

# ARNORTH Monthly

November 2009



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**Commanding General:**  
Lt. Gen. Thomas Turner

**Command Sergeant Major:**  
Command Sgt. Maj. George Nieves

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Submissions should be sent to the Editor at [Joshua.r.ford@us.army.mil](mailto:Joshua.r.ford@us.army.mil) or the Public Affairs Sergeant Major at [eric.d.lobsing@us.army.mil](mailto:eric.d.lobsing@us.army.mil) and include author's name, rank, unit and contact information.

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## Flu vaccinations crucial in protecting Soldiers, Civilians, Families

*By Lt. Gen. Thomas Turner*

Nothing is more important to the military than our Service Members, Civilian employees, Contractors, and their Families. That is why I am urging all of you to protect yourselves against the threat of influenza by being vaccinated this Fall. Seasonal flu and H1N1 vaccinations are mandatory for all military personnel. I highly encourage our Civilians, Contractors, Retirees and Family members to get vaccinated as well.

In addition to the seasonal influenza we face every year, this year we must also protect against the novel H1N1 influenza. The Army will provide vaccinations against both. Seasonal flu vaccines are available now, and the H1N1 flu vaccine should be available by mid-November. You need to get both vaccinations to be protected. I strongly urge DCO/E staff and their Families to seek the vaccinations from your health care providers.

Take some precautions to prevent spreading germs, like covering your nose and mouth when you cough or sneeze, and washing your hands often with soap and water. If you get sick, stay away from others as much as possible to keep from making others sick.

Additionally, the following MEDCOM Public Service Announcements provide great information for each of you to view regarding H1N1 updates. They are also posted on the ARNORTH H1N1 Portal site at <http://www.army.mil/media/amp/?bcpid=6981683001&bctid=34939661001> and <http://www.army.mil/media/amp/?bcpid=6981683001&bctid=37198703001>.

In closing, I want to thank the entire U.S. Army North team for your service and thank all our Family members for their support and the many sacrifices they make. Please do all you can do to keep yourselves safe and healthy.



## ARNORTH NCOs pay tribute to 35 years of service during farewell luncheon

U.S. Army North PAO

Sgt. 1st Class Aquinda Reed (right), U.S. Army North, on behalf of all ARNORTH NCOs presents an engraved tool box to Command Sgt. Maj. George Nieves during a farewell luncheon Oct. 30 at the Fort Sam Houston Club. The luncheon celebrated Nieves' more than 35 years of dedicated service to the U.S. Army as he prepares for retirement. "This doesn't mean I'm done. The military will always be a part of my life until the end," said Nieves.



Photo by Sgt. Joshua Ford, Army North PAO



Photo by Sgt. Joshua Ford, Army North PAO

Master Sgt. Angela Bray (left), chaplain's assistant, U.S. Army North, roleplays a recruiter and Staff Sgt. Brandon Hammond, force protection noncommissioned officer, ARNORTH, roleplays Command Sgt. Maj. George Nieves, as the two reenact Nieves' initial enlistment into the Army during a short series of skits honoring his military career after more than 35 years of service.

**AUSA****ARNORTH, JTFs showcase capabilities during annual AUSA convention in D.C.**

**By Sgt. Joshua Ford**  
U.S. Army North PAO

WASHINGTON — Members of U.S. Army North, along with their Joint Task Force – Civil Support and Joint Task Force – North partners, took advantage of an opportunity to inform both external and internal publics on the valued mission Army North provides to the nation.

The Soldiers, Sailors, Airmen, Marines and their civilian partners, who joined together at the Army North display booth, were among the more than 500 Army and Industry exhibitors participating in the annual Association of the United States Army Exposition Oct. 5-7 at the Walter E. Washington Convention Center.

More than 30,000 people, including senior military and political leaders, attended the professional development conference to learn more about what the Army is doing as well as to take advantage of the opportunity to talk about their organizations' missions and capabilities.

During the three-day venue, the members of Army North their joint task force partners met with numerous participants and provided them personal briefs on the units' missions.

"Our purpose at AUSA is to advertise the capabilities and mission of Army North," said Command Sgt. Maj. Nieves, the senior enlisted leader for Army North. "We are here to let the people know what we do as an Army Service Component Command to Northern Command."

Army North, as a com-



*Photo by Sgt. Joshua Ford Army North PAO*

U.S. Army North, Joint Task Force – Civil Support and Joint Task Force – North were all represented under one exhibit together at the Association of the United States Army Exposition Oct. 5-7. More than 500 military and industry organizations set up booths at the professional development event.

mand, has participated in the conference each year since it was first stood up in 2005. Among its mission each year is to clarify its mission and perhaps clear up misconceptions people may have about the command and its joint task forces.

Prior to its transformation, Army North was originally 5th Army. In fact, the command continues to wear the 5th Army patch to mark its legacy. However, this has led to some confusion and some people think Army North is still training National Guard and Reserve forces.

The convention provided the Army North members an opportunity to clarify the

change of responsibility for the command to the leaders in attendance. During the personal engagements, the participants were able to explain that Army North serves as the Joint Force Land Component Command and the Army Service Component Command to U.S. Northern Command and conducts Homeland Defense, Civil Support operations and Theater Security Cooperation activities in order to protect the American people and our way of life.

"I've seen people walk up with these questions and walk away with a good understanding as to what ARNORTH, JTF-CS and JTF-N do. It helps clear the air," said

Lt. Col. Kim Chaney, deputy chief of personnel, Army North.

Army North is not the only command that had the heady task of explaining its mission. Members from JTF-CS said that most of the time, people have never heard of the joint task force stationed at Fort Monroe, Va.

"We are here annually, said Marine Maj. Velveth Lee, exercise division chief, JTF-CS. "JTF-CS is relatively unknown so people ask a lot of questions.

"We clarify information that people might have about JTF-CS," "We believe in

— see **AUSA Pg. 5**

**Army 10-Miler****ARNORTH Soldiers race to finish during Army 10-Miler at nation's capital**

*Photo by Sgt. Joshua Ford, U.S. Army North PAO*

Running among the more than 30,000 service members alongside competing at the annual Army Ten-Miler Oct. 4, 1st Sgt. Ramon Gomez (number 4797), maintains his stride as he nears the finish line. Gomez serves as the senior enlisted leader of Headquarters and Headquarters Company, U.S. Army North.

**By Sgt. Joshua Ford**  
U.S. Army North PAO

ARLINGTON, Va. — More than 30,000 service members and civilians from throughout the world gathered at the Pentagon Oct. 4 to run in the U.S. Army Ten-Miler.

A six-man team from U.S. Army North tested their mettle during the 25th anniversary

of the event — and all six were among the more than 21,000 athletes who completed the 10-mile course.

The ARNORTH team consisted of Lt. Col. Dan Clark, operations officer; Maj. Bill Rose, future operations officer; Maj. Rene Rodriguez, Headquarters and Headquarters Company executive officer; Maj. Scott Peeke, joint

chemical, biological, radiological, nuclear and high-yield explosives planner, Joint Task Force — Civil Support; 1st Sgt. Ramon Gomez, HHC; and Staff Sgt. Jaime Villegas, training noncommissioned officer.

The six set off under a blue sky on a cool Sunday morning and competed against some of the best runners in the Army —

and the world.

“I am very excited about the race,” said Peeke. “I am excited to be a part of the ARNORTH team instead of running as an individual. This gives me a chance to do my best to represent ARNORTH and JTF—CS.”

The team planned to stick together at the beginning of

— see **RUN Pg. 5**

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 from **RUN**, Pg. 4

the 10-mile route to set a good pace. Then, toward the end, they would separate at individual paces. The first four to cross the finish line would count toward their overall score.

“We practiced a lot for this race but not nearly as much as we could have because everybody was on a different schedule,” said Gomez. “The team is very disciplined though and ran a lot on their own.”

Of the more than 700 teams that entered the race, the team finished in the top 5 percent as it claimed 31st place.

As part of the Army Morale, Welfare and Recreation Family, the Army Ten-Miler raises money for a number of support and leisure projects aimed at enhancing the lives of Soldiers, their Families, civilian employees, military retirees and other eligible participants.

Throughout the race’s history, the proceeds from the Army Ten-Miler go to the Installation Management Agency – North-east. The funds are distributed from there for improvement projects that support the soldiers who stand ready to defend the nation.

The event itself is one that will go down in history as Alene Reta broke the overall record with a winning time of 46:59 and Samia Akbar broke the overall female event record with a blistering time of 55:25.

“It was a good run and a good route,” said Villegas. “The scenery was great, and seeing all of those people running is a great motivator.”

The 10-mile route lead runners through downtown Washington D.C. and past some of our nation’s most famous venues, such as the Lincoln Memorial, the Washington Monument and the nation’s Capitol Building.

“It is a great experience. It is great to see a bunch of Soldiers come together and run,” said Gomez. “Everyone is doing this for different reasons. For some it is for the individual. And for some, it is for the collective team.”



Photo by Sgt. Joshua Ford, U.S. Army North PAO

Staff Sgt. Jaime Villegas, training noncommissioned officer, U.S. Army North, points toward the sky while sprinting toward the finish line during the U.S. Army Ten-Miler Oct. 4. ARNORTH’s six-man team placed 31st out of more than 700 teams.



Photo by Sgt. Joshua Ford Army North PAO  
Sgt. 1st Class Ray Meline, a communications noncommissioned officer for U.S. Army North’s Region VIII Defense Coordinating Element, briefs an Association of the United States Army Exposition participant on the capabilities of an emergency response vehicle at the Army North display booth Oct. 5 at the Walter E. Washington Convention Center.

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what we do at JTF-CS, and we are here to promote that.”

AUSA participants who stopped by the booth and talked to Army North and the subordinate task force’s personnel seemed excited about learning about the units missions.

“Before, I knew all about ARNORTH and NORTHCOM, said B.J. Talley, director for communications at ITT Systems. “But, really seeing it broken out into the two joint task forces and seeing how they function gives you a better idea of what exactly they do.

“It was really informative. I am excited to see the interaction with the civilian agencies. I think that seems to be a growing mission for the military and I look forward to seeing it evolve.”

The commands provided informational products to those who passed by the booth and Army North also used its participation in the convention as a recruiting opportunity for military and civilian personnel.

“We have application handouts and have people interested in working for the command sign a sheet so we can provide info on job openings when they are posted,” said Chaney. “This last year, we had 50 personnel receive the job-opening emails and had good feedback.”

Army North leaders said the exposition was a great success for Army North, JTF-CS and JTF-N.

“What we feel we missed last year, we got this year,” said Nieves. “It is a great opportunity to tell people about the valuable mission our command performs for the nation.”

**Organization Day****ARNORTH Family enjoys teamwork, camaraderie during Organization Day**

*Photo by U.S. Army North PAO*

NCO defenders (yellow) swarm after a member of the officer squad (left, black shirt) during the annual NCO vs. Officers Ultimate Football Game at the United States Army North Organization Day in the quadrangle of command's headquarters Oct. 16. The NCOs earned a hard-fought 13-10 victory to claim bragging rights – and the Ultimate Football Trophy. The game was among the numerous events scheduled for the Soldiers, Civilians and Family members as they relaxed and enjoyed themselves.



*Photo by U.S. Army North PAO*

Lt. Gen. Thomas Turner, the commanding general for U.S. Army North, presents the Civilian Award for Humanitarian Service to Patti Bielling during the command's Organization Day Oct. 16. Numerous additional awards were presented during the quarterly recognition ceremony in the headquarters quadrangle. The Legion of Merit was presented to Air Force Col. Robert Tullman. Length of service awards were presented to: (5 years) Cheryl Wallek; (10 years) Michael Diffendall; (20 years) Jeffrey Carter, Thomas Dovey Jr., Robert Fruggiero, Mark Gearhart, Angel Gonzalez and Jeffrey Nelson; (25 years) Nancy Kittinger, Harold Ledoux Jr., Justin Lopez, Donald Manuszewski, Michael Snell, Robert Stallion, Jeffrey Taylor, Carol Villa, David Yandon and Jose Yenderrozos; (30 years) Richard Gustafson, Margarita Hernandez, James Langham, Hector Planas, William Sherman and Col. Tullman; (35 years) Larry Prine, Deborah Rush and Olga Vasquez; and (45 years) Ray DeHoyos.



*Photo by U.S. Army North PAO*

Maj. Michael Brough, U.S. Army North, shows his Family around a mid-60's Ford Mustang in the quadrangle of Army North's headquarters during the command's Organization Day Oct. 16. A car and motorcycle show was among the numerous events scheduled for the Soldiers, Civilians and Family members as they relaxed and enjoyed themselves.

Civil Support

# ARNORTH, JTF-CS exercise DoD's CCMRF during Vibrant Response

By Don Manuszewski  
U.S. Army North PAO

FORT SAM HOUSTON, Texas — As the leaves turn and the country heads into winter U. S. Army North personnel are preparing to exercise and train the one of the Department of Defense's consequence management response forces at Camp Atterbury, Ind. Nov 1-13.

Exercise Vibrant Response 10.1 will put approximately

4,000 members of Chemical, Biological, Nuclear, High Yield Explosive Consequence Management Response Force, or CCMRF, 10.1 through a domestic incident response in support of a primary agency for the first time.

The exercise is part of the U. S. Northern Command program designed to integrate DoD forces, into the larger federal response to a catastrophic incident. As the USNORTHCOM

Joint Force Land Component Command, ARNORTH is tasked with the responsibility to exercise and train the CCMRF forces. CCMRF 10.1 and CCMRF 10.2 stood up Oct. 1.

Led by Joint Task Force Civil Support, Fort Monroe, Va., CCMRF10.1 will converge on the Camp Atterbury area in response to a scenario based on the detonation of a 10-kiloton radiological device. DOD, forces requested by a primary

federal agency, will assist the affected region in mitigating the effects of the incident.

"It's important to understand that the Department of Defense does not have overall responsibility for incidents of this nature," said Maj. Gen Daniel "Chip" Long, commanding general, JTF-CS. "The governor is normally responsible for his or her state. We are part of an over-

- see EXERCISE Pg. 8

# ARNORTH bids farewell to six Soldiers



Photo by Sgt. Joshua Ford, U.S. Army North PAO

Lt. Col. Anthony Cornett stands with his family during a retirement ceremony Oct. 30 inside the U.S. Army North Headquarters' Quadrangle. During Cornett's retirement speech, he quoted Albert Einstein: "Only a life served for others is a life worth living."



Photo by Sgt. Joshua Ford, U.S. Army North PAO

Brig. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, presents the Meritorious Service Medal to Lt. Col. Daniel Clark during a retirement ceremony Oct. 30 inside ARNORTH Headquarters' Quadrangle. Clark retired with 5 fellow Soldiers from ARNORTH.

Brig. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, presents the Meritorious Service Medal to Lt. Col. Jeffrey Silvasy during a retirement ceremony Oct. 30 inside ARNORTH Headquarters' Quadrangle. "Since I joined the Army I can not think of a day I stood alone and I'm glad this is not that day," said Silvasy.



Photo by Sgt. Joshua Ford, U.S. Army North PAO

Brig. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, presents the Meritorious Service Medal to Maj. Gary Mills during a retirement ceremony Oct. 30 inside ARNORTH Headquarters' Quadrangle. "I have zero regrets. The Army was the best thing I have done," said Mills.



Photo by Sgt. Joshua Ford, U.S. Army North PAO



Photo by Sgt. Joshua Ford, U.S. Army North PAO

Brig. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, presents the Legion of Merit to Sgt. Maj. Timmy Stampeley during a retirement ceremony Oct. 30 inside ARNORTH Headquarters' Quadrangle. "I realized words could not express how I feel. So as humble and genuine as I can get, I thank you all," said Stampeley.



Photo by Sgt. Joshua Ford, U.S. Army North PAO

Master Sgt. Jorge Santiago stands with his family during a retirement ceremony Oct. 30 inside the U.S. Army North Headquarters' Quadrangle. "What I will remember most are the challenging situations testing my skills and my heart and those I shared those challenges with," said Santiago.

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*from* **EXERCISE**, Pg. 7

all federal response and support a primary agency like FEMA or the FBI.”

What makes this exercise different from others in the past is the number of people participating and the outstanding facilities at the Muscatatuk Urban Training Center near Camp Atterbury, said John Olivar, deputy chief of Exercises and Training at ARNORTH.

“Muscatatuk is unique because it has the buildings and infrastructure of a small city,” he said. “It has a hospital, nursing homes, parking garages, power plant, schools, police station, road networks, tunnels that will enable the CCMRF to operate as if they would in a real town anywhere in the USA to save lives and support the local, state and federal authorities.”

The first week of the exercise is a deployment readiness exercise that will concentrate on CCMRF units moving into the affected area. As with a no-notice deployment, the DRE will start with the unit alert and take them all the way through the Joint Reception, Staging, Onward Movement and Integration process.

“We have to exercise the entire process, including the JRSOI process, from beginning to end,” said Olivar. “If we didn’t, how would we be prepared when we need to do it for real?”

Once in place, the units will form the task forces responsible for the operations, medical and aviation pieces of the CCMRF mission and be taken through a field training exercise the second week of Vibrant Response 10.1.

CCMRF 10.1 Task Force Operations, led by the 4th Maneuver Enhancement Brigade, Fort Leonard Wood, Mo., will exercise on mission sets, such as crisis action planning, establishing forward operating bases and civil engineering operations. Additionally, TF Ops is responsible for technical support operations to include radiological reconnaissance and assessment, biological detection operations, search and rescue operations, and mass casualty decontamination operations.

Another of the task forces, TF Aviation, commanded and controlled by the National Guard’s 63rd Theater Aviation Brigade,

Frankfort, Ky., will exercise the validation of the air mission request and medical evacuation support processes. The unit will also conduct mission preparation of the area for situational awareness and its ability to track aviation assets. Perhaps most importantly, Vibrant Response will also stretch TF Aviation’s ability to execute support and maintenance to ensure a high level of aircraft operations readiness.

“We’re definitely going to put TF Aviation through as many situations as we can,” said Olivar. “The more lessons we can learn from this exercise, the better prepared we’ll make the force.”

The third CCMRF 10.1 task force is Task Force Medical, headquartered by the 62nd Medical Brigade, Fort Lewis, Wash. The exercise will involve coordinating the full spectrum of medical support for title 10 forces. The support includes ground evacuation, hospitalization, preventive medicine, veterinary care, medical logistical support and blood distribution.

“Task Force Med is critical to the CCMRF mission,” said Olivar. “They provide life sustaining support to the affected regions and work with civilian partners to ensure the regions get the medical support necessary to mitigate the effects of the incident.”

Providing overall command and control for CCMRF is JTF-CS, the only joint task force whose mission is solely focused on domestic CBRNE consequence management. It will be exercised on its ability to coordinate synchronized CBRNE consequence management tasks by all three TFs as well as conducting assigned CBRNE tasks and doing it all in coordination with interagency and intergovernmental partners.

ARNORTH officials have said that this is a challenging exercise and should provide the most realistic training possible for the CCMRF to be ready if needed.

“Because this is the first time we have deployed and employed the CCMRF in a field training event, we hope to have many lessons learned so that we can improve the speed of response and fine tune our tactics, techniques and procedures in supporting the American people,” Olivar concluded.

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**11.06.09 FRIDAY**

Association of the U.S. Army Luncheon  
Sam Houston Club, 11:30 a.m.

Gary Sinise and the Lt. Dan Band Performance  
Randolph AFB, West Flight Line Ramp, 6:00 p.m.

**11.07.09 SATURDAY**

Air Show: Forging the Future  
Randolph AFB, 9:00 a.m. - 5:00 p.m.

Wreath Laying Ceremony and U.S. Military Veterans Parade  
Alamo Plaza, 11:00 a.m.

**11.08.09 SUNDAY**

Air Show: Forging the Future  
Randolph AFB, 9:00 a.m. - 5:00 p.m. CAM Golf Classic

**11.09.09 MONDAY**

CAM Golf Classic  
Quarry Golf Course, 11:00 a.m.

**11.10.09 TUESDAY**

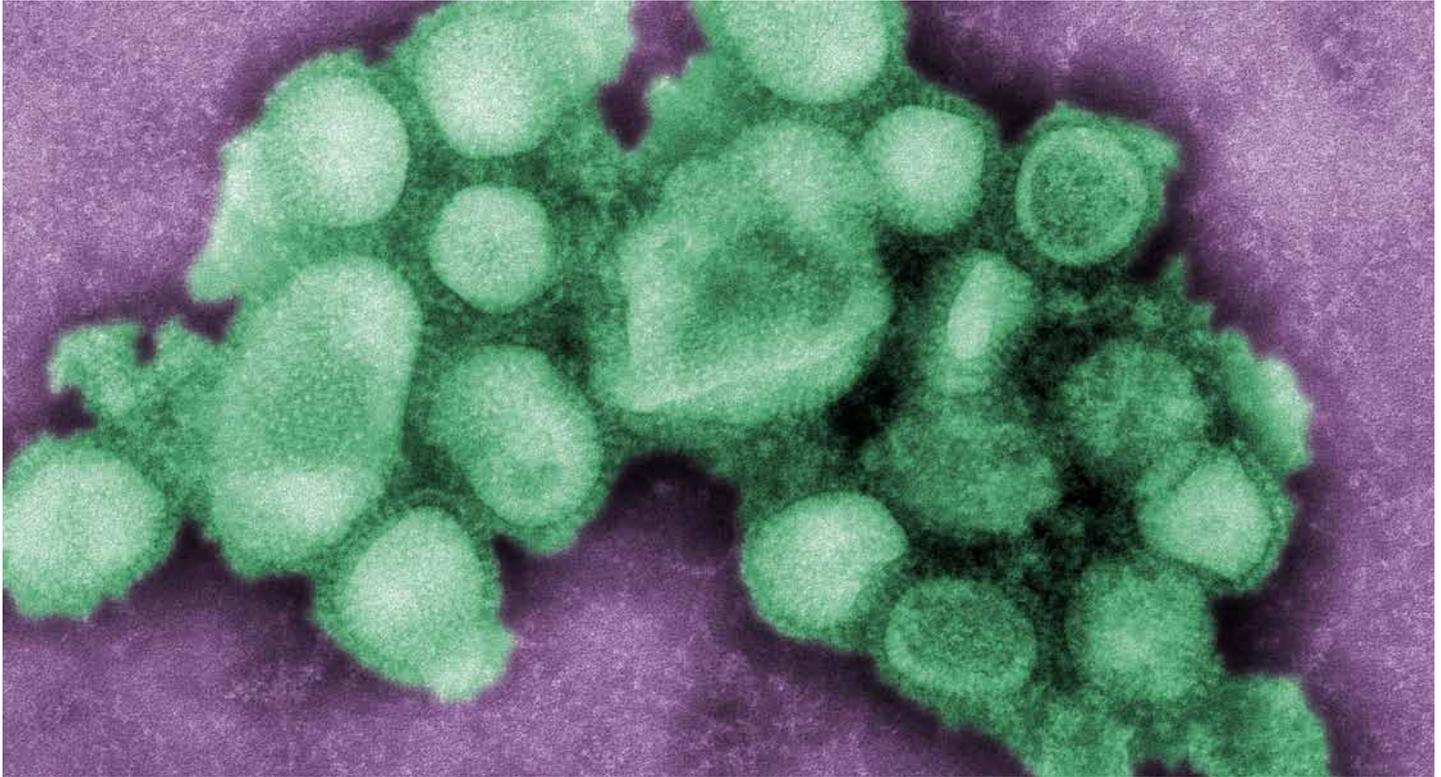
Tops in Blue Performance  
Municipal Auditorium, 7:00 p.m.

**11.11.09 WEDNESDAY**

Veterans Day Ceremonies  
Fort Sam Houston National Cemetery, 9:30 a.m.

Buffalo Soldiers Commemorative Ceremony  
San Antonio National Cemetery, 1:30 p.m.

Veterans Day Concert  
Presented by the San Antonio Symphony  
Municipal Auditorium, 7:00 p.m.

**H1N1****Military will have enough H1N1 vaccine**

*Photo by C. S. Goldsmith and A. Balish, Centers for Disease Control*

**By Judith Snyderman**  
*Defense Media Activity*

WASHINGTON — As shipments of some 3.7 million doses of H1N1 vaccine ordered by the Defense Department continue to arrive from the manufacturer, more than enough will be available for all military personnel and their beneficiaries, military medical experts say.

Navy Cmdr. Danny Shiau, division chief for the Bureau of Navy Medicine and Surgery's force health protection, and Dr. Robert Morrow, the bureau's preventive medicine programs and policy officer, took questions about the military's seasonal flu and H1N1 preparedness efforts during an Oct. 29 "DoD Live" bloggers roundtable.

Immunization for both seasonal flu and H1N1 is mandatory for all military personnel and it is highly recommended for beneficiaries. When the first cases of H1N1 were diagnosed in April, Morrow said, the department bought 2.7 million doses of the vaccine for mission assurance purposes.

At the time, it was unclear how many doses, per person, would be needed. But a single dose has been determined to be effective, Morrow said. The Health and Human Services Department distributed 1 million doses of the vaccine, Sanofi Pasteur, to the department, "so that's a total of 3.7 million individuals for [Defense Department] active duty, reservists, civilians and essential contractors," he said.

First priority for the vaccine will go to deployed forces, Shiau said, first in places like Iraq and Afghanistan, then to ships, trainees and health care workers based on prioritizations.

Priorities for beneficiaries in the United States will follow federal and state guidelines, whether beneficiaries opt to get the H1N1 vaccine at military treatment facilities or at non-military clinics, Shiau said. In either case, since the vaccine is free, and there will be plenty of it, it will not matter whether they get their shot from the military or civilian supply.

Overseas, civilian defense workers and beneficiaries will be able to get the

H1N1 vaccine at military treatment facilities.

Shiau added that so far, the general severity of cases seen has been mild to moderate and there's been no operational effect on defense. But, he said, those with symptoms should contact their doctor or treatment facility before heading to an emergency room, because some facilities have special procedures. "The bottom line is, you don't want to spread it in the ER," he said.

The extra care being taken may be because "this is the first time that we've had two different kinds of influenza going around at the same time and two different kinds of influenza shots going around at the same time, and it's very confusing, even to those who do this day in and day out," Morrow said.

His best advice is that when you have questions, "ask and clarify." Shiau added that to help prevent spreading seasonal and H1N1 flu, people should wash their hands thoroughly, cover their mouths when coughing and, when possible, do not go to work sick.

# How can YOU Stay Healthy?



**These are everyday actions people can take to stay healthy.**

- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.**
- **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth. Germs spread that way.**
- **Try to avoid close contact with sick people.**

**Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.**

**If you get sick, DoD recommends that you stay home from work or school and limit contact with others to keep from infecting them.**

**For more information, visit [www.flu.gov](http://www.flu.gov)**

# JTF-CS competes in Wilderness Challenge

**By Maj. Jefferson Wolfe**

JTF-CS PAO

FORT MONROE, Va. — Two of the three four-person teams from Joint Task Force — Civil Support finished first and third in the Army category at the U.S. Navy-sponsored DoD Wilderness Challenge Oct. 8-11 in the mountains near Fayetteville, W.Va.

Twelve service members from the Joint Task Force — Civil Support competed. A total of 54 teams participated in the event.

Team Toxic, composed of Navy Capt. Michael Collins, Navy Cmdr. John Fischer, Navy Cmdr. Joanne McManaman and Air Force Maj. Charles Smock, finished in 26th place overall and first among Army-sponsored teams.

The JTF-CS teams were entered in the Army category because the USA Installation Management Command, Fort

Monroe, Va. sponsored the teams. A second team, The Purple People Eaters, composed of Army Lt. Col. Anthony Gortemiller, Air Force Capt. Angela Ott, Sgt 1st Class Shannon Jenkins and Marine Staff Sgt. Christopher Hale, placed 36th overall and ranked third among Army teams.

JTF-CS' third team, C-Burn, composed of Army Col. Tim Collins, Army Maj. Scot Peeke, Navy Chief Petty Officer Dan McGourty and Tech. Sgt. Danelle Tomarchio, placed 14th overall but could not compete for an award because a member of the team did not finish the final event due to injury.

The Wilderness Challenge consisted of five events, during which participants traveled 50.1 miles in two days. The events included an 8K run, a 14-mile whitewater raft race, a 10-mile mountain bike race, a 7-mile two-man kayak race and a 15-mile mountain hike race.



Photo by JTF-CS PAO

Service members from Joint Task Force — Civil Support traveled more than 50 miles during the Department of Defense Wilderness Challenge Oct. 8-11, in the mountains near Fayetteville, W. Va. The events included an 8-kilometer run, 14-mile white-water rafting race, a 10-mile mountain bike race, a 7-mile two-man kayak race and a 15-mile mountain hike.



## Nov. 16

BOSS has adopted Walters St. outside of the Fort Sam Houston main gate. There have been signs indicating the adopted area. BOSS will pick up trash and debris along the street from the Walters St. gate to the IH-35 access road. If you wish to participate with BOSS, send Staff Sgt. Christina Corbett your name and she will add you to the volunteer list.

## Nov. 19

Paschal Elementary School is looking for volunteers to help approximately 40 students that need our help, motivation, and support. Volunteers can meet at the Hacienda Club at 1100 on Nov 19 to carpool to the schoolhouse for a quick tour and meet the students.

Volunteering would consist of having lunch, reading a book or just talking with the students. If you wish to participate please send Staff Sgt. Christina Corbett an email so I can provide you a few forms to fill out prior to this event.

**Thanksgiving Lunch:** Thanksgiving lunch will be provided at the Benner Barracks on Thanksgiving for those who have to work or cannot travel. Ms. Jan will be serving from 1100-1300.

**BOSS Awards Christmas Luncheon:** This event will occur within the first two weeks of December at the Fort Sam Houston Club. Nomination forms and invitations will go out soon. More information will be provided later.

**BOSS Volunteer Incentive Program:** For every hour volunteered and logged, individuals will receive that percentage off the next trip, event or program BOSS offers. If you volunteer 25 hours, you will receive 25% off the next trip or event.

For more information on BOSS contact Staff Sgt. Christina Corbett at christina.corbett@us.army.mil or at (210) 221-0512.

# Command Master Chief Cuff appointed JTF-North senior enlisted leader

**By Armando Carrasco**  
JTF-N PAO

FORT BLISS, TEXAS — For the second time in the 19 year history of Joint Task Force — North, an active duty Sailor has assumed the Senior Enlisted Leader responsibilities of the U.S. Northern Command organization tasked to provide military support to the nation's federal law enforcement agencies.

During a change of responsibility ceremony conducted Tuesday, Oct. 13, Brig. Gen. Sean MacFarland, JTF-North's commanding general, B accepted the unit guidon from the command's out-going senior enlisted leader, Command Master Chief Greg Shaw, and passed it to Command Master Chief Robert Cuff, signifying the transfer of the senior enlisted leader's responsibilities.

"Master Chief Cuff brought the right skill set, the right experience," said MacFarland, during his welcome remarks.

"Joint Task Force North has supported more than 100 law enforcement missions during my tour," said Shaw, the first U.S. Navy command master chief to hold the position traditionally held by a U.S. Army Special Forces command sergeant major. "To see firsthand the dedicated effort of this staff and the outstanding integration of joint capabilities was tremendous; I was fortunate to work with such superb professionals."

Shaw will next serve as the director of the Command Master Chief and Chief of the Boat School at the U.S. Navy Senior Enlisted Academy at Newport, R.I.

"It is a great honor to have been selected to serve as Joint



Photo by JTF-N PAO

JTF North's new Senior Enlisted Leader, Command Master Chief Robert E. Cuff, left, is congratulated by Command Master Chief Greg Shaw, after the command's change of responsibility ceremony held Oct. 13. Cuff is only the second active duty Sailor to serve as JTF North's Senior Enlisted Leader; Shaw was the first.

Task Force — North's senior enlisted leader," said Cuff, a career U.S. Navy Seabee, who previously served as command master chief for the Twentieth Seabee Readiness Group, Gulfport, Miss.

"I look forward to working with the Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilian employees, who manage and coordinate the military homeland security and counterdrug operations executed in support of our nation's federal law enforcement agencies."

Command Master Chief Cuff joined the Navy in 1983 and completed recruit training in Orlando, Fla. His first duty assignments were at Naval Station Adak, Alaska; Rodman Naval Station, Panama Canal, Panama;

and with the staff civil engineers at Naval Air Station North Island, San Diego, Calif. Upon completion of the uninterrupted power supply technician School at Sheppard Air Force Base, Texas, he returned to Naval Facility Adak, Alaska, to serve as an uninterrupted power supply tech and project supervisor.

On his first battalion assignment, he served at Naval Mobile Construction Battalion Four-Zero, Port Hueneme, Calif.; deploying to Guam, Somalia, Spain, and back to Guam. His next assignment was as Division Chief for the Thirty-First Naval Construction Regiment, Port Hueneme, Calif.

He then switched coasts and reported to Naval Mobile Construction Battalion Seven-Four,

Gulfport, Miss.; deploying to Puerto Rico, Japan, Paraguay, Trinidad and Tobago, and back to Puerto Rico. He then transferred to serve as the senior enlisted advisor for the Public Works Department, Rota, Spain. After that tour, he transferred to Naval Mobile Construction Battalion Seven, Gulfport, Miss.; deploying to Guam, Philippines, Sri Lanka, and Detail Horn of Africa. Cuff then reported to his first command tour as the command master chief of Naval Mobile Construction Battalion One, Gulfport, Miss., where he led the battalion deployments to Okinawa, Iraq, and Afghanistan. His next assignment was the command master chief for the Twentieth Seabee Readiness Group, Gulfport, Miss.

# Key leaders meet with National Guard public affairs professionals

## Soldiers, Airmen exchange ideas during workshop

**By Sgt. Maj. Eric Lobsinger**  
U.S. Army North PAO

FORT SAM HOUSTON, Texas – Soldiers and Airmen from throughout the National Guard public affairs landscape gathered together Oct. 27-29 during the 2009 National Guard Public Affairs Workshop at The National Conference Center in Lansdowne, Va.

Approximately 400 public affairs professionals from the Army National Guard and the Air National Guard attended the training workshop, which was hosted by Jack Harrison, the National Guard Bureau's director of communications and public affairs.

"It's great to be with you," greeted Harrison. "We have a lot for you this week. This is a training workshop: Go do it; take it back and execute it – then tell us how we are doing."

Many of the gathered Soldiers and Airmen could potentially work and coordinate efforts with the U.S. Army North team in the future.

The National Guard, as is the case with U.S. Army North, plays a large role in homeland defense and in responding to Chemical, Biological, Radiological, Nuclear or high-yield Explosives incidents when called upon for assistance.

The first day was front-loaded with a veritable "Who's Who" of National Guard Bureau leaders. First and foremost was a video greeting from Air Force Gen. Craig McKinley, who is the Chief, National Guard Bureau, and has the distinction of serving as the first four-star general in National Guard Bureau's history.

The mission of public affairs, he said, is an important one.

"News travels at the speed of light," said McKinley. "I've been very proud in my 10 months as your chief ... you all do exceptional work."

He told the assembled attendees that it is important they keep current with emerging technologies.

"I have a Twitter account now," he elaborated. "For all of you, avail yourself of the new tools to keep on top of your game. I look forward to seeing you on my travels throughout the nation."

Although McKinley was not able to attend in person due to mission requirements, those in attendance were eager to hear from Lou Cabrera, the assistant chief, National Guard Bureau, as he provided a briefing on important activities in the bureau and the attendees' role in helping to tell the National Guard story.

"I'm here today to try to tell you about the National Guard," said Cabrera. "We recognized, a long time ago, that you need to know what is happening in our National Guard. As Gen. McKinley said, you firmly have his attention – and you have mine as well."

He told the assembled public affairs troops to "think about what you are doing" at all times when conducting public affairs operations and missions.

"When the Guard is engaged, it is not forgotten," he said, adding, "When it is not engaged, it is forgotten."

On any given day, approximately 65,000 citizen-Soldiers are deployed around the world, he said. Also on average, 17 governors, on any day, call up the National Guard, which equates to more than 101,000 man-days annually in contributions to domestic response.

The National Guard is unique, he said, because a person can name just about any profession and would find it embedded in the National Guard.

As for the future, he said the National Guard envisions remaining an operational force.

"We do the same missions we've always done – and we do it well," he said. "... We are where we are, and we are where we need to be."

The National Guard is no longer what was once may have been perceived as the "once in a lifetime" strategic reserve, added Air Force Maj. Gen. Donald Fick, the acting director, Joint Staff, National Guard Bureau.

"We've been an operational force that is an integral part of the Army and the Air Force – populated by seasoned veterans," said Fick. "Our most precious assets still flow from our communities."

Air Force Maj. Gen. Rick Moisio, the deputy director of the Air National Guard, provided an update briefing on the Air Na-

tional Guard. Something many may not realize is that the Air National Guard has been continuously deployed since the first "Gulf War" in 1991.

"We remain a strategic reserve, but we are conducting missions for the Air Force every day," he said. "We are here for the country – that's our message."

The bottom line is the role of the gathered public affairs professionals is an important one, said Brig. Gen. Renwick Payne, special assistant to the director of the Army National Guard.

"The stuff you do is incredibly important to the National Guard of the United States," declared Payne. "Every story that you get out ... about what we do is terribly important to our organization."

"It is terribly important that you stick to us because there are very important things happening every day. Continue to do the great work that you do."

Other key leaders who provided briefings during the training workshop included Price Floyd, the Principal Deputy Assistant Secretary of Defense for Public Affairs; Tammy Duckworth, a disabled veteran who lost both legs in the Iraq war, who serves as the assistant secretary of public and inter-governmental affairs, Veterans Affairs Department; Cynthia Ramsey Taylor, FEMA External Affairs executive officer; and Air Force Col. Cathy Rodriguez, the director of the State Partnership Program, National Guard Bureau.

The bottom line, said Floyd, is the role of the public affairs professional is a vital one, and interacting with various technologies and using various techniques are important in successfully disseminating information.

"We can't afford to just do more media – we have to do more everything," he concluded.

The attendees took advantage of numerous training opportunities during the second and third days of the workshop, which included breakout sessions in journalism, photography, broadcast media, social media, Web programs, deployments and strategic communications.

# National Native American Heritage Month



## By the President of the United States a proclamation

The indigenous peoples of North America -- the First Americans -- have woven rich and diverse threads into the tapestry of our Nation's heritage. Throughout their long history on this great land, they have faced moments of profound triumph and tragedy alike. During National Native American Heritage Month, we recognize their many accomplishments, contributions, and sacrifices, and we pay tribute to their participation in all aspects of American society.

This month, we celebrate the ancestry and time-honored traditions of American Indians and Alaska Natives in North America. They have guided our land stewardship policies, added immeasurably to our cultural heritage, and demonstrated courage in the face of adversity. From the American Revolution to combat missions in Iraq and Afghanistan, they have fought valiantly in defense of our Nation as dedicated servicemen and women. Their native languages have also played a pivotal role on the battlefield. During World Wars I and II, Native American code talkers developed unbreakable codes to communicate military messages that saved countless lives. Native Americans have distinguished themselves as inventors, entrepreneurs, spiritual leaders, and scholars. Our debt to our First Americans is immense, as is our responsibility to ensure their fair, equal treatment and honor the commitments we made to their forebears.

The Native American community today faces huge challenges that have been ignored by our Government for too long. To help address this disparity, the American Recovery and Reinvestment Act allocates more than \$3 billion to help these communities deal with their most pressing needs. In the Fiscal Year 2010 budget, my Administration has proposed over \$17 billion for programs carried out by the Bureau of Indian Affairs, Indian Health Service, and other Federal agencies that have a critical role to play in improving the lives of Native Americans. These programs will increase educational opportunities, address the scourge of alcohol abuse and domestic violence, promote economic development, and provide access to comprehensive, accessible, and affordable health care. While funding increases do not make up for past deficiencies, they do reflect our determination to honor tribal sovereignty and ensure continued progress on reservations across America.

As we seek to build on and strengthen our nation-to-nation relationship, my Administration is committed to ensuring tribal communities have a meaningful voice in our national policy debates as we confront the challenges facing all Americans. We will continue this constructive dialogue at the White House Tribal Nations Conference held in Washington, D.C., this month. Native American voices have echoed through the mountains, valleys, and plains of our country for thousands of years, and it is now our time to listen.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2009 as National Native American Heritage Month. I call upon all Americans to commemorate this month with appropriate programs and activities, and to celebrate November 27, 2009, as Native American Heritage Day.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of October, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

## American Indian service during wartime

WW I — approximately 12,000-15,000 served.

WW II — approximately 44,000 served.

Korean War — approximately 10,000 to 15,000 served.

Vietnam War — approximately 80,000 served.

## Code Talkers

In WW II, a communications code was utilized the Japanese couldn't break. Code talkers' messages were strings of seemingly unrelated Navajo words. Each word would be translated into English, and the message was deciphered by using only the first letter of each English word. 379 Code talkers' served in WWII.

## Today

More than 35,000 Native Americans serve in the U.S. military.

PFC Lori Piestewa, 23, was the first American Indian (Hopi) to die in combat during the Iraqi conflict. She was the daughter of a Vietnam veteran and the granddaughter of a World War I veteran.

John Bennett Herrington, Commander, U.S. Navy (ret.), was the first American Indian NASA astronaut. He first entered space on the space shuttle mission Endeavour Nov. 23-Dec. 07, 2002.



## NEWS

## ARMY-WIDE

## Executive order bans texting while driving

By Jennifer Casteline

American Forces Press Service

WASHINGTON – Texting took a back seat to safety this month with an executive order prohibiting text messaging while driving on military installations or driving anywhere in government vehicles.

Executive Order 13513, signed by President Obama Oct. 1, specifically bans federal employees from texting while driving government owned, leased or rented vehicles. It prohibits texting while driving privately-owned vehicles on official government business. The policy also extends to federal contractors.

“Despite the shocking accident reports and warnings, people still text while driving,” said Mario Owens, safety officer for the Army’s Installation Management Command.

A number of studies show that text messaging while driving is the “modern day top driving distraction” that causes auto accidents, he said.

“It’s important to remember that the next time you text message while driving that such texting has been found to be more dangerous than driving while intoxicated,” Owens said.

Driver distraction, which includes the use of electronic devices while driving, accounted for 16 percent of fatal crashes in 2008, according to the U.S. Department of Transportation.

A recent study conducted by the Virginia Tech Transportation Institute reports that of all cell phone-related tasks, including talking, dialing, or reaching for the phone, texting while driving is the most dangerous. The study also states that for every 6 seconds of drive time, a driver sending or receiving a text message spends 4.6 of those seconds with their eyes off the road.

In 2007, Washington became the first state to ban texting while driving. Seventeen other states and the District of Columbia have followed suit.

By way of the ban, the federal government hopes to set an example for state and

local governments, private employers, and individual drivers, and to mitigate the rates of unnecessary and sometimes deadly accidents caused by being distracted by electronic devices while driving.

Before reaching for hand-held devices to engage in an other-than-traditional-text-messaging-session, officials said it’s important to know that the executive order very broadly defines texting as “reading from or entering data into any handheld or other electronic devices,” to include, “e-mailing, instant messaging, obtaining navigational information, or engaging in any other form of electronic data retrieval of electronic data communication.”

## ‘Total Fitness’ seeks unit, troop effectiveness

By Sgt. 1st Class Michael Carden

American Forces Press Service

Being fit to fight in today’s military means more than simply being physically fit, and through the concept of “total fitness,” Defense Department officials hope to build on what many say already is the most resilient force in U.S. military history.

Total fitness strikes a balance between strong minds and bodies, a balance servicemembers today need more than ever, said Army Maj. Todd Yosik, chief of the operational division for the Defense Centers of Excellence, in an interview with American Forces Press Service yesterday.

Yosik echoed recent comments by Defense Secretary Robert M. Gates and other top officials, noting that mental readiness has become increasingly important for servicemembers as they continue to deal with the stress of frequent deployments. Even the most optimistic troops have had difficulty staying vigilant over the past eight years in Iraq and Afghanistan, he said.

“This has really challenged even the most resilient and best warriors that we have,” Yosik said. “Through the last several years, a lot of very resilient folks have struggled with deployments. Warriors today, probably more than ever before, need to possess more strength and stamina than what we’ve ever really encountered in the history of our military within the U.S. Defense Department.”

A servicemember who is in top physical

as well as mental shape will be more efficient and effective and, more importantly, better equipped to sustain the rigors of a variety of tough missions, he explained.

It’s not uncommon for troops to carry up to 150 pounds of equipment for days and weeks in an operation. Although the physical toll is great, such servicemembers still need to be as stress-free as possible and able to process their task, he added.

“Total fitness is an emerging concept that integrates not only the physical part of being a warrior, but also the mental part, and also that larger part of having a sense of purpose and being connected to something bigger than yourself,” Yosik said. “The bottom line is you can’t do it all on your own.”

Family, community, emotional strength and stamina are just as important as physical fitness, Yosik said. He said he encourages troops to be open and communicate with their families and units, rather than bottling up their stress.

Also, focusing on good nutritional and sleep habits can lead to positive differences, he said. These practices will culminate into a more well-rounded servicemember and overall force.

“The total fitness concept is really an effort to build on existing strength that are already there to help enhance some of these elements to make warriors stronger, to prepare them better and to help them sustain better,” he said, “[and] also, at the same time, enhance their performance and their mission effectiveness.”

The Army, Yosik noted, recently began a servicewide program to teach Soldiers the value of total fitness. Through its Comprehensive Fitness program, the Army is implementing online and classroom training in individual units and various levels of leadership education. The program began earlier this month to give Soldiers a means to evaluate their psychological strengths and improve on their weaker areas. Also, Soldiers who are deemed mentally fit through their evaluations learn to educate others.

“Comprehensive Soldier Fitness is a perfect example of a total fitness initiative, and the Army is out in front on that,” he said. “It’s a commendable effort of bringing together these topics,

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## News

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and that's something that is emerging across the (department)."

As the total fitness idea continues to spread throughout the force, Yosik and others recognize the long-term effect psychological fitness can have on troops. More and more servicemembers are being diagnosed with post-traumatic stress and traumatic brain injury. Research indicates that untreated psychological conditions can lead to drug and alcohol abuse, problems at home, depression and even suicide. At a joint Defense Department and Department of Veterans Affairs Mental Health Summit here this week, health care professionals gathered to address the emotional wounds of war.

Gates noted in his keynote address Oct. 26 that more than 6,000 servicemembers from the wars in Iraq and Afghanistan have been diagnosed with psychological conditions. Eight years of fighting terrorism in the two countries has impacted the troops, he said, and Pentagon leadership is cautious about pushing troops to their limits.

But through initiatives such as the total fitness concept and the Army's Comprehensive Soldier Fitness program, Yosik said, the force will only get better.

"The Defense Department is really taking an aggressive stance on mental health and resilience," Yosik said. "That's very telling when you have the most senior person in the [department] saying this is an important thing.

"I think in order to sustain yourself in full-spectrum operations, you really can't separate the two. You can't separate the mind and body, because mental stamina (and) physical fitness are so critical for mission success."

## Department of Defense

### President Proclaims Military Family Month

American Forces Press Service

WASHINGTON – President Barack Obama pledged his support of military members and their Families and said Americans have a "solemn obligation"

to preserve their well-being in his proclamation declaring November as Military Family Month.

The proclamation reads:

"No one pays a higher price for our freedom than members of our Nation's military and their Families. As sons and daughters, husbands and wives, and mothers and fathers are deployed, military Families endure with exceptional resilience and courage. They provide our troops with invaluable encouragement and love, and serve our Nation in their own right. During Military Family Month, we honor the Families of our Armed Forces and thank them for their dedication to our country.

"Though only a small percentage of our Nation's population, our troops bear the great responsibility of protecting our people. They, along with their Families, serve us every day with courage and dignity. Ensuring that military Families receive the respect they deserve and the support they have earned is a top priority for my Administration.

"The strength of our Nation is measured not just by our success on the battlefield, but also by our ability to support those Families who have made so many sacrifices for us. Time and again, military Families have shown their heart in the face of adversity. We have a solemn obligation to ensure that while our men and women in uniform discharge their duties, we do all we can to promote and preserve the well-being of their Families. We must also support the Families of our wounded warriors and our fallen heroes who have paid the ultimate price for the freedoms we enjoy.

"This month, we celebrate the tremendous contributions of military Families, convey to them our deepest respect and appreciation, and recommit ourselves to their support.

"NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2009 as Military Family Month. I call on all Americans to honor military Families through private actions and public service for the tremendous contributions they make in the support of our service members and our Nation."

## FEMA

### FEMA reaches milestone with integrated public alert, warning system

FEMA Press Desk

WASHINGTON – Earlier this month, on Oct. 13, the Organization for the Advancement of Structural Information Standards voted to approve the OASIS Common Alerting Protocol v1.2 USA IPAWS Profile as a technical specification for public alert systems. The profile will enable emergency managers across the country to use a common format for creating emergency alert messages that can travel across multiple alert systems. The availability of such a profile furthers FEMA's objective of increasing interoperability across federal, state and local alert systems.

"We are pleased with the recent progress," said Antwane Johnson, director, IPAWS. "The input received from industry and other stakeholders has been vital to developing a profile that will meet the needs of the emergency alerting community."

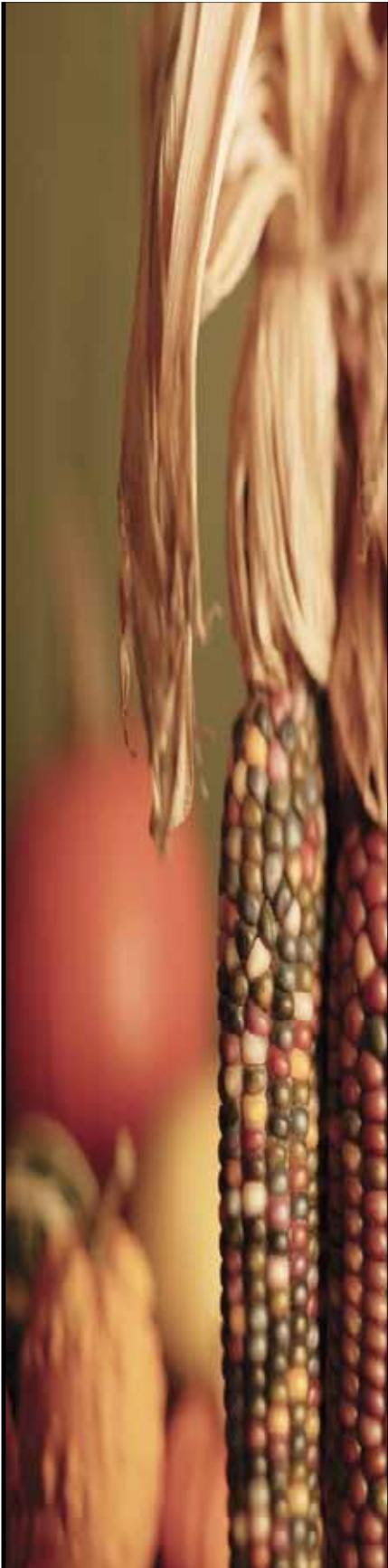
FEMA has informed the communications industry along with its federal alert partners it may adopt the technical standard as early as the third quarter of 2010.

Also, FEMA has recently initiated a conformity test lab to provide an independent, objective analysis of qualified products to ensure they adhere to the IPAWS technical specifications. Lists of compliant products will be published as they become available.

IPAWS is a critical part of FEMA's plan to upgrade the existing national warning systems which allows the president and authorized officials to communicate with the public in times of emergency via television, radio, telephone, cell phone, and other communications pathways.

The mission of IPAWS is to build and maintain an effective, reliable, integrated, flexible and comprehensive system that enables the American people to receive emergency alert and warning information through as many devices as possible.

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.



# EFMP GAZETTE

November 2009

T is for the trust the pilgrims had so many years ago  
 H is for the harvest the settlers learned to grow  
 A is for America, the land in which we live  
 N is for nature and beauty which she gives  
 K is for kindness, gentle words, thoughtful deeds  
 S is for smiles, the sunshine everyone needs  
 G is for gratitude... our blessings big and small  
 I is for ideas, letting wisdom grow tall  
 V is for voices, singing, laughing, always caring  
 I is for Indians, who taught them about sharing  
 N is for neighbors, across the street, over the sea  
 G is for giving of myself to make a better me

Judith A. Lindberg

Anyone interested in forming a parent planning group to discuss what programs we can start to offer monthly for our Families? We would be happy to host a planning location and time for all Families to meet and discuss how we can improve our programs for EFMP Families at Fort Sam Houston. Family programs that we would like to see implemented on a monthly basis would be a "Family Activity Night" and "Teen Night."

Also, if any of you are interested in doing field trips with your Family members, we are interested in visiting the Lighthouse Center for the Blind who can provide a tour

and information on their organization. It is a wonderful opportunity to see "in-action" community activities going on right in San Antonio. Any updates will be sent via email.

Have a wonderful and safe Thanksgiving! We look forward to hearing from you and gaining ideas on how we can improve our program.

For more information, please contact our office at (210) 221-2962/0285.

Melissa M. Reyes  
 EFMP Manager

**Special points of interest:**

- Upcoming Respite Care Training
- Spiced Pumpkin Donuts
- Local area farms - Pumpkin Patch Farms



Fort Sam Houston  
 San Antonio, Texas 78234  
 (210) 221-2962

# Get out and see Texas

**By Laurri Garcia**  
U.S. Army North PAO

For those of you who don't know me, I am the new chief of community relations for U.S. Army North. "Get Out and See Texas" is our newest addition the ARNORTH Monthly news magazine designed to encourage each of you to get out of your house and off the installation to explore this wonderfully diverse state.

Every month I hope you take a moment to look at this page in the Army North Monthly and find something that interests you and your Family and gives each of you

one more reason to love this great state.

I grew up here, went to school and, like most kids, could not wait to leave. Now, after living all over the world, I am home again and, believe me, there really is no place I would rather be. I hope you find this column enjoyable and a reliable reference for things to do while you are living here in "the only state in the country that can legitimately fly its flag at the same level as our nation's stars and stripes:" Texas. If you have any ideas, let me hear from you. For those of you not in Texas, tell me what is going on in your area and we'll find room for you too.



Laurri Garcia

## Northern Color – Texas Style

Deep in the heart of the Texas Hill Country, far from the hustle and bustle of main-stream Texas, is a beautiful natural area with rolling hills, limestone cliffs and trees as far as the eye can see.

Lost Maples State Park is located along the Sabinal River and has several short trails for day hiking and backpacking.

Located just a short 4-mile drive north of Vanderpool this is a great day trip through the Texas Hill Country. It is the perfect place to go when you pack a picnic and want to enjoy a quiet day in the country. You'll have your choice of one of the many picnic areas throughout the park, where

you can kick back and take in the view.

Lost Maples offers shade in the summer and is an excellent place to view fall foliage. Unlike other areas of the Texas Hill Country where live oaks abound, this natural area is home to maple trees, alive with fall colors. Springs and streams crisscross the park, nestled between wooded areas and natural grasslands.

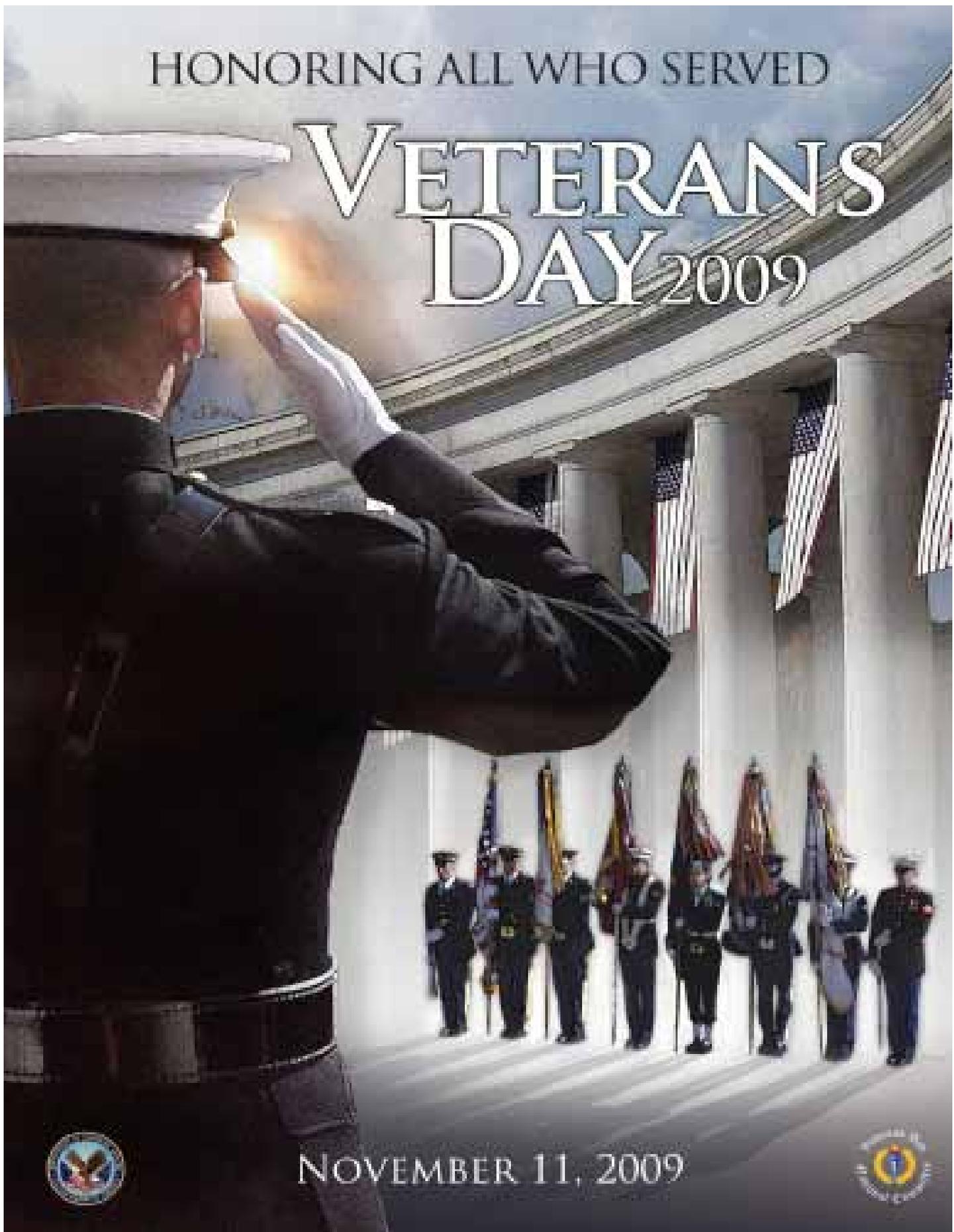
Known for its steep cliffs, scenic canyons and panoramic views Lost Maples is home to a multitude of foliage and wildlife unique to the Texas Hill Country. Here you will find armadillos, white-tailed deer and fowl of various varieties.

When conditions are right, the maple leaves put on a dazzling show of fall colors, attracting visitors to the park from all over the state. Peak fall foliage viewing is during the last two weeks of October through the first two weeks of November. From October through November annually, you can obtain the "Lost Maples Fall Foliage Report" from Texas Public Wildlife Department to keep track of how the fall color is progressing. The foliage report is updated each Thursday at [http://www.tpwd.state.tx.us/spdest/findadest/parks/lost\\_maples/](http://www.tpwd.state.tx.us/spdest/findadest/parks/lost_maples/). So this is my "Get Out and See Texas" pick of the month. I hope you find time to get there and enjoy the view. Let me know what you think. Until next month, Get Out and Enjoy Texas ya'll.



HONORING ALL WHO SERVED

# VETERANS DAY 2009



NOVEMBER 11, 2009

