Reserve Readiness

Training Center (ARRTC), Fort McCoy, Wis.

While rising through the enlisted ranks, Command Sgt. Major Zebrauskas attended all the required schools. In addition, he also attended some courses required for special detail, such as the Senior Enlisted Equal Opportunity Course, the Manpower and Force Management Course and the Master Fitness Trainer Course.

Zebrauskas twice deployed in support of Operation Iraqi Freedom (OIF), the first coming in 2006 when he served as the Army Reserve senior enlisted advisor for Multi-National Corps-Iraq and then in 2008 as the Command Sergeant Major of the 926th Engineer Brigade, Montgomery, Ala. The unit was attached to Multi-National Division-Baghdad, and provided Combat Engineer and Construction Effects for the Baghdad province until February 2009.

His decorations and awards include two Bronze Star Medals, five Meritorious Service Medals, five Army Commendation Medals, six Army Achievement Medals, the Joint Meritorious Unit Award



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

and two Army Superior Unit Awards.

The Soldiers of the 84th congratulate Command Sgt. Maj. Zebrauskas on a successful career and wish him all the best as he transitions into the next phase of his life. That will undoubtedly include spending more time with his family which includes his life partner Kathy Austin and their daughter Danielle and son Stephan.

EDITOR'S NOTE:

At the time this edition of the Railsplitter was being printed, Command Sgt. Maj. Luther Thomas Jr., assumed the responsibility of the top enlisted Soldier in the 84th Training Command.

ARMY DIVERSITY

Strength in Diversity

DEFINITION OF DIVERSITY

The different attributes, experiences and backgrounds of our Soldiers, Civilians and Family Members that further enhance our global capabilities and contribute to an adaptive, culturally astute Army.

DIVERSITY MISSION

Develop and implement a strategy that contributes to mission readiness while transforming and sustaining the Army as a national leader in diversity

DIVERSITY VISION

The national leader in embracing the strengths of diverse people in an inclusive environment, investing in and managing talent, valuing individuals and developing culturally astute Soldiers and Civilians who enhance our communities and are prepared for the human dimension of leadership and global engagements.

UNITED STATES ARMY DIVERSITY ROADMAP

The Army Diversity Roadmap articulates the Army's plan for achieving the vision to be the national leader in embracing the strengths of diverse people in an inclusive environment. The roadmap, consisting of five strategic goals, is the way ahead for accomplishing the diversity mission. Execution of this plan requires the support and efforts of every Soldier, Civilian and Family Member. Our emphasis on leadership, people, structure, training and education, and the work environment, as reflected in our goals, will be the basis for developing comprehensive action plans that fully support this framework.

The Army diversity mission statement is a declaration of our purpose. The Army's vision for diversity describes the diversity initiative and serves as a call to action at all levels. The Army has been a national leader in providing opportunities to a diverse America over the past 50 years and beyond. We will take the same approach to achieving success through more proactive and mission-oriented diversity principles and practices, taking into account the Army's rich history and standards for excellence. Our mission will be executed in context of the Army Values, the Warrior Ethos and the Army Civilian Corps Creed. The vision will be achieved through our five strategic goals:

1. Ensure Leader Commitment to Diversity and Inclusion Practices at All Levels of the Army;
2. Institutionalize Talent Management Processes that Identify, Recruit, Develop and Retain a Cadre of High-Performing Soldiers and Civilians from Diverse Backgrounds;
3. Establish and Resource a Structure to Support the Army Diversity Roadmap;
4. Implement Diversity Training & Education Programs That Develop Socio-Cultural Competencies to Meet the Demands of the 21st-Century Expeditionary Force; and
5. Create and Maintain an Inclusive Environment Where the Value of Diverse Knowledge, Experiences And Backgrounds Enhances Mission Readiness.

excerpt from UNITED STATES ARMY DIVERSITY ROADMAP as published Dec 2010.

Army Reserve Chief launches “Rally Point 32”

Story by Timothy Hale
USARC PAO

FORT BRAGG, N.C. – Lt. Gen. Jeffrey W. Talley spent much of his first 48 hours as commanding general outlining his guidance for the Army Reserve.

Talley shared his Rally Point 32 strategy with Army Reserve leaders at the Senior Leader Conference in Raleigh, June 10, 2012. He then held three town hall sessions with military and civilian employees at the U.S. Army Reserve Command headquarters here, June 11.

Rally Point 32 ties together the Chief of Staff of the U.S. Army’s Marching Orders, Army Reserve Vision and Strategy 2020, and the Army Reserve Campaign Plan. It describes the Talley’s intent to sustain a high-quality, all-volunteer, operational Army Reserve for Army and Joint Force missions at home and abroad.

By utilizing Talley’s guidance, Army Reserve Soldiers, leaders, and units will couple vital military capabilities with their individual civilian-acquired skills to provide strategic depth across the full range

of military operations.

“The most important thing is that we provide Soldiers, leaders, and units that are ready and available to Gen. (David) Rodriguez, our FORSCOM commanding general,” Talley said. “If we fail at that, we fail as an Army Reserve.”

He said it is imperative to meet Army and joint force requirements for missions across the globe. “At the end of the day, that is all we have to do to be heroes. It is also the hardest thing we have to do,” he said.

Talley pointed out that over the past 10 years of sustained operations, resources were abundant to meet mission requirements. Now, as the Army reshapes and refits going forward, manpower and budget challenges lay ahead. “We’re not going to be able to maintain the level of readiness across the Army Reserve that we’ve rolled into over 10 years of war,” he said. “Resources have to appropriately come down.”

Talley said the Army Reserve will posture itself through “progressive readiness” by providing appropri-

ate levels of readiness at the right place and right time.

“That progressive cycle of readiness is really based upon us making sure that we are properly assessing the soldier, leader, and unit readiness that’s out there in our formations,” he said. “That is the overall priority for the Army Reserve.”

Another key component of Rally Point 32 is getting back to basics through home-station training. Talley said a majority of Army Reserve Soldiers, now serving are unfamiliar with home-station training because of the operational demands over the last decade. “We have to get back to, how does a unit train at home station? How do we make use of simulation equipment? How do those command teams plan and execute their own training?” Talley said.

He is putting the responsibility for these training requirements on the unit command teams with support from the training commands and USARC staff. “What we do up here, when we’re doing staff work, is to make sure that we are helping en-



Lt. Gen. Jeffrey W. Talley receives the command colors from Gen. Raymond T. Odierno, U.S. Army chief of staff, during the U.S. Army Reserve Command promotion ceremony and change of command ceremony at Fort Bragg, N.C., June 9, 2012. Talley becomes the 32nd Chief, U.S. Army Reserve and the seventh commanding general of the U.S. Army Reserve Command. Photo by Timothy Hale

able them to do a better job of training their formations so they will be ready when we need them,” he said.

He is also challenging Soldiers, leaders, and civilians to find balance in their lives and careers. “If you make sure that you are the best family member, ever, and then the best private-public civilian employee, and then best soldier, the Army wins,” he said. “Because that means you are at the top of your game across the spectrum of activity, no matter whether it’s at home, the office, or in the formation.”

He also pointed out the reason for the existence of the Army Reserve is to serve the Army. “It should be about our Army and how we support the Army,” Talley said. “We shouldn’t ever feel like we’re second-class citizens because we’re part of the Army Reserve. Without the Army Reserve, the Army cannot win decisively.”

He added that Gen. Raymond T. Odierno, the Army chief of staff, coming to Fort Bragg for the change of command ceremony, sends a “pretty clear message to the Army how important the

Army Reserve is.”

He closed by challenging Soldiers, leaders, and civilians, to ask themselves daily what they are doing to make the Army better.

Talley assumed command of the U.S. Army Reserve at a change of command ceremony, June 9. He is now the 32nd Chief, Army Reserve and the seventh commanding general of the U.S. Army Reserve Command headquartered at Fort Bragg, North Carolina.

Lee takes command of the 91st



Brig. Gen. Jon D. Lee (l), receives the 91st Training Division colors from the commanding general of the 84th Training Command, Maj. Gen. David W. Puster (r) during the change of command ceremony held June 29 in Fort Hunter Liggett. Photo by Capt. Rebecca Murga & Story by 1st Lt. Fernando Ochoa 91st TD PAO

FORT HUNTER LIGGETT, Calif. – Brig. Gen. Jon D. Lee, native of Wailuku on the island of Maui, assumed command of the 91st Training Division June 29, in a change of command ceremony held here. Maj. Gen. David W. Puster, commanding general of 84th Training Command, was present to transfer the unit colors to Lee from Brig. Gen. James T. Cook, who has led the division for three years.

Cook was filled with emotion and thanked everyone present and especially the Soldiers for their contribution to his command. He gave special thanks to former mentors and the officers of the 104th Infantry Division.

His father was a first sergeant and he remembered his words. “Take care of the Soldiers and the Army will take care of you,” said Cook. “I want to thank my staff that allowed me to have fun leading this great division.”

Lee was enthusiastic and energized as he accepted the 91st Training Division command. He first thanked his wife who he said was his command sergeant major. He said he wanted to keep his words short, but those words were powerful. “I am humbled and pleased to command a division with such rich history,” said Lee. “And, I will do my best to lead this unit into the future.”

When the ceremony concluded, a luncheon was held at the Milpitas Hacienda, hosted by Lee. He took a moment to thank everyone who helped in the success of the event. “I’m honored to be here, but words don’t mean anything. Deeds do,” said Lee. “I want to sustain all the efforts that Brig. Gen. Cook brought to the 91st and Army Reserve, and leverage those efforts in the joint area of operation.”

The 91st Division mission is to conduct training missions for units preparing for future deployment. These exercises are conducted in Fort Hunter Liggett.

86th Division gets new commander

Story by
Capt. Oluwole Osibodu

FORT MCCOY, Wis. - Brig. Gen. George R. Thompson took over as the commander of the 86th Training Division Blackhawks July 14 in ceremony held at the Parade Field. Prior to this assignment, Thompson was the deputy commanding general of the 84th Training Command and the commanding general of 70th Training Division at Fort Knox, Kentucky. He succeeds Brig. Gen. (P) Daniel L. York who has been nominated for promotion to Major General and is moving

to Salt Lake City, Utah to command the U.S. Army Reserve Joint and Special Troops Support Command.

York was very thankful for the opportunity to command the 86th, and credited the Soldiers for fostering a team atmosphere in the unit. There were various activities held in his honor to mark his departure from the unit. Brig. Gen. Thompson, whose military career began in 1974 when he enlisted in the United States Marine Corps, also expressed appreciation for the chance to lead the Blackhawks, vowing to continue the great

work that had been done by his predecessor.

Maj. Gen. David W. Puster, commanding general of the 84th Training Command, presided over the ceremony. He thanked Thompson for his contributions to the 84th Training Command, saying that while he may be losing a deputy, he is gaining a capable commander at the 86th. Following the change of command ceremony, a reception was held for the incoming commander at McCoy's.



Commanding General of the 84th Training Command, Maj. Gen. David W. Puster (left), passes the 86th Training Division colors to Brig. Gen. George R. Thompson (right) in a change of command ceremony held July 14 at the parade field on Fort McCoy, Wis. Prior to assuming command of the Blackhawks, Thompson was the Commanding General of the 70th Training Division and Deputy Commanding General of the 84th Training Command, both located in Fort Knox, Ky.

Photo by
Spec. Alyssa Blom
86th Training Division PAO

Firefighters Practice Aircraft Rescue

By Spec. Alyssa A. Blom
86th Training Division PAO

FORT MCCOY, WI- The 336th Engineer Firefighter's Detachment, from Sturtevant, Wis, performed internal and external aircraft rescue firefighting (ARFF) to fulfill their annual requirements during annual training at Volk Field, Camp Douglas, WI on June 19. "The 336th Soldiers' primary mission is firefighting operations on the airfield, with rotary and fixed wing aircraft," said Staff Sgt. Brady Brever, Incident Commander. "We also do brush and structural firefighting, tent inspections, fire extinguisher inspections, and other standard operations."

The firefighters travelled to Volk Field for this specialized training as a part of the 2012 Warrior Exercise (WAREX). The WAREX, held at Fort McCoy, WI, presents realistic and challenging scenario-based training for more than 4,200 Soldiers and their units preparing for deployment.

The ARFF training consists of a simulated cargo fire on a fixed-wing aircraft hooked up to an advanced propane fuel distribution system and nozzle designed in the most realistic and fuel-efficient design.

The operators from the switchboard can light and relight the propane fires, making for quick training turnover. The site allows for immediate control and

the operators can shut off the fire at any signs of trouble, allowing for a safer training environment. "This is excellent training. It is fast and a constant orchestra of people," said Sgt. Norman N. Shoy, Crew Chief. "We only get ARFF training about once a year, but this is our main mission. It is good team building. You can't fire fight by yourself."

Three different teams participated in the training throughout the day. ARFF training included: interior fire attack from the rear ramp, a passenger seat fire, a battery fire, a crew cockpit fire, and multiple fires at one time. "Practice makes perfect," said Shoy. "Every time you come out here, you learn something new. Most of these Soldiers are not firefighters on the civilian side, so this training is very important, since it only happens once a year."

An ARFF team consists of seven Soldiers. A crew chief or Incident Commander (IC), three people on a Tactical Firefighting Truck (TFFT), and three people on a Heavy Expanded Mobility Tactical Truck (HEMTT) platform-based water tanker. The Soldiers wear protective equipment, including thermal pants and jacket, steel-toed boots, Nomex hood, helmet, thermal gloves, and a Self-Contained Breathing Apparatus

(SCBA). In total, it is about 60 pounds of equipment. The soldiers wear PTs underneath the equipment during training because of the heat. "Offensively, we extinguish the fire. Defensively, if the structure or vehicle is too badly burned, we make sure nothing else catches fire," said Brever. "We like to say 'risk everything to save a lot, risk little to save little.'"

Although the training is considered safe, it is not without risk. During the simulation, the Soldiers spray in a fog stream instead of a straight stream, to not damage the specialized equipment inside the aircraft. Because of this, combined with the massive amount of heat, the water particles can turn to steam and burn the firemen. "We are firefighters, it just happens sometimes," said PFC Matt N. Engelman, Nozzleman for the TFFT. "This is good for training, instead of happening in a real-world incident."

The training helps keep the firefighters on the same page, unit morale, and cohesion. "This training keeps you calm in stressful situations," said Shoy. "We work together really well, and Annual Training is the time where we can be together longer."

86th Training Division WAREX



Soldiers from the 336th Engineer Firefighting Detachment engage in Airfield Firefighting training at Volk Field, Camp Douglas, Wis. Photo by Spec. Alyssa Blom

A 779th Engineer Company, 2nd Platoon Soldier checks baby's pulse during a simulated training exercise. Photo by Sgt. Timothy Popp



86th Training Division WAREX

86th Warrior Exercise: Realistic Training helps medics prepare

By Spec. Alyssa A. Blom
86th Training Division PAO

FORT MCCOY, WI- As a supply unit, the 442nd Quartermaster Company out of Bellenfonte, Pa. planned on arriving for standard annual training at the Warrior Exercise (WAREX) here. They were surprised to learn instead their mission included mixing fake blood and simulating injuries on mannequins and actors here at the Moulage or “Mannequinville” building to train medics at the exercise. “We all came together from different places across the country,” Said Sgt. Edward Lozano, who travelled from San Antonio for the WAREX here. “It was really amazing, and we all just clicked. It has been great.”

The unit was tasked for this mission after another unit switched their Annual Training to a different base, but the 442nd was up for the challenge. Partnered with the 1st MTB, the Soldiers started their training with little to no experience in Moulage. The 2012 Warrior Exercise required many different scenarios and lanes training. Because of this, mannequins and real Soldiers dress up as civilian or military casualties to simulate the realities of war.

Several Soldiers received a few hours of moulage training to inform them about the different ways to mix and apply make-up. Moulage is the art of applying mock injuries for the purpose of training medical and military personnel. Moulage may be as simple as applying pre-made rubber or latex “wounds” to a healthy “patient’s” limbs, chest, head, etc., or as complex as using appliances with makeup and theatre techniques to provide elements of realism (such as blood, open fractures, etc.) to the training simulation.

After the brief training the rest of the creativity, imagination and artwork came from the Soldiers, most of whom have no formal training. Many of the Soldiers in the unit are mechanics, cooks and quartermasters. “I love doing this, it has been really fun,” said Spc. Kaylyn Yost, cook for the 442nd.

The unit started each day with a set number of casualties, injuries, and wounds they were required to create by a certain time. Simulated casualties were from their own unit, or volunteers from other units. They used melted latex or rubber, fake blood, make up, and other film techniques to make the wounds as realistic as possible.

“The training is so important to the medics and other Soldiers out here,” said Sgt. 1st Class Wanda Kincaid, medic attached to the 1st MTB. “The casualties give the scenario an extremely real feel to them. We want to incite a reaction, and to test them to see how they respond.”

The Soldiers involved in “Mannequinville” take their role-playing seriously. They research what a wounded Soldier would do in their situation. They scream, convulse, and react appropriately to make the situation as real-life as possible - the more life-like the scenario, the better the training. And ultimately, the better the medic can react when they are responding to real life situations. “These medics need this kind of training. We would tell the Soldiers ‘How would you react in the situation? Who would you think of if you had been shot? We have to tell people how to act, and to get in the right frame of mind’”, said Cpt. Celeste Jones, a nurse for the 1st MTB. “And the response has been great. There was even a point where the audience asked for a “time out” to make sure the Soldier was really ok. It was brilliant.”

86th Training Division WAREX



Soldiers of the 442nd Quartermaster Company perform casualty load procedures during the recently concluded Warrior Exercise at Fort McCoy, Wis. Photo by Spec Alyssa Blom

Soldiers and civilians role play during a chemical attack scenario at the Warrior Exercise held at Fort McCoy, Wis. Photo by Spec.. Alyssa Blom



86th Training Division WAREX

Germans join 91st WAREX

1st Lt. Fernando Ochoa
91st Training Division PAO

FORT HUNTER LIGGETT, Calif. - During this year's Warrior Exercise, two doctors from Germany joined the 452nd Combat Support Hospital from Milwaukee, Wis., at Camp Milpitas to train and exchange skill sets.

Lt. Col. Jan E. Savarino, 40, and Capt. Johannes Boltze, 33, of the Medical Service of the German Armed Forces, who are members of the Reserve Officer Foreign Exchange Program, participated in the multiservice exercise from June 9-20.

The primary purpose of the international and bilateral Department of Defense ROFEP is to provide National Guard and Reserve officers training associated with mobilization duties while enhancing their ability to work and communicate with the military individuals of the respective host nation. "Our mission is to integrate into the combat support hospital team," said Dr. Savarino. "We want to learn and teach at the same time."

In the German Armed Forces, hundreds of officers applied to be part of the ROFEP. Only 22 officers from 11 military branches were chosen and doctors Savarino and Boltze were selected from the Medical Service. Before coming to Fort Hunter Liggett, the doctors visit Washington for seminars and a culture program, and also went to the Pentagon. They were happy to



German Capt. Johannes Boltze, left and Lt. Col. Jan Savarino, right, take part in the 91st Training Division Warrior Exercise in Fort Hunter Liggett, Calif. Photo by 1st Lt. Fernando Ochoa

be at this exercise. "We were impressed with the hospitality we received when we got here," said Dr. Boltze. "Although everybody is so busy, they find the time to take care of us."

Savarino is an orthopedic doctor who has served in the military for 20 years. He also holds a masters degree in Economic Health Management and has deployed to Afghanistan. Boltze is an experimental neurosurgeon who has served in the military for 10 years. He has been a medical doctor for six years, also holding a Ph.D. in Neurobiology and is currently conducting numerous clinical and preclinical studies in the fields of stroke and traumatic brain injury.

The ROFEP is made up of officers from the U.S., Germany and Britain. Reserve officers

who participate in the exchange program receive valuable training, which they are able to share with their home units. They gain an appreciation of coalition Reserve forces, which facilitates an effective working relationship with those forces upon mobilization. "I think that is why a program like this is so important," said Savarino. "So that the coalition forces can work together in a better way and learn their standards. That is one of the main reasons we are here."

The intent of Warrior Exercise is not only to provide a venue for more than 100 units from across the U.S. to train and learn together, it also provides the perfect training ground for the ROFEP and doctors like Savarino and Boltze to integrate and prepare for future deployments.

Best Warrior Winners Announced

84th Training Command Soldier Wins Best Warrior NCO

Story by
Timothy Hale
USARC PAO

FORT McCOY, Wis. - The U.S. Army Reserve Command announced the winners of the 2012 Army Reserve Best Warrior Competition July 20 at the American Legion Post in Sparta, Wis.

The 2012 Army Reserve Best Warrior Non-commissioned Officer of the Year is Staff Sgt. Jeffrey Rios. A Corrections Specialist, Rios is a native of Ozone Park, N.Y. Rios represented the 84th Training Command in the competition.

The 2012 Army Reserve Best Warrior Soldier of the Year is Spc. Michael Swan. A Track Vehicle Repairer, Swan is a native of Gurley, Ala. Swan represented the 335th Signal Command in the competition.

Rios and Swan will go on to represent the Army Reserve in the Department of the Army Best Warrior Competition in October at Fort Lee, Va.

Lt. Gen. Jeffrey W. Talley, Chief of the Army Reserve, said the 43 NCOs and Soldiers competing in this year found out the competition was not for the faint of heart. "As you found out, there's no wimp factor here," Talley said. "This is a



Lt. Gen. Jeffrey W. Talley, Chief of the Army Reserve, center, gives a thumbs up with Staff Sgt. Jeffrey Rios, left, and Spc. Michael Swan, right, at the 2012 Army Reserve Best Warrior competition at Fort McCoy, Wis., July 20. Photo by Sgt. 1st Class Mark Burrell

well-rounded, tough competition that tries and tests the skills that make our Warrior-Citizens Army Strong. I'm proud of every one of you who have endured the physical and mental challenges it takes to be an Army Reserve Best Warrior."

Swan said he had to take a breath when they called his name. "That was a deep gasp after they said, 'Michael Swan'," he said. "I was pretty struck by that.

Swan said he plans on focusing on any shortcoming he had during the Army Reserve competition and working on making those events better for him at the Department of the Army compe-

tition. "That's what I'm going to work on," Swan said. "Whatever they throw at me, I'm going to come out there to the next level and bring myself up physically and mentally."

Rios praised his fellow competitors in this year's competition, but like Swan, he was also shocked at the announcement. "I'm going to try my best, I'm going to try the hardest that I can," Rios said referring to the Department of the Army competition later this year. "I'm going to train every day," he said. "I'm going to talk to the competitors from last year and see what they encountered."

Army Strong Bonds

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:

Visit:

www.strongbonds.org

What is your State of Readiness?

Kimberly Franklin
Family Programs Director
84th Training Command

Have you ever considered your Family's State of Readiness? If you were to consider the state of readiness according to their status of Red, Amber, and Green (RAG) and green is having the essential and required elements in place, are you confident their status is green? Only you and your Family members can decide if your State of Readiness is green. So how would you answer these questions, 'What is your State of Readiness? Are you ready?

How about your Family (your spouse, children, mother, parents, grandparents, aunts, uncles, siblings), your employer and your friends? Are they all ready in the event their Soldier goes away?

But it's not just about deployment. Are you ready in case your roof gets a leak, or if the car needs repair, if your town has a tornado or even in the event a Family member dies? What happens if you lose your cell phone? Do you have the telephone numbers memorized? You are the best judge of whether or not you are ready and if you decide you are not, how will you become ready? What does it mean to be ready?

As you determine your individual and Family State of Readiness, consider if you have the necessary tools:

1. Names and contact information in case of an emergency
2. Location of the important Family documents: will, insurance, etc.
3. Support and outreach- get involved, seek answers, spend time with others with similar circumstances, be part of the Family Readiness Group
4. Plan for things to happen in life- natural disasters, plumbing problems, car trouble, death of a Family member, etc.

Who would you contact? Where are the telephone numbers and email addresses of those people or organizations that can assist you and your Family?

Remember, it's not just about preparing for the next deployment. It is about having the tools you need to be ready for everyday situations. Don't wait to get ready. Ensure the State of Readiness for you and your loved ones is green now and at all times. To do that you may want to include the following items in your readiness tool box:

Army Reserve Outreach and Support Center 24/7: 1-866-345-8248

www.myarmyOnesource.com

www.militaryOneSource.com 1-800-342-9647

<http://american.redcross.org> 1-877-272-7337

Your unit commander is also a great source of information and guidance as you establish and strengthen your State of Readiness. Contact your Family Programs staff member for assistance with locating resources, TC084Familyreadiness@usar.army.mil .



CARRYING THE COLORS...