

WARRIOR CITIZEN

FALL 2011

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Behind every Soldier is a strong support team

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Battle Buddies

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WARRIOR-CITIZEN MAGAZINE STAFF

Col. Jonathan Dahms

Director, Army Reserve Communications

Col. Ernest Parker

Chief, Public Affairs Division

Lt. Col. Bernd Zoller

Chief, Command Information Branch

Melissa Russell

Editor-in-Chief, Warrior-Citizen

Timothy L. Hale

Public Affairs Specialist

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 to the editor should be addressed to warrior-citizen@usar.army.mil, telephone 703-601-3445. All articles must be submitted electronically or on disk or CD. Unsolicited manuscripts and photographs will not be returned.

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Warrior-Citizen, 1st Place
Winner of the 2010 MG
Keith L. Ware Award
(Category C)

In his message, “A Decade of Honoring the Memory of those Lost,” on pages 4-5, Lt. Gen. Jack C. Stultz calls the tenth anniversary of Sept. 11, “a time to keep faith with the Families of those who lost their lives that day, including nine of our own “Warrior-Citizens, ...and a time to reflect on the continued sacrifices of the men and women of the U.S. Army Reserve.” Read his message before moving on to the stories that demonstrate the indelible spirit, sacrifice and sheer determination of the Soldiers who served and prevailed in the aftermath of the attacks. See “Remembering 9/11” on pages 16-21.

As Soldiers continue to meet each challenge, protecting our national interests and supporting our friends and allies around the world, Army Reserve leadership continues to look at ways to best support the health and wellness of our force. Dealing with the complicated issues surrounding the stress and the strain of multiple combat deployments, 1st Lt. Tomas Rofkahr offers a story on suicide prevention training—a subject we in the Army Reserve take very seriously. Read “Learning to ‘ASIST’” on pages 12-13.

On pages 28-31, find out how the 99th Regional Support Command took training to another level in “The Sky’s the Limit” and “Breathe.” And if you haven’t had a chance to follow the 2011 Best Warrior competition, check out the highlights on pages 36-43 and discover which Soldier and which NCO became this year’s “best of the best.”

As always, we strive to showcase the best—most relevant and engaging—of what’s happening around the Army Reserve. We appreciate your submissions and feedback and would love to hear what your unit has been up to. Share your stories with me online at armyreserve.army.mil.

Melissa Russell

Melissa Russell
Editor-in-Chief

CORRECTION: In the Summer 2011 issue of Warrior-Citizen, on page 45, the image in the lower right of Spc. Tarissa C. Vincent swimming was incorrectly attributed to Staff Sgt. Amanda Smolinski, USACPOC (A). The actual photographer was Sgt. 1st Class Carmen Perez, AR-MEDCOM. Our sincere apologies to Sgt. 1st Class Perez for the error.

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16 PEOPLE REMEMBERING 9/11

Ten years ago, three Army Reserve Soldiers from New York City were able to use their nearly 70 years of combined military service to overcome the tragic events of Sept. 11, 2001. Since that day, they are still serving in new positions of leadership while answering the nation's call of selfless service.

BY TIMOTHY L. HALE, ARMY RESERVE COMMAND

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ON THE COVER

PHOTO BY SGT. 1ST CLASS ANDY YOSHIMURA, U.S. ARMY CIVIL AFFAIRS & PSYCHOLOGICAL OPERATIONS COMMAND (AIRBORNE)

Staff Sgt. Phillip McNair, a human resource specialist of the 404th Civil Affairs Battalion folds a U.S. flag just after it was raised at Ground Zero. This flag was flown in over 30 locations for exactly 9 minutes and 11 seconds.

PHOTO BY SGT. 1ST CLASS ANDY YOSHIMURA, U.S. ARMY CIVIL AFFAIRS & PSYCHOLOGICAL OPERATIONS COMMAND (AIRBORNE)

PHOTO BY TIMOTHY L. HALE, U.S. ARMY RESERVE COMMAND

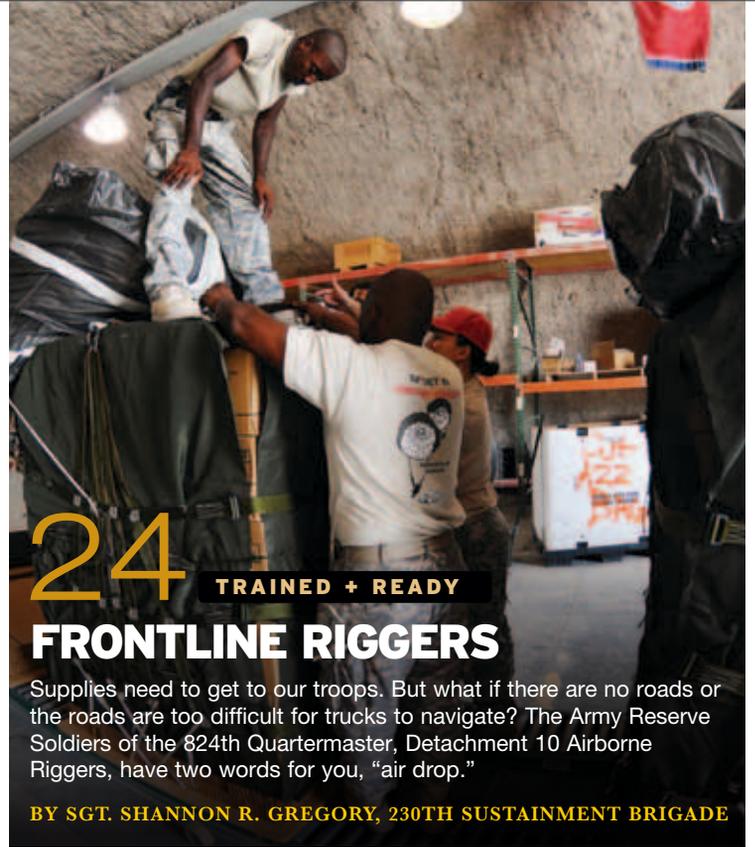


HEALTH + WELLNESS

20 A CURE FOR SOME DELTA BLUES

Life in the Arkansas Delta can be challenging. With poverty, unemployment, high mortality and staggering high school dropout rates, it is an area in desperate need of assistance. So a team of 300 Army Reserve medical and civil affairs Soldiers along with medics from the Navy Reserve and Air Force Reserve spent 11 days in the region to help make some positive changes in the lives of residents who call this area home.

BY TIMOTHY L. HALE, ARMY RESERVE COMMAND



24 TRAINED + READY

FRONTLINE RIGGERS

Supplies need to get to our troops. But what if there are no roads or the roads are too difficult for trucks to navigate? The Army Reserve Soldiers of the 824th Quartermaster, Detachment 10 Airborne Riggers, have two words for you, "air drop."

BY SGT. SHANNON R. GREGORY, 230TH SUSTAINMENT BRIGADE

PHOTO BY SGT. SHANNON R. GREGORY, 230TH SUSTAINMENT BRIGADE



30 PEOPLE BREATHE

Five Army Reserve bands joined in a musical mentoring session, learning techniques from members of the elite U.S. Army Field Band.

BY STAFF SGT. NICOLE DYKSTRA, 99TH REGIONAL SUPPORT COMMAND



ABOVE: PHOTO BY STAFF SGT. NICOLE DYKSTRA, 99TH REGIONAL SUPPORT COMMAND

TRAINED + READY

26 THE SKY IS THE LIMIT

Twin-engine rotor blades slice through the air as Soldiers of the 99th Regional Support Command exit the CH-47 Chinook helicopter. All part of the five-day annual training event called "Operation Checkboard."

BY STAFF SGT. SHAWN MORRIS, 99TH REGIONAL SUPPORT COMMAND PUBLIC AFFAIRS

PHOTO BY STAFF SGT. SHAWN MORRIS, 99TH REGIONAL SUPPORT COMMAND PUBLIC AFFAIRS



SPECIAL SECTION

2011 BEST WARRIOR COMPETITION

36 THE LONG, HARD ROAD

The Army Reserve Best Warrior competition came to a head at Fort McCoy, Wis. in June. Bad weather plagued this years test of wits and determination. But through it all, two victors emerged.

BY TIMOTHY L. HALE, U.S. ARMY RESERVE COMMAND

PHOTO BY SPC. LINDSEY A. SCHULTE, 364TH PUBLIC AFFAIRS OPERATIONS CENTER.



BY LT. GEN. JACK C. STULTZ
CHIEF, ARMY RESERVE AND
COMMANDING GENERAL,
U.S. ARMY RESERVE COMMAND

PHOTOS BY TIMOTHY L. HALE, ARMY RESERVE COMMAND PUBLIC AFFAIRS

A Decade of Honoring the

A decade has passed since our country was attacked on Sept. 11, 2001, yet many of us still vividly remember where we were at a moment that galvanized communities, cities, a nation and our military forces in support of our country, our allies and our core beliefs. The tenth anniversary of Sept. 11 is a time to keep faith with the Families of those who lost their lives that day, including nine of our own “Warrior-Citizens,” many of whom were civilian first-responders killed during rescue efforts at the World Trade Center. It’s also a time to reflect on the continued sacrifices of the men and women of the U.S. Army Reserve and their Families who’ve given so much during this era of persistent conflict, honoring the legacy of those lost on Sept. 11.

“Let us continue to remember all of our fellow Americans who have made this date unforgettable, and express our gratitude by carrying on their spirit of courage and loyalty.”

— BY LT. GEN. JACK C. STULTZ
CHIEF, ARMY RESERVE AND
COMMANDING GENERAL,
U.S. ARMY RESERVE COMMAND

That we have been an Army at war for a decade is something you and your Families are intimately aware of—Families such as NYPD Detective and Army Reserve Command Sgt. Maj. Christopher Whitford and his wife Gloria. On Sept. 11, Police Detective Whitford was a first responder, working to do whatever it took to save lives in the aftermath of the collapse of the Trade Centers. Tragically, he learned that he lost his younger brother Army Reserve Capt. Mark Whitford that day, a firefighter who selflessly gave his life to save others. Whitford knew his and his Family’s lives were forever changed that day, personally and professionally. Less than two-months later he was a mobilized Army Reserve Soldier and was ultimately deployed to Afghanistan. His commitment is emblematic of tens of thousands of Soldiers who have stepped forward to meet the needs of our nation, transforming what was once a strategic reserve



into a seamless element of the operational force, ready to serve at a moment’s notice.

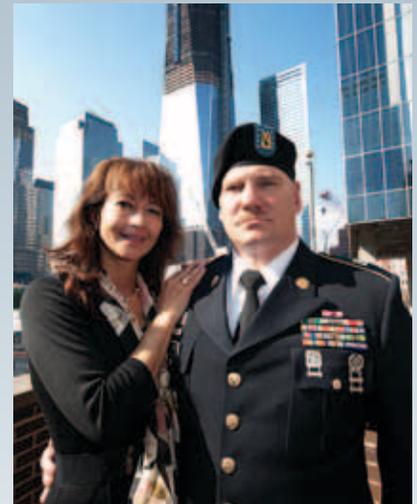
SOLDIERS FOR LIFE

I have spent the last seven out of nine Christmases with our deployed Soldiers, and there is nothing that epitomizes the deep commitment of these men and women more than standing in Kabul, Afghanistan, or Baghdad, Iraq, presiding over a re-enlistment ceremony. That these men and women, thousands of miles from home and their loved ones, are raising their right hand to continue their service while conducting dangerous missions is a testament not only to their dedication but to the warrior ethos of the Sept. 11 generation. These are the Soldiers who live the “Soldier for Life” concept.

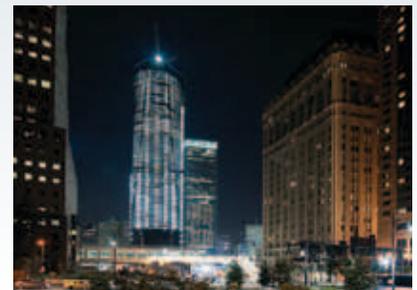
Memory of those Lost



"It's humbling to see how this (Sept. 11) has impacted these Army Reserve Soldiers and their Family members," said Command Sgt. Major Michael D. Schultz, (center) shown with (from left to right) Command Sgt. Maj. Christopher Whitford, Maj. Thomas Sullivan and Sgt. Maj. Vincent Mannion in front of Ground Zero's Freedom Tower. "They are serving and volunteering to serve continuously because this has touched them so deeply. It's a higher calling of not only being a Soldier but an Army Reserve Soldier."



Command Sgt. Major Christopher Whitford and his wife Gloria. Whitford's brother, Mark, was a firefighter with Engine 23 and was killed when Tower 2 collapsed on Sept. 11.



Nearly 10 years later, the 104 story Freedom Tower rises from the site of the World Trade Center in lower Manhattan. The site will also house two reflecting pools with the names of all the victims from the Sept. 11 attacks in New York, the Pentagon and Shanksville, Penn. as well as those from the first attack on the WTC in 1993.

The accomplishments of this valiant group of warriors has been extraordinary—yet no more extraordinary or appreciated than the commitment and sacrifice of their Families here at home. Gloria Whitford saw her husband deploy to combat only weeks after thinking she'd lost him in downtown Manhattan as a Police Officer. While the rest of us were still trying to piece our lives together, she had to accept the "new normal" of a husband who would be fighting an enemy thousands of miles away. No words can ever fully express the gratitude that I have for those spouses and Family members who provide ongoing support to our Soldiers. I am forever indebted and committed to all of you, including my own wife, Laura.

Laura and I wish to thank each one of you who serve our country as a member of the

Army Reserve team. Your selfless service and commitment to duty honors the legacy of those lost on Sept. 11, and your service continues to protect our freedoms here at home. You represent the best America has to offer, and as you continue on as a member of our operational reserve, please know that I will always advocate on your behalf to ensure you stay the most experienced, trained and equipped force in our nation's history.

Let us continue to remember all of our fellow Americans who have made this date unforgettable and express our gratitude by carrying on their spirit of courage and loyalty.

May God continue to bless each of you and your Families for your service, your sacrifice and your commitment to freedom. 🇺🇸



Army Reserve Command Sgt. Major Michael D. Schultz visited in Ground Zero in New York City on Saturday, Aug. 20, 2011. He met with Army Reserve Soldiers who lived through the attack on the World Trade Center nearly 10 years ago.

blogs + 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.



WWW.ARMYG1.ARMY.MIL/HR/SUICIDE

 **ARMY G-1'S SUICIDE PREVENTION WEBSITE OFFERS MANY RESOURCES,** including videos, FAQs and training materials as well as copies of numerous publications. The Army Suicide Prevention Office's mission is to improve readiness through the development and enhancement of the Army Suicide Prevention Program policies designed to minimize suicide behavior; thereby preserving mission effectiveness through individual readiness for Soldiers, their Families and Department of the Army civilians.



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COMING FALL 2011! THE NEW ARMY RESERVE WEBSITE! A comprehensive new look to the Army Reserve's web home! The Army Reserve launches its new online home with a site that's focused on you, the user! Resources you need, news that's relevant and engaging and a site that gives you a voice through its social media connections! The Army Reserve website gives Soldiers, Family members, veterans and civilians an unprecedented connection to the Army Reserve.



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MILITARYHOMEFRONT IS THE DEPARTMENT OF DEFENSE WEBSITE for official Military Community and Family Policy program information, policy and guidance designed to help troops and their Families, leaders and service providers. The Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy is directly responsible for programs and policies which establish and support community quality of life programs for service members and their Families worldwide. This office also serves as the focal point for coordination of the broad range of Quality of Life issues within the Department of Defense.



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THE THRIFT SAVINGS PLAN IS A RETIREMENT SAVINGS AND INVESTMENT PLAN for Federal employees and members of the uniformed services, including the Army Reserve. It was established by Congress in the Federal Employees Retirement System Act of 1986 and offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans. The TSP is a defined contribution plan, meaning that the retirement income you receive from your TSP account will depend on how much you put into your account during your working years and the earnings accumulated over that time.

STORY AND PHOTOS BY STAFF
SGT. SHAWN MILLER, 109TH
MPAD, USD-N PUBLIC AFFAIRS



“I would hope that (my fellow Soldiers) would look at me as a guy who did his job and was there when they needed him.”

— CHIEF WARRANT OFFICER 3
GARY TAMIETTI, 339TH MILITARY
INTELLIGENCE COMPANY

ABOVE: Chief Warrant Officer 3 Gary Tamietti, an intelligence, surveillance and reconnaissance pilot assigned to 339th Military Intelligence Company, Task Force ODIN, flew his final mission in Iraq on July 31, after 40 years of service. He was shot down in Vietnam, got out of service, spent 20 years as a commercial pilot and several years on the PGA tour as a golfer before re-enlisting to help train younger pilots serving in Iraq.

final flight of a true leader

CONTINGENCY OPERATING BASE

SPEICHER, Iraq – Chief Warrant Officer 3 Gary Tamietti scanned the desert of northern Iraq quietly slipping by beneath his C12 reconnaissance plane—a far different sight than the jungles of Vietnam he first took flight over more than 40 years before.

Four decades after serving in Vietnam as a young helicopter pilot with the 1st Aviation Brigade, Tamietti made his final flight in support of Operation New Dawn, July 31, before hanging up his wings for retirement later this year.

This is not the first “final flight” for Tamietti, nor is it his first experience with retirement.

After his deployment to Vietnam and ensuing service in the Army National Guard, Tamietti left the military in the early 1980s to pursue a career as a commercial airline pilot.

“I just kind of closed that chapter in my life and I thought that was it, and never expected to get back in; not 25 years later,” he said.

After more than 20 years as a commercial pilot and several years on the Professional Golfers’ Association of America tour, Tamietti traded global travel for a relaxing retirement.

That all changed in 2003, he said, after listening to the Nevada Army National Guard Advocate General speak about losing experienced Soldiers to the competing demands of multiple deployments and life at home.

“I thought they could use my knowledge for something,” Tamietti said. “I never really expected to fly; I certainly never expected to do two tours in Iraq. It’s been an adventure, no question.”

Shortly after re-entering the military, Tamietti found himself in Iraq serving with the 339th Military Intelligence Company, an Army Reserve unit attached to Task Force ODIN.

As an intelligence, surveillance and reconnaissance pilot, Tamietti and his fellow Soldiers are charged with the mission of observing, detecting, identifying and neutralizing the threat of improvised explosive devices throughout Iraq.

“There are a bunch of kids who get to go home in one piece on account of us, and I feel good about that,” he said. “I feel that’s a pretty major accomplishment for us.”

Despite being a highly decorated combat veteran, Tamietti said military service is not about medals

or heroics, but rather about building camaraderie, leadership and protecting those with whom he serves.

On several occasions in Vietnam, Tamietti disregarded his personal safety as he repeatedly flew headlong into withering enemy fire to aid ground troops.

Any pilot would have done the same, Tamietti said humbly, but he just happened to be the first one available to help on those occasions.

After being shot down and badly wounded, Tamietti said his observer pulled him from the downed aircraft and propped him against a rice paddy wall. As enemy forces closed in, Tamietti said his wingman’s observer, Staff Sgt. Jim West, emerged from the weeds, crawling to his position.

After being shot down himself, West crawled more than 200 meters into the midst of the fighting to rescue Tamietti and his observer.

That devotion to fellow Soldiers, Tamietti remarked, is what defines a life of military service, and is a lesson he imparts to the younger Soldiers he now serves with.

“The respect I get from these kids for what we did means a lot to me,” Tamietti said. “I would hope that they would look at me as a guy who did his job and was there when they needed him.”

Major Temple Brown, commander of 339th MI Company, said Tamietti brings a wealth of knowledge to the mission in Iraq and teaches younger pilots everyday problem-solving techniques not learned in flight school.

“When you get with Chief Tamietti, you know you’re with an experienced pilot,” Brown said. “He brought all that experience back into the Army after a long hiatus.”

Still flying daily missions at 61 years old, Tamietti is an inspiration to younger Soldiers, Brown said.

“Every day he’s out there grinding it out with the rest of us,” Brown said. “They see him out on the flight line pre-fighting in 115-, 120-degree weather out there with everyone else. They look at him and they stop complaining because he’s out there with the rest of us doing it. He’s an impressive guy.”

While he said he sometimes gets tired of the daily grind, Tamietti said he never gets tired of putting on the uniform each morning and serving his country—a lesson taken from his father.

“He spent six and a half years in North Africa, Italy and France during World War II, and never regretted a day, and I feel the same way,” Tamietti said of his father. “I feel lucky to get the opportunity to do this. I enjoy the challenge.”

In some ways, that challenge of supporting complex counter-IED missions in Iraq is easier due to technological advancements, Tamietti noted.

“We had a lot less technology and a lot less communication, and did a lot more by the seat of our pants back then,” Tamietti said of his days in Vietnam.

Through a combination of teaching high-tech reconnaissance assets to fellow pilots and low-tech cunning garnered from years in the pilot’s seat, unit leaders said Tamietti amassed a vast wealth of knowledge they now must look to replace as he retires.

“The impact will be felt dramatically when he leaves because of all the experience and confidence he brings to everybody,” said Brown.

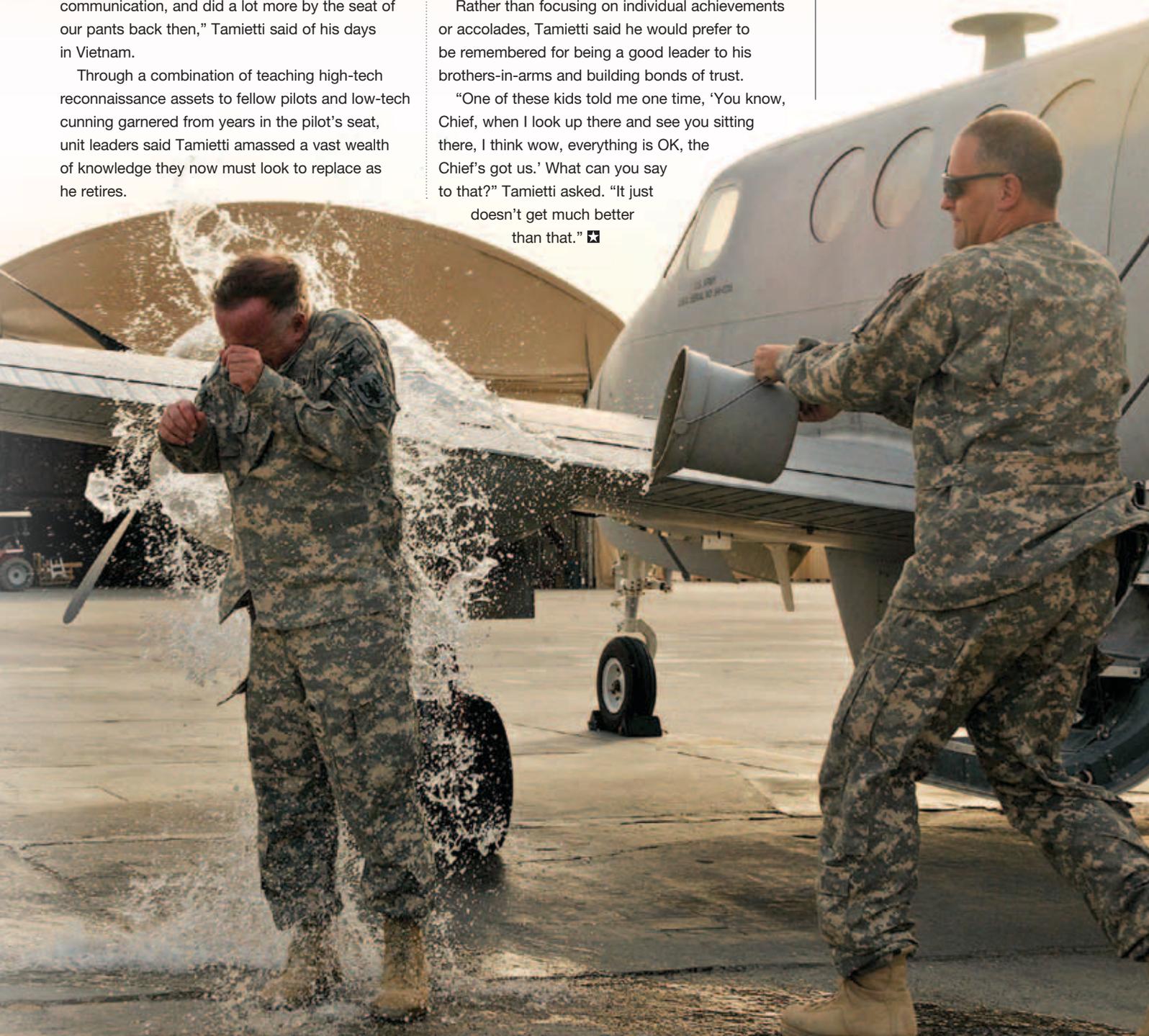
Lieutenant Colonel Jon Tussing, Task Force ODIN commander, said Tamietti serves as a role model for Soldiers and officers in the unit.

“He defines ‘selfless service’ and is well-respected,” Tussing said. “It has truly been a pleasure working with him.”

Rather than focusing on individual achievements or accolades, Tamietti said he would prefer to be remembered for being a good leader to his brothers-in-arms and building bonds of trust.

“One of these kids told me one time, ‘You know, Chief, when I look up there and see you sitting there, I think wow, everything is OK, the Chief’s got us.’ What can you say to that?” Tamietti asked. “It just doesn’t get much better than that.” 🇺🇸

Chief Warrant Officer 4 Christopher James, Company B, Task Force ODIN, soaks Chief Warrant Officer 3 Gary Tamietti during his retirement celebration at Contingency Operating Base Speicher, Iraq, 2011.





high-flying JAG

STORY AND PHOTO BY
SPC. ELIZABETH COLE, 9TH
MISSION SUPPORT COMMAND

Lt. Col. Jordan Clouse, deputy staff judge advocate for the U.S. Army Reserve's 9th Mission Support Command, speaks to an air-traffic controller after taking off for a flight over Oahu, Hawaii. Clouse, also a licensed pilot, combines his love for flying with his everyday job by using the aircraft to carry out missions on other islands.

HONOLULU – “Clear!” the pilot yells, looking around as he starts the engine of a Cessna 172R, an airplane with a cockpit no larger than the inside of a sports car.

With his headphones secured tightly to his head and the microphone kissing his lips, he reviews the pre-flight checklist in preparation for a short flight around the island of Oahu. Turning knobs and switching gauges, he mentally checks one item off the list at a time.

Within minutes, the plane is soaring just below the clouds.

Being a licensed pilot and a practicing lawyer is all in a day's work for Lt. Col. Jordan Clouse, deputy staff judge advocate for the U.S. Army Reserve's 9th Mission Support Command at Fort Shafter Flats.

Recently, he found a way to combine his love for flying with his everyday job.

He and a colleague were called to Maui to help provide powers of attorney, wills and legal consultations to Reserve Soldiers. Clouse saw the mission as a chance to put his skills to good use.

“We had battle assembly that weekend so we went to first formation at 6:30 a.m. on Sunday and left straight from there to Honolulu Airport. We were off the ground by 8:30 a.m.,” explained Clouse. “We flew to Maui and were set up for work by 10:30 a.m. After we saw about 20 Soldiers, we were done by 1:30 p.m. and flew home. The best part was, we still made it in plenty time for our 4 p.m. final formation.”

Clouse explained he was able to support the mission about three and a half hours quicker and a

lot cheaper than using commercial air, and it was all done in one duty day.

“I don’t think I did anything special,” Clouse said humbly. “Basically I saw a job that needed to get done, so I did it.”

Clouse’s love for flying began on his 15th birthday when his mom surprised him with a flight over Cedar Rapids, Iowa, as a gift.

However, it wasn’t until Clouse moved to Hawaii that the itch he’d had for flying all those years was finally scratched.

“We all make excuses, and I got tired of putting off my dream,” explained Clouse. “I couldn’t think of too many other places I would want to learn how to fly.”

In June 2010, Clouse began his lessons. By Sept. 2, he was on his first supervised solo flight.



On Sept. 11, he flew by himself for the first time, and on Dec. 7, he was a licensed pilot.

“Those are very significant days in military history. My supervised solo was done on the anniversary of the end of World War II; Sept. 11 is the day we’ll never forget, and I was licensed on the anniversary of the Pearl Harbor attack. What better way to symbolize my experience?” said Clouse.

After more than 30 years in the Army, Clouse plans to retire no later than 2016. Meanwhile, he is preparing for life after the military.

“I’m not sure what path I’m going to take after retirement,” said Clouse. “I have so many options. I could be a flight instructor or continue to practice law and be able to fly and meet clients. We’ll see what the future holds.” ❏

Warrior-Medics Excel

STORY AND PHOTO BY STAFF SGT. MARNIE JACOBOWITZ,
ARMY MEDICAL COMMAND PUBLIC AFFAIRS

RICHMOND, Va. – Soldiers from around the globe, representing all Army components, converged here to attend the 7th Annual Chief of Staff Combined Logistic Excellence Award ceremony. This included two Soldiers from the Army Reserve Medical Command who won the CLEA for their outstanding work supporting medical assets within the Army Reserve.

The CLEA is a Department of the Army level program. It is a coveted award given to those who have attained excellence in Army logistics.

Capt. Shenika Baisley and Master Sgt. Linda Mounce from the Medical Readiness Training Command out of San Antonio, Texas, won the Supply Excellence Award for Level III (B), Parent TDA. According to Mounce daily preparation aided in their victory.



Sergeant Major of the Army Raymond F. Chandler III presents Master Sgt. Linda Mounce the Chief of Staff Combined Logistic Excellence Award (CLEA) on May 12, 2011.

“It’s a lot of hard work,” she said. “But, if you do your job on a daily basis it makes the competition a lot easier when time for the inspection comes.”

There are three different categories of CLEA awards that include the Army Award for Maintenance Excellence, the Deployment Excellence Award and the SEA won by the MRTC.

During the competition Baisley and Mounce were inspected by the CLEA team, who strictly abide by a supply check list from the Command Supply Discipline Program.

The inspection team looked at every detail of MRTC’s supply operation to ensure compliance with the CSDP. They also inspect a unit’s standard operating procedure. The SOP has to mirror what the unit’s Soldiers do on a daily basis and what the daily supply and logistics requirements are. It cannot just be a basic template but has to be detailed enough for any Soldier to read and carry out the supply and logistics requirements for any mission.

According to Chief Warrant Officer 3 Nelson Diaz, AR-MEDCOM Command Property Accountability Tech, Baisley and Mounce produced a top-notch SOP.

“The award inspection team noted that their SOP was one of the very best they had seen— Army wide,” he said.

“You must receive a score of 90 or above to even qualify for this award,” said Mounce. “We were the only unit this year to score above a 90 percent in our category.”

MRTC first won at the AR-MEDCOM and Army Reserve level competitions, in their category, prior to going on to the DA level of competition.

Baisley and Mounce are no strangers to this prestige award. In 2009, their first year of competing, these two outstanding Reserve Soldiers were awarded the runner-up prize for their efforts. In 2010, they won.

Sergeant Major of the Army Raymond F. Chandler III presented this year’s CLEA awards to the winning Soldiers. Before handing out the awards, Chandler shared his thoughts about the CLEA award to the audience.

“Competition is an important part of who we are, it defines who the best is and we are committed to excellence,” he said. “It’s a great day to be in the Army.”

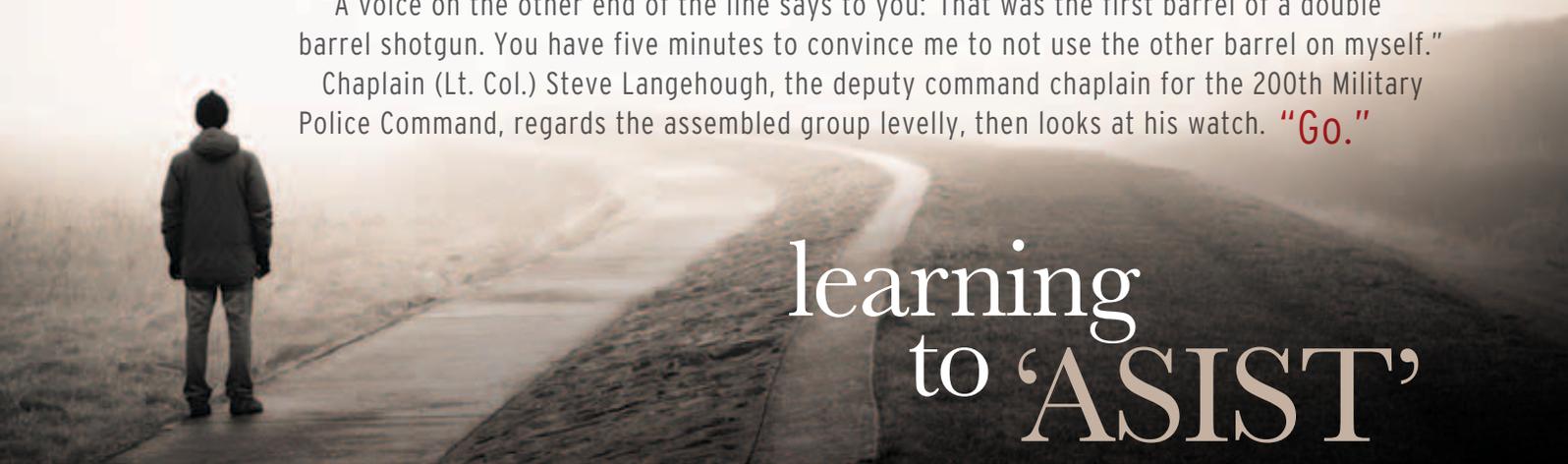
Mounce agreed. “It (the CLEA) shows our down trace units we are doing a good job and gives Soldiers someone to look up to. It’s for them, not for me,” she said. “We want other units to follow in our footsteps and lead from the top.” ❏

“You’re a late night operator on a suicide hotline. The phone rings and when you answer it, you hear the sound of a gun going off.”

The loud bang echoes across the room, visibly startling the assembled crowd.

“A voice on the other end of the line says to you: That was the first barrel of a double barrel shotgun. You have five minutes to convince me to not use the other barrel on myself.”

Chaplain (Lt. Col.) Steve Langehough, the deputy command chaplain for the 200th Military Police Command, regards the assembled group levelly, then looks at his watch. **“Go.”**



learning to ‘ASIST’

BY 1ST LT. TOMAS ROFKAHR,
364TH PUBLIC AFFAIRS
OPERATIONS CENTER, SPECIAL
TO THE 200TH MILITARY
POLICE COMMAND

“Don’t immediately try to fix people. You’re here to listen, to assess. Reflect what you’re hearing back at the person...let them lead.”

— CHAPLAIN (LT. COL.) STEVE
LANGEHOUGH, DEPUTY
COMMAND CHAPLAIN, 200TH
MILITARY POLICE COMMAND

BETHLEHEM, Pa. – Indecision grips the would-be caregivers. Langehough looks around the class as the trainees struggle to come up with a response. There are a few false starts as one student or another tries to tackle the problem.

Seconds tick past; Langehough smiles.

“Four minutes.”

In this scenario, the loud bang was just a book slamming onto the floor, but Applied Suicide Intervention Skills Training, also called ASIST, is designed to prepare the assembled group of volunteers for the real thing.

The trainees—Soldiers and Family members from the 200th Military Police Command—quickly learned that the two-day ASIST training was very hands-on and intense. Nothing at all like the yearly suicide awareness briefing most of them were used to.

Finally, one Soldier, Staff Sgt. Rachel Pitts, assigned to the Bethlehem, Pa.-based 744th MP Battalion, ventures a response to the scenario, “So, you’re telling me you want to use that shotgun to commit suicide.”

The statement seems out of place, almost obvious, and the uncertain expression Pitts wore was mirrored on the faces of the assembled trainees. But for Langehough and the other ASIST trainers, Pitts’s simple reflection of the situation was the right first step. She has made a connection with the at-risk caller, and for students of ASIST, that connection was the critical first step to providing aid.

“This is different,” said Langehough. “We (the Army), have traditionally done a lot of support

for suicide after the fact; ASIST is different, this is intervention, direct first aid for someone at risk.”

ASIST is designed to build the confidence and skills necessary to prevent suicide. More than just awareness, the Soldiers and their Families were taught how to recognize someone who’s at risk and how to move them emotionally to a “safe place.”

The coursework was hands-on, and for many of the aggressive and confident military policemen, more than a little frustrating.

“Don’t immediately try to fix people. You’re here to listen, to assess. Try to avoid questions that can be answered with a yes or a no,” said Langehough. “Reflect what you’re hearing back at the person you’re talking to, let them lead.”

The chaplain took a step and turned, as if ballroom dancing.

“We are the followers in this dance, the person at risk is always in step, always in sync; we just have to keep up,” said Langehough.

An integral part of what students learned in the course included the many myths associated with suicide and how their own views and beliefs can affect their ability to provide care.

When divided into three groups based on their view of suicide, the majority of the students filtered toward the “suicide is wrong” side of the classroom. Others had aligned themselves in the middle or toward the “suicide is a person’s right” side.

Regardless of where each stood, they realized that what they believed about suicide can affect how an at-risk person views them as a potential caregiver.

“The intent isn’t to teach a student that what they believe is wrong, but to get them to understand

PHOTO BY BY 1ST LT. TOMAS ROFKAHR, 364TH PUBLIC AFFAIRS

both sides of the picture,” said ASIST trainer, Sgt. 1st Class Merle Solomon. “What they perceive, and what the at-risk person believes.”

Students in ASIST training were taught to recognize, understand and engage “invitations” sent out by at-risk individuals in order to provide care. Small, seemingly insignificant acts could often be signs that a fellow Soldier is at risk of suicide.

“We’re not doing therapy here,” said Langehough. “We’re doing crisis intervention. We’re getting the at-risk person to a safe place until a full-time professional can get involved.”

In order to make the training more realistic, Soldiers found themselves working through grueling role-play scenarios with their instructors, with every trainee struggling to “say the right thing.”

For Pfc. Wayne Smith, assigned to the Ashley, Pa.-based 361st Military Police Company, the fear of making a mistake was the hardest part.

“Saying the wrong thing would be rough,” said Smith. “You’re afraid you’re going to say something that’s going to put them over the edge.”

While Soldiers struggled with the role-play interventions, Smith and several other Soldiers found themselves energized by the hands-on nature of the class.

“This training helps us put everything together,” said Staff Sgt. Bob Ridgick of the 744th. “Any of us might recognize the signs (of suicide) but what do you do now?”

“There is no perfect intervention,” said Langehough. “We have to remember that it’s okay to get out of sync with the process. We just need to know how to back in.”

For Soldier caregivers, the threat of suicide is one that has become more and more real.

According to LivingWorks, the Canadian company that developed ASIST training, more than six percent of the entire population of the United States have had serious thoughts of suicide.

Four to five percent have actually attempted suicide.

As the suicide rates within the armed forces have grown to alarming rates, the need to change how the Army Reserve responds to the threat has grown.

“We’re all aware of suicide, but now we’re doing more than talking about it,” said Lt. Col. Diane Wallace, an ASIST trainer from the Fort Totten, N.Y.-based 344th Combat Support Hospital and a registered nurse. “We’re the pebble in the water that’s making waves.”

The continuing need for understanding and change was echoed by other Soldiers.

Several Soldiers felt that one of the most important questions to be addressed during the training was how the Army Reserve community was going to adapt and change in order to better understand and prevent suicide.

“Many hands make light work,” said 1st Lt. Jason Small, 744th MP Bn. “The more we understand and the more personnel who receive training like ASIST is what it’s going to take to turn the tide.”

Sgt. Tonya Raymond of the 744th MP Bn agreed. “The change is going to start with us.” ❏



Soldiers assigned to the 200th Military Police Command conduct an ASIST intervention role-play scenario during an Applied Suicide Intervention Skills Training or ASIST class to 200th MPC Soldiers and Family members in Bethlehem, Pa.

awareness is the first step

BY CAPT. ROBERT DEMARTINO, U.S. PUBLIC HEALTH SERVICE
DIRECTOR OF BEHAVIORAL MEDICINE DIVISION, TRICARE MANAGEMENT ACTIVITY

Serving in the military can be both physically and mentally stressful for Soldiers and their Families, and put them at risk for depression. As difficult as it is to see such distress in Soldiers or loved ones, it’s everyone’s responsibility to act when the situation demands it.

It is important to learn the warning signs of suicide so Soldiers can spot them in themselves and others. The National Suicide Prevention Lifeline lists several:

- Threatening to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, pills, etc.
- Talking or writing about death, dying or suicide
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities—seemingly without thinking
- Increasing alcohol or drug use
- Withdrawing from friends, Family and society



TRICARE behavioral health care services are available during times of stress, depression, grief and alcohol and drug abuse. When Soldiers or their Family members need help, don’t wait until the situation worsens. Call 911 or go to the closest emergency care facility.

If a Soldier or a loved one in the United States is having suicidal thoughts and doesn’t know where to go for help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or TTY: 1-800-799-4889. This hotline is toll-free and available 24 hours a day.

If it’s not a behavioral health emergency, but some help is needed, go to the TRICARE Mental Health Resource Center for confidential access to mental health resources. Soldiers can learn how to find a behavioral health care provider, make an appointment and select different treatment options.

Reserve Soldiers and their Family members using TRICARE Reserve Select, or who are covered under the Transition Assistance Management Program, can use the TRICARE Assistance Program. TRIAP offers short-term counseling to help with daily life problems such as stress, marital issues or deployment adjustment through Internet videoconferencing with a licensed behavioral health clinician.

Military One Source also offers confidential, short-term, counseling for daily life problems. Another program, the Military and Family Life Counselor program is available to the Reserve Soldiers through the Family Readiness Centers on drill weekends for short-term counseling for stress related concerns.

The most important message TRICARE wants Soldiers to know is that help is available. Coping with stress or depression is a battle Soldiers and Families don’t have to fight alone. ❏

BY SGT. DONNA HICKMAN,
489TH ENGINEER BATTALION

“I try to stay in contact with as many Soldiers as I possibly can. My Soldiers know anything they say to me or my assistant is confidential.”

— SPC. CHRISTOPHER GRIDER,
CHAPLAIN'S ASSISTANT, 489TH
ENGINEER BATTALION

chaplains at WAREX

FORT MCCOY, Wis. – 1st Lt. James Byler and Spc. Christopher Grider are participating in the 2011 Warrior Exercise to prepare for possible deployment. But as a chaplain and chaplain's assistant, Byler and Grider, respectfully, must also train for their unique tasks just a little differently than the rest of their engineer comrades of the 489th Engineer Battalion of Little Rock, Ark.

Grider, from Rison, Ark., knows the gravity of what they could face. He says his biggest concern about a possible upcoming deployment is “being new” with “no deployment experience.”

Although working as a chaplain in theater may seem comparatively easy to the warrior tasks of the other participants, their responsibility and potential impact is far-reaching. “I try to stay in contact with as many Soldiers as I possibly can. My Soldiers

know anything they say to me or my assistant is confidential,” says Byler, from Harrison, Ark.

Byler, a former tuba player for the 95th Army Reserve Band, has been a chaplain for only six months. His 21-year-old assistant, Grider, has never before deployed. Meeting with other chaplains and chaplain's assistants in training who are participating in WAREX to discuss the decisions, procedures and contingency plans chaplains may have to make in a war zone, Byler and Grider listen intently within the tent used for a chapel.

Maj. Valiant Lyte, Sr., of Company B, 345th Combat Support Hospital in St. Petersburg, Fla., facilitates the meeting. Lyte instructs them on the actions chaplains need to take as soon as they place “boots on ground.”



Maj. Valiant D. Lyte gives the other chaplains a tour of the medical facilities at Contingency Operating Location Freedom during the 2011 Warrior Exercise held at Fort McCoy, Wis. The 2011 WAREX is one of several major exercises conducted by the U.S. Army Reserve. Lyte is the chaplain for the 345th Combat Support Hospital based out of Jacksonville, Fla.



A group of chaplains and chaplain's assistants sit in on a preliminary briefing at Contingency Operating Location Freedom during the 2011 Warrior Exercise held at Fort McCoy, Wis. The briefing was held to make sure all the chaplains understood the mission during this exercise. The 2011 WAREX is one of several major exercises conducted by the U.S. Army Reserve.

Lyte also describes the procedure and appropriate reaction should a mass casualty occur. As they enter the medical facilities, Lyte stresses the necessity of being prepared to offer last rites, assist with ER, and support the medics taking care of wounded Soldiers.

American Soldiers are not the only ones the chaplains must consider. They are friendly as well to Soldiers from allied countries or enemy forces who serve in combat. For example, Lyte explains that chaplains are to ensure that prayer rugs and miniature Qurans are available for wounded Muslims. Likewise, the Torah and the yarmulka must be present for Jewish patients to use.

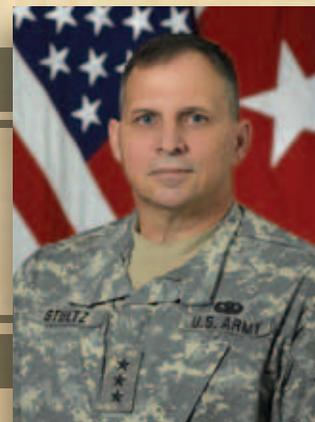
Chaplains and their assistants' responsibilities are 24/7. Therefore, stealing sleep at various times is justified. Byler says his biggest challenge so far has been to refrain from internalizing the emotional pain of his Soldiers. The issues his Soldiers face are usually about Family and finances as well as post traumatic stress disorder. Of course, suicide is a major issue. Byler says, "We are proactive in suicide prevention. When we hear talk about it, we take it seriously."

Nevertheless, Byler remains jovial. He says he immerses himself in "the Word" to sustain strength. Furthermore, he says the chaplains support each other by listening to one another.

Grider enjoys being a chaplain's assistant. He likes that he gets to know a little about many jobs in the Army. What's more, he recognizes the importance of their job. Grider says he feels as if their two-man team really helps others. At the WAREX, he and Byler will become better prepared to confidently serve and protect Soldiers' hearts and minds in and out of the battlefield. ❏

PHOTOS BY SPC. TRUE THAO, 364TH PUBLIC AFFAIRS OPERATIONS CENTER

SOLDIERS TOWN HALL WITH LT. GEN. JACK STULTZ



What is the status of reducing the retirement age?

Reserve Component Soldiers who are mobilized in support of Overseas Contingency Operations after Jan. 28, 2008, will have their retirement dates reduced by three months for each cumulative total of 90 eligible days of active duty that they serve, except when those 90 days cross a fiscal year boundary.

Current Department of Defense policy is a reflection of present language in Title 10 United States Code Section 12731 as adapted by the FY 2008 National Defense Appropriations Act, which clearly prohibits allowing the 90-day calculations to exceed fiscal year boundaries.

However, a provision in the FY 2011 NDAA indicated that Congress' intent was to permit such calculations. The DoD is currently working with Congress to see how its intent may be met, given the wording constraints, which may require a change to the law.

How is the joint environment and requirements for joint credit going to affect the USAR? How will we compete?

Currently, the joint environment and requirements for joint credit has slightly increased for the USAR. As of Dec. 1, 2010, there were 63 joint qualified Army Reserve officers in the grades of O-6 and below, whereas in July 2010, Human Resources reported 35.

Effective Oct. 1, 2007, Reserve Component officers were provided a dual path to earn joint qualification: the Standard-Joint Duty Assignment path and the Experience-Joint Duty Assignment path. Reserve Component officers may become joint qualified under either path or a combination thereof. Since most RC officers perform duty periodically in other than Joint Duty Assignment List positions, they may find the E-JDA path to be more of a practical means of achieving joint qualification. Reserve Component Officers have until Sept. 30, 2013, to apply for retroactive credit for joint experience. The process begins at the new Joint Qualification website: www.dmdc.osd.mil

Fill out the application, upload all supporting documents and notify the HRC JQS Manager that your file is ready for review.

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.



REMEMBERIN

TEN YEARS AGO, THREE ARMY RESERVE SOLDIERS FROM NEW YORK CITY WERE ABLE TO USE THEIR NEARLY 70 YEARS OF COMBINED MILITARY SERVICE TO OVERCOME THE TRAGIC EVENTS OF SEPT. 11, 2001.

9/11

SINCE THAT DAY, THEY ARE STILL SERVING IN NEW POSITIONS OF LEADERSHIP WHILE ANSWERING THE NATION'S CALL OF SELFLESS SERVICE.

STORY AND PHOTOS BY TIMOTHY L. HALE
ARMY RESERVE COMMAND PUBLIC AFFAIRS

Left to right: Command Sgt. Maj. Christopher Whitford, Maj. Thomas Sullivan and Sgt. Maj. Vincent Mannion were all directly affected by the attack on the World Trade Center. Whitford lost his brother, firefighter Mark Whitford with Engine 23 in the South Tower. Sullivan, a financial planner, was in Tower 2 when the second plane struck. He helped survivors escape from the tower before it collapsed. Mannion assisted in search and rescue efforts in the days following the attacks. All three men are in the Army Reserve and have deployed to Iraq or Afghanistan.



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PHOTO ILLUSTRATION

Engine 23 lies in the debris field of the World Trade Center days after the attack. Firefighter Mark Whitford, brother of Army Reserve Command Sgt. Maj. Christopher Whitford, was inside Tower 2 when it collapsed and did not survive.



PHOTO COURTESY COMMAND SGT. MAJ. CHRISTOPHER WHITFORD

CAPT. THOMAS SULLIVAN, MASTER SGT. VINCENT MANNION AND STAFF SGT. CHRISTOPHER WHITFORD WERE UNKNOWN TO EACH OTHER, BUT THE EVENTS OF THAT DAY WOULD INTERTWINE THEIR LIVES TOGETHER.

copy rooms. Things were developing very fast. We were looking at an inferno.”

As the employees filed down the stairwell, it happened.

“Somewhere around the 68th floor our building shook tremendously.

“The stairwell doors were opening up from other floors and people screaming that a second plane had hit our tower.”

When they reached the plaza level, the group was redirected to the east side basement exit due to falling debris outside.

“It was a very different picture that I had gotten just an hour and a half before that. This beautiful sky was now filled with smoke. Both buildings engulfed and the whole plaza and surrounding area looked like a war zone.”

He said by this time there were hundreds if not thousands in the streets moving away from the towers. Before they could make it to the Brooklyn Bridge and to safety, both towers collapsed.

He and the others eventually did make it across the river. But the days immediately following the attack didn’t get much better.

There were memorial services for months afterwards.

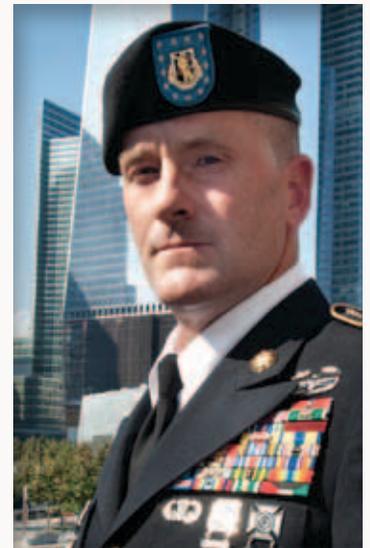
“We lost 104 from our company,” said Sullivan. “Many of these same people were at our wedding, kids’ christenings and vice-versa.”

“It was mind boggling”

Mannion and his NYPD partner didn’t think much of the first radio call of a plane hitting a building. It was the second, more urgent call that got their attention.

“We heard on our police radio to ‘10-2 command’ meaning we had to get back.”

Mannion said that everyone at the station was putting on their uniforms while watching events unfold on the television.



Master Sgt. Vincent Mannion.

NEW YORK

Sullivan, who was the aide-de-camp to the commanding general of the 77th Regional Readiness Command, was a financial planner on the 95th floor of the South Tower at the World Trade Center. Mannion, a truck master with the 773rd Transportation Company, and Whitford, who was an intelligence analyst with the 331st Military Intelligence Company, were both plainclothes detectives with the New York Police Department.

“We were looking at an inferno”

When Sullivan reported to work that day he was looking forward to sharing the news that he and his wife were expecting twins.

Sullivan said he and his boss were talking and laughing about the coming births when something caught their attention.

“At the speed and size of the plane that was coming it looked like it was heading right for us,” he said. “It impacted the north tower as best we could figure right above us.”

Sullivan and his boss started clearing the floor.

“My duties (as deputy fire warden for the floor) were to clear cubicles, bathrooms,



Maj. Thomas Sullivan.



“We saw both towers with billowing smoke coming out of them...we saw the first tower come down and we knew that our world as we knew it had pretty much changed.”

Initially, Mannion and many of his fellow officers were assigned duty to protect the tunnels, subways and train stations from further attacks around the clock. Mannion arrived at Ground Zero on the third morning after the attack.

“It was something out of a surreal horror movie. It was mind boggling to see the carnage and destruction,” he said.

Whitford linked up with fellow police officers and they proceeded to the scene. Upon arrival, Whitford was faced with a stark image—his brother’s fire truck, sitting amid the debris. “I took a look inside and saw that he wasn’t in his truck. As the chauffer of the truck he didn’t have to go in but Mark wouldn’t have that.

“At that point I did link up with another off duty officer and the two of us resumed our search just trying to find somebody alive. The dust was unbelievable; you could only see an arm’s length

“A MONARCH BUTTERFLY...FLEW DIRECTLY INTO MY FACE. I’LL NEVER FORGET IT. THAT’S WHEN I WAS CONVINCED I HAD FOUND MY BROTHER.” — COMMAND SGT. MAJOR CHRISTOPHER WHITFORD

Wanting to help, he and his fellow officers took their place in the ‘bucket brigade’ that had formed to start removing debris and looking for survivors.

“I remember seeing a female hand just lying in the rubble. That was my first... From then on, for several months later, there wasn’t really, unfortunately, a lot of recovery.”

“I knew he went in with his men”

After coming off his night shift, Whitford, then an Army Reserve Staff Sgt., proceeded to his unit on Staten Island.

“I was having a cup of coffee with my first sergeant when my father called and said, ‘did you see what happened? A plane hit the World Trade Center’. So we turned the T.V. on right before the second plane hit the south tower. I turned to my first sergeant and said, ‘I need to go’. He understood.”

Whitford made his way down to the Staten Island ferry where he joined many firefighters and police officers. “But I was the only one wearing BDU’s. I went to the front of the boat...you could see...the fireball, the smoke, debris and bodies coming off the building.”

Remarkably, Whitford’s cell phone continued to work. He received a phone call from his father that his brother Mark, a fire truck chauffer with Engine 23, had responded.

“I just looked at that fireball and it was just clear that the buildings were not going to be able to sustain that heat for very long,” he said. “So I turned to one of the fireman standing next to me and I asked him, ‘how long before they collapse?’ He never answered me. That’s when I got real nervous and realized that this was going to be bad.”

Before the ferry reached the opposite shore, both towers had collapsed.

in front of you. Everything was just pulverized.”

Remarkably, Whitford received another cell phone call from his brother’s wife wanting to know if he had found him.

“She said, he told her on the way down to the World Trade Center, ‘If anything happens Chris will find me’.

“She said, ‘find him Chris.’ I said, ‘I will’. I promised her I would find him.”

Army Reserve Command Sgt. Major Christopher Whitford, a New York City Police Detective, holds a picture of his brother Mark Whitford who died inside Tower 2 when it collapsed. Mark was one of six Army Reserve Soldiers killed in the attack that occurred on Sept. 11.



PHOTO ILLUSTRATION



LEFT: (Left to right) Then 1st Sgt. Vincent Mannion and Cpt. Thomas Sullivan at Q-West in Iraq with the 773rd Transportation Company, an Army Reserve unit made up primarily of Soldiers from the five boroughs of New York City.

BELOW: Staff Sgt. Christopher Whitford forward deployed in support of military operations after the attack on the World Trade Center.



PHOTO COURTESY COMMAND SGT. MAJ. CHRISTOPHER WHITFORD

PHOTO COURTESY MAJ. THOMAS SULLIVAN

After breaking off the search in the evening, he went back to Staten Island and filled in the Family on the situation.

He resumed the search in the morning with a fellow NYPD officer.

“On Sept. 12, throughout the whole day we continually went around the whole site. Every firefighter we saw we turned them around. ‘Hey have you seen the guys from 23?’ It was always the same response. They either said ‘no’ or ‘I heard those guys didn’t make it.’”

Amid the dust and debris, Whitford would finally receive a sign.

“We were actually on the Church Street side. You still could only see a couple of feet in front of you at the most.

“A monarch butterfly, a big butterfly, flew directly into my face. I’ll never forget it. I thought about it for a second and I looked up and it was gone.

“That’s when I had a real pit in my heart. That’s when I was convinced I had found my brother.” He shared the story of the butterfly later that evening with his Family.

“For me, that’s one time I will admit I was definitely being selfish and I needed a little payback. I needed to be involved in the War on Terrorism.”

For Mannion, the truck master for the 773rd Transportation Company, the call came in November 2002.

“We landed in Kuwait on Thanksgiving night 2002. We were the first transportation company in theater.”

Because the unit was primarily made up of Soldiers from the five boroughs in New York City, the deployment hit close to home for them.

I HAD ONLY HOPED THAT MY INVOLVEMENT, MY SERVICE WOULD SOMEHOW BRING HONOR TO ALL THOSE THAT WE HAD LOST.”

— MAJ. THOMAS SULLIVAN

Mark Whitford’s remains were recovered from the World Trade Center on April 5, 2002. It was his 31st birthday. He is also one of six Army Reserve Soldiers killed in the attack that occurred on Sept. 11.

Christopher Whitford was serving overseas when they found his brother.

Answering the call

Whitford was the first of the trio to land in Kuwait in November 2001. After losing his brother Mark, he was more than eager to go.

Assigned to C Company, 297th Military Intelligence Battalion, he served as the unmanned aerial vehicle team NCOIC. He would serve both in Kuwait and Afghanistan during his tour.

“We had a lot of civil servants—police officers, fireman, postal workers, sanitation, bus operators, delivery truck drivers, transit authority. We all wanted to just get involved and do something,” he said.

“We had our N.Y. patch on our left shoulder with the Statue of Liberty. I told them, ‘everyone is going to look at you. You’ve got to perform. You’ve got to push. You’ve got to drive harder and faster’ and I think we did.”

His unit provided fuel for the push from Kuwait into Baghdad.

Mannion was the senior enlisted man in charge of the unit’s 92 vehicle, 209 Soldier convoy that crossed the berm at the start of Iraqi Freedom.

But their time in theater wasn’t without a little controversy.

It seemed that a senior noncommissioned officer was a little irate about the ‘graffiti’ on his Soldiers’ helmets.

“I said, ‘with all due respect this is a New York unit and these kids that have this so called graffiti on their helmet...it motivated these Soldiers, they knew a lot of people who died on that day’.

“He said, ‘well O.K.’ and left. We waited for our chance to go back into the box,” he said with a grin.

Sullivan was the last of these men to make it overseas. He was initially mobilized in January 2003 but the unit never deployed.

But, as coincidence would have it, he teamed up with Mannion in 2005-2006 as the command team with the 773rd.

“I believe we complimented each other,” Mannion said. “9/11, Family backgrounds, Irish connections.”

In February 2005, the unit was sent to a large logistical hub known as Q-West where they pushed fuel and other supplies throughout Iraq.

Sullivan said the unit was again made up from Soldiers from the five boroughs as it had been in 2002-2003.

“It was pretty well put together,” Sullivan said. “They were with the initial move in so they had the experience.”

For him, he felt it was his duty to go and serve.

“Being a New York unit and having that connection to September 11th, I had only hoped that my involvement, my service would somehow bring honor to all those that we had lost,” Sullivan said.

10 years later

All three men admitted the events of Sept. 11 had changed them.

For Sullivan, now a Major, he said it has made him “a little more serious. I think it took some of the joy out of my life. You have a life to live and Family to take care of. You have to find happiness somewhere else.”

For Mannion, now a Sgt. Major, Sept. 11 changed him, how he looks at his military job, his civilian law enforcement job and with his interactions with his Family.

“The vigilance level is never going to go where it was prior to 9/11,” he said. “It shouldn’t, it better not, it can’t and it won’t.”

“As good as the bad guys think they are, we’re just a lot better. And we’re going to maintain that.”

For Whitford, now a Command Sgt. Major, time cannot erase the memory of his brother who was lost that day. He carries a photo of Mark in his firefighter gear in his wallet next to his police badge.

“I’ve made it my mission to make sure that something like this never happens again—that we never ever get caught off guard again,” Whitford said.

“I made it my mission that there was a reason that Mark didn’t survive that day and there was a reason I did survive.” ✦



EDITOR’S NOTE: MAJ. THOMAS SULLIVAN WAS AWARDED THE SOLDIERS MEDAL FOR HIS HEROIC ACTIONS ON THE DAY OF THE SEPT. 11 ATTACKS.



9 minutes 11 seconds

STORY AND PHOTO BY SGT. 1ST CLASS ANDY YOSHIMURA,
U.S. ARMY CIVIL AFFAIRS & PSYCHOLOGICAL OPERATIONS
COMMAND (AIRBORNE)

NEW YORK — The mission of Command Sgt. Maj. Michelle Fournier was simple: Fly a U.S. flag over the World Trade Center site in New York City—and then at as many forward operating bases during her Afghanistan deployment—for nine minutes and 11 seconds, in honor of those who perished in the Sept. 11 attacks.

Fournier, the command sergeant major of the 404th Civil Affairs Battalion Regional Training Center–East, said it was a task that held a deep meaning for all the participants. “The intent of taking the flag to Afghanistan was to show that we stand tall as American people here and sharing it with the American and coalition forces overseas,” said Fournier. “We attempted to fly it in as many locations as we could.”

Over the course of 16 months, more than 700 U.S. and coalition service members at 38 locations across Afghanistan participated in the ceremonial raising of the Ground Zero Flag on behalf of requesting members of the New York-New Jersey Port Authority.

One of a command sergeant major’s duties is to keep and safeguard the colors of the unit to which he or she is assigned. “It means a lot to me. Sept. 11 was a very somber day,” said Fournier. “The flag represents the strength of the American people and the strength of the coalition forces. We stand together united against the war on terrorism.”

When the 404th returned to retire the flag to its home at the WTC Ground Zero site, Soldiers and construction crews gathered for a final ceremony before Fournier turned the folded flag over to the WTC site manager. Michael Hurley, the manager of the Port Authority, called it “the most elaborate ceremony that he has seen.”

Port Authority officials are now safeguarding the flag and a collage of photos of every location that participated for its future display at a museum at the Ground Zero location. ✦

TOP: Lt. Col. Teresa Wolfgang (right), Commander of the 404th Civil Affairs Battalion, hands the U.S. flag to Sgt. 1st Class Rustin Prentice in preparation to raise it for exactly 9 minutes and 11 seconds at Ground Zero in New York. The flag was flown originally at Ground Zero and was raised for the last time here on July 20, 2011, after visiting more than 30 locations throughout Afghanistan during the 404th’s deployment there.

A CURE FOR SOME DELTA BLUES

Story and photos by

TIMOTHY HALE

U.S. Army Reserve Command



“THE **ARKANSAS DELTA** HAS BEEN REFERRED TO AS A THIRD WORLD **COUNTRY**, AND I REALLY THINK WE ARE IN A LOT OF WAYS BECAUSE THE DEATH RATES AND POVERTY RATES ARE SO HIGH.”

— BECKY HALL, DIRECTOR OF THE DELTA AREA HEALTH EDUCATION CENTER



HELENA-WEST HELENA, Ark. —

For hundreds of years, life along the Mississippi River has been challenging. Just ask anyone who has spent most of their life here and they will tell you.

Recurring floods, tornadoes and periods of drought coupled with major losses of industries over the last four decades have not helped.

Known as the Arkansas Delta, this region is one of the poorest in the nation. With poverty well above the national average, unemployment, high mortality and staggering high school dropout rates, it is an area within our nation that is in desperate need of large-scale assistance.

A team of 300 Army Reserve medical and civil affairs Soldiers along with medics from the

Navy Reserve and Air Force Reserve spent 11 days in the region to help make some positive changes in the lives of residents who call this area home.

Taskforce Razorback Arkansas Medical 2011 Innovative Readiness Training mission set up medical clinics in Eudora, Helena-West Helena, Marianna, McGehee and Wynne, Ark., June 8-18, providing services that are sorely needed. IRT missions are a Department of Defense initiative to serve residents within our own borders who may not have the monetary means to receive services to improve their quality of life. By the end of the 11-day mission, all five clinics served more than 5,000 residents.

Army Reserve Spc. Chris Boynton, assigned to the 399th Combat Surgical Hospital, Auburn, Maine, takes a blood pressure reading during the Taskforce Razorback Arkansas Medical Innovative Readiness Training health screening clinic in Eudora, Ark., on Thursday, June 9, 2011. The IRT mission served the residents of a seven county area known locally as the Arkansas Delta region with Army, Navy and Air Force reserve units providing a variety of medical, eye, dental and veterinary services to the residents in the economically depressed region. Boynton is a native of Portland, Maine.



Air Force Reserve Maj. Donald Shingler, 910th Airlift Wing, Youngstown, Ohio, and Army Reserve Sgt. Charles Dunson, 7223rd Medical Support Unit, Mobile, Ala., conduct a dental exam. Shingler is a native of Cleveland, Ohio while Dunson is a native of Anniston, Ala.



Air Force Reserve Tech Sgt. Kristopher Huffman takes a blood sample from Vickie Cobb of Dumas, Ark. Huffman is assigned to the 916th Air Refueling Wing at Seymour Johnson Air Force Base, N.C.

OVERWORKED PHYSICIANS

“We have four doctors, a dentist and an optometrist that comes a half day a week,” said Jack May, mayor of McGehee, a town of about 4,200 residents.

McGehee is one of the luckier towns because they do have a small hospital. But May said it isn’t enough.

“Our doctors are overworked. They can’t keep up with the medical needs of the surrounding area,” he said.

May said it is the 18-65 year-olds who can’t afford to be treated by physicians since they are not eligible for Medicare or Medicaid.

“Those are the people that delay medical, dental and optometry treatment. They just don’t have the money to pay for those services,” he said. “I just can’t imagine a person being ill or with a terrible toothache and just have to settle for it. Then those cases that are delayed become a greater or even a life-threatening problem later on.”

HELPING THOSE WHO CAN’T HELP THEMSELVES

About 110 miles to the north is the town of Marianna with a population of nearly 4,000 residents.

Early one Sunday morning, Shelia Brown, a 49-year-old divorced mother of two grown children, sat in the waiting area at the Marianna Civic Center, a converted Arkansas National Guard armory long since inactivated. She had a myriad of ailments that included diabetic

neuropathy, thyroid problems and sciatic nerve damage—and she was also in need of dental work.

“I have no income, and of course, I have no insurance. So everything has to be paid up front or no one will see you,” Brown said.

“I had three cavities filled here on Wednesday and they’re going to try and do three or four more for me today. Having those three teeth filled saved me \$280 that I didn’t have,” she said.

Over in Helena-West Helena, a crowd of over 200 residents waited in the hot Arkansas summer sun before the doors even opened on the first day of the clinic.

“The Delta has been referred to as a Third World country, and I really think we are in a lot of ways because the death rates and poverty rates are so high,” said Becky Hall, director of the Delta Area Health Education Center.

“The military are just wonderful people and you can tell they have a good heart. I think this is such a wonderful program for the military to be providing here when we have so many needs,” Hall said.

Soldiers from across the Army Reserve traveled from around the nation for this mission, even as far away as Maine.

For Spc. Grace McKenzie, a combat medic with the 399th Combat Surgical Hospital in Auburn, Maine, this mission was an eye-opening experience for her and her fellow Soldiers who worked at the clinic in Eudora, Ark., located eight miles from the Louisiana border.

“This is probably the best annual training so far,” McKenzie said. “Clinically, this has been more appropriate for us. Getting into the clinical setting has been good for me to be able to work with the doctors, nurses, triage... basically every part of the hospital setting that I’ll be involved in some day.”

McKenzie believes the interaction with real people with real problems from different cultures is a worthwhile experience.

“The poverty level down here is different. The education level is different. The way people eat is different. You wouldn’t believe the way people eat makes such a big difference in their health,” she said. “In the South, it’s very traditional and customary down here and they stick to that. We’re seeing different health problems than you would see in the North.”

McKenzie said the effects of the hard economic times were readily evident in many of the patients they had seen in Eudora.

“Most of our patients have not seen doctors in a long time. One of them hadn’t seen a doctor in about 15 years,” McKenzie added. “Simple procedures such as prostate and gynecological

“(PEOPLE) JUST DON’T HAVE THE MONEY TO PAY FOR (MEDICAL) SERVICES. I JUST CAN’T IMAGINE A PERSON BEING ILL...AND JUST HAVE TO SETTLE FOR IT.”

exams and cardiovascular screenings fall by the wayside.

“It’s very basic stuff that you and I will probably get every year but these people don’t have access to (medical facilities), some of them don’t have cars, some of them don’t have the insurance or even the money.”

BUILDING RELATIONSHIPS

Pat Audrisch, volunteer coordinator at the Marianna clinic, said this IRT mission was two years in the making, but the wait has been more than worthwhile. She, like leaders in all of the communities visited, would like to see the Army Reserve medical and civil affairs teams come back.

“I really believe in building relationships,” Audrisch said. “Even in Christian missionary work

“This is a real world mission and the first time we’ve done a mission like this in our own country,” Cates said.

He said there was a significant amount of coordination with local and state government officials and agencies in the months leading up to the start of the mission.

Cates added that while the primary mission is medical, the 34-person civil affairs team is working with each of the five communities to act as a buffer between the patients and the physicians.

“We just make sure that everything is running smoothly so the doctors can concentrate on what they need to do.”

DOWN BUT NOT OUT

Although outsiders may look at the region with unbelieving eyes, those who have lived here for most of their lives see the potential of what this area can become.

“We have a different spirit,” May, the mayor of McGehee, said. “We’re not going to lie down and let this town dry up and blow away.”

The people of the region are a hearty bunch. They toil in their fields and in what few industries there are to provide for their families as best as they can.

You would be hard pressed to find one of them who would want you to feel sorry for them. The people of the Arkansas Delta are too proud for that. ❏

Hundreds of residents from Helena-West Helena, Ark., wait to be seen by Army, Navy and Air Force Reserve physicians.

if you go back to the same place again and again, you’re not just building work, you’re building a relationship and then you build trust. Then you build way more—you build a community.”

She said all the Soldiers have been “splendid. As far as I can tell they’re neighbors. They’ve treated you like you’re their neighbor or their friend or their Family member.”

Audrisch said the Soldiers were briefed ahead of time about the economic conditions in the area, and they have all been sensitive to those issues when dealing with the residents.

For Sgt. Blake Cates, a civil affairs specialist with the 431st Civil Affairs Battalion at Camp Robinson, Ark., the IRT mission was a unique experience.



Army Reserve Spc. Andrea Gonzalez, a dental technician with the 7223rd Medical Support Unit, New Orleans, La., prepares instruments in the dental clinic. Gonzalez is a native of Mobile, Ala.

FRONTLINE RIGGERS

Story and Photos By
Sgt. Shannon R. Gregory
230th Sustainment Brigade



Spc. Evette Melvin-Williams, assigned to the 824th Quartermaster, Detachment 10, from Fort Bragg, N.C., lifts bottled water up to an Air Force volunteer as they load a box for shipment on July 12, 2011. The box of water will become a Container Delivery System bundle and be air-dropped to awaiting troops.

SOUTHWEST ASIA

The military has several ways to get supplies to its troops. Depending on the amount, type and location, these three major factors determine how the supplies are delivered. The most popular and cheapest mode of transportation is by truck. We see them on the road all the time. However, what if there are no roads or the roads are too difficult for regular semi trucks to navigate?

Two words: 'air drop.'

Army Reserve Soldiers of the 824th Quartermaster, Detachment 10 Airborne Riggers, are there to supply all the war fighters in hard-to-reach areas. These service members from the Nashville, Tenn. and Fayetteville, N.C., areas ensure much needed supplies get to those Soldiers, Marines, sailors and airmen stationed in the roughest terrain throughout Afghanistan and Iraq.

Even with 130 degree temperatures outside, these Soldiers don't stop. They keep on working through the heat knowing they have Soldiers' lives in their hands with every mission they do.

Their work day starts at 8 a.m., having already conducted physical training and eaten breakfast. The crews work until the task is done for the day. If they have to rig 80 bundles, they stay until all 80 bundles are complete.



"We can't just say it's five, we're checking out," said Chief Warrant Officer 3 David Pettus, the commander and senior airdrop systems technician from Nashville, Tenn. "If we check out at five, it's to go and eat supper and we come back and work until whenever we get done."

An average month is 1,200 Container Delivery System bundles or almost two million pounds of food and supplies. They are projected to break the record for that shop with 1,562 bundles this month. This past April, they broke the record in theater for poundage dropped—2.2 million pounds with just 24 riggers. The average size for a Rigger Detachment is 76 people.

"To me," said Pettus, "the amazing part, besides dropping that, is that we also had to order and handle all that (supplies), then rig it and get it to the airfield to be air-dropped. It's a major undertaking to do that much poundage and supplies by the 24 people here on hand."



Sgt. Ben Lipscomb, assigned to the 824th Quartermaster, Detachment 10, from Fort Bragg, N.C., rigs up Container Delivery System bundles July 11, 2011. On fuel days, they build the CDS bundle in one lane, take it outside to put fuel in the barrel and then bring it back inside to finish it up by placing the parachute on it. It's just like an assembly line.

LEFT: Sgt. 1st Class Brian Steverson, first sergeant for the 824th Quartermaster, Detachment 10, from Fort Bragg, N.C., secures a strap on a Container Delivery System bundle July 12, 2011. The straps are part of the rigging process. Everyone in the 824th helps out. They operate at one-third the manpower, yet still deliver the same amount of supplies as any other rigging detachment at full strength.

After the CDS bundles are assembled, they are loaded onto a truck, taken to the airfield and loaded on a plane. Once on the plane, they have to be secured, hooked up to the static parachute line and inspected.

After tying the oscillation ties onto the CDS bundles, hooking up clevises from the bundles to the anchor line on the aircraft, they inspect the load to make sure everything is correctly secured and attached.

"You can only have so much of a load on an aircraft. You can't just throw anything on there," said Sgt. Cleveland Spain, a joint aircraft inspector assigned to the 824th, and from Fayetteville, N.C. Joint aircraft inspectors have to supply the crew of the plane with a data (load) plan. The data plan shows the weight of the CDS bundles and their location on the aircraft.

Everyone assigned to the 824th has gone through the Rigger school at Fort Lee, Va., and

is paratrooper-qualified. It is a very specialized field and there are only about 1,400 riggers Army-wide counting reserve components.

While reflecting on his job, Spain said, "whenever we pack a parachute and someone jumps out of an (airplane) and it's our parachute that they jumped with, it's that satisfaction knowing that you can do your job well. And when they walk away on the ground, you know you did your job. It's awesome; it's the greatest feeling in the world." ❖

Spc. Ray Vargas, assigned to the 1244th Transportation Company, attached to the 824th Quartermaster, Detachment 10, connects the Container Delivery System bundle to the anchor line of a C-17 Globemaster aircraft, July 13, 2011. Vargas, from Chicago, Ill., was attached to the 824th to help out and learn how the riggers do their job and what it takes to complete their mission.



the SKY is the li



JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. – The sound of twin-engine rotor blades slicing through the air and the sight of Soldiers occupying their objective after exiting a CH-47 Chinook helicopter marked the beginning of the 99th Regional Support Command's five-day annual training event called "Operation Checkboard."

The 99th Regional Support Command kicked off Day 1 of "Operation Checkboard" Aug. 10, 2011, at Joint Base McGuire-Dix-Lakehurst, N.J., as Soldiers were air-inserted to a field training exercise via a CH-47 Chinook helicopter and practiced squad-level tactics, including moving as a squad, reacting to contact, establishing a perimeter, and conducting a tactical road march. Soldiers of the 99th RSC Headquarters and Headquarters Company were joined by Soldiers of the 78th Army Band, also from JB-MDL; the 319th Army Band from Fort Totten, N.Y.; the 94th Army Band from East Windsor, Conn. the 198th Army Band from Rochester, N.Y.; and the 380th Army Band from Richmond, Va.

"Operation Checkboard" kicked off with an airlift of approximately 170 Soldiers from the 99th RSC's Headquarters and Headquarters Company, 78th Army Band, 94th Army Band, 198th Army Band, 319th Army Band and 380th Army Band. They were airlifted to Range 85 to begin a day of training that included exercises culled from the Army's Full Spectrum Operations Mission Essential Task Lists.

"To get a chance to fly on a helicopter and land in a tactical area through an air insertion, that's stuff you see on TV," said Maj. Kevin Branch, commander of HHC, 99th RSC. "It was a great training event because it really jacked up the level of adrenaline in these Soldiers by taking it to the next level."

Branch was able to elevate this event due to the amount and types of training his unit conducted during the past year.

"On our 2011 yearly training schedule, we developed a training strategy where we built in the Army warrior tasks throughout the year," Branch explained. "We've included individual movement techniques, all types of tactical training, troop leading procedures, operation orders, medical training, etc., and we took all those events that we learned throughout the year and compiled them into one culminating event, a company force-on-force exercise."

This force-on-force exercise involved splitting the Soldiers into two groups, attackers and defenders, with the former preparing their assault strategy while the latter fortified their position.

PHOTO ILLUSTRATION



mit



Story and Photos By Staff Sgt. Shawn Morris

99TH REGIONAL SUPPORT COMMAND
PUBLIC AFFAIRS

“The training objective was to move into tactical positions by helicopter,” explained 1st Sgt. David Gallman of HHC, 99th RSC. “Alpha Company was going to do a defend mission at Range 85, then we helicoptered Bravo Company in to do a force-on-force attack against Alpha Company.”

Once the assault began, the blank rounds fired from M-16 rifles and M-9 pistols crackled like popcorn as the two sides put their past year’s training to the test.

Branch said the Soldiers passed the test on effort and enthusiasm, but admitted that work still needed to be done to raise his troops’ proficiency level in some of the FSO METLs.

“We have to do a better job of reinforcing the training,” Branch said. “Even though we have a good strategy that teaches everything, we have to make sure our Soldiers are sustaining what we teach them.”

“There are two things that I want to get out of this event. I want to have a safe event where no one’s hurt or injured, and I want these Soldiers to have fun,” Branch explained. “It’s an opportunity to bring in all the Soldiers of the 99th RSC in

one place, under one guidon, and develop that esprit de corps.”

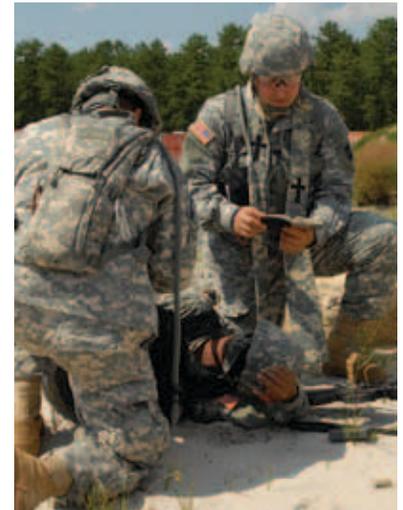
Based on some of the Soldiers’ reactions, Branch felt he was able to meet the overall intent of the training.

“It was good training, especially for the Soldiers who have not experienced this before,” said Sgt. 1st Class Cynthia Caballero, a finance NCO with the 99th RSC. “It kind of showed you where your weaknesses are and what your strengths are.”

“Encountering the enemy was probably my favorite part of it, because that’s when all the training that you have developed over the years will come into play,” she added.

“I thought the exercise was great, getting out there and Soldiering,” said Spc. Shawn Mills, 94th Army Band.

The 99th Regional Support Command acts as a “virtual installation” that provides world-class Base Operations support to over 50,000 Army Reserve Soldiers, 400 units and 300 facilities for the entire Northeast Region from Maine to Virginia for the Army Reserve. ❧



The 99th Regional Support Command Chaplain team practiced administering last rites to a mock casualty during Day 1 of “Operation Checkerboard” Aug. 10, 2011, at Joint Base McGuire-Dix-Lakehurst, N.J.

“To get a chance to fly on a helicopter and land in a tactical area through an air insertion, that’s stuff you see on TV.”

— MAJ. KEVIN BRANCH,
COMMANDER OF HHC, 99TH RSC



JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. – “Breathe!” It was the mantra of the day during a musical mentoring session held here Aug. 11, at the Maj. John P. Pryor Army Reserve Center, as part of the 99th Regional Support Command’s five-day training exercise, “Operation Checkerboard.”

Eight members of the United States Army Field Band were on hand to offer their experiences, techniques and advice to five Army Reserve bands in one-on-one and small-group sessions, the first such opportunity of its kind. The elite Army Field Band, the premier touring musical representative for the United States Army, is based at Fort Meade, Md. Participating in the training were the 319th Army Band from Fort Totten, N.Y.; the 94th Army Band from East Windsor, Conn., the 198th Army Band from Rochester, N.Y.; and the 380th Army Band from Richmond, Va.

“The musicians from the Army Field Band, one of the special bands, have credibility—people

really listen to them,” said Warrant Officer Eric Flowers, commander of the 78th Army Band from Joint Base McGuire-Dix-Lakehurst. “They provide a fresh perspective and have the experience to back up what they say.”

The goal of the music clinic was to improve daily routines, focus on good practice habits and remember the fundamentals of playing, said Master Sgt. Daniel Sherlock, tuba section leader of the field band. Musicians were divided into groups based on their instrument class or by ensemble, while their mentors listened to and critiqued their performances. Some time was devoted to not only the technical aspects of playing but also to the entertainment aspect of performing, he said.

Sherlock stressed that although the overall guidance may not be revolutionary, it can be beneficial to hear it communicated in a new way and from a new person.

“All of my private instructors have insisted that I also learn with others,” he said. “They may be providing the same information, but it is said differently each time. You can never have too many teachers.”

**Story and Photos by
Staff Sgt. Nicole Dykstra**

99TH REGIONAL SUPPORT COMMAND



in U.S. forces the will to fight and win, to foster the support of the nation's citizens, and promote national interests at home and abroad.

"They got me to really think about what I am doing and how I am doing it," said Sgt. Jon Hale, a tuba player in the 94th Army Band from East Windsor, Conn. "You can't just be a robot producing sound through a tuba. Creating music is just as much mental and emotional as it is physically making sound."

Although this was the mentorship opportunity between the field band and Reserve bands, Sherlock sees the value in exchanging ideas, techniques and styles and hopes it will continue.

"We have high-quality musicians in the Army Reserve bands," Sherlock said. "They are well trained and have been eager to learn from our experiences. We are all musical ambassadors for the Army; it's important that we share our knowledge with each other."

Since its formation in March 1946, the field band has appeared in all 50 states and in more than 30 countries on four continents. The organization's four performing components—the Concert Band, the Soldiers' Chorus, the Jazz Ambassadors and The Volunteers—each travel over 100 days annually. Tours include formal public concerts, school assemblies, educational outreach programs, festivals, and radio and television appearances.

The 78th, 94th, 198th, 319th and 380th Army Bands are a part of the 99th Regional Support Command. The 99th RSC acts as a "virtual installation" that provides world-class base operations support to over 50,000 Army Reserve Soldiers, 400 units and 300 facilities for the entire Northeast Region from Maine to Virginia for the Army Reserve. ❏



The Maj. John P. Pryor Army Reserve Center was alive with the sound of music during a mentorship clinic at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 11. Eight members of the United States Army Field Band were on hand to offer their experiences, techniques and advice to five Army Reserve bands in one-on-one and small-group sessions, the first such opportunity of its kind. Participating in the training were the 319th Army Band, from Fort Totten, N.Y.; the 94th Army Band, from East Windsor, Conn.; the 198th Army Band, from Rochester, N.Y.; and the 380th Army Band, from Richmond, Va.

The breathing techniques field band members stressed was the element many Reserve band members found to be the most beneficial.

"For me, learning tips on proper breathing from the field band musicians was great, because it's something you can sometimes forget about," said Spc. Chris Hatcher, a tuba player in the 319th Army Band from Fort Totten, N.Y. "The tuba is a big instrument that requires a large air supply to play."

Another focus was reflecting on what it means to be an Army musician and remembering what the basic and ultimate goal of an Army band is: to provide music throughout the spectrum of military operations to instill



STORY AND PHOTOS BY 1ST
LT. CASEY STAHELI, 200TH
PUBLIC AFFAIRS DETACHMENT

tails waggin' in dog town



PRISTINA, Kosovo – The band played for the gathered Soldiers and civilians who enjoyed refreshments and a tour of Camp Bondsteel, Kosovo’s new and improved Dog Town. A ribbon-cutting ceremony marked the improvements to a large dog run. It’s a fenced-off area in which a dog can be kept confined and get exercise, and it includes new kennels and shaded areas.

The program, overseen by the veterinarian office, takes in stray dogs that have wandered onto Camp Bondsteel. The dogs are vaccinated, groomed, de-wormed and given preventive medications, making them safe for Soldiers and civilians to pet and play with. While the office’s primary mission is vaccinating local wildlife, a secondary mission, and one that has benefited a number of Soldiers, is the veterinarian’s office Camp Bondsteel Human Animal Bond Dog Program.

Sgt. Monica Hepker, an animal-care specialist from Cedar Rapids, Iowa, and a member of the

During the ribbon cutting, Rice acknowledged the Soldiers and civilians who volunteered their personal time to plan, create and construct the kennels.

“The non commissioned officers and a number of civilians have done a fabulous job putting in hundreds of hours to make this happen,” Rice said.

The plans for Dog Town took weather into consideration. “Now the dogs can run around in the rain if they want or stay outside when it gets hot,” explained Hepker. “Dog Town now provides the shelters the dogs need to stay dry and cool, thus there’s less risk of heat injuries.”

To many Soldiers, the dogs on Camp Bondsteel are more than four-legged friends, they are part of the team.

“Dogs can be a force multiplier,” said Rice. “For example, we have our military working dogs that contribute to our missions. The stray dogs that we take in here at Camp Bondsteel are also force multipliers. They give a morale boost to the Soldiers who come and check them out and spend time with them. The Human Animal Bond Dog Program has proven to help Soldiers deal with depression.”

Dog Town isn’t just going to the dogs, it will ultimately benefit those Soldiers who seek out their company by providing them with more times and opportunities to check them out.

This new facility will allow the Soldiers to check dogs out 24 hours a day, said Rice. Once briefed, there will be no need for appointments, no time limits, whatever works for Soldiers and whenever they have a need for companionship they can come and get one of the dogs. 🐕

“Dogs can be a force multiplier. They give a morale boost to the Soldiers... who spend time with them.”

— SGT. MONICA HEPKER, ANIMAL-CARE SPECIALIST

ABOVE: Sgt. Monica Hepker, an animal-care specialist from Cedar Rapids, Iowa, and a member of the Army Reserve, plays with Dushuri (Albanian for “love”) after the Dog Town ribbon-cutting ceremony. Hepker has developed a close friendship with Dushuri and plans on adopting her and taking her home following the completion of her deployment.

RIGHT: Col. Michael Schwartz, commander of Multinational Battle Group East along with the Col. Mary Bolk, the task force medical commander, and area support team commander Col. Steven Campfield, cut through a white ribbon to officially open Dog Town. Dog Town improves a large dog run by providing new kennels and shaded areas.

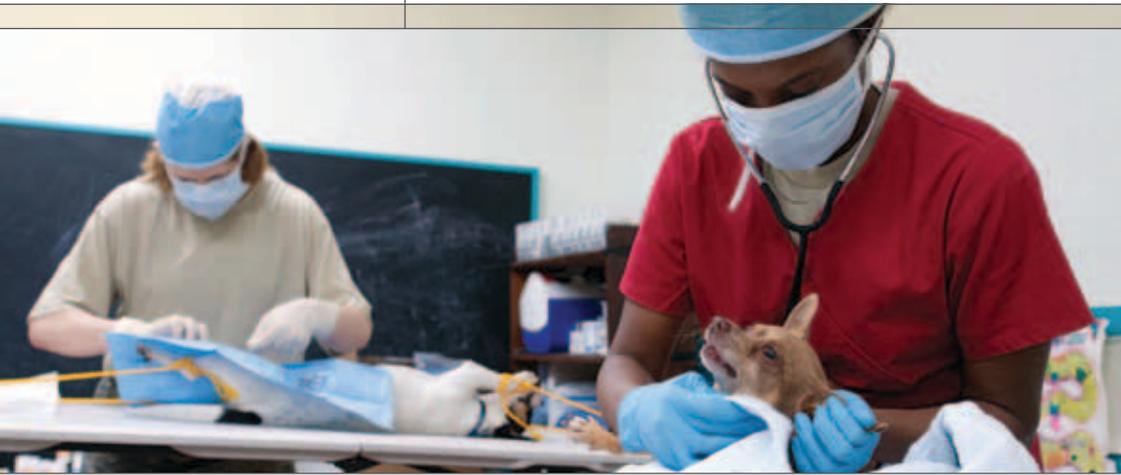
Army Reserve, thinks the dogs are going to be very happy with the new kennels and shade.

“Before, anytime we weren’t in the clinic the dogs were in the kennels. It’s not awful, but neither is it as healthy as being outside, so this was a really good solution,” said Hepker. “Now the dogs can interact with each other, run around, go through social behaviors, and all of that contributes to healthier, happier dogs.”

Lt. Col. David Rice III, the veterinarian officer from Phoenix, Ariz., and Army Reserve member, agrees with Hepker. “The dogs have more room to run around, the gravel in the kennels keeps them cleaner than the concrete floors in the clinic, and the grass is great to play in,” said Rice. “In the winter hay will be laid down to help keep the dogs warm. We have also provided them with new chew toys.”

“Now the dogs can play outside during the day, run around and get exercise,” Hepker said. “That creates a quieter environment while we work in the clinic.”





Spc. Michelle Millien, 4220th U.S. Army Hospital, Shoreham, N.Y., helps a dog recover from surgery during the Task Force Razorback Innovative Readiness Training spay/neuter clinic in Helena-West Helena, Ark., June 8, 2011. The IRT mission served the residents of a seven-county area known locally as the Arkansas Delta region with Army, Navy and Air Force Reserve units providing a variety of medical, eye, dental and veterinary services to the residents in the economically depressed region. Millien is a native of Manhattan, N.Y.

a helping hand for furry friends

HELENA-WEST HELENA, Ark. – A tiny chestnut-brown Chihuahua mix slowly opened its eyes and let out a pitiful groan as if to say, “What just happened?”

With a gentle touch and a sweet caress, Army Reserve Spc. Michelle Millien, a veterinarian technician from Manhattan, N.Y., reached down and wrapped the shaking dog in a soft white towel and whispered in its ear, “It will be all right.”

Soon, the dog was fully alert and ready to go home—albeit a little sore—but ready to go.

That little puppy was just one of the patients at St. John’s Episcopal Church in downtown Helena-West Helena, Ark., where members of the 431st Civil Affairs Battalion, Little Rock, Ark., and 4220th U.S. Army Hospital, Shoreham, N.Y., were holding a spay and neuter clinic as part of Joint Task Force Razorback, an 11-day Innovative Readiness Training event located in the heart of the Arkansas Delta Region.

At the conclusion of the event, 103 dogs and 85 cats were spayed and neutered by appointment at no cost to their owners or the event sponsor, the Humane Society of the Delta.

“We’ve never had anything like the Army to come in and say, ‘we just want to do it for free,’” said Kate Freres, HSD director.

Freres said that while spay and neuter clinics held throughout the year are free to pet owners, the HSD is left to absorb the costs.

“We have to either pay for it or get grants for it. It’s free to the community, but it’s not free to us,” she said. Freres added that most of the grants are for organizations with shelters, but her organization is struggling just to build a shelter.

She said the financial burden is great since there is only one veterinarian in the county, and there is no money for an animal shelter. On average, she

said a neuter costs approximately \$100, while spays can run from \$150 to \$200 depending on the size of the animal.

Additionally, Freres said they have been running a very successful out-of-state transport animal rescue service with nearly 330 strays rescued off the streets or from being abandoned by their owners.

“It’s a good feeling to be able to do something for other Americans,” said Maj. Kristie Souders, a South Pittsburg, Tenn., native and a veterinarian with the 4220th. “It’s nice to go to other countries and help them out, but I think it has a special meaning to be able to do something for somebody else in our own country.”

Souders, who is civilian veterinarian in downtown Manhattan, N.Y., said this annual training is much different than some she’s previously attended.

“We’re getting a lot of training ourselves and the interaction with the Air Force (Reserve) and the Navy (Reserve). It’s a much larger group than I’ve worked with on other annual trainings.”

She added that this type of training event is good for the American people because it lets them see another side of the military.

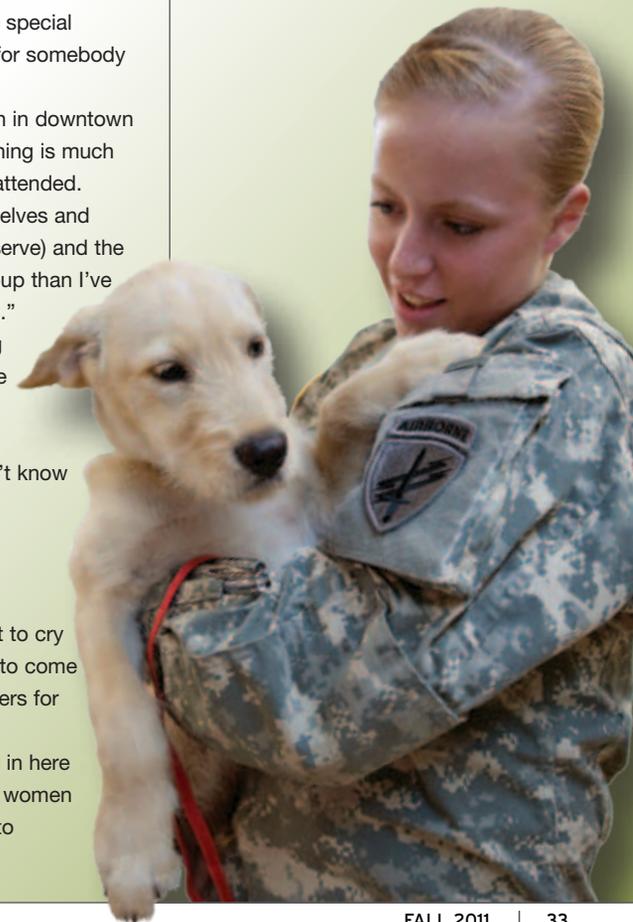
“I think a lot of them probably didn’t know we had a veterinarian component as far as our mission,” Souder said. “It lets them see that we care about the community.”

Freres couldn’t agree more. “I want to cry because someone said they’re going to come here and provide free spays and neuters for 11 days,” Freres said.

“It was breathtaking when I walked in here yesterday and saw all these men and women in uniform. I felt like Family was here to help us.” ❏

STORY AND PHOTOS
BY TIMOTHY L. HALE,
U.S. ARMY RESERVE COMMAND

Pfc. Rebekah Munday, 431st Civil Affairs Battalion, Little Rock, Ark., comforts a puppy during the Task Force Razorback Innovative Readiness Training spay and neuter clinic.





Pfc. Kira Anderson, a Multi-Media Illustrator with Delta Company, 203rd Military Intelligence Battalion, Military Intelligence Readiness Command, conducts a search of an 'enemy' vehicle during the Combined Joint Captured Materiel Exploitation Center exercise conducted by the 203rd at Aberdeen Proving Ground, Md. As her team's Chemical, Biological, Radiological, and Nuclear technician, her job was to ensure that her teammates could proceed safely with intelligence exploitation.

STORY AND PHOTOS BY
MAJ. ANNMARIE DANEKER,
MILITARY INTELLIGENCE
READINESS COMMAND



Lt. Col. Ma Homyong, Program Officer, Science Technical Intelligence Division, South Korea Defense Intelligence Agency, in the green windbreaker, speaks to the South Korean personnel participating in the Combined Joint Captured Materiel Exploitation Center exercise conducted by the 203rd Military Intelligence Battalion, Military Intelligence Readiness Command, at Aberdeen Proving Ground, Md. Canadian and British forces also participated in the five-day exercise, as well as personnel from the Navy, Air Force, and Marines.

foreign familiar

ABERDEEN PROVING GROUND, Md. – The 203rd Military Intelligence Battalion, Military Intelligence Readiness Command, recently conducted a Combined Joint Captured Materiel Exploitation Center training exercise to bring intelligence personnel together to learn skills necessary for the exploitation, gathering and analysis of foreign material from a battlefield.

Intelligence personnel from the U.S. Army, Navy, Air Force, Marines and the Defense Intelligence Agency as well as Canadian forces, the British Army, and South Korea participated in the five-day exercise.

Training opportunities included a foreign weapons familiarization range, foreign weapons and vehicle exploitation, improvised explosive device familiarization and then a culminating event to bring all the tasks together.

Although the DIA-mandated CJCMEC has been conducted annually, this year's event is the first time the exercise has been conducted solely by U.S. Army Reserve Soldiers.

"It is heartening because this mission was previously mainly run by our active components and we just participated, so I'm happy that our Reserve Troop Program Unit Soldiers can step into what used to be just an active component mission," said Lt. Col. Troy Heskett, 203rd MI Bn Commander.

One of the main training events for the intelligence personnel was a series four Technical Intelligence lanes where teams were given a scenario of searching a vehicle or a designated area. The teams were graded on a variety of tasks, including securing the scene, searching the premises, documenting the site and collecting evidence.

Pfc. Kira Anderson, a multimedia illustrator with Delta Company, was the Chemical, Biological, Radiological and Nuclear specialist on her team when it went through the lane. Her tasks included taking photos of the vehicle and drawing a scene sketch.

"My job is also to check for any chemicals or gasses that might be unsafe for my team," she said.

For Pfc. Brent Sessions, an intelligence analyst with Headquarters and Headquarters Company, the exercise was a chance to better understand working conditions he might face in theater.

"I am just trying to get a feel for what it would be like out in the field and get good training for if I ever do get deployed with this unit," he said.

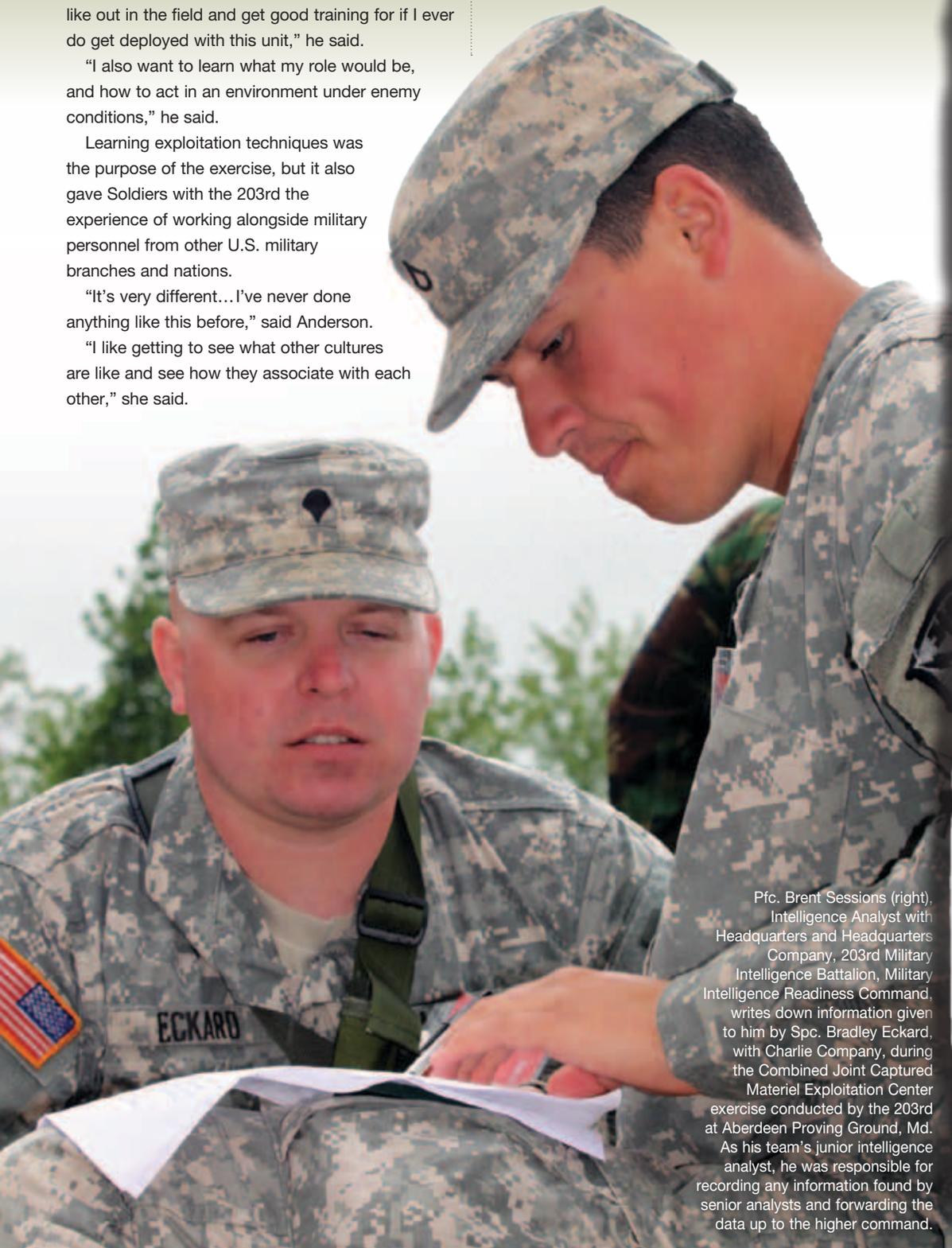
"I also want to learn what my role would be, and how to act in an environment under enemy conditions," he said.

Learning exploitation techniques was the purpose of the exercise, but it also gave Soldiers with the 203rd the experience of working alongside military personnel from other U.S. military branches and nations.

"It's very different... I've never done anything like this before," said Anderson.

"I like getting to see what other cultures are like and see how they associate with each other," she said.

The exercise wasn't all hard work, especially for the participants from other nations. The visiting personnel were given a chance to eat at some local restaurants and also attend a Baltimore Orioles baseball game. ❏



Pfc. Brent Sessions (right), Intelligence Analyst with Headquarters and Headquarters Company, 203rd Military Intelligence Battalion, Military Intelligence Readiness Command, writes down information given to him by Spc. Bradley Eckard, with Charlie Company, during the Combined Joint Captured Materiel Exploitation Center exercise conducted by the 203rd at Aberdeen Proving Ground, Md. As his team's junior intelligence analyst, he was responsible for recording any information found by senior analysts and forwarding the data up to the higher command.

TOP REGIONAL RECRUITING ASSISTANTS

JULY-SEPT 2011

REGION 1

Pfc. James Hannigan
Yorktown Heights, N.Y.

REGION 2

Pfc. Chase Lane
Sewickley, Pa.

REGION 3

Pfc. Flint Yerian
Ranson, W.Va.

REGION 4

Cpt. Christopher Gann
Russellville, Tenn.

REGION 5

Spc. Adam Barkoskie
St. Augustine, Fla.

REGION 6

Spc. Jennifer Demelo
Kenner, La.

REGION 7

Pfc. Nestor Cuaresma
Lahaina, Hawaii

REGION 8

Pfc. Cori Noble
Jesup, Iowa

REGION 9

1st Lt. Matthew Moyes
Peru, Ill.

REGION 10

Spc. Dan Neff
Hilliard, Ohio

REGION 11

Spc. Timothy Morris
San Pedro, Calif.

REGION 12

Pfc. David Garcia
Grand Prairie, Texas

REGION 13

Pfc. Chad Dickey
Tucson, Ariz.

2011 BEST WARRIOR COMPETITION



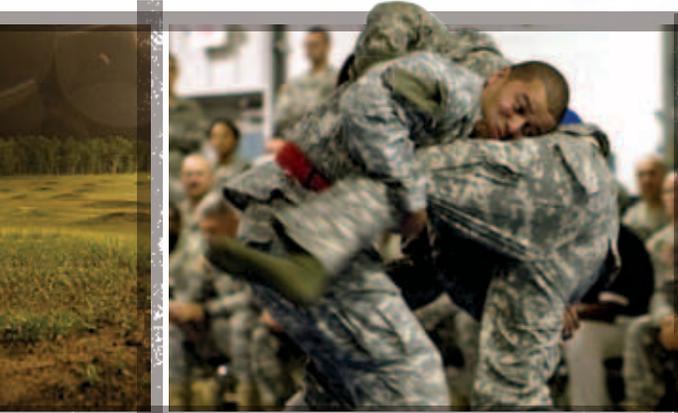
It's a test of the limits of both mind and body.
But to emerge best of the best, you must overcome...

LONG, HARD

THE

PHOTO ILLUSTRATION





FROM LEFT TO RIGHT:

Spc. Ryan Barger, representing the 200th Military Police Command, scans his sector during the M4 rifle night fire qualification event at the 2011 Army Reserve Best Warrior competition at Fort McCoy, Wis. on June 22. A steady rain made the task all the more difficult as Warriors had to fire on targets at distances ranging from 50-300 meters. **PHOTO BY TIMOTHY L. HALE, ARMY RESERVE PUBLIC AFFAIRS**

Sgt. 1st Class Daniel G. Urquia with the Army Reserve careers Division from McGuire-Dix-Lakehurst, N.J., did a take-down move during combatives. **PHOTO BY SPC. BENJAMIN JOHN, 364TH PUBLIC AFFAIRS OPERATIONS CENTER**

ROAD

STORY BY TIMOTHY L. HALE

ARMY RESERVE PUBLIC AFFAIRS

FROM LEFT TO RIGHT:

Spc. Ryan Barger keeps moving forward during the 10km road march at the Army Reserve Best Warrior competition at Fort McCoy, Wis. on June 22. Barger, a native of Belding, Mich., represented the 200th Military Police Command at this year's competition. The Warriors had 2-1/2 hours to complete the course carrying a full combat load along a paved course with moderate to steep road inclines. **PHOTO BY TIMOTHY L. HALE, ARMY RESERVE PUBLIC AFFAIRS**

Staff Sgt. Bret Klatt eyes the skies during the 10km road march. Klatt, a native of Rochester, N.Y., represented the U.S. Army Civil Affairs and Psychological Operations Command at this year's competition. **PHOTO BY TIMOTHY L. HALE, ARMY RESERVE PUBLIC AFFAIRS**

Sgt. Christopher Couchot keeps a steady pace count during the 10km road march at the Army Reserve Best Warrior competition at Fort McCoy, Wis. on June 22. Couchot, a native of Sidney, Ohio, represented the 335th Signal Command at this year's competition. **PHOTO BY TIMOTHY L. HALE, ARMY RESERVE PUBLIC AFFAIRS**

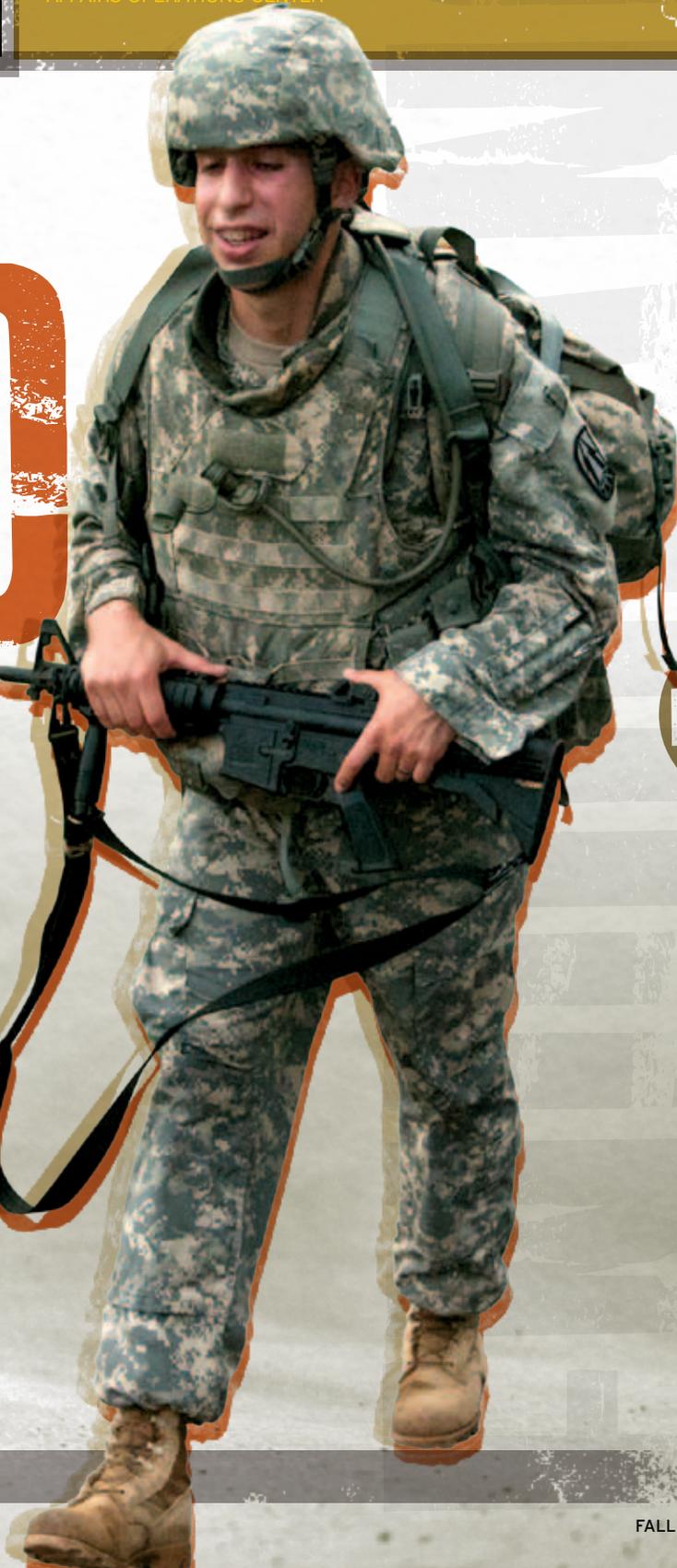
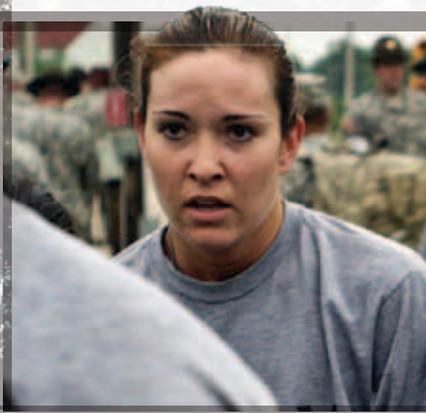


PHOTO ILLUSTRATION

MORE ▶

2011

BEST WARRIOR COMPETITION



FORT McCOY, Wis. – Forty-three of the Army Reserve’s best, brightest and strongest Warriors were put to the test, not only against each other, but Mother Nature got in on the action as well during this year’s Best Warrior competition held June 20-24.

“IT’S MIND OVER MATTER. YOU TRY TO EMBRACE THE MISERY OF IT.”

– STAFF SGT. MAX REES, 75TH TRAINING DIVISION



Soldiers participating in the Exfiltration event at the 2011 Army Reserve Best Warrior competition at Fort McCoy Wis., load into a UH-64 Blackhawk helicopter on June 23. The Exfiltration event gives Soldiers a good idea what to expect while loading, riding, and exiting an aircraft in a combat zone.

PHOTO BY SPC. CLIFF COY, 416TH PUBLIC AFFAIRS



FROM LEFT TO RIGHT:
 Spc. Jessica R. Storch grabs a cup of water after completing the 2-mile portion of the Army Physical Fitness Test at the 2011 United States Army Reserve Command Best Warrior competition at Ft. McCoy, Wis. **PHOTO BY SPC. BENJAMIN JOHN, 364TH PUBLIC AFFAIRS OPERATIONS CENTER**

Command Sgt. Maj. Michael D. Schultz (right) offers words of encouragement to Sgt. Le'Fate Jones, a information technology specialist, 78th Training Division, Ft. Dix, N.J. (left) during the 10km road march at the 2011 USARC Best Warrior competition on June 22. Shultz waited for 43 competitors at the finish line as they all completed the foot march within 3 hours. **PHOTO BY SGT. GREGORY WILLIAMS, 78TH TRAINING DIVISION**

Sgt. Daniel Florez represented the 416th Theater Engineer Command in the 2011 Best Warrior competition at Ft. McCoy, Wis. He enlisted in the Army Reserve to follow in the footsteps of his father and grandfather. **SPC. BENJAMIN JOHN, 364TH PUBLIC AFFAIRS OPERATIONS CENTER**

PHOTO ILLUSTRATION

Periods of thunderstorms and rain nearly every day added a completely different element of difficulty to the weeklong competition. To make matters worse, during the night-into-day land navigation course, it even hailed.

But when the clouds parted and the sun set on the week, Spc. Ryan Barger and Staff Sgt. Christopher Couchot survived the elements and all the physical and mental tasks to be named the Soldier and Non-commissioned Officer of the Year respectively.

"Forty-three competitors...we have the cream of the crop this year," said Command Sgt. Major Michael D. Schultz, the Army Reserve's top enlisted Soldier. "This is a higher level and caliber than we've ever seen."

Schultz said it is unfortunate that not everyone will be able to claim the bragging rights of being the "best of the best," but there is something else much bigger at stake in this competition.

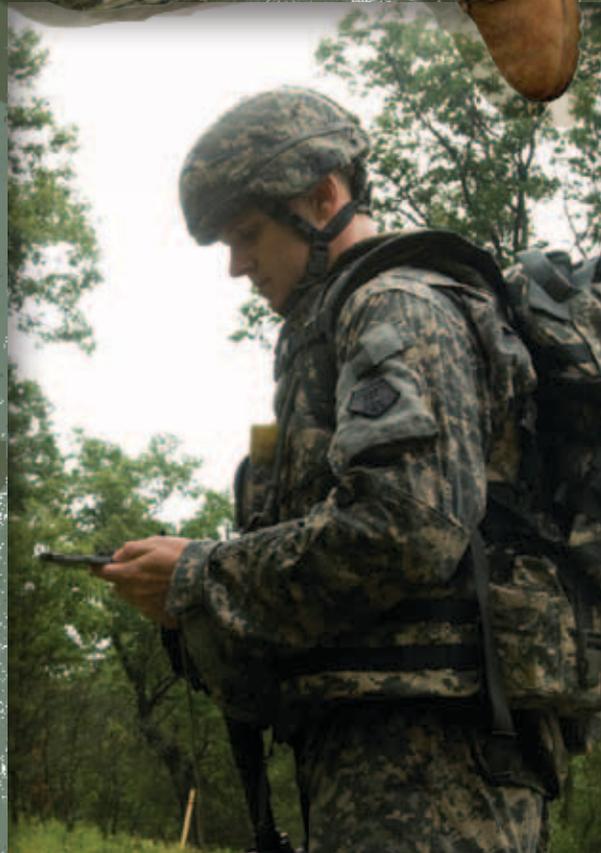
"It's about taking what you learn here and setting the example and mentoring other Soldiers when they return to their units," he said.

FULL FORCE NATURE

If there was one underlying theme this year compared to previous years, it was the weather. Pretty much every tactical event was conducted in rain and surprisingly cool temperatures.

Although both Barger and Couchot said they are honored to represent the Army Reserve at the Department of the Army competition and are looking forward to competing later this year, they were not alone in their sentiments for the often miserable conditions, especially during the land navigation course.

"Land navigation was a long story," Couchot said with a slight grin. "I plotted my first point and took off at night—15 minutes later, I lost my protractor so I walked around for about two hours looking for my first point."



Spc. Christopher Lamp, representing the 7th CSC out of Germany, checks his compass before continuing to his next point during the land navigation event at the Army Reserve Best Warrior competition on Fort McCoy, Wis., on June 21. **PHOTO BY SGT. 1ST CLASS MARISOL HERNANDEZ, 416TH THEATER ENGINEER COMMAND**

2011 BEST WARRIOR COMPETITION



Couchot, representing the 335th Signal Command, said that after waiting for the sun to come up, he was able to find all of six of his points within the six-hour time limit by using terrain association, negotiating elevation changes across the course ranging from 600-1,300 feet. Couple that with the driving rain, hail and thick forests, it made for a daunting course.

Barger, representing the 200th Military Police Command, may have won the junior enlisted title, but he said the land navigation was his least favorite event.

“That was a really tough course,” Barger said. “We started out in pitch black...it really got the best of me.”

But one event does not necessarily make or break a Best Warrior. As Lt. Gen. Jack C. Stultz said during the awards ceremony, “There are no losers in this competition—hands down,” the Chief of the Army Reserve said.



Staff Sgt. Matthew Easily, 807th Medical Deployment Support Command, prepares to plot a waypoint during the Land Navigation. A driving rain and strong winds added an additional element of difficulty to the event that started at 3 a.m. and finished six hours later. PHOTO BY TIMOTHY L. HALE, ARMY RESERVE PUBLIC AFFAIRS

“Every one of you has strengths in a certain area. When you bring all those strengths together then you make a powerful team. You gave it everything you got. Nobody walks away from here as a loser.”

SUPPORTING CAST

Staff Sgt. Janine Smeltz, representing the 377th Theater Sustainment Command, was this year’s top M4 rifle qualifier. Smeltz said she would entertain the thought of coming back next year—but as a sponsor. “I would love to take my leadership skills and train next year’s Warrior (for our command).”

Smeltz, this year’s only Bronze Star award recipient in the competition, was quick to point out the event support staff and their efforts to make this year’s competition a success.

“The hardest event was the M9 pistol qualification mystery event,” she said. “But the training cadre took the time to train us and because of that I was able to compete further in the other events. Great props to the support staff.”

And her thoughts about that land navigation course?

“I could have spent the first hour on the bus and got the same results. I found my way back in time and that’s my story and I’m sticking to it!” she said with a laugh.

Staff Sgt. Max Rees, representing the 75th Training Division, probably summed up the land navigation the best.

“It’s mind over matter, you try to embrace the misery of it,” he said smiling. “I had a desk job for awhile and I’d trade a cold and wet night in the forest by myself for a desk job any day.”



Spc. Jessica R. Storch with the United States Army Hospital Detachment from Fort Wainwright Alaska, reacts to a simulated Improvised Explosive Device during the Bounding Overwatch event. PHOTO BY SPC. CLIFF COY, 416TH PUBLIC AFFAIRS



FROM LEFT TO RIGHT:

Staff Sgt. Janine Smeltz smiles after forcing her opponent, Sgt. Jacob Probst, to 'tap out' during the Modern Army Combatives tournament. **PHOTO BY TIMOTHY L. HALE, ARMY RESERVE PUBLIC AFFAIRS**

Spc. Gregory A. Thompson, 369th Minimal Care Detachment, Sharronville, Ohio, enters a room during a dry run during the Shoothouse event. Soldiers do a dry run to make sure they are prepared and safety conscious when they enter the event with live rounds. **PHOTO BY SPC. TRUE THAO, 364TH PUBLIC AFFAIRS OPERATIONS CENTER**

A Soldier takes a 25 question multiple choice exam which must be finished in under an hour and is used to test their knowledge about a wide variety of Army topics. **PHOTO BY SPC. CLIFF COY, 416TH PUBLIC AFFAIRS**

“THE LEVEL OF COMPETITION HERE IS TOUGH. THE EXPERIENCE HAS MADE ME A BETTER SOLDIER....WE PUSHED OURSELVES HARDER THAN WE THOUGHT WE COULD.”

— SPC. KYLE MCLAFFERTY, 377TH THEATER SUSTAINMENT COMMAND



PHOTO ILLUSTRATION

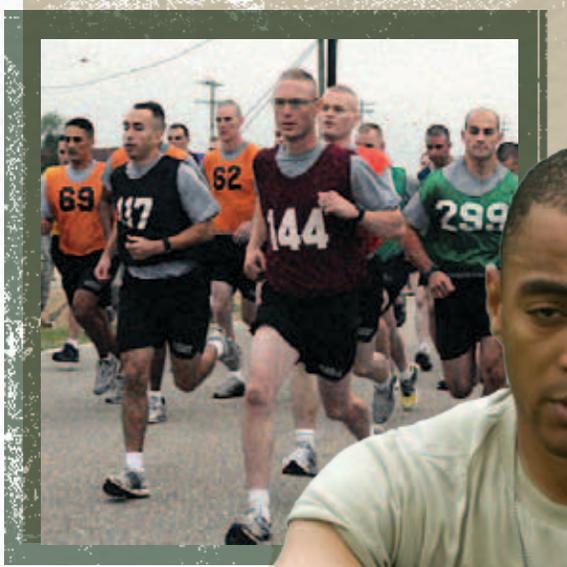
Spc. Ivan Pimentel with the 5th Brigade, 75th Division from Camp Parks, Calif., shot his M9 target during a mystery event of the 2011 United States Army Reserve Command's Best Warrior competition at Fort McCoy, Wis., on June 22. **PHOTO BY SPC. LINDSEY A. SCHULTE, 364TH PUBLIC AFFAIRS OPERATIONS CENTER**

2011 BEST WARRIOR COMPETITION



LEFT: Warriors toe to line at the beginning of the 2-mile portion of the APFT at the 2011 United States Army Reserve Command Best Warrior competition at Fort McCoy, Wis. **PHOTO BY SPC. BENJAMIN JOHN, 364TH PUBLIC AFFAIRS OPERATIONS CENTER**

BELOW LEFT: 43 Soldiers start the running portion of the Army APFT test at the 2011 USARC Best Warrior competition on June 20. The APFT test tested the competitors on their cardiovascular strength. **PHOTO BY SGT. GREGORY WILLIAMS, 78TH TRAINING DIVISION**



BECOMING A BETTER SOLDIER

Spc. Kyle McLafferty, representing the 377th Theater Sustainment Command, had support from his family during the week. His brother Sgt. Sean McLafferty served as his sponsor.

“The level of competition here is tough,” Kyle said. “Everyone here is extremely good at Soldiering. The experience has made me a better Soldier because it was challenging and we pushed ourselves harder than we thought we could.”

The brothers are hoping to swap roles next year with Kyle sponsoring his older brother Sean.

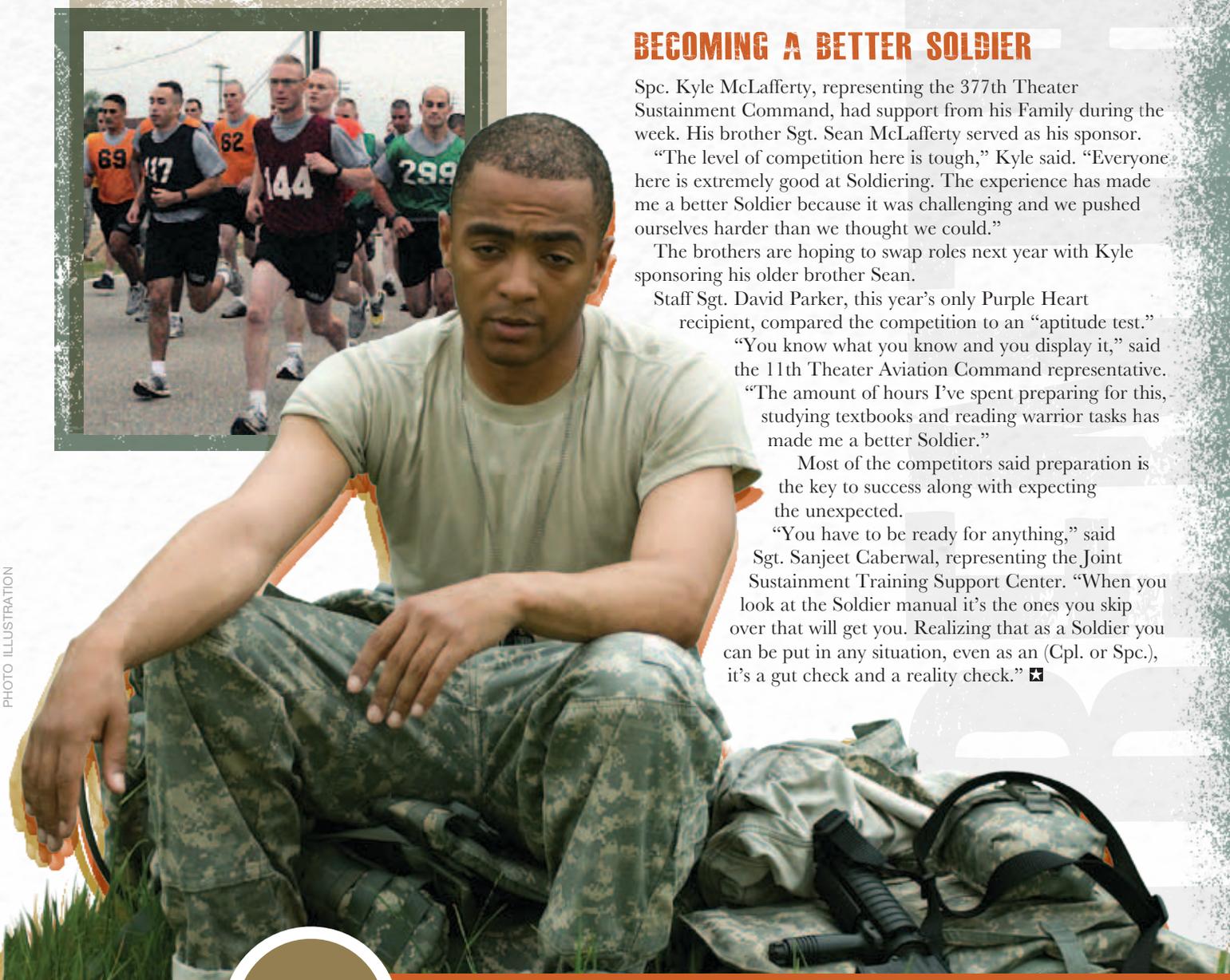
Staff Sgt. David Parker, this year’s only Purple Heart recipient, compared the competition to an “aptitude test.”

“You know what you know and you display it,” said the 11th Theater Aviation Command representative.

“The amount of hours I’ve spent preparing for this, studying textbooks and reading warrior tasks has made me a better Soldier.”

Most of the competitors said preparation is the key to success along with expecting the unexpected.

“You have to be ready for anything,” said Sgt. Sanjeet Caberwal, representing the Joint Sustainment Training Support Center. “When you look at the Soldier manual it’s the ones you skip over that will get you. Realizing that as a Soldier you can be put in any situation, even as an (Cpl. or Spc.), it’s a gut check and a reality check.”



FOR MORE PHOTOS AND RESULTS visit the U.S. Army Reserve at www.usar.army.mil, Facebook at facebook.com/usarmyreserve and Flickr at flickr.com/photos/myarmyreserve.



Spc. Le’Fate Jones with the 78th Training Division Operations from Fort McGuire-Dix-Lakehurst, N.J., relaxes after a 10km road march. **PHOTO BY SPC. TRUE THAO, 364TH PUBLIC AFFAIRS OPERATIONS CENTER**

PHOTO ILLUSTRATION

JUNIOR ENLISTED WINNER

Spc. Ryan Barger

Hometown:
Belding, Mich.

Unit: 303rd
Military Police
Co. 31B/
Military Police



CONGRATULATIONS
TO THIS YEAR'S
WINNERS!

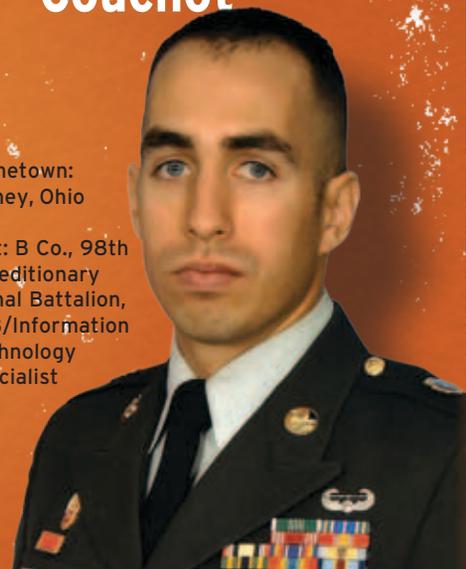
BEST OF THE BEST

NCO WINNER

Sgt. Christopher
Couchot

Hometown:
Sidney, Ohio

Unit: B Co., 98th
Expeditionary
Signal Battalion,
25B/Information
Technology
Specialist



Canadians Get First-Hand Look at the Army Reserve's Best

STORY BY TIMOTHY L. HALE, ARMY RESERVE PUBLIC AFFAIRS

FORT McCOY, Wis. – The prospect of honing Soldier skills at a future international-level competition is what brought two Canadian senior enlisted advisors to observe this year's Best Warrior competition.

Chief Warrant Officer Bill Darling, incoming sergeant major for Canada's Landforce Training and Doctrine System, and Chief Warrant Officer Dino Luberti, the outgoing sergeant major, visited Fort McCoy at the invitation of Command Sgt. Maj. Michael D. Schultz.

After noting the similarities between skills and requirements of both armies, Darling and Luberti commented on the competition and the performance of the 43 Best Warrior candidates they had observed through three days of competition. "Your Soldiers are stellar," Luberti said.

"The quality of their instructors and mentors has been instrumental in what has been done in this competition. My hat tips to them."

Schultz is hopeful that next year's Best Warrior is a combined event with Americans and Canadians participating.

"We want to see if there is something that we can do between the Canadian

enlisted and NCOs comparative to what we do as U.S. Soldiers in a combined event next year," Schultz said.

He added that he would eventually like to expand the competition to include military members from the American, British, Canadian, Australian and New Zealand Armies' Program, or as it's known by its shorter name, the ABCA Program.

"Our Soldiers would not only be competing against themselves and their commands but also with other nations – our NATO brothers that we're serving with (overseas)," he said.

Darling noted the skill of today's Soldiers. "This is a very competent, very professional, very well organized competition and that reflects on every Soldier here whether they're a competitor, a sponsor and a mentor, or whether it's the staff associated with hosting and running this competition.

"It's comforting to know that both forces can work together towards the same values that both countries share," Luberti said. "The training between the two countries is very similar, compatible, realistic and relevant."



LEFT: Chief Warrant Officer Bill Darling, incoming Sgt. Maj. for Canada's Land Force Training and Doctrine.

Chief Warrant Officer Dino Luberti, outgoing Sgt. Maj. for Canada's Land Force Training and Doctrine.

In the future, Darling believes a joint venture on this scale is good for both nations.

"You can share ideas back and forth," he said. "In the long run it's going to make both of our forces stronger and better. That better serves the citizenry of our countries. We're looking forward to the opportunity to come down here next year and compete." ✦

IN MEMORIAM

AS OF SEPTEMBER 6, 2011

SGT Kevin D. Akins	SGT Nathan R. Field	SSG Charles A. Kiser	SPC Brandon M. Read
SPC Omar M. Albrak	SSG Ryan D. Foraker	SGT Charles B. Kitowski, II	SGT Regina C. Reali
SPC Paul E. Andersen	SPC Kendell K. Frederick	SPC Adam L. Knox	SPC Ramon Reyes-Torres
MAJ Stuart M. Anderson	CPT Brian S. Freeman	SGT Elmer C. Krause	SGT Lawrence A. Roukey
SGT Roberto Arizola, Jr.	SGT Bryan L. Freeman	SGT Kurt E. Kruize	1SG Blue C. Rowe
CPL Raphael R. Arruda	SGT David T. Friedrich	CSM John K. Laborde	1SG Carlos N. Saenz
SPC Farid El Azzouzi	SPC Luke P. Frist	SSG Mark A. Lawton	SSG Cameron B. Sarno
CSM Edward C. Barnhill	SPC Nichole M. Frye	SSG Wilgene T. Lieto	SGT Joshua A. Schmit
SPC Jacob D. Barton	SFC Dan H. Gabrielson	CPT Shane R. Mahaffee	SSG Coby G. Schwab
SGT Gregory A. Belanger	SSG Loleni W. Gandy	SFC Curtis Mancini	COL Stephen K. Scott
SPC Alexander J. Bennett	MAJ Jason E. George	SGT Myla L. Maravillosa	SGT Danton K. Seitsinger
CPL Mark A. Bibby	SGT David J. Goldberg	LTC Ralph J. Marino	CPL Stephen D. Shannon
SPC Steven J. Bishop	SPC Michael L. Gonzalez	SSG Stephen G. Martin	SFC Michael P. Shannon
MSG Kelly M. L. Bolor	PFC Gregory R. Goodrich	SGT Arthur S. Mastrapa	LTC Anthony L. Sherman
SGT Federico G. Borjas	PFC Devin J. Grella	SSG Matthew Maupin	SSG Russell K. Shoemaker
SPC Roy Buckley	CPL Kelly B. Grothe	MSG Danny E. Maybin	CPT Benjamin A. Sklaver
SPC Dustin R. Brisky	MAJ Scott A. Hagerty	SPC Christopher D. McCarthy	SSG Benjamin J. Slaven
MSG Thomas L. Bruner	SPC David E. Hall	CPT Joshua M. McClimans	LTC Albert E. Smart
CPT Brian M. Bunting	SPC Robert E. Hall, Jr.	SSG James D. McNaughton	MAJ Charles R. Soltes, Jr.
SPC Charles E. Bush, Jr.	SGT James W. Harlan	SFC Otie J. McVey	SPC Carla J. Stewart
CPT Paul J. Cassidy	SSG Darren Harmon	1SG Tobias C. Meister	SFC Douglas C. Stone
PFC Thomas D. Caughman	SGT Kenneth W. Harris, Jr.	SPC Christopher T. Monroe	SGT Michael R. Sturdivant
SPC Doron N. Chan	SFC David A. Hartman	MAJ Evan J. Mooldyk	SGT Joshua A. Terando
SPC Jonathan M. Cheatham	SSG Stephen C. Hattamer	SGT Melvin Y. Mora	SGT Steve Theobald
SSG Thomas W. Christensen	SPC Joshua T. Hazlewood	SSG Richard L. Morgan, Jr.	SGT Daniel J. Thompson
SSG Lillian L. Clamens	SSG Robert Hernandez	SFC Lawrence E. Morrison	SGT Jarret B. Thompson
SGT Ross A. Clevenger	SGT Edward R. Heselton	SSG James D. Mowris	SSG Frank F. Tiai
1SG Christopher D. Coffin	SPC Julie R. Hickey	MAJ Michael L. Mundell	SGT Tina S. Time
SPC Christopher J. Coffland	SGT Anton J. Hiett	SGT Rodney A. Murray	SFC John J. Tobiason
SPC Gavin J. Colburn	SPC Joshua L. Hill	SGT Paul T. Nakamura	SPC Brandon Tobler
SGT James S. Collins, Jr.	SPC Casey L. Hills	MSG Robb G. Needham	SGT Nicholas A. Tomko
MAJ David S. Connolly	SPC Benjamin D. Hoeffner	SPC Charles L. Neeley	SPC Juan M. Torres
SSG Todd R. Cornell	SGT James J. Holtom	SSG Clinton T. Newman	SPC Teodoro Torres
SPC Richard M. Crane	MAJ Matthew P. Houseal	PFC Alan H. Newton, Jr.	SSG Nathan J. Vacho
1SG Jose S. Crisostomo	SFC Merideth L. Howard	CW2 Bryan J. Nichols	SGT Thomas E. Vandling, Jr.
LTC Terrence K. Crowe	SPC Bert E. Hoyer	SPC Allen D. Nolan	SGT Jose M. Velez
SSG Donald N. Davis	CPL Rachael L. Hugo	SGT Joseph C. Nurre	SGT Chirasak Vidhyarkorn
SPC Lauro G. DeLeon, Jr.	SGT Eric R. Hull	SGT Larry W. Pankey, Jr.	SGT Brandon L. Wallace
SFC Robert V. Derenda	CPL Derence W. Jack	SGT Evan S. Parker	SGT Brad A. Wentz
SSG Christopher W. Dill	SPC Dustin C. Jackson	SSG Robert J. Paul	PFC Raymond M. Werner
SGT Catalin D. Dima	CPT Benjamin D. Jansky	SSG Ronald L. Paulsen	SPC Marc C. Whisenant
SPC Jeremy M. Dimaranan	SPC Joseph A. Jeffries	SPC Samuel F. Pearson	SGT Cheyenne C. Willey
SSG Carlos Dominguez	MAJ Alan R. Johnson	PFC Luis A. Perez	LTC James L. Wiley
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MAJ Michael S. Evarts	MAJ Dwayne M. Kelley	SGT Miguel A. Ramos	CPT Darrick D. Wright
SSG Jeffrey J. Farrow	LTC Paul W. Kimbrough	SSG Joseph R. Ray	SPC James C. Young
MAJ Gregory J. Fester	SPC Adam G. Kinser	SGT Pierre A. Raymond	

We honor the lives of these Warrior-Citizens for their service and sacrifice to our country in support of Operations Iraqi Freedom/Enduring Freedom/New Dawn.

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THE SUPREME SACRIFICE IN THE GLOBAL WAR ON TERROR.

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FORGET



Editor
Warrior-Citizen
U.S. Army Reserve Command, Public Affairs
1401 Deshler Street SW
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