



# 1<sup>st</sup> Sustainment command (Theater)

## Family Readiness Group Newsletter

March 2011



Kuwait Mailing address:  
Soldier's Name and Rank  
1st TSC - (Staff Section)  
APO AE 09366

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# From the 1<sup>st</sup> TSC Commander...



## 1<sup>st</sup> TSC Family...

This has been a busy month for the entire Black Jack family. We celebrated Black History Month with several events at Camp Arifjan and Fort Bragg support of the Equal Opportunity Office. Here in Kuwait, we completed the 50-20 Celebration for the Kuwait citizens and military. The celebration recognizes 50 years of Independence and 20 years of Liberation, as well as honors the Veterans of Operation Desert Storm. This

celebration also served to recognize the long standing and successful partnership that is indicative of our many friendships in the region. The U.S. support for the 50/20 Celebration showcases the historical importance of the enduring relationship between the U.S. and Kuwait.

We are in the planning phase for our Spring Ball. This event is designed to provide our Soldiers and Family members and opportunity to have a formal, social event that also shows esprit de corps within the 1st TSC.

If you would like to help with the ball or need more information, please contact Major Chamberlain or Mrs. Roberts.

Jennie and I would like to thank all of the First Team Family members for supporting our Soldiers over the past few months as we successfully forge ahead with the countless missions occurring within the 1st TSC. Your support is gratefully appreciated.

If you have any concerns or suggestions for the Family Readiness Group, feel free to contact me, Jennie or the FRG staff.

Thanks for all you do for the First Team!

MG & Mrs. Dowd





# Special Troops Battalion

*Great job everyone!*



On behalf of the 1st TSC Family Readiness Group a huge "Thank You" to all of our Soldiers and Family members that made our first Bake Sale a success. Together you raised just under \$200.00. Not to mention that the cookies, cupcakes and brownies were all delicious!

All of the proceeds from our FRG fund raising endeavors are used solely to provide fun events for all of our Soldiers and Family Members. Again, thank you for your contributions and your support.

**First Team!**

*Kick 6*



## HHC

### Hello 1st TSC Families!

The first FRG fundraiser was a huge hit! I was optimistic that we would do well, but not that good! We are looking at doing a FRG Bake sale EVERY Monday (if possible) in the motor pool during command maintenance time. Because we want everyone to be able to participate in the fundraiser there is no set amount for the baked goods and they are sold on a donation basis. This has worked very well and we would like to continue that technique.



However, having a bake sale every week is a major undertaking and in order to achieve this goal it will require a lot of support. However, I really think this can work but doing this is going to take a 1st Team, team effort. We will be holding two FRG meetings. One during the day and one in the evening. In the hopes that this will enable most of our 1st Team FRG teammates an opportunity to make it to one of the meetings. We will have a sign-up sheet for those that would like to bake and those that would like to help man the bake sale. Once these two things are identified everything will fall into place.

The money raised during these bake sales will help to cover the cost of FRG sponsored events. Keep in mind that all of our FRG events are for everyone, whether you are single, married or whether you have children or not and we will continue to try to make these events fun for everyone of every age.

Thank you so much for your support of the FRG and being an awesome 1st Team teammate!!

V/R ,  
Alexander J. Creammer  
CPT, LG  
Commanding  
HHC, 1 Sustainment Command (Theater)



## We would also like to welcome our newest additions to the 1<sup>st</sup> TSC Family

### 14th HRSC

Nathan Isaiah Henderson. Nathan weighs 71bs 13 oz, and is 21 inches long. Mother, SPC Henderson, and child are doing well.

### G6

SGT Justin Griffith and his wife Tianna Fisher became the proud parents of Miss Zoe Madalyn Griffith on February 17. She was 10 pounds, 9 ounces and 22" in length. She was delivered by C-section, and mother and daughter are both home and doing well.



# 14<sup>th</sup> Human Resources Sustainment Center (HRSC)

## “The Quiet Professionals”

In just a few short months, the 14<sup>th</sup> Human Resources Sustainment Center (HRSC) will once again deploy into Theater. We are fully trained and prepared to take on the “in theater” mission. We are looking forward to putting all our realistic, demanding, and challenging training into action. Along with the 1<sup>st</sup> TSC, the 14<sup>th</sup> continues to make history as we drawdown the forces in Theater.



The 14<sup>th</sup> has undergone many changes since our last deployment, we are taking an entirely new team forward. Many leaders and Soldiers have moved on to different organizations while others have moved into different divisions/sections. The senior leadership is focused and ready to take the team forward. The new leadership team include the PASR Division led by LTC Smith/MSG(P) Lopez; Casualty Division-LTC Hunt/SGM Basley; Postal Division-LTC Bayouth/MSG Daniels; Plans & Ops Division-LTC Olson/SGM Walker; RSO – MAJ Hu/MSG Jones; Deputy Director, LTC Schwaigert.



Our mission set remains Human Resources (HR) operations across the entire Central Command area of operations as well as active involvement with the drawdown of Iraq and the buildup of Afghanistan. The 14<sup>th</sup> HRSC’s role in Southwest Asia is to provide technical support, assistance and training along with the development of recommendations as we synchronize HR systems and streamline processes and procedures. We will continually communicate with subordinate HR organizations, other providers and unit leaders as well as building our relationships with our strategic partners. We are committed to providing the best HR operational support and assistance throughout the CENTCOM area of responsibility.

***“PHOENIX READY, DEFEND and SERVE!”***



### Upcoming Events:

- 1 Mar 11** – Family Readiness Group Meeting, Waters Center  
6 p.m.
- 1 Apr 11** – 14<sup>th</sup> HRSC Deployment Family Picnic



# 18<sup>th</sup> Financial Management Center

## Military Saves Week Spotlights Importance of Saving

By Elaine Wilson, American Forces Press Service



Service members and their families should “start small and think big” when kick-starting a savings plan, a financial expert said today. “It’s not what you make, it’s what you keep,” Pam McClelland, a senior program analyst in the Pentagon’s office of family policy and children and youth, told American Forces Press Service. “A little bit can really mean a lot.”

Defense Department officials are putting the spotlight on financial readiness -- particularly the importance of saving -- last week as part of a larger, national emphasis on financial well-being. Military Saves Week, part of America Saves Week has become an annual event intended to help people become better financial planners.

Military installations around the world are sponsoring financial fairs, luncheons, speakers and seminars, and are working with on-base credit unions and banks, military exchanges and commissaries to build awareness of the importance of financial readiness and to kick off the military’s year-round financial readiness campaign, McClelland said.

The campaign’s emphasis is on savings, which is appropriate in today’s economy, McClelland noted. The campaign’s slogan, “Start Small, Think Big,” promotes the long-term benefits of saving even a little each month.

“We’re now in the world of the 401K,” she said. “We don’t have pensions waiting for these young folks anymore; it’s not your grandfather’s retirement plan any more. We’ve focused a lot on credit up till now and spend plans, but the emphasis on savings has to be renewed, and we have to do that with our young folks in and out of uniform.”

To start, people should devise a savings plan with set goals in mind, whether it’s a new house, college education, a trip or retirement. McClelland suggested that people figure out what their goal will cost, then divide that sum by the number of paydays to accomplish the goal. This gives them incremental goals along the way, she said. “People would come to me and say, ‘I have 200 bucks in my savings account, and I’d say, ‘That’s great. What’s it for?’”, she said. “If they didn’t have an answer to that, odds are it’s not going to stay there, because they don’t have it dedicated to something that’s going to make their life better.”

A survey of spending and saving habits released yesterday drives McClelland’s point home. The survey showed that consumers with savings plans are far more likely to save than those without one. In one survey finding, 85 percent of the people surveyed with a savings plan said they have sufficient emergency savings, while just 50 percent without one said the same. Additionally, 88 percent of those surveyed with a plan spend less than their income and save the difference, compared to 50 percent of those without a plan. And 61 percent of those surveyed said they’re saving enough for retirement, compared to 27 percent without a plan.

For service members, McClelland pointed to the Thrift Savings Plan as one of the best avenues for jump-starting a long-term savings plan. She encouraged service members who aren’t already contributing to their Thrift Savings Plan to start. “I can’t emphasize enough what a wonderful program we have in the Thrift Savings Plan,” she said. “TSP makes it easy to save.” Even if service members plan to separate after four years, they should contribute, McClelland advised, since the funds easily can be rolled over to a 401K plan at their new job. People also can explore savings bonds and saver accounts sponsored by credit unions and on-base banks, she added.

Debt shouldn’t be a deterrent, McClelland said, because saving is possible in conjunction with knocking

# 18<sup>th</sup> Financial Management Center

Continued

The down credit-induced debt. “You can’t wait too long, depending on your age, ... to start long-term savings, or you lose that wonderful benefit of compound interest,” she said. However, people first should sit down with a financial expert to determine the best track for their individual situation.

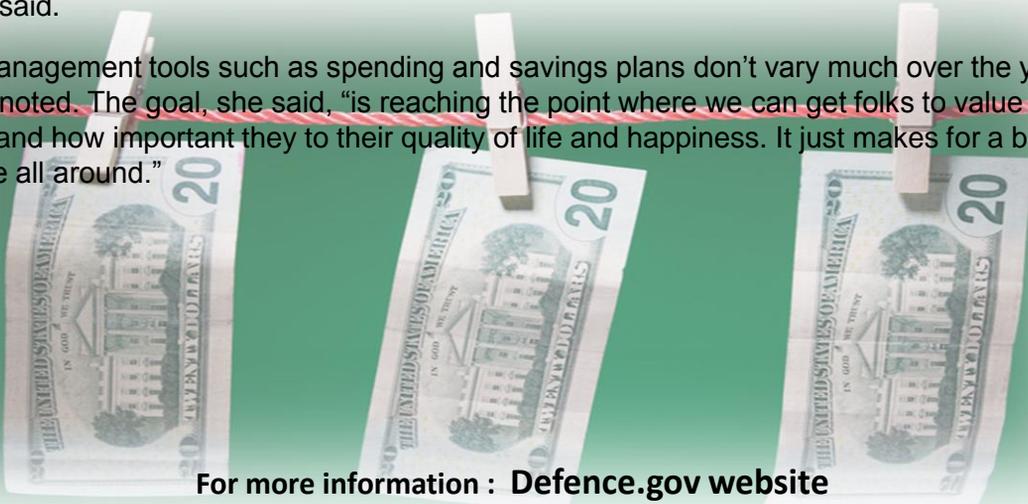
The Military Saves Campaign also includes a Military Youth Saves initiative that is aimed at building financial responsibility in military children and youth. “We can start planting those seeds and make it part of a skill set early on,” McClelland said. “If you get a quarter, you can take a nickel and put it away. It starts them on a cycle that will reward them the rest of their life.” Brenda McDaniel, a senior program analyst in the Pentagon’s office of family policy and children and youth, suggested parents encourage children to take at least half of their allowance and put it in savings. McClelland said officials are working with the Department of Defense Education Activity, youth centers and child development centers to instill this financial message in military children and youth around the world.

McClelland acknowledged the additional challenges military families encounter, including deployments and frequent moves, which “can destroy a budget and a routine you’ve fallen into,” she said. “It’s very, very important that we look at the impact of emergency situations and relocations and really stress that with our folks,” she added. Financial readiness is vital in the military, McClelland noted, since it’s tied so closely to mission readiness as one of the pillars of personal readiness. “If you are more secure in your personal life, you’re more able to attend to the mission at hand,” she said. “If you have bill collectors calling, if you feel like you don’t have enough money to do what you want for your kids, it’s hard to concentrate on launching that airplane or doing whatever your job is for the mission,” she continued. “Our leadership has very much recognized all of the effects personal readiness has on mission accomplishment.”

This recognition has led to accredited personal financial managers being in every service family center, as well as personal financial counselors who work with state and community officials as part of joint family support assistance program teams, McClelland said. And for people who are geographically dispersed, the Defense Department’s Military OneSource consultants can provide telephonic counseling or refer people to a counselor in a community.

McDaniel, who also is the architect of the Pentagon Military Saves Fair, encouraged people to take action today by taking the “saver pledge” on the Military Saves website, where they can pledge to save for everything from a new car to a new house. By doing so, people may be inspired to take a closer look at their overall finances, including credit, debt and savings, she said. “This will, hopefully, lead them to getting assistance from some of the myriad of resources we have available to them,” McClelland said.

Financial management tools such as spending and savings plans don’t vary much over the years, McClelland noted. The goal, she said, “is reaching the point where we can get folks to value each of those tools and how important they are to their quality of life and happiness. It just makes for a better quality of life all around.”



For more information : [Defence.gov](http://Defence.gov) website



# Legal Brief

## A SHORT GUIDE TO THE MILITARY SPOUSES RESIDENCY RELIEF ACT

By CPT Bryan Osterhage,  
1st TSC  
Administrative Law Department

April 15<sup>th</sup> is just around the corner, and for most of us, that signifies one thing – taxes. In the upcoming weeks, it is critical to keep in mind the recent legislative changes that can affect how we file our returns.

One of the more recent changes is the Military Spouse Residency Relief Act (MSRRA), enacted in 2009. The law amends the Servicemembers Civil Relief Act (SCRA) to prevent a spouse from either gaining or losing a domicile, for purposes of taxation, if the spouse leaves or enters a state to follow a Service Member on military orders. The protection is only available when the domicile of the spouse and Service Member are the same.

The language can be confusing, but in essence, a spouse's income for services performed in a state is exempt from that state's income tax if four conditions are met. First, the Service Member is present in the state due to military orders. Second, the spouse is in the state for the sole reason of being with the Service Member. Third, the state that the Service Member claims as his or her domicile is not the same state where he or she is present on orders, and fourth, the spouse and Service Member are domiciled in the same state. Therefore, a spouse of a Service Member stationed at Fort Bragg will not be subject to North Carolina state income tax for services performed in the state so long as the Service Member is in North Carolina on military assignment; the spouse is in North Carolina for the sole reason of being with the Service Member; the Service Member is domiciled in a state other than North Carolina; and the domicile the spouse claims is the same as the Service Member's.

Although these conditions may seem straightforward, in application, there are a few issues to bear in mind. The first of these issues is the establishment and maintenance of a domicile. In order to be domiciled in a state, spouses must have lived in that state and, whenever absent, *intend to return* there for an indefinite time. In general, the intent requirement is satisfied through sufficient, remaining contacts with the state (e.g. it is where the spouse votes, registers vehicles, holds bank accounts). The ultimate determination of domicile, however, is fact specific and dependent on the laws of that state.

Another issue to bear in mind involves the tax provisions of the state where the spouse is domiciled. While under the MSRRA, a spouse's income may be exempt from state income tax in the state where the Service Member is assigned, it does not necessarily follow that the income will be similarly exempt in the state where he or she is domiciled. That determination does not turn on the MSRRA, but rather on the laws of domicile state. Moreover, these laws may treat Service Members and spouses differently. For example, if a Service Member and Spouse are both domiciled in Illinois but present in North Carolina due to military orders, neither will be subject to North Carolina state income tax if the above conditions are met; however, only the Service Member's income will be exempt from Illinois state income tax as a result of provisions in Illinois law. Be sure to consult the laws of the domicile state to determine its specific applications before filing.

The MSRRA provides a great benefit for spouses. Whether one qualifies for protection under the MSRRA can be complex, and no one should assume the MSRRA applies to him or her solely based upon the information provided above. For a determination of whether the MSRRA can benefit you, please contact the 1st Sustainment Command (Theater) Legal Assistance Office at (910) 396-9800.



# Chaplain's Corner

## **"Meeting the Right People, at the Right Places, at the Right Time!"**

*CH (CPT) Lee Hagwood D. Min.*

"March Madness" is a common theme for those who are NCAA basketball fans. Teams from across the United States gather to compete for the esteem prize of being called "The Champion!" What an honor and privilege it is to be recognized as the cream of the crop. Everyone seems to admire and prefer the best team or individual at any competitive sport or event. It is only the best who receives the rewards, honors, and prizes for their enduring labor and sacrifice.

As a lonely teenager, Murphy sought to find a place of belonging, in an organization that was bigger and better than any organization he had known. Until now, his limited experience was the local high school where he was not popular or liked. He did not have many clothes, he was not tall, nor did he consider himself attractive. Unfortunately, none of his classmates did not find him interesting, so he never was invited to be involved in any after school activities while in high school.

One day while strolling through the mall, his eyes were captivated by the precision moves and steps of the army ROTC drill team. As he moved closer, to get a better look, he saw how onlookers were supportive with cheers as if they were at basketball game. An army recruiter walked up beside Murphy and replied, "impressive huh," as Murphy shook his head in affirmation.

As the recruiter began posing questions to get a feel of Murphy's feelings and plans after high school, he invited him into his office to expose this potential recruit to a journey that would change his life. What moved Murphy was the impression of purpose, belonging, team, respect, honor and pride while listening to the recruiter's tone and watching his body language. That day, Murphy left the recruiter's office being invited for the first time to participate in the leading patriotic organization and with an opportunity to excel if willing to develop his skills and attitude.

Today, Murphy visits the smaller towns in his state as a congressman. He walks the malls to speak with youth who seem to be looking for something better, but not sure how or where to get it. He, who received his foundation of hope with opportunity by serving his country in the United States Army, is driven by the words of the forgotten chaplain during his basic training.

*"I have observed something else under the sun. The fastest runner doesn't always win the race, and the strongest warrior doesn't always win the battle. The wise sometimes go hungry, and the skillful are not necessary wealthy. And those who are educated don't always lead successful lives. It is all decided by chance, being in the right place at the right time." Eccl. 9:11 (NLT)*

Murphy would be willing to inform all of us with this lesson he has learned which is a hope to persevere, and not to think lightly about our decisions in life is just a gamble or game of chance. Every Soldier needs to know and each teenager must discover to seize our chances as opportunities for advancement towards personal and professional goals. Eventually, our success will blossom because we are willing to involve the right people, at the right places during the right stages of our life and career!



# Around the FCP



## The 1<sup>st</sup> TSC welcomes BG David Clarkson into the 1<sup>st</sup> TSC Family.

BG Clarkson is assigned as Deputy Commanding General for Support, 1<sup>st</sup> Sustainment Command (Theater). While the 1<sup>st</sup> TSC Headquarters is located at Fort Bragg, North Carolina he will lead units deployed forward from the 1<sup>st</sup> TSC's command post in Kuwait.



## STB CSM Greene highlights top performers in Afghanistan

SGM Long, SSG Plowden, SFC Harris, SFC Martin, SFC Masi and CSM Greene pose for a photo in Kandahar, Afghanistan in FEB 2011. The team is in Afghanistan as part of the Joint Logistics Force-Afghanistan container management mission- where they help to account for all of the containers in the entire country and move out excess containers that belong elsewhere. So far they have identified more than 22-thousand containers saving the Army more than 3 million dollars.

## Black Jack Spotlight

Name: **Angela L. Pace**

Rank/Job Title: SGT DMC Admin NCO

What are your Hobbies: I love to travel. I have been to 14 different countries and plan on seeing a few more on my R&R. I also like to play sports and watch them too.

Where are you from: Mainville, Ohio (a Northern Suburb of Cincinnati)

What is your favorite activity to relax in Kuwait and back at Bragg: I wasn't at Fort Bragg very long before I came to Kuwait. I enjoy spending time with my friends and family. The best way for me to relax is to go to the gym or read a book.

If you could be a Super Hero, who would you be and why: Wonder Woman! She has all the super powers I would like, and being like her would make my life in the Army much easier.

Who is your favorite iconic person in world history and why: Amelia Earhart. She was the first woman to fly solo across the Atlantic ocean. She also was awarded the U.S Distinguished flying cross for setting many world records. She's a great inspiration for all females. Her actions made me believe anything is possible, and I am still fascinated with her disappearance.

What are your favorite NFL and College teams: NFL- Cincinnati Bengals even though they had a terrible season I'm still a fan. College team- THE #1 Ohio State Buckeyes!!!!





# Around the MCP



**Maj. Gen. Kenneth S. Dowd**, 1st TSC Commanding General, explains to the senior leadership about the likely missions that the unit will be undertaking in the this fiscal year and what they would entail during the 1st TSC town hall meeting at Peace Chapel in Fort Bragg, NC.

Photo by SPC David Kanavel



**1<sup>st</sup> TSC  
Families  
enjoy a  
Strong Bond  
retreat at  
Great Wolf  
Lodge**





## **Warning** for Some Kidney Dialysis Patients and Tropical Fish Owners

**During the month of March 2011, Fort Bragg residents may notice a stronger chlorine smell and discoloration to their water.** These are the results of changes to the disinfection of our water and the flushing of the water lines. While this disinfection process of your drinking water supply will reduce the formation of disinfection

by-products, **customers should be aware that this process will require that individuals on kidney dialysis machines implement certain changes to their procedures and should consult with their Doctor. Additionally, owners of tropical fish or other aquatic life will need to take certain precautions to ensure the health of their fish.**

Old North Utility Services, Inc. who maintains the water distribution system in conjunction with the Harnett County Regional Water Treatment Plant and the Fayetteville Public Works Commission (PWC) Water Treatment Plant who are providing water to the Installation will change their disinfection process and significant flushing will take place within the system.

The Fort Bragg Water System generally utilizes a Combined Available Chlorine (CAC) residual in the distribution system which is a combination of ammonia and chlorine disinfection. This disinfection process assists in keeping the formation of Disinfection By-products at minimum concentration levels throughout the distribution system. In accordance with NC Department of Environment and Natural Resources guidance, the Fort Bragg Water System converts to a Free Available Chlorine (FAC) residual, which utilizes only chlorine disinfection for four weeks per year by not feeding ammonia with the chlorine disinfectant. FAC is a stronger disinfectant and helps to control bacteria growth and alleviate any potential bacteriological problems in the system. During this time you will notice a higher chlorine smell and taste in your drinking water.

In order to get full benefits of this chlorine conversion throughout the distribution system, Old North Utility Services, Inc. will be performing flushing throughout the system. This will allow the stronger FAC disinfectant to reach all parts of the distribution system creating a better cleaning of the system. During this time you may experience periods of discolored water. You can help alleviate this discoloration through turning on your faucets and running the water until it starts to clear up. If your water does not clear up within a reasonable time, please contact Old North Utilities by submitting a service order request through Fort Bragg DPW at 396-0321.

On April 1, 2011, Harnett County Regional Water Treatment Plant and Fayetteville PWC will convert back to Combined Available Chlorine. While this disinfection process of your drinking water supply will reduce the formation of disinfection by-products, customers should be aware that this process will require that individuals on kidney dialysis machines implement certain changes to their procedures and should consult with their Doctor. Additionally, owners of tropical fish or other aquatic life will need to take certain precautions to ensure the health of their fish. If you have tropical fish or aquatic animals, you should contact your local tropical fish store and take appropriate actions.

### **The following is the proposed flushing schedule:**

**March 1, 2011:** Harnett County and Fayetteville PWC will stop feeding ammonia at the Water Treatment Plants, converting to a FAC residual.

**Week of March 1st:** Flushing of the distribution system on Pope AFB.

**Week of March 7th:** Flushing of the distribution system on Fort Bragg:

**Area 1:** Bastogne Gables Housing, Old Womack, New Womack, Main Post, Albritten Middle School, Tolson Community Center, Lee Fitness Center, Ice Skating Rink, PWBC, Devers School.

**Area 2:** A-Area, Faith Barracks.

**Area 3:** Nijmegen Housing, Cherbourg Housing, Ste Mere Eglise Housing, Hammond Hills Housing.

**Area 4:** H-Area, D-Area (Marion & Mosby), JFK Area, Hardy and Moon Halls, Community Center, NCO Club & Guest House, Yadkin Housing, Class 6, E-Area (corner of Yadkin & Reilly).

**Week of March 14th:** Flushing of the distribution system on Fort Bragg continued.

**Area 5:** Ardennes Housing, Main PX, Main Commissary, Bataan Housing, Bowley School, Irwin School, Child Care, Main Fire Department.

**Area 6:** Corregidor Courts Housing, Bougainville Housing, Casablanca Housing, Anzio Acres Housing, Holbrook School, Knox Street Warehouse.

**Area 7:** Goldberg Street to Honeycutt Road to Cemetery, N-Area, M-Area.

**Area 8:** Goldberg Street to Gruber Road to Y-Area, M-Area, F-Area, Y-Area.

**Week of March 21nd:** Flushing of the distribution system on Fort Bragg continued.

**Area 9:** Simmons AAF

**April 1, 2011:** Harnett County and Fayetteville PWC will start feeding ammonia at the Water Treatment Plants, converting back to a CAC residual.



# Family Readiness...

The answer is Yes...

Now what are your questions?



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## Military OneSource Tax Filing Services

The Military OneSource Tax Program has begun! The program provides free access to a customized version of the basic H&R Block at Home® electronic tax- filing product. This customized product allows for free federal filing and free state filing (up to three states). In addition, free telephonic tax consultations are available to help with tax- related issues.

**Tax consultants are available 7 days a week from 7 a.m. - 11 p.m. ET by calling the**

**Military OneSource Tax Hotline at 1-800-730-3802.**



**SPC Beachum is your 1<sup>st</sup> TSC BOSS POC**



## Lenny Harris/ 910-396-6198

Did you know that East Fort Bragg has an ACS Representative? Lenny Harris is the new East Fort Bragg ACS representative. His office is located in the 1<sup>st</sup> TSC , STB Headquarters Building on Quartermaster Street, building M-2567.

ACS provides classes and resources to meet your needs, go to:

<http://www.fortbraggmwr.com/cal.php>

## The

## 1<sup>st</sup> TSC

Military & Family Life Consultant  
contact is:

## Michael Williams/ 910-709-4099

The 1<sup>st</sup> TSC now has a dedicated Military & Family Life Consultant (MFLC) ,Michael Williams, that is on site two days a week in the 1<sup>st</sup> TSC, STB Headquarters building on Quartermaster Street, building M-2567.

MFLC's are like life coaches. They are all Master's and higher level therapists that work within the military family to offset the unique stresses of military life. They do not maintain records and all sessions are completely confidential.



# Good to know



## Motorcycle enthusiasts...

Until further notice, DoD/DA civilian employees, family members, retirees, and contractors are not required to present a Motorcycle Safety Foundation (MSF) Training card to register and ride a motorcycle on the installation.

All military service members however (Active, Reserve and National Guardsmen) are still required to do so.

POC for this message is Richard E. Eppler, Garrison Safety Manager, 396-9051

**KNOW THE STANDARD, FOLLOW THE STANDARD, ENFORCE THE STANDARD!**

Safety Website:

<https://airborne.bragg.army.mil/safety>



## Marines to conduct artillery training

From March 9 to 21, the 10th Marine Regiment will conduct their annual spring artillery training on Fort Bragg. These units fire significant amounts of 155mm ammunition, which can be associated with loud explosions and reverberations upon detonation. While engaged in simulated combat conditions, the Marines will comply with existing requirements that prohibit them from massing fires larger than battalion size between the hours of 11 p.m. to 5 a.m., daily, or from firing during the hours of 10 a.m. to noon on Sundays.



## USO of North Carolina 3rd Annual Run for the Troops 5K

The USO of North Carolina's 3rd Annual Run for the Troops which will be held on Saturday, April 2, at Fayetteville Technical Community College. Registration is \$25 per person: \$15 per child before the event. Event day registration is \$35 per person; \$15 per child.

<http://www.active.com/running/fayetteville-nc/uso-of-nc-3rd-annual-run-for-the-troops-5k-presented-by-purolator-filters-na-llc-2011>

**Leisure Travel Services** provides a range of travel services to active duty and retired military personnel, DoD civilians and their family members, and other members of the military community.

Special Upcoming Events .... We have tickets for the following:

Celtic Woman March 5, 2011 at the Crown Center.

Blake Shelton, March 11, 2011 at the Crown Center.

Child Advocacy Center of Fayetteville hosts American Girl Fashion Shows, March 26-27

Legend of Hip Hop (Salt & Pepper) April 1, 2011 at the Crown Center.

Richmond International Raceway ticket offers for April 29 & 30,



# OPSEC - Social Media Roundup

## Family Conduct

- A family member's post can put a Soldier and his/her unit in danger. It could also potentially damage the Soldier's career so it's up to the unit and the individual Soldier to properly educate Army Families on appropriate social media use.
- Families must understand OPSEC and know what they can and cannot post.
- There are other social media resources for family members on the Army's slideshare site: <http://slidesha.re/edZnHo>

### What can families post?

- Generalizations about service or duty
- Pride and support for service, units, specialties, and service member
- General status of the location of a unit ("operating in southern Afghanistan" as opposed to "operating in the village of Hajano Kali in Arghandab district in southern Afghanistan")
- Links to published articles about the unit or servicemember
- Any other information already in the public domain



## Social Media Risks

### Mitigating online risk and representing the Army appropriately

- Check your privacy settings on all social media sites and set your security options to allow visibility to friends only
- Do not friend someone you do not know personally
- Be cautious when engaging in online conversations with strangers
- Never release personal financial information
- Use caution when tagging people in photos. Not everyone wants to be identified
- Review photos you've been tagged in
- Use your instincts, if something doesn't seem right it likely isn't
- Just because someone has a profile picture, it doesn't mean the photo is of them

