

WARRIOR MEDIC

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An Army Reserve Medical Command Publication



Contracts for Free YMCA Membership for Deployed Guard and Reserve Families



The Department of Defense announced October 1 that families of deployed members of the National Guard and Reserve, active duty service members on independent duty and their families, and active duty service members and their families assigned to selected bases would be eligible for free family memberships at participating YMCAs in their local community.

The new program, which is effective immediately, was unveiled in a signing ceremony presided by Under Secretary of Defense for Personnel and Readiness David S.C. Chu. Also signing the document was Assistant Secretary of Defense for Reserve Affairs Thomas F. Hall and the Executive Director of the Armed Services YMCA, retired Navy Rear Adm. Frank Gallo.

"We know these programs are key to personal health and well-being, help build strong families, and reduce stress and feelings of isolation," Chu said. "I am extremely pleased to announce our new partnership."

The free YMCA memberships for Guard and Reserve families will be available while the service member is deployed for a minimum of six months. The deploying service member will also be eligible for three months pre- and post-deployment membership to help promote family partici-

pation.

Active duty families assigned to independent duty stations, such as recruiting and ROTC assignments and not currently receiving support from the service component will also be eligible for free memberships at participating YMCAs. Single service members are eligible for fitness center memberships up to \$50 a month.

Active duty families at selected bases will also be eligible for free YMCA memberships as part of a pilot program. Memberships will be issued on a first come, first served basis with 300 to 450 family memberships available per joint base location.

The selected bases are: Lackland Air Force Base/Randolph AFB/Ft. Sam Houston, Texas; Langley AFB, Va.; McCord Air Force Base/Ft. Lewis, Wash.; Ft. Carson, Colo.; Pearl Harbor/Hickam AFB, Hawaii; Naval Weapons Station, Charleston S.C.; McGuire AFB/Ft. Dix/ Lakehurst Naval Air Engineering Station, N.J.; Anacostia Naval Air Station /Bolling AFB, Washington, D.C.; Ft. Myer/Henderson Hall, Va.; Elmendorf AFB/Ft. Richardson, Alaska; and Andrews AFB/Naval Air Facility D.C., Md.

Additionally, 32 hours a month of free respite child care will be available for families of deployed National Guard and Reserve and geographically dispersed active duty service members in 10 states with YMCA child care programs preapproved by DoD.

Respite Child Care is currently available at participating YMCAs in the follow-

ing ten states: Indiana, Maryland, Montana, North Carolina, New York, Ohio, Pennsylvania, Tennessee, Virginia and Washington. DoD is working with the Armed Services YMCA on ways to expand the number of YMCA child care programs eligible to offer respite care in order to meet this critical need.

Participating YMCAs have agreed to cap their monthly fees and waive all joining fees so there is no cost for service members and their families for membership. Some classes may have fees associated with them and if so, the service member will be responsible for those costs.

"Since the Civil War, the Armed Services YMCA has been committed to supporting our troops and improving their quality of life," said Gallo. "This new initiative will go a long way to help America's military families live healthy lives."

Signing up for the program requires a YMCA/DoD eligibility form, a copy of deployment orders and military ID. The YMCA/DoD eligibility form is available at <http://www.militaryonesource.com/>. A completed eligibility form, a copy of deployment orders (where applicable) and the military ID are all that are needed for the local YMCA to process memberships.

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Do you have a story to tell? The goal of the Army Reserve Medical Command's Public Affairs Officer is to feature stories in this publication that represent units from all over our command's region of responsibility. We are always seeking stories that would be of interest to our readers. Contributions are welcome. **Story ideas as well as written articles and photos for consideration should be submitted to ARMEDCOMPAO@usar.army.mil, or call 1-877-891-3281, extension 3730.**



DoD Develops Compensation & Benefits Handbook



DoD announced today it has developed a comprehensive handbook describing compensation and other benefits service members and their families would be entitled to upon separation or retirement as a result of serious injury or illness.

ration or retirement as a result of serious injury or illness.

"The Compensation and Benefits Handbook is the one source of information that covers everything a seriously ill and injured service member will need during his or her recovery, rehabilitation and reintegration," said Ronald A. Winter, principal deputy assistant secretary of the Air Force for manpower and reserve affairs.

The handbook was compiled in cooperation with the Departments of Veterans Affairs, Labor, Health and Human Services, and Education and the Social Security Administration. Additionally, there are references to assistance provided by other governmental and non-governmental agencies and organizations.

"The handbook describes the disability eligibility process, various program qualifications, application procedures, and numerous resources with associated contact information," said Sharon Gunselman, policy and resource analyst for the Department of Defense.

Web sites and toll-free numbers are provided, and the electronic version includes hyperlinks. The electronic version of the handbook will be updated frequently and the hard copy of the compensation and benefits handbook will be updated annually.

The electronic version of the handbook can be found on the five Web sites listed below:

<http://turbotop.org>
<https://www.nko.navy.mil>
<http://www.npc.navy.mil>
<http://www.npc.navy.mil>
<https://www.aw2.army.mil>
<https://www.my.af.mil>

Military Health System Seeks Feedback

By American Forces Press Service



WASHINGTON - Military Health System officials want wounded, ill or injured servicemembers and their families to respond to a new pair of questionnaires designed to help

them better understand the needs and expectations of the warriors in their care.

The questionnaires -- one for wounded, ill or injured servicemembers and one for their family members -- are available on the Military Health System Web site and will remain open for completion until Oct. 15. Both questionnaires ask for feedback concerning a servicemember's experience and satisfaction with the care he or she has received since becoming wounded, ill or injured.

To encourage honest and specific answers that will lead to positive changes in how the MHS handles care for wounded, ill or injured servicemembers, officials said, all questionnaire responses are anonymous. Questionnaire results and analysis should be available on the Military Health System Web site in November.

These questionnaires are part of Defense Secretary Robert M. Gates' commitment to supporting wounded, ill and injured servicemembers and ensuring that their care is DoD's top priority, officials said.

The online questionnaires are available at www.health.mil/Pages/Page.aspx?ID=18.

The Military Health System is a worldwide partnership of medical educators, medical researchers, and health care providers and their support personnel. The DoD enterprise consists of the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Joint Chiefs of Staff; the combatant command surgeons; and Tricare providers, including private-sector health care providers, hospitals and pharmacies.

Related Sites: Military Health System
<http://www.health.mil>

Pentagon to Set Up Nationwide Troop, Family Support Network

By Gerry J. Gilmore,
 American Forces Press Service



WASHINGTON - National Defense Authorization Act provides for the establishment of a nationwide center of excellence network that will assist servicemembers of all components in readjusting and reintegrating with their families when they return from overseas deployments, a senior Defense Department official said here today.

Thomas F. Hall, assistant secretary of defense for reserve affairs, announced the new initiative today at the Department of Defense Reserve Family Readiness Awards ceremony that highlighted the best National Guard and reserve unit family readiness and support programs in 2007.

The new organization will be established quickly, Hall said, noting it will assist and coordinate efforts of more than 700 military family-support centers located across the country.

Efforts to obtain funding and staffing for the organization are under way, Hall said, adding it will have a central staff based in the Washington, D.C., area, and will have a board of directors.

The new support network will assist active duty, National Guard and reserve servicemembers, as well as their families, Hall pointed out.

"We've got to get that 'jointness' throughout (the system), and this is one of the things that this center for excellence is going to talk about," Hall said.

Public Invited to Comment on Draft Rules for Spouse Employment

By Gerry J. Gilmore,
 American Forces Press Service



WASHINGTON - The public is invited to comment on proposed rules to speed up the hiring process for some military spouses seeking federal jobs.

The Office of Personnel Management published the rules Dec. 5 in the Federal Register and will accept comments until Jan. 5.

OPM drafted the regulations to implement an executive order signed by Former-President George W. Bush on Sept. 25 allowing agencies to make noncompetitive appointments of military spouses.

"This is a quick-hire authority that will allow the federal government easy access to a talent pool of deserving military spouses," Pentagon spokesman Army Lt. Col. Les' Melnyk explained.

The draft regulations "do not provide a hiring preference for military spouses, nor do they establish selection priority for these individuals," according to the proposed rules in the Federal Register.

However, "if a spouse is otherwise qualified for the job, he or she may be hired immediately by any federal agency, thus benefiting the agency while simultaneously eliminating the oftentimes lengthy application process and delays that discourage many spouses from applying for federal jobs in the first place," Melnyk said.

The employment initiative would apply to spouses of active-duty servicemembers who have received permanent-change-of-station orders, spouses of servicemembers who have received 100-percent disability discharges, as well as un-remarried widows or widowers of military members who have

been killed while on active duty, according to the proposed rules.

Bush proposed the military-spouse employment initiative during his State of the Union speech to the nation in January.

Free SAT and ACT Preparation software is being offered to military service members, veterans, and their dependents



E-Knowledge and the NFL have teamed up to offer free SAT and ACT preparation (the standard package) software to military service members, veterans, and their dependents!!! (See

Attached Flier) You only pay the cost of shipping.

To order the software go to www.eknowledge.com/military.asp#

You can also order them by phone by calling: 951-256-4076

Standard SAT Package contents:

- The eKnowledge Power Prep SAT CD ROM set (containing 10+ hours of instructor led video and 40+ hours of class work) -The core content is divided into 120 lessons and 122 drills ranging from 1 minute to 10 minutes in length and delivered by expert instructors.
- Hundreds of practice questions with detailed explanatory answers delivered by your instructor. Progress Quizzes to gauge how you are doing-18 total quizzes, graded automatically with detailed explanatory answers.
- Electronic Outlines for every topic that includes information about each of the 120 testable points and sample questions. Use these outlines to create a systematic organized review. And print them out so you can supplement them with your own written notes as you watch the workshops. The outlines are wonderful tools.
- Syllabus and Schedule: Sample 30 day schedule organized and systemized to track your progress through the 120 video/audio/multimedia lessons. The schedule and tracking is available electronically on the CD and you can print out a hard copy from the CD. Allows you to tell at a glance what you have done and what is left to do.

Standard ACT package contents:

- Instructor Led Video Workshops (11 hours 33 minutes) The core training takes place inside the video workshops. Over 120 instructor movies linked to

the menu driven table of contents. The students navigate the menu and select the area of training e.g. all of algebra or just "adding polynomials, all of Science Reasoning or just "plan of attack"

The video instruction is divided into the following main categories:

General & Verbal/Logic
General Workshops
English Grammar
Reading Comprehension
Science Reasoning
Math Workshops
Arithmetic
Algebra
Geometry
Trigonometry
Top 10 Traps
Grid Ins

Total video: 11 hours 33 minutes Total student participation 40-60 hours

- Quizzes 21 quizzes 200+ questions, auto graded, explanatory answers
- Outlines Screen & PDF Class pdf outlines provided for each subject
POC: Mrs. Tina Rockwell (727) 563-3982

America Supports You: Group Helps Wounded Vets Secure Adaptive Housing

By Samantha L. Quigley,
American Forces Press Service



WASHINGTON - Wounded veterans have a new source to turn to when looking for housing to meet their individual challenges after the expansion of a successful pilot program in Texas.

"Helping a Hero" has been working for the past year to provide adaptive homes to wounded veterans of the war on terrorism, said Meredith Iler, chairman of the organization's Wounded Hero Home Program.

"Our principal activity is to provide specially adapted homes for qualifying servicemembers as well as engaging the community to provide services and resources for our wounded heroes and their families," she said. "We have awarded 13 homes and have plans to award another 100 homes in the next 12 months."

All the houses the group provides are part of planned communities, she said. The developers donate a lot, and one of the builders in the community matches the amount of the donated land in construction

costs.

The homes range from \$200,000 to \$300,000 in value, with an average of \$250,000. Recipients of the homes are required to sign a contract prohibiting them from borrowing against the equity in the house for 10 years, however. That policy is non-negotiable; even if the loan were for a worthy cause like starting a business, it's too risky, Iler explained. If the business were to fail, the veteran and his or her family could lose the home.

"We're trying to establish stability in their lives," Iler said.

To that end, Helping a Hero doesn't just get veterans into homes and wish them well. The group also offers ongoing workshops to help them reintegrate into the community and works to connect them with community service organizations such as the Rotary Club.

These connections not only provide support and a sense of community, but also could lead to employment, Iler said.

Helping a Hero is a new supporter of America Supports You, a Defense Department program connecting citizens and companies with servicemembers and their families serving at home and abroad. The group's hope is that this affiliation will help spread the word to qualified veterans, Iler said.

"Our goal is to provide a home to every single severely wounded hero in the next 10 years," she added.

Full details on how to apply for an adaptive home through Helping a Hero are available on the organization's Web site.

Department Works to Give Military Families Coordinated Care

By Samantha L. Quigley,
American Forces Press Service



WASHINGTON - The Defense Department, in conjunction with the military services and the Department of Veterans Affairs, has created a framework to help wounded, ill and injured servicemembers not only survive, but also thrive as they transition from military service back into their communities.

"We want them to really not only survive their injuries, but now thrive in what's called oftentimes 'the new normal,'" said Lynda C. Davis, DoD lead for case/care management reform for wounded, ill and injured servicemembers and their families. "We've been able to, jointly with the services and [Veterans Affairs], develop a framework to make that happen."

For the past 16 months, the Wounded, Ill and Injured Senior Oversight Committee

worked to create a program to help wounded, injured or ill servicemembers and their families develop what Davis referred to as a "life plan." It goes beyond medical care to address financial and housing needs, transportation, education and employment, and even spiritual desires and needs, she said.

This life plan is one of four pieces to help servicemembers and their families successfully reintegrate into civilian life.

Another piece will provide severely injured servicemembers and their families with a recovery coordinator to oversee the development of the recovery plan and delivery of service and resources. In addition, servicemembers and their families will be assigned a recovery team that will work directly with them to ensure responsive, quality care, Davis said.

The fourth cornerstone will be unveiled in November during Military Family Month and Warrior Care Month.

"It's a 'Yellow Book' that will be available throughout the country online so that anybody serving or supporting the wounded, ill, or injured servicemember or their family will have access to services and resources [offered through] federal government, state and local, county, not-for-profit, academic and philanthropic [sources]," she explained.

These four facets of the "Uniform Cornerstones of Care Coordination" work in a 10-step process. It begins with a screening phase and continues through a review phase.

"[The Uniform Steps of Care Coordination] helps us identify serious or severely injured servicemembers who need these kinds of support," she said. "It prepares people for the transition, and then it continues to review and stays in contact to make sure that their personal and professional goals are met."

Those pieces already are in place, but family support also is crucial to the healing process, Davis said. To make sure it's part of the plan, the "Summit on Consistent Best Practices for Support of Families of Fallen and Wounded, Ill and Injured Service Members," will be held Oct. 20 at the Pentagon from 8 a.m. to 4 p.m.

About 300 people are expected to attend the summit, including family members, warrior and family support programs, and veteran service organizations.

"At the summit, we will have panels of family members, ... and they will be discussing their experiences in the different phases of recovery," Davis said. "Then we will also be highlighting some programs that are really nominated by the families that are best practices."

Family members will share some of the programs they see as model programs in a panel format that morning. Defense Secretary Robert M. Gates will have lunch with the group before he addresses them.

"In the afternoon, we're going to concentrate really on families of the fallen," Davis said. "They will also have some best practice programs that they've been able to nominate. We'll wrap it up with another announcement, which is another Web site that's more narrow in scope. It's in response to a requirement from the National Defense Authorization Act, ... which required us to create this Wounded Warrior Resource Center Web site."

The site's goal is to focus on giving families and servicemembers a conduit to ask questions or give input on their experiences working with things like health care services, military facilities and benefits and compensation. A call center already has been established in response to this requirement, Davis said. The number is 800-342-9647.

Though the summit is being held at the Pentagon, servicemembers and their families around the world will be able to watch via live webcast on the Pentagon Channel's Web site, www.pentagonchannel.mil. They also can ask questions as they're watching by e-mailing them to questions@familysummit.net during the summit. This e-mail address will be valid only on the day of the summit from 8 a.m. to 4 p.m. Eastern Time, Davis said.

Related Sites: Department of Veterans Affairs: www.va.gov

Here's to the Heroes

Budweiser Military Tribute Extended By Anheuser-Busch Inbev



"Here's to the Heroes" Provides Free Admission to Worlds of Discovery Theme Parks For Military Members and Direct Dependents

A tribute program that has provided free admission to Worlds of Discovery for more than 3.2 million members of U.S. and coalition armed forces and their families has been extended through 2009. Budweiser's "Here's to the Heroes" was launched in February 2005 to acknowledge the service of military men and women and the sacrifices made by their families.

"It is gratifying to all of us at Anheuser-Busch InBev that so many members of our armed forces have taken advantage of this program and honored us with a visit," said Jim Atchison, President of Busch Entertainment Corporation. "This is a difficult time for our men and women in uniform - and their families -- and we are honored to give them something back."

Here's to the Heroes provides a single day's free admission to any one SeaWorld or Busch Gardens park, Sesame Place,

Adventure Island or Water Country USA for the service member and as many as three of his or her direct dependents. The program is sponsored by Budweiser, the flagship beer of Anheuser-Busch InBev.

Any active duty, active reserve, ready reserve service member or National Guardsman is entitled to free admission under the program. He or she need only register, either online at www.herosalute.com or in the entrance plaza of a participating park, and show a Department of Defense photo ID. Also included in the offer are members of foreign military forces serving in the coalitions in Iraq or Afghanistan or attached to American units in the U.S. for training.

"This is one small way we can acknowledge and thank the soldiers, sailors, Marines, Airmen and Coast Guardsmen whose service helps to preserve the freedom and safety of every American," Atchison said. "It's important to all of us at Anheuser-Busch InBev that we show our gratitude to the men and women of our armed forces and their families for the sacrifices they make on our behalf."

Here's to the Heroes is the fourth tribute to military personnel offered by the company since Yellow Ribbon Summer welcomed service members home from the Gulf War in 1991.

Three Worlds of Discovery - SeaWorld Orlando, Busch Gardens Tampa and SeaWorld San Diego - operate year round. The company's remaining parks are seasonal, with varying opening dates this spring. Each park's operating schedule is available online.

Inactive, standby and retired reserve members, military retirees, U.S. Merchant Marine and civilian Department of Defense workers are ineligible for the program. The program does not include Discovery Cove or SeaWorld's new waterpark, Aquatica.

Orlando-based Busch Entertainment operates nine Worlds of Discovery across the U.S.: SeaWorld Florida in Orlando, SeaWorld California in San Diego, SeaWorld Texas in San Antonio; Busch Gardens Africa in Tampa, Fla.; Busch Gardens Europe in Williamsburg, Va.; Discovery Cove in Orlando; Sesame Place in Langhorne, Pa. near Philadelphia; and waterparks Adventure Island in Tampa and Water Country USA in Williamsburg, Aquatica, SeaWorld's waterpark, opened in spring 2008.

The Worlds of Discovery play host to more than 25 million guests each year and employ 26,000 people nationwide. On the Web at WorldsofDiscovery.com

For more information, contact Fred Jacobs, Busch Entertainment Corporation Communications Vice-President, at 314.613.6077 or Fred.Jacobs@WorldsofDiscovery.com.

Disney's Armed Forces Salute Free Admission for U.S. Military



America's military personnel will have one more reason to celebrate: Free multi-day admission to Disney's U.S. theme parks.

With the "Disney's Armed Forces Salute" offer, active and retired U.S. military personnel, including active and retired members of the United States Coast Guard and activated members of the National Guard or Reservists, can enjoy complimentary, multi-day admission into Disney's U.S. theme parks, great rates at select Walt Disney World Resort and Disneyland Resort hotels, and additional special ticket offers for family members and friends.

At Walt Disney World Resort in Florida:

Through December 23, 2009, each active or retired member of the U.S. military may obtain one complimentary 5-day "Disney's Armed Forces Salute" ticket with Park Hopper® and Water Park Fun & More options.

This ticket is valid for five days of admission into the four Walt Disney World® theme parks, plus a total of five visits to a choice of a Disney water park, DisneyQuest® Indoor Interactive Theme Park or certain other attractions.

During this offer period, active or retired U.S. military personnel (or their spouses, but not both) may also make a one-time purchase of up to a maximum of five 5-Day "Disney's Armed Forces Salute Companion" tickets (one theme park per day) for \$99 per ticket, plus tax, for family members (including spouse) or friends.

Although this ticket for family members and friends does not include either the Park Hopper® or Water Park Fun & More options, this ticket can be upgraded to add either such option, or both, for an additional \$25, plus tax, per option. Actual prices may be less. All tickets and options are non-transferable and must be used by December 23, 2009.

Great rates are also available at select Walt Disney World Resort hotels for active or retired U.S. military personnel during this offer period.

A Summary of What This Means:

The wording on this offer is a little bit confusing, so I contacted a Disney representative to get some clarification:

If you decide to purchase the guest passes, you do not need to specify who the tickets are for at that time, but you must be with them when the ticket is activated or redeemed.

If you would like for the guest passes to be park hoppers, there will be an additional \$25 charge.

If you would like for the guest pass to include the Water Park Fun & More options there will be an additional \$25 charge.

So, if someone is taking advantage of the "Disney's Armed Forces Salute" and would like for their guest to have the identical deal (5-day ticket with Park Hopper and Water Park Fun & More options) the total cost will be \$99 + \$25 + \$25 = \$149.00 (plus tax.)

For complete, updated information please visit www.disneyworld.com/military.

Reservists may qualify for early retired pay



ROBINS AIR FORCE BASE, Ga. -- The Department of Defense has issued new guidelines for early receipt of retired pay for members of the reserve components. Instead of having

to wait until age 60 to receive Reserve retired pay, eligible members may receive retired pay prior to age 60 but not before age 50. Under interim changes to Department of Defense Instruction 1215.07, Service Credit for Reserve Retirement, issued under a law passed by Congress effective Jan. 28, 2008, reserve component members are able to reduce the age at which they are eligible to receive retirement pay by three months for each cumulative period of 90 days served on active duty in any fiscal year.

Under the new law, members eligible to receive retired pay earlier than age 60 must still wait until age 60 to receive healthcare benefits.

Involuntary mobilization and voluntary active duty in support of a contingency qualify, but there is no requirement to be involuntarily mobilized, to support a contingency or to serve on active duty outside the continental United States to receive credit under the law. Most active-duty time qualifies, including training, operational support duties and school tours. It does not matter whether active-duty time is paid for under military or reserve personnel appropriation accounts, provided such active duty is performed under the authority of 10 U.S. Code § 12301 (d).

Also included is full-time National Guard duty served under a call to active service by a governor and authorized by the president or the secretary of defense under 32 U.S.C. § 502(f) for purposes of responding to either a national emergency declared by the president or a national emergency supported by federal funds.

The following time served on active duty is not creditable service for purposes of reducing retired pay age: as a member of the active Guard and Reserve (10 U.S.C. §

12310); on annual tour (10 U.S.C. § 12301(b)); while in captive status (10 U.S.C. § 12301(g)); for medical treatment, medical evaluation for disability purposes or medical study (10 U.S.C. §12301(h)); as a member not assigned to, or participating satisfactorily in, units (10 U.S.C. § 12303); under active-duty agreements (10 U.S.C. § 12311); for disciplinary/courts-martial (10 U.S.C. § 12315); or for muster duty (10 U.S.C. §12319).

Qualifying active-duty service performed after Jan. 28, 2008, the date on which the fiscal 2008 National Defense Authorization Act was enacted, is creditable. The law does not provide credit for time served on or before that date.

Here's an example of how these new guidelines work. A Reservist performed five days of active-duty service on MPA orders in February 2008. He then volunteered for active duty beginning June 1 and ending Nov 30 (leave, reconstitution and post-deployment/mobilization respite absence included, as applicable). The Reservist performed a total of 127 days of active-duty service in fiscal year 2008 and 61 days in fiscal 2009.

Under this scenario, all of the active-duty time the Reservist performed could be credited toward reduced retirement age eligibility because it was active-duty time performed under circumstances permitted under the new law (i.e., orders for voluntary service, 10 U.S.C. §12301(d)). However, because time credited must total 90 days or must be in multiples of 90 days in the aggregate during a fiscal year in order to correspondingly reduce his retirement age by three months, or multiples of three months, the Reservist will be able to reduce his retirement age by three months for fiscal 2008. Had he performed 53 more days of active-duty service after Jan. 28 and before going on active duty June 1, he would have accumulated 180 total days for fiscal 2008 and thus would be able to reduce his retirement age by six months.

Similarly, because the Reservist has so far served on active duty 61 days in fiscal 2009, he must perform an additional 29 days of active-duty service some time during the year in order to reduce his retirement age by an additional three months.

All Reservists are encouraged to ensure their orders specify the statutory provision under which their active-duty service is performed. Reservists are also encouraged to keep track of their active-duty service and orders to ensure they receive proper credit and they meet the cumulative 90-day thresholds to reduce retirement age.

TroopTube Gives Morale Boost to Deployed Servicemembers

By Gerry J. Gilmore
American Forces Press Service



WASHINGTON - Overseas-deployed servicemembers can receive video "shout-outs" from home, as well as senior-leader messages, thanks to the new TroopTube online information service, according to military officials.

TroopTube is a new Web site managed by the Defense Department's Military OneSource online information network. It is patterned after YouTube, the popular commercial video site, said Gail Lobisone, who works with Military OneSource at U.S. Army Family, Morale, Welfare and Recreation Command in Alexandria, Va. It can be accessed at www.trooptube.tv/home.

Each armed service manages a MilitaryOneSource.com site that connects servicemembers and families to assistance programs that deal with moving, finances, deployment, childcare and other military-life issues.

The TroopTube concept is right for the times, Lobisone said during a Nov. 14 interview with the Pentagon Channel. Today's soldiers, she said, "like the ability to connect through technology."

TroopTube is expected to raise troop morale by providing near-real-time communication to loved ones back home, said Army Col. Brick T. Miller, U.S. Army Family, Morale, Welfare and Recreation Command's deputy commander and chief of staff. The in-house communications system, he added, also helps the military to conserve Internet bandwidth.

Deployed servicemembers can access TroopTube to view their children's stateside high school graduations, birthdays and other notable family events, Miller said. Single soldiers, he added, can keep current with parents, siblings and friends back home.

Sites like TroopTube exemplify and provide "what the younger soldiers want today to be able to communicate with their families," Miller said. TroopTube helps to ease the minds of overseas-deployed servicemembers, he said, while helping family members stay in touch.

"We see it as a way of lowering the stress level," Miller said. "This is a way of getting closer to real-time gratification, which is what the Millennium Generation is used to."

Related Sites: TroopTube, www.trooptube.tv/home; Military OneSource, www.militaryonesource.com/skins/MOS/home.aspx, U.S. Army Family, Morale, Welfare and Recreation Command, www.armymwr.com

DoD Education Activity Encourages Nominations for Teacher Awards

By Samantha L. Quigley
American Forces Press Service



WASHINGTON - Department of Defense Education Activity officials are encouraging parents, students, school administrators and others to nominate worthy science and mathematics teachers

for a prestigious presidential award. Michael Kestner, branch chief for mathematics for DoDEA headquarters, said the Presidential Awards for Excellence in Science and Mathematics Testing began in 1983 and recognizes educators for their dedication to teaching math and science at the 7th- to 12th-grade level.

The award is open to teachers from all 50 states and four jurisdictions, including DoDEA, who have been teaching science or math for at least five years.

"It's the presidential award, so it's a prestigious award," Kestner said. "It puts [recipients] in a network of other master teachers across the country ... so they create a network of master teachers who can share ideas and bring them back to their own schools."

Kestner said DoDEA teachers may have a bit of an edge because of their circumstances.

"We have teachers all around the world, so they're picking up techniques and experiences from the cultures they're in as well as things that are happening in this country," he said. "That's one advantage that we have."

Teachers are notified of their nominations and must then complete an application process that requires videotaping a lesson and then critiquing it. DoDEA teachers will get help with that, Kestner said.

"We try to support them going through the application process ... to get their application complete," he said. "It is a process that takes some time."

In addition to recognition, recipients -- potentially 108 of them -- receive a trip for two to Washington, a citation signed by the president and a \$10,000 award from the National Science Foundation. The monetary award is theirs to do with as they see fit, Kestner said, but he predicted that most would put at least a portion of it back into their schools.

The National Science Foundation will select the final winners from nominees who go forward from their jurisdiction.

Recipients also have the opportunity to attend recognition events and professional development programs during their trip to the nation's capital.

DoDEA officials ask that nominations be submitted before Jan. 8. Forms are avail-

able on the awards program's Web site, <http://www.paemst.org>.

Related Sites: Presidential Awards for Excellence in Science and Mathematics Teaching <<http://www.paemst.org/>>
Department of Defense Education Activity <<http://www.dodea.edu/>>
National Science Foundation <<http://www.nsf.gov/>>

American Corporate Partners May be For You



You may recently received an email from Lt. Gen. Stultz alerting you to the launch of a pilot mentoring program designed for competitive Soldiers interested in advancing their civilian careers. This email provides additional information on the American Corporate Partners (ACP) program and how you can submit an application to participate.

The ACP program is designed to offer networking and career planning opportunities for the America's finest enlisted personnel and officers. Spouses of deceased or wounded Soldiers are also encouraged to participate. This is not a jobs program, but a way to help veterans develop key relationships and skills critical to advancement in the business sector. It is open to Soldiers of all grades in the cities with corporate mentors - Atlanta, Chicago, Cincinnati, Dallas, Houston, New York, Norwalk, Conn., and Philadelphia. Dallas and Norwalk in particular have a large number of corporate partners signed up for this program.

Protégés will be matched one for one with mentors by city, with consideration given to mentoring preferences. Matching will typically be based on gender, age, and geographic location. Protégés and mentors participate in the program for a period of one year and meet for about four hours each month. Both have the opportunity to extend for a second year.

How it works:

1. To enroll in the program, you must complete the application at the ACP website: <http://www.acp-usa.org/> <<http://www.acp-usa.org/>>
2. ACP reviews the applications. If selected, the protégé will be asked to submit a copy of his or her DD 214, most recent OER or NCOER, and two references.
3. ACP offers training to the mentors and then notifies protégés via email of their mentor match.
4. Mentors and protégés contact each other and begin scheduling regular meetings. Throughout the year long enrollment, ACP will contact both mentors and protégés to assist in resolving any problems, assess how well the program is progressing, and to

address any concerns.

5. At the conclusion of one year, ACP will contact both the mentor and the protégé to determine if each is willing to continue the relationship an additional year. If both agree to an additional year, the mentor relationship will be extended to a second year.

Join the Army Reserve; Build Career Opportunities



Launched in April 2008, the Employer Partnership is a program designed to foster formal relationships between the U.S. Army Reserve and private sector.

The Army Reserve Employer Partnership is a joint public-private venture designed to give business leaders tangible benefits for employing and sharing Soldiers-Employees. Since the Army Reserve and Employers share a valuable resource, the Army Reserve can recruit a Soldier for the Army Reserve and for a civilian business. The Army Reserve can also share training by aligning military and civilian credentialing and licensing, providing highly skilled and capable Soldiers who can meet the demands of the civilian workplace.

This one-of-a-kind initiative provides a mechanism for the Army Reserve and civilian industries to share the common goals of strengthening the community, supporting Army Reserve Soldiers and their Families, and maintaining a strong economy.

Network with fellow Army Reserve Soldiers, share successes, offer recommendations, and tell us about your experiences as you advance your civilian career through the Employer Partnership Initiative.

For more information, visit:

http://www.armyreserve.army.mil/ARWEB/NEWS/WORD/Employer_Partnership.htm

Travel Reimbursement Increases for Veterans



The U.S. Department of Veterans Affairs (VA) announced this week that eligible veterans will see an increase in the mileage reimbursement they receive for travel to VA facilities for medical care. Secretary of Veterans Affairs Dr. James B. Peake said that he will use his authority to raise the mileage reimbursement from the 28.5 cents per mile to 41.5 cents per mile.

Congress, which mandates such increases, recently provided funding to VA to increase the reimbursement rate, which goes into effect on November 17, 2008. Service connected veterans, veterans receiving VA pensions, and veterans with low incomes are eligible for the reimbursement.

While increasing the payment, the current deductible amounts applied to certain mileage reimbursements will remain frozen at \$7.77 for a one way trip, \$15.54 for a round trip, and capped at a maximum of \$46.62 per calendar month. On January 9, 2009, these deductibles will decrease to \$3 for a one way trip, \$6 for a round trip, with a maximum of \$18 per calendar month. Deductibles can be waived if they cause a financial hardship to the veteran.

Veterans Scholarships Available Through Grantham University



Grantham University is pleased to offer all qualified Military Veterans its Veterans Scholarship program. The scholarship program offers you a special tuition rate of \$250 per credit hour along with a textbook and technology grant that covers the cost of all required textbooks and software. Those who are eligible for the Montgomery GI Bill, DANTES, or other government benefits are encouraged to apply.

For nearly 60 years, Grantham University has contributed to the formal education of thousands of service members and veterans. Their degree programs are flexible, portable and designed so you can fit education into your life instead of arranging your life around your education.

Please call Grantham University today at 800-955-2527 or visit:

http://www.grantham.edu/admissions/scholarships_veteran.php to find out how the Veteran's Scholarship program can benefit you.

21 Suggestions for Success

By H. Jackson Brown, Jr.

1. Marry the right person. This one decision will determine 90% of your happiness or misery.
2. Work at something you enjoy and that's worthy of your time and talent.
3. Give people more than they expect and do it cheerfully.
4. Become the most positive and enthusiastic person you know.
5. Be forgiving of yourself and others.
6. Be generous.

7. Have a grateful heart.
8. Persistence, persistence, persistence.
9. Discipline yourself to save money on even the most modest salary.
10. Treat everyone you meet like you want to be treated.
11. Commit yourself to constant improvement.
12. Commit yourself to quality.
13. Understand that happiness is not based on possessions, power or prestige, but on relationships with people you love and respect.
14. Be loyal.
15. Be honest.
16. Be a self-starter.
17. Be decisive even if it means you'll sometimes be wrong.
18. Stop blaming others. Take responsibility for every area of your life.
19. Be bold and courageous. When you look back on your life, you'll regret the things you didn't do more than the ones you did.
20. Take good care of those you love.
21. Don't do anything that wouldn't make your Mom proud.

Immunizations Key for Healthy Servicemembers, Families, Officials Say

By Gerry J. Gilmore
American Forces Press Service



WASHINGTON - Obtaining proper immunizations against disease is a key factor in sustaining the health of servicemembers, military retirees and their families, senior defense health officials said here today.

"As an infectious disease doctor, I've always felt that a vaccine is that ultimate victory in our war against bugs," Dr. Michael E. Kilpatrick, the Military Health System's deputy director for force health protection and readiness programs, said at the Pentagon's DiLorenzo Tricare Health Clinic during the military's Immunization Awareness Month kick-off ceremony.

The military's immunization awareness program mirrors National Immunization Month, which is observed across America each August, and reminds servicemembers, retirees and their families to safeguard their health by keeping their shot records up to date.

"I think this month we really want to focus on the full spectrum, from the newborn to the older person, and the importance of vaccines and understanding when those are due throughout your life," Kilpatrick said.

The Defense Department works hard to offer less-reactive, comfortable vaccines

that provide tremendous protection for servicemembers, military retirees and their families, Kilpatrick said.

August is a good time to remind adults to check their personal and children's shot records, Kilpatrick noted, because school will soon begin and the flu season follows soon afterward. Obtaining an annual flu shot remains an important measure, Kilpatrick pointed out, noting that about 36,000 Americans die from the flu each year.

The American military has been in the vaccine business for a long time, Kilpatrick said. Continental Army commander Gen.

George Washington, he said, ordered that his troops be inoculated against smallpox during the Revolutionary War. Today, he added, the military's vaccination program protects overseas-deployed troops against potential biological threats such as anthrax and smallpox.

Pneumonia vaccine shots provided to older military retirees and their families also are extremely important and are known to save lives, he added. Yet, "because we have the vaccines doesn't mean they get used," Kilpatrick said.

Programs like Immunization Month are important, Kilpatrick said, because they

remind hospitals and clinics to activate customers to obtain needed vaccines.

"Are you up to date on your shots?" Kilpatrick asked.

The DiLorenzo clinic provides vaccinations to about 17,000 servicemembers, defense civilians and contractors who work at the Pentagon, Army Col. Dale K. Block, the clinic's commander, said.

Keeping immunization records current "is a big deal," Block said, noting it affects force readiness as well as the individual health of servicemembers, retirees and their families.

2009 Deemed "Year of Non Commissioned Officer" by DA.



From the Desk of the CSM:

Leaders,

DA has opened the door for us to tell our story. Energize your folks to get some articles, photos, etc. put together and submitted for publication. This would be a great project for one (or more) of your junior / mid grade NCOs. 2009: The Year of The NCO; Lets show them we have some Great NCOs!

ROGER B. SCHULZ
COMMAND SERGEANT MAJOR



From the Desk of the PAO:

Leaders,

We want to market at least two stories a month in 2009 about our outstanding NCOs, but we need your help.

If you have an outstanding NCO who truly stands out in your unit or within the community, contact us at

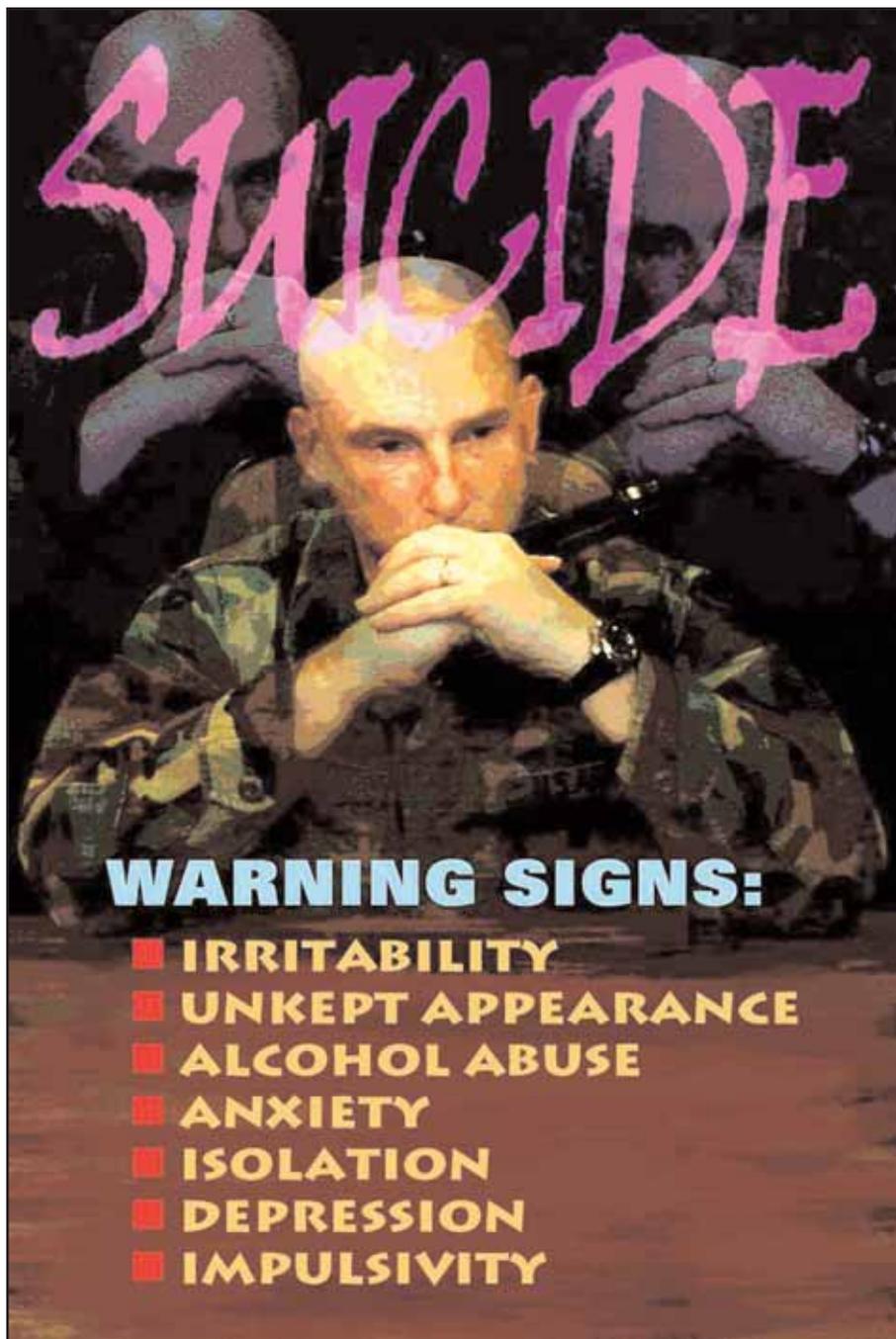
ARMEDCOMPAAO@usar.army.mil

We will need their name, unit, contact information (phones, address and email) as well as a short paragraph explaining why you feel they deserve some publicity for the work they are doing at home, school, work, in the community or as an outstanding NCO.

PAO will contact the NCO, draft an article and or news release about them and market their story in their hometown news outlets as well as other media avenues.

Please ensure the NCO is aware that you are recommending them for a feature story and that they are not "camera shy".

MAJ. WILLIAM RITTER
CHIEF, PUBLIC AFFAIRS,





ARMY STRONG.

ARMY RESERVE



ARMY STRONG.

AMBASSADOR PROGRAM

“The Army Reserve Ambassador is a combat multiplier in a non-tactical environment”

Maj. Gen. Alan D. Bell, DCAR

Mission and operation of the Ambassadors to the Chief, Army Reserve Program.

Army Reserve Ambassadors are private citizens who serve the Army Reserve by establishing lines of communication with communities across the country. Ambassadors educate organizations, community leaders and citizens about the capabilities, skills and value of the Army Reserve. They also work with local leaders to recognize and support Army Reserve Soldiers and their families.

■ Provide advice to the CAR, RRC Commanding Generals and other Army Reserve Commanders. This includes, but is not limited to, public attitudes toward the Army Reserve.

- Maintain contact with commanders within their areas.
- Disseminate information about the Army Reserve’s objectives, roles, requirements and major programs through speeches and personal contact with national, state, county and local leaders and elected officials.
- Provide advice concerning the development of programs and methods to attain maximum understanding and cooperation between the civilian community and the Army Reserve.

ARE YOU USING THIS RESOURCE?



Ambassador Coy Short of Georgia presents Maj. Gen. Alan Bell with a sample of the Georgia Army Reserve car tag.



Ambassador John Dyess of Tennessee (l) and Knoxville ESGR Chair Roy Roberts (c) discuss the benefits of hiring Reserve Soldiers with City Councilman Tom Schneider of Florissant, Missouri during the National League of Cities Conference in Nashville, Tennessee.



Former Alabama Ambassador, Larry Gunderman, gives Sheila Millican (l) and Christy McKiernan (c) an Ambassador Coin for their outstanding service as Family Readiness Group leaders for Company A, 928 Engineer Battalion.



Former Tennessee Ambassador, Kenneth A. Bouldin, thanks each Soldier of the 342d Quartermaster Battalion, for their service during their Honor Farewell Ceremony in Jackson, Tennessee.

For details on the Ambassador program, or to find out who your Ambassadors are, call:

Caroline A. Jones,
Ambassador Program Coordinator,
Office of the Chief, Army Reserve
Army Reserve Communications,
Phone: 703-601-0871



To get more information on the Ambassador program, e-mail the Ambassador coordinator at ambassador@usar.army.mil.



US Army Medical Research Institute of Chemical Defense
US Army Medical Research Institute of Infectious Diseases
 USAMRIID Chemical Casualty Care Division
 3100 Hicketts Point Road, Aberdeen Proving Ground, MD 21010-5400
 Commercial Phone: 410-136-2290 Fax: 410-136-9096 DSN: 581-2290
<https://ccc.apgea.army.mil>

Medical Management of Chemical and Biological Casualties Course (MCBC)

- Medical Corps
- Nurse Corps
- Physician Assistants
- Medical Service Corps (67B,C,E)
- Medical Professionals
- Graduate Level Classroom Instruction
- Unique Laboratory Activities
- Medical Procedures In Protective Gear
- Interactive Patient Triage & Interviews
- Field Exercises I & II
- BSL-4 & Deployable Lab tours
- Aeromedical Isolation "Slammer"

15-20 March 2009 3-8 May 2009 23-28 August 2009

Field Management of Chemical & Biological Casualties Course (FCBC)

- Medical Service Corps (67A)
- Chemical Corps Officers
- Medical / Chemical NCOs
- Fire / EMS / Paramedics
- Medical Professionals of all kinds desiring more in-depth field training
- Classroom Instruction
- Unique Laboratory Activities
- Medical Procedures In Protective Gear
- Field Exercises I, II & III
- Team-based Triage & Decon Activities
- Simulation Center "Mega Codes"
- First Echelon Patient Management

23-27 February 2009 6-10 April 2009 8-12 June 2009

Hospital Management of Chemical, Biological, Radiological, Nuclear and Explosive Incidents Course (HM-CBRNE)

- Hospital Management
- Emergency Planners
- Emergency Responders
- Public Health Officials
- Physicians
- Nurses
- Expert Classroom Instruction
- NIMS, NRF, HICS
- Group Activities & Discussions
- Multi-Hospital Mass Casualty Tabletop
- Equipment Demonstrations
- Hands On Training Exercises

Summer 2009

CME/CEU credits are available!

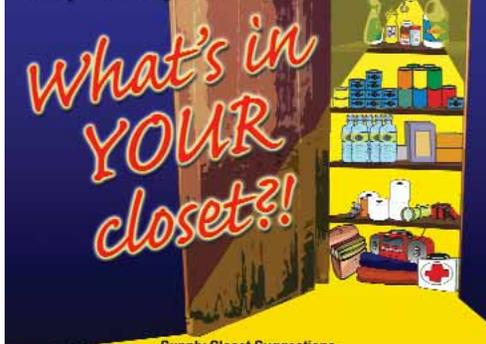
FOR INFORMATION ONLY

See your training officer, NCO for the availability of funds and training days if you interested in attending these courses. Contact the schools directly, at the number above, for more information.

Opet's Odyssey Returns



Are you ready for a disaster?



- Supply Closet Suggestions**
 7 Day Supply Recommended
- Canned meats, fruits and vegetables
 - High-energy foods: nuts, raisins, granola
 - Infant/baby food and supplies
 - Pet food
 - Non-perishable food
 - Over-the-counter medications
 - Garbage bags
 - Water (at least a gallon per person daily)
 - Manual can opener
 - Batteries
 - Matches in a waterproof container
 - Candles and charcoal
 - Toilet paper, towelettes
 - Soap/detergent, disinfectant/bleach
 - Personal hygiene items
 - Paper cups/plates, and plastic utensils
 - First aid kit, hand sanitizer
 - Plastic storage containers

Other important items: flashlight, battery-operated radio, extra clothing, blankets, prescriptions, money (paper and coins), eyeglasses, and important documents.

Be Prepared...Save Money!
 Pantry loading at your commissary is a GOOD idea!
 This list of items may not be all you need. For more on disaster preparedness:
www.ready.gov/america www.pandemicflu.gov www.redcross.org
www.commissaries.com





Army Reserve Medical Command Public Affairs

❖ Telling the Army Story ❖

- ❖ Do you have a unique mission? ❖ Do you have an outstanding Citizen-Soldier in your ranks? ❖
- ❖ Are you training on new equipment? ❖ Do you have an upcoming training event or deployment? ❖
- ❖ Are you training in a Joint or International environment? ❖

Help Us Cover Our Soldiers & Events!

Submissions are welcome. Story ideas, as well as written articles and photos for consideration, should be emailed to ARMEDCOMPAO@usar.army.mil, or call 1-877-891-3281, extensions 3730 or 3962.

Look for the next
"Warrior Medic"
Magazine in the
mail February
2009.



See Stories about Army Reserve Medical Command Soldiers, Families & Events at:
<http://www.youtube.com/user/ARMEDCOM> <http://www.dvidshub.net/units/AR-MEDCOM>

The Army Makes You Strong, We Make It Known!

❖ What's Your Army Story? ❖