



1st Sustainment command (Theater)

Family Readiness Group Newsletter

June 2011

Photos courtesy of 1st TSC PAO

"The inclusion of some unofficial information in this FRG newsletter has not increased the costs to the Government, in accordance with [DOD 4525.8-M](#)."



Are you PREPARED?

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

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From the 1st TSC Commander...



FIRST TEAM,

This week we paused to remember those Warriors and great citizens who have sacrificed all in the service of their country. I hope you all were able to take part in the National Moment of Silence, May 30 1500 EST. This tradition of honor unites us all-and it is this unique patriotic character that bonds all Americans. I remind you all that it takes personal responsibility and engaged leaders to ensure our troops and Families remain safe over the holiday. I thank each of you and your families for your service and sacrifice and am proud to stand with you now and in the future. Additionally, the summer months are upon us and Jennie and I ask you , our 1st TSC Family...Soldiers and Families alike, to keep safety as a top priority in all of your summer endeavors.

- MG Kenneth S. Dowd



'1st TSC

says farewell to one of the most renowned Leaders in the Army'



The 1st TSC and most of its subordinate units took the time to say farewell to LTG Webster, Commander of Third Army on 27 May. LTG Webster has commanded ARCENT for the past 2 years and will relinquish command and retire from the Army after 37 years of service on 3 June at Fort McPherson, Georgia. All of us at 1st TSC wish LTG and Mrs. Webster the very best.



Special Troops Battalion

LTC Kevin Gilson

Team!



Commander

It is hard to believe that June is already here and as most of you probably know that June typically kicks off the "summer safety campaign". This will include a safety stand down day on 10 June 11, as well as, motorcycle safety, severe weather safety, summer safety and suicide awareness and prevention training.

Our priorities over the summer will not change and will continue to be Mission ready, Training focused as well as adhering to Summer Safety guidelines, daily Force Protection along with team and Family building events.

Safety First!

LTC Gilson, Kick 6

CSM Rich Greene

First Team,



Battalion CSM

Just a friendly reminder that we have the Army Birthday 10 Mile Run and the 4 Mile Walk on Friday 3 June at 0630. First formation for the entire TSC on that day will be in front of Callahan Gym at 0600 so we'll all have time to stretch before the event. Family members, you are all invited to join us even if you have not registered for the event. For some of you this will be your first "long run" in a while and more than a few Soldiers have contacted me about longer distance training. If there's an interest I'll put a training plan together for that group to prep together over the summer for a 1/2 and full marathon for the fall timeframe.

Additionally, everyone is welcome to join us each month for the Awards and Promotion Ceremonies which happen the first week of each month. We have all sorts of Soldiers and civilians getting after it all over the globe, so please join us in recognizing them. As the summer sun continues to beat down on us, remember to be safe. Hydrate, think before you act, don't drink and drive and keep your buddy safe.

CSM Greene, Kick 7

Photos by Sgt. David Kanavel

Congratulations to the 2011 1st TSC STB NCO & Soldier of the Year



SSG Kevin Presley



PFC Donna Grady

SSG Presley, 1st TSC G6, on winning the 2011 1st TSC STB NCO of the Year Competition. Staff Sgt. Presley represented the 1st TSC STB at the 2011 1st TSC NCO and Soldier Competition, he competed against NCOs from 1st TSC down trace units for a chance to compete in the ARCENT Best Warrior Competition.

Pfc. Donna Grady, 54th QM, on winning the 2011 1st TSC STB Soldier of the Year Competition. Pfc. Grady will represent the 1st TSC STB at the 2011 1st TSC NCO and Soldier Competition, she will compete against soldiers from 1st TSC down trace units for a chance to compete in the ARCENT Best Warrior Competition.



1st TSC Spring Ball



Fun was had by all!

Major General Dowd and his wife Jennie hosted their first formal event since MG Dowd took command last summer. The Spring Ball was held at the Crown Coliseum on Friday May 13th, and although Friday the 13th is typically a day filled with dread and superstition for some, the 1st TSC decided to go against the odds.

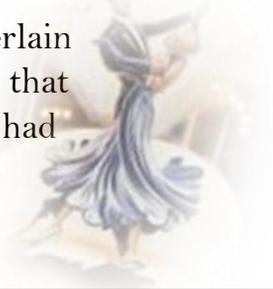


The guest speaker for the evening was Major General Kevin Leonard who is currently serving as the Commander of the Service, Deployment & Distribution Command, Scott AFB. MG Leonard was the "Inaugural" Commander of the 1st TSC and he graciously spoke about the important mission of the 1st TSC, reiterating his legacy of..."One Mind, One Heart & One Purpose".

Upon the retiring of the Colors, MSG Bryant, the Master of Ceremonies, brought the formalities of the evening to an end and SFC Nesbitt and her husband turned up the volume and got the party started with the Macarena and other favorites that kept that dance floor full.



A special thanks to Major Chamberlain and his committee for all the hard that was done to ensure that everyone had a good time and got home safely.



First Team!





14th Human Resources Sustainment Center

Providing HR support for America's deployed service members

By Major Paul Bamonte

Friends and family came out to the send-off ceremony of the main body of the 14th HRSC as they departed Fort Bragg for Kuwait on April 14. After a short ceremony officiated by the 1st Theater Sustainment Commander, MG Kenneth S. Dowd, the 14th formed up and walked out to the awaiting aircraft. The journey then took them to Newark International Airport for a short stop, then on to a small airfield outside of Munich, Germany. After a three-hour layover, the group was on their last leg to Kuwait, flying high over Iraq. Upon arriving at Camp Arifjan, the 14th started their "left seat right seat" with the outgoing HR unit, the 3rd HRSC, out of Mississippi. Both units jumped in to do the massive transition of information flow and making sure that work continuity was uninterrupted. The 14th is filled with seasoned HR professionals who come in everyday to make sure that the Soldiers they represent across Iraq, Afghanistan, Qatar, and Kuwait, have world-class HR customer service 24 hours a day.



Description

55-members strong, the 14th HRSC provides dynamic and world-class Human Resources support for America's deployed service members. and is led by The 14th HRSC Director ,Colonel Steve Shea

Mission

14th Human Resources Sustainment Center (HRSC) provides theater-level Human Resources coordination, integration, and technical support for Postal Operations.



Around the FCP



1st TSC bids farewell to a great Soldier. Colonel Mark Talkington is retiring after 25 years of service. COL Talkington served at the SPO for the 1st TSC at the Forward Command Post. Thank you for your leadership and professionalism and Congratulations on your retirement.



Brig. Gen. Clarkson congratulates Staff Sgt. Lafayette on reenlisting



1st TSC Citizen Warrior Spotlight

TOP NEWS STORIES

Desert Soldiers Train at Sea

Story and photo by Sgt. Shannon Gregory, 230Sustainment Brigade, PA

KUWAIT NAVAL BASE - Select Soldiers within the 718th Transportation Battalion participated in a live-fire exercise on May 5, 2011. However, this was not your normal range exercise. Members from the 778th Transportation Company (TC), Massachusetts National Guard, 377th TC and 217th TC, a Reserve unit from Texas, joined the crew of Landing Craft Utility 2018 vessel, also known as Five Forks, out in the Persian Gulf to fire select weapons designated for the waterborne vessel's defense.



The exercise was part of a Third Army initiative known as Granite Shield. The Granite Shield program was put into effect in early-December 2010, with the purpose of improving individual, small unit and collective readiness across the Third Army Command.

AROUND THE FORCE



The team from Task Force 1/182nd, Michigan Army Guard, 197th FIB, transport a patient during the first aid event of the 2011 Sustainer Challenge competition at Camp Arifjan, Kuwait, April 7. From left, Spc. Brian Dardis of Hamilton Township, N.J., Spc. Angel Chavez of Farmington, N.M. (in rear), Spc. Matthew Stott of Farmington, Mich., and 1st Lt. Takura Nyamfukudza of Lansing, Mich. Photo by Sgt. Brian Gordon, 197th FIB PA.



Soldiers from the 230th Sustainment Brigade, headquartered in Chattanooga, Tenn., and other Soldiers assigned to the 1st Theater Sustainment Command begin a grueling 10 kilometer road march with full tactical gear on April 6, 2011 at Camp Arifjan, Kuwait. The march was part of the Sustainer Challenge, an event designed to determine the best Soldier assigned to a sustainment command through basic Soldier skills. Photos by Sgt. John Dedman, 230th Special Troops Battalion.



1ST TSC ALUMNI ALERT! Brigadier General Nickolas P. Tooliatos, U.S. Army Reserve, for appointment to the grade of major general and assignment as Deputy Commanding General (Individual Mobilization Augmentee), U.S. Army Training and Doctrine Command, Fort Monroe, Virginia. He is currently assigned to the Control Group (Reinforcement), Saint Louis. Congratulations Sir!



Motorcycle Safety

As of 16 May 2011, we have lost 21 Soldiers to motorcycle accidents — a 40 percent increase over the same timeframe in fiscal 2010.

*Indiscipline continues to be the primary causal factor in the overwhelming majority of these cases. Speeding or aggressive driving was cited in 86 percent (18 of 21) accidents.

*Contrary to popular belief, reintegration from deployment does not appear to be a significant factor in our fatal motorcycle accidents. Of this fiscal year's fatalities, 6 Soldiers were within 180 days of redeployment, but 13 had not deployed in more than a year, and 2 had never deployed.

*Soldiers in the grades of E5 through E8 have accounted for 14 Of 21 of our motorcycle fatalities this fiscal year, with an average age of 30.6 years old.

*Leaders engage your soldiers and ensure they are in compliance and aware of the risks.

*Additional information can be found at: www.safety.army.mil Where you can also view one of the newest tools available which is an interactive program entitled "Off-Duty, On-Guard" .

Motorcycle & PPE Inspection Checklist

Use the link to learn more about popular modifications Soldiers are making to their bikes: "What a Leader needs to know about motorcycle safety" <https://safety.army.mil/povmotorcyclesafety/>

Chassis: Visible signs of modifications (for additional info see presentation)



Tires: Signs of wear, thread depth, bulges



Two mirrors



Headlight(s) "ON"



Turn signals/brake lights operational



If Equipped: Daytime Running Lights (DLR's) "ON"



Link to the MSFT-CLOCS Motorcycle Inspection Checklist: <https://safety.army.mil/mmp/docs/tclocs.pdf>

Information on PPE requirements can be found in DODI 6055.4 and AR 385-10, Chapter 11-9

- Helmet:** Minimum DOT Approved. Cracks, padding, age, any visible modifications?
- Goggles or Face Shield:** Impact/shatter resistant goggles/full face shield attached to helmet, must meet or exceed ANSI Safety Code Z87.1, for impact and shatter resistance.
- Footwear:** Sturdy Footwear mandatory. Leather boots/over the ankle shoes required.
- Protective Clothing:** Protective clothing includes long-sleeved shirt or jacket, long trousers, full fingered gloves or mittens made from leather or other abrasion-resistant material, Motorcycle jackets and pants constructed of abrasion-resistant materials such as leather, Kevlar™, or Cordura™ and containing impact-absorbing padding are strongly encouraged. Riders are encouraged to select PPE that incorporates fluorescent colors and retroreflective material.
- Motorcycle Safety Foundation (MSF) or state approved card:** Valid and current.
- License:** Valid State Drivers License with motorcycle endorsement.
- Insurance:** Current and valid insurance card.
- Note:** Failure to wear the PPE or comply with licensing or operator training requirements may be considered in making line-of-duty determinations if the injury is from nonuse of PPE or noncompliance

Contact the Driving Task Force at (334) 255-3039 or email Safe.Drivingtaskforce@conus.army.mil



Chaplain's Corner

“Father's are Men who Promote Safety”

By CH (CPT) Lee Hagwood

During the 80's there was a very popular television show called *Hill Street Blues* that depicted the daily challenges of a New York police precinct. These police officers enforced the law, curtailing crime while and at the same time learning to interpret their partner's philosophy and personality while patrolling their beat.

The one consistent event that occurred before each shift began was the patristic precinct sergeant who captured everyone's attention by saying, “*Hey, let's be safe out there!*” These sobering words made everyone pause, and reconsider how they would begin their shift and treat the individuals they would encounter.

Perhaps the largest subculture group in the Army is fathers. Our nation recognizes fathers during this month while the Army promotes safety issues. How can a father promote safety as common thread among Army Families and civilian communities throughout our nation?

First, we can only promote the issues of safety that we observe ourselves. Too many military men historically have been irresponsible and have not been available or involved with their children throughout their lives. The presence of an involved father from birth and throughout the life of their child creates an environment of stability, security, and self-esteem, and success.

Secondly, many military men have been mentors and father figures to millions of Soldiers throughout the history of the Army. Men who promote and ensure Army values will ensure that all Soldiers will continue to grow Army strong. Likewise, when there are men who refuse to promote the safety of all Soldiers, then we must still tell everyone everywhere to be safe out there.

Thirdly, there are numerous men and fathers who are capable of giving sound advice to younger Soldiers and youth. We as Soldiers who have world experiences and insights can offer tremendous hope and inspiration to those who look up to us as a father figure or even the father they never had.

Let us as fathers find the courage to say to all Soldiers, “*Hey, let's be safe out there!*” Being safe begins with being responsible, never absent, but always available to your child. The first duty and responsibility as a father is to provide an environment of stability, security, self-esteem and success. Army strong makes America safe!

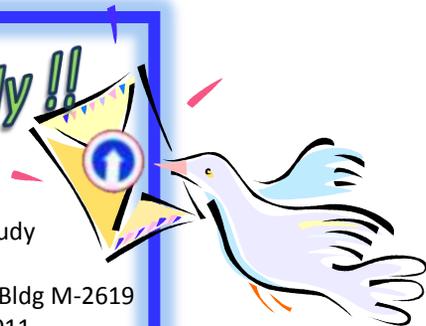
1st TSC Bible study !!

YOU are invited to a weekly Bible study
CH Hagwood will lead the group.

Location: HHC Conference room, Bldg M-2619

Date: Beginning Thursday, 7 Apr 2011

Time: 1200-1300 every Thursday.





The Importance of Renter's Insurance

by 1LT Jeremy S. Watford, Esq.

Legal Assistance Attorney

1st Sustainment Command (Theater)

As the summer arrives, many Soldiers are getting ready to PCS to a new location. One thing to keep in mind as you set up your new home is obtaining renter's insurance. The need for renter's insurance is especially clear in light of the damage and losses suffered by so many due to the recent storms in the Fort Bragg area.

Although renter's insurance is usually not legally required (like auto or homeowners insurance), it is just as necessary to have. It will not only protect personal items, but it will also help with temporary housing and liability protection, such as medical expenses for people injured on the property. Once a need for renter's insurance is determined, knowing the available options will help define the best policy.

If the ceiling in a rented property is damaged by wind or hail in a storm, the damage is covered by the landlord, just as structural repairs are covered in military housing quarters, but what about the damage to a brand new stereo or television? What about the money necessary for another place to stay while the ceiling is being fixed? These are the types of things that would be covered by a renter's insurance policy.

Soldiers and families living in quarters may think that renters insurance is not necessary, because the government will pay them if their personal belongings are damaged or stolen. While this may be true, the government will only pay the depreciated value of personal belongings. Renter's insurance can cover the full replacement cost of items, going back to the date items were purchased, rather than the current fair market value price of the items.

Along with personal property coverage and living expenses, a policy can also cover liability or damage to others or their property. For example, what if a friend visits and slips on the ice outside the door. That walkway is your responsibly to keep clear. Your friend then needs medical attention and eventually decides to sue. Renter's insurance can help pay for the friend's medical expenses and for a civilian attorney to defend you.

There are some factors to consider when purchasing a policy which will affect the price and coverage:

1. Dollar Amount of Coverage: A dollar amount is not placed on each item owned, instead a fixed amount for all possessions will be determined. The more coverage purchased, the higher the price of the policy.

2. Deductible: How much are you are willing to pay out of pocket before the insurance kicks in?

3. Actual Cash Value (or depreciated cost) vs. Replacement Cost: A basic policy will pay actual cash value, which is the value of the property at the time of loss. This is also what the Army claims office will pay if you live on quarters. A replacement cost policy pays for an actual replacement. For example, a three year old stereo will be replaced with as much money as it would cost to purchase a new comparable stereo. Expensive items prone to theft, such as jewelry and guns, only have limited coverage so it is wise to place these items on a separate policy.

4. Location and Previous Claims: If you are renting in an area prone to thefts, an insurance policy will probably cost more. Also, if you or the previous person or neighbors that live in the area have had a large amount of claims, this will likely affect the cost of the policy.

The average renter can get complete coverage for a few hundred dollars or less a year, depending on where he or she lives. If you have questions about renter's insurance, contact a local insurance company and get quotes.

Shopping around will offer information on different prices and different coverage options that best suit your needs.

And if you would like someone to look over the contract with you before you commit, contact us at the 1st TSC Legal Assistance Office at (910) 396-9800.



Family Readiness...

The answer is Yes...

Now what are your questions?



Alissa Roberts
Family Readiness Support
Assistant
1st Sustainment Command
(Theater)
Building M-2567
Quartermaster Street
Fort Bragg, NC 28310
(910) 643-8254
alissa.roberts@
us.army.mil

Summer is a fun time of year and I like the rest of the command I hope that you all have lots of fun things planned or neat places to visit lined up for this summer. I know we've bombarded you with safety information so I won't go into that, but what I would like to ask is that if you do happen to leave the area for an extended length of time or if your contact information has changed that you or your spouse let us know. It's not that we are trying to keep tabs on you, but as a "Just in case." I think we are all familiar with "Murphy", some of us more than others. In light of possible severe weather, such as the recent tornadoes, we would like to be able to reach out and make sure that all of our families are okay and being taken care of. Please help us to help you should it be necessary.

Dates to Remember

Ft Bragg 10-Miler	3 June 2011
FRG Bake Sales	6&20 June 2011
* 9 – 11 AM 1 st TSC Motorpool	
Safety Stand Down	10 June 2011
Ft Bragg Newcomer's Orientation	7 June 2011
FRG Meeting	26 July 2011



Father's Day 19 June!



Please welcome our newest additions to the 1st TSC Family

*Major Murray and his wife welcomed their daughter Makaiah Renee Murray on 27 May 2011. She weighed in at healthy 8lbs 10ozs and measured 21 inches long. Mother and baby are doing well.

*SSG George and his wife Kati welcomed their new daughter, Jazalea Joelle, into the world on 28 May 2011, she weighed in at 9lbs 3oz and 21" long. Mother and baby are doing well.



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 1st 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 1st TSC Military & Family Life Consultant contact is:

Dee Clingham / 910-489-8020

The 1st TSC now has a dedicated Military & Family Life Consultant (MFLC), Dee Clingham. Please feel free to give her a call. She does have an office within the STB to meet with Soldiers and or Family members and can also meet in a safe location away from the unit. 1st 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

DOD Makes Progress in Civilian Hiring Reform

Excerpt by Donna Miles American Forces Press Service, WASHINGTON, May 18, 2011



Until very recently, applying for a civilian job at the Defense Department was an exercise in endurance and patience. Applicants had to navigate through a byzantine federal hiring process and amass thick application packets, then often waited as long as a year for any word on their applications. Pasquale “Pat” M. Tamburrino Jr., deputy assistant secretary of defense for civilian personnel policy, said the practice left defense offices short of critical skills for extended periods and discouraged the best candidates from even considering federal service. “If you are going to be in the marketplace, competing for the best and brightest – which is what we want – we want to be the employer of choice,” he said. “And if you make it hard to apply, you are going to lose in the marketplace.” Committed to attracting the best job candidates, the Defense Department is making good on President Barack Obama’s mandate last year to improve the federal hiring process. DOD launched its own hiring reform initiative two years ago, and it’s revolutionizing the way the department processes about 250,000 hiring actions a year, Tamburrino said. The typical timeframe for hiring new employees already has been cut from an average of 155 days to 116. “We’re pretty happy with that, but we are not stopping there,” Tamburrino said. His goal is to reduce that to the administration’s goal of about 80 days. The broad, 10-step DOD hiring reform initiative covers the full spectrum of the hiring process to make it not only faster, but also simpler, less bureaucratic and more transparent, he explained. It makes applying for a DOD job more in line with what the private sector offers, he added, and ensures hiring managers have the tools they need to advertise and fill vacancies. It

builds a closer partnership between hiring managers and human resources personnel to expedite the hiring process and make it a better experience for everyone involved, Tamburrino said. For applicants, gone is the burdensome Standard Form 171, the official federal resume that could run 15 to 20 pages. Also gone is the requirement that job-seekers write essays proving they have the proper knowledge, skills and abilities – called KSAs – for the job. Applications have gone electronic, filed through the Office of Personnel Management’s government wide “USAJobs” portal. And once applicants enter their profile into the system, detailing their education, work history and skills, that information propagates all of their other job applications. After they press “send,” applicants are no longer left wondering if their application has gone into a “black hole,” Tamburrino said. “People are getting feedback when they submit their application,” he said. “They are getting a response: ‘Your application is in the queue. It has been received by the [human resources] office. It is being processed.’” Any questions that need to be cleared up are addressed early on to ensure they don’t slow down the process. DOD’s hiring reform initiative doesn’t stop with the application process. Hiring managers are adopting new, streamlined methods to advertise their positions and interview the best-qualified candidates. The days of “convoluted vacancy announcements that were almost unique to every individual job we advertised” have fallen by the wayside, Tamburrino said. Now, rather than custom-writing every vacancy announcement, hiring managers are encouraged to use standardized templates that cover basic job

functions at the designated occupational series and grade level. Minor edits to those templates ensure they properly describe the particular job being filled. “We think that makes it go a lot faster,” Tamburrino said. “We are teaching managers how to do structured interviews and how to write better job opportunity announcements.” Much of that instruction is provided through the new online Hiring Managers Toolkit, which DOD started rolling out about eight months ago and continues to refine. Another key to DOD’s hiring reform initiative are the human resources professionals themselves. “You are responsible for providing the very best in customer service,” Tamburrino tells his HR professionals. “If an organization comes to you seeking advice, you must give clear, plain-language advice on how to address their challenge.” Tamburrino goes on to say that as subject-matter experts who understand the nuances of sometimes daunting federal hiring regulations and know what it takes to attract and recruit good talent, HR professionals are valuable partners in helping hiring managers navigate the hiring process, he said. “Ultimately, Tamburrino said, he’d like to see the hiring reform initiative expand its focus to “employment reform.” He describes that as an effort to improve the way the Defense Department manages the careers of the civilian employees it recruits. “To me, it is a whole lifecycle event,” he said. “Getting you in is just one step.”



Interested in volunteering? We are looking for volunteers to help out with our June 18th event.

In an effort to promote waste reduction and support NC legislation prohibiting the disposal of computer equipment and televisions in NC landfills, which takes effect on July 1, 2011. Fayetteville Beautiful is partnering with the City of Fayetteville and Sustainable Sandhills to host an electronic waste (e-waste) drive and compost bin and rain barrel sale, which will be the first of its kind within the city limits. Recycle your old electronics at the Westwood Shopping Center (grassy area near All American, near the cinema) on **Saturday, June 18, 2011** from 9 a.m. to 3 p.m.

In addition to the e-waste event, we have partnered with Norseman Environmental to offer the Earth Machine Backyard Compost bins and SYSTEMN rain barrels at deeply discounted rates (\$47/\$58 respectively) on a first come, first served basis while supplies last.

This event is FREE, so please recycle your e-waste to help our environment. For more information or to volunteer contact Melinda Harrington at melinda_ann_moore@yahoo.com or call 910-286-7027.

“TRICARE TV” offers Beneficiaries a New Resource for Information

Starting now TRICARE beneficiaries who want to learn more about their health care plan and how it works can get short, relevant tips once a month with the launch of TRICARE TV.

TRICARE TV is an important addition to TRICARE's social media program. The videos are short and easy to follow, ranging in length from two-to-four minutes. The first episode called “What Is TRICARE?” gives beneficiaries an overview of TRICARE health care plans and some of the special programs offered.

TRICARE is already active on social media sites such as YouTube, Facebook and Twitter, and TRICARE TV joins another electronic option – the weekly award-winning Beneficiary Bulletin podcast. Together, they all provide beneficiaries timely updates on TRICARE benefits in a variety of convenient formats.

To view TRICARE TV, beneficiaries can visit TRICARE's YouTube channel at www.youtube.com/TRICAREHealth or www.tricare.mil/mediacenter. Subscribe to get e-alerts when a new episode is posted by going to www.tricare.mil/subscriptions or through the e-mail link at the TRICARE media center.



DeCA Newsletter: Guard and Reserve Sales Schedule

DeCA has started a monthly newsletter for customers who have asked for e-mail updates on commissary on-site sales. Customers who subscribe to the newsletter receive the on-site sales schedule, as well as sale information, points of contact, program updates and more. This newsletter is a one-stop shop for on-site sale details. Additionally, a special feature of this newsletter is that it offers the ability to send updates to customers if sale information changes; customers simply indicate the state in which they normally attend on-site sales when they subscribe to the newsletter, and if the details change for a sale in that state after they have announced it, DeCA will send out a special alert just to those customers. Customers can subscribe to this newsletter by visiting <http://www.commissaries.com/guardreserve>

It's All Good

From the Office of the 1st TSC PAO ...

Did you know that we have a great on-going relationship with CH 11/14 Raleigh who does profiles of great things that our troops and families are doing. To date at least three 1st TSC families have been featured on WTVD's news cast. Do you know of a deserving Soldier, Civilian or Family Member? If so, please contact the 1st TSC Public Affairs Office at (910) 643- 4243 /4343. Once they are nominated and the nomination is reviewed, if the deserving individual agrees to it-PAO does the rest. This is a great way to recognize good performers, community supporters and just great Americans...Hope you can help 'stir the pot!"

LTC MORELLE-OLIVEIRA
catherine.morelle@us.army.mil



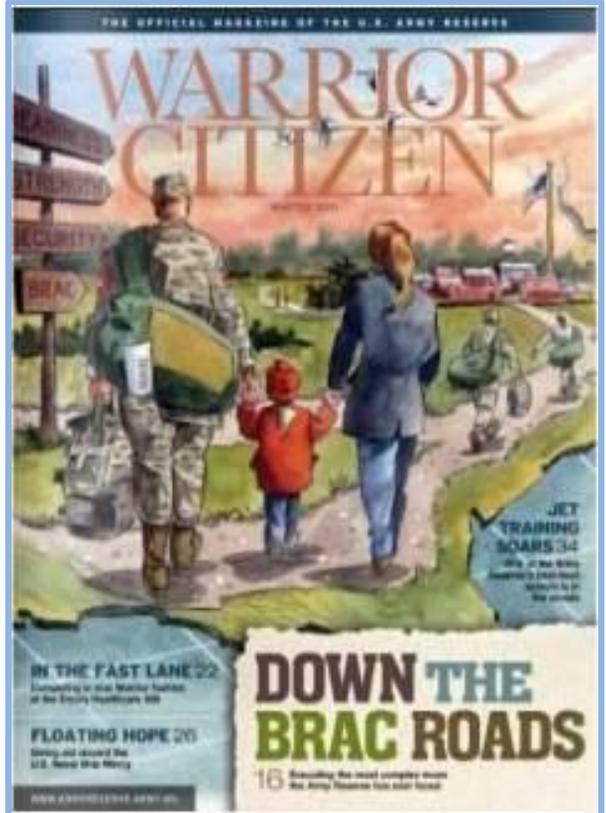
Pilot program to issue smartcards to eligible U.S. Army Retirees & Souses

2500 eligible U.S. Army Retirees and Spouses at five installations will have an opportunity to be part of an AKO pilot program that will explore better methods to secure personal information and replace those long passwords and challenge questions that are often required when accessing Army websites. The pilot is scheduled to begin in September 2011 and will continue until February 2012. For more information go to the AKO website.



Early TRICARE

Some members of the National Guard and Reserve (collectively known as the Reserve Component, or RC), who are issued delayed-effective-date active duty orders for more than 30 days in support of a contingency operation, are eligible for "early" TRICARE medical and dental benefits beginning on the later of either: (a) the date their orders were issued or (b) 90 days before they report to active duty. TRICARE Eligibility for RC Members and Family Members To be eligible for this early TRICARE benefit, RC members and family members must be registered and TRICARE eligible in the [Defense Enrollment Eligibility Reporting System \(DEERS\)](#). The member's Service personnel office is responsible for determining the member's eligibility for the early TRICARE benefit. The Services will notify and advise eligible RC members of their TRICARE medical and dental benefits when their delayed-effective-date active duty orders are issued. RC members may verify their eligibility for TRICARE through the secure Guard and Reserve Web Portal Web site at www.dmdc.osd.mil/appj/esgr/index.jsp (if the employer input page appears, click the "BACK" button located on the bottom of the "employer input page"). For assistance with an eligibility problem, members should contact their Service Point of Contact listed on the TRICARE Web site at www.tricare.osd.mil/reserve/reservepoc.cfm.



The Warrior Citizen is an On-Line magazine that is specifically for our Reserve Soldiers and Families. To receive the magazine Please cut and paste the following link into your browser .
http://issuu.com/warrior-citizen/docs/warrior-citizen_winter_2011?mode=embed&layout=http://sk.in.issuu.com/v/light/layout.xml&showFlipBtn=true



Are You Prepared?

June 1st begins Hurricane Season and this week is Hurricane Preparedness Week. While we are pretty far inland, Fort Bragg has been affected by hurricanes in the past and therefore we all need to take some time to ensure that we are ready for a possible emergency..



HURRICANE

A hurricane is a tropical cyclone. Hurricanes can be catastrophic to coastlines and impact those living several hundred miles inland. The cyclone has potential to bring violent thunderstorms, waves, winds exceeding 155 mph and may further result in tornadoes. Power outage and flooding are secondary hazards that even those away from the direct path may encounter. Hurricanes can cause extensive damage through strong winds and high flood waters from rain and storm surges.



How to Prepare for a Hurricane

- Stay informed and know your hurricane terminology:
 - **Tropical depression**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds not exceeding 38 mph.
 - **Tropical storm**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds 39–73 mph.
 - **Hurricane**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds 74 mph or higher.
 - **Storm surge**—A dome of water pushed ashore by winds during tropical storms and hurricanes. Storm surges can reach 25 feet high and be 50–1000 miles wide.
 - **Storm tide**—A combination of storm surge with normal tide, increasing the amount of water (e.g., a 15-foot storm surge with a 2-foot normal tide creates a 17-foot storm tide).
 - **Hurricane/tropical storm watch**—Hurricane/tropical storm conditions are possible within 36 hours in specified areas. Stay tuned to radio or TV for further information.
 - **Short-term watches and warnings**—Provide detailed information about specific threats during hurricanes, such as flash flooding or tornadoes.
- Understand the categorization of hurricanes:
 - **Category 1**—Winds 74–95 mph, storm surge 4–5 feet, minimal damage to plants and signs.
 - **Category 2**—Winds 96–110 mph, storm surge 6–8 feet, some flooding, minimal damage to mobile homes, roofs and small crafts.
 - **Category 3**—Winds 111–130 mph, storm surge 9–12 feet, extensive damage to small buildings and low-lying roofs.
 - **Category 4**—Winds 131–155 mph, storm surge 13–18 feet, extreme damage with destroyed roofs and mobile homes, downed trees, cut off roads and flooded homes.
 - **Category 5**—Winds exceeding 155 mph, storm surge over 18 feet, catastrophic damage destroying most buildings and vegetation, cutting off major roads and flooding homes.
- Install permanent storm shutters or have supplies available to board up your windows.
- Install straps or clips to secure your roof to the frame structure.
- Make sure trees and bushes are well trimmed and maintained.
- Keep enough fuel in your car's tank to evacuate. Expect a high volume of slow traffic.
- Get an emergency kit, make and practice a Family emergency plan and evacuation procedure.
- Develop a Family communication procedure in case you are separated. Keep in mind phone lines and cell phone towers may be down.



ARMY STRONG

For tips on how to prepare, visit the Ready Army website at the link :

www.acsim.army.mil



One final note

CPT Alex Creammer



HHC, Co. Commander

Hello Families!

It's getting hot outside and I'd like to wish everyone a fun filled summer and hope that you are able to maximize your time with travel, Family, friends and fun! I would also be remiss if I didn't encourage you all to abide by some simple safety tips. Below you will find several safety tips that I highly recommend:

1. *Secure your possessions.*

If you are going to be on vacation, plan ahead and have someone pick up your mail, turn your lights on, and ensure your newspapers are picked up or put on hold. A lot of thefts occur when the appearance is given that no one has been home for a long time.

2. *Don't forget about your health!*

Water, fluids, sunscreen, hats, proper clothing and eating healthy are all ways to combat the severe heat and humidity in our beautiful state.

3. *Be Alert.*

The summer months mean lots of travel with every form of transportation. Stay aware of all intersections in our city. Emergency vehicles can surprise you at every intersection. Motor cycle drivers have a lot of hurdles and they are out in force. You be aware of them, and if you are driving a motor cycle, you be aware of the vehicles that are not watching for you. Boats are fun as well as water cycles. The Sea Doo's and whatever else you drive on the water, has a lot of power. Just always be on the lookout for dangers.

4. *Grilling.*

Be aware of the different forms of grilling and keep your fires at a cooking level. Coal, gas, and oil grills are all fun and the food is great, but there are many dangers if you are a novice. Please ensure you have a fire extinguisher somewhere in your dwelling that is current and the appropriate form of water, foam, or material to put out the type of fire you may have.

5. *Pets are our families best friends.*

Please keep them hydrated, fed and do not leave them in an unattended vehicle. If you are going out of town, board them properly at one of the many different locations we have in the city. That way they are there to greet you with their love, when you return from a well deserved vacation.

6. *Lastly, Drinking alcohol.*

There is nothing wrong with enjoying yourself. Always plan ahead and **NEVER** get behind the wheel after you have been drinking. It is much cheaper to get a friend, a colleague or a taxi versus paying the lawyer, the fines, and the reputation that follows you for the rest of your life.

Again, I wish you all a very happy, fun filled and safe summer!

Alexander J. Creammer