The U.S. Army's Journal for Homeland Defense, Civil Support and Security Cooperation in North America

ARNORTH Monthly

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Civilian serves for half a century

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Do you have a story to share?

The ARNORTH Monthly welcomes columns, commentaries, articles, letters and photos from readers.

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

The ARNORTH Monthly reserves the right to edit submissions selected for the paper.

For further information on deadlines, questions, comments or a request to be on our distribution list, email the Editor or call (210) 221-0793 or DSN 471-0793.

CFC provides ARNORTH team members an opportunity to help those in need

By Lt. Gen. Thomas Turner

The Combined Federal Campaign is our once-a-year opportunity to make an investment in the future by supporting a wide variety of human health and welfare charitable agencies – many of which directly assist military members and their Families around the world.

CFC is a service provided to us in our workplace and is our chance to make a positive impact on our community.

United States Army North personnel located here at Fort Sam Houston will be provided the opportunity to contribute to the greater San Antonio campaign; our personnel in the Defense Coordinating Elements and in Civil Support Readiness Group – East will have the ability to contribute to their local campaigns.

The ARNORTH CFC will run from Sept. 28 – Oct. 23. Our objective through the campaign is not focused on a prescribed monetary goal; instead, we will ensure 100-percent meaningful, personal contact between a trained Key-worker and all Soldiers and Civilians.

As part of the service provided by CFC, we can make our charitable contributions through payroll deduction. This is the easy and most efficient way to make a donation. A modest amount withheld each pay period adds up to a very meaningful gift over the course of a year. I ask for your support by participating and to consider making a contribution through payroll deduction.

CFC – Changing lives, one gift at a time.

NCO Corps bids farewell to 3 of its own

by U.S. Army North PAO

Brig. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, presents a certificate of retirement to Sgt. 1st Class Renee Campbell during a retirement ceremony Sept. 25 inside the headquarters quadrangle. "It is with great pleasure that I stand before you today. It has taken 24 years to get here – and it's been a great journey," said Campbell. "It didn't become apparent to me until I became an NCO that I truly realized the impact we have. This is not an easy journey. Not everyone can do this. Not everyone can say: 'I will give my life for my country.' But, here I stand."

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, pins the Meritorious Service Medal on Sgt. 1st Class Scott Weaver during a retirement ceremony Sept. 25 inside the headquarters quadrangle. "I'm glad that I stuck to it (military career) because it allowed me to go places and see things that people where I come from would never have the chance to see," said Weaver. "The Army will bring you a lot of good things. It may not seem like it at the time, but it will help you grow."

Brig. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, presents the Meritorious Service Medal to Staff Sgt. Ralph Gilbert during a retirement ceremony Sept. 25 inside the headquarters quadrangle. "I've been thinking about this for a long time – and it's finally here. I look at the time – 20 years – and it went by in a flash," said Gilbert. "The military is a great organization. The main thing I thought about was taking care of my Family because they are what is truly important."

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

Selfless Service

September marks 50th year of Army, Civilian service for ARNORTH veteran

By Joshua Ford
U.S. Army North PAO

FORT SAM HOUSTON, Texas – After enlisting in the U.S. Army as a private a half of a century ago, this U.S. Army North civilian partner could not have dreamed that he would spend the next 50 years working for the U.S. Army.

As a farmer in Brownsville, Texas, Jim Towle remembered all of his friends getting drafted and seeing posters in town that read "Take choice, not chance."

"Then, like now, it was hard to find a good job so I told myself I wasn't going to wait to get drafted," said Towle, who serves as a human resources specialist with U.S. Army North. "I went down to the recruiter and told him I wanted to join and that I wanted to go to Europe."

After basic combat training, Towle was stationed in Bamberg, Germany, as a field artillery fire directional analyst with 3rd Battalion, 80th Field Artillery Regiment. It was during the Cold War and the 80th FA Regt. was tasked to defend the Fulda Gap in case of a Russian assault.

Towle manned a 280mm cannon, which was also known as the "atomic cannon" because it was designed to fire atomic weapons. The atomic cannons were deactivated in the early 1960s as a result of the improvements in rocket technology.

After the deactivation of the atomic cannon, he was transferred to the battalion clerk's office.

"It is a funny story how I got into personnel," said Towle.

One day, his platoon sergeant told him he needed to see the first sergeant. When he went to see the first sergeant, he was sent immediately to the battalion commander.

"I thought to myself, 'What have I done to get into this kind of trouble,'" said Towle. "I had never met the battalion commander before that day."

As soon as Towle walked into the battalion commander's office, he was informed that he would be the new battery clerk because he was the only Soldier in the unit that could type.

"I looked at the commander and told him I could only type 10 words a minute," laughed Towle. "He still had me go work in the battery clerk's office though."

Soon after he settled into his new job, he met his future wife, Jutta, at an American and German friendship club. They were married four months later and she has been at his side for the past 48 years.

"When we met, I thought he was just another Soldier that thought everything was bigger in Texas. Four months later, we were married," said Jutta.

The Towles recently celebrated their 48th wedding anniversary this summer.

"She sacrificed a lot for me," said Towle. "Jutta was a master hair dresser in Germany and ran her own shop. She left it all behind to come with me."

The Towles ended up in South Carolina, after Germany, where Jim deployed to Vietnam with the 25th Infantry Division. During his tour of duty in Vietnam, Towle earned a battlefield promotion from personnel sergeant to chief warrant officer and was transferred to the 1st Infantry Division.

"All of this time and I had never received any training in personnel. It was all on-the-job training," he said.

He spent a year in Vietnam before returning home.

"Without trying to be brave, it was more a fulfillment and was rewarding in the sense that basically we were doing what the Army is doing right now," said Towle. "We were defending the American way of life in Vietnam. The only difference is we didn't have the support from the American public that the armed services have today."

Later, Towle was sent back to Europe and then to Fort Sam Houston. He ended his active-duty career in the mili-

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U.S. Army photo

Spc. Jim Towle, was promoted to the rank of specialist in the early 1960s while serving with the 3rd Gun Battalion, 80th Field Artillery Regiment during his first tour of duty. His unit was tasked to defend the Fulda Gap in Germany during the Cold War. September marks Jim's 50th year of dedicated service to the U.S. Army. He retired as a chief warrant officer 3 and now works in the human resources department at U.S. Army North.

Training

ARNORTH Soldiers hone M16, M9 weapons skills at Camp Bullis

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

The image of Staff Sgt. John Burris' hand, as it grasps a 20-round magazine prior to loading it into his M16 rifle, can be seen in the reflection of his sunglasses as he concentrates on the task at the Camp Bullis M16 rifle marksmanship qualification range Sept. 16. Burris, an intelligence analyst with U.S. Army North, qualified sharpshooter after hitting 34 out of 40 pop-up targets.

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

Staff Sgt. Stephanie DeLaCruz, an intelligence analyst with U.S. Army North, points out the shot group on her zero target to Sgt. 1st Class Scott Weaver, noncommissioned officer-in-charge of the intelligence section at U.S. Army North, while preparing to qualify on her M16 rifle at the Camp Bullis zero range Sept. 16. DeLaCruz qualified marksman after hitting 28 out of 40 pop-up targets.

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

Top: A Soldier from U.S. Army North scans his sector downrange and fires his M9 pistol during a weapons familiarization table Sept. 18 at Camp Bullis. More than 50 Soldiers from U.S. Army North qualified with either the M16 rifle or the M9 pistol at Camp Bullis Sept. 15-18.

Left: Staff Sgt. Stephanie DeLaCruz, an intelligence analyst with U.S. Army North, coaches Staff Sgt. Christina Corbett, a fellow intelligence analyst, at the M16 rifle qualification range at Camp Bullis Sept. 16. ARNORTH Soldiers spent four days engaging pop-up targets at the Camp Bullis M16 rifle and the M9 pistol marksmanship qualification ranges.

U.S. Army North enters 5th year of service to nation

Oct. 1 marked a four-year milestone for United States Army North.

The command was renamed from its former moniker, the Fifth U.S. Army, on Oct. 1, 2005, as part of Army Transformation. It was declared fully operational capable Oct. 16, 2006.

ARNORTH is headquartered at Fort Sam Houston's historic Quadrangle in San Antonio, Texas, and serves as the "Go-To" command to lead, coordinate and support Department of Defense land domain operations in U.S. Northern Command's area of responsibility.

Led by Lt. Gen. Thomas Turner, ARNORTH's commanding general, along with Command Sgt. Maj. George Nieves, the command consists of approximately 570 personnel, to include those serving in the Army, along with their Civilian and contractor partners.

ARNORTH is the Army Service Component Command to NORTHCOM. It conducts Homeland Defense, Civil Support Operations and Theater Security Cooperation Activities in order to protect the American people and our way of life.

On order, ARNORTH commands and controls deployed forces as a Joint Task Force or Joint Force Land Component Command.

As the standing JFLCC for NORTHCOM, ARNORTH leads, coordinates and supports DoD land domain operations in the United States with operational control of two standing joint task forces: JTF–Civil Support, which is located at Fort Monroe, Virginia; and JTF–North, which is located at Fort Bliss, Texas, and its two organic operational command posts.

Courtesy photo

Jim Towle met his wife, Jutta, at an American and German friendship club in 1961. They were married four months later and she has been at his side for the past 48 years. September marks Jim's 50th year of dedicated service to the U.S. Army. He retired as a chief warrant officer 3 and now works in the human resources department at U.S. Army North.

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tary at Fort Sam Houston in 1979 at the rank of chief warrant officer three.

He started working for 5th Army, now U.S. Army North, in 1985 and has served in four positions since: records manager, command editor, chief of awards branch and human resource specialist.

"Mr. Towle has always been open to taking advice even though he has so much more experience than everybody else in the office," said Chief Warrant 2 Ikechkwu Alumanah, chief of personnel services division, U.S. Army North. "It has been outstanding working with him. He works hard and is a dedicated employee."

His fellow workers in his office said they enjoy working with him and see it as an honor to be around so much experience every day.

"Mr. Towle has given his entire adult life in service to our nation on either active duty or civilian Army service, whether in combat, the field or garrison," said Col. Joel Williams, chief of personnel. "This humble man of character is a shining example of selfless and dedicated service, and we owe him a great debt of gratitude. It has been my privilege and high honor both to know and have served with him."

Towle said he has one of the best jobs at U.S. Army North because he gets to write good things about good people every day.

"Where else do you get to do anything like that," he exclaimed.

Jutta said she would like to see her husband retire soon but isn't sure it will happen.

"It would be nice to see him retire so we can travel and visit our children and grandkids," said Jutta. "I am not sure that is what God has in store for him though."

This month, Towle has 50 years of service to the Army and said he still feels like working.

"I might retire next year," said Towle. "God has given me great health to still be doing what I am doing. It has been a great ride; I have enjoyed it – even the worst of times have also been the best of times."

Jutta said her and her family would do it all over again if they could.

"We had fun living in different places and countries. Our children enjoyed the travel, experience and education. It has been a great adventure," she concluded.

H1N1

Staying informed helps prevent spread of disease, misperceptions

U.S. Army North prepares for H1N1, flu season

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

Master Sgt. Carol Williams, noncommissioned officer in-charge, surgeon's office, U.S. Army North, simulates a flu shot on Sgt. 1st Class Isaac Lester, preventive medicine NCO, surgeon's office, ARNORTH, Sept. 25 at Fort Sam Houston. Flu season is here, and ARNORTH is preparing to provide vaccinations for seasonal flu and H1N1 to all of its Soldiers and Civilians and to make them available for their Family members.

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

FORT SAM HOUSTON, Texas — It is the first influenza pandemic the country has seen in four decades. When it hit the northern hemisphere in April 2009, H1N1 had put some in the United States in panic mode.

Experts predicted the virus would fade away during the past summer, but H1N1 remained active and is projected to continue to spread as we enter another flu season.

"Currently, the illness is less severe than seasonal influenza, and the U.S. government vaccination effort will slow the spread of the virus, reducing the risk of it becoming severe," said Lt. Col. Lisa Forsyth, force health protection officer, U.S. Army North.

A Department of the Army directive for H1N1, published Sept. 17, stated an adequate amount of vaccine supply will be available for Soldiers, their Family members and their beneficiaries, no later than Nov. 15.

This was good news to the ARNORTH team and has helped to better plan and prepare for H1N1 and the flu season.

"U.S. Army North is committed to the health and welfare of its personnel and Family members," said Forsyth. "The command is taking action to educate the force on H1N1 and seasonal influenza. U.S. Army North's surgeon's office is coordinating with servicing medical treatment facilities to provide H1N1 vaccine to our Soldiers, Department of the Army Civilians and mission- essential contractors to ensure mission readiness."

Initially, there will be a million doses available to the Army. The doses are distributed on priority basis to deployed and deploying units, Soldiers in a training environment and active-duty

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healthcare personnel.

The H1N1 influenza vaccination is mandatory for all U.S. forces and will be administered either as an injection or nasal mist.

Although H1N1 is believed to be no more dangerous than the seasonal flu, the medical community in the United States is recommending every U.S. citizen get the vaccine.

Participation in the vaccination program, explained Forsyth, is especially encouraged by the medical community for those less than 18 years of age and those more than 50 years of age. History has shown that these age groups are among those more severely affected by the virus.

For those wondering, just because a person gets the H1N1 vaccine doesn't mean that person won't have to take the mandatory seasonal influenza vaccine. For those who haven't already received the seasonal influenza vaccine before the H1N1 vaccine is available, the two shots can be given at the same time.

"H1N1 and the seasonal flu are two different viruses that require two different vaccines," said Sgt. 1st Class Isaac Lester, preventive medicine noncommissioned officer, U.S. Army North. "Soldiers have to get both to protect themselves and their Families."

An adequate vaccine supply is anticipated for the entire force, its Family members and beneficiaries.

"By informing our Soldiers, Army Civilians, Army contractors and their Family members on how they can decrease the spread of the H1N1 flu virus, we are mitigating the spread of H1N1 influenza," said Forsyth. "Immunization is important, and you should apply all of the usual good health practices: prevention is the key to beat influenza."

Good health practices, continued Forsyth, include washing hands regularly, using hand sanitizer, practice good cough etiquette by coughing into a sleeve or a tissue, avoid touching eyes, nose or mouth, and staying home if one feels sick.

For those who may be suffering from flu-like symptoms, there is a good chance they may be afflicted by the H1N1 virus, according to an ARNORTH influenza update document, released late September. The main symptoms of the flu are fever, coughing, sore throat, headaches, muscle aches and nausea.

Because the virus has proven to be a mild illness so far, ARNORTH leaders are telling those who have contracted it not to panic. Resting, drinking lots of fluids and taking medication for fevers and aches for three to five days have helped get rid of the virus in routine cases, according to the ARNORTH influenza update document.

However, just because the virus might not be severe doesn't mean it is not deadly.

"Most people who have been sick with H1N1 have recovered without needing medical treatment, but deaths from the infection have occurred," said Lester.

Each year, more than 35,000 people lose their lives in the United States to seasonal flu-related causes. Approximately 200,000 people are hospitalized for the same reason.

Since the H1N1 virus resurfaced in April, it has killed more than 3,200 people worldwide with approximately 600 deaths and more than a million people infected in the U.S. alone.

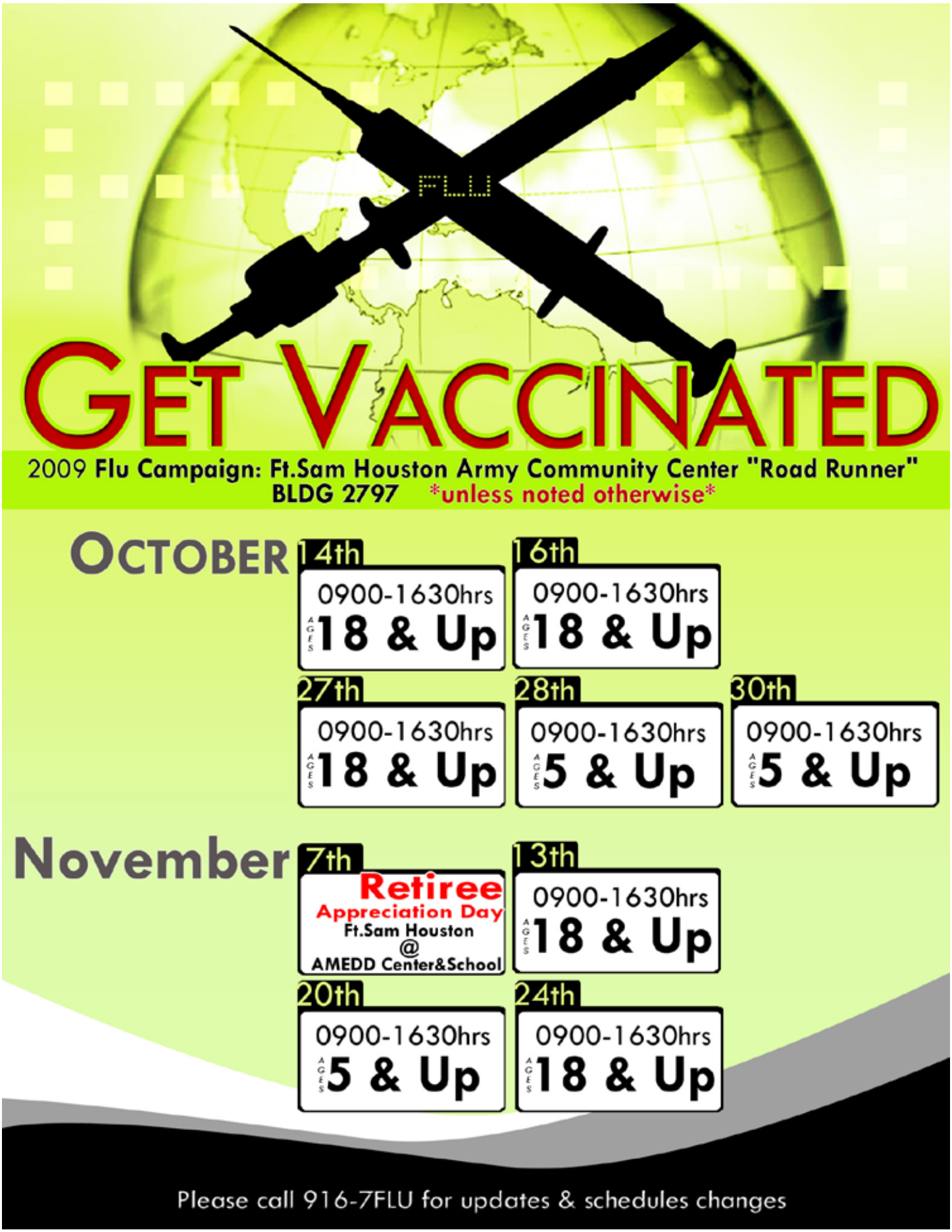
"At this time, we do not see H1N1 having a huge impact on the force," said Forsyth. "As a command, we are mitigating the spread of H1N1 influenza while preparing to respond to any public health emergency."

For more information on H1N1 visit www.flu.gov; http://www.defenselink.mil/home/features/2009/0509_h1n1/; or www.hhs.gov/diseases/index.

Seasonal flu shots for ARNORTH personnel

- **Wednesday, Oct. 14 from 9 a.m. to 4:30 p.m. at the Army Community Service Center, Building 2797 on Stanley Road.**
- **Friday, Oct. 16 from 9 a.m. to 4:30 p.m. at the Army Community Service Center, Building 2797 on Stanley Road.**
- **Monday, Oct. 19 from 8:30 a.m. to 1 p.m. at U.S. Army North building 44 in the G-7 classroom, room 140.**
- **Monday, Oct. 26 from 1 p.m. to 4 p.m. at U.S. Army North building 44 in the G-7 classroom, room 140.**

BAMC Seasonal Flu Hot Line Number: 210-916-7358


FLU
GET VACCINATED
2009 Flu Campaign: Ft.Sam Houston Army Community Center "Road Runner"
BLDG 2797 *unless noted otherwise*
OCTOBER
14th
0900-1630hrs
AGES 18 & Up
16th
0900-1630hrs
AGES 18 & Up
27th
0900-1630hrs
AGES 18 & Up
28th
0900-1630hrs
AGES 5 & Up
30th
0900-1630hrs
AGES 5 & Up
November
7th
Retiree
Appreciation Day
Ft.Sam Houston
@
AMEDD Center&School
13th
0900-1630hrs
AGES 18 & Up
20th
0900-1630hrs
AGES 5 & Up
24th
0900-1630hrs
AGES 18 & Up
Please call 916-7FLU for updates & schedules changes

Column

Knowledge goes long way in combating effects of 2009 H1N1 Influenza A

By Lt. Col. Lisa Forsyth
Surgeon's Office, U.S. Army North

We continue to observe the unfolding of the current influenza pandemic, the first we have seen in about four decades. The 2009 H1N1 Influenza A (the new official name replacing novel H1N1 influenza and "swine flu") appeared in the northern hemisphere in April of this year and did not leave in the summer as we somewhat expected.

It is still with us and increasing its spread, especially with schools back in session. Having stated that, it is promising to note that this influenza is still a generally mild disease. It has not changed significantly to become a more virulent organism and is not expected to do so.

The cardinal symptoms of influenza-like illness are fever (generally over 100.5 F) with cough and/or sore throat. Headache, muscle aches and gastrointestinal symptoms, such as nausea and vomiting, can also be seen. At this time, if you have an ILI, there is a good chance that you have 2009 H1N1 influenza. Don't panic. Again, this is generally a mild disease and you will be fine in a few days.

For the routine case of this illness: rest, fluids and medication for aches and fever (acetaminophen, ibuprofen, etc.) are all you need. You should stay at home until you have been fever free (without taking fever medication) for 24 hours. This will usually take 3-5 days or so. For routine cases, the 2009 H1N1 confirmation lab test is not indicated and antiviral medications (such as Tamiflu ®) are not needed.

You generally should not need to seek medical care. Provider's offices are encouraged to provide school/work slips through telephone consultations to avoid crowding their offices and enhancing disease transmission. Obviously, if you have severe disease, you need to be seen by a provider. Symptoms such as shortness of breath, fever that does not respond to fever medication or other problems that seem severe to you should prompt you to seek care.

Individuals with a high risk of complications may also need to seek care. Children under age 5, and especially under age 2, are at a somewhat higher risk and you should seek care for them if their illness seems at all abnormal. Pregnant females, individuals with chronic pulmonary (including asthma), cardiovascular (but not hypertension alone), neurologic, metabolic (including diabetes) and hematologic diseases or those with a suppressed immune system are all considered to be at potentially higher risk. Antiviral medication may be indicated for these individuals, and they may need further clinical evaluation and lab testing.

The annual seasonal influenza immunization campaign has started. The seasonal vaccine this year contains two influenza strains and was already under production when the 2009 H1N1 virus came on the scene so H1N1 could not be included in the seasonal vaccine. A 2009 H1N1 vaccine has been developed and was licensed by the FDA.

Vaccinations for both seasonal influenza and H1N1 are mandatory for active-duty military personnel, including mobilized Reserve component Soldiers. Military personnel will receive the H1N1 influenza vaccine when directed by their chain of command. The H1N1 vaccinations are expected to begin no later than Nov. 15. Priority of vaccination will be to deployed forces, deploying forces, new accessions and active-duty health care personnel.

Whether mandatory or not, the medical community recommends the H1N1 vaccine for everyone and especially if you are under age 18, over age 50, or are in a high-risk group due to other diseases or your occupation. CONUS Army Family members, retirees, Army Civilians and contractors will obtain the H1N1 vaccine where they normally receive their seasonal influenza vaccine.

All active-duty National Guard Soldiers and active Army Reserve Soldiers (AGR, Civil-Support Team Members) will be immunized through DoD H1N1 vaccine allocations by priority based on operational needs and/or health risks, according to DoD guidance.

Specific National Guard Bureau and Army Reserve guidance is pending. All other ARNG Soldiers, Civilian employees and beneficiaries will be immunized through the state/territory H1N1 vaccine allocations as determined by each state/territory according to prioritization based on operational needs and/or health risks in accordance with target groups as defined by the Health and Human Services. All other Army Reserve Soldiers and mission-essential Civilian employees will be immunized based on prioritization, operational needs and/or health risks.

The H1N1 vaccine is administered either as an injectable or nasal mist. The vaccination will be administered as a one-dose regimen for those 10 years of age and older. A two-dose regimen will be administered to children between the ages of 6 months and 9 years of age. Children under the age of 6 months are too young to receive the vaccine. If you haven't already received the seasonal influenza vaccine before the H1N1 vaccine is available, the two shots can be given at the same time. Remember that prevention is the key for influenza.

Immunization is important! Look forward to receiving two flu shots this year or even three for kids. All the usual good health practices apply. Exercise, eat properly, get enough rest and manage stress. Wash your hands regularly and especially before eating. Use hand sanitizers when you can't use soap and water. Practice good respiratory or cough etiquette — cough or sneeze into a tissue or if you don't have one, cough or sneeze into your sleeve, not your hand. Avoid touching your eyes, nose or mouth. Stay home if you are sick.

All of these things will help you as well as your Family, co-workers and others with whom you associate. If you have any further questions, please contact the USARNORTH Surgeon's Office, Lt. Col. Forsyth, (210) 221-1768, or lisa.forsyth@conus.army.mil.

Questions answered on H1N1

Information provided by U.S. Army North Surgeon's Office

Q. How long will immunity be effective from the H1N1 vaccine? Will this be an annual vaccine like the seasonal flu?

A. Influenza viruses change from year to year. You are unlikely to get infected with the same exact strain of influenza more than once. Most people with flu-like illness since spring 2009 don't know whether they were infected with 2009 H1N1 or another flu virus strain. If you think you had 2009 H1N1 infection, ask your doctor if you should be vaccinated. The only sure way to diagnose 2009 H1N1 infection is with real-time reverse transcription-polymerase chain reaction.

Even if you had a confirmed case of 2009 H1N1 flu, you can still get infected with other flu strains. You should make sure you get the seasonal flu vaccine. If you had a flu-like illness since spring 2009 that wasn't diagnosed as 2009 H1N1 flu by RT-PCR, get the H1N1 and seasonal flu vaccines.

Also, a vaccine made against flu viruses circulating last year may not protect against the newer viruses. That is why the influenza vaccine is updated every year to include current viruses.

Q. Are there other ways to prevent the spread of illness?

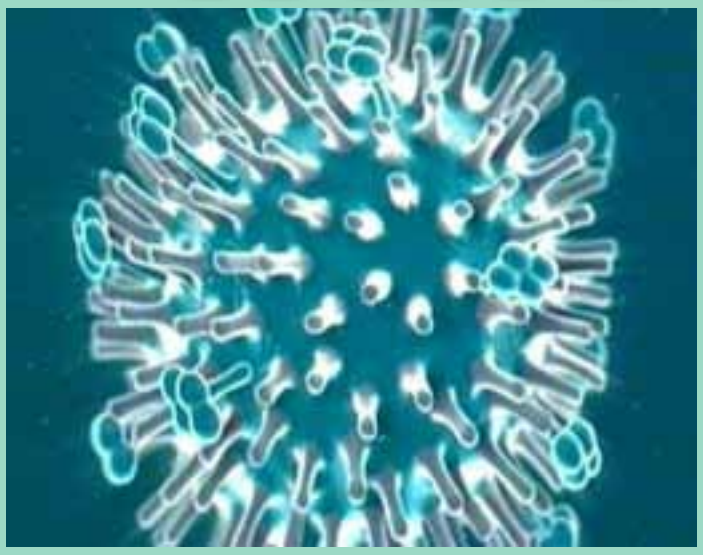
A. Take everyday actions to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue isn't available, cough or sneeze into your upper sleeve (not into your hands).
- 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.
- Stay home if you get sick. CDC recommends that you stay home from work or school for at least 24 hours after your fever is gone, that is your temperature should be less than 100 degrees Fahrenheit or 37.8 degrees Celsius without the use of fever-reducing medicine, and limit contact with others to keep from infecting them.

Q. Who are the target groups to receive the novel H1N1 vaccine?

A. CDC's Advisory Committee on Immunization Practices has recommended that certain groups of the population receive the novel H1N1 vaccine when it first becomes available. These key populations include:

- pregnant women;
- people who live with or care for children younger than six months of age;
- healthcare and emergency medical services personnel;
- persons between the ages of six months and 24 years old; and
- people ages of 25 through 64 years of age who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune system.



Courtesy photo

A strain of the H1N1 virus. Since the H1N1 virus resurfaced in April, it has killed more than 3,200 people worldwide with approximately 600 deaths and more than a million people infected in the U.S. alone.

Q. Where will the vaccine be available for Army dependents, retirees, DA civilians and contractors?

A. Every state and territory is developing a vaccine delivery plan. Vaccine will likely be available in settings such as:

- vaccination clinics organized by local health departments;
- healthcare provider offices;
- schools, pharmacies and workplaces;
- Military treatment facilities may also receive vaccine from states to administer to dependents, retirees and other beneficiaries.

Q. Which Department of Defense personnel have priority for H1N1 vaccination?

A. If the illness caused by the virus remains low in severity, the following groups will have priority:

1) Deployed forces, ships afloat, high risk healthcare providers and training sites;
2) critical personnel; and
3) other personnel. If illness severity becomes high, training sites will be moved to the priority 3 category — "other personnel."

Q. How many shots are required for the novel H1N1 flu?

A. The vaccination will be administered as a one dose regimen for those 10 years of age and older, and as a two-dose regimen, administered approximately one month apart, for those 6 months to 9 years of age. Children under the age of six months are too young to receive the vaccine. Vaccine production is projected to result in an adequate supply for the entire force, its Family members and beneficiaries.

JTF–CS

Retired senior leader kicks off JTF-CS developmental leadership program

By Maj. Jefferson Wolfe

JTF-CS PAO

FORT MONROE, Va. — "Leadership is about getting people to do the job."

The sage advice came from retired Army Lt. Gen. Joseph Inge, a former deputy commander of U.S. Northern Command, as he spoke to an assembly of Joint Task Force – Civil Support officers, senior noncommissioned officers and Civilians Sept. 16.

The event kicked off the start of a new leadership program at JTF-CS implemented by Maj. Gen. Daniel E. Long, the JTF-CS commander.

"There's nothing more precious than the work you do," Inge told the group, adding that he believes the civil support mission is a very important one.

Photo by MC1 Steven Weber, JTF-CS

Lt. Gen. Joseph Inge (Ret.) speaks to key staff members Sept. 16 at Joint Task Force Civil Support during the first session of a new leadership program implemented by Maj. Gen. Daniel E. Long, the JTF-CS commander.

During his brief, he listed four core competencies for a leader: character, competence, confidence and will to win.

Character is important, Inge explained, because without values, such as the ones each service emphasizes, a leader will fail. Subordinates will find out about a leader's character flaws.

"Without character, we're nothing," he declared.

Competence, he said, is important because it goes hand-in-hand with building confidence, the next value. No matter what a leader's rank is, competence changes and grows as the leader seeks out positions of greater responsibility.

Confidence is essential, Inge said.

"You've got to know you can do the job," he said.

To gain confidence, he suggested leaders should read, study and learn more because competence builds confidence.

Finally, leaders must have the will to win, Inge said.

"In our line of work, there's no other option," he explained. "Accept nothing less than getting it done – nothing less."

"Will to win" struck a chord with Air Force Lt. Col. Neal Livingston, the JTF-CS director of manpower and personnel.

"That was really ingrained in me because I was taught that early on when I was a lieutenant and captain at Strategic Air Command as a missile officer," he said. This was during the Cold War, even though the duty sometimes was mundane, it was essential to maintain that will to win.

"Somebody was going to flinch, and it wasn't going to be us," Livingston said.

Because each person is different, to be a successful leader, one has to know one's style of leadership, Inge said.

Some leaders are persuasive and others are authoritarian, he said. Some are introverted and some are extroverted. No matter what style a leader uses – to be successful – a leader has to treat people with dignity and respect.

It's also helpful to consider what type of leader you like to work for, he added.

"All of us want to succeed," Inge said. "All of us want to contribute to the whole."

Inge also talked about how an officer has to adapt as he progresses in rank.

"I wholeheartedly agree with what he said," Livingston said. "You have to think differently when you get to a certain level in our business."

This change was especially significant as a lieutenant colonel or colonel, he said.

"You can't think and react the same way you did when you were a captain," he added.

Inge said when he joined the Army in 1969 the leadership definition included the phrases "willing respect" and "loyal cooperation." In recent years, the definition has become less artistic and more scientific.

However, he said, the goal ultimately is to influence people so they accomplish the mission.

JTF–CS

CENTCOM CSM urges JTF-CS leaders to be active in solving problems

By Maj. Jefferson Wolfe

JTF-CS PAO

FORT MONROE, Va. — Command Sgt. Maj. Marvin Hill told JTF-CS leaders to be thermostats, not thermometers.

Hill, the senior enlisted leader for U. S. Central Command, spoke during a leadership development program at Joint Task Force Civil Support Sept. 17.

He was invited by Navy Command Master Chief Glenn Hopkins, who worked for Hill in Iraq. Hopkins is instrumental in developing the portion of the program for enlisted leader development.

Hill, who has been a Soldier for 31 years, explained the difference between the two devices by saying that thermometers only tell you what the temperature is, but a thermostat allows you to regulate and control the temperature.

"Our commanders expect us to be thermostats," Hill said. "If you see something that's wrong, you have to be a thermostat."

Hill was the command sergeant major for First Army when it had the Defense Support of Civil Authorities mission years ago. He also was the command senior enlisted leader for Joint Task Force Katrina when the hurricane of the same name devastated the South.

"I applaud you all for the stuff that you do for this nation," he said. "I know it's tough work."

During the hour-long talk, Hill detailed his three-pronged leadership philosophy, offered three questions subordinates ask of their leaders and talked about the reasons units or individuals fail to meet standards. Hill's leadership philosophy was borrowed from former Notre Dame head football coach Lou Holtz.

"Those three things, I think, have made me successful," he said.

The first principle, he said, is: "Do what's right – and, do so even when nobody is looking."

The second is, he added: "Do the best you can." He explained that many people may not get the jobs they coveted but all should work hard with the job they have – regardless of the tasks or duties.

Photo by MC2 Toni Burton, JTF-CS

Army Command Sgt. Maj. Marvin Hill, the senior enlisted leader for U.S. Central Command, speaks to key staff members at Joint Task Force Civil Support Sept. 17 during a session of a new leadership program implemented by Army Maj. Gen. Daniel E. Long, the JTF-CS commander.

His last principle, he said, is: 'Treat others the way you want to be treated."

A leader has to be able to discipline subordinates, he added.

"It's okay to correct, but are you treating them the way you'd want to be treated?" he asked.

These principles are simple, Hill said, "but I will tell you they work."

He said he has been using them since 1991. Of those three principles, he added, the first two normally come easy.

"It's the 'treat others the way you want to be treated' that comes hard," Hill said.

"I took a lot of things from his talk," said Air Force Tech Sgt. Milton Jones Jr. Two of the most important ideas were leading by example and treating people the way the leader wants to be treated, he said.

Leaders also need to know subordinates will be asking three things about them, Hill said.

The first question they ask is "Are you committed?" Hill said. They want to know if the leader is committed to accomplishing the mission and making the unit and its Soldiers the best it can be.

The second question is "Can I trust you?" he continued. Troops often have to divulge personal and sensitive information to their leaders, he said, and they have to know the leaders will protect that information.

The last question troops ask is "Do you care about me?" Hill said. They may know the leader cares about the mission, but they want to know he cares about them as people. In some cases, this means making sure subordinates take care of their careers – even when they may say they want to get out of the military.

"Do you care about me enough to make sure I'm competitive?" Hill said.

see **Hill** *Pg. 13*

from **Hill,** *Pg. 12*

This notion also works in reverse – from subordinates to leaders, including instances of a senior enlisted making sure an officer's uniform is squared away.

In a joint environment, he added, this also means caring enough about the troops to get to know their individual service's regulations. This shows you care about them and their careers.

Another one of Hill's messages resonated with Jones: If you don't want to be corrected, be correct. This is an important lesson for young troops, Jones added.

Units or individuals fail to meet standards for three reasons, Hill said.

First, they fail because they do not know the standard.

"We can fix that," Hill said, citing command messages and training guidance as ways.

Second, they fail because they don't care and choose not to do the task to the standard, he said, adding that he used to believe those were the only two reasons, but as his career has progressed, he added a third through experience.

Troops may know the standard, and they may care about meeting it, but sometimes they are not resourced correctly, Hill said. This comes into play in JTF-CS' homeland mission because there may be local or state organizations who may know and care deeply but may need additional resources during a catastrophic Chemical, Biological, Radiological, Nuclear or high-yield Explosive incident.

To have a combat infantry Soldier with Hill's experience come to JTF-CS and talk was very special, Jones said.

"He's not just talking the talk; he's walking the walk," Jones added.

CELEBRATE AMERICA'S MILITARY

U.S. Army North,

We need your help in identifying different ways the San Antonio community can assist military Families. We are looking for your ideas! Please send your feedback to Randy Mitchell at randy.l.mitchell@us.army.mil or call him at (210) 221-2402. Your feedback is wanted! Thank you!

NEWS

Army-Wide

John McHugh assumes duties as 21st Secretary of the Army

By Army News Service

Photo by Staff Sgt. Matthew Clifton, Army News Service

John McHugh is sworn in as the 21st Secretary of the Army during a Pentagon ceremony, Sept. 21. Joyce Morrow, Administrative Assistant to the Secretary of the Army, administers the oath of office as Anne LeMay, Special Assistant to the Secretary of the Army, holds the Bible.

WASHINGTON — John McHugh was sworn in as the 21st Secretary of the Army Sept. 21 following his nomination by President Barack Obama and confirmation by the U.S. Senate.

As Secretary of the Army, McHugh has statutory responsibility for all matters relating to the U.S. Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications and financial management.

McHugh is now responsible for the Department of the Army's annual budget and supplemental of over $200 billion. He leads a work force of more than 1.1 million active duty, Army National Guard and Army Reserve Soldiers, 221,000 Department of the Army Civilian employees and 213,000 contracted service personnel. Also, he provides stewardship over 14 million acres of land.

McHugh has served over 16 years as a member of Congress representing northern and central New York. During his service, he forged strong ties to Fort Drum and earned a reputation as a staunch advocate for Soldiers and their Families.

Vaccine shows promise in preventing HIV

By C. Todd Lopez

Army News Service

WASHINGTON — An Army-sponsored study has shown that administration of a specific combination of vaccines can reduce the potential to contract HIV by 31.2 percent.

As part of the RV144 HIV vaccine study, 16,395 adult men and women in Thailand were given either a placebo or the "prime boost" combination of the vaccine ALVAC(R) HIV and the vaccine AIDSVAX(R) B/E. All participants were given counseling on how to avoid getting HIV.

During the three-year study, participants were routinely tested for HIV. By the end, a total of 74 recipients who had received the placebo contracted HIV, while only 51 of the vaccine recipients contracted the virus. The results of the study indicate that the vaccine is 31.2 percent effective in preventing acquisition of HIV, the virus that causes AIDS.

Lt. Gen. Eric B. Schoomaker, the Army surgeon general, and commander of the U.S. Army Medical Command, said the results of the study are important, but modest.

"I'm pleased and proud to announce the results of the trial, which for the first time ever, have shown that it is possible for a vaccine to reduce the risk of HIV infection in humans," he said. "Although the level of protection is modest, at 31-percent efficacy, the study represents a major scientific achievement."

Schoomaker went on to say the Army's interest in the study is concurrent with its longstanding interest in protecting all servicemembers from infectious diseases.

"Military medicine is interested in research that improves global health and makes the world safer for everyone, including our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen," he said. "The results of this trial opens new doors, answers some questions and poses many additional questions. This is truly a great moment for world medicine and for the global human family."

Col. Jerome Kim, an infectious disease expert, and the U.S. Army HIV Vaccine Product Manager, said researchers will now try to understand why the vaccine worked in some people.

"Additional studies are clearly needed to better understand how this vaccine regiment reduced the risk of HIV infection," he said. "The collaborators are meeting with outside experts to attempt to understand why the vaccine worked. The data derived from these analyses should drive the science and the discussions and hopefully allow us to move expeditiously to an effective preventative vaccine."

The combination of vaccines used during the RV144 study was shown to be effective against subtype B and subtype E of HIV, which are the most prevalent subtypes of the virus in Thailand. Kim said right now, researchers don't know if the combination of vaccines would have the same effect in other parts of the world, such as on the African continent, where other subtypes of the virus are prevalent.

"Whether this will work in other parts of the world with different subtypes of HIV or in populations at different risk of HIV infection, is not known," he said.

The study also showed that while some participants were prevented from contracting the virus, the vaccine did not have an effect on the severity of contracted HIV infections, said Dr. Anthony S. Fauci, director of the National Institute of Allergy and Infectious Diseases.

"One of the most important and intriguing findings of the Thai trial, is that the vaccine regiment prevented HIV acquisition among a modest proportion of vaccinated participants, yet failed to affect viral load in vaccine recipients who later became infected," Fauci said. "This clearly begs the question of whether the protective immune responses that prevent infection are related to those that control viral load."

The three-year study was conducted as a partnership between the Army, the Thai Ministry of Public Health, the National Institute of Allergy and Infectious Diseases, Sanofi Pasteur, and Global Solutions for Infectious Diseases.

News

Department of Defense

DoD, DHS negotiate pact to help keep country safe

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON — An agreement between the departments of Defense and Homeland Security that calls for sharing some intelligence data with emergency operations centers nationwide is part of post-9/11 efforts to harden America against another terrorist attack, senior department officials said recently.

The more than 60 emergency operations centers — also known as "fusion centers" — are managed by state and local agencies. The centers collect information that can be used to combat terrorist threats or for responding to natural or man-made disasters.

Both the Intelligence Reform and Terrorism Prevention Act of 2004 and the 9/11 Commission report published in 2004 state "that we were not doing sufficient information sharing between federal agencies and state and local agencies," Michael McDaniel, deputy assistant secretary of defense for homeland defense strategy and force planning, said during a recent interview with The Pentagon Channel and American Forces Press Service reporters.

DHS became involved in helping state and local officials establish fusion centers in their jurisdictions. "That was great as a first step. But, one of the questions still was: 'How do you share this information?'" said McDaniel, who was the assistant adjutant general for the Michigan National Guard before he came to the Pentagon.

"The whole concept of a fusion center – what's inherent in the word 'fusion' – is a collaboration of information across multiple agencies at multiple levels," McDaniel said, "so that that information comes to a common center-of-gravity, if you will, and at that point is shared," as needed, with analysts from different agencies, including those working at the state and local level.

Much of the nation's intelligence-gathering capability is contained within the Defense Department, McDaniel said. The Defense Department and DHS, he said, have been collaborating over the past few years to provide intelligence information to state- and local-agency analysts.

"Now we have a means in which DoD-provided information can be shared" with state and local officials, McDaniel said, noting that information about foreign-terrorist threats and capabilities "will be very helpful" to local and state law enforcement officials.

However, the Defense Department is not a law-enforcement agency, McDaniel emphasized. The department "does not collect, does not store information" about people, he said.

In October 2007, President George W. Bush established the National Strategy for Information Sharing, which mandates that the federal government share information with state and local agencies that can be used to combat terrorism and respond to natural or man-made disasters, said D. Joe Johnson Jr., DHS's chief of policy, planning and liaison for its National Security Systems Program.

The two departments last month negotiated an agreement to allow security-cleared fusion center employees the ability to access certain Defense Department Web sites through DHS's data network, Johnson said.

The Defense Department "does a lot of work overseas" gathering intelligence that's used to monitor terrorist threats, he said.

Providing access to this information to security analysts at state and local agencies, Johnson said, enables them "to come to better and more-informed conclusions about threats that are happening outside the United States that could potentially occur inside the United States."

National Guard

Unity of effort needed during disasters

By Army Staff Sgt. Jim Greenhill

National Guard Bureau

LEXINGTON, Va. — In the wake of a natural or manmade disaster, unity of effort is required from federal, state and local governments and the military, the deputy combatant commander of U.S. Northern Command said here Sept. 18.

"We need to move to a point where we have unity of effort of the inter-agencies, the intergovernmental organizations that are responding and of the military organizations that respond," said Lt. Gen. H Steven Blum, the first National Guard officer to serve as a deputy combatant commander, who previously served as the 25th chief of the National Guard Bureau.

"That's what the American people expect. … If you're going to help somebody, they're not going to look at your unit and say, 'No thank you, I'm not going to have you rescue me, I'm going to wait for my favorite unit to come.' That's not the way it works. They expect us all to work in a seamless fashion."

But NORTHCOM, the joint force headquarters and NGB alone cannot do the entire job, Blum said.

"It is unconscionable to me as an American taxpayer or as a military professional that we have … a reserve of every active component that is not easily accessible and included in the disaster response plans for this nation," he said. "You may have a flood in … Maryland, and you may have to drive by a Marine Corps Reserve engineer battalion that has exactly the equipment and exactly the skill set you need … [and] go 120 miles further to get a National Guard engineer unit that has that same skill set and capability.

"That's wrong, folks. We've got to find a way to get those units in the joint fight."

Blum said the forces that Northern Command would need "in most of the places that we would have to respond" reside in the Reserve component.

"You cannot go 25 minutes from any populated point in the United States of America and not pass a U.S. Army Reserve Center, a National Guard Readiness Center, a Marine Corps Reserve Training Center, a Naval Reserve Training Center; they're everywhere, about 5,300 of them, dots on the map, forward deployed, that have the greatest situational awareness and common operating picture and local knowledge of any armed force that we could ever send in there."

In rare cases, control of a domestic response could be federal, Blum said.

In most domestic responses, though, authority lies with the affected governor, Blum said.

ARNORTH's hails and farewells teammates

Arrivals

Civilians
Roger Titus, CSTA
Cali Gardner, CSRG-C
Nikita Seldon, PMO
Laurri Garcia, PAO
Dwayne Giles, HHC
Donna Stong, CSTA
Jon Palmer, G6
Leroy Evans, Reg VI
Mark Cravens, G5
Derrick Johnson, CSRG-E
Cheryl Kennedy, HHC
Jeffery Harris, CSRG-C
David Halstead, G3
Larry Ritter, CSRG-C
Willie Coleman, CSRG-E
Timothy Stampley, CSTA
William Donaher, DCO, Reg I
Christopher Kenney, Reg VI
Derrick Johnson, CSRG-E
Cheryl Kennedy, HHC
Thomas Piasecki, G4

Military
Maj. Tommy Kerr, PMO
Lt. Col. Paul Garcia, RGN I
Lt. Col. Jerhald Burgoa, G5
Maj. Shannon Stambersky, G1
Maj. Nathaniel Durant, G7
Maj. Frederick Dufault, G3
Maj. Jon Reyes, G4
Capt. Christopher Sheldon, G4
CW3 Robert Rupe, G2
Staff Sgt. Richard Martinez, G2

Departures

Civilians
Cheryl Dozier, PMO
William Barnello, G3
Rose Hinson, G3
David Bramhall, G3
Stewart Wyland, G3
Lawrence Anderson, G8
Jamal Qaiyyim, G7

Military
Col. Michael Chesney, Reg V
Lt. Col. Michael Rowells, Reg I
Maj. Mark McKinley, CSTA
Sgt. 1st Class Rudolph Hass, G5
Sgt. 1st Class Christine Garcia, G2
Staff Sgt. Roderick Hood, OCP2
Staff Sgt. Antone Jordan, PMO

ARNORTH Civilians of the Quarter

Category I - Linda Henderson
Category II - Jay Daley
Category III - Robert Gonzales

October we celebrate

Italian, German and Polish American History, Heritage

Italian American Heritage Month

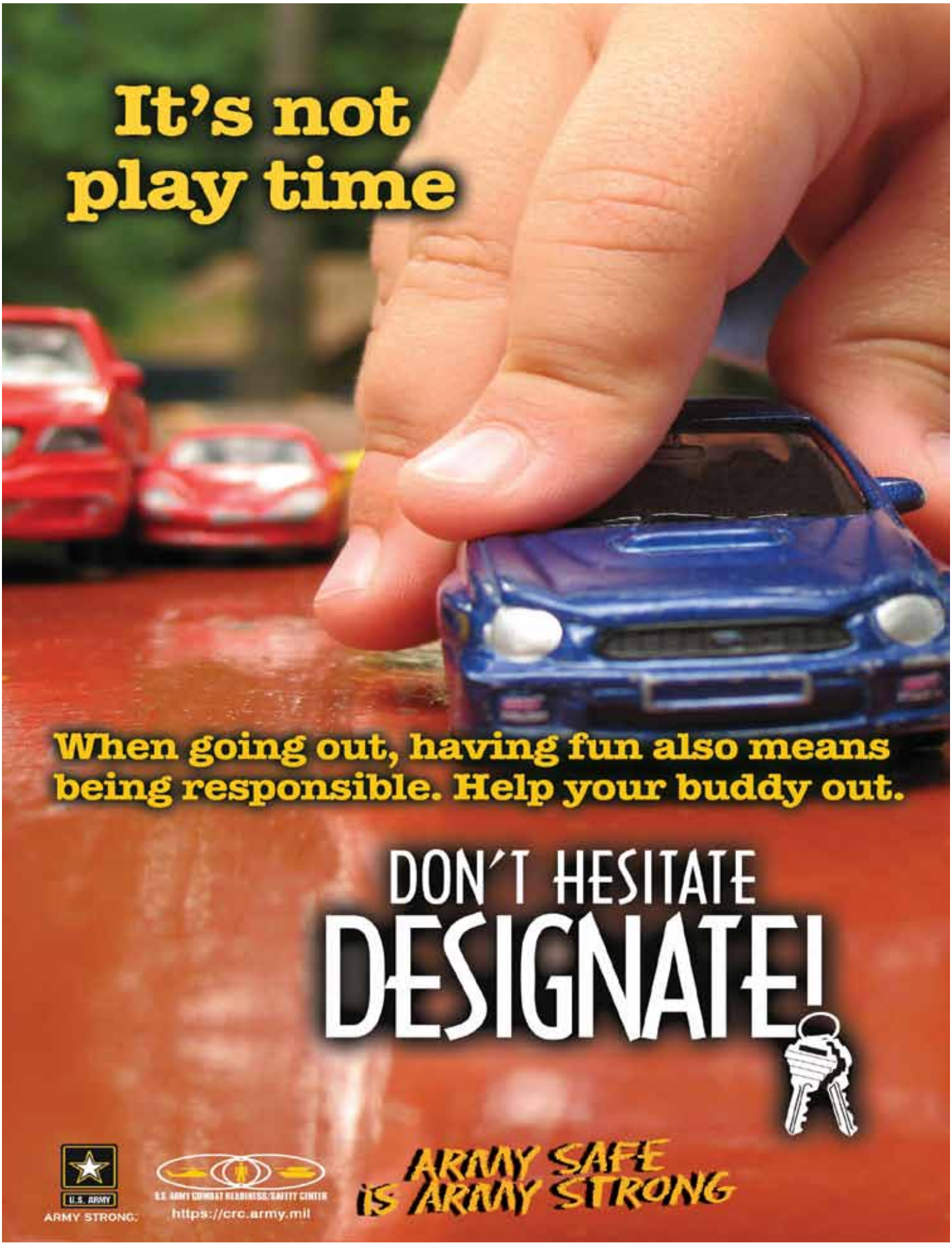
Every year the president signs an executive order designating October as Italian American Heritage Month. From Christopher Columbus's famous voyage to the Americas to Nancy Pelosi becoming the House Minority Leader and the highest ranking Italian American and woman in Congressional history in 2003, Italian Americans have contributed a great deal to the success of the United States.

German American Day

We recognize Oct. 6 as German American Day. On this day we give recognition to German Americans for the numerous contributions they have gave to the United State. German Americans have been influential in American architecture, industry, sports and entertainment. U.S. Presidents Dwight Eisenhower and Herbert Hoover were both from German descent, as well as Richard Nixon and both George Bushes.

Polish American History Month

The year 2009 marks 401 years since the arrival of the first Polish settlers in Jamestown, Va. in 1608. The first Polish Americans landed in Jamestown, Va. and worked as glass blowers, soap makers and timbermen. Polish Americans represent 3 percent of the United State's population. Polish foods like kielbasa, babka cake and pierogi have become a fixture in the American cousine of today.


It's not play time
When going out, having fun also means being responsible. Help your buddy out.
DON'T HESITATE
DESIGNATE!
U.S. ARMY
ARMY STRONG.
U.S. ARMY COMBAT READINESS/SAFETY CENTER
https://crc.army.mil
ARMY SAFE IS ARMY STRONG