



THE

# BRIDGE

Volume 4, Issue 3 • Produced for the 416th Theater Engineer Command • Fall 2011



# COMMAND NOTES

*Maj. Gen. Paul E. Crandall*

## CG Comments

The new fiscal year has already ushered in significant changes for our Nation and for our Army. These changes present the 416th Theater Engineer Command with fresh opportunities to employ our capabilities in new ways in support of our Nation's strategic interests.

This issue of The Bridge showcases many of those capabilities. In addition to our engineers demonstrating their skills in current operations, this edition features our Soldiers in the Klondike Derby, construction and bridging missions, as well as featuring our cooks, legal teams, firefighters, marksmanship team, Honor Guards and our Families. Each of you – Soldiers, Civilians, and Families – with the unique talents you bring to our organization, strengthen the fabric of the 416th TEC and better equip us to provide full-spectrum engineering whenever and wherever we are called to do so.

We can all be proud of the numerous and varied accomplishments of the past year as we look forward to serving our country in the year ahead. Essays!



Produced for the 416th Theater Engineer Command

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# Contents

THE BRIDGE MAGAZINE • VOLUME 4, NUMBER III

Fall 2011

## Departments

- 2 Command Notes
- 4 CSM Notes
- 5 IG Notes
- 6 Chaplain's Notes
- 10 G1 Notes
- 12 Family Programs
- 21 Civil Support
- 32 Safety Notes
- 34 Medical Readiness
- 38 JAG
- 44 Around the Army  
Photos from the Field

**COVER:**  
MINNEAPOLIS, Minn., - The 372nd EN BDE Honor Guard for the 2011 Festival of Tribute and Honor, stands at attention at the Opening Ceremony for the 2011 Festival of Tribute and Honor on the steps of the State Capitol, on Sept. 16. (Photo by Spc. Cliff Coy)

**RIGHT:**  
The 5-159th Aviation Regiment, from Fort Eustis, Va., fly by after delivering sling loaded bridge sections with their CH47 Chinook helicopters to soldiers of the 401st Multi-Role Bridge Company, from Oklahoma City, Okla., and the 652nd MRBC, from Ellsworth, Wis., along with active component soldiers of the 50th MRBC, from Fort Leonard Wood, Mo., who worked together to connect the sections during River Assault 2011 at Fort Chaffee, Ark. For more on River Assault see pages 26-27. (Photo by Maj. William E. Beltran, 416th TEC)

**BACK COVER:**  
SEAGOVILLE, Texas—Team "Essayons" of the 420th Engineer Brigade, 961st Engineer Battalion, 284th Engineer Company, sprint to the finish line of the two mile run as part of the Army physical fitness test during the Klondike Derby competition at Seagoville Sept. 11, 2011. The Soldiers had to carry three filled five gallon water jugs on the last quarter mile of the APFT run. (Photo by Sgt. Ruth A. Medinavillanueva, 211th MPAD)

**Editor's Correction to the article titled "420th Engineer Brigade uses asphalt to lay the groundwork for success during Operation Essayons:"** 1st Lt. Chuck Crane's correct name is 1st Lt. (P) Chuck Cline.

- 8 420th Engineer Brigade Gains a Star  
*by Staff Sgt. Peter Ford*
- 11 A Different Point of View: Sponsor shares insights on Best Warrior Competition  
*by Sgt. 1st Class Marisol Hernandez*
- 15 Spice it Up: 416th TEC holds Culinary Arts training  
*by Sgt. 1st Class Marisol Hernandez*
- 16 Klondike Derby Competition Motivates 961st Engineers  
*by Sgt. Ruth A. Medinavillanueva*
- 18 What is Applied Suicide Intervention Skills Training?  
*by Ms. Carie Mackey*
- 20 Engineers create blueprint for marksmanship training  
*by Staff Sgt. Peter Ford*
- 22 Annual Training Spread 2011
- 30 Cooks Strive for Top Award  
*by Staff Sgt. Katherine Anderson*
- 33 Joint Army Reserve-National Guard Retirement Seminar  
*by Maj. Daniel Benson*
- 36 Do you have what it takes to be in the Honor Guard?'
- 40 First Annual Colorado Women Veteran's Conference a Success  
*by Sgt. Spencer Case*
- 41 Foam Party: Firefighters Train to Suppress Real-World Aircraft Fires  
*by Sgt. Zach Mott*
- 42 Operation Fit Warrior Camp  
*by Cliff Coy*

## CSM NOTES

*Command Sgt. Maj. Larry E. Reeve*



***“We have Soldiers from all walks of life, and we have a skill set among our Soldiers that would be very difficult for any other nation to match.”***

I spend as much time as I can talking with Soldiers when I visit them at annual training (AT) sites or various units around the 416th Theater Engineer Command (TEC). When I sit down with Soldiers I ask them what their current occupation is, or what school they are attending and what their future plans are. We have Soldiers from all walks of life, and we have a skill set among our Soldiers that would be very difficult for any other nation to match. I have met many Soldiers who own their small businesses; Soldiers who are inventors, machinists, fire fighters, police officers, professors and even one Soldier who invents and fabricates medieval armor. In 35 years of military life I always find something interesting and fascinating about our Soldiers and it explains why we are successful. Many of our allies are trying to emulate our Noncommissioned Officer (NCO) Corps because we have the best; in part because we train and fight whole-heartedly with belief in our nation. The Army is doing more and more each day to provide you with the tools and equipment to enhance your career and capabilities. I encourage you to utilize anything that the military has to offer. Take advantage of military schools, civilian schools, on-line training and if you have the opportunity get another skill identifier or military occupational skill.

As we move into the holiday season, it is a time we spend with our families and friends. Some of our Soldiers will be deployed and let's ensure that we keep these warriors in our thoughts and prayers. If you have Soldiers who have no place to spend the holidays, invite them into your home for a holiday meal. The economy is tough right now and we have Soldiers with families who do not have a reliable income and these are the families we need to help if we can. I wish you a safe and enjoyable holiday season and thanks for all you do.

CSM Reeve

# INSPECTOR GENERAL

*Sgt. 1st Class Marche' L. Solomon*

## Do You Know your IG?



**G**reetings, from the Inspector General's Office! I am the Assistant Inspector General for the 416th TEC. Lt. Col. Terry Douglas, Command Inspector General has recently retired after 23 years of military service and I am currently the only full time Inspector General (IG) responsible for the 416th TEC's 12,000 plus soldiers. At this time, I am requesting all soldiers allow their chain of command an opportunity to try and resolve their issues before coming to the IG. If the issue involves the soldier's chain of command, the issue is of a sensitive nature, or the soldier has allowed their chain of command an opportunity to resolve with little to no resolution, please contact the IG office for assistance.

Commanders, Command Sergeants Major, First Sergeants, Platoon Sergeants and Squad Leaders, as the soldier's chain of command, I am requesting that each of you attempt to resolve your soldier's issues and after all avenues have been exhausted seek the IG for guidance. We are here to assist you with regulations and policies to aid in resolving your soldier's issues. Please inform your soldiers about using their chain of command before seeking IG assistance if at all possible. With the office being so short staffed, it is imperative that we all work together to ensure our soldier's issues are being addressed in a timely manner.



### ***Here are a few points to remember before bringing your issue to the Inspector General:***

- ✓ Give your chain of command a chance to solve the problem
- ✓ Keep in mind that IGs can only recommend, not order a resolution
- ✓ Remember IGs can only resolve a case on the basis of fact
- ✓ Don't expect instant action on your request...Be patient
- ✓ Be honest and don't provide misleading information

**To complain without fear of reprisal is the right of any Soldier, Civilian, or Family Member seeking IG help. After all, problem solving is only one of the IG's primary missions.**

**For All 416th TEC units,  
Contact Your Inspector General at:**

**[ENG416-IG@usar.army.mil](mailto:ENG416-IG@usar.army.mil), 1-800-315-6327  
SFC Marche' L. Solomon, Asst IG x241**



*Chaplain (COL) Bruce Fredrickson*

## The Importance of Family



**W**e are in constant change as members of the U.S. Army Reserve (USAR) family. We attempt to balance the challenges of competing interests between our civilian and military commitments with varying degrees of success. Because both single and married soldiers have families, the impact is even greater as we “cast an ever increasing net”. In a recent Reserve and National Guard Magazine, Lt. Gen. Jack C. Stultz, Chief of the Army Reserve stated “Our soldiers aren’t just soldiers when they put the uniform on. They are soldiers for life.” Similarly, we have families for life.

Family is the foundation of America. We look forward to being reunited with our families after deployment. When our formations are dismissed after a long battle assembly weekend, we get home as soon as we can and reset for another week. It is increasingly difficult to meet the demands of our dual role as soldier and civilian while maintaining our responsibilities to our families. When we feel the stress of the competing demands as citizen soldiers, balance is the key to success. As a young Infantry 2LT many years ago, my spouse asked “why don’t you give the same level of time and energy to your family as you do the Army? The “take away” for me was to seek better balance in my life as both husband and military officer. Many soldiers have had similar conversations with their spouse. How do we maintain our resiliency given the demands we face as citizen/soldiers?

*Spc. Jonathon Jefferies, 416th TEC HHC, G1 looks on as Jahari Burnett, son of Sgt 1st Class Marche' Solomon, 416th TEC HHC, IG, eagerly plans to win the game during the 416th TEC HHC Family Day on Aug. 7 at the Warrenville VFW. (Photo by Sgt. 1st Class Marisol Hernandez)*

*Soldiers and their families enjoy the water sprinkler provided by the Warrenville Fire Department during the 416th TEC HHC Family Day on Aug. 7 at the Warrenville VFW. (Photo by Sgt. 1st Class Marisol Hernandez)*



***"Family is the foundation of America."***

- Increase communication with family members. Get your calendar up to date on training requirements early in the Fiscal Year. Don't over-react to a change in the training schedule.
- Keep your priorities straight. Your family is important too. Seek excellence in your personal relationships as well as your profession as soldier.
- Maintain a healthy life-style. Good nutrition and exercise reduce stress and increase resiliency.
- Pay attention to your spiritual needs. We are made up of body, mind, and spirit.
- Keep a positive attitude. Maintain a hopeful attitude toward life in general. Despite its challenges, we proudly serve our nation as soldiers.

There is tremendous opportunity as we look ahead in our service as USAR soldiers. We need to know our families will be cared for during times of deployment and mobilization. We count on our Family Programs staff to be an important contributor to the well-being of our families. They are an important resource that is readily available to our families.

It is possible to navigate the challenges of citizen/soldier. Your Unit Ministry Team is equipped to assist you with any challenges you are facing. As soldiers of the 416th Theater Engineer Command, we continue to answer our nation's call. May God bless our soldiers and their families.

For God and Country,  
Chaplain (COL) Bruce Fredrickson  
416th TEC Chaplain

*Lt. Col. Christopher J. Cummings, 416th TEC HHC, SJA, holds Maj. Anne Brophy's, 416th TEC HHC, SJA, daughter Elizabeth, during the 416th TEC HHC Family Day on Aug. 7 at the Warrenville VFW. (Photo by Sgt. 1st Class Marisol Hernandez)*

*Children sit around and pet a police dog as he rests after performing for the kids during the 416th TEC HHC Family Day on Aug. 7 at the Warrenville VFW. (Photo by Sgt. 1st Class Marisol Hernandez)*



# 420th Engineer Brigade Gains a Star

Story by Staff Sgt. Peter Ford, Photos by Spc. Felicia Salazar, 211th MPAD



colonel to brigadier general prior to taking command of the 420th. Much like the North Star shines during the night, Thompson's leadership has shined throughout his career. He started his career as an enlisted soldier, where he rose to the rank of sergeant as a combat engineer before attending Officer Candidate School.

Not long after being commissioned, Thompson's leadership ability flourished when he served as an engineer platoon leader and construction officer before rising to a company commander.

During Operation Iraqi Freedom (OIF),

Thompson mobilized and deployed with the 436rd Transportation Battalion (Movement Control) as the unit's commander, where his unit was responsible for maintaining safe routes for units to travel.

"As engineers, we do more than build bridges, roads, buildings, and clear routes, we act as diplomats, negotiators, and peacemakers," said Thompson during the change of command ceremony.

Thompson also recognized the great leadership of Col. Jared W. Olsen, the acting commander of the 420th who relinquished command during the ceremony.

BRYAN, Texas—Brig. Gen. Tracy A.

Thompson, a native of Wisconsin, took command of the 420th Engineer Brigade during a change of command ceremony, August 6, at the Brazos Bomber Baseball Field in Bryan, Texas.

Thompson was promoted from

*Band director, Warrant Officer Candidate Jeff Smith, of the 300th Army Band from Bell, Calif., directs the band during the Army song at the 420th Engineer Brigade Change of Command Ceremony held at the Brazos valley Bomber baseball Field, Aug. 6.*

“Colonel Olsen has my respect and admiration for a job well done while commanding the 420th Engineer Brigade,” said Thompson. “I know I have some big shoes to fill.”

Olsen left the unit in a high state of combat readiness. Thompson said he wants to build onto the legacy that Olsen left behind at the 420th with continuous training.

“As soldiers, we must pass on our knowledge to fellow soldiers,” said Thompson. “Don’t let a training day go by without passing on knowledge.”

Thompson has attended the Engineer Officer Basic and Advanced Courses, the Inspector General Course, the Command and General Staff Officer Course and the Army War College. He also earned a Bachelor of Science degree in Economics at the University of Wisconsin, Madison and a Juris Doctor degree at Northern Illinois University.

Thompson has the Bronze Star, the Meritorious Service Medal, the Army Commendation Medal and the Iraq Campaign Medal. As a transportation battalion commander, his unit also earned the Meritorious Unit Commendation Medal while deployed at OIF.

One needs to look no further than the outstanding accomplishments left by Thompson to see why the Star shines so bright on the chest of the new commander of the 420th Engineers. ■

*Command Sgt. Maj. Richard Dunn hands the 420th Engineer Brigade guidon to a member of the Color Guard during the Change of Command Ceremony in Bryan TX, Aug 6.*



*Texas A&M student Cadet Cindy Teniente (l), a personnel specialist and Spc. Emily Pena, a paralegal with the Headquarters and Headquarters Company, 420th Engineer Brigade present arms with their M-16 rifles during the 420th Change of Command ceremony, Aug. 6, at the Brazos Valley Bombers Baseball Field.*



*Texas A&M student, Cadet Eric Woods presents Mrs. Sheri Thompson, wife of Brig. Gen. Tracy A. Thompson, a bouquet of yellow roses, during the 420th Engineer Brigade Change of Command Ceremony, August 6. Yellow is the color of new beginnings and is symbolic of Sheri's arrival as first lady of the 420th, in Bryan TX, Aug. 6.*



*A bagpipe player leads Brig. Gen. Tracy A. Thompson, incoming commander of the 420th Engineer Brigade, Maj. Gen. Paul E. Crandall, Commanding General of the 416th Theater Engineer Command, and Col. Jared W. Olsen, outgoing commander of the 420th Engineer Brigade, off the field to conclude the Change of Command Ceremony in Bryan TX, Aug. 6.*



By Lt. Col. Pamela Folk-Bowman, 416th TEC, G1

# Thought about going Active Guard Reserve (AGR)?



**M**ilper Message 11-166 is requesting our help with ensuring Soldiers are aware of the one remaining FY11 DA Accession Board for Active Guard Reserve (AGR) from 15-18 Nov 2011. Packets will be electronically accepted 4 Jun - 31 Oct 2011. We continue to struggle with meeting end strength needs for the USAR AGR population.

Request that Soldiers be informed of this board as one possible option with regard to continuing to serve in the Army. Please ensure your retention NCO and your S1 are aware of the requirements and timeline for this board. The Engineer Regiment continues to have needs across most MOS and grades for qualified applicants. Specific procedures are listed in the Milper Message, but keep in mind, Soldiers in your units that are not Career Management Field 12 (Engineer) may also be candidates, so please ensure this is disseminated widely.

HRC has implemented the following eligibility and procedures:

- A. Only soldiers in the rank of SPC (E4) through MSG (E8) are eligible.
- B. At the time of application, soldiers must be an active member of a USAR Troop Program Unit, an Individual Mobilization Augmentee (IMA), or Regular Army Soldier. Soldiers assigned to the Individual Ready Reserve (IRR) are no longer eligible and will not be considered for entry into the AGR program unless they are currently mobilized or serving on some other active duty order.
- C. Soldiers must be administered and have a passing score on their APFT within 180 days of submission of application to HRC. If selected for assignment, soldiers must be administered and pass an APFT within 90 days from report date.
- D. Soldiers must possess, at a minimum, a secret or interim secret clearance to apply for the program. Soldiers must have been awarded a final secret or higher clearance prior to accession into the AGR program.
- E. Soldiers cannot have a permanent profile which precludes worldwide deployment or assignment. Additionally, soldiers will not be processed for accession with a temporary profile.
- F. Soldiers in the rank of SPC must be a graduate of Warrior Leaders Course. Noncommissioned officers in the rank of SGT-SFC must be a graduate of the requisite NCOES for their rank.

Those interested must submit applications online through [www.hrc.army.mil](http://www.hrc.army.mil). Once at the site, select 'MY RECORDS' then 'TOOLS' or apply through the knowledge section on the AKO website. Hard copy applications will no longer be accepted at HRC; mailed packets will be returned without action.





# A Different Point of View: Sponsor shares insights on Best Warrior Competition

*Story and Photos by Sgt. 1st Class Marisol Hernandez, 416th TEC PAO*

The alarm goes off at 1:15 a.m. and its only day two of the US Army Reserve (USARC) Best Warrior Competition (BWC). As he scrambles to get ready for the day's events starting with the night land navigation, he mentally goes over and over his checklist to ensure he's not forgetting anything.

But Staff Sgt. Tony A. Inthavong, 494th Brigade Support Battalion (BSB), is not a competitor, he is a sponsor for Staff Sgt. Daniel Florez, 494th BSB, representing the 416th Theater Engineer Command (TEC) for Noncommissioned Officer (NCO) of the year.

The duties of a sponsor are critical in helping the competitor through the week long mental and physical challenges the warrior encounters during BWC by taking care of administrative matters as well as providing motivation and support to the soldier.

"As a sponsor, I was the mentor, the guider and assisted and helped him in any way," said Inthavong.

This was an opportunity for Inthavong to put some past experience and knowledge to use, as he represented the 301st Maneuver Enhancement Brigade (MEB) at the 2009 Regional BWC.

"The motivation I had of being 'Hooah Hooah' and enjoying the events of the competition, I started a trend and

tradition," said Inthavong. "I volunteered and was appointed by the battalion since I had experience."

The days leading up to Regional BWC (RBWC) brought the two together to train for the competition and helped build their friendship.

"I saw the motivation, dedication and determination in him, I saw myself in him (competing in 2009)," said Inthavong. "During USARC's BWC, our friendship grew closer; not just as sponsor and competitor, or battle buddies or NCO to another NCO, but real friends."

"I really can't think of anyone else I would have liked to have as a sponsor," said Florez. "I was very fortunate to have him as a sponsor."

Inthavong used inside jokes, and mainly humor to keep Florez going and to take his mind off of the areas he could have performed better in.

As USARC BWC came to an end, both Inthavong and Florez can sit back and reminisce on the memories that built their friendship.

I have enjoyed the events and moments that most soldiers don't come upon such opportunities, such as getting training on the obstacle course, firing M9 or M203 Grenade Launcher, going through live fire urban assault, combatives tournaments, flying in a Chinook, getting

*Left to Right:*

1) (Left) Sponsor, Staff Sgt. Tony A. Inthavong, 494th CS BN, goes over some details with competitor Staff Sgt. Daniel Florez, representing the 416th TEC for NCO of the Year, after the 6.2 mile road march at the 2011 Army Reserve Best Warrior Competition on Fort McCoy, Wis. June 22.

2) (Left) Sponsor, Staff Sgt. Tony A. Inthavong, 494th CS BN helps carry, competitor's Staff Sgt. Daniel Florez, representing the 416th TEC for NCO of the Year, equipment, after the 6.2 mile road march at the 2011 Army Reserve Best Warrior Competition on Fort McCoy, Wis. June 22. As a sponsor, Inthavong, helped mentor, guide and assist Florez throughout the competition.

3) (Left to right) Lt. Gen. Jack Stultz, Chief, Army Reserve and Commanding General, Staff Sgt. Tony A. Inthavong, 494th CS BN and Staff Sgt. Daniel Florez, 416th TEC NCO of the Year at the Modern Army Combatives tournament during the 2011 Army Reserve Best Warrior competition at Fort McCoy, Wis. June 23.

fed steak and lobster by USARC's command sergeant major and meeting/taking pictures with USARC's three-star general, stated Inthavong.

Although Florez didn't win the USARC competition, he plans to follow in Inthavong footsteps by planning to be a sponsor and passing on his experience to another soldier at next year's competitions. ■



(Left) Staff Sgt. Tony A. Inthavong, 494th CS BN and Staff Sgt. Daniel Florez, 416th TEC NCO of the Year at the 2011 Army Reserve Best Warrior Competition awards banquet in Sparta, Wis. on June 24.



# What's Going on In Family Programs?

by Tamra A. De Benedetto, 416th TEC Family Programs Director

Summer has gone by so quickly and we are all ready for the fall season. This is one of the most beautiful times of the year. As the leaves change, Family Programs at the 416th, has been experience a "Fall Season".

We have embraced several new programs over the past few months. We had a very successful "Wellness Soldier Retreat" in August. This event was filled with workshops teaching our soldiers about time management, healthy eating, making wise decisions and how to take care of ourselves. The soldiers were able to use their own skills and participate in creative art classes as well. We also held two outstanding "Family Camps". These family camps were designed to offer our soldiers and families an opportunity to build their Family Team. From exciting "Minute to Win It – Family Style", to Etiquette Educational Sessions a fun time was enjoyed by all. We also had a guest speaker/juggler who talked about "juggling life," his presentation was followed by juggling instructions for all participants. What an exciting season to be a part of as our command moves forward with new programming for our soldiers and families. Your Family Program staff is hard at work to develop and implement new activities and events for you. I hope that you will find time to participate in some of them.

Fall also serves as a time for us to reflect. As I was thinking back on what Family Programs has done and looking forward to what we want and need to accomplish in the future, I began to think about the definition of "Family". I goggled, looked it up in Webster's Dictionary and a few other sources. The definition that I found most appropriate for us is this:

*Staff Sgt. LuzMaria Arroyo, 416th TEC, HHC, showcases her finished candle during a Wellness Soldier Retreat held in Seattle, Wash. Aug. 14. The Wellness Soldier Retreat focused on overall health and well being for all soldiers.*



*“Any class or group of like or related people or things”*

When we refer to us being “Army Family Strong”, we are saying that we are a “class of related people”. Our soldiers have a common goal/mission to serve, support and defend our country. Our Army Families have a common goal as well, to serve support and defend our soldiers. Within Family Programs our goal is to serve and support both the soldier and the family. We hope that as we embrace this new Fall Season, you will experience with us the new programming efforts.

We have also continued to plan for those trainings that are vital to Family Programs and our command as well. We have two Chain of Command Trainings (COCT) on the calendar for FY 12. Chain of Command Training (CoCT) is designed to familiarize unit leadership with the scope of family programs within the Army Reserve. Briefings are provided on all aspects of family programs such as mobilization training, volunteer management, Army Family Action Plan (AFAP). We are also providing Family Program Academy I (FPA) and a Family Program Academy II. Fundamental FPA training includes the basics to help establish and maintain a viable, functioning Family Readiness Group (FRG) at the unit level. Developmental FPA training builds on those basics and enhances the participant’s capability to sustain and enhance unit Family Programs. More information will be forthcoming in relation to dates and locations for those events.

Our Family Program staff is here to support and assist you in any way possible. Please feel free to contact your FRSA/COA (Family Readiness Support Assistant / Community Outreach Assistant) representative at your battalion or brigade. In addition, please know that I am here to assist you in any way possible as well. I can be reached at the 416th TEC at 630-910-3213 ext 303. I look forward to continuing to serve each of you and your families! ■

*All photos courtesy of 416th TEC Family Programs*

1) Sgt. 1st Class James Glenn and his boys brief their Family Crest during a Family Camp held by the 416th TEC Family Programs in Minnesota on Aug. 19. Each family member had to come up with a drawing in a section of the crest that represented something special about them.

2) Sgt 1st Class Donald Bollman, 605th En. Det. and his two sons work on their family crest project during a Family Camp held by 416th TEC Family Programs in Minnesota on Aug. 19. Family Camp is designed to create an atmosphere to bring soldiers and their families together to create an “Army Strong Family”.

3) Mrs. Cheryl Imhoff, cheers on her husband, Sgt. Maj. Victor Imhoff, 605th En. Det., as he competes in a Family Minute to Win It Competition during a Family Camp held by the 416th TEC Family Programs in Minnesota on Aug. 19.

4) Sgt. 1st Class Tiffany Allen, 416th TEC, G4 works on a scrap book during a Wellness Soldier Retreat held in Seattle, Wash. Aug. 14. The Wellness Soldier Retreat was filled with workshops teaching soldiers about time management, healthy eating, making wise decisions and how to take care of themselves.



# Caring for a Veteran?

Call VA's Caregiver Support Line for  
help toll-free:

**1-855-260-3274**

Open **Monday through Friday 8:00 a.m. to 11:00 p.m.** and  
**Saturday 10:30 a.m. to 6:00 p.m.** Eastern Time

Licensed clinical social workers will be available to answer your questions, listen to your concerns and directly link you to the Caregiver Support Coordinator at your local VA Medical Center.



# Spice it Up: 416th TEC holds Culinary Arts training

Story and Photos by Sgt. 1st Class Marisol Hernandez, 416th TEC PAO

DARIEN, IL- Enticing aromas filled the hallways of the Parkhurst Reserve Center as soldiers from the 416th Theater Engineer Command (TEC) came together for a week long training session conducted by the US Army Reserve Command (USARC) Culinary Arts Team Sep. 12th through the 16th.

The 416th TEC conducted the Culinary Arts training session to allow their food service personnel from all three brigades to become more proficient in their craft of cooking and to improve food service throughout their units.

Who better to conduct this training than the award winning US Army Reserve Culinary Arts Team. The USARC Culinary Arts Team, led by Chief Warrant Officer 3 Marc Morrell, 451st Expeditionary Sustainment Command and Sgt. 1st Class James A. Duff, 200th Military Police Command, along with four other team members provided hands-on training to leverage their knowledge and skills to the cooks of the 416th TEC.

In order to ensure the success of the team, we use this training as a recruiting opportunity to bring more cooks to the team and at the same time use it as a training opportunity to sharpen our skills, Duff stated.

The main objective of the training was to show the cooks how to create a restaurant style meal by applying a little more effort using the basic ingredients included in a basic Army recipe.

The training entailed the cooks making a standard Army recipe, and then recreating the same recipe by enhancing it by either using a different spice or adding a special sauce. The results were taken to another level when the cooks took the same standard Army recipe and turned it into a bistro style entrée (three-star meal).

All entrées were then provided to the Reserve Center personnel for a taste to allow them to see the difference between the three preparation methods.

The entrées included the three variations of pork on the first day, salmon on the second day and meatloaf on the third day.

Spc. Jeffrey Vaughan, 55th Sustainment Brigade, two year member of the USARC Culinary Arts Team, led the team working on the bistro style entrée.

The 416th TEC plans on conducting the Culinary Arts training on a yearly basis to ensure younger soldiers receive the opportunity to sharpen their job skills.

"I've learned quite a bit," said Sgt. Fernando Favela, 321st EN Bn. "Unfortunately we didn't have any cooks back at my unit, so we taught ourselves a lot of things."

Favela learned how to enhance a cucumber and tomato salad with vinaigrette, instead of using regular salad dressing out of a bottle.

I hope to take this knowledge on how to serve a better product to the soldiers in my unit, said Favela. ■



Spc. Jeff Vaughan, Army Reserve Culinary Arts Team, explains a full course meal prepared bistro style during the culinary arts training held in Darien, IL Sep. 12-16. The training allows the Army Reserve Culinary Arts Team a chance to recruit new cooks for the team.



Top) Sgt. Fernando Favela, 321st EN Bn, cuts green onions in preparation for a full course meal as part of the culinary arts training held in Darien, IL Sep. 12-16. Soldiers from the 416th TEC attended the training taught by the Army Reserve Culinary Arts Team.

Middle) Spc. Christian Weathersby, 416th TEC, HHC pays close attention as Spc. Jeff Vaughan, Army Reserve Culinary Arts Team, explains the proper way to cut the pork tenderloin during the culinary arts training held in Darien, IL Sep. 12-16. Vaughan has been part of the Army Reserve Culinary Arts Team for two years.

Bottom) Spc. Jeff Vaughan, Army Reserve Culinary Arts Team, plates his full course meal during the culinary arts training held in Darien, IL Sep. 12-16. Vaughan and his team turned a basic army meal into a three-star bistro style entrée.



Spc. Marcy Conner, assigned to the 420th Engineer Brigade, 961st Engineer Battalion, 401st Engineer Company was the first female Soldier to cross the finish line on the two-mile run during the Klondike Derby competition Sept. 11. Conner was presented with the Pvt. Arciniega award for being the most enthusiastic soldier of the competition.



Spc. Jaime O. Ross, a combat medic who is assigned to the 284th Engineer Company, 961st Engineer Battalion, runs up a steep hill during the road march event Sept. 11. The six to eight mile road march challenge is one of the events in the Klondike Derby competition.

# Klondike Derby Competition Motivates 961st Engineers

Story and Photos by Sgt. Ruth A. Medinavillanueva  
211th Mobile Public Affairs Detachment, (MPAD)

SEAGOVILLE, Texas --While many Americans reminisced on the tenth anniversary of the World Trade Center attacks, soldiers of the 420th Engineer Brigade, 961st Engineer Battalion here trained to enhance their war fighting capabilities during the Klondike Derby competition Sept. 11.

The Klondike Derby is a team competition that is used to evaluate individual and squad level basic and military engineer skills. It is designed to promote teamwork and enhance the technical and tactical skills of the soldiers of the 961st.

“The Derby is a competition that originated in Milwaukee and

now for the first time it is being held in Texas,” said Spc. Andrew Teel of Seagoville, who is assigned to the 961st, Headquarters and Headquarters Company,. “The derby was very challenging.”

The competition posed mental and physical challenges for each team while building unit esprit de

Soldiers of the 420th Engineer Brigade, 961st Engineer Battalion, 321st Engineer Company, march towards the finish line during the Klondike Derby IV competition Sept. 11. The Klondike Derby is a competition to promote teamwork and test tactical skills of Soldiers in the 961st.

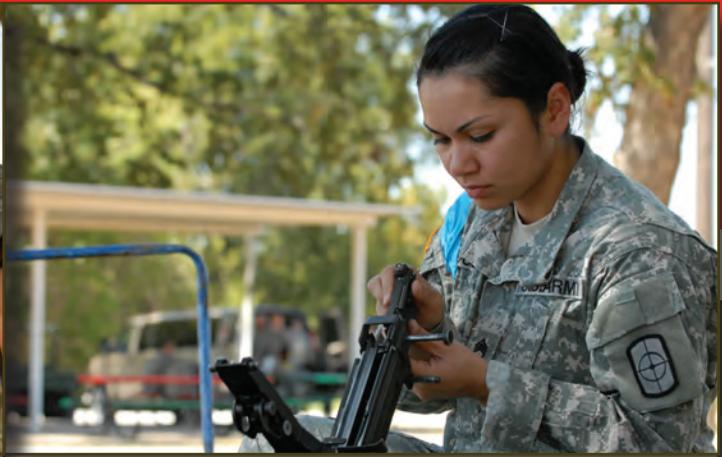


Soldiers from the 420th Engineer Brigade, 961st Engineer Battalion race towards the finish line during an Army physical fitness test during the Klondike Derby competition Sept. 11. The APFT was the first event of the Klondike Derby competition.





*Sgt. Teddy J. Brewer, assigned to the 401st Engineer Company, 961st Engineer Battalion, demonstrates how to dress an open head wound during the first aid event of the Klondike Derby competition Sept. 11.*



*Staff Sgt. Maria Duncan, who is assigned to the Forward Support Company, 961st Engineer Battalion, assembles an M249 squad automatic weapon during the Klondike Derby competition Sept. 11. Soldiers must assemble three different weapons from a pile of parts and perform a weapon functions check in the least amount of time.*

corps. Motivation, determination and positive attitudes are what separate great soldiers from average ones.

The competition was especially meaningful to the soldiers of the 961st since it included a special honor in remembrance of a 961st soldier who lost his life while on duty during the summer of 2010.

“Klondike Derby is special this year because the first Private Rene Arciniega Award will be presented to a motivated, enthusiastic soldier,” said Lt. Col. Kirk Claunch, 961st commander. “Pvt. Arciniega deserves this honor because he was a young enthusiastic soldier who brought a positive attitude to this unit that we would like to see from all soldiers.”

Arciniega, from Sachse, Texas, passed away on July 30, 2010, the morning of his nineteenth birthday, of a sudden and unexpected cardiac arrest during a physical training run while attending Army initial entry training. Only eight days prior, Arciniega completed basic training and achieved his dream of becoming an American soldier. According to Claunch, Arciniega

was an inspiration to many who had the opportunity to serve with him.

One of those inspired by Arciniega was Spc. Marcy D. Conner, assigned to the 401st Engineer Company, the recipient of this year’s award.

The competitors maintained a rigorous schedule throughout the day while being evaluated in various events including physical endurance, a six to eight mile ruck march, weapons qualification and first aid.

As the competition came to a close, the soldiers went away not only with improved individual skills, but a lasting sense of pride.

Taking first place were the 321st Engineer Company.-  
“Predators.” ■

*Spc. Kenneth Hass, who is assigned to the Forward Support Company, 961st Engineer Battalion, hydrates while competing on the six mile road march challenge during the Klondike Derby event Sept. 11. Hass, was the first member of his team (Delta Bravos) to finish the road march.*



# What is Applied Suicide Intervention Skills Training?

Story by Ms. Carie Mackey, 416th TEC Suicide Prevention Program Manager

Suicide today is still a taboo issue, a topic that most do not engage in until a suicide occurs. Otherwise, denial, secrecy and avoidance remain common. Suicide is not chosen; it happens when pain exceeds resources for coping with that pain. Individuals vary greatly in their capacity to withstand pain. Suicidal thoughts can come suddenly or they can linger with someone for some time. Suicide is neither wrong nor right; it is not a defect of character; it is morally neutral. Regardless, suicide still occurs and it occurs often.

Suicidal behaviors continue to be a concern for the Army. Suicide affects every segment of the force – Active, Guard, and Reserve; officers and enlisted soldiers; deployed, post-deployed, and those who have not deployed; and DA civilians and family members. Each year in the United States we lose 34,000 – 35,000 loved ones to suicide. That amounts to approximately 98 persons per day and each person lost affects six or more persons. In 2010, the U.S. Army lost a total of 340 to suicide. This included 301 soldiers, 14 family members, and 29 Army civilians. In the Army Reserve we lost 50 of those soldiers; 44 TPU and six on orders. Seven of those Army Reserve soldiers were from the 416th Theater Engineer Command (TEC). The numbers are alarming and without training and intervention the losses will continue.

To address the problem of suicide, the 416th TEC has a new training option of conducting Applied Suicide Intervention Skills Training (ASIST) workshops. ASIST is an interactive learning experience with active participants. Most people considering suicide share their distress and their intent. Training can help us see and respond to these

invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide. The ASIST workshop emphasizes suicide first aid, helping a person at risk stay safe, and to seek further help.

The ASIST is a two-day workshop and is comprised of a trainer with 24-30 participants with small groups of no more than 15 persons. Participants may include Reserve soldiers, family members, DA Civilians, and persons in the community such as police, fire, mental health workers, and clergy. All participants wear civilian clothes regardless of duty status. The workshop allows for a safe and supportive environment to talk about suicide with the intent to explore attitudes about suicide and share any

experiences. After exploring attitudes and experiences, the workshop guides participants through the Suicide Intervention Model. Participants throughout the workshop have opportunities to practice the model to improve their intervention skills as it relates to suicide. Each brigade has trainers to coordinate and facilitate workshops for their units and communities. The more suicide first aid trained persons we have, the more prepared our command is to prevent another suicide.

Contact Ms. Carie Mackey, the 416th TEC Suicide Prevention Program Manager, if you would like to schedule a workshop in your unit or community at (630) 910-3213 X268 or [carie.mackey@usar.army.mil](mailto:carie.mackey@usar.army.mil). For more information about ASIST and other suicide programs, go to the Living Works website at [www.livingworks.net](http://www.livingworks.net). ■

*A small group listens as Master Sgt. Thomas Marotta, 416th TEC, and Ms. Katrinia Berry, role play a scenario and apply the suicide intervention model during the ASIST workshop Sept. 14 at the Woodridge United Methodist Church in Woodridge, Ill. ASIST participants may include Reserve soldiers, family members, DA Civilians, and persons in the community such as police, fire, mental health workers, and clergy. (Photo by Sgt. 1st Class Marisol Hernandez)*





Attendees engage in an interactive learning experience during an Applied Suicide Intervention Skills Training (ASIST) workshop Sept. 14 at the Woodridge United Methodist Church in Woodridge, Ill. The ASIST is a two-day workshop and is comprised of a trainer with 24-30 participants with small groups of no more than 15 persons. (Photo by Sgt. 1st Class Marisol Hernandez)

National Guard 1st Lt. Steve Bareis and Staff Sgt. LuzMaria Arroyo, 416th TEC, role play a scenario and apply the suicide intervention model during the ASIST workshop at the Woodridge United Methodist Church in Woodridge, Ill on Sept. 14. (Photo by Sgt. Victor Lezza)



# Engineers create blueprint for marksmanship training

*Story by Staff Sgt. Peter Ford, 211th Mobile Public Affairs Detachment (MPAD)*

CAMP ROBINSON, Ark. — In an effort to improve the shooting skills of their soldiers, leaders of the 416th Theater Engineer Command (TEC) designed a plan to enhance marksmanship proficiency within the unit.

Their plan included a five day competition held here in September to increase combat marksmanship skills, recognize individual achievement, and develop marksmanship trainers.

"The competition is value added training for each competitor," said Sgt. 1st Class John Buol, a public affairs noncommissioned officer in the Army Reserve Career Division. "During this competition, soldiers get to see more than targets go up and down; they develop tighter shot groups by actually seeing where their bullets hit the target, which serves as the basis for the structure of 416th TEC Precision Marksmanship Program," continued Buol who is from San Antonio.

The program is structured to find the best shooters within the 416th and train them to be better marksmen. After the best marksmen (including females) are identified, the top ten percent of each brigade are given the honor of becoming a part of the marksmanship training team to aid others in their unit to become better shooters.

"The ultimate goal of the engineer command is to raise the standards of the marksmanship program," said Sgt. 1st Class Spencer Manning, of

Darien, Ill., the current noncommissioned officer in charge (NCOIC) of the 416th Marksmanship Training Team. "Before this marksmanship program came into effect, anyone could train people how to shoot, but with this structure, the best shooters will be identified to train the people in their brigades how to shoot."

Each soldier on the marksmanship training team will strengthen the structure of the 416th marksmanship program; much like cement strengthens the foundation of buildings.

The 416th TEC marksmanship training blueprint is on target to become a great tool to build great marksmen in the unit for many years.

Sgt. Maj. Mario Arsola, the NCOIC of the 420th Brigade marksmanship team in Bryan, Texas, led his team toward winning the honor of being called the best marksmanship brigade in the 416th TEC. ■

*Chief Warrant Officer Joseph Hayes, of Maneville, Ohio, assigned to the 558th Signal Company, 983rd Engineer Battalion fires his M16 rifle from the kneeling position from 300 meters away on Sept. 18 during the marksmanship competition.*

*Sgt. 1st Class Norman Anthony, of Medina, Ohio, who is a program director for the Army Reserve Career Division assists Spc. Caleb Elsperman, of Jonesboro, Ark., on Sept. 18. Caleb is a combat engineer assigned to the 383rd Engineer Company, 489th Engineer Battalion.*



*Master Sgt. Chuck Gondiero, of Eureka, Mont., a training noncommissioned officer of Headquarters and Headquarters Company, 321st Engineer Battalion, hands markers to Sgt. 1st Class Kenneth Miller, of Conroe, Texas, who is the operations noncommissioned officer assigned to the 321st Engineer Company, 961st Engineer Battalion. Markers are placed over bullet holes on the target so that shooters can see where the bullets hit it.*





# Watch Out! You May Have Been CYBER-ATTACKED!



*By Keith Eichorst, Civil-Military Projects Officer, 416th Theater Engineer Command*

A number of recent public news articles have been written about how U.S. Federal Government and large American corporations have been cyber-attacked by hackers from around the globe. On any given day there are hundreds of attempts to access U.S. Government and DOD Contractors computers. This is a significant threat to Army and DOD operations.

If you receive and unsolicited email from a non-.gov or .mil email address you could be the target of a cyber-criminal! Never click on a hyper-link or download an attached email file from addresses you are not familiar.

A cyber attack may have occurred if an individual's government computer is performing abnormally slow (when you know there are no external network issues),

displays unauthorized or unsolicited pop-up windows, or otherwise demonstrates unusual operations such as strange noises, voices or includes a suspicious number of spam email messages. Immediately disconnect the affected computer from the network. **DO NOT TURN OFF THE COMPUTER!!** In the case of a Blackberry device, turn off the device.

If you suspect a cyber attack, you should immediately contact your local Information Assurance Security Officer (IASO) or Information S6/G6 personnel and notify your chain-of-command immediately. Have their names and phone numbers readily available. ■

# Combat Support Training Exercise-Fort McCoy

*Story and Photos by Sgt. Daniel Schneider, 84th Training Command PAO*

FORT MCCOY, Wis. – U. S. Army Reserve (AR) engineers got first-hand, real-world experience during the 2011 Combat Support Training Exercise here, which presents realistic and challenging scenario-based training to soldiers and units preparing for deployment.

Members of the 284th Engineer Company (EN CO), based mainly out of Seagoville, Texas, were tasked with securing a construction site and then erecting a two-story structure that can be used in future training exercises.

"This training prepares us for both tactical and job skills that will be useful in preparation for possible deployment," said Pfc. David Mock, a member of the 284th EN CO.

In ideal situations overseas, engineers will have combat arms soldiers provide security before, during and after the building project gets underway, however, ideal situations are sometimes not possible.

"Wherever we go, if someone isn't there ahead of us, we may need to secure the area ourselves," said Mock, who is a resident of Arlington, Texas. "Our first job is as a soldier."

This training also brings a multitude of knowledge among their unit to the table. Some reserve engineers do construction as a civilian job and this gives those soldiers an opportunity to pass on their career knowledge onto junior soldiers.

"During drill, we can't go out and really do our jobs," said Spc. Ivan Garcia of the 284th EN CO. "Out here, we get to learn from our fellow engineers who do construction every day."

Another aspect that junior troops can gain from these exercises is the chance to be thrust into being a member of a team, and taking more of a role inside that team.

"Getting out here and doing our jobs lets us develop more leadership," said Garcia, who is a resident of Dallas, Texas. "We're learning the right things to do and what to expect in a potentially hostile environment, as well as gaining knowledge that we can then pass down when we become leaders ourselves."

Those leaders among the unit also see a vital benefit for their troops during this training.

"This training gives the unit a better skill set as to what is going to happen in the real world so they don't show up green," said Sgt. Jason McGee, a resident of Arlington, Texas, and a team leader for the 284th EN CO.

"I've built schools in El Salvador and want to show these soldiers how they can show up and get the job done," said McGee. "It will train them to build a structure efficiently while under less than ideal conditions – for example, having to provide your own security out of [using] your own personnel."

These Army Reserve engineers are getting a taste of a little bit of everything; a change of pace from the normal weekend battle assemblies (BA) of mainly keeping up with administrative requirements. Most of all, these troops are gaining hands-on, highly valuable experience about the jobs they may be tasked to accomplish in a deployed environment. ■



*Top) Spc. Michael Pennington pulls security at a construction site during the 2011 Combat Support Training Exercise held at Fort McCoy, Wis. in July. Pennington, from Blooming Grove, Texas, is a member of the 284th Engineer Company, based at Seagoville, Texas.*

*Bottom) Spc. Steven McLemore, an internal electrician with the 284th EN CO provides security with his M249 squad automatic weapon during Combat Support Training Exercise. McLemore is a resident of Arlington, Texas*



*Cpl. Robert Roth with the 284th EN CO prepares to hand lumber down to fellow engineers during a build of materials during Combat Support Training Exercise. Roth lives in Albuquerque, N.M. The build of materials was in preparation to the engineers constructing a two-story structure at the site in the future.*

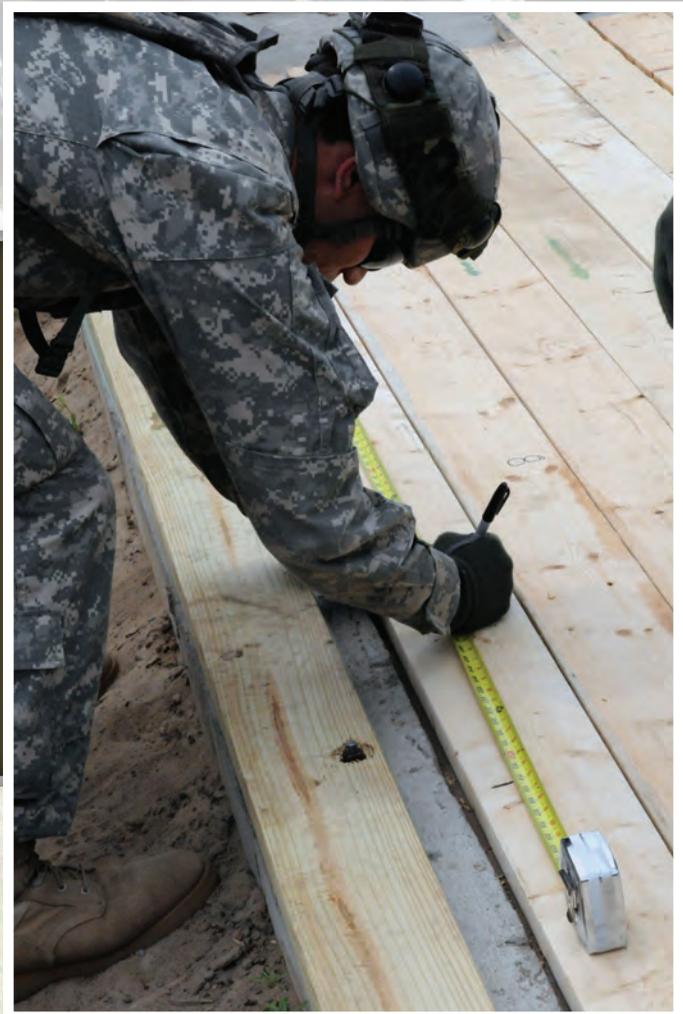


*Army Reserve engineers react to simulated local resident contact during a Combat Support Training Exercise (CSTX). The 2011 CSTX presents realistic and challenging scenario-based training for soldiers and units preparing for deployment.*



*Spc. Lufeng Li, a plumber with the 284th EN CO takes cover while scanning his sector while performing security during Combat Support Training Exercise. Li lives in McKinney, Texas.*

*Spc. Ivan Garcia marks a measured piece of lumber prior to cutting it to size for the building project at a Combat Support Training Exercise. The building project will train engineers with a real-world construction of a two-story structure which will be used for future training exercises here.*



# Castle Installation Related Construction-Fort Dix

Story and Photos by Sgt. 1st Class Marisol Hernandez, 416th TEC PAO

FORT DIX, N. J. –While most of Americans were advised to stay indoors because of extreme heat conditions, soldiers from the 416th and 412th Theater Engineer Commands diligently working on various projects during Castle Installation Related Construction (IRC) at Fort Dix, N.J. July 16-29.

With safety measures in place, soldiers were able to sharpen and improve their skills during the two week annual training (AT) by improving various training areas on the military post.

Some of the projects included building two pre-fabricated classrooms (a 50- person and 100-person Kelly building), rebuilding a cargo net obstacle, setting concrete to several tent pads, clearing and moving a berm (man-made mound of earth) for a firing range, enhancing parking lots and roads, and improving a simulated Afghan village.

This year's Castle IRC focused on the engineer's technical skills and allowed them to get plenty of stick time (operator level training).

The engineers have an opportunity to work on their construction skills without being in a tactical environment, said Maj. Greg Bernhardt, Executive Officer (XO), 478th Engineer Battalion (EN BN). They do not have to be in full battle rattle (all military gear to include weapon) and do not have to worry about being attacked unlike training at the National Training Center (NTC).

Soldiers from the 304th EN Company (CO) out of Lima and Bryant, Ohio worked on improving the simulated Afghan village which will be used by mobilized units during Military Operations in Urban Terrain (MOUT) training.

"AT is a time for soldiers to get their MOS training and go over our METL tasks to make

sure soldiers understand how it relates to their MOS," explained 1st Lt. Deanna Ferguson, project officer in charge, 304th EN CO. "It's also a time for junior soldiers to be licensed on different equipment and re-certificated for all others."

Ferguson and her non-commissioned officer in charge (NCOIC) took advantage of a directive from battalion to alter their work day hours due to temperatures reaching heat index well above 110. Most days temperatures would reach heat category five by 8 a.m.

Spc. Adam Schafianski, used his past experience and skills from his prior deployment in Iraq to help the soldiers coming straight out of AIT, especially the younger soldiers who were not accustomed working in heat category five conditions.

"I tell them that it's not as bad as Basra in the middle of August," said Schafianski.

Despite the sweltering heat, soldiers worked together, cross trained and accomplished all projects on time without any major heat casualties.

Sgt. First Class Jarrod Boyd, project NCOIC, 961st EN Co stated, "I think we're doing the right things, especially rotating them out, and keeping them from being complacent."

Aside from working on their technical skills, Castle IRC allowed soldiers to take advantage of the military installation by squaring away some of their basic soldiering needs.

We've had the opportunity to let soldiers update their ID cards, ID tags and work on their PHAs during AT, stated Ferguson.

All and all, Castle IRC benefits all involved from the soldiers getting hands on work to the installation having drivable roads. ■



Top) Sgt. Brandon Kidwell, 733rd EN CO, takes a moment to drink some water while working on a 50-man classroom/Kelly building during Castle IRC 2011. Heat index reached well over 110 degrees during most days of the training exercise.

Bottom) Spc. Anthony M. Cummings, 733rd EN CO uses a bull floating device to smooth out freshly poured concrete during Castle IRC 2011.



*Spc. Brandon Banks, 304th EN CO. uses a saw-saw hand machine to smooth away the side a building of a training site during Castle IRC on July 24. Castle IRC is a yearly training exercise which brings soldiers from the 416th TEC and the 412th TEC for their annual training.*



*Spc. Adam E. Schafianski guides Spc. Michael Benjamin as the skid steer levels the ground during their annual training at Castle IRC on July 24 at Fort Dix, NJ. Both soldiers are part of the 304th EN CO. out of Lima, OH.*



*Spc. Craig Beaulaux, 304th EN CO, cuts pieces for a training Afghan building during Castle IRC 2011. Rebuilding some parts of the Afghan village was one of many projects completed by soldiers from the 412th TEC and 416th TEC during Castle IRC 2011.*



*Member of the 304th EN CO work on buildings at a training site for mobilized soldiers during Castle IRC on July 24. Castle IRC is a yearly training exercise which brings soldiers from the 416th TEC and the 412th TEC for their annual training.*

# River Assault - Fort Chaffee

*Story by Jeff Arnold, Times Record*

FORT CHAFFEE — Members of Task Force (TF) 463 were “under it, on it and above it” as they built a floating bridge across the Arkansas River at Fort Chaffee in July.

“It’s a great day when it all comes together,” said Lt. Col. Eric Lawson, TF 463 commander. He is commanding officer of the 463rd Engineer Battalion (EN BN) in Wheeling, W.Va.

The exercise was conducted as part of River Assault 2011, a two week annual training exercise at Chaffee involving active-duty Army and Army Reserve (AR) units. Almost 700 soldiers from units in Okla., Mo., Miss., Wis. and W. Va. were among those participating, with about 300 building the bridge. Shortly before sunrise, four bridge erection boats, or BEBs, were launched from a staging area on the south side of the river, not too far from the James W. Trimble Lock and Dam. Boats also launched from another staging area to the east. Less than 10 minutes after the first boat was launched, the first 22-foot section of floating bridge slid into the water, until four 22-foot sections and two smaller ramp sections were in the river.

As the sections hit the water, a BEB and its three-person crew quickly approached them, pressing two vertical bumpers at the front of the boat against the section and securing the boat to the section with ropes on either side of the bumpers. Two members of the BEB — pin men — then jumped on the section of bridge, throwing latches and locks into place to stabilize it before it was attached to another section.

Pvt. Dylan Lehman, a boat operator with the 652nd Engineer Company (EN CO) in Ellsworth, Wis., said positioning the bridge sections requires an operator to anticipate how

they will react once the BEB engages them, based on the current and the torque applied by the BEB.

The jet propulsion BEBs are powered by two 350-horsepower Cummins engines, geared for greater torque than speed, with a zero-turn radius, Lehman said. The BEB crews initially assembled six sections of bridge, which was used as a barge to carry three M113 armored personnel carriers — APCs — to the north side of the river.

The APCs and their crews provide security for a section of the floating bridge that’s left on the north side of the river, where the bridge terminated after it was finished.

Sgt. 1st Class Jason Moldan, a member of the 652nd EN CO, was the non-commissioned officer in charge of getting the APCs from the south to the north side of the river. While bridge-building training is conducted at other locations in the United States, Moldan said he’s not aware of anywhere else units have the opportunity to construct an almost 1,000-foot bridge like the one erected.

As the BEB crews continued to assemble sections of bridge, two CH-47 Chinook helicopters started setting additional BEBs in the river; within sections of the helicopters detaching its sling, a crew loaded onto each boat. Once the Chinooks finished setting BEBs in the river, they began delivering sections of bridge, which the waiting BEB crews quickly engaged.

As the Chinooks flew overhead, BEBs pushed bridge sections into place, dive teams positioned themselves near the on water operations — prepared to conduct search/rescue operations or clear underwater obstructions — and support elements performed their tasks on

shore, Lawson and another senior member of his staff beamed.

Their proud smiles were only disrupted by their booming praise for the coordination of troops under their command. Lawson said river assault provides an excellent opportunity for active and reserve components that use different tactics, techniques and procedures to learn from each other.

Shortly before 9 a.m., the bridge was complete and a few soldiers took unscheduled dives — assisted by fellow soldiers — into the river in a brief celebration. At 9 a.m., the first of dozens of military vehicles began to slowly roll from south to north across the bridge. Moldan said the bridge will support any in the U.S. Army inventory.

About an hour later, the BEB crews went into action breaking down the floating bridge, a much more time-consuming operation than erecting the bridge. Once the bridge was broken down and the staging areas cleared, Moldan said after-action reports will be conducted to review the units’ performances before the soldiers begin returning home.

More than one member of the 652nd EN CO, while reveling in what was accomplished, said they also look forward to getting back home — far away from the sweltering Ark. summer. ■



*Pvt. Derek Aukes, of the 652nd Engineer Company, located in Hammond, Wis., helps disconnect the bridge bays on the Arkansas River while training during River Assault 2011 at Fort Chaffee, Ark., July 26. (Photo by Spc. Brittney Bradley, 343rd MPAD)*



Pilots of B Company, 5-159th Aviation Regiment, from Fort Eustis, Va., fly by after delivering sling loaded bridge sections with their CH47 Chinook helicopters to soldiers of the 401st Multi-Role Bridge Company, from Oklahoma City, Okla., and the 652nd MRBC, from Ellsworth, Wis., along with active component soldiers of the 50th MRBC, from Fort Leonard Wood, Mo., who worked together to connect the sections during River Assault 2011 at Fort Chaffee, Ark. (Photo by 1st Sgt. Larry Mears, 343rd MPAD)



The 401st Multi-Role Bridge Company, from Oklahoma City, Okla., and the 652nd MRBC, from Ellsworth, Wis., connect bridge bay sections during River Assault 2011 at Fort Chaffee, Ark. River Assault 2011 was a two-week extended combat training exercise held July 16-30 focusing on the technical skills of various Army Reserve engineer units culminating with the construction of a floating improved ribbon bridge across the Arkansas River. (Photo by 1st Sgt. Larry Mears, 343rd MPAD)



Soldiers of the 401st Multi-Role Bridge Company, from Oklahoma City, Okla., and the 652nd MRBC, from Ellsworth, Wis., along with active component soldiers of the 50th MRBC, from Fort Leonard Wood, Mo., work together to connect the final sections to complete the bridge during River Assault 2011 at Fort Chaffee, Ark. (Photo by 1st Sgt. Larry Mears, 343rd MPAD)



Soldiers of the 652nd Engineer Company, located in Hammond, Wis., work to disconnect raft sections on the Arkansas River while training during River Assault 2011 at Fort Chaffee, Ark., July 26. (Photo by Spc. Brittney Bradley, 343rd MPAD)

Soldiers of the 652nd Engineer Company, located in Hammond, Wis., remove tension in bridge bays before disconnecting them on the Arkansas River as part of a training event at River Assault 2011 at Fort Chaffee, Ark., July 26. (Photo by Spc. Brittney Bradley, 343rd MPAD)

Spc. Joel Recla of the 652nd Engineer Company, located in Hammond, Wis., guides a convoy onto the bridge during River Assault 2011, July 27, at Fort Chaffee, Ark. River Assault 2011 was a two-week extended combat training exercise held July 16-30 focusing on the technical skills of various Army Reserve engineer units culminating with the construction of a floating improved ribbon bridge across the Arkansas River. (Photo by Spc. Brittney Bradley, 343rd MPAD)



# Castle Installation Related Construction-Fort Hunter Liggett

*Story and Photos by Spc. True Thao, 364th PAOC*

FORT HUNTER LIGGETT, Calif. - Soldiers with the 336th Engineering Company out of Weirton, W. Va. traveled here to participate in Castle Installation Related Construction for their annual training in July.

The 336th's mission was to build a Southwest Asia Hut and a guard tower on Tactical Training Base Ward along with other engineering units from throughout the United States.

"The purpose of the tower is for training, to get our younger soldiers and non-commissioned officers to brush up on their skills," said Chief Warrant Officer 2 Benjamin Spiker, officer-in-charge of construction for the 336th. "We are also here to support the overall mission of building towers for the base."

Normally it takes about two days to complete a tower but since this is for training purposes, the unit slowed down to give soldiers straight out of Advance Individual Training (AIT) a chance to test their skills and allow them to expand their expertise.

"We are taking a little longer to show specialists and privates how to read blue prints and how to construct from the very beginning," said Spiker.

Many of the soldiers have no experience with this type of project.

"This is my first time building a guard tower," said Pvt. Joseph Pickens, a 336th carpentry and masonry specialist. "We have a few guys who have experience."

Soldiers who have experience with this kind of work make it easier for newer soldiers by passing on their knowledge and the procedures to fix problems that arise.

"The more knowledge that we have on a site, the faster the project gets done and the safer the site is," said Sgt. Anthony Kramer, a 336th platoon sergeant.

Kramer said he is glad to have one of his soldiers, Spc. Thomas Bittner, a project manager on the civilian side, on site to help the other soldiers and do modifications if needed. Bittner has been in the construction business for 20 years.

"With Bittner on site, it made it a lot easier to modify those prints because he knows what's going on," said Kramer.

Kramer said having soldiers willing to learn their job also makes it easier for him and everyone else.

"It's a good learning process for them out here and they're learning fast," said Kramer. "I have a bunch of good guys out here working for me so it makes it a lot easier." ■



Top) Pvt. Corey Duke, 336th Engineering Company, prepares to nail together two wooden boards during Castle Installation Related Construction at Fort Hunter Liggett, Calif. Aug. 2.

Bottom) Spc. Jermaine J. Beckford, carpentry and masonry specialist, 336th Engineer Company, works on a cross bracing for a guard tower the unit is building at Fort Hunter Liggett, Calif., Aug. 2. Adding the cross bracing will stabilize the tower.



*Spc. Kody Misinco, light-wheeled vehicle mechanic, 448th Engineering Detachment, turns the handle on a concrete mixer during Castle Installation Related Construction at Fort Hunter Liggett, Calif., Aug. 3. Misinco is preparing the concrete mixer and doing maintenance to make sure it will be mission capable.*



*Spc. Trevor D. Strong, 336th Engineering Company, drills a screw into the wood for the base of a guard tower during Castle Installation Related Construction at Fort Hunter Liggett, Calif. Aug. 2.*

# Cooks Strive for Top Award

Story and Photos by Staff Sgt. Katherine Anderson, 363rd Public Affairs Detachment (PAD)

FORT HUNTER LIGGETT, Calif. – Soldiers from the 315th Engineer Battalion, Forward Support Company, Camp Pendleton, Calif., joined soldiers from the 983rd Eng. Bn. FSC, headquartered in Monclova, Ohio, at Castle Installation Related Construction, here at Fort Hunter Liggett, Calif., for their annual training.

Tasked to support almost 600 soldiers with two hot meals a day means long hours and lots of hard work. To add to the already sizeable task, the unit is being evaluated for a chance at the Phillip A. Connelly Award, the top Army cooking award.

The 315th is being evaluated in the large field-feeding category, classified as serving more than 300 personnel in a field environment.

The Connelly Award not only judges the taste of the food, but how it is prepared, portion control, appearance, layout of the site, sanitation and many other items. In essence, the entire cooking operation is reviewed.

The 315th passed the first of the four levels at Camp Pendleton, Calif. The next competition level will be evaluated by the 416th Theater Engineer Command (TEC), out of Darien, Ill. If selected, the unit will compete amongst the top cooking units in the region. The final evaluation will be at the Department of the Army level against the best that the Army has to offer.

Second Lt. Matthew Bern, distribution platoon leader for the 315th, says this is the unit's first time cooking entirely in a field environment.

"The hard part was trying to get the battle rhythm," said Bern, describing the challenges of his first field feeding. "It took us a little bit to get the schedule down, especially with cooks from another unit."

While this is the first time the 315th has cooked in the field, the soldiers from

the 983rd cook regularly, both in garrison and using their mobile kitchen trailer (MKT). Six soldiers, including two senior non-commissioned officers and four junior NCOs, joined the 315th for this exercise. Combined with their two NCOs and three junior enlisted, the 315th has a full complement for the competition.

Even though the 983rd has cooked in the field, they are using new equipment for this exercise, a container kitchen (CK).

"The CK is more advanced than the MKT," said Sgt. 1st Class George Hair, food service operations non-commissioned officer-in-charge for the 983rd FSC.

"It even has a refrigerator. It is very similar to cooking in a regular kitchen, just smaller."

During the planning conferences, the number of anticipated soldiers attending the exercise was discussed, but once the troops arrived, the number of meals needed to be adjusted to reflect who was actually here, said Master Sgt. Reid Stone, food service non-commissioned officer-in-charge of the 372nd Engineer Brigade from Fort Snelling, Minn.

"Adjusting the head count to consume all the meals is a real challenge," he said. "In past exercises we have ended up with a lot of extra food."

The meals being served are unitized group rations (UGR). One UGR is designed to feed 50 soldiers. This expedites drawing rations for the exercise. It also emphasizes the need for an accurate head count, explained Stone.

"This is the first time we have used the UGR-As (fresh food). We only saw them in books before," said Hair.

"Everything is pre-measured, we don't need to figure anything out. They are really easy to use."

Bern is confident in the abilities of his food service team to perform well in the competition.

"We did very well in level one back home. With the UGR-As they should have no problems," he said.

Hair was impressed to see the intent of the FSC in action.

"(The FSC) can be pulled, and it can stand alone and support any type of unit. It was great seeing it all come together," he said.

Preparation for the Connelly Award is only a means to an end for the food service team: training soldiers to be leaders while providing meals for the troops.

"I really love seeing the confidence I have seen in the soldiers after the first level competition," said Bern. "They are taking advice and running with it. This is helping build a soldier." ■



Pfc. Tyshaune Harris, food service specialist, 983rd Engineer Battalion, Forward Support Company, located in Monclova, Ohio, mixes up the ingredients for Cajun meatloaf, Aug. 9, here at Fort Hunter Liggett, Calif. Harris is here performing annual training in support of Castle Installation Related Construction.



Top) Spc. Leann Cantrell, food service specialist, 983rd Engineer Battalion, Forward Support Company, located in Monclova, Ohio, slices potatoes while preparing a meal for the Phillip A. Connelly Award competition, Aug. 9 at Fort Hunter Liggett, Calif. Cantrell is participating in Castle Installation Related Construction at Ft. Hunter Liggett for her annual training exercise.

Bottom) Pvt. Shenicia Williams, food service specialist, 315th Engineer Battalion, Forward Support Company, located at Camp Pendleton, Calif., slices carrots for the dinner meal, Aug. 9, Fort Hunter Liggett, Calif. The unit is being evaluated for the Phillip A. Connelly Award while at annual training, supporting Castle Installation Related Construction.

Spc. Blitz Varsi Berrera, food service specialist, 315th Engineer Battalion, Forward Support Company, out of Camp Pendleton, Calif., prepares food decorations for display as part of the Phillip A. Connelly Award competition, Aug. 9, at Fort Hunter Liggett, Calif. Berrera is at Fort Hunter Liggett for his annual training in support of Castle Installation Related Construction.



# An Important Safety Message

My name is MAJ Bruce Ladman and I am the new AGR Safety Officer for the 416th TEC located in Darien, IL. I arrived at the TEC in late July and am in the process of getting to know the organizational structure, as well as the responsibilities and duties of the Command Safety Office.

Even though this is my first assignment in the safety world, I have always valued the importance of safety and safe working practices. Whether as a young enlisted guy working in a garrison environment, training soldiers and cadets, or being deployed overseas, the motto “Mission first, Safety Always” is something I have truly believed in and have tried to integrate into my daily duties. We have come a long way in our efforts to reduce the number of accidents within the Army Reserve. We do a pretty good job at practicing good safety procedures when we are on duty; however, we need to continue to involve leaders at all levels to educate soldiers and civilians to carry that safety mindset home to their off duty activities as well as their on duty missions. Practicing safe procedures can’t be an afterthought. We need to continue to use common sense, wear the proper protective equipment and take an extra moment to stop and think before we act in order to prevent accidents from occurring in the first place. Remember to wear your seatbelts anytime you drive your POV. Minimize distracted driving and don’t text while driving. Motorcycle riders need to wear their personal protective equipment at all times; whether on or off duty.

Utilize your Safety Managers at the Brigade level. They are your biggest advocates for maintaining a safe working environment while accomplishing the mission. Work closely with your Commanders and First Sergeants as they have a wealth of information to assist in keeping your soldiers safe.



***“Practicing safe procedures can’t be an afterthought. We need to continue to use common sense, wear the proper protective equipment and take an extra moment to stop and think before we act in order to prevent accidents from occurring in the first place.”***

# Joint Army Reserve- National Guard Retirement Seminar

Story by Maj. Daniel Benson, 364th PAOC; Photos by 1st Lt. Greta Fennell, 364th PAOC

FORT SNELLING, Minn. -- The benefits that go along with serving in the Army Reserve (AR) are many, but some of the best benefits are those awaiting career soldiers when they reach retirement age.

In an effort to make soldiers even more aware of what those retirement benefits are and better understand them, the AR and Minn. National Guard (NG)

recently held a Pre-Retirement Benefit Seminar at Fort Snelling.

Nearly 50 attendees, including soldiers, "gray area" retirees and family members attended the May 7 seminar, which was the first of its kind to be held jointly between the AR and NG under the U.S. Army Reserve Command's (USARC) pilot program, said Lt. Col. Kathleen Couillard, who is the

USARC Pilot Army Reserve Retirement Services Officer (RSO).

...continued on page 39

Harry Farris, Transition Assistance Program (TAP) Lead, shows TAP benefits for veterans' spouses to Brian J. Treptau, spouse of a National Guard Soldier at the Pre-Retirement Ceremony.





# Medical Profiles: When the mind says “Hooah” but the body says “ouch”

By Maj. Eric Bullock, 416th TEC  
Command Surgeon

Sometimes when you mentioned that a soldier has a permanent physical profile the response is, “Another soldier trying to avoid duty.” After a decade of actual combat, with many of the injuries In the Line of Duty (ILOD) due to combat or strenuous pre-deployment training, we must adjust our understanding of medical profiles and embrace them as a tool to help heal our force.

I remember the first time I seriously injured myself during a military exercise. I pulled my hamstring while running. My mind said “nineteen years old,” but my body said “thirty-five.” I continued to push myself to return to running and as I worked out, my condition deteriorated and eventually I had to seek a permanent profile. That was a turning point in my career as I became aware of the significant contributions made by individuals who had physical limitations.

The Army has a culture that stigmatizes permanent profiles, but when profiles are appropriately applied, there should not be any shame. A permanent profile identifies soldier’s physical limitations. It provides for the safe recovery of the soldier as they continue to serve the nation. I recently spoke to a sergeant major who suffers from “getting old” and



*Sgt. Daniel Florez competing for Non-Commissioned Officer of the Year for 416th Theater Engineer Command pushed towards the finish line of the 6.2 mile road march at the Army Reserve Best Warrior Competition on Fort McCoy, Wis. June 22. Soldiers must remember to listen to their bodies and allow proper healing after any strenuous activity. (U.S. Army Photo by Sgt. 1st Class Marisol Hernandez)*

has several illnesses and theater related injuries that have slowed him down. He is pursuing retirement, but I believe that he still has a lot to contribute to our organization; he is losing the battle against the profile stigma.

### **Where did that Profile come From?**

Recently there has been an increase in the number of physical profiles in our population and everyone wants to know, “Where did that profile come from?” The answer is the annual Periodic Health Assessment (PHA) generates many of the temporary and permanent Profiles. The PHA is an annual requirement for every soldier during which a physician reviews your current medical condition. Since the Army is now reviewing soldier medical readiness annually, this generates many more profiles than when physicals were every five years. This yearly review is much better from a preventive medicine perspective and is no different from “wellness screenings” provided in many corporate settings today. Placing an emphasis on prevention is much more cost effective than treating a disease or illness that is in its advanced stage and it gives the Army a true picture of its “go to war” strength.

Evidence shows that there has not been a change in the actual wellness of our troops, but now that there is yearly reporting, we have become deeply aware that soldiers physically wear down and break.

### **The Process**

With the information provided during the PHA a report is generated

to the Reserve Health Readiness Profile (RHRP) contractor, Logistics Health Inc. (LHI.) The contractor has a team of case managers who review the packets for completeness and provide the initial information for the profile form. The LHI physicians review the packet, make an initial determination, and provide first signature on the profile. These physicians are all retired Army colonels, each with over thirty years of medical experience in the Army.

Once reviewed by the LHI providers it is forwarded to the Reserve Support Command (RSC) Surgeon’s Office for review and final approval. U.S. Army Reserve Command (USARC) has delegated profiling authority to the RSC Surgeons for all Army Reserve personnel. An RSC surgeon reviews the LHI recommendations, compares it to the information presented, and if required provides the second signature. The profile is then available to the service member through AKO.

RSC also generate profiles when injured soldiers submit a profile packet. In these cases, the service member is aware of the request and it is not a surprise. It is important that when a soldier submits a profile packet that the SF 507 (Functional Capacity Certificate) is completed accurately. Next to each answer (yes/no) on this form is a number in brackets (i.e. [3]) that reflects the Physical, Upper, Lower, Hearing, Eyes, S – Psychiatric (PULHES) code that will be issued. The first ten questions are all “go to war” issues and if a soldier is unable to accomplish these under a permanent profile then a medical board is required. Additionally, all permanent three or higher PULHES have to be sent to a medical board.

The other key component of a profile packet is the documentation from the soldier’s primary provider. This letter must be typed on the physician’s letterhead and address five specific items: **diagnosis**, what is the disease or illness that is being treated; **current treatment**, to include medications and therapies or interventions (i.e. surgery); **prognosis**, what is the likely outcome; **physical limitations**, be specific with regard to the Army Physical Fitness test (APFT) and SF 507 areas that would be of concern; and **time limit**, how long will this issue continue. The provider has to sign and date the correspondence and submit it with the profile packet. The RSC will not process the packet without the doctor note or a profile issued by a sister service.

### **Temporary Profile**

Temporary profiles are provided during the initial treatment until your recovery is stable, referred to as the Medical Retention Determination Point (MRDP), or one year from injury. Temporary profiles typically will be for three months and then renewed as needed for up to a year. An example would be an orthopedic (bone) injury where you have the initial damage, an anticipated recovery period with a cast, and then once the appliance is removed, physical therapy (PT) and eventually you reach MRDP for this injury. Temporary profiles bridge the gap between your base line function and a permanent disability.

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*...continued on page 43*



# Do You Have What it Takes to be in The Honor Guard?

MINNEAPOLIS, Minn., - Members of the 372nd Engineer Brigade's Honor Guard, out of Fort Snelling, Minn., perform at the Opening Ceremony for the 2011 Festival of Tribute and Honor on the steps of the State Capitol, on Sept. 16. (Photo by Spc. Cliff Coy)

MINNEAPOLIS Minn., - Do you have what it takes to be in the Honor Guard? Can you march? Can you maintain a rigid position of attention for long periods of time while holding a rifle and wearing a dress blue uniform that is, in simplest terms, perfect?

Oh and can you do it in front of an audience of *thousands*?

If you can, or if you'd like to see if you have what it takes, you should

volunteer for the 372nd Engineer Brigade's Honor Guard Team.

"We're the Army Reserve's public face in the ceremonies," said Sgt. First Class David A. Spalding, the leader of the 372nd Engineer Brigade's Color Guard.

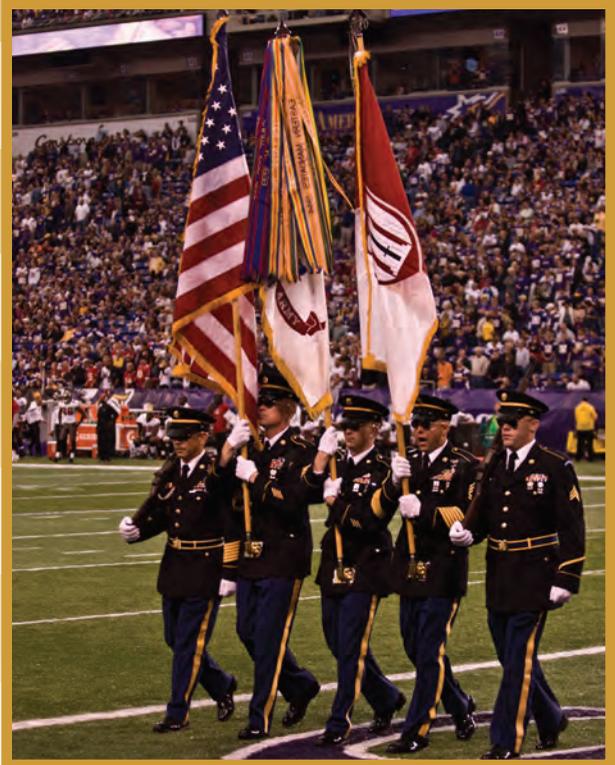
The mission's undertaken by honor guard members are many and varied. Teams have supported military funerals, parades and veterans

ceremonies. In every case, the team members are careful to ensure that their presentation and performance are flawless. Soldiers must meet the Army's height and weight standards to be considered for the Color Guard.

For more information on being part of the 372nd Engineer Brigades's Color Guard contact SFC Randy Stark at 612.713.3253 or at [randall.g.stark@usar.army.mil](mailto:randall.g.stark@usar.army.mil). ■



*MINNEAPOLIS, Minn., - Members of the 372nd Engineer Brigade's Honor Guard out of Fort Snelling, Minn., march onto the field during playing of the National Anthem at the Minnesota Vikings game, on Sept. 18. (Photo by Spc. Cliff Coy)*



*The 372nd Engineer Brigade Honor Guard marches down Nicolett Ave in Minneapolis during the 2011 Minnesota Festival of Tribute and Honor Parade on Sept. 17. (Photo by Spc. Lindsey A. Schulte)*



*MINNEAPOLIS, Minn., - Members of the 372nd Engineer Brigade's Honor Guard out of Fort Snelling, Minn., march off of the field after the playing of the National Anthem at the Minnesota Vikings game, on Sept. 18. (Photo by Spc. Cliff Coy)*

# 416th TEC hosts Article 6 Inspection

*Story courtesy of the 416th TEC SJA Office*

Darien, IL. – The 416th Theater Engineer Command (TEC) hosted Brig. Gen. Patrick Reinert for a Uniform Code of Military Justice (UCMJ) Article 6 inspection on July 9, 2011. The Article 6 inspection is a requirement under the UCMJ prescribing The Judge Advocate General (TJAG) or senior members of his staff to visit legal offices and evaluate the quality of their military justice program. The hosting legal office is charged with providing a comprehensive briefing on the operational and material readiness, effectiveness and efficiency of the Staff Judge Advocate SJA. The mission of the SJA is to support the war fighter through primarily assisting commanders with Operational Law, Civil Law and Military Justice. The SJA also provides legal services to soldiers and their families.

The Article 6 inspection focuses on six core legal disciplines in addition to evaluating the administrative aspects of a military organization. The six legal disciplines include; Criminal Law, International and Operational Law, Administrative and Civil Law, Contract and Fiscal Law, Legal Assistance, and Claims. The inspection will further insure facilities and equipment are sufficient to support the mission of the

Judge Advocate General (JAG) Corps. The SJA must be able to demonstrate Active Army/Reserve Component (AA/RC) Integration, Military Civilian Integration, paralegal utilization, support to wounded warriors and survivors, and Office of the Staff Judge Advocate (OSJA) relationships with the unit and Trial Defense Service (TDS).

Reinert evaluated the legal office's performance and assessed unit leadership to ensure compliance with established laws, regulations, policies, and procedures through the above noted means. The inspection identified and made recommendations to correct deficiencies specifically emphasizing continuous improvement as the philosophy and standard business practice of the JAG Corps. Reinert found the 416th TEC, OSJA to be well led and highly skilled.

At the "State of the Corps" address, Reinert recognized Pfc. Andrew Vito for demonstrating outstanding or unique accomplishments that improved or contributed to the efficiency or economy of the RC operations. The 416th TEC JAG community is looking forward to displaying its continued effort and commitment to excellence with TJAG!!! ■



Group photo of the 416th Theater Engineer Command Darien, IL taken during an Article 6 visit by Brig. Gen. Patrick Reinert on July 9. From left to right: Pfc. Andrew Vito, Chief Warrant Officer 2 Madge Bean, Maj. Matthew Pullman, Staff Sgt. Jessica Klinge, Staff Sgt. Paul Proietti, Maj. Elizabeth Reedy, Lt. Col. Christopher Cummings, Brig. Gen. Patrick Reinert, Maj. Christopher Crowley, 2nd Lt. Andrea Johnson, Maj. Sean Connolly, Sgt. 1st Class Stephanie James, Sgt. 1st Class Scott McWilliams, Staff Sgt. Marisol McKinley, Cpt. Michael Evans, Maj. Anne Brophy. (Courtesy Photo)

...continued from page 33

“The Department of the Army wants us--the Army Reserve--to synergize and work with the Active Army and National Guard on events like these,” Couillard said. “Strategically, in the long term, the Army’s goal is for soldiers and family members in any state to walk into the closest Active Duty, Guard or Reserve Center, establish face-to-face contact, and work with any RSO, regardless of whether the soldier or family members are in the active component, Guard or Reserve.”

The day-long event featured speakers on a number of important topics pertaining to retirement.

“Our objectives today are to make sure you get current on benefits and entitlements, and also to provide you with points of contact and resources,” Couillard told the attendees in her opening remarks.

Those topics at the seminar included employment, with representatives from the Employer Partnership Office (EPO) and the Transition Assistance Program (TAP) presenting information; education, with a joint presentation conducted by representatives from both the AR and NG; TriCare medical and Delta Dental benefits; Veterans Administration (VA) Services; the Reserve Component Survivor Benefit Plan and Survivor Benefit Plan; identification cards/DEERS; Army OneSource; and information specific to receiving retirement pay at age 60 or earlier.

Lt. Col. Byron Perkins, a battalion commander for Reserve Training Center-West at Fort McCoy, said the seminar provided

information that he was going to disseminate to soldiers back at his duty station.

“There are a lot of hurdles to jump over and hoops to go through, and there are a lot of trigger points when it comes to retirement,” Perkins said. “As a battalion commander, I want to make sure my soldiers get the information so they can hit those points.”

Perkins, an educator from Glasgow, Ky., with 22 years of service, said the pre-retirement briefing was also beneficial on a personal level.

“I have children who are 17 and 14, so personally, it’s helping me understand what benefits are out there for them,” Perkins said.

Lt. Col. Mary Talberg, who holds the G-1 position for the 310th Expeditionary Sustainment Command (ESC) in Indianapolis, Ind., had the distinction of traveling the farthest for the May 7 seminar.

She said the information she had received at the seminar as well as the opportunity to network with others made it a very worthwhile trip.

“It’s exciting that there is a program for retiring reserve soldiers,” Talberg said. “In our command, we can’t wait to get this information out to soldiers.”

Talberg, whose command has soldiers from Ill., Indiana, Wis., Ohio and Mich., said she hoped a pre-retirement seminar could be held in the Indianapolis area sometime in the near future, so soldiers and family members could attend closer to their homes.

In addition to the speakers, numerous vendors set up tables for soldiers and family members to pick up brochures, flyers and other

forms of information pertaining to retirement benefits.

There were two target groups invited to the May 7 seminar, including those soldiers with 18-20 years served and retirees between the ages of 57 and 60 who were nearing eligibility for receiving retired pay.

Two months earlier, on Feb. 5, a pre-retirement seminar was presented to AR soldiers, but Couillard said the Chief of the Army Reserve (CAR) wanted to emphasize a wholistic approach to the retirement seminars, with the Regular Army, AR and NG all working together at similar seminars held in the future.

For more information on upcoming retirement seminars, contact Couillard at [Kathleen.s.couillard@usar.army](mailto:Kathleen.s.couillard@usar.army). ■



*Sgt. 1st Class David J. Felten, 114th Transportation Company, Minn. Army National Guard, grabs information from the National Guard Education Services booth while on break at the Pre-Retirement Ceremony held at Fort Snelling, Minn on May 7.*

# First Annual Colorado Women Veteran's Conference a Success

*Story by Sgt. Spencer Case, 304th Public Affairs Detachment,  
Photos by Sgt. Zach Mott, 207th Public Affairs Detachment*

More than 160 female veterans representing all branches of the military congregated at the Wings over the Rockies Air and Space Museum in Denver Saturday, Sept. 17, for the first annual Colorado Women's Conference and Health Fair Exposition.

"It's just nice to know that some people care and have the camaraderie of other women veterans," said former Marine Paula Godown, a 71-year-old woman in attendance.

From 9 a.m. to 4 p.m., the women attended classes on topics like post-traumatic stress disorder (PTSD) treatment and health benefits. They also had the opportunity to peruse dozens of booths representing the Colorado Department of Labor, the Colorado Department of Veterans Affairs (VA) and other organizations in a position to help out female veterans.

Not all the events were so serious. On a lighter note, the troops heard the words of guest speaker Air Force Maj. Gen. (Ret.) Rita A. Aragon, the first female Oklahoma Secretary of Military and Veterans' Affairs. She regaled the crowd with the humorous

story of the times when she had to address a crowd that included about 20 Russian generals, some who were less favorable of female comrades.

Homemade quilts and other prizes were given out by a free raffle between sessions.

State Veterans Service Officer Air Force Lt. Col. (Ret.) Kathryn F. Wirkus was instrumental in organizing the event. Inspired by similar conferences in other states, such as Calif. and Idaho, Wirkus hoped to design a conference that would help women veterans. It may seem surprising that one of the biggest problems is that many women don't realize they are veterans.

"Women don't self-identify as being veterans because they think they have to have served in combat or they haven't served twenty years or they were never deployed overseas," Wirkus said, adding that many women are nonetheless entitled to many forms of veterans' benefits, counseling and support.

"This conference is about three things: information, education and access to therapy and benefits, benefits to which they are



*Linda Rawes address the crowd of women veterans during the first ever Colorado Women Veterans Conference and Health Fair Expo held in Denver on Sept. 17. More than 100 veterans attended the event and were treated to information on topics such as veterans benefits, how to deal with trauma, and various other veteran-related topics.*

entitled because they served. I have women come into my office all the time saying 'I'm not a veteran because I only served two years.' I've never heard a man say that, to be honest," she said

The turnout fell short of the 250 Wirkus had hoped for. However, participants responded very positively to the event and many said they intended to attend subsequent expositions, so she considered the first exposition a success.

"I think it was very well organized," said Bennett, Colo. resident Cheryl Gehrig, who served active duty in the Navy six years during the Vietnam era, followed by 18 years in the Navy Reserve. "It addressed a lot of issues. I would like to hear more about education benefits, though mine have expired."

When asked if she would be likely to attend next year she said, "Yeah I would. I would bring a friend, too." ■

*Air Force Reserve Officer Training Candidate cadets conduct the Prisoner of War/Missing in Action ceremony during the first ever Colorado Women Veterans Conference and Health Fair Expo held in Denver on Sept. 17.*



*Attendees at the first ever Colorado Women Veterans Conference and Health Fair Expo to be held in Denver listen to a vendor discuss the automatic pill dispenser that keeps track of what pills need to be taken and when on Sept. 17.*





*Spc. Dillon Lee, left, and Spc. Charles Wells, both from 750th Fire Fighting Truck Team, use foam to put out a simulated aircraft fire during training at Fort McCoy, Wisc. The soldiers are working on missions they might encounter when they deploy at a future date in support of the Global War on Terrorism.*



*Sgt. Brad Andres, center wearing patrol cap, instructs his team on how they will conduct training to put out a simulated aircraft and fuel fire while training at Fort McCoy, Wisc. Andres, a Hiawatha, Kan., native, serves as a crew chief with the 750th Fire Fighting Truck Team.*

# Foam Party: Firefighters Train to Suppress Real-World Aircraft Fires

*Story and Photos by Sgt. Zach Mott, 207th Public Affairs Detachment*

FORT MCCOY, Wisc. – Many tools are available to firefighters when it comes to attacking a fire. It is vitally important that the correct tool is chosen in order to quickly suppress the flames and salvage whatever is possible.

For the soldiers of the Fort Riley, Kan., based 750th Fire Fighting Truck Team, 482nd Fire Fighting Headquarters, 244th Engineer Battalion, 420th Engineer Brigade, 416th Theater Engineer Command, this decision was arrived at easily based on the training scenario set out before them. The 750th Fire Fighting Truck team participated in the 78th Training Division's Situational Training Exercise in July on Fort McCoy, Wisc.

Crew Chief Sgt. Brad Andres instructed his team that they were approaching a fuel and aircraft fire with no rescue required. From there, the team determined they would be using simulated class-two foam that is, in its actuated form, used to lay a blanket atop burning fuel, plastics or oils.

"It smothers the vapors because that is what is actually burning," said the Hiawatha, Kan., native.

The soldiers are at Fort McCoy, Wisc., conducting training operations that are helping them prepare for an upcoming deployment in support of the Global War on Terrorism. As a firefighting detachment, one of the many missions they may be pushed into service is at an airfield. This was the impetus for this day's training that saw the soldiers

dousing an out of service Huey helicopter serve as the training aid for copious amounts of foam and water mix.

"This is what we'll see a lot of when we're in theater," said Spc. Dillon Lee, a firefighter with the 750th FFFT, and a native of Overbrook, Kan.

The soldiers, in addition to attacking the fire with foam, worked in teams to suppress the simulated flames surrounding the aircraft as well as using the vehicles to lay an initial blanket that allowed the firefighters to make their initial approach to the aircraft.

To Andres, the use of an actual aircraft for this training was the most beneficial part of this training opportunity. "It's hard to simulate an aircraft with a Humvee." ■

# Operation Fit Warrior Camp, hosted by 416th TEC

*Story and Photos by Cliff Coy, 364th PAOC*

CAMP ATTERBURY Ind. – Staying fit is hard. Eating right is hard. Warriors are expected to do both. Thanks to basic training, most soldiers join their Army Reserve Unit with healthy body weight and are able to pass the Army Physical Fitness Test (APFT). The hard part comes after basic training, when they're expected to keep their weight down and their fitness levels up while not under the gentle guidance of Army Drill Sergeants.

Unfortunately, not all soldiers are able to meet ongoing weight and fitness standards and run the risk of being separated from the Army Reserve.

That's where Operation Fit Warrior (OFW) comes in. Developed for soldiers who are struggling with their weight, or who have trouble passing the Army Physical Fitness Test, OFW teaches students the basics of exercising and eating right.

Recently, soldiers from across the 416th Theater Engineer Command (TEC) attended a two-week OFW course, hosted by the 558 Signal Company, from Monclova, Ohio, under the auspices of their parent unit, the 983rd Engineer Battalion.

The OFW students start their day early, typically 4:30 a.m., and they start it off active. Physical Training (PT) sessions that last more than an hour are the norm, workouts are varied, mixing strength and flexibility training with endurance exercises like running.

With heart rates up and stomachs empty, students hit the showers and are allowed a quick and healthy breakfast. Then it's off to class.



*Pfc. Ronald E. Allen, 486th Engineer Company, stretches out before participating in Modern Army Combatives Program during Operation Fit Warrior, on July 21. OFW is a way for soldiers to become more knowledgeable in physical readiness, nutrition and overall health.*

While students are physically active throughout OFW, they spend a lot of time in the classroom as well. Topics include eating better and tips on how to improve physical fitness test results.

"They explain how to exercise when you don't think you have time, how to eat a lot healthier and a lot better food," said OFW student Spc. Dustin Vyers from the 478th Support Platoon out of Camp Atterbury, Ind.

Because each student comes from a different background and has different dietary and physical challenges, OFW Cadre work to tailor diet and fitness counseling to each student. Additionally, they teach students how to recognize healthier choices when at fast food restaurants and the grocery store.

"My focus is on taking care of yourself, implementing a meal plan and an exercise plan," said Capt. Jessica McCallister, who works as a dietician for the OFW program.

Beyond simple health and fitness, the students also received Level One Army Combatives training and certification. Through the combatives training, the students discover another excellent way to improve overall fitness while also honing their warrior spirit.

All of the OFW's work is geared toward not educate soldiers, but to motivate them and



*A soldier from the 372nd Engineer Brigade does a flip off of a diving board during Operation Fit Warrior, on July 21.*

improve their confidence. Cadre members hope that the confidence follows the student as they progress in their military career.

"There are a number of very good soldiers in this program that may be separated from the Army if they don't meet their physical requirements," said OFW Instructor Sgt. Mathew Siglar from the 55th Signal Company in Mainville, Ohio. "They have plenty of tools to offer the Army. They're intelligent, very motivated. They just need to get their height and weight under control or their physical training up to par."

Next year's Operation Fit Warrior Camp is tentatively slated for sometime in August, hosted again by the 558th Signal Company. ■

*Spc. Shane Keenan from the 372nd Engineer Brigade, competes in the final Modern Army Combatives Program Tournament during Operation Fit Warrior, on July 21.*



...continued from page 35

While under a temporary profile, you are not authorized to take an APFT for record. After the profile expires, you have twice the length of the profile, not to exceed 90 days to take a “for the record” APFT.

### 30 Day Profile

The regulations authorize commanders to provide a thirty-day temporary profile for purposes of Physical Readiness Training (PRT). Generally, commanders will consult their organic medical assets to make initial determinations; medics may verify that prescription pad notes from personal physicians are valid and appropriate, but they cannot diagnose or issue a temporary profile; Physician’s Assistants (PA) can diagnose an injury or illness and issue a DD 689 (Individual Sick Slip.)

These are good for thirty days and will often provide the patient a window to pursue further treatment through their personal provider or recover from their current complaint.

### 30-90 Day Profile

Any injury or illness that requires more than thirty days for recovery needs a profile issued either by the RSC Surgeon’s Office or from a local Army Medical Treatment Facility (MTF). The profile packets are available from

your Unit Administrator (UA), medics, and medical readiness personnel.

If you receive a temporary profile from an outside agency, as we see often here from the Naval Station, a profile packet must be sent into the RSC Surgeon’s Office with the supporting documentation to convert it to an Army profile. Medical Command (MEDCOM) recently issued a directive that the Army will manage profiles in a computer repository called e-Profile.

When your temporary issue exceeds four 90-day periods, a permanent profile is issued.

### Permanent

Permanent profiles are just that – permanent. One of my favorite questions is, “when does it expire?” Traditionally, we had a five-year physical and the profile was reviewed at that time and it had five-year expiration. With the annual requirement, this no longer applies and the profile is reviewed with each PHA. That is why it is important that you take a copy of your current profile(s) with you when you attend your PHA.

### Downgrading the profile

If you receive a permanent profile that you feel does not accurately reflect your current medical fitness, you may submit a profile packet and request that they reconsider your case. Complete a profile packet and submit it to your UA for review, it will then be forwarded to the appropriate RSC for a determination.

A well constructed profile packet will ensure that your final profile accurately reflects your medical condition and your physical capabilities.

### Profile and Annual Training / Battle Assemblies

Prior to Annual Training (AT) it is imperative that the company commander and all first line leaders review the profiles for their soldiers. There is nothing worse than being out in the field and then finding out that one of your soldiers needs electricity to run their dialysis machine. Be proactive and review the health of your command prior to any field exercise. There is a specific MEDPROS report for commanders to review the profiles in their command.

During Battle Assemblies (BA) with specific physical requirements, review the profiles. You do not want to issue a weapon to a soldier with a P3 in S who has a specified “no weapon” limitation. This also keeps you engaged with your P3 population and you can assist them with their board processes.

### Final Comments

Medical profiles are frowned upon in the Army, but when managed properly and used to the benefit of the service and the soldier, they provide a tool for us to extend the useful service careers of our personnel and to retain their skills. Accurate profiles ensure that our medical readiness reflects our capability to deploy a physically ready force. ■

## AROUND THE ARMY



*Spc. Zach Batista (right), Headquarters and Headquarter Company, 315th Engineer Battalion, combat engineer from Chino, Calif., adjusts the detonating cord on duct tape to place on the hinges of a door, while Pfc. Travis Davis, 336th Engineer Detachment, electrician, from Enon Valley, Pa. holds the tape tight. The soldiers were at a combat engineer demolition range Aug. 9 at Fort Hunter Liggett, Calif. The engineer Soldiers are attending Castle Installation Related Construction for their annual training. (U.S. Army photo by Sgt. Debralee P. Crankshaw, 363rd PAD)*



*Pfc. David Irwin (left) 486th Engineer Company, heavy construction equipment specialist from Detroit, cuts an X into a C charge for a doorknob. The C charge is placed on a doorknob for the demolition of a door. The soldiers were at a combat engineer demolition range Aug. 9 at Fort Hunter Liggett, Calif. (Photo by Sgt. Debralee P. Crankshaw, 363rd PAD)*



*Lt. Col Gregory L. Wooten assists Sgt. Bryan J. Theisen with his protective nuclear biological chemical (NBC) mask during the 605th EN DET mobilization training at RTC North, Fort McCoy, Wis. on Sept. 22. (Photo by Spc. Joshua Radloff, 605th EN DET, UPAR)*



*Pfc. James Oliver, 315th Engineer Battalion and native of San Diego, is pulled from an immersion font by after being baptized on Fort Hunter Liggett, Calif., by Capt. Doyle Harris (left), battalion chaplain, 983rd Eng. Bn. and Capt. Edsel Rivera, battalion chaplain, 315th Eng. Bn. Six soldiers were baptized in the ceremony Aug. 7. The engineer soldiers were on Fort Hunter Liggett in support of Castle Installation Related Construction. (Photo by Sgt. Francis Horton, 363rd Public Affairs Detachment)*



*Spc Benjamin Allard, 372nd Engineer Brigade calibrates the global positioning system on the base while Sgt. Vinicio Reyes, 605th Engineer Detachment looks on at Fort Hunter Liggett, Calif. Aug 4. The base is calibrated with two rovers to acquire precise topographical elevation measurements. (Photo by Sgt. Francis Horton, 363rd Public Affairs Detachment)*



*Spc. Alex Muenz, engineer, 336th Engineer Company properly uses his Army Combat Uniform trousers as a flotation device during drownproof training on Fort Hunter Liggett, Calif., Aug. 6. This technique allows the soldier to conserve energy in the water by keeping them afloat and not forcing the soldier to tread water. (Photo by Sgt. Francis Horton, 363rd Public Affairs Detachment)*

*(Far left) Sgt. 1st Class Jose King, 416th TEC, G5, participates in the 3rd annual Run for the Fallen event held Sept. 23-25 at Joint Base McGuire-Dix, N.J. The 152-mile run was composed of service members in three man teams. Each team completes seven miles of the journey while carrying the American Flag, New Jersey Flag, and the Honor and Remembrance Flag and would then stop at each Hero Marker, render appropriate honors, present a flag and a personalized biographical card to waiting family member and friends. (Courtesy Photo)*





*Brig. Gen. Charles Martin receives a Legion of Merit on Sept. 18 during the AR2 Conference from Maj. Gen. Paul E. Crandall, here at the 416th Theater Engineer Command in Darien, Ill.*



*Brig. Gen. Charles Martin poses with his fiancée, Chloe Ward, while receiving a Legion of Merit on Sept. 18 during the AR2 Conference from Maj. Gen. Paul E. Crandall, here at the 416th Theater Engineer Command in Darien, Ill.*

*(From left to right) Staff Sgt. Jeremy Garzia, Staff Sgt. Torben Cederstrand, Sgt. Victor Lezza, and Staff Sgt. Michael J. Fittanto, attend a Chicago Cubs game on the behalf of the family of fallen soldier, Pfc. Michael Olivieri, on Sept. 14. (Courtesy Photo)*



*Spc. Lorenzo Amaro, 313th EN DET, recites the oath during his reenlistment ceremony held on the 94rd floor of the John Hancock building in downtown Chicago on Sept. 21. Amaro received a \$7500 bonus for a six-year term in the Army Reserve. (Photo by Sgt. 1st Class Kevin A. Johnson)*



*Lt. Col. (Retired) James C. Fischer speaks at the recent Tenth Anniversary Patriot Day Ceremony, held at the Minnesota State Capitol on Sunday, Sept. 11. The event paid tribute to those lost and those who served during and in the aftermath of the terrorist attacks against the United States on this day, in 2001. (Courtesy Photo)*

*Attendees gather on the patio steps at the Minnesota State Capitol in St. Paul, on Sept. 11, to hear speakers' words commemorating the tenth anniversary of the terror attacks against the United States that killed thousands of innocent civilians and first responders. In addition to honoring those lost and their loved ones, the Patriot Day event also pays tribute to all those who served during the terrorist attacks and their aftermath. (Courtesy Photo)*





Photo of the Quarter