

RAILSPLITTERS

FALL 2010

84th TNG CMD



Strike Hard

THE NEW 84TH TRAINING COMMAND
78TH & 91ST CSTXs



From the Railsplitters Staff...

Welcome to the re-emergence issue of the Railsplitters magazine. This is YOUR magazine, about YOUR team, YOUR squad, YOUR platoon, YOUR company, YOUR battalion, YOUR brigade, YOUR division and YOUR command. We want to provide as much coverage across the 84th as we possibly can. The 84th covers from Fort Knox to Fort Dix to Fort Hunter Liggett to Fort McCoy to Phoenix to Atlanta and lots of places in between. We can't be everywhere, but with your help, we can cover quite a bit. We welcome your articles, photos or story ideas. We have a few guidelines and if you send us an email, we can let you know what we need and how we need it. We have big plans. We hope to have a print version of the magazine as well as an online version. We have an 84th Facebook page and want to expand that. We plan on a photo page for sharing photos and will send out the details to that later. With the mission of the 84th, there are lots, LOTS of photo and story opportunities. Help us spread the word.

Enjoy this first issue, and let us know what you think. We're always up for constructive criticism.

The Editor and the 84th Public Affairs Office

84th Training Command

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“Training and education are two different things. Training gives you a skill set to perform a specific task. Education provides you with academic theory for problem-solving issues.”
~ Master Sgt. Juan Lopez, USMC

Front cover: The ‘Strike Hard’ emblem of the 84th Training Command at the entrance to the temporary headquarters building located on Fort Knox, Ky.

Back cover: Sgt. Thomas Mitchell Owens, a Vietnam veteran and member of the 352nd Combat Support Sustainment Battalion, Macon, Ga., still serves his country during the CSTX at Fort Hunter Liggett, Calif.



Are you in an over strength MOS without much of a promotion future? Are you an E-6 or below looking for a change to a military career with skills you can use in a civilian career? If you have a GT score of 107 or higher, US Army Reserve Public Affairs has open E-5 to E-8 positions across the country. Contact the 84th Training Command PAO for details.

<http://www.facebook.com/84thTrainingCommand>

Taking shape: New PT program relates to Soldier tasks

By Kris Gonzalez
Fort Jackson Leader

FORT JACKSON, S.C. -- From zero to 300 in three phases.

That's the goal for Soldiers participating in the Army's new physical fitness training program being implemented at Initial Military Training schools here at Fort Jackson.

"We've created an Army physical readiness training program that supports Army Force Generation (ARFORGEN), which means how units are going to deploy, how they're going to fight, how they're going to re-deploy -- reset or refit, and then deploy again back to the box," said Frank Palkoska, director of USAPFS.

"Physical training prior to the war wasn't really linked to what Soldiers had to do task performance-wise," Palkoska said. "We looked at how to link physical training to the performance of the tasks that the Soldiers had to do, whether it was combat related tasks or tasks related to their specific (military occupational specialties)."

"Well, the common core of what military people do is warrior tasks and battle drills, some of the most basic things they train for in basic training," said USAPFS's deputy director, Stephen Van Camp. "We developed the training to support the successful completion or performance of those warrior tasks and battle drills."

The PRT is broken down into three phases: initial, toughening and sustaining.

During the initial conditioning



Staff Sgt. Antonio Irving, a drill sergeant with the U.S. Army Physical Fitness School, demonstrates the heel-hook, one of five climbing drills added to the new Physical Readiness Training regimen taught to Initial Military Training Soldiers.

phase, prospective Soldiers begin training according to a pocket PT guide given to them at their recruiting stations to help them adapt to PT before entering BCT, Van Camp said. Once the Soldiers come into BCT, they enter the toughening phase, in which they learn the Army's foundational fitness and fundamental movement skills.

As they move to Advanced Individual Training, they enter the sustaining phase, then continue increasing their fitness levels at their gaining units and throughout deployments.

During each phase, Soldiers participate in different variations of ground and off-ground training as well as combatives to work on three fundamental components of PRT: strength, endurance and mobility, Van Camp said.

One significant change to the PRT is that in order to prevent injuries, the new program limits the number of repetitions for each exercise. In the past, Soldiers were required to do 50 to

100 reps for some exercises. In the new program, they are limited to doing five four-counts in the beginning stages, and work their way up to 10, or work on timed sets or circuits, Palkoska said.

The new program also has significant differences in running requirements. Soldiers will now run for time and are allowed no more than 30 minutes of running during any given session. Speed running is required once per week, to include training such as hill sprinting and shuttle runs.

"The key is to run faster, not longer," Palkoska said. "Because the longer you run, the more predisposed you are to overuse injuries.

"And Soldiers in combat don't run long distance," he said. "They run very, very short distances as fast as they can ... to get out of danger."

*For full article please visit:
<http://www.army.mil/news/2010/03/11/35645-taking-shape-new-pt-program-relates-to-soldier-tasks/>*

From the Boss...

A look at where we've been and where we're headed

Fellow Railsplitters, welcome to the start of the new Training Year (FY 2011). As we look back and reflect on FY 2010, we should be proud of our accomplishments. The 84th Headquarters moved from three separate locations to one - Fort Knox, Ky.; we assumed our new mission of executing the Army Reserve Training Strategy (ARTS); and underwent command and control (C2) realignment. We did all of this without missing a beat in executing our old mission of conducting officer and noncommissioned officer education - what a tremendous feat -thank you!

This training year, we will begin the implementation of our Interim Final Operating Capability (IFOC). As part of the IFOC process, we will continue a national realignment of units and people to ensure we can successfully execute our new mission. To help emphasize the importance of our mission and better empower our subordinate commands, the three training brigades of the 84th were re-named to Training Divisions on 1 October 2010. They are the 78th at Fort Dix, N.J., the 86th at Fort McCoy, Wis., and the 91st at Fort Hunter Liggett, Calif. The Regional Training Centers at Forts Dix, McCoy and Hunter Liggett are also now aligned under the divisions co-located on those installations.

Our new mission is to as-

sist command teams in the Army Reserve in assessing and certifying the readiness of their units and leaders as they prepare for upcoming deployments and contingency missions. We do this by executing National Training Center-like exercises known as Warrior Exercises (WAREX) and Combat Support Training Exercises (CSTX). In addition, all Soldiers deploying go through one of our RTCs to ensure their individual skills are ready for the challenges downrange. What a great mission we have at the 84th - what we do saves lives and serves as a critical enabling function for our operational

“What a great mission we have at the 84th - what we do saves lives and serves as a critical enabling function for our operational force.”

force. I constantly hear stories from deployed troops and leaders how something they learned or experienced in one of our exercises or centers saved their life and made a difference in getting the mission done.

Sometimes change means we must say goodbye to units. During this year the 70th Training Division (Fort Knox) will begin the difficult task of closing its doors and deactivating. I know all of us will always remember the outstanding legacy and contributions the “Trailblazers” have made to our Army.

In the summer of 2011, the



Maj. Gen. Jeffrey W. Talley
84th Training Command

84th Training Command Headquarters will relocate to Building 203 at Fort Knox, where we will display the rich military history of the "Railsplitters" throughout the building. This is a 5-star facility and exactly what the hard working Soldiers and Civilians of the 84th deserve. A special thanks to Lt. Gen. Ben Freakley, the commanding general of Fort Knox for this magnificent building.

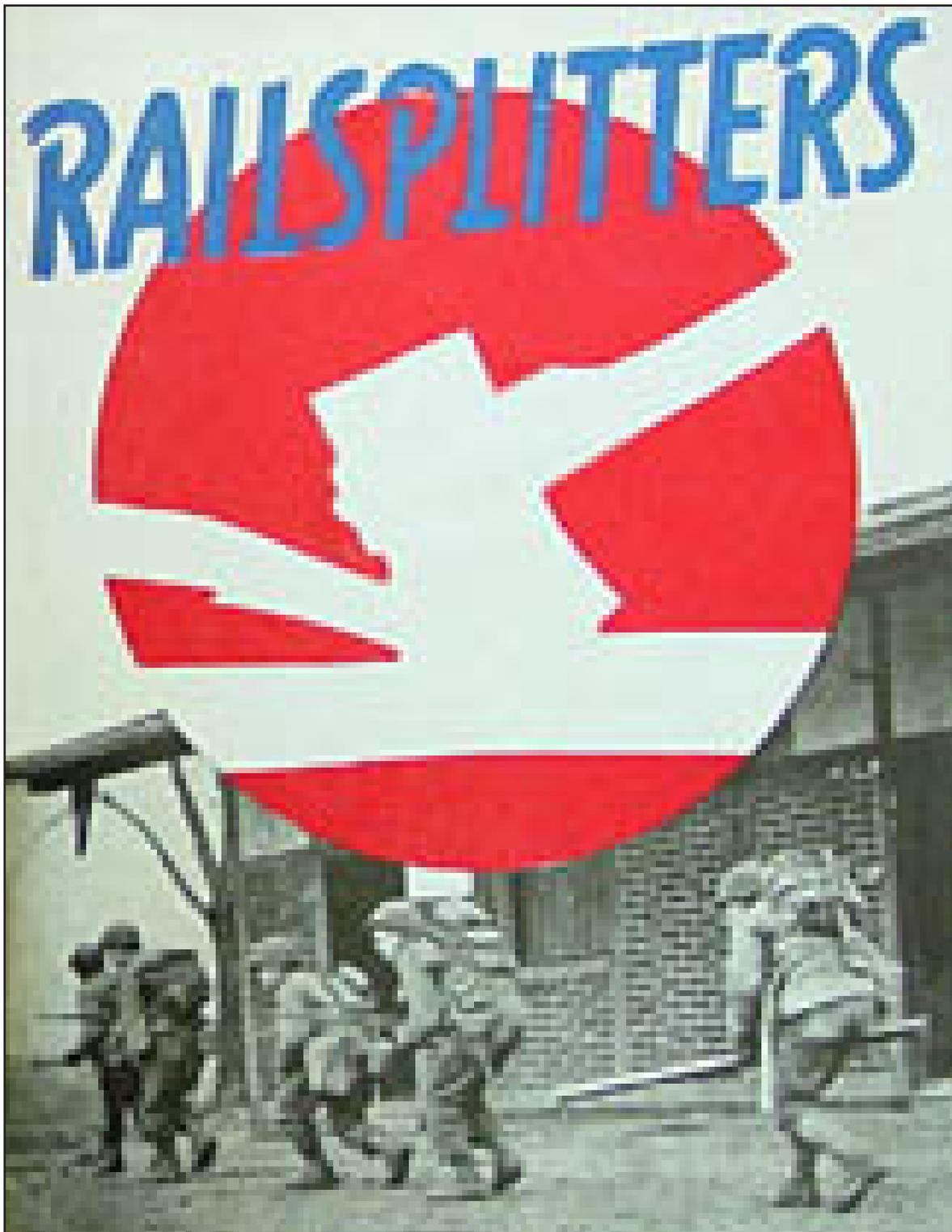
As we begin this new training year, let us be mindful of the great unit we have, and the tremendous responsibility that goes with our new mission. I know all of us are up for the challenge - remember to “Strike Hard” and make a difference!



History of the 84th

84th Division History

"Railsplitters" is a small booklet covering the history of the 84th Infantry Division. This booklet is one of the series of G.I. Stories published by the Stars & Stripes in Paris in 1944-1945. To read the booklet about the 84th and other divisions during WWII, go to: http://www.lonesentry.com/gi_stories/index.html



CSM Comments...

NCOs Need To Get Back To The Basics

I can't believe it's already November, one month into the new fiscal year and there is so much going on. Here at Fort Knox, or Fort Construction as I sometimes call it, the post is busy with renovations, road crews, moving trucks, moving in and out, etc. At the 84th Headquarters, we've gained enough temporary space to hire all our full time staff and provide adequate space for our TPU Soldiers until our move into Crow Hall, building 203, which cannot come soon enough but will be well worth the wait.

With this being the first article I write for the "Railsplitters" I want it to be short and to the point in order to convey my responsibility to you, to mentor, coach, teach and to ensure you grasp my intent.

So, even though this first article is geared towards the enlisted force, my objective is for all whom read, to gain knowledge and insight of the NCO Corps.

"No one is more professional than I, I am a Noncommissioned Officer, a Leader of Soldiers, ... I realize that I am a member of a time honored Corps, which is known as the backbone of the Army". These first words from the Creed of the Noncommissioned Officer need to be taken seriously by every NCO, from corporal to command sergeants major. Com-

mitting ourselves to excellence in all aspects of our professional responsibility is where our passion begins. Know your role as noncommissioned officers: a professional; the backbone of the Army; train, lead, and care for Soldiers, Civilians and their families. I am very passionate about my role as a NCO. From the day we put hard stripes on our uniform, our duty to serve Soldiers, Civilians, and their families, is our number one priority. My passion for leadership is every bit as strong.

I am sure that none of what will be mentioned here is new to any leader; however,

"These first words from the Creed of the Noncommissioned Officer need to be taken seriously by every NCO, from corporal to command sergeants major."

many times it's the basics we forget. As I travel nationwide throughout our foot print, I talk with many NCO's and junior Soldiers whom I consider to be aspiring sergeants about their responsibilities. Some get it and some simply don't. This tells me one thing - maybe it's time to look within and get back to our basics.

As the two major wars have consumed our time and attention, some may have forgotten the honors and traditions of wearing NCO chevrons. When Soldiers cross over to the our

ranks, it's not about simply removing the specialist rank and putting on sergeant stripes. It's about crossing over from a technically proficient Soldier to a "Leader of Soldiers". First line leaders of new noncommissioned officers need to ensure they know what it means to be a sergeant, what it means to be the "backbone" of the Army, and what it means to have increased responsibility of caring for Soldiers.

This Command is committed to each and every Soldier in its ranks. We intend to bring every new sergeant in the Noncommissioned Officer Corps through a traditional "Induction Ceremony". We will hold the first Noncommissioned Officer Induction Ceremony soon, where all new sergeants as well as

sergeants and staff sergeants that have not been officially inducted will attend and receive their marching orders on responsibilities as a NCO.

This will begin our official mentoring of those newly promoted noncommissioned officers. I don't expect our more senior noncommissioned officer's to wait; we need to continue to take our junior NCO's under our wings to mentor, coach, and train them to take our place. More information will come out soon on the 84th Training Command's Noncommissioned Offi-



**Command Sgt. Maj.
Daniel J. Zebrauskas
84th Training Command**

cer Induction Ceremony.

“Taking care of Soldiers” encompasses many responsibilities we have as leaders. To “take care” of our Soldiers we must first ensure we take care of ourselves. We must be physi-

cally, emotionally, morally, spiritually, and socially fit. We must ensure our Soldiers show up on time, in the right uniform, ready to work, and with the right attitude. How do we do this? We communicate our intent on a regular basis. We counsel, we talk, and most importantly we listen. How many of you communicate with your Soldiers between battle assemblies? Do you know their families? Have you talked with a spouse, brother, mother, father, or sister of your Soldier? Do you know what they do for a living? Do you know if there are personal problems in their lives? This is our basic responsibility.

I expect all NCO leaders to keep a Leaders Book with information on your Soldiers. Get to know your Soldiers NOW. Commitment to our Soldiers and their families is paramount. If

you as a leader are not committed and passionate about what you do, our Soldiers will know it and conduct themselves accordingly.

The most precious asset we have is each other and our Soldiers must truly know we care for them and their families.

The noncommissioned officers of the 84th Training Command are some of the most professional and dedicated noncommissioned officers I have had the honor of knowing in my 26 plus years of service to the Army. In future articles I will continue to talk about the roles, responsibilities, traditions, and history of our Corps. I truly believe we will get back to the basics of taking care of our Soldiers because we are Noncommissioned Officers, LEADERS! STRIKE HARD!



MANTINO, Ill. -- Master Sgt. Christine Jastczemski, 3rd Battalion, 329th (Information Operations) assists disabled veterans playing Bingo at Illinois Veteran's Home in Mantino, Ill.

“Personally participating in this event as a U.S. Army Reservist and Legionnaire made me realize that the benefits we received were far greater than what we could have offered the veterans, for it is the veteran who helps build our freedom in this country,” said Jastczemski. “May their contributions of service never go unnoticed.”

Photo taken by Don Pristave

The Army Strong Bonds Program –

Soldiers and military couples are confronted with great challenges to their personal relationships. The ever present reality of stressful deployments and lengthy separation contributes to the mixed emotions often felt during reunion and reintegration. Conflict sometimes seems inevitable and problems impossible to overcome.

STRONG BONDS has been designed to encourage a safe and relaxed environment where Soldiers and military couples can learn new skills that help prevent the disintegration of their most important relationships. Strong Bonds unites fun programs with user-friendly, “battle-tested” methods that really work. The 88th RSC provides and funds orders, lodging, meals and travel, ensuring a worry-free weekend for Soldiers and spouses to learn and enjoy. Soldiers who sign up for a retreat sponsored by their Major Army Command have priority in reserving a seat. Soldiers can also apply for a retreat sponsored by another Major Army Command, and will be put on a waiting list. If there are open slots at the retreat 30 days prior to the event, Soldiers on the waiting list will fill those slots in the order they applied.

MARRIAGE ENRICHMENT (MEWR)

This Strong Bonds Marriage Weekend Getaway is designed specifically for the married Army couple. Strengthen the marital bond through marriage education, better communication, and relationship enhancement.

SINGLE LIFE ENRICHMENT (SSR)

This Strong Bonds Singles Getaway focuses on the skills of finding the best version of you. Single Soldiers learn decision-making, goal-setting and relationship-enhancement skills in a very interactive environment.

MILITARY FAMILY ENRICHMENT (Family)

Military Families work and learn together in this weekend retreat, with focus on the skills that help military families stay strong.

For more information:

www.strongbonds.org

or contact our Strong Bonds team:

88Th Regional Support Command

88th RSC's Strong Bonds Retreat Schedule FY2011

2010	Type	Location	Lead/Instructing Unit
November 12-14	MEWR/SSR	Portland, OR	807th MDSC/Leadership (Unit Level)
December 10-12	Family	Wisconsin Dells, WI	88th RSC
2011			
January 14-16	SSR	Seattle, WA	88th RSC
January 28-30	MEWR	Kansas City, MO	84th Training Command
February 11-13	MEWR /SSR	Chicago, IL	MIRC
February 18-20	MEWR	Chicago, IL	416th TEC
March 11-13	Family	Salt Lake City, UT	807th MDSC
March 25-27	MEWR	Denver Area, CO	1-104th Training Command
April 8-10	MEWR	Branson, MO	108th Training Command
April 29 – May 1	MEWR/PDR	Park City, UT	USACAPOC (A)
May 13-15	SSR	Seattle, WA	807th MDSC
May 20-22	MEWR	Duluth, MN	84th Training Command
June 10-12	SSR	Denver Area, CO	1-104th Training Command
June 24-26	MEWR	Seattle, WA	102nd Training Command
July 15-17	MEWR	Kansas City, MO	103rd ESC
July 22-24	SSR	Coeur d'Alene, ID	102nd Training Command
July 29-31	MEWR	Twin Cities, MN	USACAPOC (A)
August 12-14	MEWR	St. Louis, MO	807th MDSC
August 19-21	Family	Coeur d'Alene, ID	AR MEDCOM
September 9-11	SSR	Chicago, IL	807th MDSC

***Bold indicates General Attendance Events.**

General Attendance retreats are open to any and all reserve Soldiers in the nineteen states covered by the 88th Regional Support Command.

CH (MAJ) Jason Logan
 88th RSC Family Life Ministries
 jason.b.logan@usar.army.mil
 (608) 388-0339

CH (CPT) Robert Sunman
 88th RSC Strong Bonds Chaplain
 robert.sunman@usar.army.mil
 (608) 388-0554

SSG David Mangan
 88th RSC Family Life Ministries
 david.mangan1@usar.army.mil
 (608) 388-0541

SGT Eric Schmid
 88th RSC Strong Bonds NCO
 eric.schmid@usar.army.mil
 (608) 388-0554

Family

Partner Spotlight : The Warrior Gateway

The Warrior Gateway is your one-stop-shop for finding, mapping, rating, and sharing the services and programs you seek in your area.

From deployed to veteran to civilian, the Warrior Gateway was created to serve as a trusted and reliable resource for all members of the military community at any stage of service, and is available free-of-charge. Launched publically in March 2010, this non-profit program was designed to be user-friendly: its Directory format is familiar and intuitive, and its faceted search presents streamlined results for a wide array of services such as counseling, financial assistance, youth programs, physical therapy, and more.

The Warrior Gateway is interactive and dynamic: About 30,000 public, private, non-profit, faith-based programs and organizations can be found in the Directory today, with more being included all the time. We encourage users to add helpful comments, as well as add any program, organization, or service that benefits the military community. The feedback you leave and the providers you add help others in the community make more informed decisions.

Taken together, you and other users are building a “living” online collection of relevant and experienced “word-of-mouth” recommendations. That’s what makes this Directory your directory. It is truly the voice of the veteran and the entire military community. Visit us at www.WarriorGateway.org and see for yourself.

Geographically Dispersed Personnel

Attention all units in the 84th Training Command! There are Community Outreach Specialists in your areas to serve you! For any Child Care concerns, information, or questions feel free to contact the COS closest to you!

Fort Dix, NJ, Jennifer Benjamin, 404-547-4145
Fort Belvoir, VA, Megan Baker, 678-799-1064
Lumberton, NC, Betty Smith, 404-542-3218
Fort Gillem, GA, Tasha Martin, 404-903-7794
Bloomington, Indiana, Leanne Quashie, 678-799-1081
Fort Knox, Kentucky, Rosanna Raj, 404-547-2112
Milwaukee, WI, Shayla Butler, 404-547-0029
Salt Lake City, Utah, Russell Latherow, 404-903-7753
Phoenix, Arizona, Meagan Sakievich, 404-819-9371
San Antonio, TX, Hamaria Crockett, 404-903-7736
Hunter Liggett, CA, Flora Sherman, 404-421-2405
Boise, ID, Brian Sokolowsky, 404-903-7776

Programs

Army Family Action Plan

The Army Family Action Plan (AFAP) is a program the Army put in place to ensure that standards of living in the Army keep pace with changing times AFAP gives Soldiers, retirees, DA Civilians and their families the opportunity to let Army leadership know what is working and what isn't and their ideas about what will fix it.

The Army celebrated the 25th Anniversary of the Army Family Action Plan in 1983. The Army Family Action Plan was created in response to quality of life issues Army families were experiencing. Over the 25-year history of AFAP, they have been responsible for literally hundreds of legislative, regulatory and policy changes involving the Army as well as improving many programs and their associated funding.

There are three ways you can be a part of the AFAP process at your local installation:

1. Become a delegate! There is no cost to be trained and as a delegate you not only represent your community, you represent the Army.
2. Submit issues! No one has to wait to submit quality of life issues to AFAP. Since everyone can't be a delegate, submit your issues and tell AFAP what your concerns are and what you think should be done to address those concerns.
3. Volunteer to work the conference!! The AFAP Conference is run by volunteers who care about their community and want to make life better for all in the Army.

Criteria for AFAP Issues: Does your issue relate to a well-being concern within the Department of Defense (DoD), the Department of Army (DA), or your installation? Present a realistic solution or a creative alternative? Have broad impact? Appear attainable after considering current political and resource environments?

Examples of AFAP issues: TRICARE for Life; Military Savings Plan; AER provides grants in overseas locations to assist with financial aid for spouses to pursue undergrad; vocational/tech; high school completion; English as a Second Language studies: DOD Reserve Component family member ID card: vehicle stored at government expense when a Soldier is reassigned to an area where shipment isn't authorized.

How to Submit Issues to AFAP:

1. Pick up an issue sheet at your local ACS Office (AFAP),
2. See your Unit AFAP POC, or
3. Go to www.arfp.org , register or log-in, scroll down to Category Files, click on AFAP Issue Submission Form (you will need to know your Soldier's command name & unit name) and then complete the rest of the form.



For a Family in crisis, the Army Reserve Family Programs stands ready to help! Fort Family is a repository of help through the web or by phone.

The Fort Family eMail is help@fortfamily.org and the toll free number is 1(866)345-8248.

Fort Family is a Pilot program that is a part of the Army Reserve Virtual Installation mission and is intended to serve diverse, geographically dispersed Families. Our Fort Family Outreach staff uses cutting-edge technology as well as live, personal contact with highly skilled subject matter experts to serve our Soldiers and Families in crisis.



ARMY RESERVE CHILD AND YOUTH SERVICES



Rosanna Raj
Army Reserve Community Outreach Specialist-Kentucky
84th TC

Phone: 502-624-1704
BlackBerry: 404-547-2112
E-mail: Rosanna.Raj@usar.army.mil

Please contact me for Child, Youth & School Resources!

The mission of Army Reserve Child, Youth and School Services is to support readiness and quality of life by reducing the conflict between Military Mission requirements and parental responsibilities.

We offer:
Child care solutions
Unit and Command Support
Youth Development Opportunities
and School Support Services!

www.arfp.org/cyss

Apply for the Army Reserve Teen Panel



Do you want to make a difference? Do you have an opinion about how the Military affects you and your Family? Make history and represent Army Reserve Teens world-wide! There are some basic qualifications to apply. First you must be a Family member of a U.S. Army Reserve Soldier or civilian employee. You must be a member in good standing in the military or civilian community. You must be enrolled in the 9th-11th grade for the 2010-2011 school term and maintain a grade point average of "C" or better in school.

Some of your basic responsibilities include: attending up to three meetings annually- all expenses paid! Have at least eight hours/month with Military and/or community activities! Work with fellow teens to develop innovative opportunities and inform Army Reserve Leadership about the needs of youth. For more information visit: www.arfp.org/cys or contact your Child, Youth & School Services Regional Coordinator!

Rosanna Raj
Rosanna.Raj@usar.army.mil
404-547-2112

Tutor.com helps your children with homework!

Military Families now have unlimited online tutoring and career help from Tutor.com, provided by the Department of Defense. Service Members, spouses and children can work with a professional tutor online 24/7 to get help with homework, studying, test prep, resume writing and more in over

16 subjects. All Active Duty service members, Guards, and Reservists on a deployed status, DoD Civilians in a deployed status and their dependents are eligible. Tutors help K-12 students, college students, and Service Members and spouses going back to school or through a career transition.

K-12 students can get help in subjects such as: algebra, chemistry, calculus, and physics. Adult learners can get back-to-school and career help including GED prep and resume writing.

For more information please go to: www.tutor.com/military.

ARFP Teen Virtual World

Come register for the ARFP Teen Virtual World hosted by Linden Lab!

Second Life provides a virtual Army Reserve installation where geographically dispersed teens can meet to collaborate, learn and create a community through social networking. After an orientation and tutorial, teens are able to navigate, easily customize avatars and move on to access the installation.

ARFP Teen Virtual World is a virtual world in Second Life that is only available to teens of the Army Reserve who have been invited into the program by a parent or sponsor through the ARFP.org website. In order to access this virtual community, you will need to register and create an avatar for use in our private environment.

To learn more or register go to: [Teen Virtual World](#)

CYSS - Tools and Resources for our Army Reserve Family

With the increased utilization of Army Reserve Soldiers, their children have new needs. Visit Tools for Youth, Teachers, and/or Parents to get some helpful insight into these special youth needs.



Tools for Military Youth

You are as different as can be except one thing, you all have a parent or loved one in the military. This makes you very special with some very different needs than your friends without military ties. Visit Tools for Military Youth to find some resources that may be helpful to you.



Tools for Parents and Caregivers

Life in the Army Reserve has changed. With the increased utilization of Army Reserve Soldiers, their children have new needs. Child & Youth Services is responding by developing programs to support Army Reserve families. This section of the website has been designed to inform parents and caregivers of resources and tools to better understand their children and meet their needs. Visit Tools for Parents and Caregivers.

Training for easier tomorrow

Story and photo by Spc. Timothy Koster
362nd Mobile Public Affairs Detachment

FORT MCCOY, Wis. -- The U.S. Army Reserve has a five-year cycle for preparing training and scheduling a unit for deployment. Under the Army Force Generation program units are scheduled to be mobilized for one year and be home for four.

During those four years home, however, the units are constantly training and gaining manpower for that year of deployment. A large part of that is the annual training each unit conducts.

The Combat Support Training Exercise 2010 at Fort McCoy is designed for units in their fourth year of the ARFORGEN cycle. This means each unit participating in the exercise is slated to be deployed at some point in the upcoming year.

“CSTX is a culmination of a

vision of the Army Reserve to implement a training strategy that fits into the ARFORGEN cycle for the Army Reserve,” said Brig. Gen. Walter B. Chahanovich, exercise director of CSTX 2010 and commander of the 78th Training Brigade.

For the next several weeks, around 1,100 Soldiers will take part in several training exercises which are split into five-day increments. The training exercises will be evaluated by observer controller trainers provided by numerous commands.

An additional 1,600 Soldiers will serve as enablers and support the other Soldiers. The enablers will also be evaluated but the emphasis will be on those 1,100 Soldiers entering the fourth year of the ARFORGEN cycle.

For the initial five days in the



Brig. Gen. Walter B. Chahanovich, commander of CSTX 2010, speaks at a press conference here, Aug. 2.

field, the 718th Transportation Battalion, 275th Combat Support Battalion, and the 77th Sustainment Brigade will conduct a command post exercise. The companies supporting these groups will be at forward operating bases conducting situational training exercises.

The CSTX 2010 focus is training Soldiers to be the most highly trained troops they can be in preparation for deployment.



Left: Civilians on the Battlefield role players interact with force protection Soldiers at Forward Operating Base Liberty during lanes training at CSTX 2010.

Photo by Master Sgt. D. Keith Johnson

Medical readiness increases boots on ground



Capt. Kishor Kulkarni, a dentist with the 7238th Medical Support Unit, examines a Soldier's teeth as part of the medical readiness program at the beginning of Combat Support Training Exercise 2010. The program was established with the intent of getting each Soldier participating in CSTX 2010 up to medical standard.

*Story and photos by Spc. Timothy Koster
362nd Mobile Public Affairs Detachment*

FORT MCCOY, Wis. -- The U.S. Army Reserve is integrating a pilot medical readiness program at the beginning of Combat Support Training Exercise 2010. The program, which is designed to check Soldiers' combat health readiness, consists of a dental clinic, audio station, immunizations, and a periodic health assessment.

"We are trying to replicate as much as possible what Soldiers would experience once they're deployed," said Brig. Gen. Walter B. Chahanovich, commanding general of the 78th Training Brigade

and CSTX 2010 exercise director.

To accomplish this, the Army Reserve reached out to several private companies including Onsite Health which provided portable dental facilities, and Logistics Health Inc., a La Crosse, Wis., based company which has been in charge of providing health assessments for the Department of Defense.

LHI's mission is part of the Reserve Health Readiness Program, but the long term mission is to reduce Soldiers' time at the deployment station, said Chahanovich.

According to Erica Erdmann, a group prevention coordinator with LHI, between 50 and 1,000 soldiers are seen by LHI consultants each day they have been at Fort McCoy.

"When this was first introduced back in the mid-planning conference we had a lot of heads shaking in the positive way – that this concept makes sense," said Chahanovich.

Chahanovich said he hopes that this method will work so well that he wants to bring news of its success to this fall's Army Reserve Senior Leadership Conference. He also said he sees the potential that more training grounds will instill this method of health assessment.

"Ultimately the goal is to have Soldiers spend less time at the mobilization station and more time with boots on the ground," said Chahanovich.

As the final days of the health assessment draw near, commanders of the various units here can rest assured that their soldiers are entering this year's CSTX healthy and ready to train.



Left: Shelly Fischer, a native of La Crosse, Wis. and a worker for Logistic Health Incorporated, helps a Soldier sign in to the Periodic Health Assessment on a laptop set up by the company. Fischer is just one of many locals who have come to Fort McCoy to help Soldiers assess their medical needs prior to the start of the CSTX here.

Building starts with teamwork

Story and photo by Pfc. Anthony Zane
362nd Mobile Public Affairs Detachment

FORT MCCOY, Wis. -- It is a muggy and hot afternoon in August, arriving at the work site; beads of sweat begin puckering out of the skin within minutes. The immediate surroundings are similar to the images of overseas military installations seen in magazines. Here, they are part of Fort McCoy, and Army Reserve Soldiers have been hard at work since the early morning as part of their annual training. Troops are busily hurrying all around like worker bees in a giant hive. The heat of the day imposes an almost surreal feel to the scene.

Soldiers from the 77th Sustainment Brigade are participating in a team-building exercise focused on how to construct a Tactical Operations Center out of a Deployable Rapid Assembly Shelter during Combat Support Training Exercise 2010.

At first glance, the DRASH looks like nothing more than a very large camping tent, but during construction it is clear that there is much more. The sweat on the brows and faces of the Soldiers shows the laborious efforts and hard work it takes these troops to raise a DRASH.

As Master Sgt. Colin McKiel of Allentown, Pa., stands inside under the domed ceiling his Soldiers just constructed, he speaks of them with pride.

"This gives the Soldiers an opportunity to see new systems and to work with them," said McKiel. "Especially if you look at the crew out here, you're look-



Spc. Rainer Cabance of the 77th Sustainment Brigade assembles a section of a DRASH during CSTX 2010 here at Fort McCoy.

ing at a lot of privates first class and specialists; and it's perfect to have them here. They learn how to set it up and tear it down and then if we do experience a situation like this down range we have subject matter experts."

Along with the experience of learning to build a DRASH, the Soldiers of the 77th are building their teamwork skills at the same time.

"This is a great experience because it teaches you teamwork, how to work together and how to problem solve, and those are skills you're going to need when you go overseas because the people around you are going to be the only people you're going to have with you," said Spc. Christopher Jackson of Richmond, Va. "If you don't know how to work as a team, how protected are you really going to be?"

At times the job takes up to 10 soldiers to grip onto a single piece of the DRASH and pull it hard in different directions at the same time to fully extend.

It takes teamwork to maneuver enormous pieces of beige tent which exemplifies the intricate process and effort it takes to erect a DRASH.

"We've all done Field Training Exercises and a lot of times we just come to the place and the tents are already built," said Pvt. Bianca Lewis of Philadelphia. "You never see the process and how much work it really takes to put these things up, so that way we can take down our own tents and move them accordingly," continued Lewis.

"It was like a giant puzzle, and thanks to everybody working together, it came together nicely and all the pieces fit," said Lewis.

Communication is key to CSTX



*Story and photos by Spc. Timothy Koster
362nd Mobile Public Affairs Detachment*

FORT MCCOY, Wis. -- On the modern battlefield, the ability to communicate quickly is as vital as putting rifles in Soldiers' hands. The less time it takes to send reports of enemy fire, unit locations, or requests for medical evacuations, the smoother an operation runs and the more lives can be saved. However, not all of the information the modern Army requires is on the battlefield.

Since the introduction of the internet, the demand for up-to-the-minute information has become a norm for the American public and a necessity for the American military.

Soldiers from the 842nd Signal Company of Pensacola, Fla., with the assistance of Soldiers from the 77th Sustainment Brigade, Fort Dix, N.J., and 300th Sustainment Brigade from Grand Prairie, Texas, have been wiring the Deployable Rapid As-

sembly Shelter at Forward Operating Base Freedom, on Fort McCoy. The DRASH will serve as a tactical operations center for the units on FOB Freedom.

"Without us, the DRASH wouldn't have any type of communication or any type of internet access," said Spc. Kody Galeta with the 842nd.

With BikeTrack flooring, which has tracks running between two hardened plastic floor pieces, the Soldiers can run cables under the floor to allow optimal connectivity without cluttering limited work space.

These wires provide power, landline phone access, the Army Reserve Network, internet, and intranet as soon as the TOC is up and running. Routing cables from one of the permanent structures on FOB Freedom to the DRASH took one day.

"People assume when they get on the ground that communications will already be established," said Staff Sgt.

Left: Sgt. Derek Willis, left, of the 300th Sustainment Brigade and Spc. Brian Zambito of the 77th Sustainment Brigade pop up sections of the BikeTrack hardened plastic flooring of the DRASH at Forward Operating Base Freedom. The BikeTrack flooring allows cables to be run under the floor to reduce clutter.

Below: Pfc. Mike Blount with the 77th Sustainment Brigade from Fort Dix, N.J., uncoils electrical wire to layout in the DRASH.



Barry Kidd, Physical Security Non-commissioned Officer with the 842nd. "It isn't until they realize that they need to talk to someone or get on the internet that they need to get a hold of a signal unit Soldier."

"Signal cannot be an afterthought," said Kidd.

With the expedient work ethic of the 842nd Signal Company Soldiers and its supporting units, communication will not be an issue for the unit occupying the structure for the duration of CSTX 2010.

Rare Army Rabbi Serves Soldiers

By Spc. Anthony Hooker

361st Public Affairs Operations Center

FORT HUNTER LIGGETT, Calif. - Col. Jacob Goldstein, Army Reserve chaplain, is a man worth noticing when he wears his military uniform.

An Orthodox Jewish rabbi assigned to Fort Buchanan, Puerto Rico, Goldstein made a sudden impression on Army Reserve troops when he visited during the Combat Support Training Exercise – a large scale logistics sustainment exercise held June 16-24, which recreated a deployment environment for over 2,000 Army Reserve Soldiers.

Sporting a white beard, the 63-year old Brooklyn, N.Y., native's facial hair caused quite a stir in an environment where clean-shaven faces and finely trimmed haircuts are standing orders.

"My first thought was, 'Wow! He has a lot of hair,' said Spc. James Bridges, a cook with the 352nd Combat Sustainment Support Battalion, Macon, Ga. "I thought the beard was part of a joke."

Pfc. Cortez Peters, a cook with the 442nd Quartermaster Company, Bellefonte, Pa., was also surprised by the chaplain's appearance.

"I've never seen a person in the military with a beard before," said Peters, a Trenton, New Jersey native.

Goldstein, who wears a matching Army-issued yarmulke with his Army Combat Uniform, said he was here to get acquainted with the forward operating bases and conduct Jewish services in the field. He also appreciates

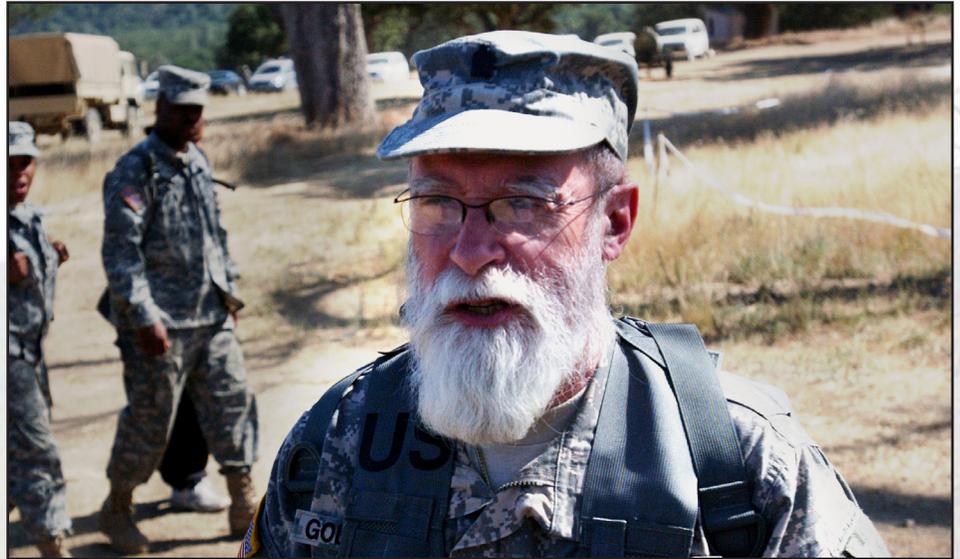


Photo by Capt. Carlos Agosto

Army Chaplain (Col.) Jacob Goldstein, a Jewish rabbi, and Brooklyn, N.Y., native has served the military since 1977. He often gets curious looks because he wears a beard while in uniform.

being among the troops because he understands their purpose.

"I love Soldiers," Goldstein said. "I love their heart . . . I know what a Soldier does each day, what they experience."

Goldstein has made visits around the world on behalf of the military for more than 33 years. Serving since 1977, he has deployed to Bosnia, South Korea, Afghanistan and Guantanamo Bay, Cuba. After the Sept. 11, 2001 attack on the World Trade Center, he served for five months as the senior chaplain for all military branches at Ground Zero.

Goldstein is one of only seven Orthodox Jewish chaplains serving in the Army. In 2009, he helped military officials at Fort Benning establish weekly Jewish and High Holiday services on base.

Goldstein said the military's continuous effort to foster religious freedom within its ranks is a trait he deeply respects.

"The military gives great defer-

ence to religion," said Goldstein, "You ask any commander – any Soldier that is spiritual and has some religion makes for a good Soldier. The fact the Soldier has some kind of comfort and has some faith – regardless of that faith – if you believe in something, that's important."

Goldstein's religious practice of keeping an unshaven beard almost kept him from remaining in the Army. Jewish law forbids a rabbi to shave his beard, but Army regulations forbid Soldiers from having beards while in uniform. An exception to policy was granted to Goldstein because of his date of entry into service.

With a shortage of chaplains available, Goldstein applied for an extension of service. He has two years remaining on the extension, but is more than comfortable continuing to reach out to troops.

"I love Soldiers," said Goldstein, "and that's why I'm in the Army."

Reserve Soldiers prepare for deployment

By Spc. C. Terrell Turner

361st Public Affairs Operations Center

FORT HUNTER LIGGETT, Calif. -- Army Reserve Soldiers from around the country converged here, June 16-24, for a massive Combat Support Training Exercise, which simulated the rigorous environment of a deployment to Afghanistan.

The 91st Training Brigade and the 311th Expeditionary Sustainment Command worked together to provide realistic training to the Army Reserve units that came to train at the largest U.S. Army Reserve post in the country, at more than 165,000 acres.

Army Reserve units from Florida to California worked together to prepare themselves for future missions in support of Operations New Dawn in Iraq and Enduring Freedom during the CSTX.

The 91st Training Brigade facilitated their training with mission simulation lanes while Observer Controller/Trainers evaluated the results of the simulation and provided feedback to the



Photos by Capt. Carlos Agosto

CSTX 2010 will better prepare approximately 2,100 Soldiers for future deployments. Brig. Gen. James T. Cook, commanding general of the 91st Training Brigade, said, "The training capacity of Fort Hunter Liggett is steadily expanding and is predicted to increase up to 10,000 Soldiers in one training session."

units to improve their ability to perform their duties in the field. The 311th ESC provided the scenarios of the mission simulation lanes and received information from the units during the exercises.

"This mission duplicates conditions in theater," said Lt. Col. Janis Hatcher, the support operations officer-in-charge with the 311th ESC, from Los Angeles.

"The purpose of conducting missions here is to replicate the training to be as close as possible to theater. For many Army Reserve units, this is the only time they get to go out and do field training."

The 311th acted as the Tactical Operations Center for the units in the field. It handled both the scenarios given to the units in the field and the information sent back from units as they responded to the events during the exercises.

The CSTX was the 91st Training Brigade's second pre-deployment, scenario-driven training exercise this year, following the Warrior Exercise, held here last month, explained Brig. Gen. James T. Cook, the commanding general of the 91st Training Brigade.

"This is our third year providing these types of exercises and it's getting better every year," said Cook. "I've listened to the AARs and the training is very well received with positive comments from the unit commanders."

The unit commanders gave the 91st Training Brigade their training objectives and the OC/Ts developed scenarios based on those objectives.

"The WarEx replicates Iraq and the CSTX replicates Afghanistan," said Cook. "We strive to bring a lot of realism to the scenario, running about 21 days of focused training. We don't ever want to waste the Soldier's time."



Left: Soldiers from the 282nd Quartermaster Company, Montgomery, Ala., react to an ambush in an urban environment during lane training conducted during the CSTX.

CSTX Takes Air Drop Training Sky High

By Sgt. Jason A. Merrell
361st Public Affairs Operations Center

FORT HUNTER LIGGETT, Calif. -- Soldiers from the 421st Quartermaster Company, Macon, Ga., and Marines from the 3rd Marine Airwing, Miramar, Calif., joined forces June 19-21 during the Combat Support Training Exercise, to perform a series of aerial supply drops from a C-130 aircraft over Drop Zone Patricia.

The training involved dropping several supply loads filled with Meals, Ready-to-Eat and containers filled with water to simulate fuel, followed by 12 Airborne Soldiers parachuting onto the drop zone.

"This training is very important so the Soldiers can see what it would be like in a real situation in a rigger company," said 1st Sgt.

Jimmy Bowers, jumpmaster for the 421st QM Co., and Savannah, Ga., native. "We are trying to encompass all of the aspects of re-supply as a company. This is real-world training."

To get ready for the drop, Soldiers underwent several refresher courses on their Airborne training and received detailed instructions the morning of each drop to ensure they were prepared.

For some Soldiers, it was their first time jumping with the unit. In Airborne tradition, they are referred to as "cherry jumpers" and given red helmets decorated by veteran members of the unit. For Pvt. Sean Bryant, 421st QM Co., and native of Macon, Ga., his decorated helmet – fit with a red-tape fin over the top of it

– came with a new nickname: "Sky Shark." He wore it proudly when describing his feelings on the mission.

"It's a feeling like no other, it is pure adrenaline," Bryant said. "I just love it."

Aerial re-supply is becoming a more common means of delivering mission-essential supplies to Soldiers in isolated or prolonged engagements with the enemy. The success of the three-day mission reinforced the confidence of the Soldiers to successfully complete their mission downrange.

"As a company, we can supply 120 light tons per day to anywhere and everywhere that needs to be dropped," Bowers said. "We consider the world our drop zone."



Photos by Capt. Carlos Agosto

Soldiers from the 421st Quartermaster Company, Macon, Ga., load supply crates for aerial supply drop training during the Combat Support Training Exercise at Fort Hunter Liggett, Calif.



Sgt. 1st Class Larry Carter, jumpmaster with the 421st Quartermaster Company, Macon, Ga., performs an equipment check with 12 Airborne Soldiers two minutes before reaching drop zone Patricia at Fort Hunter Liggett.



Airborne Soldiers from the 421st Quartermaster Company, Macon, Ga., jump from the tailgate of a C-130 during aerial supply drop training over drop zone Patricia at Fort Hunter Liggett, Calif. The three-day mission took place during the pre-deployment Combat Support Training Exercise.

You Drop 'em, They Recover 'em

By Spc. Charlotte Martinez
361st Public Affairs Ops Center

FORT HUNTER LIGGETT, Calif. - Cooperation is the key to victory, and the Army Reserve cannot complete its mission without a variety of units working in perfect harmony to create a concert, despite moments of chaos.

Several units served as a shining example as they came together during the Combat Support Training Exercise to conduct an aerial drop and re-supply mission to replicate performing a similar mission that would take place in Afghanistan.

The CSTX was a large scale collective training exercise held in June, which recreated a deployment environment for over 2,000



Photos by Spc. Anthony J. Hooker

Members of the 282nd Quartermaster Company, Montgomery, Ala., get their physical training for the day as they load a pallet of Meals, Ready-to-Eat onto a forklift during the air drop re-supply mission being conducted at the CSTX.

Army Reserve Soldiers. Members of the 282nd Quartermaster Company, from Montgomery, Ala., were on hand to recover supplies as they reached the ground.

"We were to recover supplies at the drop

zone and provide the supplies to be dropped," said 1st Lt. Benjamin Vernon, commander of the 282nd QM Co., and Birmingham, Ala., native.

"We recovered Meals, Ready-to-Eat and water," said Spc. Angela

Gibson, a Tallassee, Ala., native and supply specialist for the 282nd QM Co. "The water is simulating fuel because you cannot drop fuel in a training environment."

During the three days of aerial re-supply, the unit recovered 12 loads of supplies, including 4,608 MRE packages and 880 gallons of water, said Vernon.

"After we recover the supplies, we take them back where they will be distributed accordingly," said Staff Sgt. Lyn Wil-

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During the CSTX, members of the 282nd Quartermaster Company, Montgomery, Ala., are Army Strong - literally - as they recover a load of Meals, Ready-to-Eat that landed into the water during an aerial re-supply mission.

Training to the Last Drop

Right: Spc. Rochelle Liprot, a member of the 326th Quartermaster Company, based out of New Castle, Pa., refills a potable water buffalo with some of the water purified by the Reverse Osmosis Water Purification Unit, here, during the Combat Support Training Exercise.

Below: Pfc. Jason Koppenhaver, 542nd Quartermaster Company, Harrisburg, Pa., operates the Reverse Osmosis Water Purification Unit to purify water for the troops in the field.



Photo by Spc. Anthony Steglik



Photo by Capt. Carlos Agosto

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liams, from Andalusia, Ala., and non-commissioned officer in charge of the drop zone recovery team.

Williams said the recoveries were fairly smooth except for some of the loads that landed in the water towards the edge of the drop zone.

"We had some difficulties because we had to pull pallets of MREs out of waist-deep water. The terrain was very uneven and difficult to maneuver," said Vernon.

"This was good because it gave us more

hands-on training and it allowed us to work and coordinate with other units," said Gibson.

Vernon said his unit did several things to help prepare them for this mission, since they typically run the subsistence warehouses and only get to conduct missions like this during training exercises like CSTX.

"The 421st Quartermaster Company conducted equipment recovery classes a few days prior to the event," said Vernon. "We conducted rehearsals, rock drills and leader's re-

connaisance of the drop zone."

The 282nd QM Co. conducted several missions during the CSTX, including operating the warehouse, convoy operations, improvised explosive device training and forward operating base defense operations, as well as the aerial re-supply.

"Because Afghanistan uses aircrafts for transportation, we needed to experience what it was like to receive supplies via air drop," said Vernon.

The terrain in Afghanistan is vastly different

than the terrain in Iraq, so air transportation provides a better means of getting around the mountainous region in Afghanistan.

Vernon said units such as his on contingency operating bases in Afghanistan have a high possibility of seeing and participating in missions like the aerial drop and re-supply-recovery mission completed here.

"We have really great NCOs and motivated junior enlisted Soldiers," said Vernon. "Without them, the mission would be much tougher."

USARC 2010 Best V

Sgt. 1st Class Christopher Bender and Spc. Kevin P. Looney represented the 84th Training Command at the US Army Reserve 2010 Best Warrior Competition held at Fort McCoy, Wis., in July.



Below: Spc. Kevin P. Looney, motor transport operator for the 78th Training Brigade located at Fort Dix, N.J., patiently awaits his turn for the Soldier Board portion of the U.S. Army Reserve Best Warrior Competition held at Fort McCoy, Wis. (Photo by Spc. Erika Montano, Military Intelligence Readiness Command)

Above: Spc. Kevin Looney breathes deep in between events at the Army Physical Fitness test. Looney is competing for top honors as the Army Reserve Best Warrior at Fort McCoy. (Photo courtesy of the US Army Reserve)



Left: Staff Sgt. Jack McGill does some last minute touch ups for his Soldier, Spc. Kevin P. Looney, a motor transport operator for the 78th Training Brigade, before entering the Soldier Board for the Army Reserve Best Warrior Competition held at Fort McCoy, Wis. (Photo by Spc. Erika Montano, Military Intelligence Readiness Command)

Warrior Competition

Right: Sgt. 1st Class Christopher Bender, an infantryman and observer/controller/trainer assigned to the 70th Training Division, participates in the 10km Road March at the 2010 Army Reserve Best Warrior Competition at Fort McCoy, Wis. Bender, representing the 84th Training Command, is a native of Wendell, N.C. (Photo by Timothy L. Hale, Army Reserve Public Affairs)



Left: 2010 Army Reserve Best Warrior competitor Sgt. 1st Class Christopher Bender, drags a simulated casualty to the finish line during the reflexive fire event at Fort McCoy, Wis. (Photo by Sgt. Joshua Risner, Army Reserve Public Affairs)



Right: Sgt. 1st Class Christopher L. Bender checks his grid coordinates during the land navigation course for the 2010 Army Reserve Best Warrior Competition at Fort McCoy, Wis. (Photo by Staff Sgt. Mark Burrell, Army Reserve Public Affairs)

Army Reserve breaks ground on new facility



U.S. Army Corps of Engineers photo by Marc Barnes

Officials from the U.S. Army, Army Reserve, Corps of Engineers, Fort Belvoir Garrison and contract partners break ground on the site of the new Office of the Chief, Army Reserve (OCAR) facility.

*By Mr. Travis Edwards
Chief, BRAC Outreach
Fort Belvoir Public Affairs*

FORT BELVOIR, Va. – Construction of the new \$19.6 million Office, Chief of the Army Reserve (OCAR) headquarters officially began here Monday with a ceremonial groundbreaking on the future site of the 88,000 square foot facility.

“This building is in part due to the understanding by Army leadership that the Army Reserve is no longer a strategic reserve, but an operational one. We are a part of the total Army,” said the Chief of the U.S. Army Reserve Lt. Gen. Jack C. Stultz during the ceremony. “I want to thank [Administrative Assistant to the Secretary of the Army] Ms. Joyce Morrow for

her support in helping to make this facility a reality and truly supporting our mission.”

The new facility will accommodate more than 400 personnel who now occupy leased space in Crystal City as part of the Base Realignment and Closure Act of 2005. This realignment is part of BRAC Recommendation 132 that moves Army personnel from leased space in the National Capital Region to Fort Belvoir.

The Chief described what he called a “five step process” to complete BRAC realignments of the command and control functions of the Army Reserve leadership. The first step was the breaking of ground on the U.S. Army Reserve Command headquarters at Fort Bragg. The

second step was the reorganization of Army Reserve personnel within the Pentagon. The third step is the breaking of ground for the Office, Chief of the Army Reserve building at Fort Belvoir. The fourth and fifth steps are the completion of steps one and three.

Stultz and his senior enlisted advisor, Command Sgt. Maj. Michael Schultz, were joined by the Administrative Assistant to the Secretary of the Army Ms. Joyce E. Morrow, Assistant Chief of the Army Reserve Mr. James Snyder, U.S. Army Corps of Engineers Commanding General for Mobilization and Reserve Affairs Maj. Gen. Michael R. Eyre, Army Reserve Ambassador Ron Adolphi, Fort Belvoir Garrison Commander Col. John J. Strycula and his senior enlisted advisor Command Sgt. Maj. Gabriel Berhane.

During the ceremony, partners in the project provided a few remarks.

“This event marks a significant milestone in the BRAC timeline and journey at Fort Belvoir,” said Morrow. “It is a reflection of the enormous contribution of all the partners

involved in the process.”

The contractor charged with building the facility, Hensel and Phelps, promised “to deliver a state-of-the-art facility that the Army Reserve deserves.”

As part of the Installation Management Command, Fort Belvoir will provide service and support to the OCAR facility and its employees.

“The Fort Belvoir garrison staff and I welcome you to Fort Belvoir and we look forward to supporting you,” said Strycula.

“There are 317 days left until the BRAC deadline when all of the personnel must be here at Fort Belvoir. With that said, let’s get digging.”

Overall, BRAC 2005 impacted the Army Reserve through the disestablished select regional commands, established new commands and units, and realigned command and control functions.

Editor’s Note: Mr. Travis Edwards is a public affairs officer at Fort Belvoir and an Army Reserve public affairs non-commissioned officer serving with the 80th Training Command.



OUTWARD BOUND

OUTWARD BOUND OFFERING FREE WILDERNESS EXPEDITIONS FOR OEF/OIF VETERANS



Seeking veterans nationwide for all expenses paid expeditions

Outward Bound, a 45-year old non-profit outdoor, adventure-education organization, is looking for **OEF and OIF Veterans**, interested in participating in **fully-funded reintegration wilderness expeditions**. Adventures are physically, mentally and emotionally stimulating and work to build the self-confidence, trust, and communication skills necessary to successfully return to their families and communities following war time service.

Goals of the program are to provide a positive outdoor experience for military veterans that will enable them to experience the healing benefits of the natural world and benefit from quality environmental education.

- Who:** Available to all OEF or OIF Veterans who were deployed to Iraq and/or Afghanistan, pending medical screening
- What:** A 5-7 day Wilderness Expedition: may include backpacking, rock climbing, canoeing, dogsledding, sailing, sea kayaking and white water rafting
- When:** Dates available year-round
- Where:** Wilderness locations include: California, Colorado, Maine, Maryland, Minnesota, New Jersey, Pennsylvania, Utah, Oregon, Washington, Alabama, and Florida
- How:** What sets Outward Bound apart is that the goal is personal growth. The wilderness and the skills learned to deal with it are simply a vehicle for growth.
- Cost:** All expenses paid! Veterans will not be responsible for cost of expedition including round-trip stateside transportation to course site. Funding provided by the *Military Family Outdoor Initiative Project*, a joint project of the Sierra Club and The Sierra Club Foundation.
- To Enroll:** Please call 1-866-669-2362 ext 8387 (VETS)
- Website:** <http://www.outwardbound.org/index.cfm/do/cp.veterans>

Parting Shot...

