



3D MDSC ECT-2009

INSIDE THIS ISSUE:

<i>CSM Message</i>	2
<i>McGuire gets honor</i>	3
<i>Echoes From ECT</i>	4-5
<i>3d MDSC ECT Pics</i>	4-7
<i>Family Services</i>	8-9
<i>Chaplain's Corner</i>	10

- Next Battle Assembly

July 11-12

- **Organization Day, July 12**

Upcoming Events:

- Father's Day Brunch on June 21 at the Commons, Fort McPherson. 10:30 a.m.—2 p.m. Reservations can be made by calling 404-753-4520/4531.
- Army Soldier Show, June 21 at 6 p.m. at the Clayton County School of Performing Arts Center. Event is free.

HOT FUN IN THE SUMMER SUN

While the majority of 3d MDSC enjoyed Extended Combat Training at Fort Gillem, downtrace units were spread across the country conducting their own training.

The bulk of units at ECT during June were involved in Global Medic which was conducted at Fort Gordon, Fort McCoy, Wis., and Fort Hunter Liggett, Calif.

Soldiers from 3d MDSC spent their two weeks conducting range qualifications, Warrior Training, driver's training, PT and ASIST training. One of the highlights was the two-day ASIST training where Soldiers were taught how to better care for other Soldiers by intervention in cases where others may be considering suicide

as an option. The Soldiers in the training were taught a better way to understand



Maj. Billy Wooten, 94th Combat Service Hospital safety officer, checks the wet bulb during Exercise Global Medic at Fort Gordon on June 11. "Our goal is to ensure that no one becomes a heat casualty," said Wooten. (Photo by Maj. John Heil)

the needs of a person at risk of suicide and learn how to use suicide first aid to meet those needs.

Soldiers also received training on resume preparation by the Georgia Department of Labor which will give each an advantage in pursuing employment during these challenging economic times.

The training during ECT gave all Soldiers a chance to refine personal skills necessary to perform at a high level throughout the year and in the event they are mobilized.

Training culminated in an activities day where troops were given an opportunity to compete against each other in athletic events, have a day of socializing and fellowship and enjoy a catered meal.

SOCIAL MEDIA DO YOU TWEET?

With the increased popularity of social media outlets like Facebook and Twitter, the military has taken a new approach to communicating with its troops. After initially restricting use of the new

technology, military leaders like Chief of the Army Reserve Lt. Gen. Jack C. Stultz saw the benefit of utilizing the new advances to better communicate with Soldiers at every level.

In 3d MDSC, Soldiers

are encouraged to open social media accounts and an ongoing effort will be made to use these to provide a more robust command information program to all Soldiers throughout the command.

CSM James Lambert

Are you proud of what you do?

“PRIDE OF SERVICE” – Every Soldier or Civilian who serves in, is employed by, or supports the armed forces should carry with them a pride of service. Reflecting on this month’s theme for the “Year of the NCO,” what does “pride of service” mean to you?

Use the following extracts from definitions provided by Webster’s on-line dictionary to get your thoughts going.

PRIDE:

1: the quality or state of being proud: **a:** inordinate self-esteem **b:** a reasonable or justifiable self-respect **c:** delight or elation arising from some act, possession, or relationship 4: a source of pride : the best in a group or class 6:

a showy or impressive group.

SERVICE:

1 **a:** the occupation or function of serving **b:** employment as a servant 2 **a:** the work performed by one that serves **b:** help, use, benefit **c:** contribution to the welfare of others 4: the act of serving: **a:** a helpful act **b:** useful labor that does not produce a tangible commodity 6 **a:** an administrative division (as of a government or business) **b:** one of a nation's military forces (as the army or navy) 9: the act of bringing a legal writ, process, or summons to notice as prescribed by law

Do you have a feeling of pride from being a part of the

3rd Medical Command (Deployment Support), the US Army Reserve, the US Army, and the Armed Forces? Are you demonstrating this pride by adhering to the standards and Army Values that set us apart from the rest of society?

Are you committed to a position of service to your Soldiers, your unit, your Family, your community and your country?

I am extremely honored to be the CSM for the 3d MDSC. I am committed to using my experience and my position to serve the Soldiers, Civilian Employees and Family Members of this command. I am committed to addressing both



individual and organizational needs, in order to achieve the Commander’s Vision and to accomplish our Organization’s Mission.

As Soldiers and Civilian Employees of the Army, we cannot afford to be self-serving individuals. We are here to serve others with distinction. Demonstrate a true since of “PRIDE OF SERVICE” in all that you do – all of the time.

G-1

Are we as leaders doing right by our Soldiers?

Army Reserve Soldiers are not learning their jobs until they are mobilized. What happen to the day when ARS came to battle assembly and were gainfully employed? The purpose of the Reserve dates back to 1908 when Congress passed Senate Bill 1424 authorizing the Army to establish a Reserve Corp of Medical Officers that could be ordered to active duty during time of emergency. Since 1991, Army Reserve Soldiers have been utilized to augment the Army.

In the 2009 posture statement (which is a summary of the Army Reserve roles, missions, accomplish-

ment, and plans) which was briefed to the United States Senate and the House of Representatives by Lieutenant General Jack C. Stultz and Command Sergeant Major Leon Caffie. LTG Stultz and CSM Caffie stated that the Army Reserve Warrior – Citizens represent America’s best and brightest, and as an operational force, the Army Reserve is one of the best returns American taxpayers get for their money.

As leaders are we ensuring that the vision of our Chief and Command Sergeant Major of the Army Reserves is a reality? Are we allowing our

ARS Soldiers to practice their jobs during drill which sends a more confident Soldier to war or are we waiting until they are deployed and forced to learn their job? Each battle assembly I talk with junior Soldiers and most of them are not gainfully employed. They are being paid to sit around and socialize. Why? Remember theses Soldiers are the best and brightest and we are doing them an injustice by not allowing them to come to battle assembly and be a link in our strong chain.

The posture statement also states that the Army has streamlined their command

and control structure, standing down non-deployable support commands and establishing in their places operational and functional commands.

Reducing the number of support headquarters and developing more deployable commands is generating a more specialized capability in our core competencies. Let’s get together as leaders and ensure we are deploying Soldiers who are truly competent and confident in the military occupational specialty to defend our nation.

Wyuca Bradham
SGM, Office of the Deputy Chief of Staff G-1

3d MDSC Soldiers receive accolades

CHICAGO—Lt. Col. Philip Good, a dietician with 3d MDSC, was among the national leaders of the American Dietetic Association who were selected to attend ADA's sixth Leadership Institute, held June 11-14 in Dallas, Texas.

Good, the executive officer for 3d Medical Command's (Deployment Support) Detachment 20 which is preparing to leave this month for a year-long deployment overseas in America's Global War on Terrorism, said the conference will serve him well during his upcoming mission.

"One thing the conference did was get me thinking about how to develop all Soldiers," Good said. "The military

teaches us to develop leaders and I came away with a lot more ideas on how to do that.

"One key point was explaining the difference between the generations like Generation X and the Millennium Generation for example," he said. "Each uses technology differently and they relate with each differently. In the military, we deal with people from many generations. This conference taught me some point in every session that I can apply to serve our Soldiers better."

Participation in ADA's leadership Institute, an intensive certificate training program in the theory and practice of leadership in dietetics,

is limited to fewer than 300 of ADA's more than 70,000 members throughout the country.

"The program is designed to enhance the leadership skills of ADA members throughout informational sessions and practice-based educational experiences," said registered dietician and DADA President Jessie M. Pavlinac.

The upcoming deployment will be Good's second since 2006. 3d MDSC, housed at Fort Gillem, Ga., has had an enduring presence in Southwest Asia and has played an important role in providing medical care to America's injured troops who have survived their injuries at



a rate of greater than 90 percent—the highest in the history of warfare.

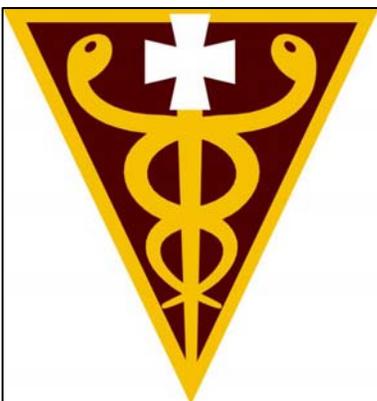


McGuire is Optometrist of the Year

Col. Mark McGuire, an optometrist with 3d Medical Command (Deployment Support) at Fort Gillem, Ga., received the Armed Forces Optometric Society's Reserve Forces Optometrist of the Year for 2008. The award recognizes the accomplishments of all Reserve optometric services including the Army, Navy,

Air Force, Veteran's Administration and various other health organizations which include more than 100 practitioners.

McGuire will command his unit's next rotation abroad in support of America's Global War on Terrorism. That group will deploy for a year-long rotation in the coming weeks.



3rd Medical Command (Deployment Support)
Commander—MG Dean Sienko
Public Affairs Officer—MAJ Bobby Hart
PAO Staff—CPT Marcus Mitchell, Chief of Media Relations
CPT Jacqueline Isabell, Community Relations
SFC Sam McLarty, Public Affairs NCOIC
SGT Anthony Mitchell, Videographer

This publication is an unofficial publication authorized under the provisions of AR 360-81. It is written, edited and published by the public affairs staff of 3d MDSC, 5015 N. 34th St., Bldg. 900, Forest Park, Ga. 30297. Editorial views and opinions expressed in this publication are not necessarily those of the U.S. Army or 3d MDSC. Please refer all questions or comments to CPT Marcus Mitchell -404-469-4328.

Echoes From ECT

What has been the best thing about this year's Extended Combat Training?



"Weapon cleaning because we finally got them all cleaned."
SGT Alberto Quintana



"I enjoyed the softball game and whooping up on the enlisted."
1LT Michael Lynch



"Bringing the Soldiers together and training as one cohesive unit."
MSG Daniel Williams





"I enjoyed the ASIST training because it's something we can all use."

SPC Brittany Jordon



"I enjoyed the company run because I thought it helped unit cohesion and motivation."

SSG Marcus Jones



"I completed my driver training with a road test. I also got to mentor Soldiers more."

SGT. Megan Garcia





3D MDSC HOSTS CHAIN OF COMMAND CONFERENCE

"It is in families themselves where peace can begin."

Susan Partnow



The 3d Medical Command (Deployment Support) Family Programs Staff hosted the commands' first Family Programs Chain of Command

Conference, May 29-31, 2009, at the Crowne Plaza Hotel, Atlanta, Georgia.

Over 65 Commanders, Sergeants Major, First Sergeants, Family Readiness Group (FRG) Leaders, and Family Readiness Liaisons (FRL) attended the conference.

The purpose of the Chain of Command Conference was to provide the unit's leadership team with the ability to develop a

Family Readiness Program that support the needs and concerns of Soldier's and their Family Members before, during and after deployment. The Family Programs Staff trained the unit leadership teams on policies, procedures and responsibilities for the conduct of the Family Reserves Programs in the U.S. Army Reserve (USAR) as prescribed in USAR Regulation 608-1 (Family Readiness Handbook).

LTG JACK C. STULTZ CAR'S FATHERS' DAY MESSAGE

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

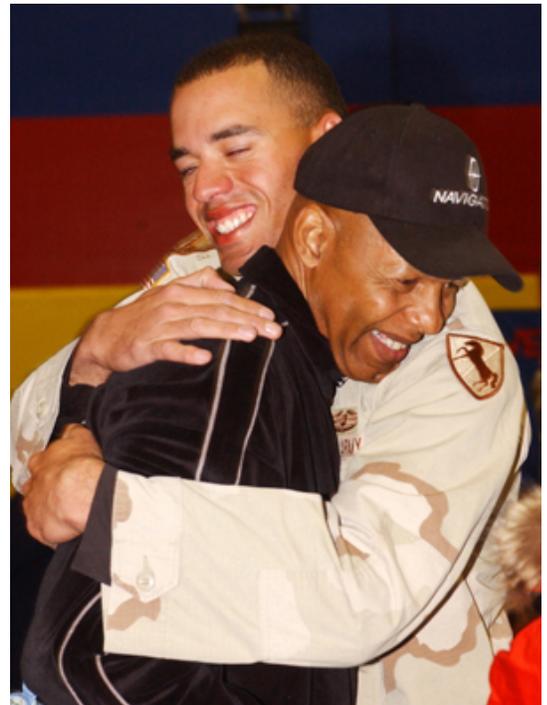
there with our Families, and at the same time, as Soldiers--and Americans--we want to be there for our country.

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 Webcam 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 opportu-

nity. 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!



YELLOW RIBBONS SUPPORT FAMILIES

The Secretary of Defense initiated the Yellow Ribbon Reintegration Program which provides information, services, referral, and proactive outreach programs to Soldiers of the Army Reserve and their Families through all phases of the deployment cycle.

The goal of the Yellow Ribbon Reintegration Program is to prepare Soldiers and Families for mobilization, sustain Families during mobilization, and reintegrate Soldiers with their Families, communities, and employers upon redeployment or REFRAD.

The program includes information on current benefits and resources available to help overcome the challenges of reintegration. The 30, 60, and 90-day post-deployment or REFRAD requirements are for reintegration purposes only and are performed in Annual Training (AT) status for Soldiers. Family members are authorized to travel on Invitational Travel Orders (ITOs).

The Yellow Ribbon Reintegration Program consists of seven (7) different phases. Soldiers and their Family Members / (significant others) who are eligible to attend Yellow Ribbon Reintegration phases 1 thru 4 will be contacted by the Family Program Staff.

Redeployed Soldiers and their Family Mem-

bers / (significant others) who are eligible to attend Yellow Ribbon Reintegration phases 5 thru 7 can register attend each event online at www.arfp.org. To register online for phases 5 thru 7; log onto www.arfp.org, and choose the Conference Registration option from the bottom of the column on the left.

Here are some upcoming Yellow Ribbon Reintegration:



DoD Yellow Ribbon Reintegration Program

Dates	Phases	Location
19-21 June 2009	- Phase 5	Virginia Beach, VA
25-27 June 2009	- Phase 1 & 2	Stockbridge, GA
10-12 July 2009	- Phase 6	Las Vegas, NV
17-19 July 2009	- Phase 5,6, 7	Chicago, IL
17-19 July 2009	- Phase 5	Baltimore, MD
24-26 July 2009	- Phase 5, 6, 7	Chicago IL
24-26 July 2009	- Phase 5, 6, & 7	San Antonio, TX r
24-26 July 2009	- Phase 5,6,7	Virginia Beach, VA
31 July -2 August 2009	- Phase 7	Jacksonville, FL
7-9 August 2009	- Phase 5 & 6	Jacksonville, FL
14-16 August 2009	- Phase 6	Brunswick, NJ
21-23 August 2009	- Phase 5 & 6	Dallas, TX
28-30 August 2009	- Phase 7	Virginia Bch, VA



Sarah Negrette, 4, poses with Hillary Duff while holding an "America Supports You" poster that represents the DoD program to recognize community support for the military. Duff came to Capital Hill June 10 to help promote National Military Families Week. (Photo by SFC Doug Sample)

GI bill benefits can transfer to dependents

The Department of Defense (DoD) is authorized to allow individuals who, on or after August 1, 2009, have served at least 6 years in the Armed Forces and who agree to serve at least another four years in the Armed Forces to transfer unused entitlement to their spouse. Once the member has reached their ten year anniversary

they may choose to transfer the benefit to any dependent(s) (spouse or children). The Department of Defense may, by regulation, impose additional eligibility requirements and limit the number of months transferable to not less than 18 months.

While the Post-9/11 GI Bill offers a very generous post-service education

benefit, a special provision of the program allows career service members the opportunity to share their education benefits with immediate family members.

Did You Know?

June 22 marks the 65th anniversary of President Franklin Delanor Roosevelt's signing of the original Servicemember's Readjustment Bill of 1944—commonly known as the GI Bill. It has been heralded as one of the most significant pieces of legislation ever produced by the federal government.

Looking out for your buddy

Greetings from your Unit Ministry Team and pray you and your loved ones are well. Summer is nearly here and I hope you will take time to enjoy spending time with Family and Friends! We have great Americans serving in the 3d MDSC and the hard work you are investing is apparent. Keep in mind the need for a balance of work and rest. As you work hard; take time to rest and to play hard too. A good balance of work and rest will help enable you to serve our Country for the long haul and maintain Strong Families/healthy relationships in the process. The Bible teaches the concept of having a "Sabbath Day." In sum, for every six days of work, we should have a day of rest. It is important to take time to rest and strengthen your relationship with both God and our loved ones.

In the news lately, we have heard more information about the suicide rate in the Army. Suicide Prevention should be a priority issue for every Soldier and their Families. It is our duty to do all we can to help stop the tragedy of suicide. Part of our Warrior Ethos is that we will **"Never Leave a Fallen Comrade."** It should be part of our military culture to look out for each other. Remember; there is nothing more important on your schedule today ~ than to help save someone's life... including your own!

The information below about the Soldiers at Fort Campbell will help highlight the seriousness of suicide in the military...

Subject: Fwd: Ft Campbell leaders order stand down starting today due to number of suicides

<http://www.wave3.com/>

[Global/story.asp?S=10429619](http://www.wave3.com/Global/story.asp?S=10429619)

Fort Campbell shuts down for 3 days to focus on suicide prevention.

Posted: May 27, 2009 9:55 AM EDT Updated: May 27, 2009 9:55 AM EDT FORT CAMPBELL, KY (AP) - A Fort Campbell commander says the installation has the highest number of suicides among soldiers in the Army. The post began a 3-day stand down Wednesday to refocus efforts on suicide prevention in the wake of 11 confirmed suicides this year. More deaths are being investigated. Brig. Gen. Stephen Townsend said from January to March, the installation was averaging one suicide per week.

The post on the Tennessee-Kentucky state line took part in an Army-wide prevention campaign in March, but commanders at Fort Campbell felt additional training was needed.

Townsend will speak to every single soldier, emphasizing the need to look after their battle buddies and speak up about concerns.

(Copyright 2009 by The Associated Press. All Rights Reserved.)

The Army is in the midst of a Suicide Prevention Stand Down for the whole US Army. As part of our Training; one of the tools that we have to help us with Suicide Prevention is the ACE Card. A = Ask your Buddy. C = Care for your Buddy. E = Escort your Buddy. Please keep a copy of the ACE Card in your wallet or purse. Watch and take action when you see observe signs of people asking for help. Let's work together to save lives and please continue to pray for our Soldiers and Family Members.



Soldiers of 3d MDSC took part in a two-day ASIST training workshop during ECT. (Photo by SGT Anthony Mitchell)

Below is Psalm 91 from the New International Version. It is called the Soldiers Psalm. Be encouraged.

- 1 He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.
- 2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."
- 3 Surely he will save you from the fowler's snare and from the deadly pestilence.
- 4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.
- 5 You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.
- 7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.
- 8 You will only observe with your eyes and see the punishment of the wicked.
- 9 If you make the Most High your dwelling— even the LORD, who is my refuge—
- 10 then no harm will befall you, no disaster will come near your tent.
- 11 For he will command his angels concerning you to guard you in all your ways;
- 12 they will lift you up in their hands, so that you will not strike your foot against a stone.
- 13 You will tread upon the lion and the cobra; you will trample the great lion and the serpent.
- 14 "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name.
- 15 He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.
- 16 With long life will I satisfy him and show him my salvation."