

THE OFFICIAL MAGAZINE OF THE U.S. ARMY RESERVE

WARRIOR CITIZEN

SUMMER 2010

BEYOND THE EDGE

Building Confidence One
Battle Assembly at a Time

PAGE 40

A KNOCKOUT BOXER P.22 | HIGH ALTITUDE, COLD WEATHER TRAINING P.36

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Calling All Photographers!

YOUR PHOTO could appear in
WARRIOR-CITIZEN Magazine!

Photo By Sgt. 1st Class David Zerbe, 412th Engineer Command PAO



DEADLINE: NOVEMBER 12, 2010

- Only one photo submission per Soldier or Army Reserve Civilian
- Photo resolution must be three megapixels or greater in size
- Photographer's full contact information is required: name, rank, unit, telephone number and e-mail address
- Detailed caption of the photo: full names, ranks and units of Soldiers in the photo
- Vertical images ONLY with strong action

Send your images to Warrior-Citizen Magazine, Subject Line:
Photo Call for Entries, warrrior-citizen@usar.army.mil

EPY 6928

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Fight night: Spc. Charles Blackwell (left) battles Navy Seaman Tyron Hunter at the Armed Forces Boxing Championship.

Photo By Claudia Berweger, All-Army Sports



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» EDITOR'S NOTE

This issue's cover of Sgt. 1st Class Kim Jacobs rappelling off a wall during a confidence-building obstacle course during Warrior Training at Fort Bragg, N.C., is one of many examples of the warrior spirit our Army Reserve Soldiers demonstrate worldwide, some of which are profiled in this issue.

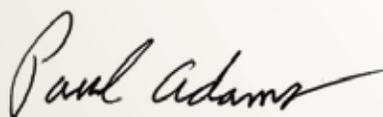
Melissa Russell's article, "Fulfilling a Childhood Dream," on Army Reserve heavyweight boxer, Spc. Trey Blackwell, is about a Soldier who embodies the warrior spirit. The prospect of becoming an All-Army boxer inspired Blackwell to join the Army Reserve. Growing up, Blackwell was able to see Army values being lived out by the Soldiers he was surrounded by, and he embraced those values. It was a good fit—the Army's values matched Trey's values. As Blackwell says, "The Army helps me stay grounded and focused. I find myself using the Army values every day." He has our vote for having the warrior spirit.

Atop a 10,000-foot mountain at Camp Hale, Colo., Staff Sgt. Sharilyn Wells' article and photos chronicle psychological operations Soldiers convoying into the Rocky Mountains for high altitude, cold weather training to test the range and effectiveness of their broadcast system in a harsh environment. Turn to page 36 to read about this unique unit, the 324th Psychological Operations Company, their warrior spirit and the effects the environment would have on their missions.

Also in this issue is an article on the Army's top medic team, two Army Reserve Soldiers who took top honors in the 7th Annual Expert Field Medical Competition held at Camp Bullis, Texas. The EFMC is an annual contest featuring a continuous and realistic simulated combat environment in which medical Soldiers endure 72 hour of challenges over six days. It is the most strenuous Army Medical Department competition due to the extreme physical and mental demands.

As you read through this issue of Warrior-Citizen, you will find many more examples of the warrior spirit within the Army Reserve.

Enjoy the summer 2010 issue of Warrior-Citizen magazine.



Paul Adams
EDITOR-IN-CHIEF

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Chief, Army Reserve

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Army Reserve

Command Sgt. Maj. Michael D. Schultz
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ON THE COVER

Sgt. 1st Class Kim Jacobs, intelligence analyst for the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), rappels off a wall during a confidence-building obstacle course, May 16. Photo by Staff Sgt. Sharilyn Wells.

ON THE BACK COVER

Dive into opportunity! Learn how you can make \$2,000 for each future Soldier you assist through enlistment into the Army Reserve.

SUBMISSIONS • Warrior-Citizen invites articles, story ideas, photographs and other material of interest to members of the U.S. Army Reserve. Manuscripts and other correspondence for the editor should be addressed to Commander, U.S. Army Reserve Command, Attn: Public Affairs (Warrior-Citizen), 1401 Deshler Street, SW, Fort McPherson, GA 30330-2000, telephone 404-464-8500 or DSN 367-8500. All e-mail submissions should go to warrior-citizen@usar.army.mil. All articles must be submitted electronically or on disk or CD. Unsolicited manuscripts and photographs will not be returned. Query by letter.

The annual battle of minds,
brute strength and guts...

THE BEST WARRIOR COMPETITION

PAGE 44



See photos and results on Facebook, WordPress and Flickr.
(See page 44 for website addresses.)

CHANGE OF ADDRESS • Do not write the magazine. TPU Soldiers should notify their Unit Administrator or Unit Clerk. Members of the IRR and IMA should contact their Personnel Management Team at HRC-STL, 1 Reserve Way, St. Louis, MO 63132-5200. AGRs should contact their PMO/PMNCO. Paid subscribers should forward their address change to the Superintendent of Documents, Attn: Mail List Branch SSOM, U.S. Government Printing Office, Washington, DC 20402. Special military distribution recipients may write the editor directly.

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» FROM THE TOP



“For nearly a decade, proud Warrior-Citizens have been deploying likely at least once as part of an operational force and are living an OPTEMPO that just 10 years ago was almost unimaginable. Yet Army Reserve Soldiers continue to serve and young patriots continue to join at a pace that has exceeded our congressionally mandated end-strength.”

– Brig. Gen. Leslie Purser, deputy chief, Army Reserve

Shaping the Army Reserve Force

By Brig. Gen. Leslie Purser
Deputy Chief, Army Reserve

As the deputy chief of the Army Reserve, I manage the Human Capital Core Enterprise and serve as the organization’s chief human resources executive. My core mission is getting the right Soldier in the right place at the right time as I help shape and balance the Army Reserve force.

No longer a strategic “one weekend a month, two weeks a year” force, the Army Reserve has evolved into an “operational” force that actively supports current operations via the Army Force Generation model, also known as ARFORGEN.

In order to continue to meet the requirements of the current fight, ARFORGEN, an operational reserve and the right number of Soldiers need to be in the right units and the right jobs. We are focusing our efforts on critical job shortages in high-priority units, primarily at the mid-grade levels.

To remedy a shortage in mid-grade officers and junior NCOs, we are trying to fill our ranks with Soldiers leaving the active component, many who want to take a break from constant deployments but are not ready to get out of uniform.

We have a great story to tell as we work to attract these experienced young leaders and encourage them to take advantage of the many opportunities and incentives we offer. I will help our leaders and commanders tell this story by highlighting benefits and incentives of Army Reserve service, but I need each and every Army

Reserve Soldier to connect with our AC brethren and tell them your personal story and why you are proud to stay Army Reserve!

Among the incentives the Army Reserve offers include Tri-Care Select for their Families, which is an inexpensive health insurance plan. We have to tell them about the Employer Partnership Office, which can help them start or advance their careers in the civilian world. We can let them “take a knee” for a couple of years to start a family, a new career, get an education and have a little stability in their lives.

Reducing the force to reach our mandated end-strength of 205,000 requires some tough decisions. As of May 2010, we currently have more than 207,700 Warrior-Citizens in the Army Reserve. The Army Reserve has reduced its need for non-prior service recruits by some 20 percent for the rest of the year, but in order to allow others to advance in rank, a reduction in some senior-grade positions will be required.

Half the battle in shaping our force is getting these messages out. The “not-knowing” is something we hear repeatedly and we are sensitive to that. Our decisions will impact individuals and we want to do the right thing for the Army Reserve and Soldiers at the same time. This is all part of shaping the force, enabling the Army Reserve to maintain a constant state of readiness while continuing to accomplish our mission. ★

» BLOGS AND WEBSITES

The Web offers many free, interactive resources to help Warrior-Citizens and their Families make informed decisions regarding their health, finances, career and education. Here are some of the latest new and useful online tools for Soldiers.



MYARMYBENEFITS.US.ARMY.MIL

 **THE MY ARMY BENEFITS WEBSITE PROVIDES COMPREHENSIVE INFORMATION** to members of the armed forces and their Families about the benefits and services available to them. It includes regularly updated sections that call out benefit news or highlight top issues. This site offers information about federal and state benefits as well as a resource locator. Check out My Army Benefits for information regarding survivor and wounded warrior information, along with toolkits to help plan for retirement and deployment.

WWW.SUICIDEPREVENTIONLIFELINE.ORG

THE NATIONAL SUICIDE PREVENTION LIFELINE, A FREE, 24-HOUR HOTLINE (1-800-273-TALK) available to anyone in suicidal crisis or emotional distress, has a new feature called Veterans Chat. Veterans and their families can enter a chat room on the Hotline website, www.suicidepreventionHotline.org/Veterans. The veteran can remain anonymous by picking a username to enter the chat. A trained counselor will join the chat, providing information and responding to the veteran's requests and concerns. Veterans Chat is available 24 hours a day, seven days a week.

WWW.FTC.GOV/BCP/EDU/PUBS/CONSUMER/IDTHEFT/IDTO2.SHTM

THIS FEDERAL TRADE COMMISSION SITE offers information specific to military personnel and families on how to protect against identify theft. One helpful tip for those who are deployed away from one's usual duty station—and do not expect to seek new credit while deployed—is to place an “active duty alert” on your credit report. An active duty alert requires creditors to take steps to verify your identity before granting credit in your name. Visit this site to learn more about ID theft and how to deter, detect and defend against it.

For more information, see *Identity Theft: Protecting Soldiers and Family Members*, page 8.

WWW.FLU.GOV

APRIL 2009 MARKED THE BEGINNING OF THE H1N1 FLU PANDEMIC. As of April 2010, one year later, flu activity is low nationwide although 2009 H1N1 infections continue to be reported in small numbers. Sporadic flu activity, caused by either 2009 H1N1 or seasonal flu viruses, is expected to continue throughout the summer in the United States, but far fewer outbreaks are expected than occurred during the summer of 2009. Flu season will be here again soon, so go to www.flu.gov for updates and locations for vaccinations.

» NEWS YOU CAN USE

IDENTITY THEFT

PROTECTING SOLDIERS AND FAMILY MEMBERS

By Melissa Russell
Army Reserve Communications

A prime target is the deployed Soldier who will likely not view his credit report for a year or more, according to Lt. Col. Richard McNorton, former public affairs officer with Army Human Resources Command.

“Soldiers, civilians and contractors should be aware of the dangers of identity theft and how to protect themselves from unauthorized release of personally identifiable information,” he said.

“We are well aware of the many years the Army relied on the Social Security number on all administrative and medical records,” said Col. Jon Dahms, chief of public affairs for the Army Reserve. “Even more importantly today, many government and commercial entities manage this same information digitally which makes it easier to package and manage, but also opens it to a wider array of threats. We need to understand these threats and learn how to protect ourselves from the impact of any potential loss or theft of personally identifiable information.”

WASHINGTON — Identity theft is an issue all Americans face and Soldiers are not exempt. Anyone who has worn an Army uniform in the past 40 years knows Social Security numbers have served as the basis for personnel and medical administration. In an era of computer file-sharing technologies, online access and credit cards, this practice puts the Soldier at risk of fraud.



The Federal Trade Commission recently produced a pamphlet to help service members and their Families fight identity theft (pamphlet cropped top and bottom in this depiction).

Photo By Leroy Jewell

“Attempts to steal identities can look unusually legitimate and include standard forms. In 2008, a ‘phishing’ e-mail was targeted at the Families of fallen Soldiers. The e-mail contained actual Army Web links and claim forms. The Casualty and Mortuary Affairs Operations Center acted swiftly and protected these Families from the scam,” McNorton said.

The Department of Defense has made changes to protect its Soldiers, civilians and contract workforce. In 2004, the Defense Finance Accounting Service began dropping the first five digits of Social Security numbers to protect DoD employees.

There are ways Soldiers can protect themselves and avoid identity theft. It is recommended that you check credit bureau reports and be aware of the possibilities of identity theft. Army Reserve Soldiers can get free fraud alert monitoring for up to 90 days if they become aware of a potential compromise in their personally identifiable information.

Information for Soldiers and Family members on steps to take when personal information is compromised is available on the FTC website:

www.ftc.gov/bcp/edu/microsites/idtheft/military/index.html

Army Reserve Soldiers can also set up an “active duty alert” on their credit report when they are mobilized and serving on active duty. When a business sees the alert on a credit report, it must verify the identity of the Soldier before issuing credit. Active-duty alerts stay on the credit report for one year, unless a request is made to remove the alert sooner. ❏

Soldiers and Family members can get free fraud alert monitoring from the three major credit bureaus for up to 90 days. Details on fraud alert monitoring and how to request it can be found at:

www.transunion.com/corporate/personal/fraudIdentityTheft/fraudPrevention/fraudAlert.page.

If you have additional questions or concerns, e-mail the USARC at USARC_PIIInfo@usar.army.mil.

CURRENT THREATS

Older documents are only part of the story. In the digital age, there are many types of security risks and scams, including:

- **Phishing** – attempting to acquire sensitive information, such as credit card information, under the pretense of a trustworthy entity.
- **Pharming** – attempting to redirect website traffic to another website, while pretending to be a reputable financial institution or business.
- **Misuse of Peer-to-Peer** – file-sharing software intended for music sharing may unknowingly allow others to copy private files, even giving access to entire folders and subfolders.
- **Change of Address** – diverting your billing statements to another location by completing a “change of address” form.
- **Old-fashioned Theft** – stealing wallets, purses, computers or mail that includes pre-approved credit offers.

WHAT YOU CAN DO

The Federal Trade Commission advises Soldiers to inspect their credit reports and review financial statements regularly to look for any fraudulent charges. FTC experts recommend being alert to signs such as bills not arriving as expected, denials of credit for no apparent reason, or calls or letters about purchases never made.

Experts say there are several precautions everyone can take to deter identity theft:

- Shared documents with personally identifiable information before discarding them. This includes any financial documents.
- Don’t provide your Social Security number or other personal information over the phone, through the mail or on the Internet.
- Keep your military ID with you or locked up at all times.
- Never lend your credit cards or account information to anyone.
- Do not click on links sent in unsolicited e-mails. Use firewalls, anti-spyware and anti-virus software to protect your home computer. Keep the software up to date.
- Don’t use obvious passwords, such as the last four digits of your Social Security number or your birthday.
- Don’t let unattended mail pile up.

» NEWS YOU CAN USE

Attorneys, Paralegals Carry Torch for Wounded Warriors

By Sgt. Maj. Peter L. Walters
Army Reserve Medical Command
Staff Judge Advocate

WASHINGTON — When a Soldier is referred into the Army Physical Disability Evaluation System, the Soldier and Family members are often faced with difficult decisions surrounding fitness for duty, possible separation from military service and whether injuries are compensable under the current disability rating system.

Since 2007, Army Reserve Judge Advocate attorneys and paralegals from legal support organizations have been activated to support and represent wounded, ill and injured Soldiers in their appeals before the Army Physical Evaluation Board. These Judge Advocates ensure Soldiers have representation at their PEB as they process through the Army DES.

The DES has many moving parts, and the process can be an overwhelming and stressful process for a wounded, ill or injured Soldier. To alleviate these stressors, Soldiers have case managers to guide them through their medical appointments and evaluations, a physical evaluation board liaison officer to ensure that the Soldiers' case effectively proceeds through the system in an efficient and timely manner, and the availability of legal counsel to

ensure that the rights of the Soldier are protected.

Throughout their evaluation, Soldiers have specific rights. Among these are the right to legal counsel throughout the process, the right to a formal hearing before the PEB and the right to appeal the findings and disability ratings of the board. Judge Advocate lawyers and paralegals counsel their Soldier clients every step of the way through this process, and represent and advise Soldiers, not the Medical and Physical Evaluation Boards, Warrior Transition Unit or command. Moreover, these lawyers and paralegals help Soldiers identify their goals—whether to receive additional medical treatment, leave the Army or be found fit for duty and returned to military duty. Then they help the Soldier develop strategies for achieving these goals.

In 2008, the Army hired 18 civilian lawyers and 18 paralegals to assist



Maj. Sheri Rivera and Staff Sgt. 1st Class Richard Barnett discuss the best approach for boarding Soldiers at Walter Reed Army Medical Center.

Photo By Larry Geis, Walter Reed Army Medical Center PEB/O

Soldiers with questions involving their rights during the MEB process. MEB outreach attorneys and paralegals are available at either the WTU, the installation staff Judge Advocate office or by telephone. If a Soldier disagrees with the informal findings or disability ratings of the PEB, the Soldier is entitled to appeal and request a formal hearing before the PEB at which he or she can appear. The MEB outreach attorney assists the Soldier in requesting a formal hearing and then coordinates with an appointed counsel at Walter Reed Army Medical Center, Washington, D.C.; Fort Sam Houston, Texas or Fort Lewis, Wash.

A Soldier's counsel attorney will represent the Soldier at the formal board hearing. Representation of wounded, ill or injured Soldiers at their PEBs is an ongoing mission of Army Reserve Judge Advocate attorneys and paralegals brought on to active duty in support of contingency operations include: 87th LSO, Salt Lake City; 213th LSO, Atlanta; 3rd LSO, Boston; and the 91st LSO, Forest Park, Ill., which assumed the mission in June 2010. The attorneys and paralegals activated for this mission have received specialized legal training and are certified by the Army Judge Advocate General to counsel and represent Soldiers going through the Army Physical Disability Evaluation System. ❏

» NEWS YOU CAN USE

Joint Education Credit

How do I qualify?

By Maj. Greg Eldred
Army Reserve Command G-1

For Army Reserve officers, Advanced Joint Professional Military Education is a requirement to become a Joint Qualified Officer.

There are two paths an Army Reserve officer can take to achieve joint qualification: the Standard-Joint Duty Assignment and the Experience-Joint Duty Assignment. Army Reserve officers may become joint qualified through either path, or through a combination of both.

The E-JDA track includes more types of assignments and may be the more practical route for Army Reserve officers to receive joint qualification. This system awards points based on the type of joint experience, with three points awarded for joint experience in combat, two for non-combat experience and one for steady-state assignments. In some cases, Reserve officers may receive joint credit for attending joint military education courses.

The Joint Qualification System website, <https://www.dmdc.osd.mil/appj/jmis/JQSLoginMain>, is available to officers in the current grades of O-1 through O-6. It provides Army Reserve officers an opportunity to nominate their past assignments or duties for consideration as joint experience, and accumulate points toward achieving the various levels of joint qualification. ★

Human Resources Command is responsible for accrediting joint qualified officers. For more information, Army Reserve officers can reach Maj. Michael Mayes in HRC at 502-613-9948 or by e-mail at michael.mayes@us.army.mil.



Free admission for Military to all Blue Star Museums this summer!

Blue Star Museums is a partnership among Blue Star Families, National Endowment for the Arts and more than 750 museums in all 50 states. These museums are offering free admission to military personnel

and their Families beginning May 31, Memorial Day, through Labor Day, Sept. 6, 2010.

The free admission program is available to any bearer of a Geneva Convention common access card, a DD Form 1173 ID card, or a DD Form 1173-1 ID card,

LT. GEN. JACK STULTZ FIELDS QUESTIONS AT SOLDIERS TOWN HALL



Why do we have an increased number of branch immaterial positions in many Army Reserve units?

What you are seeing are the results of transformation. We need someone in an organizational position but we are not always sure of the specialty needed. However, we are working to change that. We want to make positions Military Occupational Specialty-specific as much as possible. Now that we are organized as functional commands, not regional, we are still working to make sense of it. We are still working through it. Everyone needs to be functionally aligned.

Why is it that some military occupational specialties are in more demand than others?

The Army keeps shifting more capability to the Army Reserve and they truly rely on us. The demands of a particular MOS depend on mission and OPTEMPO. We have to balance our force structure and shape it to ensure we have the right people with the right skills in the right place at the right time.

Why is the promotion to captain so much longer in the Army Reserve than it is in the Active Army if we are so short of officers at this grade?

The Assistant Secretary of the Army for Manpower and Reserve Affairs has granted temporary adjustment to reduce the zones of consideration to promote first lieutenants to captain through FY 15 for basic branch officers and Army Medical department officers (promotion to captain for Judge Advocate General Corps officers and chaplains are promoted by an admin board). However, in FY 16 the zones will return to their FY 10 levels. This temporary measure is in place while commands establish more robust measures to use the position vacancy promotion board to increase promotions prior to mandatory promotion board consideration. The procedures for applying for PVB consideration are contained in AR 135-155, Promotion of Commissioned Officers and Warrant Officers Other Than General Officers, paragraph 2-13. These boards are generally held twice a year during April and October. Junior officers must understand that promotion boards for captain do not have select objectives. They are currently conducted using the "fully qualified method of selection." That means everyone who is eligible and qualified (Officer Basic Course/Basic Officer Leadership Course and baccalaureate degree) gets selected. Therefore, officers who do not have baccalaureate degrees (or appointed as 1LTs) must concentrate on completing their college degree or military education requirements prior to being considered for accelerated promotion.

For the full Q&A from the Soldiers Town Hall, visit the Army Reserve site at www.usar.army.mil/arweb/soldiers/Pages/townhall.aspx.

go

which includes active duty military (Army, Navy, Air Force, Marines, Coast Guard), Army Reserve and National Guard members and up to five immediate family members.

Blue Star Museums hopes you and your family will explore as many museums as possible this summer. Visit www.arts.gov to find participating museums near you by clicking on your state on the map. 🗺



Army Reserve Bids Farewell to Maj. Gen. Sholar

Story and Photo By Timothy L. Hale
Army Reserve Public Affairs

ATLANTA — Maj. Gen. James R. Sholar, deputy commanding general, U.S. Army Reserve Command, said farewell to friends and colleagues at a ceremony on April 26, 2010, in front of the USARC headquarters building. But as Lt. Gen. Jack C. Stultz jokingly told those in attendance, “There are not enough words to say goodbye to Ron Sholar — because we’ve already used them two or three times.”

Stultz, commanding general of the Army Reserve, said, “It gets to the character of the individual that we’ve never been able to let him go. Ron Sholar is an icon in the Army Reserve.”

Sholar, who was commissioned as a 2nd Lieutenant in 1971 at the University of Tennessee in field artillery, has served in a variety of leadership capacities through nearly four decades of service to the nation.

But Stultz said that he could not think of anyone else for the position when he called upon Sholar for his final assignment.

Stultz said that through the transformation of the Army Reserve in recent years, Sholar was his top choice to “maintain that momentum. We kept thinking that this operational tempo was going to slow down, yet it never has. So Ron came in here and really carried the torch.”

For Sholar, the day was filled with emotion and gratitude for “an incredible opportunity to have lived among heroes for the last 39 years.”

Through his time in service, Sholar has served at all levels of command. He said the mentoring he received from all ranks made him the leader he is today.

“They helped me learn to lead, but equally important, they also taught me perspective, balance, care and compassion,” Sholar said. “(Soldiers) are concerned only about whether you are competent and whether you care.”

Reflecting on his career, Sholar said, “The toughest job I’ve ever done is to hand a flag to a mother, a father, a spouse of a fallen Soldier.

“We spend little time ... trying to figure out why Soldiers are willing to go into harm’s way, to do what so few others are willing to do. But over time, it becomes more important to us as leaders and we do come to understand it better.”

He said military service isn’t about the unit patches Soldiers wear, the unit nick names or the numbers of the unit, but it is something more.

“It is about the sense of fulfillment in knowing we serve with honor, we do our job and accomplish the mission that our nation has assigned to us. But it’s also about the camaraderie and sense of belonging. Not just a numeric designation—but the real sense of belonging to each other.”

“Recently, a friend asked, ‘What are (you) most proud of about your service?’ Without hesitating, I answered, ‘What we do in the Army Reserve matters. We matter because we are relevant, we are counted on, and we deliver what is expected of us!’”

In closing, Sholar quoted John “Bud” Hawk, a sergeant in the 90th Infantry Division who was awarded a Medal of Honor in World War II.

“I was a citizen Soldier. I came when I was called and I did the best that I could.’ That’s what I tried to do also,” Sholar concluded. ★

Maj. Gen. James R. Sholar addresses the audience during his retirement ceremony at Headquarters, U.S. Army Reserve Command, Fort McPherson, Ga. on Monday, Apr. 26, 2010. Sholar retires after 39 years of continuous service as a commissioned officer in the active Army and Army Reserve.



Soviet Immigrant Becomes Army Reserve Officer

FORT MEADE, Md. — Former Soviet Union immigrant Aishe Allen walked into the 352nd Civil Affairs Command headquarters at Fort Meade, Md., on March 5, 2010, as a civilian with no prior military experience. Ten minutes later, she was an Army Reserve second lieutenant, ready to serve her adopted country.



Capt. Lance Jensen, operations officer for the 450th Civil Affairs Battalion, hands a beret to the unit's newest Soldier, 2nd Lt. Aishe Allen, during her commissioning ceremony at Fort Meade, Md. Allen, who works for the U.S. Department of Agriculture's Foreign Agricultural Services Division in her civilian career, received a direct commission and will serve as the unit's logistics officer.

Story and Photo By Spc. Jeff Daniel
352nd Civil Affairs Command
Public Affairs

Allen became an officer by way of a direct commission, a process that enables qualified individuals to become commissioned officers.

Originally from the former Soviet Union, Allen moved to the United States in 1993, earning a master's degree in international affairs from the University of Pittsburgh in 2000. An Iraq desk officer with the U.S. Department of Agriculture in her civilian career, Allen will now serve the Army part time as a logistics officer with the 450th Civil Affairs Battalion, an Army Reserve unit headquartered in Riverdale, Md.

"My civilian job is basically a civil affairs position," said Allen. "I provide guidance and support for the office in Iraq."

Allen's interest in working with the Army started in April 2009, following her third civilian deployment to Iraq, she said. Working with Army civil affairs Soldiers in Baghdad, she was impressed with their quality of work and dedication.

"The work that civil affairs Soldiers do cannot be underestimated," said Allen. "The work they do with the farmers is excellent."

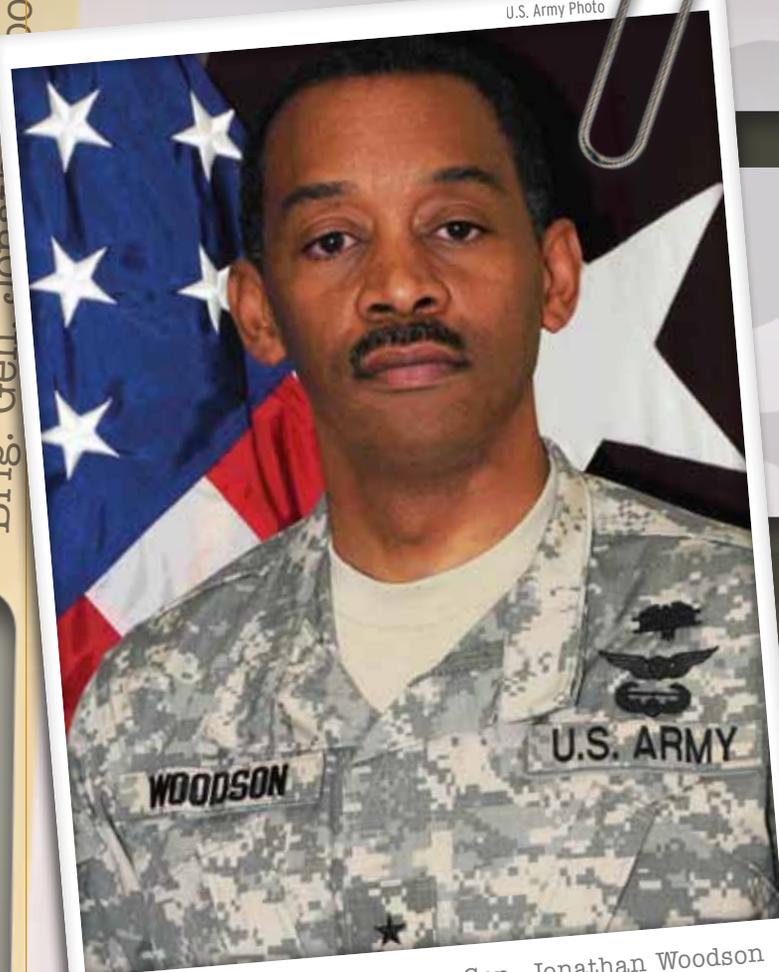
She wanted to be a part of what she saw the Army doing, and some of her co-workers suggested she look into joining the Army Reserve.

"I felt a sense of duty to serve in the Army," said Allen. "Many people choose to volunteer in shelters or donate money, but I felt my obligation was to serve in the Army. This is how I want to contribute to society."

Direct commissions are not new to the Army Reserve and are common in the service's medical, chaplain and legal branches. Civil Affairs, however, can't participate directly in the program. So as a workaround, Civil Affairs direct commissions must enter the Army through another branch—quartermaster in Allen's case. But that doesn't mean she'll be focusing on just supply issues.

"I have no intention of using her as a quartermaster," said 352nd commander Col. James Ruf, adding that Allen was brought on specifically because of her agricultural expertise. ★





Army Reserve Surgeon Brig. Gen. Jonathan Woodson picked to be new Department of Defense Top Doctor

TOP DOCTOR

By Gary Younger

Army Reserve Public Affairs

WASHINGTON— Brig. Gen. Jonathan Woodson, deputy commanding general of the Army Reserve Medical Command, Tampa, Fla., has been named by President Obama as his choice to be the assistant secretary of defense for health affairs, making him the Pentagon's top doctor.

The nomination, announced April 21, 2010, requires Senate confirmation.

In addition to being the deputy commander of AR-MEDCOM, Woodson is also the assistant surgeon general for reserve affairs, force structure and mobilization in the Office of the Army Surgeon General. As an Army Reserve officer, he has deployed to Central America, Saudi Arabia, Kosovo, and the wars in Afghanistan and Iraq.

If confirmed, Woodson, will replace S. Ward Casscells, who left the Pentagon in April 2009. Filling the job for the past year has been trauma and critical

care specialist Charles Rice, president of Uniformed Services University of the Health Sciences in Bethesda, Md., the nation's federal health sciences university.

Woodson's prior military assignments include deployments to Saudi Arabia (Operation Desert Storm), Kosovo, Operation Enduring Freedom and Operation Iraqi Freedom. He has also served as a Senior Medical Officer with the National Disaster Management System, where he responded to the Sept. 11, 2001 attack in New York City.

In his civilian career, Woodson is an Associate Professor of Surgery and Associate Dean at Boston University

School of Medicine and an attending vascular surgeon at the Boston Medical Center. He chairs The Boston University Medical Center Institutional Review Board for Human Research and is Associate Chief Medical Officer, Boston Medical Center. He is an adjunct associate professor of surgery at Uniformed Services University of the Health Sciences.

As the ASD for health affairs, Woodson will set medical health standards for enlistments and deployments, develop health and medical program policies, and oversee USUHS, the Armed Forces Institute of Pathology and other organizations. ❖

Brown's Campaign to Stop Sexual Assault in the Military Earns National Honor

By Melissa Russell
Army Reserve Communications

WASHINGTON — “Sexual assault devastates the mission,” said Master Sgt. Verlean K. Brown, an Army Reserve Soldier assigned to the 90th Sustainment Brigade, North Little Rock, Ark., and the senior sexual assault response coordinator on Joint Base Balad, Iraq.

She didn't realize how many people were being sexually assaulted in a combat zone, so she quickly came to feel a change of mindset was necessary for young Soldiers and leaders. She started the “I. A.M. Strong” campaign on JBB to stop sexual assault in the military in 2008 while deployed with the 3rd Expeditionary Sustainment Command.

In the nine months she was deployed, Brown counseled and assisted more than 100 military members. She singlehandedly trained and supervised 200 victim advocates and conducted more than 40 education and training classes for Soldiers, airmen and civilians. “We had about 28,000 service members and I was responsible for making sure that the services were in place for sexual assault victims, the awareness program and victims advocate training.”

“You're on-call 24/7,” she said. Taking ownership of the campaign and implementing the Sexual Assault Prevention and Response program in a combat environment made for an exhausting but ultimately gratifying schedule for Brown. “Every time I (counseled) a victim, I felt like I was making a difference. Every time I trained an advocate ... every time I hung up a poster, I felt like I was making a difference.”

For her accomplishments being an advocate to victims of crime while deployed, Brown was presented the Federal Service Award by U.S. Attorney General Eric H. Holder, Jr. on April 16, 2010, at the Department of Justice.

It may have been the most prestigious award Brown has received for her hard work and dedication, but she feels she has already received something better. “The best thing that came of this was realizing I could make a difference in people's lives. With this experience, I realized I would like to dedicate my career to counseling and helping others.” ✘

Master Sgt. Verlean K. Brown proudly displays the Federal Service award she received from U.S. Attorney General Eric H. Holder, Jr. (right) at the Department of Justice.



Photo Courtesy Master Sgt. Verlean K. Brown

EDITOR'S NOTE

The Office for Victims of Crime annually recognizes individuals and organizations that demonstrate outstanding service in supporting victims and victim services. The award recipients, who are selected from public nominations in eight categories, are extraordinary individuals and programs that provide services to victims of crime. The honorees are announced just before National Crime Victims' Rights Week commences, and honored at the National Crime Victims' Service Awards ceremony.

For assistance and ways to help
prevent sexual assault, visit
www.sexualassault.army.mil.

go

When they retire, many Soldiers say their experiences could fill a novel. One Army Reserve nurse took the next step by putting pen to paper and actually writing that book.

Angel of Mercy, Nightingale of

By Tim Brazier
Kaplan Publishing



Photo Courtesy: Susan Luz

Retired Col. Susan Luz signing copies of her book "The Nightingale of Mosul" May 2010 at the Borders bookstore in Cranston, R.I.

MOSUL, Iraq — Col. Susan Luz of the 399th Combat Support Hospital in Bedford, Mass., was 56 when she received her orders to deploy with her unit to Iraq. Luz knew she could have begged off, but she did not take the call to service lightly.

Instead, she packed her bags, kissed her husband, George Luz, Jr., goodbye and set off on a journey that would test her leadership as an officer, her compassion as a nurse and her resolve as a witness to the brutalities of modern warfare. Her 15 months in Iraq in 2006 and 2007 are chronicled in her book, "The Nightingale of Mosul: A Nurse's Journey of Service, Struggle and War."

"My experiences over there didn't change me but made me realize how wonderful life is," Luz said.

The daughter of a decorated World War II veteran, Luz comes from a family of patriots. Fans of Stephen Ambrose's book and the HBO miniseries "Band of Brothers" may recognize the author's surname is the same as that of Easy Company's George Luz Sr., the funny guy. He is Susan Luz's father-in-law.

In this memoir of a life of service, sacrifice and adventure, Luz recalls her determination as a young woman in the Peace Corps, her experiences as a tough-minded nurse in the gang-ridden schools of Providence, R.I., and her decision to join the Army Reserve and accept the call to Iraq.

An honest, straightforward account of her challenges and triumphs, Luz's narrative reveals a spunky, irrepressible woman who responds to life's twists and turns with a renewed commitment to serving others.

Two days after her arrival in Mosul, a mortar attack sent wounded Soldiers to her trauma unit. Luz and her colleagues from the 399th were immersed in the business of helping and healing casualties of war.

"I realized I was in a war zone," she said. "I'm not in Kansas anymore."

The sights, sounds and experiences were wearing on her unit, so Luz decided to try to lift the spirits of her fellow Soldiers. She hosted a barbecue.

"We grilled up food and gave it to anyone who walked by our area," Luz said. "We asked if they wanted a hamburger, a hot dog or a

piece of cake. They didn't even have to be part of our unit."

An engaging and candid narrator, Luz offers an unadorned view of her tour of duty in Iraq. Her story starts in Mosul, a hotbed of insurgent activity in the north, and later at Al-Asad Airfield, the dusty outpost that became a primary trauma center for American troops.

Mosul

"One of my biggest achievements was a beauty salon," Luz said. "Al-Asad is a Marine base and they're tough, but the women there needed their morale, too. They needed to get their hair and nails done."

Through 300 mortar attacks, 16 mass casualty situations, and the everyday tragedies of life during war, Luz has a myriad of stories to make the "The Nightingale of Mosul" a story of heroism, integrity and compassion under fire.

It is also a story of fellowship and community in wartime. From her unofficial appointment as the unit's social leader to her unorthodox approach to rules and regulations, Luz describes in her book both the challenges of life in a war zone and the camaraderie and leadership that sustain Soldiers and medical personnel alike.

"We might have been seeing the most gruesome things imaginable during the day," said Luz, "but after our shift we became the nightingales, the songbirds of Iraq. In the midst of this chaos came friendship and togetherness.

"I'd tell the girls to put on their lipstick," she said. "We're in a war zone but we can still look good."

A hero in her own right, Luz is a recipient of the Bronze Star Medal for meritorious service.

"I was awarded the Bronze Star but I carry that for all my Soldiers," she said.

Luz retired in May 2010 and lives in Providence with her husband. ❏

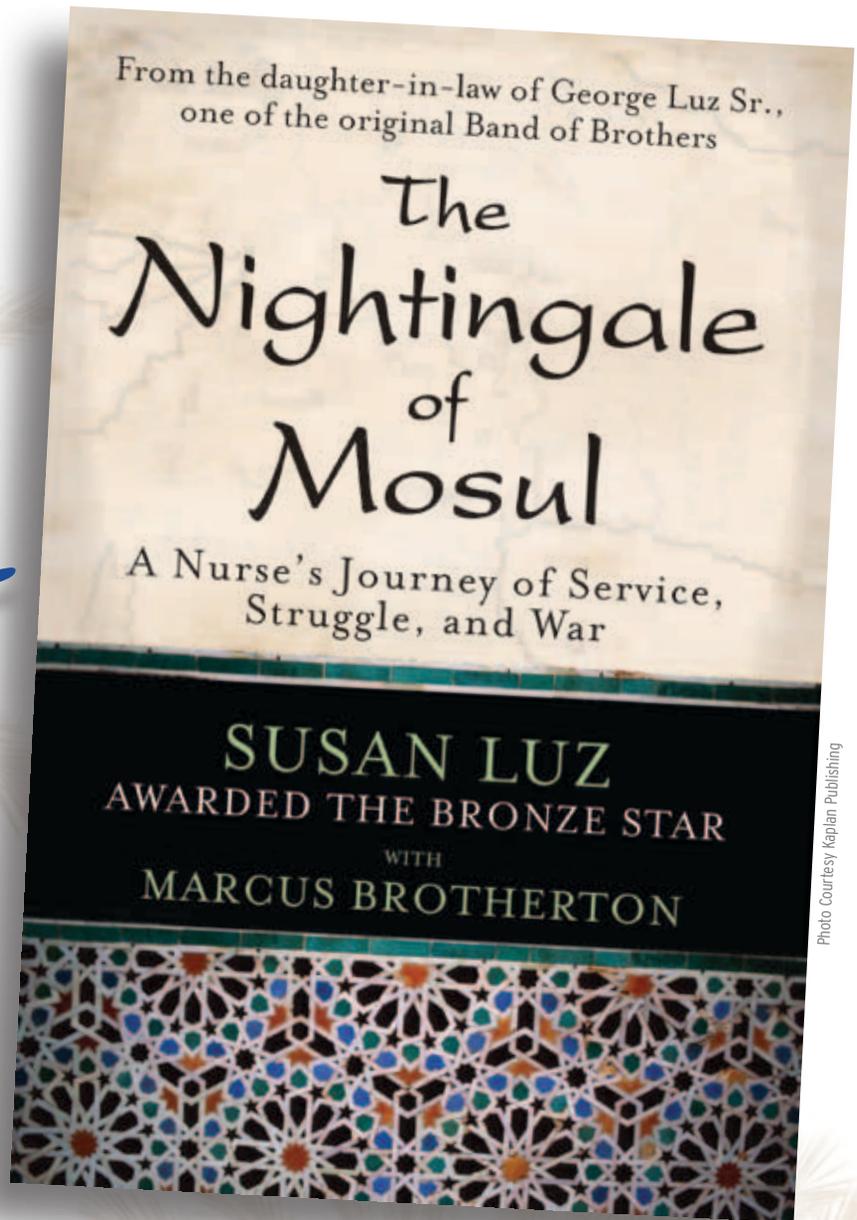


Photo Courtesy: Kaplan Publishing

My specific job within the 399th was to make sure everyone stayed healthy. It was as simple and as complex as that. Taking care of the physical side of things is sometimes the easiest. I was expected to spend a lot of my time in Iraq holding seminars. Soldiers—or anyone else away from home for a time, for that matter—can be notorious for not taking care of themselves, so my job was to make sure they were educated in all sorts of good, healthy-living practices.

Excerpted from "The Nightingale of Mosul: A Nurse's Journey of Service, Struggle, and War" (Kaplan Publishing; 2010) by Susan Luz. All rights reserved.

Fulfilling a Childhood Dream

Boxing Inspires Blackwell to Join Army Reserve

By [Melissa Russell](#)

Army Reserve Communications



NAVAL BASE VENTURA COUNTY, Calif. — Less than two weeks after claiming the heavyweight division at the All-Army Trial Camp, newcomer Spc. Charles “Trey” Blackwell was standing in the corner of the ring at the Armed Forces Boxing Championship—just seconds away from another victory—while his stunned opponent slumped into the ropes and sank to the canvas. The bout was stopped, and the referee raised the arm of the new Armed Forces heavyweight boxing champion.

Spc. Charles "Trey" Blackwell (right) defeats Navy Seaman Tyron Hunter at the Armed Forces Boxing Championship on April 23.



BOXING

U.S. NAVAL BASE VENTURA COUNTY, CALIF.
FRIDAY, APR. 23RD 2010

SPECIAL
 3 ROUNDS
 HEAVYWEIGHT
 CONTEST

FEATURING
 SPC. CHARLES
 "TREY" BLACKWELL

Heavyweight
 Height: 6 ft 2
 Weight: 201
 Age: 23
 Total Fights: 13
 Wins: 11
 Wins by KO: 8
 Losses: 2



U.S. ARMY
 RESERVE

925TH
 TRANSPORTATION
 DETACHMENT
 TUCSON, ARIZ.

TYRON HUNTER v **TREY BLACKWELL**

DOORS OPEN 7:00 PM ★ COMMENCE 7:30 PM
 RINGSIDE & STAGE 20^D | OTHERS 15^D

program a year later because he was "clobbering the other kids," she said.

As a 7-year-old, Trey accompanied his mother to a press conference in 1993 for two-time world heavyweight boxing champion and Olympic gold medalist Floyd Patterson. He remembers sparring and joking around with Soldiers from the All-Army Boxing Team.

"I've always looked up to Army boxers as strong men and great athletes," Blackwell said. "I feel lucky to have been a part of that."

Blackwell grew up participating, competing and excelling in sports, but it wasn't until college that he decided to pursue a career in amateur boxing. After three years of sparring at a gym in Tucson, Ariz., the business major became a two-time collegiate boxing champion at the University of Nevada, Las Vegas.

The prospect of becoming an All-Army boxer inspired Blackwell to join the Army Reserve. He and his mother thought the Army Reserve would be the best way for him to pursue the sport.

"He just felt he wanted to be on the All-Army Boxing Team," Spencer said. "Growing up, he was able to see Army values being lived out by the Soldiers he was surrounded

by, and he embraced those values.

It was the best fit—those values match Trey's value system."

Blackwell enlisted in the Army Reserve in 2008. One year later, he attended the All-Army Boxing Trial Camp and won a bronze medal at the All-Army Box-offs.

"My mom would not have approved of boxing if it weren't for the Army," Blackwell recalled. "The Army helps me stay grounded and focused—I find myself using the Army values every day."

Those two victories in that short time span earned Blackwell a spot on the All-Army Boxing Team and consideration for joining the U.S. Army World Class Athlete Program, which would allow him to train full-time for a shot at making the 2012 U.S. Olympic Team. It also fulfilled a childhood dream of one day becoming an elite boxer.

"It's something I live to do. I have always thought about one day being a

champion," said Blackwell, a truck driver with the 925th Transportation Detachment in Tucson, Ariz.

Patricia Spencer, a former noncommissioned officer and broadcast journalist, remembers her son "Trey" as being very energetic. She and ex-husband Charles Blackwell Jr. tried to instill focus and discipline through a combination of sports and Army values. They enrolled him in karate but removed him from the

Photo illustration

According to All-Army Boxing Team assistant coach Sgt. 1st Class Christopher Downs, even with collegiate experience, Blackwell would be a long shot to make the team. He would be competing against the best in the Army, including some Soldiers who had been boxing since they were age 8.

Blackwell was one of 35 Soldiers invited to the All-Army Trial Camp to train and compete in a box-off that would determine the 12 winners who would comprise the All-Army Team for the 2010 Armed Forces Boxing Championships.

On the night of the competition, Blackwell knocked out his competitor, claimed the Army heavyweight crown, and assured himself of another day in the ring. There are not a lot of knockouts in amateur boxing, he said, but "I knocked him out in the first bout and then again in the second round for the championship."

"It was a dream-come-true since I was a little boy and spent time with the All-Army boxers," Blackwell said.

His mother was the first to congratulate the 2010 All-Army heavyweight boxing champ.

"I don't know the words to describe how incredible it was," she said. "Who experiences something that magnificent in their life—to be on such an elite team as the All-Army Boxing Team?"

Blackwell, 23, went on to earn the heavyweight title by knockout at the Armed Forces Boxing Championship. The Armed Forces victory qualified Blackwell for a

Spc. Charles Blackwell (left) lands a right hook to the chin of Seaman Tyron Hunter of Naval Air Station Lemoore, Calif., in the 2010 Armed Forces Boxing Championship April 23. The referee stopped the contest at 2:26 of the first round.



Photo By Petty Officer Christopher Carson

berth in the 2010 U.S. National Boxing Championships and caught the attention of Army coaches.

"He's being evaluated," said WCAP and three-time U.S. Olympic coach Basheer Abdullah, who served as Team USA's head boxing coach at the 2004 Summer Olympics in Athens, Greece. "He had a very impressive win at Armed Forces. He's one of the people we have our eye on."

Blackwell's talent, work ethic and ability to land a punch compensate for his lack of training and experience, Downs said.

"He's a devastating puncher," Downs added. "Once he learns how to throw his punches, he'll be even more dangerous."

Success at the Armed Forces Championship did not guarantee Blackwell

a spot in the Army's coveted sports program. According to Abdullah, the U.S. Army World Class Athlete Program is not a developmental program but one that helps world-class athletes fulfill their Olympic dreams.

Downs remains cautiously optimistic.

"He's a tenacious guy," Downs said. "He doesn't know how to lose and that counts for a lot in our sport."

Having already achieved so much of what he dreamed about as a young boy, Blackwell is ready for whatever comes next.

"It feels great," he said. "I know that I have a lot of hard work ahead of me. It feels good to have a chance to do what I love. The Army has given me the opportunity to do that and I'm really grateful." ❖

FIGHT NIGHT

By Maj. Belinda May

311th Sustainment Command Public Affairs

NAVAL BASE VENTURA COUNTY, Calif. — On April 23, several members of the 925th Transportation Detachment of Tucson, Ariz., took their seats in the audience as Spc. Charles Blackwell climbed into the ring at the Armed Forces Boxing Championship.

Blackwell and Navy Seaman Tyron Hunter were on the fight card for the All-Armed Forces heavyweight match. Each match consisted of three three-minute rounds. Points could only be earned by solid punches to the head; body shots did not count. At the end of three rounds, the fighter with the most points won, unless the fight had to be stopped by medical reason or knock-out. The two heavyweights started off evenly matched, with both fighters exchanging blows and scoring nearly equal points (12-13). Once Blackwell got into his rhythm about half way into the first round, he landed a hard blow to his Navy opponent's head that pushed him back into the ropes, slightly dazed. This was followed by two more solid connections to Hunter's head, causing the sailor to slump into the ropes. The referee stopped the fight, directing Blackwell into the opposite corner to wait, as Hunter sank down to the mat.

Blackwell received an individual gold medal for his victory. He and fellow Army boxing team members won gold "team" medals, presented after the matches concluded. Army boxers won six out of 12 weight class titles. ❖

Medical, Dental Readiness

Every Soldier's Responsibility

By Timothy L. Hale

Army Reserve Public Affairs



If you think that small toothache or that pain in your lower back you're experiencing can be put off, think again. That physical discomfort can lead to a much bigger pain for you and potentially your unit's readiness. As the Army Reserve continues to become an operational force it means that every Soldier must be ready to deploy at a moment's notice.

Reserve units are no longer waiting until the 'first string' players get tired before entering the game," said Col. Etta Johnson, U.S. Army Reserve Command chief of clinical services. "We are a part of the 'first string.' Army Reserve Soldiers must be medically and dentally ready to deploy anytime, anywhere."

Medical and dental readiness allows the Soldier and commanders to know the mission will not be affected by a medical or dental condition.

"It is like doing maintenance on a vehicle. You assess it to make sure the small and correctable things are not going to stop you from getting to your destination," Johnson said. "Likewise, the Army requires Soldiers to get annual physical health assessments and dental examinations."

The PHA reviews body systems and is problem-focused, based on the web-based health questionnaire. Soldiers initiate the process by going to their AKO account and clicking on the Self Service link and

then My Medical tabs. Look for the My Medical Readiness link.

The dental examination identifies conditions that may become a dental emergency in the next 12 months, which is also known as Dental Class 3.

"A toothache can bring the strongest of us all to their knees," said Col. Derrick Carter, USARC dental surgeon. "Believe it or not, every year in the United States people die from dental infections."

Army Reserve Soldiers receive both assessment services through the Reserve

Health Readiness Program in either a group event or by appointment at a network provider. Medical conditions identified that leave a Soldier unready must be addressed in a timely matter.

Dental Class 3 conditions are treated by the Army Reserve via the Army Selected Reserve Dental Readiness System program, Carter said. Soldiers pay no out of pocket expense to become dental ready under ASDRS. The program has no cost limitations, but doesn't address comprehensive care.

"ASDRS is a great benefit for Soldiers who have potential time bombs in their mouth that are ready to detonate," Carter said. "The program focuses on 'in-office' exams and treatment appointments to create a patient-dentist relationship that may lead to complete dental treatment."

"Army recently started to monitor medical and dental readiness under the Medical Readiness Classification system," Johnson said. This classification system provides commanders with a more accurate assessment of unit medical and time required to correct Soldiers' issues.

"A Soldier will be placed in one of five categories ranging from no medical issues to the need of care that extends beyond 30 days," Johnson said. She also pointed out the most important group and the one that can have the greatest impact on readiness is the group listed as "undetermined" or MR Class 4.

"Soldiers failing to get their required annual assessment create a large degree of uncertainty (for their unit)," she said.

Johnson pointed out that Soldiers have a responsibility to themselves and the Army to be fit and healthy, so when called upon they will be able to perform the nation's worldwide missions.

"Programs are in place to lighten the Soldier's burden with respect to time and money," Johnson said. ❏

OPPOSITE LEFT: Spc. Sterling Campbell of the 786th Quartermaster Company, Salt Lake City, receives a dental check up at a Soldier Readiness Process event held at the Kenichi Uchida Center in Salt Lake City, Nov. 21.

OPPOSITE RIGHT: Sgt. Schown Roberts (center) explains immunization paperwork to Sgt. Clay Walters of the 786th Quartermaster Company, Salt Lake City.



Staff Sgt. Justin Taylor of the 191st Combat Sustainment Support Battalion, Salt Lake City, has blood drawn for HIV testing at a Soldier Readiness Process event held at the Kenichi Uchida Center in Salt Lake City, Nov. 21, 2009.

Photo By Spc. Aloree M. Amodt, 358th Public Affairs Detachment

Roll Up Your Sleeves It May Save Your Life!

Did you know every year more than 36,000 people die from Influenza? The flu is a contagious respiratory illness caused by influenza viruses. Each year the seasonal flu shot covers the most likely types of flu that will infect people in the United States. The best way to minimize this potentially fatal illness to you and your Family is the 3P's.

PLAN to get vaccinated as soon as the vaccine is available. Army Reserve Soldiers are mandated to be vaccinated by Dec 10. Soldiers may meet this obligation by many different means, but must submit the documentation for entry into Medical Protection System, also known as MEDPROS.

PREPARE preventive strategies to limit your exposure to the virus. 1) Avoid close contact. 2) Stay home when you are sick. 3) Cover your mouth and nose when coughing or sneezing. 4) Clean hands with soap and water. 5) Avoid touching eyes, nose or mouth. 6) Practice other good health habits.

PROTECT others if you become ill. Stay home from work or school if you feel sick, limit your exposure to others, and consult your doctor early to minimize severity and duration.

Your health and well being is important for your Family and unit. Both depend on you to be fully protective of its members, and ready for any demands.



IRR SOLDIERS MUSTER IN

Story and Photos By
Master Sgt. Brian Kappmeyer
U.S. Army Human Resources Command
Public Affairs

FORT BUCHANAN, Puerto Rico — In 2007, Spc. Juan J. Perez completed a 16-month mobilization, including a one-year tour in Iraq, with the Puerto Rico National Guard. He figured he should say goodbye to his wife and three kids again when the Army Human Resources Command invited him to attend an Individual Ready Reserve muster.

Johnny Dwiggs (left) discusses opportunities available to Soldiers through the Armed Forces Employer Partnership with Spc. Juan J. Perez.

“We do not mobilize Soldiers at musters. We are here to ensure Soldiers are getting registered for the benefits they have earned.”

— Lt. Col. Craig Smith, U.S. Army Human Resources Command

PUERTO RICO

But after signing in, Perez quickly realized he was not being mobilized for another combat tour. Instead, he and other IRR Soldiers spent the day updating their records and learning about their benefits and entitlements, including promotion, schooling, health care and civilian job opportunities.

“One of our biggest challenges is ensuring that Soldiers understand this is a muster, not a mobilization,” said Lt. Col. Craig Smith, HRC’s muster team chief. “We do not mobilize Soldiers at musters. We are here to ensure Soldiers are getting registered for the benefits they have earned. The Department of Veterans Affairs, the Army and service organizations have more to offer than most Soldiers can even begin to realize.”

In fact, 17 veteran support agencies attended the Puerto Rico muster to talk about their services and tell Soldiers about opportunities that could benefit them and their Families. Musters have come to resemble career and education fairs with “vendor” booths set up between the muster stations.

“The muster program gives us the chance to collect required information from our IRR Soldiers, but it also gives them a chance to learn about the services and benefits available to them,” Smith said. “A lot of opportunities can open up for them through either more active IRR participation, membership in a Reserve unit or volunteering to mobilize in support of overseas contingency operations. We are giving the IRR Soldiers the tools to make an informed decision and help them determine what works for them.”

During 2010, thousands of IRR Soldiers will muster in 19 cities to complete annual readiness checks. The Puerto Rico muster represents



Spc. Wilmer Ortiz reads an eye chart across the room as Margaret James-Joseph records the results.

the first to be held outside the contiguous states. It’s another expansion of a successful program that began in 2007 with just four musters.

“The team is venturing outside the continental United States this year for the first time, because we realized it was important to offer our services to those Soldiers as well,” Smith said. There are future plans for overseas musters.

A Soldier typically becomes an IRR member after successfully completing several years of active duty or Selected Reserve membership. Soldiers may transfer to the IRR to fulfill the remainder of their contractual military service obligation, normally eight years.

Mustering is an annual requirement and a one-day event for which IRR Soldiers are paid about \$200. Many IRR Soldiers will complete a personnel accountability muster, which is a one-on-one visit with an Army Reserve career counselor. But several thousand Soldiers will gather at group events called readiness musters, such as the one held at Fort Buchanan.

Last year, HRC partnered with the Department of Veterans Affairs to hold

five readiness musters at VA facilities, which were so successful that nine readiness musters will be held at VA facilities this year, with the remaining musters conducted on Army posts and Army Reserve centers.

Readiness musters have not only increased in number but in scope and services offered, as the IRR Soldiers mustering at Fort Buchanan learned.

Army Reserve Career Counselor Sgt. 1st Class Gabriel Almodovar said many of the issues he dealt with were medical concerns of the Soldiers, and he ensured they received attention from the medical personnel at the muster. Many of the repeated comments he heard from the Soldiers included, “Nobody told me I could have an ID card or that I could get promoted or that I could shop in the post exchange or commissary.”

The IRR Soldiers also learned about the benefits of transferring to the Selected Reserve, such as the opportunity to enroll in health, dental and life insurance plans. In the last three years, nearly 7,200 IRR Soldiers transferred to the Selected Reserve through the IRR Muster Program.

Spc. Maria Sepulveda was pleasantly surprised when she learned that it would be more than just be completing paperwork at the muster.

“There were a lot of job opportunities that we were told about and how to go to the website to find out more,” she said.

Sepulveda was also excited to learn that IRR Soldiers can go to schools, get promoted and volunteer for active duty tours.

“I would tell other IRR Soldiers in my situation that they should come to the muster with questions and find out about the benefits of being an IRR Soldier,” Sepulveda said. ❏

**IRR Soldiers seeking additional information about the muster program
may contact the Muster Team at 877-303-2400.**



WWII DANCE HALL GOES FROM **BIG BAND**

FORT HOOD, Texas — In the 1940s, Fort Hood was still just a camp and gas for your Studebaker cost less than a quarter per gallon. The square-sided, high-raftered building beside Texas State Highway 36 likely hosted thousands of spit-shined GIs and patriotic young Texas ladies swinging to big band tunes on the polished wood dance floor.

By **Sgt. 1st Class Gail Braymen**
First Army Division West
Public Affairs

Flash forward to today: Camp Hood is a great big, grown-up fort, gas for your compact hybrid costs \$3 a gallon and GIs have practical, un-shiny combat boots. In the former dance hall, the steps of the twin staircases are worn and creaky; the dance floor is scuffed and dusty.

It's broadband, not big band that rocks the dance hall now, thanks in part to the 103rd Expeditionary Support Command, an Army Reserve unit from Des Moines, Iowa, and the 224th Sustainment Brigade, a California Army National Guard unit from Long Beach, Calif. Both units were at Fort Hood preparing for deployments to Iraq when they collaborated with First Army Division West technicians to create this

21st-century, state-of-the-art virtual exercise simulation center.

"The challenge was to provide all the services the staff is normally used to getting including e-mail, "real" secret Internet and the exercise network," said Maj. Peter Schmidt, information office deputy chief for the 103rd. "It wasn't just an exercise that had to succeed. It was the real-time collaboration we're doing with (the unit already in) theater, so when we replace them in the future we're ready to go."

From the rafters of the old building, dubbed "the Boondocks," hangs an ingeniously engineered cable sling supporting three multimedia projectors. Neat lines of tables hold scores of sleek laptops. Behind the corner bar, where light once glistened from rows of bottles, rows of tiny green lights blink busily from droning stacks of computer servers.



Units coming through Fort Hood for post-mobilization training conducted by First Army Division West eat, sleep and train for several weeks exclusively at North Fort Hood. But when it came time for their culminating training event, known as the CTE, they had to be transported to a battle simulation center in the main post area.

Converting the Boondocks into a BSC at North Fort Hood saves Soldiers a 90-minute bus ride every day, said Lt. Col. John Pugliese, Division West's information office chief. Over the course of a 14-day exercise with nearly 550 people, roughly 11,400 man-hours are saved.

"When you're working with mobilizing units, they're on a very strict timeline," Pugliese said. "Unlike an active-duty unit

that's doing an exercise, these guys also have to worry about their other tasks required for deployment, so they have a very big balancing act."

Just getting ready for the CTE to start was the culminating event for the information office staff. While the 103rd and 224th Soldiers are extremely skilled, they had not before done anything of this scale. "If we could pull this off, this could prove that we could truly be 'expeditionary' with our communications," Schmidt said.

They pulled it off. During the exercise, which wrapped up in mid-May, Soldiers in the 103rd and 224th communicated with their counterparts in the 18th Airborne Corps at Fort Bragg, N.C., and the 4th Infantry Division at Fort Carson, Colo.,

and with battle command training program managers at Fort Leavenworth, Kan.

"We feel like we passed the test to prove we can be expeditionary and go overseas anywhere and do our mission," Schmidt said.

The old dance hall, once a hub for entertainment for GIs of a by-gone era now plays a critical role in training today's Soldiers for deployments. ❏

BELOW: First Army Division West converted a World War II-era dance hall – where Elvis is rumored to have once performed – into a battle simulation center at North Fort Hood, Texas. Soldiers used nearly 1.5 miles of cable to network about 200 computers and servers throughout the building.

TO BROADBAND



Photo By Sgt. 1st Class Gail Braymen

Back to Her

MATEARE, Nicaragua — Nicaragua is hot, humid and the poorest country in Central America. The houses that line the trash-filled streets are built of cinderblocks and rusting tin. Overcrowded school buses weave through cramped neighborhoods like race cars. Storefronts sell only the basic needs of life and scores of people walk to their destinations, because they don't have money for the bus. Despite all of this, they're happy. For some this scene might be a culture shock, but for Staff Sgt. Aleyda Robleto, who is with the 307th Dental Company, Vallejo, Calif., it's home.

By Staff Sgt. Kristen King
807th Medical Command
Public Affairs

Although Robleto now lives in Rodeo, Calif., Granada, Nicaragua was home for the first 18 years of her life. She remembers sacrificing breakfast for school tuition, which her grandma called "an investment." She traded homework for food and offered to type papers in exchange for brown bag lunches. These actions and the sacrifices of her family, in the name of a quality education, made her an "A" student.

At 18, she moved to the United States with her sister. "I hated it at first. I wanted to come home." And she did, but after three months in Nicaragua she realized she wasn't going to get the education she desired, so she moved back to California and began a new chapter of her life.

Army Reserve Dentists Create Smiles in Nicaragua

MATEARE, Nicaragua — Although few of the 33 Soldiers providing dental services for more than 1,200 Nicaraguans spoke fluent Spanish, the smiles and hugs at the end of day were all they needed to know that they were appreciated. Spc. Russ Stobbe, a dental hygienist from Taylorsville, Utah, said one of his patients came back everyday just to say "hola." "He was nine and needed a filling. By the end of the day, we gave him a filling and extraction, and performed two extractions on his mother, plus put a bridge in her mouth. They were very grateful."

Roots

In 2000, she joined the Army as a medical supply specialist. It was a way to help pay for school, and coincidentally, learn English.

“The first month of basic training was very hard,” Robleto said. “Luckily in the Army, they give you demonstrations on whatever you do, so I would just do what I saw everyone else doing.”

By the time she came home, Robleto spoke fluent English and was able to enroll at San Francisco State University. She graduated in 2007 with a degree in linguistics and is now working toward her license as a legal court translator.

Today she works full time as a patient administration specialist for the 2nd Medical Brigade, 807th Medical Command. That’s when she got the chance to join up with the 307th Dental Company and visit her home country to help her native people. Even though she tries to visit Nicaragua once a year, this time was different.

“I was so excited. I’ve always wanted to come back and do something. There’s so much to do, and there’s so little for me to offer,” she said.

With the 307th, she came to Mateare, a town just 40 minutes from where she grew up. She helped set up the clinic for patients unable to afford dental treatment and spends her day helping them complete paperwork to receive dental care. “They’re so proud. When they talk to me, (afterwards) they say, ‘Oh I talked to the American Nicaraguan Soldier.’ They all wanted to come to my table.”

Robleto knows too well the value of the service she and the 307th provided to the people of Nicaragua from April 12-22, 2010. She



Staff Sgt. Aleyda Robleto of Rodeo, Calif., explains the dental clinic process to a crowd of waiting Nicaraguans. The clinic treated more than 1,200 patients during a 10-day period and performed more than 3,200 dental procedures.

explains how she didn’t have dental care while growing up here and how many Nicaraguans deal with dental problems. “A lot of people go through pain because they don’t have the money. They’d rather buy food and have the pain,” she said. By the time they are able to save money it’s usually too late to do anything except extract the tooth.

Robleto said she’s thankful for the opportunities America has given her to help herself, her family and her people. Not only has her participation in this mission made a positive impact, but she claims that the benefits of her full-time military service have enabled her to help through volunteer service of her own. Each month Robleto provides funds to help two Nicaraguan students achieve their educational dreams back home. While she says that money is not much in America, it provides a bright future for the students she supports. “It’s worth it to be in the Army. If I was here living in this country, I’d barely have enough just for me, but in the States I can help.” ✪

Photo By Maj. Matt Lawrence, 807th Medical Command

Story and Photos By
Staff Sgt. Kristen King
807th Medical Command
Public Affairs

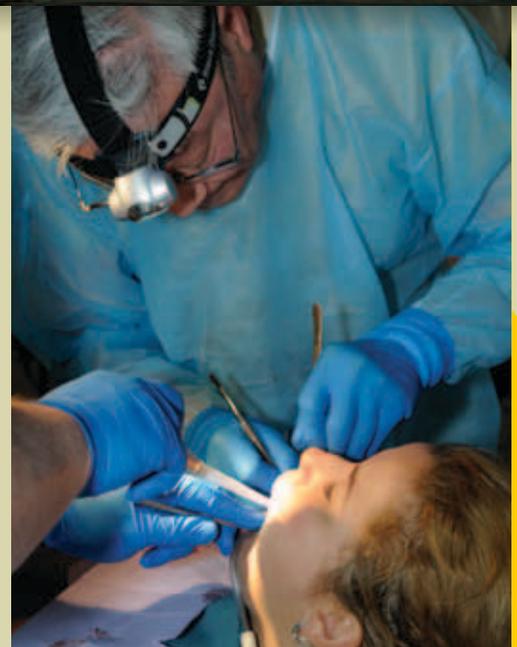
The 307th Dental Company from Vallejo, Calif., performed more than 3,200 procedures and donated the equivalent of \$821,000 of dental work from April 12-22. The care provided ranged from cleanings and fillings to extractions and root canals. Many patients also received dentures.

“The services we prefer to offer are services that allow people to be taken out of pain, usually by performing extractions and treating infections. On this mission, we’ve done a lot more than that,” said Maj. Alexander Farr, commander of the 307th Dental Company.

Dr. Valera Vasquez, a Nicaraguan dentist, said people aren’t educated on dental care and “if they do have money, they won’t use it for dentistry. It’s not a priority for them.” A simple tooth extraction may cost \$10 in the sole dental clinic in Mateare, but that’s a lot for a schoolteacher who makes only \$150 per month, much less a street vendor or waiter.

Mateare is about 25 miles north of the capital city of Managua. Some of the people

Col. Franklin Woo of Moraga, Calif., extracts the wisdom teeth from the wife of a Nicaraguan policeman in Mateare, Nicaragua. The 307th Dental Company extracted 723 teeth over a period of 10 days.





Capt. Aldrin Adamos of Dublin, Calif., (left) and Sgt. Anthony Johnson of Fairfield, Calif., (right) assist Nicaraguan dentist Dr. Valerea Vasquez as she installs fillings in a young Nicaraguan's teeth.

walked four to five hours for the free dental care. "We're doing a lot of good for a lot of people," Stobbe said. "We're making them feel better, and it makes me feel good at the end of the day."

The first few days were the longest with nearly 150 patients treated. After that, the daily total reduced to 100 new patients and

leveled at about 80 new patients and several follow-ups. The procedures performed were meant to fix the problem immediately versus starting a procedure that would need upkeep by a dentist or on the patient's part.

Farr, who has a private practice in the San Francisco Bay area, said it's hard to leave his practice for two weeks knowing he still has

to pay his overhead and make payroll, but "I love these missions. I keep doing it."

The 307th left behind medical equipment for local dentists to continue their work. When Farr visited the dental clinic in Mateare, he found it only had four syringes and a vintage sterilization system. "That's not enough for a day's work without having to constantly sterilize equipment." The equipment provided included 20 syringes, as well as dozens of other dental necessities.

The Nicaragua mission was part of a broader humanitarian effort that includes medical teams and construction projects by the Army Corps of Engineers. The Army will send several Reserve medical and dental teams to Nicaragua and other Latin American countries throughout the year. ✘

GERMANY HOSTS FIRST EMPLOYER PARTNERSHIP SIGNING OUTSIDE THE U.S.

Story and Photo By Sgt. 1st Class Osvaldo P. Sanchez
7th Civil Support Command Public Affairs

WIESBADEN ARMY AIRFIELD, Germany — Army Reserve Soldiers living in Germany now have a partner for employment opportunities, thanks to the first Employer Partnership Office agreement signed outside the United States.

Army Reserve Chief, Lt. Gen. Jack C. Stultz, and Brig. Gen. Jimmie Jay Wells, commander of the 7th Civil Support Command, signed the first international EPO agreement with Allegis Group GmbH financial controller and procurement officer Martina Zimmermann on March 7, 2010, in the 1st Armored Division headquarters here.

Stultz applauded Zimmermann for taking the lead on the international employment alliance.

"Thanks for setting the example for the international employer partnership," said Stultz. "Companies are looking for well-trained, drug-free, physically fit and healthy employees, which is what the Army has."

Allegis Group GmbH provides information technology, engineering and professional staffing services in Germany to a wide range of industries through subsidiaries TEKSystems GmbH and Aerotek GmbH.



Capt. Bonnie Owen, 209th Army Liaison Team, thanks Martina Zimmermann, financial controller and procurement officer of Allegis Group GmbH, with a bouquet of roses March 7, 2010, for joining the Employer Partnership Office.

"Basically, you get the perfect employee," said Zimmermann. "Obviously, they speak very good English, and they are willing to follow procedures and accept the rules."

The Employer Partnership Office was launched in April 2008 as a joint public-private venture that gives business leaders tangible benefits for employing Soldiers. The Army Reserve can recruit Soldiers for its positions and for civilian employers at the same time, instead of competing with them.

The partnership is a recruiting effort that aims to help Reserve Soldiers find jobs by formalizing the relationship between the Army Reserve and the private sector.

Nearly 1,000 firms have signed up in the U.S. with employer partners in all 50 states and two territories. Now, after partnering with Allegis Group GmbH and its subsidiary companies, the office has partners in the European Union. ✘

652ND ENGINEERS MOVE TO NEW MODERN FACILITY

Story and Photo By
Sgt. 1st Class Chris Farley
88th Regional Support Command
Public Affairs



ELLSWORTH, Wis. — The 652nd Engineer Company deployed for the third time since 9/11. This deployment, however, didn't involve a mass movement to Iraq or Afghanistan or even leaving the state.

The approximately 117 members of the 652nd moved from the cheese curd capitol of Ellsworth, Wis., and relocated to Hammond, Wis., where their new Army Reserve facility was completed at the end of May 2010.

The roughly 24-mile move was followed by a formal building memorialization on May 23 in honor of Sgt. 1st Class Dan Gabrielson and Spc. Bert E. Hoyer. Gabrielson and Hoyer were 652nd Soldiers killed in action during the unit's first deployment to Iraq in 2003.

"We're excited about going to a new building that's ours," said 1st Lt. Dana Currier, commander of the 652nd.

"We're not leasing it; it belongs to the Army Reserve. I think it's going to be a big motivator for everyone because it's a building to be proud of."

The 652nd has been planning and packing since January for the move and eagerly waited for the keys to their new facility. Today, new facilities are generally designed to house more than one unit or are shared with different military services. But the 26,000-square-foot building was built to accommodate the needs of the 652nd alone.

The new building will be furnished with modern conveniences to include an organizational maintenance bay with a heated floor, gym, weapons simulator, covered wash rack for cleaning unit vehicles and adequate parking for the unit's eight-wheel-drive heavy expanded mobility tactical trucks.

Spc. Matthew D. Thompson, a light-wheeled vehicle mechanic with the 652nd Engineer Company, uses a Bobcat to remove a piece of plywood from the unit's motor pool during a cleanup session before the unit begins its move from Ellsworth, Wis., to Hammond, Wis.

With the building designed to meet the engineers' mission needs and being dedicated to two fallen 652nd Soldiers, the unit took the initiative and proposed to the city council that the street in front of the new facility be renamed "Engineer Way." The town co-op supported the change.

"I think the morale will increase a lot," said 1st Sgt. William J. Dullea, first sergeant of the 652nd. "The new building is going to be more user-friendly. We made this current facility work, but the new one will help out a lot." ★



Spc. Eric Cook, 324th Psychological Operations Company, Aurora, Colo., carries a loud speaker across an ice bridge during cold weather, high altitude training at Camp Hale, Colo.

HIGH ALTITUDE, COLD WEATHER, NO SWEAT

Story and Photos By Staff Sgt. Sharilyn Wells

U.S. Army Civil Affairs and Psychological Operations Command (Airborne)
Public Affairs

CAMP HALE, Colo. — Almost 10,000 feet on top of a mountain, Soldiers trudged through the snow to test the limits of their strength and equipment. Armed with one loudspeaker, these psychological operations specialists climbed to different locations to test the range and effectiveness of their broadcast system in a harsh environment.



The 324th Psychological Operations Company, an Army Reserve unit stationed in Aurora, Colo., convoyed into the Rocky Mountains for high altitude, cold weather training, March 5–7, 2010. Camp Hale, Colo., the former home of the 10th Mountain Division, closely resembles many of the conditions Soldiers face while deployed to Afghanistan.

A psychological operations Soldier is an information and media specialist who assesses the needs of a target audience, then develops and delivers

the right message at the right time and place to create an intended result. PSYOP Soldiers use myriad media to get their message across to their intended audiences, including handbills, leaflets, radio broadcasts, loudspeaker announcements, billboards, television commercials and face-to-face interaction.

According to 324th's commander, Capt. Brian Taylor, the intent of the weekend's training was to familiarize the Soldiers with cold weather, high altitude conditions and the effects the environment would have on their

missions, whether it was moving through the snow, keeping warm or maintaining their equipment. Weather and terrain can impact how far and clearly a loudspeaker message can carry over a distance. The Soldiers needed to assess the area and test different locations to discover the effectiveness of a loudspeaker.

"We don't get a lot of chances to train in a snowy environment, so we wanted to see how the snow would impact our equipment and our broadcast," said Staff Sgt. Brent Goodlet, a PSYOP tactical detachment sergeant with the 324th.

LEFT: Spc. Eric Cook, 324th Psychological Operations Company, broadcasts a message during cold weather, high altitude training. The training included negotiating up the snowy mountains to broadcast a message, preventing cold weather injuries, assessing a local populace and driving in winter conditions.

RIGHT: Soldiers from 324th Psychological Operations Company prepare to snowshoe up a mountain during cold weather, high altitude training at Camp Hale, Colo.

“The snow is pretty deep, and the Soldiers had a decent amount of fun blazing their own trail down the mountain.”

— Staff Sgt. Brent Goodlet, 324th Psychological Operations Company



down the mountain,” he said. “You’d get stuck halfway down, and you’d have to pull yourself out of the snow and keep on trucking.”

“I got a lot of positive feedback; [the Soldiers] loved the training,” Goodlet said. “I thought they were going to be upset about carrying a loudspeaker up a mountain in snowshoes, but they loved it.”

The 324th leadership also considered how fast and long each Soldier was able to move up and down the mountain without becoming sick or injured due to the elements. Precautions were taken before and during the exercise. The company brought medics and snowmobiles to the field for emergencies and arranged their training to occur within minutes of a local hospital trained especially to treat cold weather injuries. Before heading out into the mountains, the company also completed cold weather, high altitude injury and illness classes so that each Soldier would know how to prevent and treat these injuries.

“For me [the high altitude] wasn’t that big of a deal since I snowboard a lot, so

I didn’t notice a difference in elevation, but I know other people actually had high altitude sickness,” said Spc. Angela VanBroekhuizen, a PSYOP specialist with the 324th. “Plus, the cold weather training we received before we came out here helped us understand and recognize cold weather injuries.

“We were really well-prepared; we had what we needed to wear out here,” VanBroekhuizen said. “This is the first time I didn’t get cold doing this training.”

As the sun began to sink behind the Rocky Mountains, the Soldiers were preparing for the temperature to quickly drop below 10 degrees. Neither darkness nor freezing temperatures stopped the 324th from completing nighttime driver’s training in the snow before turning in for the night.

“Our unit tries to do some cold weather training annually. This cold weather is something we try to take advantage of, being from Colorado,” Goodlet said. “Being a highly deployed unit, we like to stay up on all of our tasks to make sure we’re always ready.” ❧

“Once we reached the top of the ridge, we set up our loudspeaker and transmitted various broadcast messages back down to the camp. We then radioed headquarters to verify if they could hear our transmissions. If they didn’t, we’d move down the ridge and broadcast again.”

Goodlet led a group of about 10 Soldiers on a three-hour trek through the snow on a sunny but chilly Saturday morning.

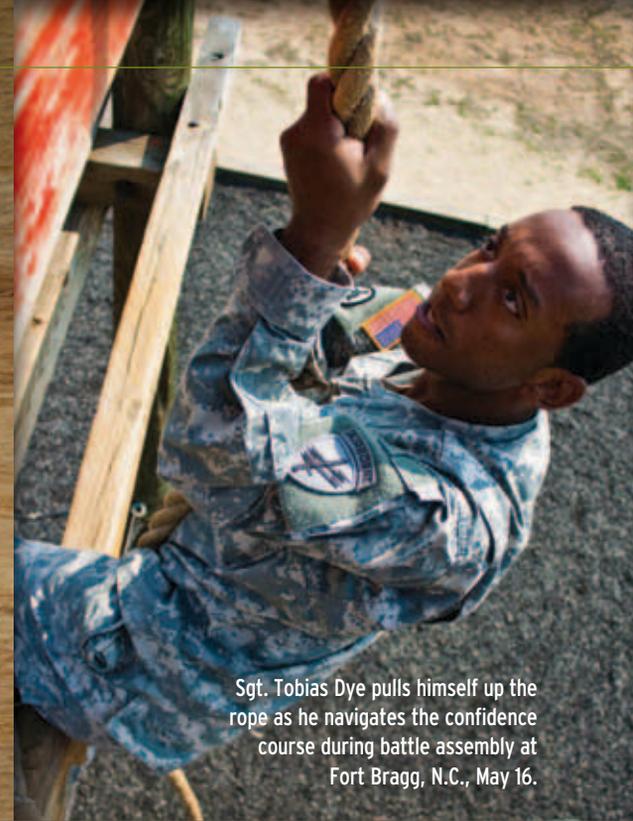
“The trek up there is always harder than the trek back down. The snow is pretty deep, and the Soldiers had a decent amount of fun blazing their own trail

BEYOND THE EDGE

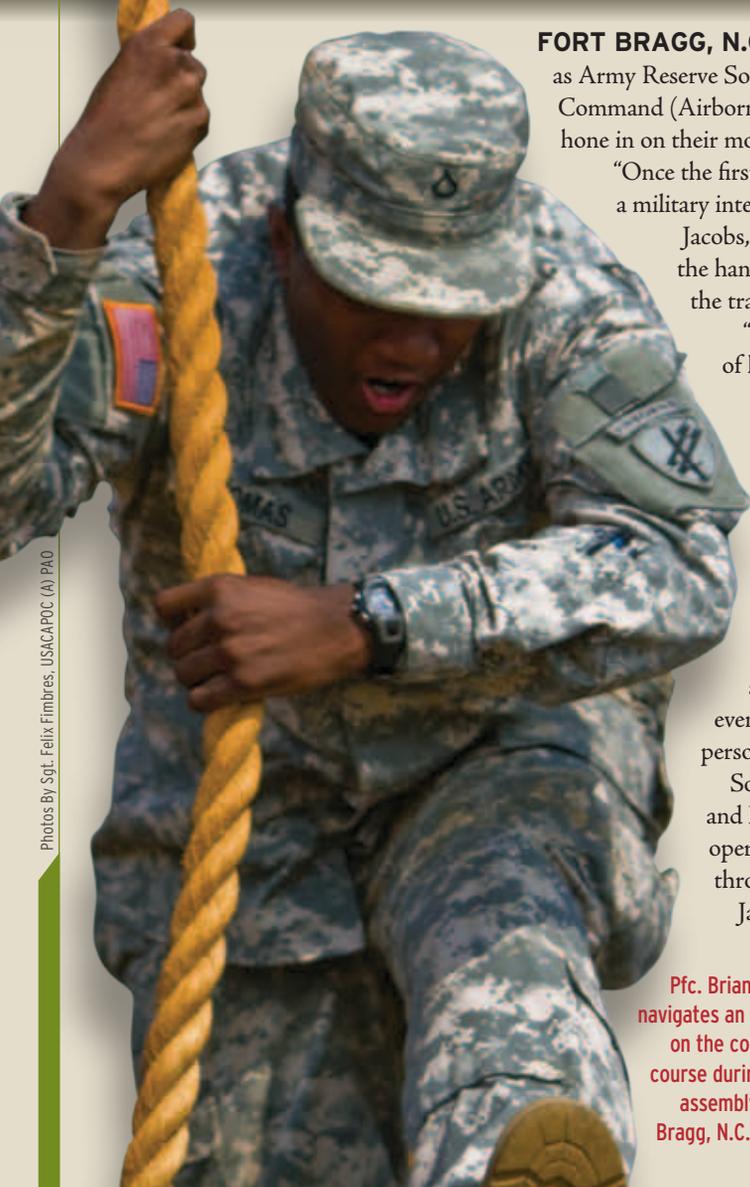
Building Confidence One Battle Assembly at a Time

By Sgt. 1st Class John Gonzalez

U.S. Army Civil Affairs and Psychological Operations Command (Airborne)
Public Affairs



Sgt. Tobias Dye pulls himself up the rope as he navigates the confidence course during battle assembly at Fort Bragg, N.C., May 16.



FORT BRAGG, N.C. — Conquering fear and building confidence was the order of the day as Army Reserve Soldiers from the U.S. Army Civil Affairs and Psychological Operations Command (Airborne) took to the rappelling towers and confidence course here May 16, 2010, to hone in on their monthly warrior training.

“Once the first bound is out of the way... it was easy,” said Sgt. 1st Class Kim M. Jacobs, a military intelligence specialist with the command.

Jacobs, who in her civilian capacity is also the Deputy G2 for the command, praised the hands-on training and said the Soldiers running the rappel tower and conducting the training did an outstanding job.

“The trainers really had lots of patience and worked with those that had a fear of heights,” said Jacobs.

This monthly “Warrior Training” helps train and sustain Soldiers in a variety of warrior skills while simultaneously trying to instill confidence, camaraderie and esprit de corps within the company. Taking advantage of the abundant training opportunities here at Fort Bragg, the Reserve unit monthly seeks different types of training to expose their Soldiers to a variety of training situations.

Monthly training focuses on the standard warrior tasks such as first aid and medical evacuations, land navigation, and weapons qualifications, but it also includes intricate airborne operations such as night combat jumps, and operations out of UH-60 Blackhawk helicopters. The May 2010 training event’s goal was to perform and sustain training for all air assault qualified personnel, as well as familiarization to other non-air assault qualified Soldiers.

Soldiers trained for a full day on the various types of rappelling techniques and learned the required safety requirements needed for conducting safe tower operations. They also got the opportunity to perform under pressure by running through a timed obstacle course.

Jacobs, who has rappelled only once before, believes that the training is integral to building that well-rounded Soldier, and is key to building teamwork and sense of purpose within a unit.

“Training such as rappelling or the obstacle course is important. It really does build esprit de corps, strength and confidence knowing you can overcome your fears, or at least work through them,” said the 18-year Army Reserve veteran.

She added, “I had a great time and I’m not a big fan of heights.” ❖

Pfc. Brian Thomas navigates an obstacle on the confidence course during battle assembly at Fort Bragg, N.C., May 17.

Photos By Sgt. Felix Fimbres, USACAPOC (A) PAO

ARMY RESERVE MEDICAL SOLDIERS NAMED ARMY'S TOP MEDIC TEAM

By Master Sgt. Enid Ramos-Mandell
Army Reserve Medical Command Public Affairs

PINELLAS PARK, Fla. — Two Army Reserve Soldiers were recently named the top medic team in the Army during the 7th Annual Expert Field Medical Competition held at Camp Bullis, Texas. Staff Sgt. Bjoern J. Pietrzyk and Sgt. Charles L. Smith, 5502nd U.S. Army Hospital, Aurora, Colo., won the best medic team title after topping 13 other teams.

The EFMC is an annual contest featuring a continuous and realistic simulated combat environment in which medical Soldiers endure 72 hours of challenges over six days. It is the most strenuous Army Medical Department competition due to the extreme physical and mental demands.

To qualify, competitors must have earned the Expert Field Medical Badge or the Combat Medical Badge.

Pietrzyk and Smith were mobilized and attached to the Heidelberg (Germany) Medical and Dental Activity when they participated in and won the European EFMC. Their victory in Europe qualified them for the AMEDD contest. Officially, Pietrzyk and Smith competed on behalf of European Regional Medical Command.

"The (European) competition was very intense and it definitely prepared both of us physically and mentally, and helped me progress in my field medic skills," Smith said.

The AMEDD eight-event, six-day competition consisted of a physical fitness assessment, an 18-station obstacle course, weapons qualification on pistol and rifle, warrior skills testing, land navigation challenge, written and reaction-style medical and casualty tests, communication and written tests and a 16-mile foot march with full combat load.

The duo said the road march was the toughest part of the competition.

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

According to Pietrzyk, the final road march took everything out of him.

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

Smith said that each competitor had their strengths and were very good. He had no idea who was near the top and winning was quite a surprise at the end.

Thirteen teams represented units and commands from across the continental U.S. and overseas, including Alaska, Hawaii, Germany, Italy and Korea.

Pietrzyk has been in the Army Reserve for almost six years, deploying to Iraq and Germany.

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

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

"My employer not only supported me but constantly communicated with me during my deployment," he said.

The pair attributes their

success to the 5502nd's constant training throughout the year and the support the Heidelberg MEDDAC gave them.

"It didn't matter that we are Reserve Soldiers," said Smith.

"Our Soldiers in Heidelberg kept us on our feet," said Pietrzyk. "I will never forget what I learned and would like to see more Army Reserve Soldiers enter." ❖

Photo Courtesy U.S. Army Medical Department



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

Photo Courtesy Sgt. Charles L. Smith, 5502nd U.S. Army Hospital



Staff Sgt. Bjoern J. Pietrzyk and Sgt. Charles L. Smith, 5502nd U.S. Army Hospital, Aurora, Colo., compete in the 7th Annual Expert Field Medical Competition on their way to victory.

EDITOR'S NOTE

Information about participating in the 2010 EFMC is at <https://www.us.army.mil/suite/page/621281>.

This streamer represents the sum total of everyone's commitment and dedication to each other, to the mission and to setting a standard of excellence we can all be proud of.

— Maj. Gen. Eldon Regua,
75th Division Commander



75th Division Earns Coveted Excellence Streamer

Story and Photo By Master Sgt.
Dave S. Thompson

75th Battle Command Training Division
Public Affairs

HOUSTON — The 75th Battle Command Training Division celebrated a proud moment Feb. 19, 2010, when Brig. Gen. James Sholar, deputy commanding general, Army Reserve Command, awarded the newly authorized Army Safety Excellence Streamer. The streamer was in recognition of the division's record of achieving 12 consecutive months without a Soldier or unit at fault for a Class A or B accident, the two most serious classifications of Army accidents.

Chief Warrant Officer 4 Robert Schultz, 75th Division Safety Officer, accepted the award on behalf of the division with

Maj. Gen. Eldon Regua, 75th Division commanding general, by his side.

"This streamer represents the sum total of everyone's commitment and dedication to each other, to the mission and to setting a standard of excellence we can all be proud of," said Regua.

Schultz said, "Commanders realize that safety pays dividends. It's very gratifying to receive this recognition, especially knowing that it takes everyone in the division doing the right things to make it happen."

Schultz is new to the division and was quick to give credit to fellow safety program director, Chief Warrant Officer 4 Paul Paradis. Paradis, who is currently serving in Afghanistan, initiated a division-wide safety program that resulted in the recognition for the unit.

"The 75th completely embraces an organizational culture of safety excellence,"

75th Division Commander Maj. Gen. Eldon Regua and Division Safety Officer Chief Warrant Officer Robert Schultz accept the Army Safety Excellence Streamer from Maj. Gen. James Sholar, deputy commanding general, Army Reserve Command.

said Anna Gibbs, Army Reserve Command safety director. Gibbs said the 75th created command and control measures that motivated Soldiers to embrace and put into practice critical safety procedures.

The 75th Division is only the second Army Reserve unit to receive the safety streamer since its authorization last year. The Safety Excellence Streamer will be displayed on the division guidon for one year, after which the unit will have to qualify for the distinction again to continue flying it. 🚩

Army Reserve Honored at Connelly Awards

Story and Photo By Timothy L. Hale
Army Reserve Public Affairs



Members of Forward Support Company, 397th Engineer Bn., pose with Maj. Gen. Bruce Cassella, third from the left, and Command Sgt. Major Michael D. Schultz, third from the right, after winning the 2009 Phillip A. Connelly Award.

RENO, Nev. — Two Army Reserve units were honored with the 2009 Philip A. Connelly Award for excellence in Army food service. The awards ceremony was held on April 17, 2010, here in Reno, Nev.

The Forward Support Company, 397th Engineer Battalion from Eau Claire, Wis., was named this year's winner. The 298th Maintenance Company from Altoona, Pa., was named runner-up for the second consecutive year.

Established in 1968, the Connelly Award program recognizes excellence in the Army food program in the following categories: active Army small and large garrison dining facilities, active Army, Army Reserve and Army National Guard field kitchens.

Co-sponsored by the International Food Service Executives Association, the program is administered by the Army's Joint Culinary Center of Excellence at Fort Lee, Va.

During the year, food service professionals compete at various command levels to qualify for the Army-wide competition. Army and IFSEA evaluators make site visits to the finalists' locations to determine who has the best dining facilities and field kitchen sites across the Army. ★

To see other food service award winners, visit www.army.mil.



TOP REGIONAL RECRUITING ASSISTANTS APR-JUN 2010

REGION 1

Pfc. Kristy Hoinski
Lancaster, N.Y.

REGION 2

Pfc. Amanda Ortiz
Levittown, Pa.

REGION 3

Capt. Steven Kiel
Annandale, Va.

REGION 4

1st Lt. Dimingo Hale
Kingsport, Tenn.

REGION 5

Sgt. David Genyard
Jacksonville, Fla.

REGION 6

Capt. Bradley Fields
Montgomery, Ala.

REGION 7

Spc. Charles Nickles
Eugene, Ore.

REGION 8

2nd Lt. Matthew Cryer
McFarland, Wis.

REGION 9

Pvt. Tricia Jones
Lawson, Mo.

REGION 10

Spc. David Rogers
New Salisbury, Ind.

REGION 11

Lt. Col. Victor Bakkila
Newport Beach, Calif.

REGION 12

2nd Lt. Jorge Martinez
San Antonio, Texas

REGION 13

Sgt. Mark Lugo-Gomez
Tucson, Ariz.

THE BEST WARRIOR COMPETITION

For photos and results visit Facebook at www.facebook.com/myarmyreserve, WordPress at www.bestwarrior.wordpress.com, and Flickr at www.flickr.com/photos/myarmyreserve. We'll also have a wrap-up in Warrior-Citizen this fall.



In a rigorous battle of the minds and strength, this year's "Best Warrior" Competition determined who was the best among the Army Reserve's 206,000 Citizen-Soldiers. The annual competition took place July 25-31 at Fort McCoy, Wis.

To learn which Soldier and NCO will compete for the title of the Army's Best Warrior competition in October, visit www.usar.army.mil.



Sgt. Ian Liebenberg of the 144th Minimal Care Detachment in San Diego, slogs through the mud during the combat obstacle course of the 2nd Medical Brigade's Best Warrior Competition at Fort Hunter-Liggett, Calif. Liebenberg was the runner up for the NCO category.

Photos By Spc. Darryl L. Montgomery,
319th Mobile Public Affairs Detachment



Sgt. 1st Class Marc Facunla, 861st Quartermaster Company, navigates an obstacle on the "Fit to Win" course during the 81st Regional Support Command's ninth annual "Best Warrior" competition at Fort Jackson, S.C., May 2. He was named the best NCO warrior.

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