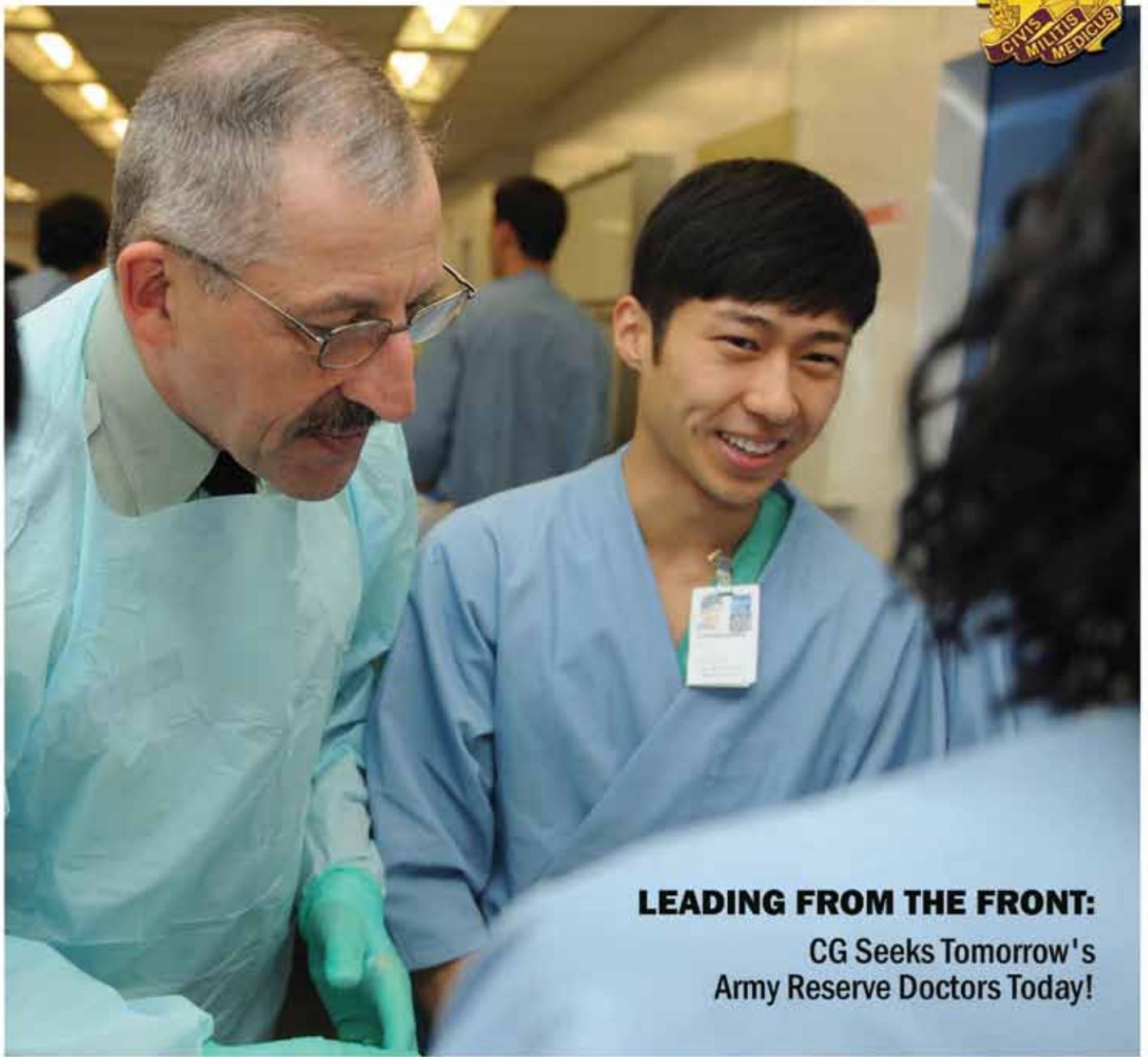


Third Edition, First Issue, Spring 2010

# WARRIOR MEDIC

An Army Reserve Medical Command Publication



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Operation Tribute to Freedom (OTF) is an outreach program designed to honor Soldiers who have or are currently serving in support of OIF/OEF through media, speaking and event opportunities.

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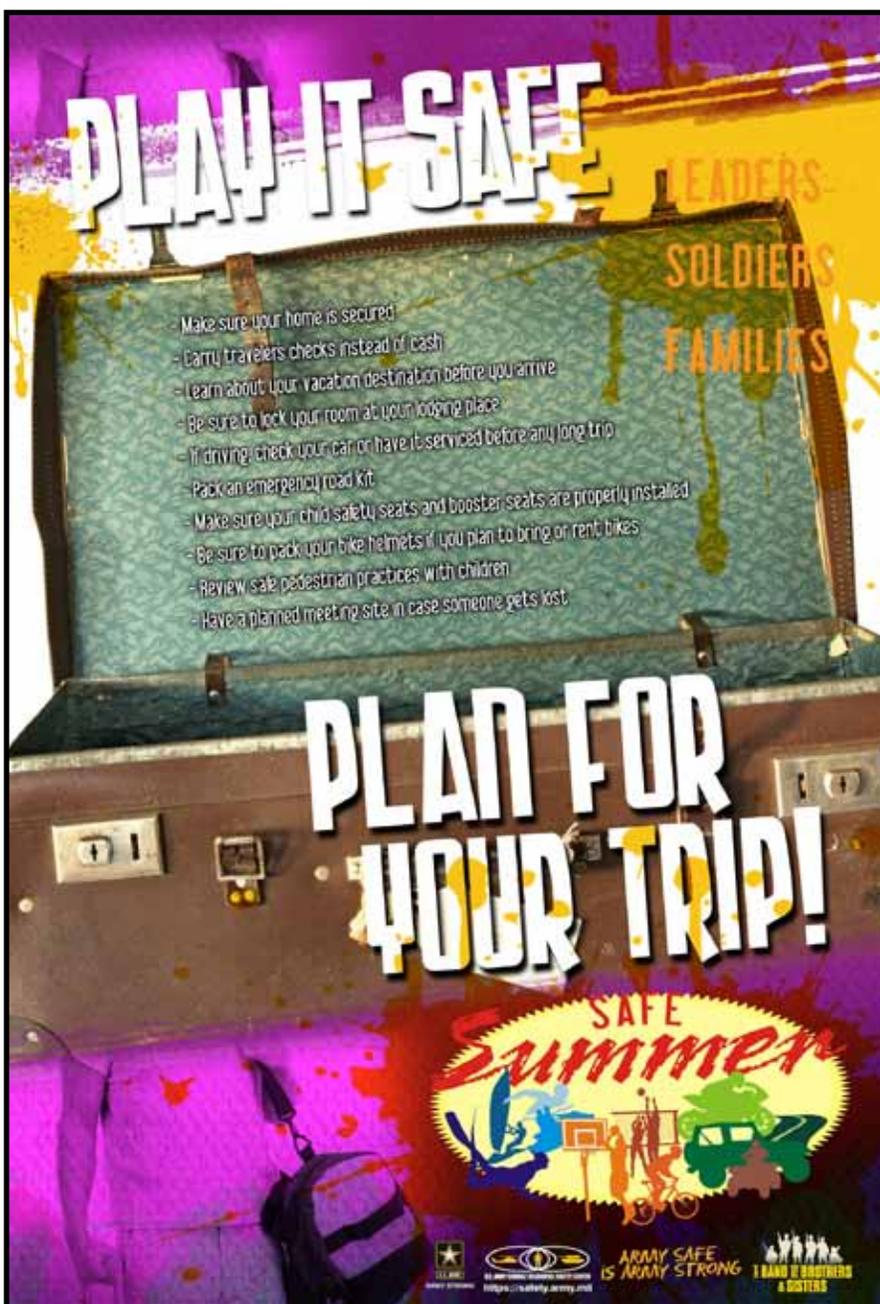
the American public, we can help!

If you are getting ready to deploy, currently deployed or have recently returned in support of OIF/OEF, we'd appreciate the opportunity to talk with you.

We're currently looking to highlight

Soldiers who are currently deployed and those who have returned within the last year.

Additional information and registration information is also available at [www.army.mil/otf](http://www.army.mil/otf)



## Table of Contents:

From the Desk of the CG - Commanding General.....	4
From the Desk of the IG - Inspector General.....	4
Commanding General Shares Knowledge with Medical Students.....	6
Medical Exchange Program Benefits Military, Civilian Community.....	7
Strong Bonds Program Expands.....	8
AR-MEDCOM Holds Single Soldier Retreat.....	9
Soldier Supports Sheriff's Office Pipes and Drums Band.....	10
A Supportive Community Send-off for Doctor.....	11
Medical Providers Encouraged To Serve Their Country.....	12
America's Employers Want to Hire You!.....	13
Community Gym Aids Reserve Troops.....	13
Stultz Reappointed to CAR.....	13
Couple Serves Together in Afghanistan.....	14
Military Families Gain Access to Free, Online Tutoring.....	15
Military Families Get Free Access to Caregiver Network.....	15
Army Reserve Medics May Help Make A Difference in Africa.....	16
Army Reserve Prepares for Post-Conflict Requirements.....	17
Reserve Medical Soldiers Rise to Become the Army's Top Medic Team.....	18
Medical Soldier Awarded Scholarship.....	19

### On The Cover:

Maj. Gen. Robert J. Kasulke, Commanding General of the Army Reserve Medical Command, works with first year medical students from the Mount Sinai School of Medicine in their Gross Anatomy lab. Kasulke assisted them in their lab assignments and fielded questions both medical and Army centric on Friday, December 4 at Mount Sinai's Manhattan campus.

Photo by Staff Sgt. Eric W. Jones

### Do you have a story to tell?

The goal of the Army Reserve Medical Command Public Affairs office is to feature stories in this publication that represent units from all over our command's region of responsibility. We are always seeking stories that would be of interest to our readers.

# Words From The Wise

## From the Desk of the CG - Commanding General

Provided by Maj. Gen. Robert J. Kasulke, Army Reserve Medical Command Commanding General

### Financial woes...

#### What are they and why are we having them?

Ladies and gentlemen, thank you for all you are doing for our nation and the Army Reserve.

I wanted to take a few moments to discuss the financially strapped environment we are in now, and discuss why.

First of all, we are all in the same boat. Every command under the USARC is dealing with the same challenges. That includes us at the AR-MEDCOM HQ.

These financial challenges have been



brought on by two main events.

First, operations in Iraq are downsizing. U.S. combat troops are to redeploy by Aug. 31, 2010.

Under an agreement signed by the Bush Administration, with the government of Iraq, all troops will redeploy by Dec. 31, 2011. This starts with the combat troops redeploying by Aug. 31. Approximately 35-50,000 troops will remain to train, equip and advise Iraqi forces, help protect withdrawing forces and work on counter-terrorism.

With fewer U.S. forces coming and going from Iraq, fewer funds are needed to pay for that war.

Second, less supplemental funding, is coming into the Army Reserve. Supplemental funding is not part of the main

defense budget, but is used by DoD to finance much of OIF/OEF.

Supplemental funding is also what we in the Army Reserve used in the past to pay for many operations and training exercises that supported OIF/OEF over the last few years.

With less supplemental funding coming into the USARC, they must manage their dollars tighter with all their subordinate commands, including AR-MEDCOM. It is then imperative for us to prioritize our requirements to ensure all critical missions are resourced and executed.

Thank you for your assistance in making these difficult choices. We must always work together.

As always, I look forward to your suggestions and comments.

## From the Desk of the IG - Inspector General

Provided by Col. Carol L. Zieres, Army Reserve Medical Command Inspector General

### “The Facts about PULHES, Temporary Profiles and the Army Physical Fitness Test (APFT)”

Occasionally, The Inspector General will receive a complaint or a question from a Soldier concerning interpretation of the Army Regulation on temporary medical profiles and Soldiers may be uncertain as to whether they are exempt from taking the APFT. To answer a few of the most frequently asked questions, we've extracted some information from two Army Regulations (AR) 40-501, Standards of Medical Fitness, dated 14 December 2007 and AR 350-1, Army Training and Leader Development, dated 18 December 2009.

#### What is a temporary medical profile?

Temporary medical profiles are documented on a Department of Army (DA) Form 3349 (or Department of Defense (DD) Form 689, Individual Sick Slip for temporary profiles 30 days or less) and are intended for Soldiers recovering from disease, illness or injury and to avoid aggravating a medical condition that could lead to permanent bodily injury or disability. A temporary profile is given if the



condition is considered temporary, or if the correction or treatment of the condition is medically advisable, and the correction will result in a higher physical capacity. Violation of AR 40-501 occurs when Soldiers fail to follow up with their profiling officer for extension of their temporary medical profile, as needed; or Soldiers intentionally renew their temporary profiles to avoid having a permanent profile on their record; or they deliberately use successive temporary profiles to avoid taking the APFT. It is the Soldier's responsibility to maintain compliance with AR 40-501; however, the supervisor must also take the initiative and check to ensure the Soldier's temporary profile is valid.

#### How often can I renew a temporary profile?

An initial temporary profile may be given up to 90 days. If the Soldier's medical condition has not improved after 90 days, the Soldier must be medically reevaluated for an extension of the temporary profile. A temporary profile may be extended for a maximum of 6 months from the initial profile start date by the profiling officer. Temporary profiles exceeding 6 months duration for the same medical condition must be referred to a specialist (for that medical condition) for management and consideration for one of the following actions:

- a. Continuation of a temporary profile

for a maximum of 12 months from the initial profile start date.

- b. Change the temporary profile to a permanent profile (a permanent designator of at least “2”)

- c. Determination if the Soldier meets the medical retention standards of Chapter 3, AR 40-501, and if not, referral to a Medical Evaluation Board (MEB).

#### What happens after the twelfth month on a temporary profile?

If continuation of a temporary medical profile is necessary after a 12-month period, the Soldier must be evaluated for a permanent profile (P2).

#### What should supervisors look for when they are validating a Soldier's temporary profile extension?

Any extension of a temporary profile must be recorded on DA Form 3349, and if renewed, item 10 on the DA Form 3349 must contain the following statement: “This temporary profile is an extension of a temporary profile first issued on (date).” Temporary profiles should specify an expiration date. If no date is specified, the profile will automatically expire at the end of 30 days from issuance of the profile.

#### Can I take the APFT if I am on a temporary profile?

It depends on your medical condition and the restrictions listed on your DA Form 3349. According to AR 350-1, 1-24e

(4), Soldiers on a permanent profile or extended temporary profile (greater than 90 days) must take a record test that includes an aerobic event. The only approved aerobic events are the 2-mile run, 800-yard swim, 6.2-mile bike ride (stationary or track), or the 2.5 mile walk. The Soldier must be given 3 months to prepare for an alternate test (swim, ride bike, or walk) from either the expiration date of the initial profile or the date recommended by health care personnel.

#### How often must an Active Duty Soldier (AGRs) take the APFT?

In accordance with (IAW) AR 350-1, para 1-24e (2) an Active Duty or AGR Soldier must take a "for record" APFT at least twice each calendar year with intent of every six months. The Commanders can give as many "for record" APFTs as they wish; however if only two per calendar year are administered there must be a minimum of 4 months between each one.

#### How often must Army Reserve Soldiers take the APFT?

Note that AR 350-1 has changed the requirement for the frequency of the APFT for Reserve Soldiers; A Reserve Soldier will take the "for record" APFT at least once each calendar year. A minimum of 8 months will separate record tests if only one test is given, with no more than 14 months between record tests.

Age Matters: If I am age 55 or over, am I required to take an APFT? Soldiers age 55 and older have the option of taking the three-event APFT or an alternate event APFT. An alternate APFT event is defined as the push-ups, sit-ups, and an alternate APFT aerobic event (2.5 mile walk, 800-yard swim, or 6.2 mile bicycle). Soldiers over 55 are not considered to be a profiled Soldier unless a current profile exists. Sol-

diers 60 and older have the option of not taking the APFT; however, they must maintain a personal physical fitness program approved by a physician and remain within Army height and weight standards.

#### What happens if I fail the APFT?

IAW AR 350-1, para 1-24 e(5) states Soldiers who fail a record APFT for the first time or fail to take a record APFT within the required period will be flagged in accordance with AR 600-8-2, Suspension of Favorable Personnel Actions. In the event of a record test failure, commanders may allow Soldiers to retake the test as soon as the Soldier and the commander feel the Soldier is ready. Soldiers without a medical profile will be tested no later than 90 days following the initial APFT failure. Reserve Component Soldiers not on active duty and without a medical profile will be tested no later than 180 days following the initial APFT failure

Additional Information: IAW AR 623-3, The Evaluation and Reporting System, 10 August 2007, an APFT should be administered within one year of the "THRU" date of the NCOER/OER. IAW AR 350-1,

upon return from deployment, Soldiers will be administered a record APFT no earlier than three months for Active Duty Soldiers and no earlier than six months for Reserve Component Soldiers.

Do you know what each letter of PULHES means? Take the quiz below to check your knowledge; match the profile description indicator in the right column with the correct letter in the left column:

P = Hearing-ears  
U = Vision-eyes  
L = Psychiatric  
H = Physical Capacity  
E = Upper Extremities  
S = Lower Extremities

Answers may be found in Table 7-1, AR 40-501, Physical Profile Functional Capacity Guide.

Other questions? This article was written after consultation with the AR-MEDCOM Surgeon's office. Please contact either: Col. Zieres or Sgt. 1st Class Jackson at (727)563-3638/3935 if you have any questions.

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# Commanding General Shares Knowledge with Medical Students

## CG Lectures at Mount Sinai School of Medicine

Story by Lt. Col. William D. Ritter, photos by Staff Sgt. Eric W. Jones, Army Reserve Medical Command Public Affairs



PINELLAS PARK, Fla. - Maj. Gen. Robert J. Kasulke, Commanding General of the Army Reserve Medical Command (AR-MEDCOM), lectured first year medical students at the Mount Sinai School of Medicine, on Friday, December 4 at their Manhattan campus.

He lectured the students on the responsibilities doctors in the military have, both in combat and non-combat situations. He also discussed at great lengths the wounds that occur in war, how the wounds damage the body and how to treat those wounds.

Kasulke highlighted how IEDs (Improved Explosive Devices) damage tissue, how bullets of varying sizes and types affect tissue and what different types of damage to look for when repairing the wounds.

Additionally, he discussed the levels of

trauma, procedures to repair and heal the wounds and the processes in which military patients are treated and evacuated to higher echelons of care.

After the lecture Kasulke joined the students in their Gross Anatomy lab where he assisted them in their lab assignments. Afterward he fielded questions both medical and Army centric.

Kasulke was directly commissioned in the Army Medical Corps in 1980 while completing a Fellowship in Vascular Surgery, following his graduation from Medical School. He assumed command of the AR-MEDCOM, headquartered in Pinellas Park, Fla., in September 2009. He has command over 10,000 medical and medical support Soldiers throughout the U.S.

As a civilian doctor Kasulke specializes in the medical and surgical treatment of patients who suffer from venous disease.

He is also board certified in both general and vascular surgery, and is the Medical Director of the Hospice of Jefferson County, N.Y.



Maj. Gen. Robert J. Kasulke, Commanding General of the Army Reserve Medical Command (AR-MEDCOM), lectures first year medical students at the Mount Sinai School of Medicine, on Friday, December 4 at their Manhattan campus.

Below, Kasulke talks with Professor of Medical Education, Joy S. Reinenberg, while participating in an Gross Anatomy lab at the school.





# Medical Exchange Program Benefits Military, Civilian Community

Army Reserve 1st Lt. (Dr.) Patrick Ballard examines Maj. (Dr.) Douglas Block, while Lt. Col. (Dr.) Michelle Prevost oversees the procedure at Elmendorf Air Force Base, Alaska. Lieutenant Ballard is a Family practice resident from Providence Alaska Medical Center in Anchorage. (U.S. Air Force photo/Airman Jack Sanders)

## Alaska Community Utilizes and Trains Doctors

Story by Airman Jack Sanders, 3rd Wing Public Affairs



ELMENDORF AIR FORCE BASE, Alaska - The 3rd Medical Group's (MDG) Family Practice clinic here and Providence Alaska Medical Center are working together to bring more hands-on training to medical residents.

The 3rd MDG began an exchange program with Providence to allow medical residents to come here and work alongside Air Force physicians.

The program's main goal is for residents to get more experience with patients. Residents are required to complete specific tasks, like splinting broken bones. These tasks are required to be signed off by doctors working with the residents.

"They are actual medical doctors that have already graduated from medical school," said Lt. Col. Marlene Kerchenski, 3rd Medical Operations Squadron director of group education and training, and consultant to the Air Force Surgeon General

Education and Training. "The Airmen love working with the new doctors."

Currently, only Providence residents are coming to Elmendorf for training, but the goal is for Elmendorf's Family practice residents to go to Providence for similar training, said Kerchenski. Providence and Elmendorf had a contract in years' past for residents, but because of complications stopped the program.

It was earlier this year that the program was brought back to Elmendorf.

"Family practice has it set up for residents to come in on Fridays, where our doctors have set aside certain procedures for them to learn and to do," said Lt. Col. Kerchenski.

Residents will watch procedures several times before performing them under supervision.

"Generally speaking, we should have three residents per month," said Brenda Zempa, Providence Hospital program

manager.

Residencies last for three years and the resident's professional level is determined by what year the resident is in.

"The residents are really excited about working at Elmendorf, because it's going to allow them to get some procedural experience that they're not able to get or get enough of in other locations," said Ms. Zempa.

Not all of Providence's residents come here for training. "They do rotation in private offices throughout Anchorage, several rotations at Alaska Native Medical Center and in rural locations like Bethel and Dillingham," said Ms. Zempa.

The program is centered on teaching the residents to work in rural locations. "For the military in general it's a great thing because it will expose the private sector to the Air Force system, which is good," said U.S. Army Reserve 1st Lt. (Dr.) Patrick Ballard, Providence Family practice resident.

# Strong Bonds Program Expands

## Programs Now in Place for Single, Married and Family Retreats

Story by Lt. Col. William D. Ritter, Army Reserve Medical Command Public Affairs



PINELLAS PARK, Fla. - Recognizing the importance of Family support, the Army introduced the program Building Strong and Ready Families in 1997.

Over the past year, more than 160,000 Soldiers and Family members have participated in over 2,600 Strong Bonds events. The program's success has led to increased funding, expansion Army-wide, and more training options. Initially, 90 active-duty couples participated in four events.

New programs now meet Soldiers at different phases of the relationship cycle. Specific training is offered for the Single Soldier, Couples, Families with children, and all Soldiers and Families facing deployment.

Soldiers and their Families can attend with others from their unit who shared the same deployment cycle, but previous deployment is not a prerequisite. All Soldiers are eligible. During the retreat, Soldiers and Families participate in small group activities that reveal common bonds and nurture

friendships. This reinforces spousal support at home, which can be vitally important while the Soldier is away. In addition, Soldiers and Families gain awareness of community resources that can assist with concerns about health and wellness, even crisis intervention.

An increasing percentage of recruits come from Army Families. Strong Bonds Family program is an investment in Army Families and in the Future Force.

For details, visit: [www.strongbonds.org](http://www.strongbonds.org)

### Strong Bonds for Singles.

About 50 percent of the Army's Soldiers are single and most will get married while on active duty. If you're a single Soldier, you may also be far from home, lonely, and faced with the uncertainty of imminent deployment. These pressures can lead to hasty decision making when choosing a life partner.

A supportive mate is extremely important — so the Army is committed to helping you learn how to make good relationship choices by offering the Strong Bonds Single Soldier program. With this program, you and other Soldiers from your unit will attend training off site for a retreat weekend. In addition to relevant teaching and skills training, Strong Bonds weekends include time for relaxation, recreation, fellowship, and fun.

You'll gain practical, useful information based on a nationally recognized curriculum that's been carefully chosen. You'll learn to examine priorities, manage mate choosing patterns, and learn to evaluate a relationship's potential for long-term success.

The Strong Bonds Single Soldier program is designed to help you establish relationship goals and gain essential skills to help you make a good choice prior to picking a partner for life.

### Strong Bonds for Couples:

Whether you've celebrated one anniversary or twenty, as an Army couple you can anticipate more excitement — and expect more challenges — than the average civilian couple. Long separations, frequent relocations, and the stress of deployment can subject Army marriages to extreme hardship.

That's why we developed the Strong Bonds Couples program. It's our way of saying thank you for the sacrifices you and your Family make every day as members of the world's premier fighting force. And, because we understand the stresses of military life, we want to serve you through an off post, Strong Bonds weekend retreat. You and others from your unit will gain skills that fortify your marriage and enjoy a time of relaxation, recreation, fellowship, and fun.

You'll gain practical, useful information based on world-class curriculum developed from years of research. In small groups, you'll participate in activities that renew bonds with your peers. And, as a couple, you'll practice communication and relationship building skills, as well as share intimate moments.

The Strong Bonds Couples weekend retreat is designed to strengthen relationships, inspire hope and rekindle marriages — even start the journey of healing for

relationships under fire. Many of the MER offer an optional renewal of vows ceremony for married couples.

### Strong Bonds for Families:

From diapers and night feedings to recitals and soccer games, the responsibilities of child-rearing can be especially difficult for military Families. Daily routine can become overwhelming when Families are faced with long separations, frequent relocations, and deployment. That's why we developed the Strong Bonds Family program. It's our way of saying thank you for the sacrifices your Family makes every day.

We understand the unique stresses of military life, so we want to serve your Family through an off post, Strong Bonds weekend retreat. Children 8 years old and over may participate in most exercises of the Strong Bonds Family program. Your Family and others from your unit will gain skills to help sustain healthy interactions throughout the trials of Army life. In addition to relevant teaching and skills training, there is time for relaxation, recreation, fellowship, and fun.

You'll gain practical, useful information based on curriculum designed especially for military Families. Through small group and one-on-one activities, Family members learn how to maintain closeness during frequent relocation, long separations, and repeated reunions.

Despite the stress of military life, Army Families inspire their children to carry on the tradition.

### Strong Bonds for Pre-Deployment:

It is undeniable — the Global War on

**LEADERS, Chaplain (Maj. Gen.) Carver (Chief of Chaplains) shared a testimony with me from a spouse about the Strong Bonds program. This program has the highest "quantifiable" success of all of our programs to date, it works. I believe we need more of our young couples to attend these retreats to save their marriages and protect their livelihood.**

**v/r  
Ken Preston  
Sergeant Major  
of the  
Army**

Terrorism, now called Overseas Contingency Operations, has compounded the trials of routine separation that Army life has always entailed. The recent, perpetual cycle of deployment and redeployment, in and out of combat, has placed especially difficult burdens on all Family relationships. Soldiers frequently struggle with transition from battlefield to home front, and their Families struggle to adjust to disrupted routines and the challenges of reintegration and reconnection.

The Strong Bonds Pre- and Redeployment Program is designed to help single Soldiers, couples, and Families cope with this struggle. The program is offered through an off-site weekend retreat. In addition to relevant teaching and skills training, Strong Bonds weekends include time for relaxation, recreation, fellowship, and fun.

You'll attend with others from your unit and gain practical, useful information based on material designed especially for Soldiers and Families. Through small group and individual activities, you'll learn how to transition more effectively from separation to togetherness.

All of these Strong Bonds programs are offered by Army Chaplains with the full support of your Commanding Officer. As an AR-MEDCOM Soldier, you must attend events that are located within the Regional Support Command (RSC) in which you reside. If you are single and would like to attend a single Soldier Retreat or are married and would like to attend a marriage enrichment retreat with your spouse, go to <http://www.strongbonds.org> to find an event close to you.

In order to find the events close to you, click on the "FIND A STRONG BONDS EVENT" window. In the drop down menu, select Army Reserves. At this point you can search by unit, or state. In order to see all of the events in your region, select the RSC in which you live from the drop down menu. You will see all scheduled events for your region for both single and married Soldiers.

Once you find a date and location that interests you, click on the left link to find the correct points of contact for that region. They will assist you in registering for the event. All Active Guard and Reserve Soldiers will travel to the events in a TDY, temporary duty status. All spouses will travel with an invitational order. All Reserve Soldiers can choose to attend either in lieu of their normal battle assemble or on Additional Duty for Training (ADT) status. All orders, other than the Defense Travel System (DTS) will be created and issued by the RSC. The orders for Soldiers will cover travel, pay for those on ADT status, lodging at a beautiful, relaxing hotel, and per diem for meals. The orders for spouses will cover per diem for meals and also if needed, any travel expenses not already incurred by the Soldier.

If you have any questions, please contact your AR-MEDCOM Unit Ministry Team. Chaplain (Maj.) Timothy C. Montgomery at (727) 563-3786 or by email: [timothy.c.montgomery@usar.army.mil](mailto:timothy.c.montgomery@usar.army.mil); or Staff Sgt. Jennifer C. Fey at (727) 563-3726 or by email [jennifer.fey@usar.army.mil](mailto:jennifer.fey@usar.army.mil).

## AR-MEDCOM Holds Single Soldier Retreat

Story and photo by Staff Sgt. Eric W. Jones, Army Reserve Medical Command Public Affairs



ORLANDO, Fla. - The Army Reserve Medical Command hosted its first Single Soldier Retreat at the Embassy Suites Hotel in Orlando this past June.

The retreat is designed to help Soldiers learn how to manage the different stages of forming a lasting relationship. The weekend was loosely arranged around The Pre-marital Interpersonal Choices and Knowledge, P.I.C.K. a Partner™ program written by John Van Epp. It is intended to help people to make more informed decisions when initially developing a relationship.

"It is teaching single Soldiers how to

make appropriate choices in a partner, what to look for, how to be forewarned and forearmed not to enter in to a bad relationship. Because, when they are in a bad relationship it kind of spins them up and takes control of thought processes and can make them less efficient," said CH (Lt. Col.) Ed Northrop the Command Chaplain for AR-MEDCOM.

"Part of the essence of the retreat is the 'relationship attachment.' It's how to know your potential partner, how to trust them, how to rely upon them, and how to get a commitment from them before getting into the physical realm," said Northrop.

The Chaplaincy is holding these semi-

### Upcoming Retreat Schedule

Title	Program	Unit	Date
Single Life Enrichment Retreat in Niagara Falls, NY	Singles	99TH RSC	14-May-10
Marriage Enrichment Retreat (General Attendance)	Couples	88th RSC	14-May-10
Marriage Enrichment Retreat in Niagara Falls, NY	Couples	99TH RSC	14-May-10
Marriage Enrichment Retreat in Montauk, NY	Couples	99TH RSC	21-May-10
Marriage Enrichment Retreat, New Orleans, LA	Couples	81st RSC	21-May-10
Single Life Enrichment Retreat New Orleans, LA	Singles	81st RSC	21-May-10
Married Skills Workshop	Couples	9th MSC	21-May-10
Marriage Enrichment Retreat in Seven Springs, PA	Couples	99TH RSC	4-Jun-10
63D RSC Single Soldier Retreat - Phoenix, AZ	Singles	63D RSC	10-Jun-10
Marriage Enrichment Retreat (USACAPOC/General Attendance)	Couples	88th RSC	11-Jun-10
Marriage Enrichment Retreat in Galloway, NJ	Couples	99TH RSC	11-Jun-10
Single Soldier Workshop Oahu I	Singles	9th MSC	18-Jun-10
Marriage Enrichment Retreat, Savannah, GA	Couples	81st RSC	25-Jun-10
Marriage Enrichment Retreat (General Attendance)	Couples	88th RSC	25-Jun-10
Single Life Enrichment Retreat, Savannah, GA	Singles	81st RSC	25-Jun-10
Married Skills Workshop Oahu I	Couples	9th MSC	25-Jun-10
Marriage Enrichment Retreat Jacksonville, FL	Couples	81st RSC	9-Jul-10
Marriage Enrichment Retreat in Hyannis, MA	Couples	99TH RSC	9-Jul-10
Family Wellness Retreat in Virginia Beach, VA	Families	99TH RSC	9-Jul-10
Single Life Enrichment Retreat, Jacksonville, FL	Singles	81st RSC	9-Jul-10
Marriage Enrichment Retreat (General Attendance)	Couples	88th RSC	16-Jul-10
63D RSC Marriage Enrichment Retreat - Grapevine, TX	Couples	63D RSC	22-Jul-10
Marriage Enrichment Retreat (102nd TNG/General Attendance)	Couples	88th RSC	23-Jul-10
Family Wellness Retreat in Lake George, NY	Families	99TH RSC	23-Jul-10
Single Soldier Retreat (General Attendance)	Singles	88th RSC	30-Jul-10
Family Wellness Retreat in Lancaster, PA	Families	99TH RSC	30-Jul-10
Marriage Enrichment Retreat (335th SC/General Attendance)	Couples	88th RSC	6-Aug-10
Single Soldiers Workshop Oahu II	Singles	9th MSC	13-Aug-10
63D RSC Marriage Enrichment Retreat - Hot Springs, AR	Couples	63D RSC	19-Aug-10
Marriage Enrichment Retreat (General Attendance)	Couples	88th RSC	20-Aug-10
Marriage Enrichment Retreat, Orlando, FL	Couples	81st RSC	27-Aug-10
Single Life Enrichment Retreat in Boston, MA	Singles	99TH RSC	27-Aug-10
Married Skills Workshop, Oahu II	Couples	9th MSC	27-Aug-10
Single Life Enrichment Retreat, Orlando, FL	Singles	81st RSC	27-Aug-10
Single Life Enrichment Retreat, Atlanta, GA	Singles	81st RSC	10-Sep-10
Marriage Enrichment Retreat (USACAPOC/807th MDSC/General Attendance)	Couples	88th RSC	10-Sep-10
Marriage Enrichment Retreat, Atlanta, GA	Couples	81st RSC	10-Sep-10
Single Soldier Retreat (807th MDSC/General Attendance)	Singles	88th RSC	17-Sep-10



Chaplain (Lt. Col.) Ed Northrop, from the Army Reserve Medical Command explains the Relationship Attachment Model as part of the Single Soldier Retreat held in Orlando Fla.

nars throughout the Army Reserve community. They are mixtures of attendees; some have been married before, some are single and some are single parents.

The event, hotel, and travel expenses for the Soldiers and Spouse (for the marriage retreat) are covered by the Army if you and your spouse would like to attend visit the StrongBonds.org or your Chaplain.

# COMMUNITY RELATIONS

*Soldiers Getting Involved with the Community Around Them!*

## Soldier Supports Sheriff's Office Pipes and Drums Band

**Reserve Soldier Brings Nursing, Music Skills to Community**

Story and photos by Beth Cravey, The Times-Union



JACKSONVILLE, Fla. - On a recent Thursday, Bill Wiggins returned home to Clay County after a 10-month Army Reserve medic stint in Iraq.

That same night, he was playing his Highland bagpipes at a practice session of the Clay County Sheriff's Office Pipes and Drums band, which formed last spring.

"I've been looking forward to this for the last six months," he said. "I enjoy the music, the fellowship with these folks. It's a lot of fun."

It can also be a soulful, emotional experience.

"If the hair on the back of your neck doesn't stand up when a piper plays taps ..." he said.

The nonprofit band, formed in May, is sponsored by the Sheriff's Office Police Activities League. The "vision" for the band came from Sheriff Rick Beseler and Art Tenney, who has been the agency's official piper since January 2009 and suggested a band be formed as well, Tenney said.

The all-volunteer band now has about 15 members, who practice weekly. They will perform at official law enforcement events and are available, for a negotiable fee, for private events. They intend to participate in the upcoming Northeast Florida Scottish Games and Festival.

Membership is open to all; experience and Clay residency is not required.

Wiggins, a registered nurse and a



TOP: Joe McKie (left) and Capt. Bill Wiggins play their pipes at a recent practice of the Clay County Sheriff's Office Pipes and Drums corps. RIGHT: Capt. Bill Wiggins plays his pipes while stationed in Iraq.

Medtronic manager, is a veteran pipe and drummer, starting out on drums about 15 years ago and later moving on to the pipes. He and his wife, Robin, travel to pipe and drum music festivals, including a 2005 event in Scotland that set a world record for the number of bagpipes in one place.

Robin Wiggins proudly calls herself a pipe and drum corps groupie, and provides support - such as food - for the members of the Sheriff's Office band.

"I'm with the band," she said with a smile.

Tenney said the purpose of the band is to promote Scottish and Irish culture by performing in the community, as well as provide instruction for beginning pipers and drummers and an outlet for accomplished performers.

The band will frequently perform in conjunction with the Sheriff's Office

Honor Guard. Sgt. Matt Williams, who heads the Honor Guard, visited a recent band practice and said he was thrilled with what he heard.

"This is incredible," he said. "You are putting in the time. This is outstanding."

Band members are just as thrilled with what they hear.

"We got a great start," said member Lee Chandler. "We'll be together for years."

### Editor's Note:

Capt. Bill Wiggins is assigned to the 345th Combat Support Hospital, Company A, as 66H, Clinical Nurse, ICU.

Public Affairs encourage Soldiers and units to participate in the community around them. If you have a story about what you or your troops are doing, please contact PAO at 727-563-3730.

# COMMUNITY RELATIONS

*Communities Getting Involved with the Soldiers Around Them!*

## A Supportive Community Send-off for Doctor

School Community Opens Hearts, Arms to Patriarch Heading Back to Iraq

Story by Marie Rossiter, photo by Gary Stelzer, Cox Ohio Publishing



MIDDLETOWN, Ohio — Cynthia Butler, 14, stood in the middle of an almost empty Middletown Christian School gymnasium on Friday, Feb. 5,

and wiped a few stray tears from her eyes. Minutes earlier, the school band played and bleachers full of teachers and students clapped along to celebrate Cynthia's father, Col. Daniel Butler of the Army Reserve, who will be leaving today for Tikrit, Iraq, to serve as a surgeon in a military hospital.

"I didn't expect to cry," Cynthia said with a chuckle, as she hugged her mother, Diane Butler. "But, when I heard Dad tell everyone how much he loved us, it just happened."

Cynthia and her four siblings — Sarah, 10; Dalton, 12; Chris, 16; and Joseph, 18 — and their mother won't be alone during the four long months their father will be away.

The entire Middletown Christian School community gathered not only to honor a local soldier, but also to show him that his Family is in good hands during his time overseas.

"It was great to be able to honor a man so worthy," Roger Brandenburg, Middletown Christian Schools development director, said about the ceremony's music, prayers and speeches. "But, our purpose was to let Dr. Butler know that we will be here for Diane and the children while he is gone."

Butler, a surgeon at Atrium Medical Center, thanked the crowd for giving him a

wonderful farewell gift: peace of mind.

"It's hardest for those left behind because they are always wondering what is going on," Butler said. "It's a comfort for

the community's outpouring of love and support for their entire Family. It took her a moment to find her voice to express her gratitude.



Sarah Butler hugs her father Dr. Dan Butler Friday, Feb 5, 2010 during a school assembly for the Army Reserve Colonel at Middletown Christian School in Middletown, Ohio. Butler left for his second tour in Iraq Saturday, Feb 6. Staff photo by Gary Stelzer

me to know I will be leaving my Family in the hands of our Middletown Christian School Family."

Diane Butler was overwhelmed by

"We are just so blessed," she said, her voice still trembling slightly. "I mean, look at what they did (Friday). What more can anyone ask for?"

Dr. Butler said he hoped to be able to regularly keep in touch with is Family through e-mail and Skype, an Internet phone service provider.

That wasn't enough for Dalton, who said he wanted to sneak into his dad's duffel bag and go with him.

Each of Butler's children said their friends and classmates have done whatever they can to keep their spirits up.

"It's like having a lot of shoulders to cry on," Cynthia said.

"When I started crying, there were just all these people around me giving me hugs. It was great."

Her brother, Chris, said he had a lot of friends offering him a place to come hang out or spend the night while his father is gone.

Dr. Butler laughed and put his hand on Chris' shoulder.

"Does this mean you want me to stay away longer?" he asked his son.

"No," Chris said, without hesitation. "No way."

**Editor's Note:** Col. Daniel Butler is assigned to the

932nd MC DET 2.

# Medical Providers Encouraged To Serve Their Country

Story by Jeff Hansel, The Post-Bulletin, Rochester Minn.



ROCHESTER, Minn. - In October 2008, Dr. Walter Franz III took off his white physician's coat and put on his military fatigues, to lead Army reservists in the 945th Forward Surgical Team in Iraq.

Franz, a Family physician at Mayo Clinic in Rochester in the civilian world, returned to his role as a colonel in the Army Reserve and did not return until November 2009.

When he returned, Franz invited Army Reserve Maj. Gen. Dr. Robert Kasulke for a tour at Mayo. The two encourage medical providers to answer the call of duty — even late in life.

Franz said medical professionals often consider short-term military service, but think age is an issue. Sixty to 70 percent of all military health providers come from the Reserves, Kasulke said. "We are a big chunk of medical horsepower for the U.S. Army," he said.

"For a primary-care doctor to have the experience that I had through my three deployments is priceless to me," Franz said. U.S. military health providers on the ground in Iraq, he said, are committed to helping anyone who comes in.

"If they come in peacefully, we're going to serve them," Franz said. "As an American serviceman, we think we're going to do things that the American public would be proud of."

He reflects back on his military experience every day when treating patients in Rochester. When he participated in Hurricane Katrina relief, he found the local commander (who happened to be the public-health director).

He asked what the person's "intent" was. Next, he determined what personnel and security were needed. He then made plans to implement the health director's

World War II, Kasulke said, was 30 percent. Today, the mortality rate from improvised explosive devices, blasts and missiles hovers at 6 to 7 percent, he said.

"It's just unbelievable, I think, the survival rate," Kasulke said. Part of the reason is military medical professionals who get up close and personal with trauma response, with a 400- by 600-yard base close to the action in a medical tent, as Franz and his team did "far forward."

"You're seeing the men and women who go out and serve," Franz said.

The Forward Surgical Team was close enough to "hear the IED explode and five minutes later you can have that soldier in front of that surgeon." That saves Soldier's lives. Every injury as relatively minor as a sprained ankle gets documented analyzed.

The injured don't stay long on-site. Once stabilized, they're shipped out via helicopter. Many times, the evac helicopter is getting ready as the patient is rolling in, Franz said.

After the wounded Soldier leaves, there's a weekly teleconference to check on recovery. For health providers who want to serve their country, Franz said, it can be a short-term commitment.

Kasulke, though, has been a military medical provider since age 31.

"The reason I stay in is because the folks that I serve with inspire me," he said. "They actually bring me forward ... I can never keep my voice steady when I say that."

Health reporter Jeff Hansel writes a blog Pulse on Health at [www.postbulletin.com](http://www.postbulletin.com). Follow him on Twitter @JeffHansel



During a recent tour of the Gonda Building in Rochester, Army Reserve Maj. Gen. Robert Kasulke, left, and Army Reserve Col. Walter Franz discuss how training and service by medical professionals benefit both military personnel and civilians. Photo by Elizabeth Nida Obert/Post-Bulletin

goals. That's a three-step process coming directly from his military training.

"One of the things you learn sort of right up front is, nothing is impossible," Kasulke said. If you don't have the resources you need, you get help and within a day or so "everything is clicking."

The bullet wound mortality rate during

# America's Employers Want to Hire You!

Story by Elaine Wilson, American Forces Press Service



WASHINGTON - Are you looking for employment post-deployment? Or a civilian career change?

American employers are proud to support your service to our Nation; they want to hire YOU and currently have thousands of jobs that require the skills our Citizen Soldiers bring to their businesses.

Let the Employer Partnership Office of the Reserve Components of the US Army be your gateway to these jobs.

Go to: <http://www.jobcentral.org/vet-central/army-reserve-employer-program/> to log on to our portal.

You'll find job listings from more than 800 employers who have signed partnership agreements with the Reserve Components of the US Army. These employers are currently seeking employees who are trained and skilled in their fields, employees who are leaders, want a challenge, have high ethics and morals and are drug free.

In other words - these jobs require the skills you've acquired with your military service - transportation, law enforcement, marketing, law, accounting, medical, logistics, management, city planners, etc. Whatever your MOS is - America's employers have thousands of jobs listed here!

You may have left a low-paying or

hourly wage job when you deployed, and now after the incredible responsibilities you've had in theater you find yourself ready for a new and exciting job.

We understand your frustration and your concern that you will be able to find a position that challenges and inspires you; that pays a good salary with benefits for you and your Family; and a job with an employer who understands you may be called away again to serve your Nation.

Let us help you find a new job; even a new career.

What have you got to lose? That new job is just a few clicks away.

## Community Gym Aids Reserve Troops

Story by Lt. Col. William D. Ritter, Army Reserve Medical Command Public Affairs



PINELLAS PARK, Fla. - Members of the 7201st Medical Support Unit (MSU), an Army Reserve unit from Gainesville, Fla. honored Joe Cirulli and Jan Matkozich, owner and general manager of the Gainesville Health and Fitness Center, in a brief ceremony on Sunday, December 13.

The fitness center provided free access to its facilities for Soldiers to use on battle assemble weekends. Soldiers then were

able to complete their required physical fitness training using the center's state-of-the-art exercise facilities, which greatly enhanced their physical readiness.

Awards were presented on behalf of Maj. Gen. Robert J. Kasulke, Commanding General of the Army Reserve Medical Command. Maj. Gen. (Ret.) David Kratzer, Associate Vice President for Student Affairs, at the University of Florida, was the guest speaker.

According to unit administrator, Da-

vid Nicoll, the gym went above and beyond to accommodate the unit.

"They did everything possible to accommodate our needs, to include opening earlier to enable us to go in before the work day began," he said. "We couldn't have asked for a better set-up for our Soldiers to exercise. They are true patriots."

The unit provides trained medical professionals to deploy and, medically treat U.S. and Coalition forces, contractors and enemy combatants.

## Stultz Reappointed to CAR



WASHINGTON, D.C. - The Honorable Robert M. Gates, Secretary of Defense, has announced that the President of the United States has nominated Lt. Gen. Jack C. Stultz for reappointment to the grade of Lieutenant General in his current position. Upon Senate confirmation, Lt. Gen. Stultz will continue to serve as Chief, Army Reserve and Commanding General, U.S. Army Reserve Command.

As the senior leader of the Army Reserve, Stultz is responsible for the crafting and execution of all plans, policies and programs affecting Army Reserve Soldiers

as well as for providing trained and ready units and individuals to mobilize and deploy in support of the national military strategy.

During his current tenure as Chief, Army Reserve and Commanding General, U.S. Army Reserve Command, Lt. Gen. Stultz has led the transformation of the Army Reserve from a strategic reserve organization into a fully operational force. Lt. Gen. Stultz will continue to operationalize the Army Reserve, while shaping and sustaining the force, to ensure that it is recognized and resourced as America's premier reservoir of shared military-civilian skills and capabilities that supports and defends the Nation. He will also further develop

an enterprise approach aligning functions, processes, and working relationships to effectively and efficiently generate trained, equipped and ready forces for combatant commanders.

In addition, Lt. Gen. Stultz plans to continue to address BRAC related issues to ensure that the Army Reserve achieves its congressional mandates.

"I am honored to have the privilege to continue to serve alongside of the 206,000-plus Warrior-Citizens who live and work in thousands of communities across our country," Stultz said. "It is my goal to make certain that they are trained, battle ready, and Army Strong."

# Couple Serves Together in Afghanistan

## Medic Enjoys Her Leave After Serving Overseas with Husband

Story by Laura Newell, Telegraph Staff Writer, Courtesy photos.



FOLSOM, Calif. - Less than seven months ago, enemy sniper fire rained down on Natalie Thomas as she tended to a wounded man.

Now Natalie, 23, sits alongside her husband Jordan Thomas, 24, in her parents' home in Folsom. They're on leave from serving together in Afghanistan.

The couple met in the military and, they say, instantly fell in love.

"He noticed me before I noticed him. There are only a handful of girls," Natalie laughed.

Their story, however, began with their individual decisions to serve in the military.

Natalie graduated from Folsom High in 2004 with her twin sister Katelynn Kapki, 23.

They grew up in Folsom with parents Rick and Cindy Kapki.

Due to their involvement with the high school music program, the sisters decided to join the military reserve band in March 2004.

After being a part of the 191st Army Reserve Band for two years, Natalie decided to change direction and work as a combat medic.

That's when Natalie said Jordan spotted her right away.

"We worked in different departments and he wanted to work with me so he volunteered to drive the bus that I took," Natalie said.

Jordan's persistence paid off. After just six months of dating, the couple decided to marry.

"When I first saw her I thought she was beautiful. I knew she was special," Jordan said. "We knew it was the right time to get married."

The couple was deployed seven months ago to serve in Afghanistan and said their experience has been intense and fulfilling, but going through it together has been a blessing.

"We don't really see each other because we work different hours, but we try to meet up over meals," Natalie said.

Currently, the couple lives in separate male and female tents while serving in Afghanistan due to military rules. But, they

hope to live together in the future.

"Just being able to talk helps. You get to see them and vent," Natalie said. "We are blessed because we are together. Some military couples are split apart."

### A DAY IN THEIR LIFE

While in the Kandahar Air Field in Afghanistan, Natalie explained that an average day begins at 5:30 a.m. and ends around



7 p.m.

"By 6:15 a.m. I am in the chow hall eating breakfast, and at 7 a.m. I run sick call," she said. "We provide medical support if anything should happen."

Jordan said he begins his day much the same way then heads straight to the Company Intelligence Support team. He works in the Tactical Support Center tracking everything happening around them.

He said his day ends between 9 p.m. and midnight.

Natalie explained it is very common to interact with locals while serving in Afghanistan and many times locals are paid to help clean and work around their living centers.

"They like us there, but when going into the Kandahar city, it is a hit or miss," she said. "Sometimes kids will throw rocks at us, but you can't blame them because it's how they are raised."

Currently she said she is one of about 30 female medics in the area, therefore she is responsible for examining females. This job, she said, has led to many dangerous and emotional experiences.

"Going out on convoys my first time last August was very scary," Natalie said.

"On one convoy an Afghani was shot and I ran out to help. ... After I was patching him up, I was shot at by a sniper. It was a total ambush. It was so

sad because we were there trying to help."

Jordan said the biggest misconception of the war by citizens stateside is they think Iraq is more dangerous than Afghanistan.

"If we can provide assistance and security to the people there, then they will generally be on our side," said Jordan.

### HOME AT LAST

While the couple spends two weeks at home in Folsom, and said they plan to relax.

Jordan's mother flew from their home in Idaho to Folsom to spend time with her son and in-laws.

"I'm so proud of him," said Donna Thomas, Jordan's mother.

The Kapki Family kept the Christmas decorations up this year until Natalie and Jordan returned home.

"It's nice to have a box of memories to go back with," said Rick.

The couple said that while they enjoy serving in the military, they are ready to start their Family and return home. "Our plan now is to get out, probably in about nine more months," Natalie said. "We want to start a Family and I don't want to be a mom in the military."

"My husband is on a tour of duty in Afghanistan and I was finding it difficult to balance work and taking care of the children.

It was becoming an overwhelming and exhaustive challenge. My stress level was very high and my productivity at work was being affected. "I didn't know where to turn." I reached out to Army One Source and I gave them a call. The consultant was extremely attentive to my needs and was able to answer all my questions. He put me in touch with some support groups in my community and sent me some great information regarding building trust, resolution techniques, and keeping in touch with friends. These materials were sent to my home at no cost to me."

The U.S. Army can help you with the everyday life issues that are faced by Soldiers and their families through on-base agencies. Army One Source is a go-to resource available to provide the support you need and help with all the demands that are placed on your life.

For more information call Army One Source today:

From the U.S.: 1-800-464-8107

From Germany, Italy or Netherlands call: 00-800-464-81077

From Japan:

TTJ: 0041-800-464-81077

IDC: 0061-800-464-81077

KDD: 001-800-464-81077

NTT: 0033-800-464-81077

From South Korea:

From a DSW line dial: 550-ARMY (2769)

KT: 001-800-4648-1077

DARCOM: 002-800-4648-1077

Or call collect from outside the U.S.: 1-484-530-5889

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**ARMY**  
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# Military Families Gain Access to Free, Online Tutoring

Story by Elaine Wilson, American Forces Press Service



WASHINGTON - The Defense Department has launched a free, online tutoring service for servicemembers and their Families.

The site <http://www.tutor.com/military> -- offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army Families have had access to the program for more than a year. Seeing the value, Defense Department officials decided to expand the service to encompass all servicemembers and their Families, officials said.

"Providing 24/7 academic and career support for military Families during a time when so many parents have a deployed spouse has been an important and well-received benefit for Marine Corps and Army

Families," said Tommy T. Thomas, deputy undersecretary of defense for military community and Family policy.

"We are pleased to expand this program to all U.S. military Families and provide peace of mind that their children are never alone when it comes to learning there is always a certified, professional tutor available to help," he said.

Active-duty servicemembers, National Guard and reserve personnel on active duty in a deployed status, Defense Department civilians in a deployed status and their dependents are eligible to participate, officials said. Along with test preparation, the site is open to students of any age from kindergartners to high school seniors for one-on-one help in math, science, social studies and English.

Many of these students, officials said, are making the most of the live, one-on-one

help. "Thanks for having this service when our Family is separated at this time due to deployments and training," a 6th grader of a Marine commented. "My father is unable to help one-on-one."

"I really appreciate this," another program participant, a 9th grader, said. "It really helps me understand my schoolwork. It's going to really help me ace my exams coming up! I am definitely going to use this very often."

Tutor.com's network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said. Each tutor is certified through the site, and all sessions are recorded for quality control.

Related Sites: [www.tutor.com/military](http://www.tutor.com/military)

# Military Families Get Free Access to Caregiver Network

Story by Elaine Wilson, American Forces Press Service



WASHINGTON - Military Families now have free access to an online network of quality caregivers who can assist with everything from babysitting to dog walking.

Sittercity is the nation's largest online source for local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors, and contains more than a million caregiver profiles, officials said.

Military members and their Families can activate their membership by going to <http://www.sittercity.com/dod>.

The Sittercity Corporate Program, funded by the Defense Department, offers military Families -- including active duty, Guard and Reserve -- with a paid membership to the site.

"We believe that access to Sittercity's nationwide network of quality care providers will be highly beneficial to our servicemembers and their Families," said Tommy

T. Thomas, deputy undersecretary of defense for military community and Family policy.

The paid membership enables military Families entry to a custom-built Defense Department Web site portal where they can match up caregivers to their situation; gain instant access to caregiver profiles that include background checks, references and reviews; and find military-certified care providers as well as caregivers who are military-subsidized and authorized access to a military installation.

The site will help meet the unique needs of military Families as they face deployments, long hours at work and assignments to remote locations, Thomas said.

"Because of the mobile nature of military life, trusted community resources are often difficult to identify and locate," he acknowledged. "These online tools will help service and Family members attain the best match between resource and need."

Thomas said servicemembers and their Families can rest assured that they're being provided with top-notch care. The site "links military Family members with somebody that the Department of Defense says, 'We've entrusted you to provide this service to our people,'" Thomas said.

"If that military member is out on the front line knowing that the Family back home has a sense of ease and comfort, life is good for everybody," he added.

While the membership is free, servicemembers will be responsible for the hiring and payment of caregivers, officials said.

Military members and their Families can activate their membership by going to <http://www.sittercity.com/dod>.

Related Sites: Sittercity; <http://www.sittercity.com/dod>



Frank Varano, a contractor with the health facility project office, tours the Vicenza military community's new health clinic with Maj. Gen. Kasulke.

## Army Reserve Medics May Help Make A Difference in Africa

Story by Mr. Rick Scavetta, photos by Sgt. 1st Class Kyle Davis, U.S. Army Africa Public Affairs.



VICENZA, Italy – Army Reserve medical support for upcoming U.S. Army Africa missions was the main topic during Maj. Gen. Robert Kasulke's recent visit to Caserma Ederle.

Kasulke, commander of the U.S. Army Reserve Medical Command, wrapped up a two-day visit to U.S. Army Africa headquarters on Mar. 17. During his stay, Kasulke met with senior U.S. Army Africa staff and toured garrison medical facilities – to include the final stages of construction of Vicenza military community's new health clinic.

"The point of my visit is to work U.S. Army Africa to get Army Reserve medical personnel more involved in missions in Africa," Kasulke said. "We have a huge pool of fully-trained and certified medical folks that we can draw from. And there are great

opportunities for medical missions on the African continent."

Without assigned forces, U.S. Army Africa relies on support from other Army units to assign Soldiers for missions in Africa, said Col. Alfonso Alarcon, U.S. Army Africa's senior medical officer. U.S. Army Africa needs to have a strong relationship with Army Reserve medical leaders to access Reserve medical staff for exercises, outreach clinics and familiarization events in Africa, Alarcon said.

"There are tremendous ways for Army Reserve medical Soldiers to make a difference and advance global security objectives through real-world training with our land forces partners in Africa," Alarcon said.

Medical officers play a large role in U.S. Army Africa engagements, to include the 2009 exercise MEDFLAG in Swaziland. Another MEDFLAG exercise is being

planned for central Africa this summer.

In October 2009, when a pregnant Ugandan woman arrived at a U.S. Army clinic during exercise Natural Fire 10, a U.S. Army Reserve officer – who happened to be a labor and delivery nurse in her civilian job in Abilene, Texas – helped the woman deliver her newborn son. Her efforts are one example of what Army Reserve medical staff can bring to military missions in Africa, Kasulke said.

For Army Reserve medics, taking care of patients overseas, in places that often lack quality healthcare, is a "soul-satisfying mission," Kasulke said.

During the recent visit, Command Sgt. Maj. Roger Schulz, the Army Reserve's senior medical noncommissioned officer, accompanied Kasulke, a vascular surgeon from upstate New York who took command of the Florida-based Army Reserve

Medical Command in October 2009.

More than 28,000 Army Reserve Soldiers serve in medical roles. For several years, Reserve medics conducted training and exercises in place like Central America – experience that can be applied to U.S. Army Africa's future missions, Kasulke said.

Some African medical officers are seeking help to develop better medical care, such as surgery centers and clinics. The Army Reserve has experts in establishing medical systems – from managers to professors – who could help organize assistance with that process, Kasulke said.

“The end point would be to help African partners develop systems that enable us to step back and they can carry on,” Kasulke said.

His command also has planners with experience organizing medical event that could help U.S. Army Africa staff, as the command continues to conduct military

familiarization events on medical topics, where U.S. Army officers and NCOs discuss their profession with their counterparts.

Maj. Terry Clark, a U.S. Army Reserve officer, is on active-duty orders serving as a medical planner and physician assistant in the command's surgeon office. Clark has recently led medical mentoring missions in Botswana, Malawi and Morocco.

“Working with African military medical officers offers a great opportunity for both U.S. Army Africa and the land forces of our African partner nations to build relationships that can lead to future events in the medical field,”



Ms. Kathleen Martin, a contractor with the healthcare facility in Vicenza's military community discusses issues with Maj. Gen. Kasulke.

Clark said. “We share information on how U.S. Soldiers conduct healthcare and also learn a lot about how medicine is practiced in Africa.”

## Army Reserve Prepares for Post-Conflict Requirements

Story by Donna Miles American Forces Press Service



WASHINGTON - After World War I, a hit single begged the question, “How do you keep them down on the farm after they’ve seen Parade?”

With the drawdown of U.S. forces under way in Iraq and plans announced to begin reducing forces in Afghanistan after July 2011, Lt. Gen. Jack C. Stultz, the Army Reserve chief, is facing a similar quandary.

His big question is: “How do you keep the Army Reserve relevant, and its Soldiers motivated, if it's allowed to revert from an operational reserve to its pre-war strategic-reserve status?”

Stultz told a recent assembly of reserve Soldiers that he wants the Army Reserve to continue supporting the total force and to keep its combat hardened capabilities sharp after the current conflicts end.

With proven battlefield successes and an Army force generation process instilling predictability into training and deployment cycles, an operational Army Reserve can continue to fulfill critical military missions, he said.

“There are a lot of requirements out there today from all the [combatant commands] that are going unmet because of the demand in Iraq and Afghanistan,” Stultz said. “And I think, long-term, if we put

them in the global requirements system, there will be plenty of opportunities for reserve-component Soldiers to go do things in the future, even with a drawdown in Iraq and Afghanistan.”

With a heavy concentration on combat-support and combat service support capabilities, the Army Reserve has a lot to contribute toward combatant commanders' security cooperation engagements, he said.

Stultz pointed to medical and engineering exercises in which the Army Reserve regularly engages within U.S. Southern Command's area of responsibility.

Navy Adm. James Stavridis, U.S. European Command and NATO commander who previously served as Southcom commander, said these medical engagements “do more than anything else we do to enhance relationships with the United States, and the way people in those countries view us,” Stultz said.

Rather than limiting these missions to the current two to three weeks, Army reservists could serve longer tours, Stultz said, all within their regularly scheduled force-generation cycles.

The Army introduced the force-generation training and deployment cycle concept in 2006 to ensure there's always a pool of trained, equipped and deployment-ready troops. For the Army Reserve, the

plan means reservists can expect to deploy for up to a year once every five years.

“What I would like to be able to say in the future is, plan a 12-month engagement,” Stultz said, with Army Reserve medical units pulling longer tours – potentially 90 to 120 days longer -- to support it. “We could really do a first-class support mission,” he said, possibly rotating various reserve units through for its full duration.

Citing potential missions within U.S. European Command, U.S. Africa Command and U.S. Pacific Command, the general noted “a huge potential to really leverage a lot of capabilities – from logistics to engineers to civil affairs to medical to you name it – to have a huge impact out there.”

The plan would enable Army reservists to maintain their skills, Stultz said, while giving them the predictability of knowing they would be on tap for deployments only one in every five years.

Stultz said his most recent Thanksgiving and Christmas visits to Iraq and Afghanistan reaffirmed how far the Army Reserve has come as an operational force.

“When you get out there in Iraq and Afghanistan and see U.S. Army Reserve units in action, they can hold their own.”

# Reserve Medical Soldiers Rise to Become the Army's Top Medic Team

Story by Master Sgt. Enid Ramos-Mandell, Army Reserve Medical Command Public Affairs. Courtesy photos.



PINELLAS PARK, Fla. - Two Army Reserve Soldiers were named the top medic team in the Army during the 7th Annual Expert Field Medical Competition (EFMC).

Staff Sgt. Bjoern J. Pietrzyk and Sgt. Charles L. Smith, from the 5502nd United States Army Hospital (USAH), Aurora, Colo. won the best medic team title after besting 35 other teams. The EFMC is an annual competition featuring a continuous and realistic simulated combat environment in which medical Soldiers endure 72 hours of challenges over six days.

This year's competition was held at Camp Bullis, Texas from October 19-24, 2009. The competition is the most strenuous of any Army Medical Department (AMEDD)

competition due to the extreme physical and mental demands.

To qualify for the EFMC, competitors must have the Expert Field Medical Badge (EFMB) or the Combat Medical Badge (CMB).

Staff Sgt. Pietrzyk and Sgt. Smith were mobilized, and attached to the Heidelberg, Germany Medical and Dental Activity (MEDDAC) when they competed in the European EFMC competition. Their victory in Europe qualified them for the 2009 AMEDD EFMC.

"Winning the European Regional Medical Competition (ERMC) was a must in order to compete in the AMEDD Expert Field Medical Competition," said Smith.

"The competition was very intense and it definitely prepared both of us physically and mentally for the AMEDD competition," he added. "The European Regional Medical Competition not only put on a great competition, but it helped me progress in my field medic skills."

The eight events, six day competition consisted of:



TOP: Staff Sgt. Bjoern J. Pietrzyk and Sgt. Charles L. Smith, from the 5502nd United States Army Hospital compete in the 7th Annual Expert Field Medical Competition on their way to victory in October. RIGHT: Pietrzyk and Smith are congratulated by Lt. Gen. Eric B. Schoomaker, Surgeon General of the United States Army and Commanding General, U.S. Army Medical Command.

A physical fitness assessment; An 18-station obstacle course; Weapons qualification on both the pistol and rifle; Testing on warrior tasks from the Soldiers Manual of Common Tasks; A six-hour land navigation challenge; A written test on medical procedures; A reaction-style evaluation event, where the teams carried aid bags and equipment while conducting medical operations in a tactical combat casualty care environment; Medical and casualty evacuation tests; Warrior skill tests; Communication and written tests; and lastly, a 16-mile foot march with full combat load.

For Pietrzyk and Smith the road march

was the toughest part of the competition.

"We didn't know the final distance while marching, it was a tough race against the others" said Smith. "When we saw the finish line, it just happened to be 16-miles later."

According to Pietrzyk, the final road march at the end of the 72- hour competition took everything out of him.

"I never felt as broken as I did during the last 500 yards of the 16-mile march; I had to kick myself in order to push through," he said. "It was by far the hardest road march I had ever completed."

Pietrzyk believed 'feeling' the other teams behind him made him push his limits. Smith stated that each competitor had their strengths and were very good. He had no idea who was near the top and winning was quite a surprise at the end.

The competition consisted of 35 team allocations, distributed among all Army commands. Teams represented units from across the continental U.S. and locations overseas,

including; Alaska, Hawaii, Germany, Italy and Korea.

Pietrzyk has been in the Army Reserve



for almost 6 years. He deployed to Iraq and Germany.

"I'm a firefighter and my employer, the Littleton Fire Rescue (Littleton, Colo.) fully supports me when I'm on my deployments," he said.

Smith has mobilized twice in his 3-years of service, once to Fort Carson Evans Army Community Hospital and once to Heidelberg. He is a diagnostic radiology technician with Exempla Good Samaritan Medical Center, Lafayette, Colo.

"My employer, not only supported me,

but they constantly communicated with me during my deployment," he said.

Pietrzyk and Smith contribute their success to the 5502nd's constant training throughout the year and the 100% support the Heidelberg MEDDAC gave them.

"It didn't matter to MEDDAC that we were Reserve Soldiers filling in downrange," said Smith.

"Our Soldiers in Heidelberg kept us on our feet," said Pietrzyk.

While serving in Germany, both Soldiers were given the opportunity to participate in

the German Army Proficiency Badge, the

Berlin Marathon, German Army Shooting Badge and German Army Sports Badge that helped them in their success for the win

Pietrzyk encourages every medic to go for this title.

"I will never forget what I learned and would like to see more Army Reserve Soldiers enter the EFMC," he said.

**Editor's note:** If you are interested in participating in the 2010 EFMC visit <https://www.us.army.mil/suite/page/621281>.

If you have any questions, feel free to contact Sgt. 1st Class George T. Koranyi (NCOIC) or Maj. Jim Hall (OIC) at 221-4228/4227, FAX 210-221-4540; email: [george.koranyi@us.army.mil](mailto:george.koranyi@us.army.mil) or [jim.h.hall@us.army.mil](mailto:jim.h.hall@us.army.mil).



Staff Sgt. Bjoern J. Pietrzyk and Sgt. Charles L. Smith, from the 5502nd United States Army Hospital show off their awards for winning the 7th Annual Expert Field Medical Competition as best medics in the Army.

## Medical Soldier Awarded Scholarship

Story by Master Sgt. Enid Ramos-Mandell, Army Reserve Medical Command Public Affairs. Courtesy photo.



PINELLAS PARK, Fla. - On February 27, Col. Joy Ream, commander of the 2nd Medical Training Support Brigade presented Staff Sgt. Brandi Taylor-Cuevas with a five hundred dollar check.

The check is part of the United States Army Reserve Enlisted Scholarship Program and is exclusively administered by the Army Reserve Association (ARA) and funded by the United States Automobile Association (USAA) - at no cost to the Soldier.

Staff Sgt. Taylor-Cuevas is one of the 50 ARA/USAA recipients of the 2009 United States Army Reserve Association (ARA) Scholarship. The scholarship is provided to the United States Army Reserve Enlisted Soldiers and their dependents and has offered 545 totaling approximately \$272,500.00 in the past 11 years.

"It was pretty awesome to have been selected for this award. I'm a stay at home mom and both my husband and I are attending college so this is a breath of relief, stated Staff Sgt. Taylor-Cuevas

The candidates for the award must not be flagged or have pending disciplinary actions, be qualified in their assigned position's MOS; attending or entering an institution of higher learning; or be a military dependant registered in DEERS.



Command Sgt. Maj. Juan Solis, 7304th Medical Training Support Battalion congratulates Staff Sgt. Brandi Taylor-Cuevas on her receipt of the ARA/USAA Scholarship.

Staff Sgt. Taylor-Cuevas is a member of the 7304th Medical Training Support Battalion. She is currently attending the University of Texas in San Antonio and scheduled to graduate in 2011 with degrees in Psychology and Kinesiology. Her long term career goal is to earn a Doctorate in Psychology.

Staff Sgt. Cuevas-Taylor is married to

Sgt. 1st Class Benjamin Cuevas; they have two daughters, 8 months and 2 1/2 years young and reside in San Antonio.

For more information on how to apply for this scholarship go to: [www.armyreserve.org](http://www.armyreserve.org) or write to: Army Reserve Association, FSC, PO Box 711, Winfield, Kan. 67156, or call: 1-800-ARMYRESERVE.

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