

WARRIOR MEDIC

MONTHLY

An Army Reserve Medical Command Publication



Expanded Education Benefits for Children of Fallen Soldiers



What is it?

The policy regarding the education of the dependents of fallen Soldiers has been expanded. The new policy allows currently-enrolled students in Domestic Dependent Elementary and Secondary Schools (DDESS) who are dependents of fallen Soldiers to continue in DDESS schools without limitation, regardless of their physical residence or upcoming school transition points. The policy change is effective immediately.

Why is it important to the Army?

The prior policy allowed currently-enrolled DDESS students who were dependents of fallen Soldiers to continue in DDESS schools until the end of the school year without any special permission. It allowed for students to stay in the DDESS school until they would normally transition to another school level - i.e. elementary school to middle school or middle school to high school.

After reflecting on the previous policy and with input from families and commanders, DoDEA reevaluated the policy. Continued enrollment now only requires a one-time parental request to the respective school. Yearly registration is required and students will need to meet all other require-

ments for enrollment. The student's family will have to assume responsibility for transportation.

The Army doesn't leave Soldiers behind on the battlefield; nor will the Army leave their families behind. The Army is committed to ensuring excellence in schools and expanding education opportunities. This commitment extends to school-aged family members of fallen Soldiers. The Army recognizes the commitment and increasing sacrifices that families are making every day. The Army recognizes the strength of Soldiers comes from the strength of their Families. Thus, the Army is committed to providing Soldiers and families a quality of life commensurate with their service and sacrifice.

View the complete article:

<http://www.army.mil/standto/archive/2009/05/20/?ref=email>

DoD Announces \$555 Million Expansion To Housing Assistance Program



From a DoD Press Release

The Department of Defense (DoD) today announced details for the temporary expansion of the Housing Assistance Program (HAP) using

funds from the American Recovery and Reinvestment Act (ARRA). The \$555 million allocated to the HAP will be used to provide benefits to eligible military and DoD civilians who face financial losses selling their primary residence during the current housing downturn.

The DoD HAP has been providing financial assistance to military and DoD civilians for more than 40 years, and most recently, has been mainly used to provide benefits to personnel at base realignment and closure (BRAC) sites where government action caused a decrease in market home values. ARRA funding allows the DoD to temporarily expand this program in order to partially reimburse home sale losses in the following priority order:

Wounded service members relocating for treatment or medical retirement, and for the survivors of those who have died while on deployment.

Military and DoD civilians affected by the 2005 BRAC round, without the need (which existed under previous law) to prove that the base closure caused the local market decline.

Normal military permanent change of station (PCS) moves, on a temporary basis.

Last February, Congress authorized ARRA funding for a temporary expansion of the HAP in order to address unique economic pressures faced by military personnel. After conducting an extensive analysis to determine how best to prioritize the finite \$555 million available while maximizing

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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.**

assistance to as many people as possible, the DoD developed specific eligibility criteria that includes PCS retroactivity from July, 1, 2006, through December, 31, 2009, and longer for wounded warriors/surviving spouses and personnel affected by BRAC.

Special eligibility criterion for this temporary program expansion is available on the HAP website at

<http://hap.usace.army.mil>

All active and former members of the Army, Navy, Marine Corps, Air Force, Coast Guard, as well as DoD civilians, who have sold a primary residence for a loss or are considering selling their home are encouraged to visit the HAP website in order to check specific program criteria, and if eligible, apply online.

USO Metro Takes 'Home' to Troops with New Mobile Canteen



By Samantha L. Quigley
American Forces Press Service

WASHINGTON - The USO of Metropolitan Washington unveiled the newest addition to its arsenal in a brief ceremony at the Pentagon today.

The USO Mobile Canteen is a 34-foot vehicle that will deploy throughout the Washington Metropolitan Region in support of community events and on military installations to support events and training exercises.

"I think this is an example, yet again, of Metro USO's commitment to support our troops and their families no matter where they're serving," said Deborah Mullen, wife of Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff. "Having this is basically taking a little bit of home out to the troops. That's why it's so important."

The USO provides servicemembers a place to be comfortable and relax during their downtime, she added.

"It's, I think, one of the most important things that we do," she said. "From 1941 until now, the USO has always been the bridge between the American people and the U.S. military. That's an incredibly important role."

From the servicemembers' point of view, the new mobile canteen is a validation of military strategy.

Air Force Maj. Gen. Ralph J. Jodice II, commander of Air Force District Washington, said he looks forward to seeing the USO's new "urban assault vehicle" at many events around the region.

The chief of naval operations took his praise a bit further, and he added an endorsement from Marine Corps Commandant Gen. James T. Conway, who cut the ribbon to dedicate the canteen.

"The Navy is particularly pleased that, after all these years, the USO has finally seen the light and they've gone expeditionary," Navy Adm. Gary Roughead said. "Jim Conway and I are thrilled that you're using our mode, but because of that, you're going to reach out and touch so many, many more people, and that's what it's all about."

With food preparation facilities onboard, as well as an audiovisual system, that's exactly what USO Metro hopes to accomplish with the help of Boeing Co., which sponsored the vehicle's construction and first three years' operating expenses.

"This is an amazing team effort," Elaine Rodgers, president of USO Metro, said. "This thing cost over \$250,000 to build."

The defense contractor approached USO Metro asking for ways it could do more to support the troops. Rogers said USO Metro submitted its proposal for the mobile canteen and got the green light in September 2007.

The ceremony included a tour of the vehicle and a lunch typical of what servicemembers will get when the vehicle shows up to support a military events: hot dogs, chips and soda.

First Lady Vows More Support for Military Spouses, Families



By Samantha L. Quigley
American Forces Press Service

WASHINGTON - First Lady Michelle Obama was surprised to learn that the majority of military families feel their struggles often go unnoticed, she said during an interview today with The Pentagon Channel and American Forces Press Service.

"I just saw the results of a recent survey done by Blue Star Families that shows that 94 percent of military families feel as if the country doesn't understand their challenges," Obama said. "That's a pretty powerful statement."

The struggles include moving from city to city and trying to find good schools, or child care, or a new job. In the case of a military spouse, all of these struggles fall on one set of shoulders when a servicemember is deployed.

The administration is moving ahead with concrete measures to make military

families' lives a little easier, Obama said.

"We're seeing a 2.9 percent increase in salary for our [servicemembers] to ensure that we're retaining and attracting new numbers of individuals who want to be part of the military forces and feel like they can build a life as a result," she said. "In terms of our spouses, the administration is investing \$80 million just for career development and training for spouses, which is critical."

That's just the beginning.

"You'll see more down the line that will show, not just in word but in deed, that we have to invest in our military, their families, and our veterans in a real meaningful way," she added. "Whether that's job training, mental health support [or] whether that's ensuring that people have access to the health care they need."

These are all good steps to lowering the number of military families who feel disconnected from the rest of the American public, but more can be done, the first lady said.

"There's also a separate call to the nation that has nothing to do with the government," she said. "It's what we do in our own neighborhoods that's also an important part of what this community of families needs to feel."

It's about neighbors reaching out, businesses reaching out to new military families in the area. Even schools and colleges can help military families and spouses by thinking creatively about helping them transfer credits and gain access to training and other educational opportunities, she said.

The outreach doesn't need to be a grand gesture, as even the smallest act is a signal to the military community that the nation understands the sacrifices its servicemembers and their families are making, Obama said. And even though she, too, has endured having an absent spouse, she said there is no comparison to the extra burden on military spouses.

"I try not to compare my experience in any way to what a military spouse faces," the first lady said. "When I was away from my husband during the time of the campaign, he wasn't at war."

"What I do know is that when you're married to somebody who feels a call to serve, that you're part of that service as well," she said.

That means she'll stand behind, next to, or with her husband, Obama added. "The women and men that I've met who are serving alongside their spouses feel the same way," she said. "They feel a part of this challenge and they embrace it with pride and dignity and courage and strength."

Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen recently declared tomorrow "Military Spouse Appreciation

Day." It's a wonderful recognition, Obama said, "but that's just one day. We should be doing it every day."

In light of the day, however, she said she wants every military spouse to know they're loved, valued and appreciated, and that the administration will work hard to make sure that's realized.

She had one other wish for them as well. "Hopefully somebody will take them out to lunch," she said with a chuckle.

Defense Department Launches Official Military Blogging Platform



By Navy Lt. Jennifer Cragg
Special to American Forces Press
Service

WASHINGTON - The Defense Department has unveiled "DoDLive," a centrally linked and unified platform from which services can create and maintain blogs.

"This blogging tool allows all branches of the military an opportunity to establish an official blog about their command, organization or unit," said Brian Natwick, acting director of the Defense Media Activity's emerging media directorate and general manager of the Pentagon Channel.

This tool will enable Defense Department organizations to communicate on a more personal level, and can be used as an extension to their Web sites.

"Having a central blogging capability means that not only can readers know they're receiving reliable content, but it enables conversations through which the Department of Defense can learn and grow," Natwick said.

Beta testing of the platform began in January. Since its soft launch, the Air Force and Army added service-specific blogs, and the Coast Guard is expected to join in soon.

The department's official blog is at <http://DoDLive.mil> and is managed by the emerging media directorate. Posts will cover a spectrum of content, including first-person updates from Pentagon Channel reporters and senior Defense Department officials, "DoDLive Bloggers Roundtable" content, internal messages for military audiences and updates on military news stories. The blog also will showcase the department's other social media products such as the Wounded Warrior Diaries, "DoDvClips," and the "Armed with Science" and "Dot Mil Docs" audio webcasts.

"We recognize our servicemembers and organizations are blogging already, and we

encourage that," said Les Benito, director of the department's public Web site. "What 'DoDLive' gives us is the top-down support that will help the department dispel any lingering doubts about blogging and security and whether organizations should or shouldn't engage. We hope the conversation expands because of it."

The emerging media directorate was established in October 2006 to educate Defense Department organizations about new media tools and applications, encourage their use throughout the department, and to communicate department messages and priorities more effectively with the public.

(Navy Lt. Jennifer Cragg serves with the Defense Media Activity's emerging media directorate.)

Related Sites: Army Blog,
<http://armylive.dodlive.mil/>

Officials Urge Reservists to Take Civilian Bosses to Soldier Show



By Army Maj. Elaine M. Gullotta
Special to American Forces Press
Service

ARLINGTON, Va. - A long tradition of "entertainment for the soldier, by the soldier" is getting a new lift -- not a facelift, but a "boss lift."

National Guard and Reserve servicemembers historically invite their civilian employers to spend time at their military duty location to familiarize them with their employees' military duties. A typical "boss lift" includes a ride in a military vehicle or aircraft, a visit to a shooting range, or maybe even a visit to a military museum.

But reserve-component servicemembers will have something different to show their employers during the 2009 U.S. Army Soldier Show's national tour, as members of the Guard and Reserve are being encouraged to attend the show and bring their civilian employers through the outreach of Employer Support of the Guard and Reserve.

A Defense Department organization, ESGR encourages military members to look for and create "win-win situations" with their employers. Doing so can make things a lot easier for the reserve-component members when they need their employers' understanding due to a mobilization.

"Guard and Reserve members should consider their employers as strategic partners who support their efforts to serve our nation," said Navy Capt. Ted Fessel, direc-

tor of national operations and plans for the National Committee for Employer Support of the Guard and Reserve. "The show is exciting and patriotic, and is a great way to educate employers about the military culture."

The Army Soldier Show was established during World War I by Sgt. Israel Berlin, soon to become better known as composer Irving Berlin. He conceived and directed the first Army Show - "Yip, Yip, Yaphank" on Broadway in 1918.

Berlin went on to re-invent, write, direct and produce a Broadway version of the Soldier Show during World War II, under the title, "This is the Army." The 1943 film version of this production featured Ronald Reagan, Joe Lewis and Gene Kelly.

The Soldier Show is a high-energy musical revue with a cast composed entirely of Army personnel from the active duty, Army Reserve and Army National Guard. The cast is under the direction of a team of entertainment professionals, many with years of experience on Broadway.

The show tours the United States from May 1 through mid-November. All shows are free and open to the public.

Related Sites: 2009 Soldier Show Tour Schedule,
http://new.armymwr.com/recreation/entertainment/soldiershow/tour_schedule.aspx

Father's Day message from LTG Jack Stultz



By Lt. Gen. Jack C. Stultz
Chief, Army Reserve/Commanding
General, US Army Reserve
Command

Holidays are great days for saying thanks, and Father's Day affords us an opportunity to thank our Dads for all the sacrifices they made in bringing us up. Fathers are special men that play a significant role in shaping our lives - not just when at home, but even when working many unusual hours or when mobilized.

Those of us who are Army Reserve fathers understand, by the commitment we share in defending the freedoms of our nation and way of life, that we may be deployed half way around the world, on any given Father's Day.

Nonetheless, as fathers we want to be there with our Families, and at the same time, as Soldiers--and Americans--we want to be there for our country.

We make special sacrifices that enable all the fathers of this nation the freedom to

watch their Families grow. At times, we can only watch our Families grow by Web-cam usually being confronted with the inevitable question, "Daddy, when are you coming home?" Although you miss them, there's a feeling inside that assures us, that during this span of time away from our Families, we are protecting the future for all children so that they might live in a world of freedom and opportunity.

Being a military father also means you may be home trying to fill a mother's role while she serves the nation. Balancing the needs of the nation while raising a family and teaching our sons and daughters is no easy task - it's tough. But we march on.

As a father and a son, I know the sacrifices you Dads make every day for your Family and the Nation. I want to take this opportunity to wish all of you a very Happy Father's Day - and know that I and the people of America are proud of your commitment to your Family and the Army Reserve!

New Book Aims to Help Children of Troops Buried in Arlington



By Army Sgt. 1st Class Michael J. Carden American Forces Press Service

ARLINGTON, Va. - Generals, congressmen and, in many cases, presidents of the United States have attended military funerals at Arlington National Cemetery here and given their condolences to children who have lost loved ones to war.

But for many of those unfortunate children, it may still be difficult to understand the honor of their loved ones' sacrifices and what it means for a servicemember to be buried here.

A new book titled "For Children of Valor: Arlington National Cemetery" is dedicated to helping children and families of the fallen buried here to cope with their loss. Five such families, representing the U.S. Army, Navy, Air Force and Marine Corps were presented with first-edition copies of the book during a May 15 ceremony at the cemetery's information center.

"This small gift conveys our admiration and our respect by acknowledging the pain and the loss these sacrifices must bring," said retired Army Maj. Gen. Carl H. McNair, Jr., president and chairman of the Arlington National Cemetery Commemorative Project. "We wanted to provide a gift that captures the honor of Arlington National Cemetery.

"May this gift bring the spirit and fond

memories of your family a little closer to home, and may you gain a greater understanding and appreciation of the hallowed grounds on which we stand," McNair said.

The Arlington National Cemetery Commemorative Project produced the book in conjunction with illustration and photography support from the Washington Post. Dr. Stephen J. Cozza, a retired Army colonel, advised and helped author portions of the book. Cozza is a psychiatrist and expert in child trauma currently serving as a professor with the Uniformed Services University of Health Sciences, Children's author Linda Tyler wrote the main text, and artist Deborah Withey illustrated the book.

The 52-page book is filled with somber images of children and families visiting the cemetery, as well as colorful patriotic graphics typical of an elementary school arts-and-craft project. Educational messages and information about Arlington cemetery history appear on the pages. There is also a section of artwork toward the back of the book for children to color in themselves.

During the ceremony, Army Secretary Pete Geren spoke of the sacrifices made by the more than 340,000 American military members buried here since the Revolutionary War as well as the millions of others buried elsewhere throughout the world. He credited the families of the fallen for supporting their military loved ones despite the frightening realities of war. The families are heroes, too, he said.

"Military families are the strength behind our servicemembers," he said. "The families don't get medals, but they're heroes, and these heroes come in all ages and sizes."

Americans are indebted to the families for their sacrifices, he added. "For Children of Valor" is an "expression of gratitude from the heart of a grateful nation."

Angie Capra said it was a great honor for her and her family to be a part of the presentation ceremony. Capra and her five children, Mark, 12, Victoria, 10, Jared, 7, Shawn, 5, and Adrianna, 3, were recognized for the loss of husband and father, Air Force Tech Sgt. Anthony L. Capra.

"The book is great," said Capra, who drives about 40 miles from Fredricksburg, Va., to visit her husband's grave here at least once a month. "It's a wonderful memory for my children to have, and to know that people still think of their father and honor him and everyone else who've lost their life in combat."

Tech Sgt. Capra was killed in northern Iraq in April 2008. He was an explosive ordnance technician whose job was to dismantle and handle insurgent-made bombs, which have claimed the majority of the civilian and coalition lives lost in the wars in Iraq and Afghanistan since 9/11.

"My husband went into the service wanting to do his part at whatever the cost, so we accepted that a long time ago," she said, adding that her and husband were both "Air Force brats" and met more than 13 years ago when their parents were stationed in Turkey. "[The presentation] is a great honor for our family."

Other families recognized at the presentation were:

- Marissa Alexander and 3 -year-old twins Avery and Alaya who survive Army Staff Sgt. Leroy Alexander, a Special Forces engineer killed in Afghanistan in June 3, 2005.
- Lisa Dolan and her son, Beau, and daughter, Rebecca, survive Navy Capt. Robert E. Dolan, killed in the Pentagon on Sept. 11, 2001.
- Terry Valentine, along with her son, John, and daughter, Meghan, survive Navy Senior Chief Petty Officer Thomas J. Valentine, a Navy SEAL who died during a pre-deployment airborne operation Feb. 13, 2008, in Casa Grande, Ariz.
- Pamela Zembiec and her daughter Fallyn survive Marine Maj. Douglas Zembiec, killed May 11, 2007, in Baghdad.

"For Children of Valor" follows the publication "Where Valor Rests: Arlington National Cemetery," which was also produced by The Arlington National Cemetery Commemorative Project, in conjunction with National Geographic, and Rich Clarkson and Associates. "Where Valor Rests" was released two years ago today as a salute to members of the U.S. armed forces who are buried here.

Related Sites: Arlington National Cemetery
<http://www.arlingtoncemetery.org/%20>>

The Case For Better Reserve Retirement, Health Benefits



By Tom Philpott, Military Publishing

Reserve and National Guard members today deserve a better return on investment for their frequent deployments and long family separations, and that should include improved health benefits and two ways to retire earlier than age 60, said Lt. Gen. Jack C. Stultz, chief of Army Reserve.

In an interview in his Pentagon office last Thursday, Stultz shared his thoughts on modernizing reserve compensation so it more suitably rewards members and families

who are sacrificing so much during wartime operations in Iraq and Afghanistan. He contrasted current missions for an "operational" reserve with those assigned to the Cold War-era "strategic" reserve.

"It was one weekend a month, two weeks in the summertime and we're going to give you some retirement pay when you get to age 60. That's a pretty good return on investment for me as a soldier," Stultz said.

But today "we want you to leave your job, leave your family and risk your life once every five years," or even more frequently until the Army is sized properly for current missions.

"So we have to rethink that (incentive) because I'm not sure if giving retirement at age 60 is an adequate return on investment," Stultz said.

Reservists and their families, he said, are right to ask if what they're giving today isn't out of balance with what they're getting back.

Stultz supports two concepts for improving reserve retirement. The first Congress already has adopted, lowering the age 60 start of reserve annuities by three months for every 90 consecutive days in a given fiscal year that a reservist is mobilized. But, for lack of funds, Congress applied this change only to deployment time after Jan. 28, 2008. Left out are thousands of deployments by Reserve and Guard members since the Sept. 11, 2001, terrorist attacks.

State Rep. Joe Wilson has reintroduced a bill, HR 208, to extend this change to mobilizations since 9/11.

"I applaud (those) who want to make it retroactive," Stultz said.

Connecting earlier retirement to time deployed "makes a lot of sense," he added, because it rewards those making greater sacrifices than reservists who enjoy a more stable lifestyle and less risky assignments.

The other retirement change Stultz supports, and has talked about with lawmakers, is to reward soldiers who serve beyond 20 years, again by lowering the age at which annuities begin.

"For every year you stay beyond 20, you can retire six months early. That's kind of the idea we've postulated," Stultz said, also suggesting no member should be able to draw an annuity before 55.

For those who say the changes are too expensive, Stultz counters with figures of his own. "Let's say I have a sergeant first class, and when he retires from the Army Reserve he gets \$3,000 a month in retirement. That's \$36,000 a year. If he is able to get five more years of retirement, that's \$180,000 -- a significant amount of money."

But then consider, Stultz said, "how much have I invested in that sergeant first class and (the) cost to replace him." Given

all the training and experience, he said, "we probably invested 10 times that much. ... So \$180,000 is probably a pretty good return on investment if I'm able to get 10 more years of service out of that individual."

Stultz acknowledged that many reservists who already have served 20 years, retired and await the start of retired pay and benefits at 60 will be disappointed if left out of these changes.

"That's just going to have to be a fact of life," he said. "I don't think you can make it that retroactive."

On health care, drilling reservists need a dental benefit just to satisfy medical readiness requirements, Stultz said. With a strategic reserve, there was time to mobilize units and address dental problems at mobilization stations. With an operational reserve, members have to be ready to deploy. They can't leave major dental work until they report for duty.

Active duty soldiers can visit base dental clinics any time and get care at government expense. "It's another thing to say (to reservists), 'Go get your teeth fixed and it's going to cost you a couple thousand dollars,'"

Stultz said. He wants some sort of subsidized reserve dental insurance plan.

Families, meanwhile, need more stable health care. With every deployment, too many have to shift from employer plans to TRICARE and back again, switching doctors in an already stressful period. Stultz wants the military to subsidize a portion of employer health costs for reserve families if companies agree to continue family coverage through deployment.

It's unusual for a senior officer to get so far out in front of Defense Department policymakers, as Stultz has here. He's not worried, however.

"Nobody's ever going to call you on the carpet if you're really trying to take care of soldiers," Stultz said

Take Anti-Flu Drugs Only After Diagnosis, Military Doc Says



By Fred W. Baker III
American Forces Press Service

WASHINGTON - Senior military health officials are warning against taking antiviral medicines to fight the H1N1 flu virus until a doctor has confirmed the diagnosis.

Most patients treated at military medical treatment facilities for flu-like symptoms don't actually have the H1N1 or any other kind of flu virus, officials said.

"Everything that looks like flu is not flu. Most of the cases where people think they have the flu, they actually have some other respiratory disease," said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for the Defense Department's health affairs office.

Taking the flu medicine without having the virus causes several problems, Hachey said. First, the medicine will have no effect on what actually ails the patient, so the symptoms may only get worse.

The antiviral medicine does not act like a flu vaccine to prevent the flu. Taking the antiviral medicine before diagnosis negates the drug's ability to later fight the virus if the patient is infected, Hachey explained, and it simply depletes the national stockpile available to those actually diagnosed with the H1N1 virus.

Finally, Hachey warned that all drugs have potential side effects. "Taking a medication that you don't need subjects you to increased risks," he said.

Military treatment facilities are not prescribing antiviral drugs such as Tamiflu unless they suspect the H1N1 virus. Tests done locally cannot determine conclusively that a patient has the virus, but Hachey said they are fairly accurate at pinpointing it.

Military doctors send their suspected samples to the Centers for Disease Control and Prevention in Atlanta to confirm the diagnosis. In the meantime, if doctors suspect the virus based on local tests, they take the necessary precautions with the patient and prescribe treatment, Hachey said.

In the next few weeks, military doctors should be able to conduct the tests locally, Hachey said. In the meantime, the Defense Department has a robust system of detection across the globe to protect its servicemembers and families, he added.

Defense Department health officials are "pretty familiar with being able to control and limit the impact of those kinds of diseases, especially influenza," he said. The department has been preparing for a pandemic for the past decade, and has been ramping up its abilities to detect and provide services for the past five years, he noted. A robust surveillance system of 200 sites in 100 countries is tied into a network that reports on patients' symptoms. If several patients in the same region report similar symptoms, the system shows a spike in that area.

Doctors are tied into the system locally, and senior commanders at the Pentagon can view the results globally in near-real time.

"We really do have a nice global perspective using a multitude of different surveillance assets across the [Defense Department] community that all channel

into one site," Hachey said. "That way we can shift resources, we can do further investigations, and ... we can also tell someone in a particular area [they may] have a problem."

All the information is shared with the CDC and other state and federal agencies, he said.

The Defense Department is not an island, the doctor noted. "We're part of the national community, so what happens on one part of the fence really impacts what happens on the other side of the fence," he said. "So the more we share information, the better off both of us are."

But for now, military doctors are reporting that the H1N1 virus is relatively mild and is not having much of an impact on the young, healthy troops who make up most of the military. They are, however, urging caution for those who feel they are showing symptoms, and pushing preventive measures to prevent the disease.

"The most important thing right now ... is if you're sick, stay home," Hachey said. "Right now it's a mild disease, so staying at home is a very effective treatment."

The most critical preventive measures include washing hands and covering your mouth when you cough, the same as with any flu, said U.S. Public Health Service Rear Adm. Thomas J. McGinnis, chief of pharmaceutical operations for the Tricare Management Activity.

"From what we see right now, it's not much different than the regular seasonal flu," McGinnis said. "It has a possibility of becoming a pandemic, or it may mediate. We don't know yet."

Most will know the difference between the symptoms of the common cold and the flu, McGinnis said.

"The flu really debilitates you. It knocks you down. And only at that point do we recommend you go to the doctor and seek treatment for the flu," he said. "When you have aches and pains all over, fever, chills, cough, that's when you need to be seen by a provider."

Related Sites: H1N1 Information from the Centers for Disease Control and Prevention, <http://www.cdc.gov/h1n1flu/>

Military Crisis Intervention Resources



What is it?

Soldiers and families in need of crisis intervention support or authoritative information on psychological health and traumatic brain injury have two important resources available to them- Military

OneSource's Crisis Intervention line and the Defense Center of Excellence (DCOE) for Psychological Health and Traumatic Brain Injury's Outreach Center help line.

Military OneSource offers a free phone and online service for active-duty, Guard and Reserve members (including Individual Ready Reserve) and their families.

Credentialed consultants offer support and practical solutions 24/7/365. Military OneSource consultants assess the caller's needs and provide referral to health care professionals who can arrange face-to-face follow-up counseling.

CONUS callers can reach the Military OneSource 24/7 Crisis intervention line at 1-800-342-9647, or at their Web site. Soldiers and families overseas should refer to the Military OneSource Web site for specific dialing instructions from their location.

The Defense Center of Excellence (DCOE) Outreach Center provides 24/7 comprehensive and authoritative psychological health (PH) and traumatic brain injury (TBI) information, tools and resources for warriors, families, leaders, clinicians and the community. It helps the servicemembers, veterans and their families by connecting them with the resources they need to promote their resilience, recovery, and reintegration.

What has the Army done?

The Army remains committed to the health, safety and well-being of its Soldiers, civilians, and families. Army leaders assessed numerous crisis intervention resources before selecting Military OneSource and DCOE as those best suited to help the members of our Army community handle the unique stresses they face.

What will the Army do?

The Army will use every communication tool to 'get the word out' to our Army community that Military OneSource and the DCOE Outreach Center are primary resources for crisis intervention and psychological health/TBI information.

Why is this important to the Army?

The Army will continue to provide Soldiers, civilians and families resources to enhance their physical, mental and spiritual health. The Military OneSource and DCOE Outreach Center are two ways Army leaders can support the resiliency, life-coping skills and well-being of our Army community.

Resources: G-1 Suicide Prevention

Web site,

<http://www.armyg1.army.mil/hR/suicide/default.asp>

Military OneSource, Web site

<http://www.militaryonesource.com/home.aspx?MRole=&Branch=&Component=>

Law Gives Military Renters More Protection Against Foreclosures



By Army Sgt. 1st Class Michael J. Carden Special to American Forces Press Service

WASHINGTON - President Barack Obama's latest efforts to look after home renters gives military members additional protection if the homes they rent are foreclosed, a Defense Department official said today.

The president's Protecting Tenants at Foreclosure Act of 2009 was signed into law on May 20. The legislation ensures that renters aren't forced out of their homes if foreclosure occurs and a new landlord takes over.

Renters in every state now have more time to find new homes. The new law greatly benefits the military, as the vast majority of active duty servicemembers rent homes throughout the United States, said Army Col. Shawn Shumake, director of legal policy in the Pentagon's personnel and readiness office.

While about 65 percent of the U.S. population own their homes, only about 25 percent of servicemembers are homeowners, so, foreclosure of rented homes potentially can affect most of the military, Shumake said.

"We've got a lot of folks out there that find that they are in really difficult positions, because their landlords are foreclosed on," he explained in a Pentagon Channel interview. "This law provides them a measure of security and protection they didn't previously have."

The legislation gives renters the right to stay in their homes throughout the duration of their lease, he said, unless the new owner is moving into the home or if the renter is renting under a month-to-month lease. Still, the new law gives renters at least 90 days before they can be evicted, he noted.

"This act is a protection that's really powerful and important, and a great help to our servicemembers," the colonel said. "This provides renters some particular [and] some important rights so they're not kicked out on the street with no notice."

Before the law went into effect, only individual state protection was available, or none at all, Shumake said. There was no consistency from state to state in the rights people had to fight immediate eviction after foreclosure.

The inconsistency may have been difficult on military members, many of whom are transferred from one state to another every two to three years. The federal law now provides a baseline of protection for

all renters, no matter where they live in the United States, he said.

"There was no uniformity or anything you could count on," Shumake said. "[The law] now makes things the same across the country, and it at least gives you some basics that you know are there. At the very least, you know you're going to get that 90 days of protection."

The act is one of several laws that ensure military members are taken care of as they move from state to state to new duty stations, Shumake said. He noted the Joint Federal Travel Regulation, which defines financial benefits awarded to servicemembers upon changing duty stations.

The regulation was amended in July because of the rising foreclosure rates to allow the federal government to financially support local moves by military members. So, if one of the two exceptions occurs and servicemembers are forced to move from their home, the government may pay for the move, he said.

The regulation and Obama's new legislation go "hand in glove," Shumake said.

Military members faced with such uncertainty are in the best possible position with the two protections, he said.

For more information, servicemembers should contact their local legal office.

Army Training Network



What is it?

Army Training Network (ATN) is the newest online tool designed for trainers and educators to provide best practices, a database of training solutions and collaborative tools such as a Blog and Battle Command Knowledge System forum. Accessible through a secure Army Knowledge Online (AKO) sign-in, ATN will be an important source of information about the many Army training resources available. The Army launched an initial operating capability for ATN yesterday.

What has the Army done?

ATN replaces FM 7-1, Battle Focused Training. As FM 7-1 provided examples of and guidance for ways to implement the concepts in the 2002 version of FM 7-0 Training the Force, so, too, shall ATN complement the 2008 FM 7-0 Training for Full Spectrum Operations. The major difference is that TRADOC can update ATN as often as necessary rather than wait years for the publication of a manual that would be out of date upon publishing. ATN is not doctrine. It provides an intuitive, easy to navigate website focused on Army training best practices, solutions and collaborative tools.

Through Army-wide calls for training products, the ATN team has collected over 500 products from the field, and posted the best of them to the products portion of the Web site. ATN is always growing and will mature with time.

What efforts does the Army plan to continue in the future?

Because ATN is online, it will be available to the Army 24 x 7. Because it is "virtual" it will always remain current with no physical copy to maintain. Training solutions will now be at the fingertips of trainers through down loadable text and training examples with embedded links for easy use. Training management is now streamlined to provide best practices and unit-provided examples. The Combined Army Center manages ATN. CAC realizes that the training information business has turned into a "thousand blooming flowers." CAC and TRADOC HQ intend to eventually meld ATN into the Digital Training Management system as DTMS becomes the one-stop training management tool for the Army.

Why is this important to the Army?

Training techniques must adapt at least as rapidly as operations change. The Army wants leaders who are adaptive to the operational environment. Full-spectrum operations, modular forces, versatile adversaries and the reality of persistent conflict, forces the Army to think differently about training. A Web-based system allows Army leaders to share best ideas on training more intelligently, more effectively and more efficiently.

Resources: Army Training Network
Web site: <http://atn.army.mil/>

Defense Department Launches 'Real Warriors' Campaign



By Jim Garamone
American Forces Press Service

WASHINGTON - Josh Hopper looks like he would win battles against an NFL lineman.

The Marine sergeant obviously is a body builder. His shoulders are broad, and his arms stretch the fabric of his uniform.

The sergeant looks like a winner, but there was a battle he couldn't win without help - that against post-traumatic stress disorder. Now, Hopper is fighting another battle: to get servicemembers with PTSD to reach out and get help, as he did.

Hopper is part of the Defense Department's new "Real Warriors" campaign.

"Real Warriors is a program aimed at wiping out the stigma associated with get-

ting mental health care in the military," said Army Brig. Gen. (Dr.) Loree Sutton. "We want people to seek help the same way they would if they had a physical wound." Sutton is a psychiatrist who heads the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

The Real Warriors campaign centers on the stories of warriors who admitted they needed help and now are pursuing successful military careers.

Hopper is one of those warriors. The sergeant served three tours in Iraq in 2003, 2005 and 2006. He is married and has two children, and he's assigned to Beaufort Marine Corps Air Station, N.C. The intelligence specialist received the Purple Heart Medal after a roadside-bomb strike in Anbar province and participated in numerous fire fights. The accumulated stresses of Hopper's time in Iraq led to post-traumatic stress disorder.

"When I first got back, I was on that 'welcome home' high," Hopper said in a recent interview. But after that, he found that he was having problems sleeping, and he was concentrating on the negative aspects of his deployments.

"My big thing was outbursts and mood swings," he said. "I had a bad, bad temper that didn't take much to get me there. I used alcohol as a way to comfort everything, and that was big-time out of the norm for me."

He tried to hide the symptoms, but those closest to him knew. "My wife, parents, in-laws, they all knew I was having problems," Hopper said. He was having trouble relating to his family, and it also affected his work.

He was receiving an award for his service in Iraq from his battalion commander when the symptoms burst into the open.

"When I received the award, I replayed what happened that day," he said. "I sort of got into another world. I started shaking, got the cold sweats - everything. That's when my commander sat me down and offered help."

Asking for help went against Hopper's preconceived notions of what a warrior would do. "You are supposed to be the tough guy or the tough gal," Hopper said. "You say to yourself, 'I signed up to do this. I can't need help.'"

The toughest part was swallowing his pride. "I went [to Iraq], I did it, and when I came back, it was bothering me," he said. "Saying I need help was the toughest thing."

He first went for treatment at Walter Reed Army Medical Center here. But specialists there realized quickly that he needed more intensive care.

"The place that really changed my life was at the Martinsburg, W.Va., [Veterans

Affairs] Hospital," Hopper said. "I was lucky enough to get the help I needed there."

The center at Martinsburg tailored his treatment. He lived with Vietnam, Desert Storm, Iraq and Afghanistan vets. "We bonded pretty quickly," he said. "Here were people? especially the Vietnam vets? who knew what we were going through."

There were group sessions and one-on-one sessions with specialists. "I did a complete 180 there," Hopper said. "When I got back [to Lejeune], everybody noticed the difference."

When he returned to North Carolina, Hopper's unit was deployed to Iraq, so he went temporarily to a new unit. "They all knew where I had been, but everyone was great to me," he said. "They didn't tiptoe around me as if I were some crazy guy. They treated me like any other new Marine to the unit."

Hopper was on the tarmac to welcome his friends back from Iraq. "I thanked the commander for all he had done for me," he said. "I told him, 'I know I'm just a sergeant and you're a lieutenant colonel, but if there is anything I can do to repay you for what you did for me and my family, I'll do it.'"

"And he told me, 'There are a lot of people who are coming back from these wars that are going to be in the same shoes you were, and you'll recognize what they are going through. All I ask is that you pay it forward. If you can help one person, you've paid me back,'" the sergeant recalled.

Hopper said his participation in the Real Warrior campaign is one way to fulfill that duty. "If someone sees a big guy like me swallow his pride and get help," he said, "then why can't they do it?"

Related Sites: Warrior Care Web Portal <http://www.warriorcare.mil/>>

Season Approaches for Severe Weather Awareness



By Army Spc. John Crosby
Special to American Forces Press Service

WASHINGTON - As tornado season approaches it is time to be more aware of the possible dangers these violent storms can pose.

More than 3,500 people were on this installation in Edinburgh, Ind., when a tornado struck the camp in June. National Weather Service officials said wind gusts reached upward of 135 miles an hour. The damage extended to military and civilian vehicles, power and gas lines, fences and

more than 50 buildings.

The tornado caused about \$50 million in damage, including the cost of repairs and construction.

The damage from tornadoes comes from the strong winds they contain. It is generally believed that the most violent tornadoes can produce wind speeds of up to 300 mph, according to the National Oceanic and Atmospheric Administration. Wind speeds that high can cause automobiles to become airborne, rip ordinary homes to shreds and turn broken glass and other debris into lethal missiles.

Despite all of the damage and devastation here, the tornado caused no injuries. This success can be directly credited to the Camp Atterbury command and the 205th Infantry Brigade, officials said.

Army Col. Barry Richmond and Army Col. Christopher M. Holden -- the post and 205th Infantry Brigade commanders, respectively, when the tornado struck -- spent hours before the storm preparing for the worst by adjusting training and moving servicemembers to safe areas, according to a news article written after the tornado by Army Sgt. 1st Class Mark Bell, a public affairs soldier here.

"We mitigated the effects of the thunderstorm by finishing up our outside transportation training early," Holden said. "We got [servicemembers] in hardstand buildings prior to the storms due to the installation's severe storm warnings, which were truly the primary reason we were able to successfully prevent any injuries."

Severe weather advisories come in two categories: watches and warnings. A tornado watch means that conditions are favorable for tornadoes to form. A tornado warning means that one has been spotted or computers have indicated rotation in the storm.

Beyond warnings issued via radio, television and disaster sirens, there are several things to look for. Be prepared to take shelter immediately. Be aware of dark, often greenish sky and large hail or a large, dark, low-lying cloud, especially if there is rotation accompanied by a loud roar, similar to a freight train.

In a structured building such as a brick-walled barracks, a hospital, a school or a shopping center, go to a pre-designated shelter area such as a safe room, basement, storm cellar or the lowest building level if a tornado approaches. If there is no basement, go to the center of an interior hallway or closet or a room on the lowest level away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside.

If there is no hallway or closet, get under a sturdy table and use your arms to

protect your head and neck. Do not open windows.

If you are in a vehicle, trailer or mobile home, get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes. If there are no nearby structures that will provide good cover from flying debris, lie flat in a nearby ditch or depression and cover your head with your hands.

Be aware of the potential for flooding. Do not get under an overpass or bridge. You are safer in a low, flat location. Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter and watch out for flying debris.

In the event of a tornado, said Army Maj. Kenneth Knight, installation safety and occupational health director here, commanders and soldiers should think about accountability and moving to a safer location, but only after a safe amount of time, which is about 30 to 45 minutes after a storm.

"Accountability needs to be aggressive," he said. "All ... leaders must have the whereabouts of each individual soldier and report up their proper chains."

Though last year's storm reinforced safety measure, Knight said, "there are always things we can improve on."

"Everybody is more aware now," he said. "The more knowledge we have, the more appropriate action can be taken to prevent loss of life while training here so units can deploy with maximum fighting capacity downrange."

Defense Department Officials Hope to Create 20,000 Acquisition Jobs

By John J. Kruzal
American Forces Press Service



WASHINGTON - Defense Department officials want to increase acquisition jobs by 20,000 over the next five years,

Deputy Defense Secretary William J. Lynn III told Congress yesterday.

Speaking to the House Armed Services Committee, Lynn cited a "lack of critical skills" as a major consideration while the department reforms its process for purchasing weapons and defense systems.

"These new positions will ensure that [the Defense Department] knows what it is buying and gets what it pays for," he said.

The Defense Department budget,

expected to be submitted to Capitol Hill today, includes funding to increase acquisition personnel by 20,000 positions over the fiscal years 2010 to 2015, Lynn said.

The breakdown includes roughly 9,000 jobs at the Defense Contract Audit Agency and the Defense Contract Management Agency, the Pentagon components responsible for estimating contracting costs and contract oversight.

The remaining 11,000 new hires will be created when roles currently carried out by contractors -- jobs in systems engineering, program and business management, and logistics -- are converted to federal positions.

"One of the critical reasons for some of our shortcomings in the acquisition process is the lack of critical skills in the acquisition work force," Lynn said. "Over the last 10 years, defense contract obligations have nearly tripled, while our acquisition work force has fallen by more than 10 percent.

"In the absence of these personnel, we have outsourced too many functions that should be performed inside the department," he added.

Lynn acknowledged the challenge in attempting to enhance a system as complex as defense purchasing, noting that nearly 130 studies of acquisition reform have been completed since World War II.

"Many very smart people have tried and have met with only limited success," he said. "In this regard, we need to keep in mind the importance of not making the system worse in our efforts to achieve reform."

Describing other areas in need of improvement, Lynn stressed a need for clearer, more realistic contract requirements and cost estimates, and the importance of shortening the development cycle.

Operation Homefront Names First Military Child Award Winner

By American Forces Press Service



WASHINGTON - An Army family member has earned \$5,000, a laptop computer and a trip to the nation's capital as the first Military Child Award winner for a national troop-support organization.

Brittany Wallace, 17, will receive her award from Texas-based Operation Homefront at a ceremony here April 29.

Wallace was among 450 military children from 8 to 18 who competed for the

award. Jennifer Cernoch, Operation Homefront's Texas chapter president, nominated the San Antonio teenager.

"I've seen the actual, genuine empathy that Brittany has, not only for her own family, but also for other wounded warrior families, especially their kids," Cernoch said.

"She has been such an inspiration to the kids in helping them cope with their fathers' injuries. From her babysitting to just being there, she's become a wonderful role model."

Operation Homefront members voted online for three finalists -- Wallace, Adam Soisson of South Bend, Ind., and Mollie Danel of Camp Lejeune, N.C. -- and a panel of judges selected one for the top award.

"Our selection criteria included the child's circumstances, hardships, challenges overcome, community activities and the example he or she sets for others," Kerry McGinley, associate editor for Operation Homefront, said. "We were really moved by Brittany's giving nature, her commitment to her family as well as other wounded warrior families, and all that she's accomplished despite the challenges of her situation."

Wallace's challenges began in 2007 when her father, Army Staff Sgt. Robert Henline, was the lone survivor of a roadside bomb in Iraq that burned 38 percent of his body and all but destroyed his left arm. Despite his life-changing injuries, the soldier said, it was his daughter who fought the harder battle.

"She helped her mom a lot during our difficult time," Henline said. "She had a lot on her plate. She never complained, and never felt sorry for herself. She took over caring for her siblings. We were, and are, so proud of her."

Brittany was 15 when her mother, Connie, left her and her younger siblings, Skylar and McKenzie, with family in North Carolina so she could be at her husband's bedside in San Antonio. For three months, Wallace helped with meals and homework. Family members said she provided a sense of comfort and stability to her siblings.

Those three months were hard on everyone, the teenager recalled. She said she remembers wanting to talk to her mother longer than the brief chats they shared on the phone, but realized her mother was so stressed and drained by taking care of her father that anything longer than a few minutes would set loose the emotions she worked so hard to keep in check. Wallace said she learned to follow her mother's example for the sake of her siblings.

"It was hard with my mom being gone," she said. "My sister and brother looked up to me a lot. Other family members were there for us and were very helpful, but they didn't really know our routine.

It was up to me to keep that routine for them. I didn't [worry about] mine. They needed me, and I was there for them. My priorities changed. My family came first."

Those strong qualities, McGinley said, gave Wallace the edge over the other two finalists.

"We consider Brittany as an exceptional young lady who is determined to make the most and the best of her circumstances," McGinley said. "It was really inspiring to talk to her -- to hear her describe her father's injuries as a blessing, because it has brought her family closer."

Lockheed Martin Corp. sponsored the Military Child Award as a way to honor and "recognize the extraordinary efforts of our military kids," said Jim Knotts of Lockheed Martin, who conceived the idea.

"While our country asks for great sacrifices from our men and women in uniform, we also ask for great sacrifices from our military families, especially the kids," Knotts said. "We need a strong military, and our military members need strong families."

Related Sites: Operation Homefront
<http://www.operationhomefront.net/>

High-intensity Training Helps Soldiers Improve Strength, Endurance



By Army Spc. Ruth McClary
Special to American Forces Press Service

BAGHDAD - Seven soldiers of Company A, 120th Combined Arms Battalion, 30th Heavy Brigade Combat Team, grunt and moan as they lift Humvee shock springs and tires to build strength and endurance for upcoming missions.

The 20-minute, high-intensity workout is called the Tabata, a variation of the fitness training the platoon performs three days a week.

The workout, established in 1996, is named for its creator, Dr. Izumi Tabata of Tokyo. It incorporates timed, maximum-intensity exercise in short bursts, followed by a resting period.

"This is good combat training," Army Sgt. Gavin Hutchins, a 2nd Platoon squad leader, said. "We are building up our bodies to carry ammunition cans and heavy supplies when we go out on missions."

In this workout, the soldiers perform an exercise rotation for 20 seconds, and then rest for 20 seconds. They complete a five-exercise rotation at eight sets each.

The regimen not only prepares troops for the rigors of combat, as it mimics the

movements of knocking down doors and removing debris during a mission, but also is helping one soldier become healthier.

"I came into this unit with high blood pressure," Army Spc. Ronald Gardner, an infantry driver, said. "It was 154, [and] now it's 115 over 70, so this workout is saving my life." Gardner has lost 40 pounds using this workout.

The rotation exercises include carrying the springs, lifting and holding the larger springs, hitting a Humvee tire with a sledgehammer, pulling the tire with straps and variations of push-ups.

The soldiers said the Humvee shock springs range from 30 to 45 pounds, and the tires weigh about 300 pounds each. "The tires were given to us by the supply sergeant, and the rest of the stuff we got from the dump," Hutchins said.

While the soldiers were in Kuwait before moving into Iraq, they began cross-fitness training. A certified instructor there told them about the Tabata program and trained them to push it to the limit.

"If you got anything left after this workout, you are wrong," Army Spc. Daniel Beck, the platoon sergeant's radio operator, said.

The soldiers exercise on the basketball court at 3 p.m. The temperature is more than 100 degrees, with no covering or shade to help block the sun. A hint of a breeze blows, but not enough to dry the sweat that drenches all of them. The dirt from the springs migrates to the soldiers' hands, arms, and clothing. Yet, they keep holding on.

Hutchins said the platoon has lost 100 pounds as a group since the soldiers began working out in Kuwait about a month ago. "These guys are going to be strong in a short period of time," he added.

Then, as the sweat pours down his face, he shouts, "Cross-fit or die!"

Bob Clark, the Pentagon's assistant director for accessions policy, called the Post-9/11 GI Bill that takes effect Aug. 1 an important new benefit. In addition to providing broader educational benefits, it includes a provision that enables enrollees to transfer their benefits to immediate family members.

This long-sought-after provision is expected to be a boom for the military, Clark said, attracting and retaining the skilled force it needs.

"The Post-9/11 GI Bill is going to be an extremely good benefit to attract bright, young Americans to serve in the military," he said.

"The transferability is going to be a tool that will allow us to retain members who have earned that great benefit and share it with their family members and continue to serve," Clark said. "This gives them the opportunity to share those benefits that they have earned with those they love."

The rules for Post-9/11 GI Bill transferability are in the final stages, and Clark said the Defense Department expects few changes, if any.

In a nutshell, any enlisted or commissioned member of the armed forces serving on active duty or in the Selected Reserve on or after Aug. 1 will be eligible to transfer their benefits as long as they qualify for the Post-9/11 GI Bill in the first place and meet specific service requirements, Clark explained.

He emphasized that, by law, anyone who has retired or separated from the service before that date—even if it's July 31—won't be entitled to transfer their benefits. Also excluded will be members of the Individual Ready Reserve and Fleet Reserve.

Most servicemembers who have at least six years of military service as of Aug. 1 and agree to serve an additional four years qualify, he said. But the Defense Department has proposed measures to cover several categories of servicemembers whose circumstances don't fit neatly into this formula.

For example, those with at least 10 years of service—but who can't serve an additional four years because of a service or Defense Department policy—also would qualify, Clark said. They must, however, serve the maximum time allowed before separating from the military, he said.

"What we did not want to do was to penalize those people who had a service policy or statute that would not permit them to commit for the full four years," Clark explained.

Another Pentagon proposal would cover servicemembers who will reach the 20-year service mark, making them retire-

ment-eligible, between Aug. 1, 2009, and Aug. 1, 2013.

Clark explained the breakdown, which basically enables those affected to transfer benefits as long as they complete 20 years of service:

- Those eligible for retirement on Aug. 1, 2009, would be eligible to transfer their benefits with no additional service requirement.
- Those with an approved retirement date after Aug. 1, 2009, and before July 1, 2010, would qualify with no additional service.
- Those eligible for retirement after Aug. 1, 2009, but before Aug. 1, 2010, would qualify with one additional year of service after electing to transfer their Post-9/11 GI Bill benefits.
- Those eligible for retirement between Aug. 1, 2010, and July 31, 2011, would qualify with two additional years of service after electing to transfer.
- Those eligible to retire between Aug. 1, 2011, and July 31, 2012, would qualify with three additional years of service after electing to transfer.

The servicemember's 36 months of benefits—the equivalent of four nine-month academic years—could be transferred to a spouse, one or more children or any combination, Clark said. The family member must be enrolled in the Defense Eligibility Enrollment Reporting System to receive the benefits.

Servicemembers also have the option to use some benefits themselves and transfer what they haven't used to one or more family members.

Even after transferring the benefits, they remain the "property" of the servicemember who earned them, who can revoke them or redesignate who receives them at any time.

More details about the Post-9/11 GI Bill are posted on the Defense Department and Department of Veterans Affairs Web sites, and the Pentagon's proposed transferability policy is on the Defense Department site.

Related Sites: Defense Department Post-9/11 GI Bill Web Site,

http://www.defenselink.mil/home/features/2009/0409_gibill/>

Veterans Affairs Post-9/11 GI Bill Web Site, <http://www.gibill.va.gov/>>

Official Explains Proposed Post-9/11 GI Bill Transferability Rules



By Donna Miles
American Forces Press Service

WASHINGTON - With the Department of Veterans Affairs ready to begin accepting sign-ups for the Post-9/11 GI Bill May 1, the Defense Department is working to get word out on its proposed policy regarding the bill's transferability provisions to help servicemembers decide if the new benefit is right for them.

Hasbargen's Hit List

To all Commander, CSMs, FTUS,
First Line Leaders...

*We must do a better job taking care of
our "Warrior Medics"*



G-1 Personnel

- ★ Foster a climate of taking care of soldiers. This includes....
- ★ Timely submission of deserved awards.
- ★ Completing evaluations on time plan ahead be proactive.
- ★ Ensuring Line of Duties are completed for soldiers.
- ★ Take care of soldiers issues before they become Congressional. If they do, answer the Congressional in a timely and accurate/factual manner.
- ★ Get away from the inflexibility, think outside the box, preventing non participants is easier than recovery.
- ★ All Soldiers should attempt to recover non participant soldiers.

G-4 Logistics

- ★ Commanders need to schedule equipment inventories and put them on a training schedule.
- ★ Serviceability of Equipment - While conducting inventory check if the piece of equipment can perform the mission.
- ★ Recon Supply Transactions - Have the supply sergeant tell you what they have ordered.
- ★ Reporting - There are regulatory reporting times that are mandated by DA. Have your supply and maintenance brief you on your readiness.
- ★ ARMY Food Management Information System (AFMIS) - Input your units requirements 90 days in advance and close the transactions monthly.
- ★ Bulk Fuel Credit Card - Submit your report and only use the type of fuel authorized.
- ★ Lodging In Kind - Talk to the soldier about the program so they can use it.
- ★ Logistic Planning - Start planning your needs ahead of the event NOT the day before.
- ★ Government Purchase Cards - You can be held liable for illegal procurements. Learn the do's and do not's or if you have a question call the Program Manager.
- ★ Kentucky Logistics Operations Center (KYLOC) - Is a clothing program that supports the soldiers. Abuse it and we will loose it.
- ★ Mission Success is Dependent Upon Logistics.

G-7 Training

- ★ Maximize training opportunities and resources.
- ★ Mentor Junior Officers and Enlisted Soldiers.

G-8 Finance

- ★ Timely submission of orders for pay for TPU Soldiers. If the orders are not submitted and certified for pay in the system by the UA, then no other orders can be paid for other Soldiers. This means that one Soldier not submitting for pay can hold up pay for 50 other Soldiers.
- ★ Timely submission of travel vouchers in DTS. Soldiers need to submit their voucher NLT 7 days from end of duty. This is not happening and it leads into delinquencies in the government travel card.
- ★ Soldiers need to ensure that split disbursement is utilized to ensure that the government travel card is paid on time.

- ★ Maximize training during Battle Training Assemblies.
- ★ Schedule necessary MOS/ASI schools for your Soldiers.

Safety Office

- ★ Complete mandatory online safety training.

Staff Judge Advocate (SJA)

- ★ Investigate allegations of misconduct early. Appoint smart people to conduct them. Make the investigation a priority.
- ★ Prepare notifications of administrative separations expeditiously. Notify the Soldier and process the action through the chain of command for disposition as quickly as the regulations allow.
- ★ Report high profile incidents of misconduct through the chain of command to the AR-MEDCOM SJA Office immediately. Don't let your commanders be blind sided.

Surgeon's Office

- ★ Physical Health Assessments (PHA) MUST BE 100% in 2009. All Soldiers are required to have a PHA annually.
- ★ Improve Dental Readiness. Command Statistics currently are at only 65%.
- ★ Improve Post Deployment Health Re-Assessment (PDHRA). USARC goal is 100% of all Soldiers mobilized and deployed. WE ARE NOT THERE!

Deputy Commander Readiness (DCR)

- ★ Commanders and leaders must develop an Individual Training Plan (ITP) on every Soldier who is not DMOSQ. The ITP provides the roadmap for each Soldier to fit into the structure for mobilization readiness.
- ★ Commanders and leaders must become directly involved in effective recruiting to build their "Go-to-War" team. Direct involvement means that you know recruiting leaders within your 50 mile radius and are engaging them for your readiness needs.
- ★ Readiness metrics are important indicators or leaders doing their job. Identify your high priority readiness measures and hold subordinate leaders to the same standard. This is called "power-down" "measure-down". Accountability is a key enabler to improving readiness.

Inspector General (IG)

- ★ The solution to your problem starts with your Chain of Command.
- ★ Take care of your family issues before you deploy.

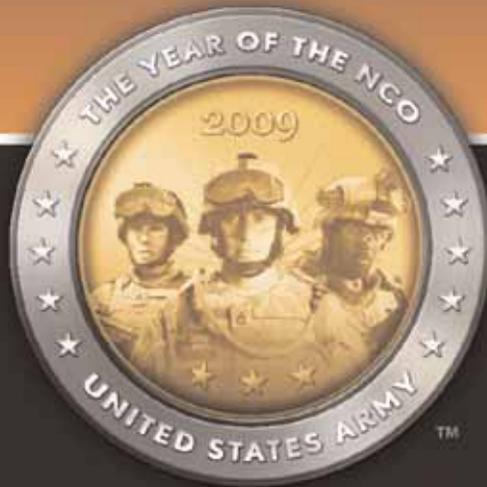
Public Affairs Office (PAO)

- ★ Help promote Command Information - Keep you Soldiers informed as to what is going on in the Army Reserve that effects them.
- ★ Help promote Community Relations - Get your Soldiers and units involved with community events. It promotes understanding and support amongst the community.
- ★ Help promote Media Relations - Get your Soldiers and units coverage in the local media. Get your story out there! Tell the public about the great things your Soldiers are doing.



**These are all essential for retention and morale. It's all about
talking care of our Soldiers and Readiness. Get it done!**

Maj. Gen. James A. Hasbargen, Commanding General, AR-MEDCOM



2009

The Year of the Noncommissioned Officer



U.S. ARMY

Army NCO - No One is More Professional than I...

2009 "Year of NCO"

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**

United States Army Medical Research Institute of Chemical Defense, Aberdeen Proving Ground, Maryland



Hospital Management of Chemical, Biological, Radiological, Nuclear & Explosive Incidents Course

Will you know what to do if you are faced with mass casualties from a catastrophic event?



HM-CBRNE Course Date • 3 - 7 August 2009

- Expert Classroom Instruction
- NIMS, NRE, HICS
- Multistation Practical Exercise
- Group Activities & Discussions
- Multi-Hospital Mass Casualty Tabletop
- Equipment Demonstrations
- Hands On Training Exercises



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 below, for more information.

We would like to present to you an advanced-level education opportunity from the US Army, the HM-CBRNE course. It offers healthcare professionals state-of-the-art instruction that may save lives in a major WMD incident. Designed for civilian and military healthcare managers and providers, it is presented by some of the nation's leading authorities in biological, chemical, and radiation incident management.

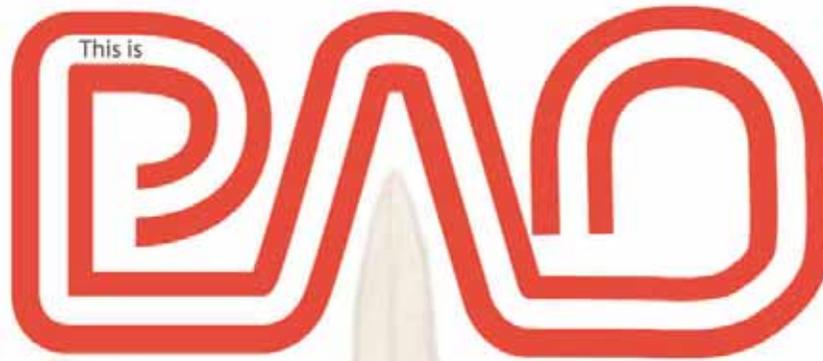
This course was developed with hospital level objectives – clinical and non-clinical. It features interactive seminar discussions and dynamic exercises. The HM-CBRNE course is intended to help mitigate the existing gaps in support of hospital operations during a major WMD event. Additionally, it benefits all other routine and crisis hospital operations. It also provides a great opportunity to meet other professionals from across the nation who faces the same challenges you do.

Attention To All:

- Hospital Management
- Emergency Planners
- Emergency Responders
- Public Health Officials
- Physicians
- Nurses

To join us or to learn more about this opportunity, contact the Chemical Casualty Care Division. CME/CNE/CEU available.

US Army Medical Research Institute of Chemical Defense
3100 Ricketts Point Road, Aberdeen Proving Grounds, MD 21010-5400
Commercial Phone: 410-436-2230 Fax: 410-436-3086 DSN: 584-2230
<https://ccc.apgea.army.mil>



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.



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? ❖