



The AR-MEDCOM welcomes new deputy commander

 PINELLAS PARK, Fla. — Brigadier General Mary Link, new deputy commander for Army Reserve Medical Command, joined the command team June 6, 2012.

Alongside Maj. Gen. Robert J. Kasulke, commanding general of AR-MEDCOM, Link will provide leadership, management and direction for medical operations.

Kasulke said that Link is the right person for the AR-MEDCOM command team.

“Brigadier General Link has a significant amount of medical experience across a wide front of corporate and military medical organizations,” said Kasulke, who resides in Watertown, N.Y. “She brings an excellent portfolio of talents skills, and leadership to AR-MEDCOM.”

Link, a native of Ravenna, Neb., is well-known throughout Army Medical Department and is no stranger to AR-MEDCOM, many recall her time as the commander of the AMEDD Professional Management Command in Ga.

She served as the Deputy Surgeon, Clinical Operations, Office Chief Army Reserve in Washington, D.C., as her most recent assignment where she was responsible for facility administrative procedures, oversaw clinical operations, and strategic planning.

As the first female deputy commander for AR-MEDCOM, she succeeds Brig. Gen. Jonathan Wood-

son, who is now serving as the assistant secretary of defense for health affairs and director of TRICARE management activity.

Link also serves as the Assistant Surgeon General for Force Management, Mobilization, Readiness and Reserve Affairs, Office of the Surgeon General (Individual Mobilization Augmentee), Washington, D.C.

Col. Corliss Gadsden, the former chief of staff of the AR-MEDCOM had the opportunity to work with Link at Human Resources Command in St. Louis, Mo., which is now located at Fort Knox, Ky.

“Her firsthand knowledge in the medical field is a valued asset to the Army medical community and to this command,” said Gadsden. “She is focused on taking care of Soldiers and their well-being ... this is a true professional joining our team.”



Brigadier General Mary Link deputy commander. (U.S. Army courtesy photo)



Pinellas Park, Fla. -- Soldiers of the Army Reserve Medical Command stand in a formation at the C.W. Bill Young, Armed Forces Reserve Center at Pinellas Park Fla., June 10, 2012. Sgt. Joshua McDowell, a training noncommissioned officer and the 2010 Best Warrior, led the command in a shout-out for the United States Army's 237th Birthday celebrated June 14. This year's theme is "America's Army: The Strength of the Nation" for 237 years, our Soldiers and their Families have been the strength of our great nation in peace and at war. (Photo by Staff Sgt. Eric W. Jones/released)

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Col. Tracy Smith, the chief of staff of the Army Reserve Medical Command, presents Lt. Gen. Patricia Horoho, with a "Wounded in Action" booklet on behalf of Maj. Gen. Robert Kasulke during her visit to the C.W. Bill Young Armed Forces Reserve Center, in Pinellas Park, Fla., August 7, 2012. Horoho, the first female Army Surgeon General and commanding general, U.S. Army Medical Command, met with key leaders of AR-MEDCOM and had the opportunity to visit Soldiers within the command. (U.S. Army Photo/Lt. Col. Michele R. Sutak released)

What's going on in your command

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Unit Public Affairs Representatives (UPARs) let us know what your unit is doing for monthly observances, during the BTA, and around your local area.

UPARs inform your Leaders and Soldiers who you are ... market your command by telling the Army Reserve story! Find AR-MEDCOM, APMC, MARSs and MRTC units on FACEBOOK.



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International

NASA's New Mars Rover Sends Higher-Resolution Image

Source: Jet Propulsion Laboratory



PASADENA, Calif. - About two hours after landing on Mars and beaming back its first image, NASA's Curiosity rover transmitted a higher-resolution image of its new Martian home, Gale Crater. Mission Control at NASA's Jet Propulsion Laboratory in Pasadena, Calif., received the image, taken by one of the vehicle's lower-fidelity, black-and-white Hazard Avoidance Cameras - or Hazcams.

"Curiosity's landing site is beginning to come into focus," said John Grotzinger, project manager of NASA's Mars Science Laboratory mission, at the California Institute of Technology in Pasadena. "In the image, we are looking to the northwest. What you see on the horizon is the rim of Gale Crater. In the foreground, you can see a gravel field. The question is, where does this gravel come from? It is the first of what will be many scientific questions to come from our new home on Mars."

While the image is twice as big in pixel size as the first images beamed down from the rover, they are only half the size of full-resolution Hazcam images. During future mission operations, these images will be used by the mission's navigators and rover drivers to help plan the vehicle's next drive. Other cameras aboard Curiosity, with color capability and much higher resolution, are

expected to be sent back to Earth over the next several days.

Curiosity landed at 10:32 p.m. Aug. 5, PDT, (1:32 a.m. EDT, Aug. 6) near the foot of a mountain three miles (about five kilometers) tall inside Gale Crater, 96 miles (nearly 155 kilometers) 7in diameter. During a nearly two-year prime mission, the rover will investigate whether the region has ever offered conditions favorable for microbial life, including the chemical ingredients for life.

The mission is managed by JPL for NASA's Science Mission Directorate in Washington. The rover was designed, developed and assembled at JPL, a division of Caltech.



This is one of the first images taken by NASA's Curiosity rover, which landed on Mars the evening of Aug. 5 PDT (morning of Aug. 6 EDT).



NASA's most advanced Mars Curiosity rover has landed on the Red Planet, Photo credit by mars.jpl.nasa.gov.

National

At 64, surgeon heading for war

By Lou Michel, Buffalo News, News Staff Reporter



At a time in life when most people are looking forward to retirement, Lawrence B. Bone is heading off to war.

The 64-year-old orthopedic surgeon has joined the Army Reserve and leaves for Afghanistan in July.

The reason he joined the military so late in life is to help wounded service members, and he knows personally why his skills are needed.

His son, Christian B. Bone, now 33, suffered a severe combat wound in Iraq in 2006. When his son returned home, the father-surgeon witnessed firsthand the price he paid.

"He was injured in a Humvee when an improvised explosive device went off," said Larry Bone, chairman of the orthopedic department at the University at Buffalo School of Medicine and Biomedical Sciences. "When he returned to the States, I oversaw the physical therapy on his right shoulder."

Bone later learned that 75 percent of war wounds require the skilled hands of an orthopedist, and he soon realized he could not sit back and look toward the comfort and security of retirement, without first making a stand himself.

In 2009, Bone was at a military reception during a national orthopedic trauma meeting in Salt Lake City.

"We could use your services," he was told.

"I'm too old," Bone responded.

"We have an age waiver for areas of critical need," came the reply.

Orthopedic surgeons were among the most in demand for war duty.

The Orchard Park resident said that he returned home from the conference and that after discussing his intentions with "a very supportive family," he drove to the Army Reserve medical office in Amherst.

"I said 'I want to volunteer.' Normally, 56 years old is the cutoff age for enlisting as a surgeon," Bone said. But he persisted, and 20 months later, he was commissioned as a lieutenant colonel in the Army Reserve.

A member of the 865th Combat Support Hospital at Niagara Falls Air Reserve Station, he is due to arrive in the war zone July 27 and can hardly wait to save lives.

"I'm very, very excited to go and get over there.

Our young men and women are still being injured, and after 30 years of treating civilian trauma victims, I'm

honored to have this opportunity to treat our military," he said.

Officials at the Niagara Falls base say they are thrilled to have him on board.

"We sent him to fill a critical shortage with our deploying 624th Forward Surgical Team at the Army Trauma Training Center in Miami last February, and he was well received by the unit and ATTC staff," Lt. Col. Dawn T. Flynn said at the Niagara Falls base. "He was able to share his experience with them."

Although he is older, Bone says, he anticipates he will be able to handle the rigors of serving in a war zone because he is in excellent physical condition. At 5-foot-7 and 155 pounds, he says, he feels more like 40 than 64.

"I've completed personal physical training and two courses in military trauma training," Bone said of his preparation.

Flynn added that Bone is not bragging when he says he is in top-notch physical condition.

"Our maximum score for the physical fitness test is 300, and Larry consistently scores between 340 and 360," Flynn said.

The journey to war, Bone added, has made him all the more aware of what others in the medical profession have been doing for years, taking time off from their civilian careers and defending the country by caring for those harmed on the front lines.

"Most recently, the 1982nd Forward Surgical Team at Niagara Falls Air Reserve Station was deployed for nine months and was the busiest forward surgical team in Afghanistan during that time," Bone said.

By serving, he says, he will also have the chance to return the favor of caring for the wounded just as his son was cared for by a military orthopedic surgeon in Baghdad during the Iraq War.

"It's a chance for me to help someone else's son," he said.

After Christian Bone recovered from his war wounds, he left the military and studied to become a registered nurse. He now works at Buffalo Veterans Affairs Medical Center, attending to wounded veterans, something that makes his father and mother, Paula, a retired teacher, very proud.

As for the doctor's family, Bone said, "My son and wife are extremely supportive, though my two daughters sometimes wonder why, but understand their father."

Part of the reason Bone agreed to tell his story of



Mindful of price paid by son, UB orthopedist eager for Afghan duty Dr. Lawrence B. Bone, chairman of the orthopedic department at UB's School of Medicine and Biomedical Sciences, has joined the Army Reserve and leaves in July for Afghanistan, where he'll serve in a surgical unit. (Derek Gee / Buffalo News)

this late-in-life career move, he said, was to draw attention to the Niagara Falls base, whose future remains in question as the Pentagon considers what bases to close for cost-saving purposes. The local base, Bone said, provides a critical link between the armed forces and citizen soldiers.

Bone is one of the oldest reservists to come out of the base. He'll turn 65 in October, during his deployment to Afghanistan, and said he has no plans of taking a break to file for Social Security retirement benefits. He says he is not even considering retirement from the Army Reserve or his position at UB.

In fact, he said, "I'm already looking forward to future deployments to Afghanistan."

Finding a job biggest challenge for veterans, survey finds

By Steve Vogel

Despite a continued drop in the unemployment rate among Iraq- and Afghanistan-era veterans, a new survey reports that more than two-thirds of their post-9/11 generation believe that finding a job is the greatest challenge they face in making the transition to civilian life.

Among the most striking findings of the Veterans' Employment Challenges study, released last week, is that 44 percent of veterans participating in the poll said they were not ready to make the transition to civilian life.

Veterans facing physical or mental-health issues were twice as likely as others to say they were not ready for the transition. In addition, close to half of those who said they were not ready said they needed more education or technical training. The poll was conducted by Prudential Financial in partnership with Iraq and Afghanistan Veterans of America.

The Bureau of Labor Statistics issued figures this month showing that the unemployment rate in July for Iraq- and Afghanistan-era veterans fell to 8.9 percent, more than a half-percentage point lower than the previous month. The rate, which was 12.4 percent in July 2011, has dropped for six consecutive months and is not much higher than the national unemployment rate, which was 8.3 percent in July.

But Tom Tarantino, chief policy officer for IAVA, cautioned against concluding that unemployment is no longer a problem for the post-9/11 generation of veterans.

"We are noting a positive trend, but the underlying problems haven't yet been fixed," he said in an interview Friday.

The online survey of 2,453 veterans and separating service members was conducted in in December and January, before the recent drop in veteran unemployment figures. But Tarantino said the problems identified by survey respondents remain valid concerns.

"We don't train people very well in how to be civil-

ians again," he said

Next to the overall economic problem, veterans participating in the survey said the biggest challenge they face in finding a job is explaining how their military experience translates into civilian employment.

The Veterans Opportunity to Work to Hire Heroes Act, signed into law late last year, requires the Labor Department to commission a study on how to translate military skills to civilian equivalents, and to streamline the process by which veterans obtain civilian licenses and certification for their military skills.

Nonetheless, 58 percent of the respondents said they were worried about translating their skills to a business environment, and nearly half were concerned that civilian supervisors who are not veterans do not understand military culture.

"Among the challenges this research confirms for employers and veterans is the need to bridge the perception gap between the skills veterans offer and what employers are looking for," said Raymond Weeks, vice president for veterans initiatives at Prudential Financial.

In July, President Obama formally announced Transition GPS, a long-awaited overhaul of the military's Transition Assistance Program (TAP), to help troops leaving the service.

Based on the survey results, IAVA is recommending that the new program be tailored for soldiers based on their disability status, education level and military skills.

Survey respondents gave "lukewarm" ratings to the existing program, with slightly fewer than half of those who participated in TAP seminars saying it helped them reintegrate to civilian life or provided useful employment assistance.

"This is not an easy thing to fix," Tarantino said. "It's going to take a while."



Thousands attended the Veteran Hiring Fair recently at Cobo Center in Detroit, Mich. Local employers at the fair included the Big Three automakers, Quicken Loans Inc., and Big Boy restaurants (Courtesy photo)

Stultz leaves Reserve a force transformed

By Michelle Tan - Staff writer



Looking back on six years as chief of the Army Reserve, Lt. Gen. Jack Stultz says he leaves his successor with a transformed, agile and operational component that's filled with soldiers who want to make a difference.

The challenge for Maj. Gen. Jeffrey Talley will be to maintain the lessons of the past decade of war and continue to train and challenge his soldiers amid some of largest budget cuts the Defense Department has faced in years, Stultz said.

"I think the mission I had when I came into this job was to transform the Army Reserve from a strategic to an operational footing," he said. "You've got unconstrained resources in terms of dollars, but you're limited by time. You've got to do it as fast as you can because we're fighting a war."

Talley's mission will be, "How do you maintain this when you have time but the resources are going to be limited?" Stultz said. "It's interesting to look at where I came through and what he's going to be doing."

Stultz will relinquish command of the Army Reserve to Talley during a ceremony June 9 at Fort Bragg, N.C. It will mark six years since he took command in May 2006, making him the Army Reserve's longest-serving chief. Stultz will retire July 2 at Fort Myer, Va.

The Senate has confirmed Talley's nomination to be chief and his promotion to lieutenant general.

"Most significant for me was watching the Army Reserve transform not only its structure, capability and training strategy, but also transform the mindset of the soldier who is either in the Army Reserve or is joining the Army Reserve," Stultz said. "This is not a weekend warrior organization anymore. This is an operational force, and you're joining to mobilize, and that is the expectation."

Stultz said he also is proud of the employer program he started, which seeks to link civilian employers with job-seeking soldiers.

"What started out as a local program has turned into an operation with our own portal, 3,000 employers, [and] soldiers every day getting jobs and feeling really good about what the Army Reserve is doing for them," he said.

In addition, the Defense Department has adopted and expanded on the program, a development Stultz calls "very fulfilling."

Another accomplishment he's proud of is the standing up of Army Strong Community Centers, which aim to serve soldiers, veterans and their families who live far from military installations.

So far, there are centers in six states: North Carolina, Connecticut, New York, Pennsylvania, Michigan and Oregon.

"We have full-time employees who are the eyes and ears for people," Stultz said. "There are thousands



After six years leading the Army Reserve, Lt. Gen. Jack C. Stultz, the 31st chief, U.S. Army Reserve and commanding general, U.S. Army Reserve Command changed command June 9 and retired July 2. (U.S. Army Courtesy photo).

of soldiers and families we're helping now, a lot of times with simple questions like GI Bill or Tricare coverage, how do I get an ID card."

The goal is to open more centers across the country and get the Army to view them as a resource for all soldiers, not just the Army Reserve, Stultz said.

"We're reaching families in these communities," he said. "We're reaching Gold Star families who need someone to be a support network for them. We're reaching veterans."

As for the future, Stultz said one of Talley's priorities will be to keep his soldiers engaged.

"Soldiers are not going to be very patient with anything we're doing with them that they don't see as being relevant," he said. "As we go back to more of a peacetime mission set, we're going to have to make training very worthwhile for our soldiers. How do we maintain that edge? How do we maintain that training? How do we ... make it worthwhile for us in terms of improving [the soldiers'] readiness and worthwhile for them?"

Stultz also cautioned that the Army Reserve must maintain a balance for soldiers, especially as the operations tempo and deployments wind down.

"We've got to be careful of what we're asking of soldiers," he said. "I'm a big fan of the force generation cycle. To me, that gives the soldier, the employer, the family predictability."



Gen. Raymond T. Odierno, U.S. Army chief of staff, addresses the audience during the U.S. Army Reserve Command promotion ceremony and change-of-command ceremony at Fort Bragg, N.C., June 9, 2012. Lt. Gen. Jeffrey W. Talley assumed command from Lt. Gen. Jack C. Stultz to become the 32nd Chief, U.S. Army Reserve and the seventh commanding general of the U.S. Army Reserve Command. (Photo credit: Timothy Hale).

Lt. Gen. Jeffrey Talley takes command of Army Reserve Command

By Henry Cunningham, Military editor



At age 52, Lt. Gen. Jeffrey W. Talley plans to start jumping out of airplanes for the first time in 28 years.

He made that remark Saturday morning after the ceremony in which he took command of U.S. Army Reserve Command at Fort Bragg.

Talley replaced Lt. Gen. Jack C. Stultz as the leader of 205,000 Army Reserve soldiers and 12,000 civilian employees in the United States and Puerto Rico. Also during the ceremony, Stultz, 59, retired from the Army, and Talley was promoted to three-star general.

"I'm not leaving sad," said Stultz, who had been in the job for six years. "I'm leaving smiling. It's been a great run."

The change in leadership of Reserve Command was the first since the headquarters moved to Fort Bragg from Atlanta last year.

"Never in our nation's history has the Army Reserve been more indispensable to America's Army," Talley said during the ceremony. "For after a decade of war, the Army Reserve has evolved into a central part of the Total Force with streamlined, deployable forces and citizen-soldiers who embody the warrior mindset and spirit."

The outdoor ceremony took place on Knox Street in front of Marshall Hall, the headquarters of Reserve Command and Forces Command. Commanders and their sergeants major from around the Army stood in formation with their unit flags. Howitzers fired a salute on the polo field.

The three-star general in that job divides his time between Fort Bragg and the Pentagon, where he is chief of the Army Reserve. During the ceremony, Gen. Raymond T. Odierno, the Army chief of staff, swore in Talley as chief of the Army Reserve.

Odierno hailed Talley as "the consummate citizen-soldier." Talley, who has a doctorate in civil and environmental engineering from Carnegie Mellon University, was president of Environmental Technology Solutions in Phoenix and an adjunct professor at The Johns Hopkins University.

Most Army Reserve soldiers balance their military duties with full-time civilian careers. Before 9/11, reservists were largely considered a stand-by force that likely needed extra training before deploying. During the past decade, those soldiers have deployed on a regular basis to Iraq and Afghanistan.

"Supported by engaged employers, resilient families and caring communities, our Army Reserve soldiers and civilians are truly twice the citizens," Talley said.

Talley said he will make a formal request to become a paratrooper again to Gen. Lloyd J. Austin III, the Army's No. 2 general, and then take airborne refresher training.

"We have airborne units in the Army Reserve, and I want to be able to jump with those units and lead from being out front, so I plan to go back on jump status if Gen. Austin will let me," he said.

"I wouldn't say I'm looking forward to it," he said. "You can't ask soldiers to do something you're not willing to do yourself. I'll do a little extra (physical training), I'll practice my (parachute landing falls), and say a few prayers, and I'll be good."



Incoming commander Lt. Gen. Jeffrey Talley, center, receives the colors from Gen. Raymond Odierno, Army chief of staff, June 9. (Courtesy photo).

Talley becomes one of four three-star generals on Fort Bragg, the Army's premier parachuting post and home to the airborne and special operations forces. The Army Reserve's U.S. Army Civil Affairs and Psychological Operations Command has headquarters on Fort Bragg and airborne units around the United States.

Talley said in an interview after the ceremony that he takes command as money is becoming scarcer for the Army and the Army Reserve.

"The challenge we've got is everybody has become very comfortable with the Army Reserve as part of the operating force," Talley said. "But we won't be able to fund it to maintain it at that level all the time. I think managing those expectations within the force and outside the Army Reserve is going to be the real challenge. I'm confident we can get it done."



Howitzers fired a salute on the polo field. (Photo credit: Timothy Hale)

Role of the Army Reserve (AR) – Enabling Prevent, Shape, Win

2020 AR Campaign Plan
Rally Point 32
AR Soldiers, Leaders, & Units in Action

PREVENT

- Credible deterrence requires AR capabilities and capacity
- AR enablers in theater exercises provide depth and versatility to the Joint Force
- AR units in force generation enhance Army readiness

SHAPE

- The AR provides additional capacity for shaping activities
- Unique AR military and civilian-acquired skills facilitate strategic access
- AR units provide continuity that fosters enduring partner relationships

WIN

- The AR is an accessible enabling force for the Army
- The AR is an enduring operational force enhancing the Army's capabilities to win decisively
- The AR provides the Total Army with operational flexibility and strategic depth

CIVIL AFFAIRS
RAIL OPERATIONS
CONSTRUCTION
MEDICAL
DEFENSE SUPPORT TO CIVIL AUTHORITIES

Army Reserve Capabilities

In Support of Army & Joint Force Priorities

- Engineers**
 - Combat & Construction Engineering
 - Design, Planning, & Project Management
- Logistics**
 - Petroleum Pipeline & Distribution Management
 - Maintenance & Transportation
 - Railway & Water Terminal Operations
- Military Intelligence**
 - Multi-disciplined Tactical & Strategic Intelligence
 - Linguists
- Medical & Dental**
 - Theater Medical Support & Evacuation
 - Preventive, Laboratory, & Veterinary Services
- Civil Affairs & Military Information Support Operations (MISO)**
 - Military-Civilian Liaison/Cultural Communication
 - Establish/Restore Governance
- Military Police**
 - Internment & Resettlement Operations
 - Law Enforcement/Community Policing Capacity
- Chemical**
 - Chemical, Biological, Radiological, & Nuclear (CBRN) General Purpose
 - Biological & Chemical Detection
- Soldier Support & Force Generation**
 - Human Resources, Postal, Finance, Chaplain & Legal
 - Institutional & Initial Military Training

RALLY POINT

32nd Chief of Army Reserve and Commanding General, U.S. Army Reserve Command



AMERICA'S ENDURING OPERATIONAL RESERVE FORCE OF DECISIVE ACTION

JUNE 2012

"TWICE THE CITIZEN"



Rally Point 32

"The leader considers the use and location of rally points. A rally point is a place designated by the leader where the unit moves to reassemble and reorganize. Soldiers must know which rally point to move to at each phase of the mission should they become separated from the unit. They must also know what actions are required there..."
 (U.S. Army Ranger Handbook)

Over the past ten years of war, the Army Reserve has been engaged globally in support of our Army and in service to the Nation, demonstrating we are America's enduring reserve force of decisive action. In order to ensure we can maintain our unique capabilities and capacity, it is appropriate to "rally" as we move forward as an Operational Army Reserve to Objective (OB) Army 2020 and Joint Force 2020.

As the 32nd Chief of Army Reserve, I serve at the strategic level as the principal staff adviser to the Secretary of the Army and the Army Chief of Staff on all Army Reserve Affairs. Rally Point 32 (RLY 32) provides my strategic guidance and direction on Army Reserve Affairs. As Commanding General, U.S. Army Reserve Command, I serve at the operational level, commanding all Army Reserve troop program units worldwide, with total end strength of 205,000 Soldiers and over 12,000 Civilians. RLY 32 also provides my operational guidance and direction to my Command Teams and staff.

The future will require an Army Reserve that can enable our Army to Prevent, Shape, and Win across a full range of missions. Maintaining an Army Reserve with operational flexibility and strategic depth will be essential. Reduced resourcing is to be expected and this will require continued effectiveness with gained business efficiencies, some things Civilians Soldiers are well equipped to do using their civilian-acquired skills and experience. The key to success will be maintaining the right force mix in our Total Army and keeping balance in our personal and professional lives as we serve together.

Thank you for all you do for America's Army and the Nation. We have the best Army Reserve in history because of you. **Twice the Citizen, Army Strong!**

Jeffrey W. Talley

Lieutenant General Jeffrey W. Talley
 32nd Chief of Army Reserve, U.S. Army
 Commanding General, U.S. Army Reserve Command

Chief of Army Reserve (CAR) STRATEGIC GUIDANCE

INTRODUCTION

Never in our Nation's history has the Army Reserve been more indispensable to America's Army. After a decade of war, the Army Reserve has evolved into an essential part of the Total Force with streamlined, deployable forces, and Citizen-Soldiers who embody the warrior mindset and culture. Steady demand for Army Reserve capabilities has introduced a new paradigm of reliance on the Army Reserve as a positive investment for America and critical part of our national security architecture. Supported by engaged employers, resilient Families, and caring communities, our Soldiers and Civilians truly are "Twice the Citizen."

CAR STRATEGIC INTENT

My intent is to sustain a high-quality, all-volunteer, operational Army Reserve for Army and Joint Force missions at home and abroad. Our Soldiers, leaders, and units will couple vital military capabilities with civilian-acquired skills to provide strategic depth across the full range of military operations.

CAR STRATEGIC PRIORITIES

- Provide trained, equipped, ready, and accessible Soldiers, leaders, and units to the Total Force in support of the full range of planned and contingency operations.
- Develop Army Reserve 2020 as a versatile mix of enabling capabilities as part of Army 2020 and Joint Force 2020.
- Sustain our high-quality All-Volunteer Army Reserve comprised of resident Soldiers, Civilians, and Families - representing the best of America's private and public sectors.
- Foster growth of adaptive leaders in the Army profession to meet 21st century requirements - including training, education and experience in joint, interagency and other broadening assignments.
- Sustain and enhance Total Army capability through employer partnerships and an innovative force mix that facilitates a movement of Soldiers between active and reserve duty across a Continuum of Service.
- Foster a culture of cost management in the Army Reserve that guarantees effectiveness while achieving business efficiencies and audit readiness.

Commanding General (CG) OPERATIONAL GUIDANCE

INTRODUCTION

The United States Army Reserve Command (USARC) is the senior command of the Army Reserve. All commands within USARC are responsible for Soldier, leader, and unit readiness. Soldier readiness involves physical, emotional, social, family, and spiritual strength; it is living the Army Values in accordance with the Soldier's Creed as part of our making a member in the Profession of Arms. Leader readiness requires the right level of Non-Commissioned Officer (NCO) and Officer education, focused by leadership professional development, and expanded by the right balance of staff and command assignments. For Army Reservists, leader readiness is enhanced by civilian-acquired skills and civilian employment experience. Unit readiness is the ability of a unit to execute its mission on the Unit Status Report (USR) will remain the metric by which unit readiness will be measured.

CG OPERATIONAL INTENT

My intent is to ensure USARC will always have accessible and ready Soldiers, leaders, and units available to U.S. Army Reserve Command (FORSCOM) and other supported commands using a cycle of progressive readiness in order to provide the right force at the right time in the most cost-efficient manner possible. Command Teams will aggressively exercise command authority within their commands while maximizing coordination with USARC to ensure their units are appropriately manned, trained, and equipped to meet mission requirements.

CG OPERATIONAL PRIORITIES

- Get back to the basics - shoot, move, and communicate; maximize use of simulation technology and home station training to save time and money.
- Emphasize technical skills training in tactical environments; embrace the Army Reserve Training Strategy - Warrior Experiences (WAREX) & Combat Support Training (CTX); participate in theater exercises when appropriate.
- Have defined Soldier and leader readiness programs - get serious with physical fitness; instill resilience; know your Soldiers, Civilians, Families and employees.
- Tell your unit's specific stories; maximize the use of all types of media; know and use your Army Reserve Ambassadors - let folks know you are the Army Reserve.
- Always remember - we exist to support the Army; integrate, train, and develop strong ties with all Army components at all levels.

Panel 1 – Cover

- Rally Point
- 32nd Chief of Army Reserve and Commanding General, U.S. Army Reserve Command
- America's Enduring Operational Reserve Force of Decisive Action
- Twice The Citizen"
- June 2012

Panel 2 - Rally Point 32

"The leader considers the use and location of rally points. A rally point is a place designated by the leader where the unit moves to reassemble and reorganize... Soldiers must know which rally point to move to at each phase of the mission should they become separated from the unit. They must also know what actions are required there..." (U.S. Army Ranger Handbook)

Over the past ten years of war, the Army Reserve has been engaged globally in support of our Army and in service to the Nation, demonstrating we are America's enduring reserve force of decisive action. In order to ensure we can maintain our unique capabilities and capacity, it is appropriate to "rally" as we move forward as an Operational Army Reserve to Objective (OBJ) Army 2020 and Joint Force 2020.

As the 32nd Chief of Army Reserve, I serve at the strategic level as the principal staff adviser to the Secretary of the Army and the Army Chief of Staff on all Army Reserve Affairs. Rally Point 32 (RLY 32) provides my strategic guidance and direction on Army Reserve Affairs. As Commanding General, U.S. Army Reserve Command, I serve at the operational level, commanding all Army Reserve troop program units worldwide, with total end strength of 205,000 Soldiers and over 12,000 Civilians. RLY 32 also provides my operational guidance and direction to my Command Teams and staff.

The future will require an Army Reserve that can enable our Army to Prevent, Shape, and Win across a full range of missions. Maintaining an Army Reserve with operational flexibility and strategic depth will be essential. Reduced resourcing is to be expected and this will require continued effectiveness with gained business efficiencies, something Citizen-Soldiers are well-equipped to do using their civilian-acquired skills and experiences. The key to success will be maintaining the right force mix in our Total Army and keeping balance in our personal and professional lives as we serve together.

Thank you for all you do for America's Army and the Nation. We have the best Army Reserve in history because of you. *Twice the Citizen, Army Strong!*

Lieutenant General Jeffrey W. Talley
32nd Chief of Army Reserve, U.S. Army

Commanding General, U.S. Army Reserve Command

Panel 3 - Chief of Army Reserve (CAR) Strategic Guidance

INTRODUCTION

Never in our Nation's history has the Army Reserve been more indispensable to America's Army. After a decade of war, the Army Reserve has evolved into an essential part of the Total Force with streamlined, deployable forces, and Citizen-Soldiers who embody the warrior mindset and culture. Steady demand for Army Reserve capabilities has introduced a new paradigm of reliance on the Army Reserve as a positive investment for America and critical part of our national security architecture. Supported by engaged employers, resilient Families, and caring communities, our Soldiers and Civilians truly are "Twice the Citizen."

CAR STRATEGIC INTENT

My intent is to sustain a high-quality, all-volunteer, operational Army Reserve for Army and Joint Force missions at home and abroad. Our Soldiers, leaders, and units will couple vital military capabilities with civilian-acquired skills to provide strategic depth across the full range of military operations.

CAR STRATEGIC PRIORITIES

- Provide trained, equipped, ready, and accessible Soldiers, leaders, and units to the Total Force in support of the full range of planned and contingency operations.
- Develop Army Reserve 2020 as a versatile mix of enabling capabilities as part of Army 2020 and Joint Force 2020.
- Sustain our high-quality All-Volunteer Army Reserve comprised of resilient Soldiers, Civilians, and Families – representing the best of America's private and public sectors.
- Foster growth of adaptive leaders in the Army profession to meet 21st century requirements – including training, education and experience in joint, interagency, and other broadening assignments.
- Sustain and enhance Total Army capability through employer partnerships and an innovative force mix that facilitates movement of Soldiers between active and reserve duty across a Continuum of Service.
- Foster a culture of cost management in the Army Reserve that guarantees effectiveness while achieving business efficiencies and audit readiness.

Panel 4 - Commanding General (CG) Operational Guidance

INTRODUCTION

The United States Army Reserve Command is the senior command of the Army Reserve. All commands within USARC are responsible for Soldier, leader, and unit readiness. Soldier readiness involves physical, emotional, social, family, and spiritual strengths; it is

living the Army Values in accordance with the Soldier's Creed as part of our calling as members in the Profession of Arms. Leader readiness requires the right levels of Non-Commissioned Officer and Officer education, focused by leadership professional development, and expanded by the right balance of staff and command assignments. For Army Reservists, leader readiness is enhanced by civilian-acquired skills and civilian employment experiences. Unit readiness is the ability of a unit to execute its mission; the Unit Status Report will remain the metric by which unit readiness will be measured

CG OPERATIONAL INTENT

My intent is to ensure USARC will always have accessible and ready Soldiers, leaders, and units available to U.S. Army Forces Command and other supported commands using a cycle of progressive readiness in order to provide the right force at the right time in the most cost-efficient manner possible. Command Teams will aggressively exercise command authority within their commands, while maximizing coordination with USARC, to ensure their units are appropriately manned, trained, and equipped to meet mission requirements.

CG OPERATIONAL PRIORITIES

- Get back to the basics – shoot, move, and communicate; maximize use of simulation technology and home station training to save time and money.
- Emphasize technical skills training in tactical environments; embrace the Army Reserve Training Strategy – Warrior Exercises (WAREX) & Combat Support Training (CSTX); participate in theater exercises when appropriate.
- Have defined Soldier and leader readiness programs – get serious with physical fitness, instill resiliency; know your Soldiers, Civilians, Families and employers.
- Tell your unit's specific stories; maximize the use of all types of media; know and use your Army Reserve Ambassadors – let folks know you are the Army Reserve.
- Always remember - we exist to support the Army; integrate, train, and develop strong ties with all Army components at all levels.

Panel 5 - Role of the Army Reserve – Enabling Prevent, Shape, Win

PREVENT

- Credible deterrence requires AR capabilities and capacity.
- AR enablers in theater exercises provide depth and versatility to the Joint Force.
- AR units in force generation enhance Army readiness.

SHAPE

- The AR provides additional capacity for shaping activities.
- Unique AR military and civilian-acquired skills facilitate strategic access.
- AR units provide continuity that fosters enduring partner relationships.

WIN

- The AR is an accessible enabling force for the Army.
- The AR is an enduring operational force enhancing the Army's capabilities to win decisively.
- The AR provides the Total Army with operational flexibility and strategic depth.

AR Soldiers, Leaders, & Units in Action

- Civil Affairs
- Rail Operations
- Construction
- Medical
- Defense Support To Civil Authorities

Panel 6 - Army Reserve Capabilities In Support of Army & Joint Force Priorities

Engineers

- Combat & Construction Engineering
- Design, Planning, & Project Management

Logistics

- Petroleum Pipeline & Distribution Management
- Maintenance & Transportation
- Railway & Water Terminal Operations

Military Intelligence

- Multi-disciplined Tactical & Strategic Intelligence
- Linguists

Medical & Dental

- Theater Medical Support & Evacuation
- Preventive, Laboratory, & Veterinary Services

Civil Affairs & Military Information Support Operations (MISO)

- Military-Civilian Liaison/Cultural Communication
- Establish/Restore Governance

Military Police

- Internment & Resettlement Operations
- Law Enforcement/Community Policing Capacity

Chemical

- Chemical, Biological, Radiological, & Nuclear (CBRN)

General Purpose

- Biological & Chemical Detection

Soldier Support & Force Generation

- Human Resources, Postal, Finance, Chaplain, & Legal
- Institutional & Initial Military Training

Lt. Gen. Talley outlines Rally Point 32 guidance for the Army Reserve

Story and photo by Timothy Hale

FORT BRAGG, N.C. – Lt. Gen. Jeffrey W. Talley spent much of his first 48 hours as commanding general outlining his guidance for the Army Reserve.

Talley shared his Rally Point 32 strategy with Army Reserve leaders at the Senior Leader Conference in Raleigh, June 10, 2012. He then held three town hall sessions with military and civilian employees at the U.S. Army Reserve Command headquarters here, June 11.

Rally Point 32 ties together the Chief of Staff of the U.S. Army's Marching Orders, Army Reserve Vision and Strategy 2020, and the Army Reserve Campaign Plan. It describes the Talley's intent to sustain a high-quality, all-volunteer, operational Army Reserve for Army and Joint Force missions at home and abroad.

By using Talley's guidance, Army Reserve soldiers, leaders, and units will couple vital military capabilities with their individual civilian-acquired skills to provide strategic depth across the full range of military operations.

"The most important thing is that we provide soldiers, leaders, and units that are ready and available to Gen. (David) Rodriguez, our FORSCOM commanding general," Talley said. "If we fail at that, we fail as an Army Reserve."

He said it is imperative to meet Army and joint force requirements for missions across the globe.

"At the end of the day, that is all we have to do to be heroes. It is also the hardest thing we have to do," he said.

Talley pointed out that over the past 10 years of sustained operations, resources were abundant to meet mission requirements. Now, as the Army reshapes and refits going forward, manpower and budget challenges lay ahead.

"We're not going to be able to maintain the level of readiness across the Army Reserve that we've rolled into over 10 years of war," he said. "Resources have to appropriately come down."

Talley said the Army Reserve will posture itself through "progressive readiness" by providing appropriate levels of readiness at the right place and right time.

"That progressive cycle of readiness is really based upon us making sure that we are properly assessing the soldier, leader, and unit readiness that's out there in our formations," he said. "That is the overall priority for the Army Reserve."

Another key component of Rally Point 32 is getting back to basics through home-station training.

Talley said a majority of Army Reserve soldiers, now serving are unfamiliar with home-station training because of the operational demands over the last decade.



Lt. Gen. Jeffrey W. Talley, chief, U.S. Army Reserve, and commanding general, U.S. Army Reserve Command, addresses USARC employees at the command's headquarters on Fort Bragg, N.C., June 11, 2012. (U.S. Army courtesy photo).

"We have to get back to, how does a unit train at home station? How do we make use of simulation equipment? How do we those command teams plan and execute their own training?" Talley said.

He is putting the responsibility for these training requirements on the unit command teams with support from the training commands and USARC staff.

"What we do up here, when we're doing staff work, is to make sure that we are helping enable them to do a better job of training their formations so they will be ready when we need them," he said.

He is also challenging soldiers, leaders, and civilians to find balance in their lives and careers.

"If you make sure that you are the best family member, ever, and then the best private-public civilian employee, and then best soldier, the Army wins," he said. "Because that means you are at the top of your game across the spectrum of activity, no matter whether it's at home, the office, or in the formation."

He also pointed out the reason for the existence of the Army Reserve is to serve the Army.

"It should be about our Army and how we support the Army," Talley said. "We shouldn't ever feel like we're second-class citizens because we're part of the Army Reserve. Without the Army Reserve, the Army cannot win decisively."

He added that Gen. Raymond T. Odierno, the Army chief of staff, coming to Fort Bragg for the change of command ceremony, sends a "pretty clear message to the Army how important the Army Reserve is."

He closed by challenging soldiers, leaders, and civilians, to ask this question every day, "What am I doing today that makes the Army better?"

New Law Authorizes Reservists to Respond to Homeland Disasters

By Donna Miles, American Forces Press Service

WASHINGTON--New authority in this year's Defense Department authorization act allows the Army, Navy, Air Force and Marine Corps reserves to be called to duty in response to natural disasters or emergencies in the homeland, and also to be mobilized for extended periods to support theater security missions around the world.

Except for a crisis involving a weapon of mass destruction, the reserves historically have been prohibited from providing a homeland disaster response, Army Lt. Gen. Jack C. Stultz, the Army Reserve chief, told reporters yesterday.

That job was reserved for the National Guard, which state governors could call up as needed to support civil authorities. If additional forces were required - as when Hurricane Katrina devastated the Gulf Coast in 2005 - active-duty service members became the federal default force.

That's long been a frustration to Stultz, who saw no sense in bypassing local reserve members simply because they operate under federal "Title 10" authority and not state "Title 32" authority.

"In a lot of cases, there were reserve-component Soldiers, sailors, airmen and Marines who were close at hand with the capabilities needed, but didn't have the authority to act," he said. "Finally, we got the law changed. This new legislation says that now we can use Title 10 reserves."

For these forces to be used, the law specifies that the president must declare an emergency or disaster and a state governor must request the assistance.

Stultz clarified what hasn't changed under the law. Civil authorities will remain the first responders. And when they need military support, National Guard forces will be the first to step in when called by their state governor. "We are not trying to change any of that," the general said.

But now, when a situation also demands a federal response, reserve forces can step in to assist for up to 120 days. Army Gen. Charles H. Jacoby Jr., commander of U.S. Northern Command, and his staff are evaluating their federal response plan to take advantage of these new capabilities, Stultz said.

Meanwhile, Stultz participated in a recent U.S. Army North exercise that helped to test the concept. The scenario involved two hurricanes hitting the United States almost simultaneously, requiring a federal response.

The exercise helped participants work through the procedures that would be involved in calling Title 10 forces to duty, Stultz explained. "How does the governor and the adjutant general within a state go through

the process of asking for federal help?" he said. "How do Army North and Northcom identify what capabilities are close by that they can use? How do we go through alerting these forces to go down and help this natural disaster? And as always, who cuts the order to put them on duty, and who provides the funding?"

Stultz said he's gratified by almost universal support for the new legislative authority.

"Everybody is on board, from the governors to the adjutants general to Army North to Northcom saying this is going to be a good thing," he said. "We just have to make sure we have the procedures and processes worked out."

And now, before the authority is actually needed, is the time to get that resolved, he said. "Let's not wait until a hurricane hits to say, 'How do we do it?' he said.

Another change in the 2012 authorization act allows Title 10 reservists to be called to duty to support unnamed overseas contingencies. The reserves, and particularly the Army Reserve, have a long history of deploying members on medical, engineering and other missions to support theater engagement and security cooperation efforts.

Typically, they did so as their annual training, which generally limits their engagements to 21 to 29 days, Stultz said. That could be particularly limiting when the missions are in far-flung parts of the world, he said, sometimes reducing time on the ground to as little as 14 days before the reservist had to pack up and return home.

"With this new authority, now we can send them down for much longer periods of time," Stultz said. As operations wind down in Afghanistan, Stultz said, he hopes reservists will be more available to support combatant commanders' theater engagement campaigns. Based on the Army force generation model, that means Army Reservists will be ready to deploy one out of every five years. He said the pool of ready reservists could conduct extended theater-support missions.

A hospital unit, for example, could potentially spend three months rather than three weeks supporting a medical mission in Central or South America, Africa or Asia. And at the end of that three-month period, another reserve unit could rotate in to replace them.

This additional capability, Stultz said, would give combatant commanders far more assets to support their engagement strategies across their areas of responsibility, even at a time of dwindling resources.

"It is not going to happen overnight," he conceded. "But over time, as we are sending an engineer unit to do a project in the Philippines, [we] have to sit with the Pacific Command and U.S. Army Pacific and say, 'Next year, instead of 29 days, let's do 60 or 90.'"

Niagara University's Army ROTC Program Commissions 20 Officers

by Michael J. Freedman



NIAGARA, N.Y.--Twenty Niagara University Reserve Officer Training Corps (ROTC) cadets were commissioned second lieutenants in the U.S. Army during a May 11 ceremony in NU's Gallagher Center. It marked the 71st consecutive year that members of NU's Purple Battalion have taken the oath of office.

After the students took the oath, Family members pinned gold bars on the shoulders of the new second lieutenants:

Michael Barry (Hummelstown, Pa.)
 Chris Candelaria (Brooklyn, N.Y.)
 Robert Conroy (Hamburg, N.Y.)
 David Gaiser (Lancaster, N.Y.)
 Andrew Garry (Monroe, N.Y.)
 Peter Gerritsen (Highland, N.Y.)
 Christopher Haggard (Summit Hill, Pa.)
 Jeffrey Hope (Fort Drum, N.Y.)
 Gregory Hotaling (Fishkill, N.Y.)
 John Levulis (Eden, N.Y.)
 Chul Lim (Queens, N.Y.)
 James McCoy (Grand Island, N.Y.)
 Richard McKee (Buffalo, N.Y.)
 David Miller (North Tonawanda, N.Y.)
 Kyle Pare (Syracuse, N.Y.)
 Vincent Powierski (Marathon, N.Y.)
 Shawn Reidy (Frewsburg, N.Y.)
 Matthew Ronzey (Amberg, Germany)
 Sarah Shaffer (Rochester, N.Y.)
 Christopher Tornabene (Clarence, N.Y.)

Lt. Col. Paul T. Danserau, a professor of military science at NU, spoke of the unique company that the 20 newly-commissioned officers find themselves in, referencing the fact that only 1 percent of the country's population volunteers to serve in the United States Armed Forces.

"All year, they have led the Purple Eagle Battalion

from the front, served as role models for other cadets and met the rigorous demands of a Niagara University degree," he noted. "They are proudly joining those who came before them to form a legacy of quality military officers. This Niagara legacy has seen its alumni serve with distinction as Army officers in World War II, Korea, Vietnam, Kuwait, the Balkans, Iraq and Afghanistan. As the Army enters into a period of transition and complex threats to the United States remain, these officers will write chapters in the United States Army's legacy in the years to come."

Maj. Gen. Robert Kasulke, the commanding general of the Army Reserve Medical Command, served as the keynote speaker. Commissioned in 1980, Maj. Gen. Kasulke's decorations and awards include the Legion of Merit, the Meritorious Service Medal, the Army Commendation with one Oak Leaf Cluster, the Army Reserve Component Achievement Medal with four Oak Leaf Clusters, the National Defense Service Medal, the Armed Forces Reserve Medal with Silver Hourglass, the Overseas Training Ribbon, second award, and the Expert Field Medical Badge. The Surgeon General named MG Kasulke a Distinguished Member of the Medical Regiment. He is a member of the Order of Military Medical Merit.

The Army ROTC program is designed to augment the college learning experience by identifying and developing future leaders. Its primary goals are to identify, instruct and commission young men and women for service as officers in the United States Army Reserve or the Army National Guard. Intermediate goals include providing students with the managerial skills necessary to organize and effectively run a student club, small business, or an Army platoon.

In the last seven years, Niagara has been ranked in the top 10 percent of Army ROTC programs in the United States. The Purple Eagle Battalion's rise to excellence culminated in 2004, when it was the top-ranked program in the nation.



The 2012 NU ROTC class leader presented Kasulke with a plaque for addressing the audience and participating in the commissioning ceremony. (Courtesy photo)



Maj. Gen. Kasulke served as the keynote speaker at the commissioning ceremony for twenty Niagara University Reserve Officer Training Corps cadets. (Courtesy Photo)

Army Opens Jobs In Combat Battalions To Women To Better Reflect Battlefield Realities

By Kristin M. Hall, Associated Press



FORT CAMPBELL, Ky. --Female Soldiers this week are moving into new jobs in once all-male units as the Army breaks down formal barriers in recognition of what has already happened in wars in Iraq and Afghanistan.

The policy change announced earlier this year is being tested at nine brigades, including one at Fort Campbell, before going Army-wide. It opens thousands of jobs to female Soldiers by loosening restrictions meant to keep them away from the battlefield. Experience on the ground in the past decade showed women were fighting and dying alongside male Soldiers anyway.

Col. Val Keaveny Jr., commander of the 4th Brigade Combat Team that is among units piloting the change, told The Associated Press that for the last decade it has been common to have women temporarily attached to the combat units and serve alongside them.

"Women have served in our Army since the Revolutionary War and they have done phenomenal work and continue to do so today," he said. "There is great talent and now we can have it in the headquarters of infantry, armour and cavalry."

Under the new policy, female officers and non-commissioned officers will be assigned to combat units below the brigade level. The change will open up about 14,000 new jobs for women in the military, but there are still more than 250,000 jobs that remain closed to women.

The new jobs within combat battalions are in personnel, intelligence, logistics, signal corps, medical and chaplaincy. The Army is also opening jobs that were once entirely closed to women, such as mechanics for tanks and artillery and rocket launcher crew members.

The 4th Brigade draws its lineage from the 506th Parachute Infantry Regiment, whose World War II heroics led to books and a TV miniseries called the "Band of Brothers." But these days, Keaveny said there are more than 350 women already serving in the brigade and they will be opening 36 new jobs to women in the battalions.

"For the last 10 years, we have been fighting alongside women. In my experience I have seen that the Band of Brothers quickly integrate their sisters and they are a family," he said.

Capt. Elizabeth Evans, a 44-year-old mother of five, is one of the first women assigned to the combat battalions. She will be serving as a battalion S1, whose job is to oversee personnel issues within the battalion, including awards, casualties, human resources and other administrative responsibilities. She said there is a lot of pride associated with serving in an infantry unit.

"I think there's a rich history in the 101st and especially the 4th Brigade Combat Team," she said. "To me that means something. It means something to be a part

of not necessarily history, but to be a part of a once all-male battalion."

Evans, who has deployed to Afghanistan, noted that women have been serving in dangerous jobs in Iraq and Afghanistan for 10 years.

"With the fluidity of the battlefield and how there are no front lines, it just makes more sense to me to allow women to come into those roles, those noncombat staff roles," she said.

Keaveny said these changes will have minimum impact on where women will be located while deployed. Battalion headquarters are generally located at bases where women were already stationed and the Army has been using female engagement teams to reach out to civilians in remote areas.

"Quite honestly we don't see there's going to be any friction," he said.

Kayla Williams, author of "Love My Rifle More Than You: Young and Female in the US Army," served with the 3rd Brigade Combat Team under the 101st Airborne Division during the initial invasion into Iraq as an enlisted Soldier in military intelligence.

Early in the war, she wasn't even issued plates for her ballistic vest "because females can't serve in combat," she said. She said once she was temporarily attached to an infantry battalion at Fort Campbell that had no female latrines.

As an Arabic translator, she was attached to infantry units rather than assigned, but doing the same things as her male infantry counterparts, including going on foot patrols and living in remote combat outposts.

"Women have been serving in very forward deployed roles, and women have been serving side-by-side with combat arms personnel, just not in a formalized assigned method," said Williams, who is a fellow at the Truman National Security Project.

She said these incremental changes could improve the professional development of both men and women in the military, but acknowledged that the military still has a long way to go to levelling the field for women.

"It is my personal opinion that the institutionalization of women as not being able to serve in combat arms has a way of subtly allowing sexism within the military," she said.

Evans said she hopes the expanded roles will encourage more women to consider a career in the Army.

"I think for females in general, it's bringing us new avenues for accomplishments, for professional growth. In my personal belief, we are a part of supporting our infantryman," she said.

Military families to get free national parks pass

By Brock Vergakis, Associated Press



NORFOLK, Va. -- Active-duty military personnel and their dependents will soon be able to enter every national park for free as part of an effort to thank service members and their families for the sacrifices they make, the Interior Department announced Tuesday.

An annual pass will be made available to members of the military free of charge beginning Saturday, which is Armed Forces Day. The America the Beautiful National Parks and Federal Recreation Lands Annual Pass ordinarily costs \$80. It provides access to more than 2,000 national parks, wildlife refuges and other public lands.

The initiative is being marked with a Tuesday ceremony at Colonial National Historical Park in Yorktown, Va., the site of the last major battle of the American Revolutionary War. The park is nestled in a region of Virginia that plays host to all five branches of the military, including the world's largest naval base.

"I think when one goes into Virginia and you see all the sites, the Yorktown battlefield and the whole history of the country, it's important that those who have fought in the tradition of making sure the nation's democracy and freedom are protected also have access to these wonderful sites there," Interior Secretary Ken Salazar said in a conference call with reporters in advance of the announcement.



The National Park Service estimates that giving away the passes to service members and their families will result in a revenue loss between \$2 million and \$6 million. The passes allow the owner and passengers in a single private vehicle access to sites that charge per vehicle. At sites where entrance fees are charged per person, it covers the pass owner and three adults age 16 and older.

"We collect about \$150 million in fees nationwide, so we don't think that this amount of decrease will be significant to the overall operations of the service," said Jon Jarvis, director of the National Park Service.



Military personnel can get the passes at any national park or wildlife refuge that charges an entrance fee by showing their military ID. Each family member will also be able to obtain their own pass even if the service member is deployed or if they are traveling separately.

The pass will be accepted at National Park Service, U.S. Fish and Wildlife Service, Bureau of Reclamation, Bureau of Land Management, U.S. Forest Service and U.S. Army Corps sites that charge entrance or standard amenity fees.

The free pass will be made available for activated members of the National Guard and Reserves, but not for military veterans or retirees.

The effort compliments the Joining Forces initiative being spearheaded by first lady Michelle Obama and Jill Biden, wife of Vice President Joe Biden, to support military families.

"Our nation owes a debt of gratitude to our servicemen and women who make great sacrifices to protect our country and preserve our freedom," Jill Biden said. "In recognition of their service, we are so pleased to be putting out a welcome mat for our military families at America's most beautiful and storied sites."

**TAMPA INTERNATIONAL AIRPORT
USO GRAND OPENING
SEPTEMBER 6, 2012**

Located on the second floor (ticketing) next to
British Airways.

Come on by and Visit the new USO Center!!!

AR-MEDCOM

Soldier receives top Army medallion

Story by Lt. Col. Michele Sutak, Army Reserve Medical Command,



An Army Reserve Medical Command Soldier from Pinellas Park, Fla. joined an elite medical fraternity recently, when he was inducted into the Order of Military Medical Merit (O2M3) in front of about 60 Family, friends, co-workers and fellow Soldiers who packed the Columbia Restaurant, St. Petersburg, Fla.

Lt. Col. Joseph V. Ignazzitto, II, is a medical service corps plans, operations and training officer for the Army Reserve who was welcomed into the ranks of the O2M3.

This award identifies him as being in the top 10 percent of all Army Medical Department personnel and demonstrates his dedicated application of talent, effort, and spirit in which he has made significant exemplary contribution to the AMEDD community during his career.

Ignazzitto, a resident of the Tampa Bay area, serves as the executive officer and secretary of the general staff to the commanding general of the Army Reserve Medical Command, was recognized for his service and contributions in a variety of fields including operations and training during his career.

"I am completely surprised, and very honored to receive this award," said Ignazzitto, a 1983 graduate of Normandy Senior High School in Parma. "There are several people here today that have received this award, it is humbling to be a part of this select group."

He expressed that he did not do this alone, the support of Family and friends have made this achievement possible.

"I would be remiss not to thank all the Soldiers that I had the pleasure and opportunity to work with, this award is not just me its for all of them," remarked Ignazzitto. "... and a special honorable mention for my support team, my wife Karen, and our daughters, Nina and Cassie."

The Order of Military Medical Merit is a unique, private organization founded by the Commanding General of the U.S. Army Health Services Command in 1982. The O2M3 has been awarded to recognize excellence and promote fellowship and esprit de corps among AMEDD personnel. Each prospective mem-

ber of the order goes through a rigorous board process with senior medical officer on the panel, which reviews individuals' contributions over a career. Membership in the Order recognizes those individuals who have clearly demonstrated the highest standards of integrity and moral character, displayed an outstanding degree of professional competence, served in the AMEDD for a minimum of 10 years with selflessness, and have made a sustained contribution to the betterment of Army Medicine.

Additionally, Ignazzitto was selected for the Army's ultimate professional development institution, the U.S. Army War College at Carlisle Barracks, Penn., that prepares selected military, civilian, and international leaders for the responsibilities of strategic leadership in a joint, interagency, inter-governmental, and multi-national environment.

The U.S. Army War College was conceived by Secretary of War Elihu Root -- "Not to promote war but to preserve peace by intelligent and adequate preparation to repel aggression." Established in 1903, and originally located in Washington, D.C., the college functioned as part of the General Staff during its early years, but chiefly prepared selected officers for high command. Distinguished graduates range from Dwight D. Eisenhower, Omar N. Bradley, Alexander M. Haig, Jr., H. Norman Schwarzkopf, and Tommy R. Franks.

Today the Army War College prepares the next generation of senior leaders, placing a high premium on the training and education of the officer corps. Officers are expected to engage in life-long learning and professional development relying on a blend of institutional training and education, operational assignments, and self-development. Ignazzitto will attend the resident Army War College this summer.

"Attending the Army War College is a distinct honor and wonderful opportunity for my family and me," said Ignazzitto. "It will prepare me for my follow-on assignment at the strategic levels of the Army by expanding my ability to plan and operate in the volatile, uncertain, complex and ambiguous environment the U.S. military finds itself in today."



Lt. Col. Joseph Ignazzitto stands at attention as the Chief of Staff of the Army Reserve Medical Command Col. Jerrell Cockrell (front) and Maj. Gen. Robert Kasulke (right), commanding general of the Army Reserve Medical Command, places the Order of Military Medical Merit medallion on him recently at the Columbian Restaurant in St. Petersburg, Fla. Ignazzitto, dual-hatted as the executive officer and secretary of the general staff, received the O2M3, which is awarded to AMEDD Soldiers for distinguished service during their careers. (Photo by U.S. Army Staff. Sgt. Marnie Jacobowitz/Released)

Start your BTA with a half-marathon



Several Soldiers from the Army Reserve Medical Command headquarters started their day by competing in the Athleta Iron Girl 5km and half-marathon held at Coachman Park, Clearwater, Fla., April 22. These Soldiers earned their moniker, "Iron Girl". The previous day they had been at the firing range, and after the race they went back to finish their Battle Training Assembly. Participants who ran in the 5km, back row from left to right, Capt. Danielle L. Leone, Lt. Col. Janie M. Martin, Chantelle Cromartie, standing next to her mother, Master Sgt. Quinee B. Penales, Master Sgt. Marian D. McGhee, front row, Lt. Col. Zandra M. Day, Sgt. 1st Class Theresa L. Winterhalter, Capt. Marla M. Epps and Lt. Col. Cathy M. Pendleton. Also, not pictured is Capt. Phan K. Ouellette, who participated in the half-marathon. (Courtesy photo)

APMC honors Memorial Day



Col. Pamela Y. Delancy, commander, AMEDD Professional Management Command delivered the Reflections and inspired the attendees during the National Memorial Day Program at the Marietta National Military Cemetery, Marietta, Ga., 28 May 2012. The ceremony attracted an audience more than 2,000 Family members, Veterans, supporters, and political members from throughout the state of Georgia. Guest speaker for the event was Brig. Gen. William F. Duffy, commanding general, Military Intelligence Readiness Command, Ft Belvoir, Va. (Courtesy photo)

Runners of STEEL



PITTSBURGH, Penn.--May 6, 2012, Theresa Winterhalter, the executive administrative assistant and protocol officer for the Army Reserve Medical Command participated in the Pittsburgh Marathon. Her overall time was 2:20, but she stopped to take a few photos and aide a fellow runner. "At mile 12, I stopped when I noticed another runner appear to be having trouble. I provided immediate aide until medical help arrived. (Pittsburgh tradition!) Over 25,000 runners assembled on Liberty Avenue to run the full marathon or like herself, the half marathon through the streets and suburbs of Pittsburgh. "The marathon crossed five of the cities' bridges and running through sections like the Strip, North Side and West End ... this course was hilly and the weather was warm," stated Winterhalter. (Courtesy photo).

Protocol Officer explains dignitary procedures during UPARS's Workshop



Theresa Winterhalter, the executive administrative assistant and the protocol officer for the Army Reserve Medical Command, presented a class on protocol for the AR-MEDCOM Unit Public Affairs Representative Workshop held in Pinellas Park, Fla. April 24 - 27, 2012. Winterhalter, a Sgt. 1st Class in the Army Reserve, explained the procedures for inviting dignitaries and what actions to take in the protocol arena. The four-day UPAR workshop also consisted of hands-on training with cameras, basic photography and writing, and emphasized the duties and responsibilities of a UPAR. This workshop trained 54 new UPARs to assist the public affairs office in telling the Army Reserve and Soldier's story. If you are interested in becoming a UPAR for your unit contact your PAO Office. (Photo by U.S. Army Staff Sgt. Eric W. Jones/Released)

About the Medical Capabilities Integration Center

Article by Col. Zach Wheeler, AMEDD Professional Medical Center



All Army medical personnel know of the Army Medical Department (AMEDD) Center and School. However, many of us only interact directly with the “School” part of this organization. The “Center” part of the organization is a complex and interesting organization that touches everything we do in the AMEDD.

This article focuses on one very interesting piece of the “Center” known as the Medical Capabilities Integration Center (MCIC). The MCIC consists of a disparate group of directorates that test, evaluate, research, document, and recommend everything from TOE structure to what goes in to the aid bag carried by our medics in the field.

The MCIC is composed of the: Army Medical Department Board - responsible for independent operational test and evaluation of medical and medical-related materiel and information technology products.

Borden Institute - responsible for producing Textbooks of Military Medicine, covering a spectrum of military medical scholarship. Visit <http://www.bordeninstitute.army.mil/>

Center for AMEDD Strategic Studies - responsible for the conduct of strategic studies and advanced concepts & requirements domain in Army Modeling & Simulation.

Combat and Doctrine Development Directorate - responsible for developing concepts, organizations, materiel and doctrine involving Army Health System (AHS) across the full spectrum of operations; and identifying operational & clinical capabilities, requirements, and solutions and to work issues across the Joint, Army, and AMEDD communities.

Knowledge Management Directorate - responsible for building Army Medicine knowledge management capabilities that positively impact the AMEDD by enabling innovation, performance improvement, and powerful decision-making. Visit <https://www.us.army.mil/suite/page/131414> or email Km.consultants@amedd.army.mil

Medical Evacuation Proponent Directorate - responsible for all matters pertaining to medical evacuation.

Total AMEDD Systems Management Directorate - responsible for integration functions to ensure information systems are correctly designed and integrated into the broader healthcare delivery system or subsystem they are intended to support.

Mission: To serve as an integral player in the Force Management, Development, Integration, Sustainment and Modernization processes of building the medical arm of tomorrow’s Army.

Vision: The vision is to have an integrated and effective Army Medical Department System equipped, manned, and properly aligned to support a Transformed, Modular Army at war on today’s and future battlefields.

Products and Services: The Medical Capabilities Integration Center develops concepts, organizations, materiel, and doctrine for Force Health Protection (FHP) to the Army across the operational continuum; Provides independent operational tests, evaluations and experiments in support of the Army Medical Department medical materiel and systems acquisition process; Is the customer advocate and corporate catalyst for integration and synchronization of Army Medical Department information management/information technology support systems; Builds knowledge management capabilities that enable the workforce to positively impact the Army Medical Department mission through innovation, performance improvement, and powerful decision-making; Manages the Army medical evacuation system ensuring effective integration into the Joint Force Health Protection System; Provides data-driven studies, analyses, and evaluations to the AMEDDC&S and Office Of The Surgeon General (OTSG) in support of current and future Force Health Protection Operations; Fosters and promotes excellence in operational and military academic medicine; and enhances military clinical education through development, publication and maintenance of the Textbooks of Military Medicine.


Our Customers: The Medical Capabilities Integration Center provides coordination, facilitation, and integration with the United States Army Medical Command, Headquarters Department of the Army, the Office of The Army Surgeon General, United States Army Medical Research and Materiel Command, the Center for Health Promotion and Preventive Medicine, United States Army Training and Doctrine Command, United States Forces Command, and the Army Reserve Medical Command.



Col. Barbara Jo Bradburn, was awarded the Bronze Star for deployment to Afghanistan with the 352nd Combat Support Hospital as Chief of Medical Surgeons from Mar 11 to Apr 12, 2012. Bradburn has done multiple mobilizations since 2005 culminating in this one and is currently seeking another one through the Mobilization section at the Army Reserve Medical Command. Left to Right is CPT Kells, CPT Knight, Lt. Col. Bradburn, Lt. Col. Paula Behrens & Maj. Karl Maier. (Courtesy photo).

MRTC

Global Medic receives Joint Accreditation

 SAN ANTONIO — Global Medic is the first U.S. Army Reserve exercise to recently receive joint accreditation from the Joint Warfighter

Center in Suffolk, Va.

The Medical Readiness and Training Command, along with their subordinate units, are responsible for coordinating and facilitating the Global Medic exercise for Lt. Gen. Jack Stultz, the chief of the Army Reserve.

The MRTC, Army Reserve Medical Command, Global Medic exercise takes place simultaneously this year, at Fort Hunter Liggett, Calif. and Fort McCoy, Wis., from June 9-29, 2012.

Collectively between the services, at both locations, almost 3,000 Soldiers, Sailors, and Air National Guardsmen participate. The exercise replicates medical stability operations as they are conducted on the battlefield, where the efforts and expertise of medical personnel have resulted in a survivability rate of more than 90 percent. It ensures the participating units synchronize training objectives to permit end-to-end management of medical casualties requiring leaders at each level of treatment to make time sensitive decisions and encourage force interaction.

Global Medic builds upon the successes of previous exercises incorporating live and virtual simulations in providing realistic battle-focused training scenarios as Medical Battle Operating Systems exercise their individual and collective sub-tasks.

Throughout the 2012 fiscal year, the MRTC, in conjunction with the Warrior Exercise sponsored by the 84th Training Command in Fort Knox, Ky., host conferences which develop the training foundation in the unit's functional year of the Army Reserve Training System to support Army Force Generation and Army Reserve Expeditionary Force models.

This begins with training of the leadership which will focus on the overall exercise concepts, Mission Essential Task Lists, training objectives, and culminat-

ing with the Commander's Assessment. The participating units express their training desires and concerns for next year's exercise through their training objectives.



During the Global Medic exercise, three U.S. Navy medical personnel assess a casualty at Fort McCoy, Wis., while being evaluated by the observer controller trainer from the Army Reserve Medical Command. The exercise provided realistic and challenging training through simulation scenarios as seen above. (U.S. Army photo)

The goal is to ensure each Soldier involved in the exercise receives realistic and challenging training.

Soldiers of medical units nationwide completed the well-rounded experience by sharing their expertise at the briefings and workshops. Since Global Medic is designed to exercise every mission essential task and every person in various levels, this communication between teams and units is critical to a successful exercise.

The MRTC continues to expand joint and coalition capabilities of the Global Medic exercise working closely with the Air Force, Navy and Marine Reserve components.

The MRTC activated in 2006, and is headquartered at the Maj. Gen. Earl Rudder U.S. Army Reserve Center, Fort Sam Houston, Texas. With the help of its Medical Training Brigades and Regional Training Support units, it manages and synchronizes collective unit training events and medical exercises for Army Reserve medical units around the country providing realistic training in preparation for worldwide deployment.

Joint exercise replicates medical battlefield operations

Article courtesy of Medical Readiness Training Center



SAN ANTONIO, Texas — Global Medic is an annual U.S. Army Reserve exercise in partnership with the U.S. Air Force Reserve designed

to provide operational training, enhanced life-saving medical skills, and aeromedical evacuation support for the wounded warrior.

The Army Reserve Medical Command's Medical Readiness and Training Command, along with its subordinate units, are spearheading the only joint Global Medic exercise in the United States Army Reserve, taking place simultaneously at Fort Hunter-Liggett, Ca. and Fort McCoy, Wis., from June 9-29, 2012,

The exercise builds upon the successes of previous exercises incorporating live and virtual simulation in providing realistic battle-focused training scenarios as Medical Battle Operating Systems exercise their individual and collective sub-tasks.

Global Medic replicates medical stability operations on the battlefield where there is more than a 90 percent survivability rate among wounded warriors. This ex-



During the Global Medic exercise, Army Reserve Soldiers ensure medics receive realistic and challenging training through simulation scenarios as this medic seen above treating a civilian casualty. (U.S. Army photo)

ercise ensures the more than thirty-three medical unit, eleven logistical and support, and three joint forces synchronize training objectives to permit end-to-end management of medical casualties requiring leaders at each level of treatment to make time sensitive decisions and encourage force interaction.

The MRTC continues to expand joint and coalition capabilities of this exercise working closely with the Air Force, Navy and Marine Reserve components.

The MRTC activated in 2006, and is headquartered at the Maj. Gen. Earl Rudder U.S. Army Reserve Center, Fort Sam Houston, Texas. With the help of its Medical Training Brigades and Regional Training Support units, it manages and synchronizes collective unit training events and medical exercises for Army Reserve medical units around the country providing realistic training in preparation for worldwide deployment.



A U.S. Navy medic is given one of the many mission essential tasks in which he must take appropriate medical procedures as he is assessed by the training observer from the Army Reserve Medical Command. (U.S. Army photo)

Northeast MARSOG

Citizen Soldiers take their skills to the Riverhead Community

Army Reserve Soldiers of the 4220th U.S. Army Hospital, Northeast Medical Area Readiness Group from Shoreham, N.Y., volunteered their medical skills and expertise to the Community housing innovation's single men's shelter in Riverhead, N.Y., May 6. "We had a very successful outreach program for the men's shelter in Riverhead," said Lt. Col. Stephen Sokoloff, a dental technician with the 4220th USAH. "The clients were extremely grateful most do not have insurance and are not able to get this care anywhere else."

Army Reserve Lt. Col. Stephen Sokoloff, an oral and maxillofacial surgeon and the officer-in-charge of dental section of the 4220th U.S. Army Hospital, Northeast Medical Area Readiness Group from Shoreham, N.Y., conducted oral exams to the Community housing innovation's single men's shelter in Riverhead, May 6. The medical teams consisted of dentist, dental assistants, and nurses. The dental staff performed extractions of symptomatic teeth and dental cleaning, while the nursing staff performed medical screenings, blood pressure screenings, and reviewed medical histories. The men's shelter will typically hold 30-plus residents on the weekend with ages ranging between 20 and 60 years old. The Soldiers evaluated approximately 20 patients in the four-hour session. "We had a very successful outreach program for the men's shelter in Riverhead," said Sokoloff. "The clients were extremely grateful ... most do not have insurance and are not able to get this care anywhere else." (4220th USAH Courtesy Photo)



Lynn Mitchell, a nurse practitioner for the Community housing innovation's single men's shelter, posed in front of the mobile dental van with eight Army Reserve Soldiers and a private dental owner, during an outreach program provided by the 4220th U.S. Army Hospital, Northeast Medical Area Readiness Group from Shoreham, N.Y. Soldiers volunteered their medical skills and expertise to the Riverhead Community, May 6. Pictured in the photo, from left to right, Lt. Col. Stephen Sokoloff, an oral and maxillofacial surgeon and the officer-in-charge of dental section Lt. Col. Vanessa Spivey-Burke, assistant chief nurse, Col. Valerie Coleman, chief nurse, Alexandra Retamoso, a dental technician, Capt. Forrest, nursing officer, Mitchell, Darlene Parini, a dental partner with Maj. Richard Ly, Ly, Ismael Villaba, a dental technician and Brian Clarke, a dental technician, not pictured is Maj. Danielle Sim, a dental assistant. Mitchell thanked the Soldiers for participating and coming out to the community housing shelter and helping their guys. Ly and Parini are the owners of the mobile dental van which they donated to perform dental procedures in a sterile environment. (4220th USAH Courtesy Photo)

At Staten Island's Holy Rosary School, exit Old Glory, enter New Glory

By Paul Liotta and John Hood



STATEN ISLAND, N.Y. -- May 31, 2012, Students at Holy Rosary School in South Beach take part in a ceremony to replace an old American flag and put up a new one in front of their school.

A U.S. Army Flag Detail from Fort Wadsworth takes down the old American flag. For additional photos of the flag ceremony, go to silive.com/photos.

As John DarConte read the last few lines of Johnny Cash's "Ragged Old Flag," he was overcome by emotion at the changing of the flag ceremony at Holy Rosary School in South Beach.

"I do like to brag cause I'm mighty proud of that ragged old flag," recited said DarConte, the commander of the Cespino-Russo Post, American Legion, as he recited the lines from Cash's patriotic ballad.

Veterans, active members of the military and representatives of FDNY Engine Co. 161 and Ladder Co. 81 attended the ceremony, which was the first at the school in three years.

DarConte stressed the importance of appreciating the special nature of the U.S. military.

"All other countries before America had a military to protect some sort of ruler," DarConte said. "America is the first country to have a military that protects its people."



Students from the Holy Rosary School are lined up with flags (Staten Island Advance/Irving Silverstein)

Also present at the event was a U.S. Army Flag Detail from Fort Wadsworth. The group comprised five members of the military and was led by Capt. James Zavala.

Sgt. 1st Class Jacqueline Sexton, a member of the Flag Detail, deemed it a privilege to be involved in the changing of the flag. "It's an honor to be here today and it is always an honor to support those who have served before us," Sgt. Sexton said. "It's a great way to give back to the community."

After lowering the old flag, Zavala accepted the new flag from Principal Richard Kuberski, his wife and the Rev. Bernal Stainwall. Father Stainwall attended in place of the pastor, the Rev. Robert Aufieri, who was called to attend on Cardinal Timothy Dolan. "Cespino-Russo has been a big part of South Beach," Kuberski said. "They have been longtime supporters of Holy Rosary."

The school also trained a group of sixth-graders to serve as the color guard for the ceremony. Holy Rosary has had a color guard since the American Legion suggested it last year, Kuberski said.

Matthew Rup led the color guard and was followed by Johnathan Corazza, Sarah Huie, Kristin Plunkett, Anthony Rovere and Samantha Wade. The old flag will be taken to William H. Pouch Scout Camp on Flag Day, June 14, and disposed of in a special service.



Army Reserve Soldiers from the Northeast Medical Area Readiness Support Group, Fort Wadsworth, fold the old flag after taking it down May 31, 2012 (Staten Island Advance/Irving Silverstein).

Western MARSG

Army reservist awarded highest volunteer honor from American Academy of Dermatology

Provided by Weber Shandwick Worldwide



June 5th, 2012, Lt. Col. Dore Gilbert, a California-based dermatologist, recently received a Members Making a Difference award from the American Academy of Dermatology (AAD) for his service in the U.S. Army

Reserve providing skin cancer screenings for Soldiers as well as his work with "Brighter Days", a skin care program for patients undergoing chemotherapy and radiation treatments. The award is the highest honor a volunteer can receive from the AAD.

"Dr. Gilbert embodies our definition of commitment and service to others, and we're honored to recognize his commendable work as both a dermatologist and Army Reserve doctor," said Amit G. Pandya, M.D., Fellow of the American Academy of Dermatology and chair of the AAD Volunteerism Committee. "The Members Making a Difference award celebrates dermatologists who have dedicated their time and expertise to improving the quality of life for patients in their local communities and around the world and Dr. Gilbert exemplifies that commitment."



Dermatologist Dr. Dore Gilbert begins giving longtime patient and office manager Susie Waite six injections of Botox in this 2008 photo taken in his Newport Beach office. (Photo by H. Lorren Au Jr., The Orange County Register)

Gilbert first became interested in joining the Army Medical Corps at the age of 34, but young children and an established medical practice prevented him from doing so. Almost three decades later at the age of 60, he joined the Army Reserve after his interest was renewed by his youngest son's decision to join the Marines.

"Supporting the thousands of Soldiers in the brigade is exactly what I wanted to be doing at this stage in my career," Dr. Gilbert said. "The Army Reserve allows me to gain these great new experiences and do something meaningful while knowing my practice is covered until

I return home."

Dr. Gilbert received the rank of lieutenant colonel because of his years of clinical practice. While training to pass the physical requirements, he blogged about his experiences on the Army Strong Stories website, an online community for Soldiers, cadets, families, friends and supporters to share their authentic perspectives on Army life and military service.



Lt. Col. Dore Gilbert with his weapon at boot camp. (Photo courtesy of Lt. Col. Dore Gilbert)

After serving for one weekend a month for six months back home, Dr. Gilbert completed a three-and-a-half month assignment in Afghanistan where he stabilized Soldiers while they waited for surgeons. His experience as a dermatologist allowed Soldiers to return to the field faster since they no longer needed to travel to Germany for skin treatments that he could address onsite.

"The camaraderie is the draw – and the sense of doing something important," Dr. Gilbert said. "It gives me the opportunity to help young men and women who are the best of the best. And being a Reserve officer allows me to keep my practice."

While in Afghanistan, Dr. Gilbert experienced what he described as "the best day of his life" when he and his son Kevin, a corporal and squad leader in the 1/5 Marines, reunited in the Sangin Valley of the Helmand Province, where Kevin was stationed.

Dr. Gilbert will be honored at a recognition luncheon at the 2013 American Academy of Dermatology Annual Meeting in March 2013. He will also be featured in the Members Making a Difference column in an upcoming issue of Dermatology World magazine.

Enlisted Corner

Senior NCOs To Serve Longer If They Move Up

By Jim Tice, ArmyTimes



May 13, 2012, The Army has released details of a recent policy change that increases the service obligation for senior noncommissioned promotions.

Under rules that apply to boards that meet this fiscal year, the service obligation for advancement to sergeant first class, master sergeant and sergeant major within the Regular Army and the Army Reserve is three years rather than two.

The policy took effect Oct. 1, but the Army only recently published implementing procedures, particularly those involving retirement-eligible Soldiers.

Here are new details from the Army on the service obligation: The 36-month service obligation begins on the effective date of promotion unless the Soldier is in one of the following categories:

- . The Soldier is eligible for retirement based on reaching the retention control point for the recommended promotion rank.

- . The Soldier is eligible, because of prior service, for a higher rank at the time of promotion.

- . The Soldier is age 62 or older.

Soldiers who do not have enough time remaining on their current enlistment to complete the 36-month service obligation must re-enlist or decline promotion in accordance with Army Regulation 600-8-19.

Soldiers on a senior NCO promotion list will be promoted on the last day of the month before being placed on the retired list if their sequence number has not been reached and they are in one of the following categories:

- . The Soldier will complete 32 years of active federal service.

- . The Soldier will have reached age 62.

- . The Soldier will reach the applicable retention control point while on a promotion list.

Other rules that apply to service obligation policy, and other issues addressed in AR 600-8-19, are:

- . Soldiers who are promoted and who incur the 36-month service obligation will not, at their own request, be reduced in rank to terminate the service obligation.

- . Soldiers have until the end of the promotion month (30 days) to re-enlist to meet the 36-month service obligation.

- . Soldiers who fail to re-enlist to meet the service obligation will be removed from the promotion list, and are ineligible for reinstatement.

- . Soldiers in the ranks of staff sergeant, sergeant first class and master sergeant may decline consideration and attendance at the Sergeants Major Course.

- . Statements declining promotion consideration only apply to one board, and do not affect eligibility for future boards.

- . Declinations must be received at Human Resources Command by the announced convening date of the board.

- . Declinations will not be filed in a Soldier's official personnel file where they could be seen by future promotion boards.

- . Soldiers with a selective re-enlistment bonus or enlistment bonus will not be promoted outside their primary military occupational specialty.

- . In support of the Army's select-train-promotion system for senior NCOs, Soldiers selected for the Sergeants Major Course do so for the purpose of promotion to sergeant major.

- . Soldiers selected for the Sergeants Major Course will be given a post-board personnel suitability screening.

The screening includes a review of information in the restricted section of the official personnel file that normally is not seen by promotion and school boards.

Also included in the review are substantiated inspector general reports, and information on file with the Army Crime Records Center in Quantico, Va.

Soldiers found to have possible disqualifying information in their file will be referred to a standby advisory board, and will be given an opportunity to rebut the derogatory information. The standby board will then evaluate all information in the file to determine suitability for attendance at the Sergeants Major Course.

The director of military personnel will then approve or disapprove the board's recommendation.



Command Sgt Maj. Roger Schulz gives guidance to Soldier as he prepares to jump from the rappelling tower at Camp Blanding, Starke, Fla. during the 2012 Best Warrior Competition.

US Army more selective on recruits, re-enlistments

By Lolita C. Baldor, Associated Press—



WASHINGTON (AP) — May 22, 2012, Uncle Sam may not want you after all.

In sharp contrast to the peak years of the Iraq and Afghanistan wars, the Army last year took in no recruits with misconduct convictions or drug or alcohol issues, according to internal documents obtained by The Associated Press. And Soldiers already serving on active duty now must meet tougher standards to stay on for further tours in uniform.

The Army is also spending hundreds of thousands of dollars less in bonuses to attract recruits or entice Soldiers to remain.

It's all part of an effort to slash the size of the active duty Army from about 570,000 at the height of the Iraq war to 490,000 by 2017. The cutbacks began last year, and as of the end of March the Army was down to less than 558,000 troops.

For a time during the wars in Iraq and Afghanistan, the Army lowered its recruiting standards, raising the number of recruits who entered the Army with moral, medical and criminal — including felony — waivers.

Recruits with misdemeanors, which could range from petty theft and writing bad checks to assault, were allowed into the Army, as well as those with some medical problems or low aptitude scores that might otherwise have disqualified them.

A very small fraction of recruits had waivers for felonies, which included convictions for manslaughter, vehicular homicide, robbery and a handful of sex crimes. The sex crimes often involved consensual sex when one of the individuals was under 18.

In 2006, about 20 percent of new Army recruits came in under some type of waiver, and by the next year it had grown to nearly three in 10. After the Defense Department issued new guidelines, the percentage needing waivers started to come down in 2009.

Now, as the Army moves to reduce its force, some Soldiers will have to leave.

Officials say they hope to make cuts largely through voluntary attrition. But Gen. Ray Odierno, the Army chief of staff, has warned that as much as 35 percent of the cuts will be "involuntary" ones that force Soldiers to abandon what they had hoped would be long military careers.

"This is going to be hard," said Gen. David Rodriguez, head of U.S. Army Forces Command. "This is

tough business. As we increase things like re-enlistment standards, some of the people who were able to re-enlist three years ago won't be able to re-enlist again."

The Army, in an internal slide presentation, is blunt: "Re-enlistment is a privilege, not a right; some 'fully qualified' Soldiers will be denied re-enlistment due to force realignment requirements and reductions in end strength."

In a memo earlier this year, Army Secretary John McHugh laid out more stringent criteria for denying re-enlistment, including rules that would turn away Soldiers who have gotten a letter of reprimand for a recent incident involving the use of drugs or alcohol, or some Soldiers who were unable to qualify for a promotion list.

"It's all focused on allowing us ... to retain only those Soldiers who have the right skills, the right attributes and who help us meet the requirements and are those Soldiers which truly have the greatest potential," said Army Brig. Gen. Richard P. Mustion, the Army's director of military personnel management.

Last year, as the budget and personnel cuts began to take hold, just a bit more than 10 percent of Army recruits needed waivers to join. The bulk of those — about 7 percent — were medical waivers, which can include poor eyesight that can be corrected. About 3 percent were for misconduct that did not involve convictions.

The decline in recent years was almost entirely on conduct waivers, not medical. As an example, there were

189 recruits with "major misconduct" waivers last year, and none with criminal convictions, compared to 546 misconduct waivers in 2009 and 220 with convictions.

Mustion said that as Army recruiters look at the applicants coming in they "are truly able to identify the very best Soldiers, future Soldiers, and those who display the greatest potential."

He said they are evaluating each one on his physical, academic and aptitude test performances "and, quite frankly, would they require a waiver to come into the military versus the next Soldier who has the same credentials but wouldn't require a waiver."

Waivers have long been a source of debate. Military officials have defended the process, saying it allows good people who once made a minor mistake to enlist. But mid-level officers serving in Iraq and Afghanistan also told top defense officials that the dramatic rise in the number of bad-behavior waivers was a problem, that they were often spending too much time on "problem children."



FILE - In this Jan. 27, 2012 file photo, Army Chief of Staff Gen. Raymond Odierno speaks at the Pentagon. Uncle Sam may still want you. But you? Maybe not so much. In sharp contrast to the peak years of the Iraq and Afghanistan wars, the Army last year took in no recruits with misconduct convictions or drug and alcohol issues, according to internal documents. Soldiers already serving on active duty must meet tougher standards to stay on for another tour in uniform. (AP Photo/Pablo Martinez Monsivais, File)

Steven Dale Green, a former 101st Airborne Division Soldier, came into the Army on a morals waiver because of an earlier problem with drugs. He is now serving five life terms for killing an Iraqi family and raping and killing the 14-year-old daughter in March 2006.

With the economy struggling, it's still a recruit-rich environment. But Army officials worry that as the economy gets better, they may not get all the high quality recruits they need, and their best Soldiers may decide not to re-enlist because they may do better in the corporate world.

For now, however, the Army is saving money in the process.

According to Mus-tion, Soldiers in just six types of jobs are getting bonuses when they enlist: interpreter/translators, divers, cryptologic linguists, medical laboratory specialists and explosive ordnance disposal specialists. And those bonuses average about \$3,300-\$3,500, he said.

That is a steep drop from the \$16,000-\$18,000 bonuses the Army was paying on average to new recruits in 2007-08. In the fiscal year ending Sept. 30, 2008, the Army paid nearly \$860,000 in enlistment bonuses, compared to just \$77,000 in the 2011 fiscal year.

Re-enlistment bonuses for Soldiers now average about \$7,500-\$7,700.

Military leaders say the key goal is to shape the force as they cut, winnowing out not only the lesser qualified, but keeping the right number of Soldiers in critical jobs and all across the ranks, particularly the mid-level officers.

"We need to keep the right balance," said Rodriguez. "We don't want a well-modernized force with no personnel that are trained."

The Army, he said, "can build a young Soldier quickly, but we can't build a major and a sergeant quickly. So we have to figure out the right ratios as we move forward, and we have to be able to expand if we need to."

Army Enlisted Involuntary Early Separation Program



What is it?

Congress recently amended legislation that expands the Army's authority to separate Regular Army Enlisted Soldiers prior to their contractual Expiration Term of Service (ETS), from three months to one year. With this expanded authority, the Army can address unit readiness by stabilizing enlisted Soldiers in deploying units at least six months prior to deployment.

The current and expanded program apply to Soldiers with more than three years of active service but less than six years total service, assigned to deploying units who are scheduled to ETS within six months of Latest Arrival Date (LAD), have elected not to reenlist or extend, and therefore have insufficient time remaining before ETS to deploy with their units.

The Army will not move immediately to a one year early separation. Instead the Army will phase implementation, based on the deploying units LAD.

What has the Army done?

The Army has incorporated measures to ensure Soldiers, who elect not to reenlist or extend, complete all transition requirements prior to separation, including taking advantage of the Army Career and Alumni Program (ACAP) and other transition programs. The Army will afford Soldiers as much time as possible, but no less than 90 days to focus on transition activities to ensure Soldiers and their families are prepared for the transition from active service. Additionally, commanders may retain a Soldier for compassionate reasons if involuntary separation will cause unnecessary hardship for the Soldier and his or her family.

What efforts does the Army plan to continue in the future?

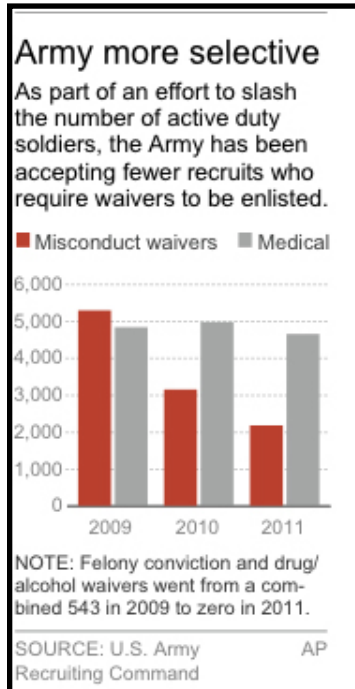
As the economic and operational environment evolve, the Army continues to review policies and procedures that strike the best balance between the quality of life for Soldiers and their families and fielding combat ready forces.

Why is this important to the Army?

The expanded Enlisted Involuntary Early Separation Program provides commanders a tool to increase readiness in their deploying formations, stabilize units up to six months prior to deployment and focus resources on deployment preparations.

The goal of the program is to identify personnel shortfalls earlier, allow for timely replacements, enhance readiness and foster team cohesion.

The early separation of Soldiers, who have elected not to reenlist or extend, allows them the opportunity to transition earlier for post secondary education or employment opportunities.



Graph shows number of recruitment waivers issued over the past three years

Chandler makes courses necessary for promotion

By Lance M. Bacon - Staff writer



Jun 3, 2012, A couple of deployments and a big fitness test score will no longer guarantee your next promotion. New rules and requirements will ensure promotions not only acknowledge past performance but also recognize future potential - and will steer Soldiers through the processes by which stronger leaders are made.

Pinning on another stripe will require more schooling and leader development. Special duty as a recruiter or drill sergeant will better your chances as combat deployments diminish and all things become equal.

“As an Army, and me personally, we are committed to the semicentralized promotion system,” said Sgt. Maj. of the Army Raymond Chandler. “But you can’t just stay static and say what happened 10 years ago is good for today. Expectations change. We give Soldiers the opportunity to achieve those standards, and those that meet and exceed those standards will be promoted.”

Structured Self-Development brings the biggest change. There are no more excuses for putting off these five 80-hour courses. Every Soldier must complete his respective SSD level before attending courses under the Noncommissioned Officer Education System.

Perhaps you didn’t want to go to school anyway. Chances are, you know a Soldier who found a way to avoid school and still get another stripe. No more. Promotion will soon be impossible without completing the required courses.

As of Oct. 1, junior Soldiers will be required to complete SSD-1 before they attend the Warrior Leader Course. In addition, Soldiers must complete:

- SSD-2 before attending the Advanced Leader Course.
- SSD-3 before attending the Senior Leader Course.
- SSD-4 before attending the Sergeants Major Course.
- SSD-5 after completing the Sergeants Major Course.

The strong emphasis on SSD and professional schools is all about leadership. SSD bridges the gap between operational and institutional experiences, and helps to make a well-rounded NCO, Chandler said.

The multifaceted plan strives to develop career timelines that align personnel and training policies, and prepare leaders for the challenges of today’s operational environment. It also provides a foundational knowledge upon which institutional instructors can build - and take you to the next level of leadership.

The Army already has seen stronger success in

WLC by Soldiers who have completed SSD-1, Chandler said. The program works, and that is why the Army is backing it up with such strong rules.

No SSD means no NCOES. No school means no promotion. No promotion means you are not staying in the Army.

“This is an up-or-out system,” Chandler said. “When you stop moving up, you are eventually going to move out through either [end term of service] or retirement. You’ve got to do this structured self-development.”

It may be tough to find time for SSD in your current schedule, but Chandler has put senior leaders on notice: This is a necessity. He holds senior leaders responsible to see that it is done.

The SMA said Big Army won’t micromanage a unit or command’s training plan, but Soldiers must have adequate time to complete SSD and schools.

“I expect of my first sergeants and sergeants major throughout the Army to be personally involved with all aspects of leader development,” he said. “And I hold them accountable to ensure their Soldiers have the opportunity and achieve the requirements the Army has laid out for them,” he added. “If they are not doing that, or any other thing a first sergeant or sergeant major should be doing, I am going to scrutinize whether they are among the best.

“It is about leader accountability. You set the example and enforce standards and discipline. Part of that is making sure your Soldiers are getting the opportunities and are aware of what they need to do to grow as Soldiers and leaders.”

Chandler said the failure of a senior leader in this regard would have implications on that Soldier’s assignments and advancements.

For example, nominative sergeants major are those who serve under the direct command of a general officer. Selection of such leaders can be tight, and therefore the chances for one who failed to get his Soldiers through SSD and school will be slim to none.

As SSD gets blocks of time in the training plan, other Soldiers are working to keep the technical aspects of SSD and distance learning running smooth.

For example, some Soldiers in the Army Learning Management System were not aware of errors because the pop-up screen meant to alert them remained hidden behind other screens. Technicians have since fixed that code.

In the near future, information will be more evenly distributed across the information network, Chandler said. The Army also is looking at apps that will allow you to work on SSD.

In addition, each Soldier’s SSD status will show on his or her Army Knowledge Online main page.

Army Career Tracker also will be fully implemented this year. This one-stop online tool helps plot careers, assignments, training and education. The tracker delivers personalized information that takes account of an

individual Soldier's experiences, education, training and needs.

It also shows the general career progression of other members of a Soldier's peer group.

Scrutinizing points

The Army also is looking at every promotion point you get and asking whether it best reflects the needs of the Army.

"These factors, military and civilian education, deployments, awards, decorations, [physical training], do all of those things still matter to us?" Chandler said. "Are the points appropriately distributed?"

Deployments are one example. Senior leaders are scrutinizing the points Soldiers receive for deployment. It's not a matter of whether you should get them, but how long they should last. For example, should a deployment four years ago make a difference in this year's promotions?

And professional improvement is always a top priority. The Army now gives up to 10 promotion points for credits earned through professional credentialing and licensure. That affects Soldiers in 23 career management fields and more than 140 MOSs in combat arms, combat support and combat service support.

A new Noncommissioned Officer Evaluation Report will align the NCOER with leader doctrine FM6-22, specifically leader attributes and competencies. The new evaluation also will eliminate over-inflation by ranking Soldiers, similar to the way officers are ranked against their peers.

The new NCOER will probably come in two versions: one for the junior population and one for the senior NCOs. Performance will have a greater focus for young Soldiers while more emphasis will be placed on leadership skills as the Soldier moves up the ranks. Expect changes in how "excellence," "success" and "needs improvement" are defined.

Senior enlisted personnel in the company and battalion will have greater influence with the NCOER. It will give the first sergeant or sergeant major a place to acknowledge that the review is accurate and within the tenets and principles of the governing regulation. Professional courses will be improved, and more Soldiers will attend.

Soldiers who ran to the sound of the guns for the past 10 years have missed the opportunity to go to a number of career-broadening schools. And many took courses that were significantly to accommodate deployments.

Chandler is working with Training and Doctrine Command to expand course length as dwell time increases. A redesign of the Warrior Leader Course is one example. The once-30-day course was reduced to 15, then had a few more days added. But Soldiers and leaders are vocal that more time is needed to instill foundational principles in these young leaders.

TRADOC is now conducting two pilots - one at

Fort Bliss, Texas, and another at Fort Hood - to determine the correct course length. Some Soldiers are calling for a return to the 30-day course. Chandler is not willing to cite a specific number until the pilot programs and subsequent analysis are done.

WLC can expect some big changes, with the Advanced Leader Course likely to be next.

Officials also look to take advantage of the innovative leadership skills taught at the Ranger School, the Reconnaissance and Surveillance Leader Course, the Army Reconnaissance Course and the Asymmetric Warfare Adaptive Leader Program.

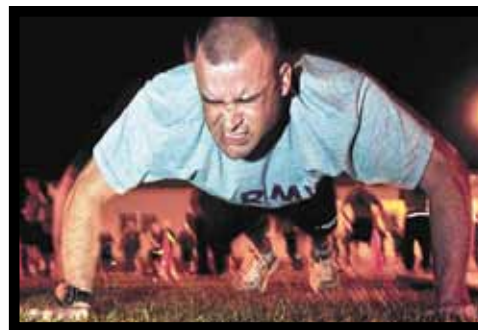
Army scraps long-awaited PT test update

By Lance M. Bacon



The new fitness test has been canceled. That's right - in an unexpected move, the Army has buried the five-event test, originally slated to start in October. But don't relax just yet - a new test is in the works.

The decision to cancel was made by Gen. Robert Cone, whose Training and Doctrine Command spent two years developing the test, which has now been scrapped.



Soldier performs the push-up event during the Army Physical Fitness Test. (Courtesy Photo)

Independent evaluations said it did no better than the existing three-event test in regard to measuring fitness levels. More importantly, the Army wants a test that better measures a Soldier's physical ability to complete warrior tasks and battle drills in future combat environments, and the proposed test does not meet that need. The new test will be heavily influenced by knowledge gained in the past 10 years of war and honed by the return of master fitness trainers in company-size units. "This is critically important. This is the one critical basic skill required for every Soldier to perform well on the battlefield," said TRADOC Command Sgt Maj. Daniel Dailey. "We cannot take this lightly. There is no need to rush to a wrong decision. It is crucial that we take our time and do this right, and when we do release this to the Army, it will be the right thing at the right time to advance our physical fitness."

To read more of this article, go to

<http://www.armytimes.com/prime/2012/08/PRIME-army-scraps-pt-test-update-082712//>

Observances/Holidays

Women's Equality Day

Joint Resolution of Congress, 1971
Designating August 26 of each year as Women's Equality Day

WHEREAS, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, public or private, legal or institutional, which are available to male citizens of the United States; and



WHEREAS, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex; and

WHEREAS, the women of the United States have designated August 26, the anniversary date of the passage of the Nineteenth Amendment, as symbol of the continued fight for equal rights; and

WHEREAS, the women of United States are to be commended and supported in their organizations and activities,

NOW, THEREFORE, BE IT RESOLVED, the Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as Women's Equality Day, and the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women's rights took place.

(Courtesy The National Women's History Project, <http://www.nwhp.org/resourcecenter/equalityday.php>)



Lt. Gen. Patricia Horoho, the Army Surgeon General and commanding general, U.S. Army Medical Command meets with senior leaders of the Army Reserve Medical Command at the C.W. Bill Young Armed Forces Reserve Center, in Pinellas Park, Fla., August 7, 2012. Horoho is the first female Army Surgeon General and this is her first visit to AR-MEDCOM. (U.S. Army Photo/Lt. Col. Michele R. Sutak released)

AUGUST

Anti-Terrorism Awareness

Women's Equality Day: Aug. 26

(Check out our Women's Equality Day video at: <http://www.dvidshub.net/units/AR-MEDCOM>)



Capt. Charles Cook, a Soldier assigned to the Army Reserve Medical Command strikes a pose with retired Col. Carol Barkalow, the guest speaker at the Women's Equality Day hosted by AR-MEDCOM at the C.W. Bill Young Armed Forces Reserve Center, in Pinellas Park, Fla., August 6, 2012. Barkalow is a member of the first female class that graduated from USMA in 1980. Cook had the honor of introducing a fellow alumnus during the event. (U.S. Army Photo/Lt. Col. Michele R. Sutak/released)

SEPTEMBER

National Hispanic Heritage Month

National Preparedness Month

Suicide Prevention Month

Labor Day: Sept. 3

Patriots Day: Sept. 11

Gold Star Mother's Day: Sept. 30



Hispanic Heritage Month

Good to Know



August 6, 2012

Command Emphasis on Comprehensive Soldier and Family Fitness

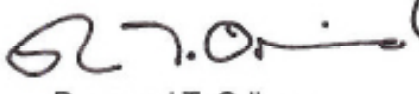
The Army has some of the most combat-seasoned professional forces in our Nation's history. While our Soldiers remain "the Strength of the Nation," the long-term high level of operational demand has placed significant stress on our all-volunteer force. In response, the Army implemented the Comprehensive Soldier and Family Fitness (CSF2) program to help leaders enhance unit readiness and to support the ability of Soldiers, Families and Department of the Army Civilians to meet the demands of military life.

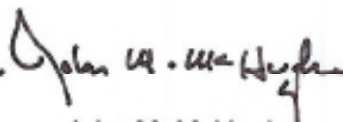
Nearly three decades of scientific research support the CSF2 program and its goals of enhancing individual strengths and providing cognitive tools to facilitate success in challenging situations. A preliminary assessment of the program's impact shows that CSF2's Resilience Training Program is effective in increasing psychological fitness, reducing negative behavior and increasing optimism.

Command support and participation at all levels are of paramount importance to the long-term success of the CSF2 program. Initial assessments clearly show that the success of CSF2 is directly attributable to command support. Dedicating extended blocks of time for resilience training is ideal; however, this training also works well if incorporated into daily and weekly individual and unit activities-from Monday morning physical training, to the Family Readiness Group meeting, to Friday's closeout safety brief. Your help in maximizing the positive impact of this training is critical to the success of our Army, your unit and, most importantly, to our Soldiers.

The CSF2 program is an enduring effort, committed to developing an Army culture of total fitness and increased psychological health. We commend the hard work you, as leaders, have put forth to implement CSF2 and encourage you to continue pursuing initiatives within your command that support total fitness across the Army. Army Strong!


Raymond F. Chandler III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army



Antiterrorism Awareness Message

"The price of freedom is eternal vigilance."

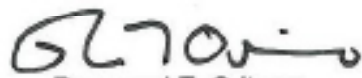
**~ Thomas Jefferson,
3rd President of the United States**

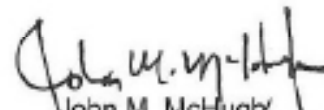
August marks the Army's third annual observance of Antiterrorism Awareness Month. Antiterrorism awareness is a critical aspect of our profession, both on and off duty, because the threat of terrorist attack against our Nation and our Army is real and ever-present.

Effective antiterrorism measures integrate a multitude of security programs – law enforcement, physical security and operational security – to ensure the continued protection of our installations, standalone facilities and expeditionary forces. The continued protection of our facilities and our people requires the eternal vigilance of every member of our Army Family and the successful integration of the Antiterrorism Principles – *Assess, Detect, Warn, Defend and Recover*. This year's Antiterrorism Awareness Month will focus on enhancing community awareness by both leveraging the command information program to educate our Army Family on the dangers associated with terrorism and highlighting the iWATCH Army program, which helps us recognize and report suspicious activity.

We encourage all commands to conduct training or sponsor events that emphasize the importance of the community in the protection of our Army. Leaders should promote antiterrorism principles and the significant role Soldiers, Civilians and Families play in our own safety. Together, we will safeguard our installations, facilities and – most importantly – the people who continue to answer our Nation's call to service. Army Strong!


Raymond F. Chandler III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

Families list retirement, pay as top issues

By Lisa Daniel, American Forces Press Service



WASHINGTON (AFPS) – May 5, 2012, Military families regard the possible change of military retirement benefits as their top concern, according to the results of a major survey released today.

The 2012 Military Family Lifestyle Survey also shows that pay and benefits, the impact of deployments on children, operational tempo, spouse employment and education and combat stress and brain injuries are most on the minds of military family members.

Blue Star Families, a nonprofit military family support organization, released the findings of its third annual survey before a Capitol Hill audience of Congress members, military family members and support organizations, and media.

"That data in this survey is the story of our lives," said Kathy Roth-Douquet, the chief executive officer of Blue Star Families. The survey, she said, is conducted by professional researchers who also are military family members.

More than 4,000 family members responded to the survey, representing each of the services -- active, National Guard and reserve, and Coast Guard -- and all areas of the country. Nearly half of the survey respondents have a service member in the senior enlisted ranks, and 64 percent of respondents are between the ages of 25 and 44.

Among the findings:

- Thirty-one percent of respondents listed possible changes to retirement benefits as their biggest concern, followed by 20 percent who cited pay and benefits as their top concern;
- Veterans said their biggest concerns related to separating from the military were employment opportunities, followed by access to health care;
- Seven percent of respondents listed operational tempo as their top concern, and support for staying in the military dropped from 52 percent for families who were separated 13 to 24 months, to 15 percent for those who spent more than 37 months apart;
- Sixty percent of spouse respondents are not currently employed, and of those, 53 percent wanted to be; 57 percent said being a military spouse has a negative impact on their ability to work; 27 percent had problems getting professional licenses to transfer to different states;
- Six percent of respondents listed post-traumatic stress, combat stress and traumatic brain injuries as their top issue; 26 percent said their service member had signs of post-traumatic stress and 3 percent said they had a diagnosis.

Robert L. Gordon III, deputy assistant secretary of defense for military community and family policy, said the department and the nation are challenged by eco-

nomie problems today, but that both must take care of military families.

Things changed after the Vietnam War, Gordon said. "We got out of Vietnam and into the all-volunteer force," he said. "Because of that, our force became a married force."

Also, Gordon said, the military now is structured so that "the entire military goes to war." Indeed, the survey found that National Guard and Reserve members have spent as much time away from home in the past decade as active duty members.

"We're challenged today, and I would say we are up to that challenge," Gordon said. "We have a supportive Congress and a supportive administration, where the first lady and Dr. [Jill] Biden are out pitching for the military" through their "Joining Forces" campaign.

"That's why this survey is so important," he said. "We need to know how these families feel. We have to have a better integration of [combat veterans] when they come home -- and they are coming home."

Other findings of the survey show:

- Ninety-two percent of respondents said they could help their children make positive school decisions during a spouse's deployment, but 64 percent said deployment hampered their children's abilities to participate in extracurricular activities;
- Ten percent of family members responded that they had considered suicide, compared to 9 percent for service members.
- Fifty-seven percent said prevention should be aimed at training frontline supervisors and commanders;
- Eighty-one percent volunteered in the past year;
- Eighty-nine percent are registered to vote;
- Eighty-two percent believe the all-volunteer force works well;
- Seventy percent were satisfied with the military lifestyle, and 60 percent would recommend the military for young people; and
- Seventy-two percent said changing the law to allow gays to serve openly has had no impact on their service members' ability to serve.

DFAS will begin processing Roth TSP elections



INDIANAPOLIS – The Defense Finance and Accounting Service (DFAS) will begin processing Roth TSP elections for its civilian and military customers using a phased approach beginning in June and continuing through October 2012.

As a new choice for retirement investment planning,

the Roth TSP, will give civilian employees and military service members the option to contribute after-tax wages into TSP for the first time. Both the contributions and the earnings will be tax free when withdrawn, as long as IRS requirements are met.

The phased implementation will ensure each customer's taxable wages and TSP contributions are computed accurately. According to DFAS officials, the schedule will provide time to complete and thoroughly test the complex changes needed to the various civilian, active duty military, and reserve component payroll systems. The complex changes address the unique and multiple pay types in the pay systems including the different requirements of the Army, Navy and Air Force; and the active duty and reserve component requirements. Implementation will begin with Marine Corps service members in June 2012; all DoD civilians, as well as other civilians serviced by DFAS in July 2012; to be followed by the Army, Navy and Air Force military service members in October 2012.

Look for more specific deployment dates Roth TSP elections coming soon on www.dfas.mil.

For more information about the Roth TSP option, see www.tsp.gov.

This notification sent on behalf of Army Reserve incentives manager for Soldiers currently using army reserve loan repayment programs or planning on future use of loan repayment programs.



1. Benefits of Army Reserve Loan Repayment Programs (Student Loan Repayment, Health Professional Loan Repayment, Chaplain Loan Repayment) are taxable income to the recipients.

2. In an effort to minimize Soldiers' end of year tax liabilities, Defense Finance and Accounting System (DFAS) will withhold Federal and state taxes (when applicable) from loan payments prior to making payments to lenders. This policy will be effective on or about 15 May 2012.

3. Effect on Soldiers: Soldiers will receive the same amount of SLRP/HPLR as in the past, but payments to lenders will be smaller due to taxes being withheld up front. Soldiers must be aware of the amount they are paying to their loan lender.

4. Loan repayment programs are managed through the Web-Enabled Education and Benefits System (WEBS). Address is:

<https://rcms.usar.army.mil/education>

Beware - scam emails - that appear to be sent by DFAS employees!



There are emails being sent to individuals, including military members, military retirees, and civilian employees, which appear to be sent by a DFAS employee. Although the email appears to come from a DFAS employee and displays a dot mil address it is actually from a non-government email account. This is an example of what's called "spoofing."

The emails indicate that individuals who are receiving disability compensation from the Department of Veterans Affairs (VA) may be able to obtain additional funds from the Internal Revenue Service (IRS). These emails are not issued by DFAS and will likely result in a financial loss if you comply with the suggestions in the email. Bottom line – do not send your personal information or copies of your tax returns and 1099s to the individual listed in the email.

The email indicates that individuals receiving VA disability compensation can receive additional funds from the IRS. The email states that such funds can be obtained by sending copies of your VA award letter, your income tax returns, your 1099-Rs, your RAS statements, and a copy of your DD 214, to a so-called retired Colonel at an address in Florida. Do NOT follow the suggestions in the email because you will be providing a significant amount of your personal information to a complete stranger, which could result in a financial loss to you.



Pinellas Park, Fla. -- Two Unit Public Affairs Representatives take all the requirement training before attending the UPAR course, this training includes, Social Media and Operations Security, Operations Security, Phishing, Infomation Awareness and Social Media online training. Each class is an annual requirement and maintains their awareness of e-mail scams and phishing techniques used throughout the internet. (U.S. Army Photo/released)

Women Veterans Task Force Draft Plan Released -- VA Seeks Public Comment on Strategies



WASHINGTON – May 15, 2012, The Department of Veterans Affairs is releasing for public comment a draft of its strategic report to address key issues facing women Veterans. The plan outlines steps for improvements to care and services for women Veterans that are sustainable, accountable and a part of the department's culture and operations.

—Expanding care and services to women Veterans is too important to limit ourselves solely to the views within the department, so we are seeking feedback from all stakeholders, most importantly women Veterans themselves, said Secretary of Veterans Affairs Eric K. Shinseki. —The VA must be visionary and agile enough to anticipate and adjust not only to the coming increase in women Veterans, but also to the complexity and longevity of treatment needs.¶

Shinseki formed a task force to develop an action plan to address women Veterans' issues. Since then, the group has conducted a broad survey of department experts to identify those issues and organize them by priority. The draft report is an interim step prior to VA finalizing its overall plan.

The report comes at an important juncture in VA's history that demands a review of the quality, quantity, and types of services and programs it provides to women Veterans. The number of women Veterans using VA has increased 83 percent in the past decade, from about 160,000 to over 292,000 between fiscal years 2000 and 2009, compared with a 50 percent increase in men.

Women are now the fastest growing cohort within the Veteran community. In 2011, about 1.8 million or 8 percent of the 22.2 million Veterans were women. The male Veteran population is projected to decrease from 20.2 million men in 2010 to 16.7 million by 2020. In contrast, the number of women Veterans will increase from 1.8 million in 2011 to 2 million in 2020, at which time women will make up 10.7 percent of the total Veteran population.

VA is training providers in basic and advanced topics in women's health through mini-residencies, and over 1200 providers have currently received training. Comprehensive women's health care can be provided within three different models of care, including comprehensive women's clinics; separate, but shared, space women's clinics; or integrated primary care clinics. All of these clinic models ensure that women receive all of their primary health care (prevention, medical, and routine gynecologic care) by a single primary care provider. A network of medical directors and program managers who coordinate care for women Veterans now encompasses all 153 medical centers in the VA Health Care System.

The public notice and instructions for how to submit comments will be posted at www.regulations.gov. The draft written report will be open for comment for 30 days, and responders will have a number of options to provide both electronic and written feedback. Readers will also be able to participate in a public discussion board on the Internet at: <http://vawomenvetstratplan.uservoice.com/forums/159415-general>.

To view the report without making recommendations, please visit VA's website at:

http://www.va.gov/opa/publications/Draft_2012_Women-Veterans_StrategicPlan.pdf.

Airline check-in baggage policies for active U.S. military



Continental:

Active U.S. military personnel and their accompanying dependents, **not traveling on official business get up to three checked bags free.**
<http://www.continental.com/CMS/en-US/travel/Pages/CheckedBaggage.aspx>

US Airways:

Active U.S. military with ID and dependents **traveling with them on orders** (1st through 4th bags up to 100 lbs/45 kg each free of charge)
<http://www.usairways.com/en-US/traveltools/baggage/baggagepolicies.html>

Delta:

Active U.S. military with ID **on personal travel, traveling in economy class may check up to 2 bags free.** If traveling in Business Elite, First Class, or Business, they may check up to 3 bags free.
http://www.delta.com/traveling_checkin/baggage/checked/index.jsp

American Airlines:

Active U.S. military personnel are allowed to check three pieces of baggage free of charge **when traveling on personal business or pleasure.**
<http://www.aa.com/i18n/travelInformation/baggage/baggageAllowance.jsp?anchor Event=false&from=Nav>

United Airlines:

Active U.S. military personnel and their accompanying dependents, **not traveling on official business** (Military ID required.) 3 Bags free; Max baggage weight (to avoid overweight baggage fee) 70lbs.
<http://www.united.com/page/article/0,6722,52649,00.html>

TRICARE Dental Program Contract Awarded



TRICARE Management Activity awarded the TRICARE Dental Program (TDP) contract to Metropolitan Life Insurance Company, Inc. (MetLife) in 2011. The contract provides

for worldwide, comprehensive dental care coverage to enrollees including family members of Uniformed Service active duty personnel and to members of the Selected Reserve and Individual Ready Reserve and their eligible family members. Approximately 1.9 million beneficiaries are enrolled in the premium-based TDP worldwide.

Dental care under the new contract begins May 1, 2012.

MetLife will manage enrollment, member utilization of diagnostic and preventive services, provider networks, claims processing and customer service and access to data, while providing beneficiary satisfaction at the highest level possible through the delivery of world-class dental care.

The new contract features several new and enhanced benefits including:

- Annual maximum to \$1,300
- An increase in the lifetime orthodontic maximum to \$1,750
- Coverage of posterior resin (white) fillings on back teeth
- Additional \$1,200 maximum per year for services related to accidents/injuries
- No cost shares for some periodontal services for diabetics
- Coverage of an additional cleaning for women during pregnancy
- First-year premiums below current rates

Protest Resolution

A protest was filed with the U.S. Government Accountability Office (GAO) on January 18, 2011, regarding the TRICARE Dental Program contract award. GAO issued its decision denying the protest on April 27, 2011.

Transition to MetLife Begins: March 2012

All current TDP enrollees are being notified about the transition to MetLife and will receive a welcome packet with a new TRICARE Dental Program Benefit Booklet in March 2012.

To avoid a potential break in coverage, beneficiaries should contact MetLife to reauthorize their recurring premium payments between March 21 and April 20, 2012. They can contact MetLife by:

- Calling MetLife Customer Service at 1-855-638-8371, or
- Completing the Credit Card/EFT Authorization and mail it to MetLife at the following address:
MetLife TRICARE Dental Program
Enrollment and Billing Services

P.O. Box 14185
Lexington, KY 40512

Note: Beneficiaries who pay premiums by automatic deduction from a military payroll account do not have to take any action.

MetLife customer service numbers and the new Web site for the TRICARE Dental Program were operational on March 21, 2012.

- CONUS Service Area: 1-855-638-8371
- OCONUS Service Area: 1-855-638-8372
- TDD/TTY: 1-855-638-8373
- <https://mybenefits.metlife.com/tricare>

Army Leaders Order System-wide Review of Behavioral Health Care



Secretary of the Army John McHugh and Chief of Staff Raymond T. Odierno announced today the start of a comprehensive, Army-wide review of Soldier behavioral health diagnoses and evaluations.

“We owe it to every Soldier to ensure that he or she receives the care they need and deserve,” said McHugh. “Just as our behavioral health professionals are committed to providing the best possible care, we, too, must ensure that our processes and procedures are thorough, fair and conducted in accordance with appropriate, consistent medical standards.”

The announcement comes following revelations that some Soldiers diagnosed with Post Traumatic Stress Disorder (PTSD) had that finding rejected during a subsequent evaluation at the Madigan Army Medical Center near Tacoma, Wash. The Army is currently reviewing those cases and, in some instances, determined that the original PTSD diagnoses were more accurate. The Army will now review diagnoses and evaluations made at its remaining medical facilities. Such diagnoses are the first step in a Soldier’s evaluation for disability benefits. “In addition to reviewing behavioral health diagnoses, we will develop a detailed action plan to identify, analyze and, if needed, correct behavioral health policy, procedure or programmatic issues in the Army’s implementation of these vital systems,” said Odierno.

McHugh and Odierno said that the effort will be led by their respective deputies, Undersecretary of the Army Joseph Westphal and Vice Chief of Staff Lloyd Austin. “Secretary Westphal and General Austin have the experience, leadership and know-how to find any problems, and fix them quickly,” they said. “Reviewing our processes and policies will ensure that we apply an appropriate standard at every installation -- one that is influenced only by the opinion and expertise of our medical professionals.”

Sergeant Major of the Army Raymond Chandler will serve as special advisor to the effort. “If a Soldier is wounded in the arm or the leg, we know what we need to do to treat their wound and get them the care

and treatment they need,” Chandler said. “PTSD isn’t something you can see, often making it harder to detect.”

“These challenges require us to strengthen our efforts,” McHugh said. “And that starts with the correct evaluation and proper medical diagnoses.”

New Partnership Links Soldiers to Employers



What is it?

The Employer Partnership of the Armed Forces (EPAF) is a Department of Defense program created to link Americas employers with some of Americas finest employees

- service members and their families. The free partnership program helps leverage military training and experience for better career opportunities in today's civilian job market and is available to all military reserve members, veterans, and their families. Geographically dispersed Program Support Managers help Soldiers find suitable employment by posting information about job fairs and offering assistance with job applications, resume creation and interview skills improvement.

What has the Army done?

First Army, as the U.S. Army Forces Command (FORSCOM) executing agent for demobilization, has leveraged the resources of EPAF to assist redeploying reserve component Soldiers in their search for suitable employment when they return from worldwide deployments. First Army now includes the Employer Partnership (EP) in the demobilization process as part of a multi-year effort focusing on Soldier care during redeployment. Soldiers processing through First Army-managed demobilization sites will find EP representatives available to help Soldiers link their military training and experience to civilian career opportunities with national, regional and local employer partners.

What efforts does the Army plan to continue in the future?

First Army is dedicated to complete Soldier care during the demobilization process, even though the Army is entering a period defined by shrinking resources. As a free service, EP will play a critical role in helping reserve component Soldiers return to their families and integrate back into the local work community. As the EPAF program matures, additional resources and tools may be identified to enhance and expand the program by including externship, internship, and training partnerships.

Why is this important to the Army?

Reserve component Soldiers returning from deploy-

ments can face multiple challenges as they transition from being a full-time Soldier to a full-time citizen. First Army and EP seek to mitigate some of the stress caused by lack of employment or under employment of returning Soldiers. This unique partnership offers business owners the opportunity to hire highly skilled Soldiers and allows both the military and the civilian employer the ability to realize the benefits inherent to workforce sharing while addressing challenges exclusive to redeploying warrior-citizens. Ultimately, the EPAF makes sense because it leads to better family support and increased RC Soldier and unit readiness, while strengthening Americas workforce. EPAF is a solid investment for businesses and for our nation.

Benefit Issues and Updates



Reservists and Retiree Recalls Travel Policy Change Effective 01 Jun 11, Soldiers will no longer be able to select the option of Contingency Operation Flat Rate Per Diem (TCS-55%) for Soldiers electing to serve on tours

longer than 180 days at any duty location outside a combat zone or hazardous duty area. Soldiers currently on orders will be exempt for the remainder of their tour. After 01 Jun 11, Soldiers entering onto a CO-ADOS tour longer than 180 days and living outside the local area will have the option to PCS with BAH for the Permanent Duty Station rate. Soldiers who reside within the local area will be considered Home of Record and will receive entitlement commensurate with the HOR rate.



Soldiers of the 7236th Medical Support Unit, Southeast Medical Area Readiness Support Group, poses in front of the Prime Minister's Office: 10 Downing Street while partaking in the cultural events. The Soldiers participated in the Reserve Officer Foreign Exchange Program 2012 UK Site Visit. (Courtesy Photo)



Youth participate in Operation Washington !

ARMEDCOM youth, Jaire Brown (15) son of CPT Tracey Shirley and Jessica (16) and Joseph (15) Ouellette children of CPT Phan Ouelette, joined about 600 teenagers affiliated with Boys & Girls Clubs of America for "Operation Washington," a first-time event co-sponsored by BGCA and the Close Up Foundation as part of a partnership grant from the Departments of Defense and Justice.

The program allowed the teens to see in person those symbols of democracy for which their parents fight, and for which they, too, have sacrificed through frequent moves and dealing with deployed parents.



These were no ordinary tours of the Capitol and Washington's other monuments. Under Close Up's civics curriculum, the teens' visit to the World War II, Korean and Vietnam War memorials included a discussion about the role and responsibilities of citizens during wartime. Their tour of the Capitol included meeting with their congressional representatives, and a trip to the Martin Luther King Jr. memorial came with a discussion of civil rights and citizens' roles in shaping public policy.

Through it all, the teens took part in group discussions about the appropriate size and role of government in a democracy, states versus the federal government, and an in-depth simulation of the legislative process. The teens met with Attorney Gen. Eric Holder and Education Secretary Arne Duncan, as well as senior Defense Department and White House officials.

The participants also were charged with developing a plan to address important issues in their own communities. Judging by their reaction to being in Washington, it sounds like they will do just that.

Thanks to Jaire Brown & the Ouellettes for the pictures and to the Boys and Girls Clubs for content .



Get Fit and Healthy

Top 28 Health Tips

A garlic a day: Garlic is the mother of all cures. Researchers in Liverpool have found that 5ml of garlic extract lower levels of a disease-causing chemical by up to 48 per cent.

Eat whole grain foods: Make sure you have whole-grain bread, rice or pasta at least four times a week and you will reduce the chance of having cancer by 40 per cent.

Take care of your skin: Always wear sun-screen lotion during summers. It is advisable to use winter care creams to overcome the harsh and cold winds. The best cure is to smile through and your skin will shine with an extra dash. It's no big secret!

Eat plenty of fish: Fish is the recommended diet for a longer healthier life. Studies have found that those who regularly ate fish were up to one-third less likely to get heart disease than those who ate it less than once a month.

Try Tea: Tea is always good. Being a heavy tea-drinker can never have negative effects. The protective effects of tea increase with the amount drunk, and people who are regular tea drinkers are the least likely to die of a heart attack.

Stop smoking: Do not smoke your health away. Nicotine patches, gums or inhalers might work for some individuals, or other methods, from hypnosis to acupuncture. More you are to smoke, more likely you are to develop cancer or heart disease.

Walk for Health: There is nothing better than walking. Walking a mile every day, or taking reasonable exercise three times a week, promises to reduce the risk of heart disease, as well as strengthens bones and keeps them strong.

Never sleep over a backache: It is never advisable to sleep over a backache. Research shows that people who take to their beds with backache take the longest time to recover. Those who avoid bed-rest and continue normal activities as much as possible have less pain.

Water spells health: Water flushes out the toxins. A good amount of liquid intake helps the entire system and of course is best for curing skin ailments. The average man needs 2.9 liters, or about 12 cups of water, a day and woman needs about 2.2 liters.

Stop bad breath: You can prevent that unfriendly odor. It is caused by oral bacteria. A tongue scraper may help, but dental care may be needed. Mouth rinses are effec-

tive, as are flossing and brushing teeth twice a day.

Slow down on the junk: Research shows that eating too many high-fat-food contributes to high blood-cholesterol levels, which can cause hardening of the arteries, coronary heart disease and stroke.

Cut back on salt: Health Organization recommend no more than five grams a day. Too much salt can lead to stroke and heart problems.

Spouse can matter: A man in poor health in his 50s is six times more likely to be affected if married to a woman who is also in poor health.

Eat right for better teeth: Your pearly whites can gleam. Eat apples, oranges, celery, carrots and high fiber green.

Crash diets don't work: The so called new-age diets do not add to health prospects. There is no easy way to lose weight so the best way is to do it over a period of time.

Coffee is good: Researchers have found that two to four cups of coffee daily can lower the risk of colon cancer by 25 percent.

Being overweight is dangerous: Loose the extra kilos. Over weight people cut 20 weeks of their life for every excess kilogram, according to new research. Keeping a personal weight machine at home really helps. Buy one now!

Supplement with selenium: Research has shown that people who took a daily supplement of selenium had a 37 per cent reduction in cancers.

Lower you cholesterol: Work on reducing your cholesterol. This can reduce the risk of heart attack and stroke even when your level is not high. Exercise to reduce weight.

Aspirin is a wonder drug: Aspirin can actually do wonders. It helps to reduce the risk of conditions such as heart disease and cancers, including of the colon, oesophagus, stomach, rectum, prostate.

Change your job: If the workplace is what bothers you. Simply quit! Consider becoming a salesperson. Salespeople are least likely to have a work-related illness.

Socializing is good: Meeting friends and relatives is recommended. Weekly socializing improves the memory, concentration and problem solving skills.

Fruits and vegetables help: Have at least five portions of vegetables and fruit a day, especially tomatoes, red grapes.

Sing to stay healthy: Singing is good for the mind and body. It is relaxing, improves breathing and muscle tone.

Vitamins are vital: A multivitamin a day keeps the tablet away, but be sure it contains at least 200 mg. of folic acid.

Sleep well: There is nothing like a good sleep. Sleep primes the immune system. Most people need between seven and nine hours of sleep a night.

Or just hum...: Humming helps. Daily humming is a good way to increase ventilation in the sinuses.

Learn to relax: Unwind, take up a hobby and start socializing. Take your family or friends to a sports game. This fights stress and depression.

Fitness-Exercise Tips

5-Minute Fat Burners

Dance: Switch on the Wii for a little Zumba action, 45 calories



Lunge: Do walking lunges down the hallway, and you can burn up to 45 calories

Jump: Jump rope as fast as you can, and burn up to 68 calories



Hula-Hoop: No time to work out? No problem! Slip in these calorie blasters and you're done.

Run: Run around the block burn 62 calories



More than 50 Soldiers, Family members, and Civilians of the Army Reserve Medical Command attended the Tampa Bay Rays baseball game at Tropicana Field, St. Petersburg, Fla., for a Morale, Welfare and Recreational event. (Photo by Capt. Kristy Hedrick/released)



THE FLU VACCINE IS AVAILABLE CONTACT YOUR UNIT FOR MORE INFORMATION!

Healthy Food Tips & Recipes

eat right. Academy of Nutrition and Dietetics

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Color Your Plate with Salad

Pack more nutrition into your day with a colorful main dish or side salad. Keep basic ingredients on hand for a quick addition to any meal.

Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations. Or, let them choose individual items with salad dressing as a dip.

Mix and match ingredients by choosing one or more foods from each column below. Consider flavor, texture and color. Add a light salad dressing and enjoy!

Start with Leafy Greens

- Arugula
- Boston or Bibb lettuce
- Escarole
- Green or Red leaf lettuce
- Iceberg lettuce
- Mixed greens
- Napa Cabbage
- Radicchio
- Romaine
- Spinach



Select from Vegetables, Fruits and Beans

(Chopped, diced, shredded, sliced or whole)

Vegetables

- Artichoke hearts
- Bean sprouts
- Beets
- Bell pepper
- Bok choy
- Broccoli or cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Onion (red or sweet)
- Peas
- Radishes
- Sugar Snap Peas
- Tomatoes
- Water chestnuts
- Zucchini

Fruits

- Dried cranberries or cherries
- Apple
- Blueberries
- Grapes
- Mandarin oranges
- Melon
- Pear
- Raisins
- Strawberries

Beans

- Black beans
- Chickpeas
- Edamame (soybeans)
- Kidney or red beans
- Navy or white beans

Sprinkle on Extras

Cheese

- Blue cheese
- Cheddar
- Feta
- Mozzarella
- Parmesan

Nuts

- Almonds
- Cashews
- Peanuts
- Pecans
- Walnuts

Other

- Avocado
- Bacon bits
- Chow mein noodles
- Croutons
- Olives
- Sunflower seeds

For a Main Dish Salad

- Beef
- Chicken
- Ham
- Hard-cooked egg
- Salmon
- Shrimp
- Tofu
- Tuna
- Turkey

Suggested combinations:

- Romaine, grape tomatoes, cucumber, carrots, avocado and shrimp
- Mixed greens, chicken strips, melon, walnuts and feta cheese
- Spinach, red onion, mandarin oranges and sliced almonds

Find more healthy eating tips at:

www.eatright.org/nutritiontipsheets
www.kidseatright.org

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



The **Academy of Nutrition and Dietetics** is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitians.

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More Healthy Food Tips & Recipes



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for a Healthy Weight

Reaching and maintaining a healthier weight contributes to your overall health and well being. Losing even a few pounds or preventing further weight gain has health benefits.

Are you ready to make changes in your lifestyle and move toward a healthier weight? Here are some tips to get you started.

Start with a plan for lifelong health. Focus on the big picture—achieving overall good health—not just short-term weight loss.

Set healthy, realistic goals. You are more likely to succeed in reaching realistic goals when you make changes step-by-step. Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

Get a personalized eating plan. Go to www.ChooseMyPlate.gov for a plan that will give you the amounts of each food group you need daily. If you have special dietary needs, consult a registered dietitian for a customized plan.

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with a variety of foods. Half your plate should be filled with fruits and vegetables, about one fourth with lean meat, poultry or fish, and one fourth with grains. To round out your meal, add fat-free or low-fat milk, yogurt or cheese.

Start your meal with low calorie foods like fruits, vegetables and salads. These foods are packed with nutrients your body needs.

Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think. Also, switching from a large plate to a smaller one may help you feel satisfied with reduced portions.



Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters—slow down and give your brain a chance to get the word.

Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.

Watch portion sizes to manage your calorie intake. This is the key to an effective weight management plan. To make sure your portion sizes are “just right,” visit the MyPlate Food Groups Food Galleries at www.choosemyplate.gov/food-groups for healthy eating guidelines in household measures.

Snack smart. Include snacks as part of your daily calorie allowance and limit portions to one serving. Plan for nutritious snacks to prevent between-meal hunger. Keep portable, healthy snacks in your desk, backpack or car.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness—plus, it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Pick activities you like and do each for at least 10 minutes at a time. Aim for a total of 2 hours and 30 minutes or more each week of moderate activity such as brisk walking. If you are currently inactive, check with your doctor concerning increased physical activity.

Is it right for you?

Make sure your weight management plan is right for you. Does it include:

- Foods from all five food groups?
- The right number of servings from each group?
- Food you will enjoy eating for the rest of your life?
- Foods you can buy at the supermarket?
- Some of your favorite foods?
- Foods that fit your budget and lifestyle?
- Regular physical activity or exercise?

If the answer is “yes” to all the questions, your weight management plan is right for you.

A registered dietitian can develop a personalized weight management plan that meets your individual needs. For names of registered dietitians in your area, visit www.eatright.org.

For more information about healthy eating, visit www.eatright.org and www.ChooseMyPlate.gov.

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



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This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitians.
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.

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Suicide Prevention/Stand Down

Suicide Stand Down

<http://www.dvidshub.net/video/152107/ar-medcom-2012-suicide-stand-down>
CG Message

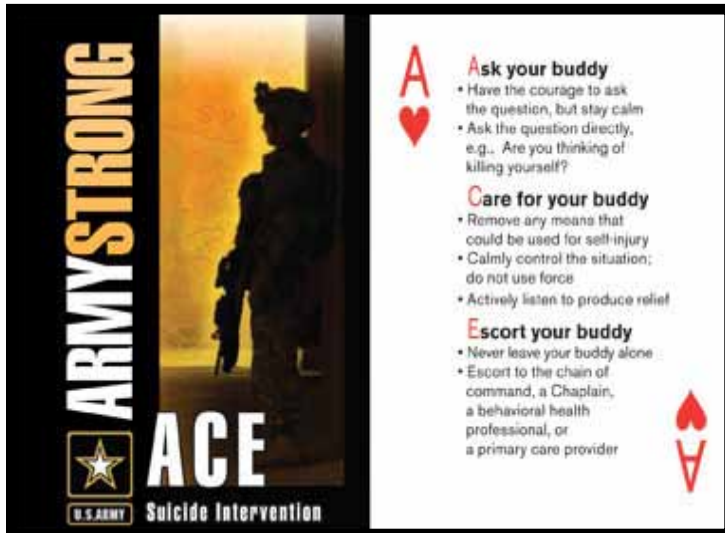
<http://www.dvidshub.net/video/151016/ar-medcom-suicide-prevention-psa>
AR-MEDCOM Cares

<http://www.dvidshub.net/video/150268/ar-medcom-cares-suicide-awareness-2012>
We Care

<http://www.dvidshub.net/video/150260/we-care-suicide-prevention>
Years After

<http://www.dvidshub.net/video/153193/suicide-awareness-psa>
<http://www.dvidshub.net/video/153192/suicide-prevention-psa>

Impact of Benefits in Event of Suicide: Please note that in the event of a Soldier's death is determined to be self-inflicted, surviving Family member benefits may be subject to modification IAW Army Regulation 600-8-4. For more information contact your local benefits counselor, or call My Army Benefits at 1-888-721-2769 (1-888-721-Army).



ARMYSTRONG
ACE
U.S. ARMY Suicide Intervention

A **Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?

C **Care for your buddy**

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

E **Escort your buddy**

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider



Suicide Intervention
ACE
UNIT CONTACT INFO

A **Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

C **Care for your buddy**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self injury

E **Escort your buddy**

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

USARMC <http://dpc.comid.army.mil>



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ♦ Talking about wanting to die or to kill oneself.
- ♦ Looking for a way to kill oneself, such as searching online or buying a gun.
- ♦ Talking about feeling hopeless or having no reason to live.
- ♦ Talking about feeling trapped or in unbearable pain.
- ♦ Talking about being a burden
- ♦ Increasing the use of alcohol or drugs.
- ♦ Acting anxious or agitated; behaving recklessly.
- ♦ Sleeping too little or too much.
- ♦ Withdrawing or feeling isolated.
- ♦ Showing rage or talking about seeking revenge.
- ♦ Displaying extreme mood swings to others.

Suicide Is Preventable.
Call the Lifeline at 1-800-273-TALK (8255).
With Help Comes Hope

U.S. CHAMBER OF COMMERCE NEWS

Phone: 202-463-5682 | 888-249-NEWS | E-mail: press@uschamber.com



MEDIA ADVISORY

U.S. Chamber to Host *Hiring Our Heroes* Job Fair for Veterans and Military Spouses in Trenton, NJ

All Employers are Ready to Hire □ *Statewide and Beyond*

TRENTON, NJ □ The U.S. Chamber of Commerce's National Chamber Foundation, Hero2Hired (H2H) and the American Legion will host [Hiring Our Heroes](#) □ [Trenton, NJ](#), a hiring fair to connect veterans and military spouses. More than 50 employers are expected to participate; each is required to have jobs available for veterans and military spouses of all ranks and levels of experience. Companies range from America's biggest employers to dozens of small companies from across the state.

Since its launch in March 2011, *Hiring Our Heroes* has held more than 210 hiring fairs nationwide, helping more than 10,000 veterans and military spouses find employment. The upcoming event is also part of [Hiring 500,000 Heroes](#), □ a national campaign announced by the U.S. Chamber, National Chamber Foundation, and Capital One to engage the business community in committing to hire 500,000 veterans and military spouses by the end of 2014.

- WHO:** **Emily Muñoz**, Eastern Regional Associate, *Hiring Our Heroes*, U.S. Chamber of Commerce
- WHAT:** *Hiring Our Heroes* □ Trenton, NJ
- WHEN:** Wednesday, September 12, 2012
9:00 a.m. □ 12:00 p.m. EDT
- WHERE:** Sun National Bank Center, 81 Hamilton Avenue, Trenton, NJ
- RSVP:** Interested job seekers should register for free at hoh.greatjob.net. Walk-in job seekers are allowed with proper military ID.

Credentialed members of the media are invited to attend. To register, e-mail bgoettel@uschamber.com or call [202-463-5961](tel:202-463-5961).

The U.S. Chamber of Commerce's □ *Hiring Our Heroes* □ Hiring Fair is sponsored by Hero2Hired (H2H); and is supported by Allies, Inc.; the Employer Support of the Guard and Reserve (ESGR), the American Legion; the New Jersey State Chamber of Commerce; the New Jersey League of Municipalities; New Jersey's Employment Initiative Program; the Department of Labor's Veterans Employment and Training Service (DOL VETS); the Sun National Bank Center; the Department of Military and Veterans Affairs (DMAVA); the New Jersey Department of Labor and Workforce Development (LWD); NBC News; and the Department of Veterans Affairs.

The U.S. Chamber of Commerce is the world's largest business federation, representing the interests of more than 3 million businesses of all sizes, sectors, and regions, as well as state and local chambers and industry associations. www.uschamber.com @USChamber www.freeenterprise.com



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Washington, DC 20062-2000
www.uschamber.com | www.freeenterprise.com

Car and Motorcycle Show

**All Makes and
Models Welcome!**

**Support
Our
Veterans**



Come join us in supporting our Veterans!

**Trophies - Plaques - Raffles - Music - Food -
And More**

**Car and Motorcycle Registration Fee of \$10 to
be donated to benefit our Veterans**

Sponsored by: AMVETS



**When:
Sunday, September
23rd 2012**

Time: 10am-2pm

**Where:
VA Medical Center
950 Campbell Ave
West Haven, CT
Lots 9-12**

**Brought to you by:
Voluntary Service of
VA Connecticut Healthcare System**

Contact for Questions or More Information:
Stephanie Hotchkiss
Phone: (203) 937-3814
Fax: (203) 937-4963
E-mail: Stephanie.Hotchkiss@va.gov

RAIN OR SHINE



ARE YOU RETIRING?

****Transition to E-Echoes**** We continue to seek ways to improve the way we communicate important messages with you. Thanks to your overwhelming feedback, we're in the process of updating and improving the registration process.

Thank you for your patience...and more importantly...thank you for your service!

The purpose of the Army Echoes newsletter is to keep Army Retired Soldiers and Family members abreast of their rights and privileges, inform them of developments in the modern Army, and to inspire goodwill and a desire to support the Army in their civilian communities.

The first Retired Army Personnel Bulletin was published in March 1956. It was a four page, monthly bulletin, designed to respond to the Army's "urgent need" to get information to its 100,000 Retired Soldiers. Retirees had previously received information through inserts in their paychecks. This method did not provide information to those retirees receiving compensation from the (then) Veterans Administration and not receiving pay from the Army, and it limited information to a maximum of 350 words a month.

The publication's name was changed to Army Echoes in January 1979. Today, Army Echoes, is a 16 page bulletin. It is published three times a year and mailed to 900,000+ Retired Soldiers and SBP annuitants. The correspondence address that the retiree has on file at the Defense Finance and Accounting Service-Cleveland Center (DFAS-CL) is used to mail Army Echoes. The correspondence address that Reserve Retired Soldiers, not yet age 60 and not yet in receipt of retired pay, have on file at the Army Human Resources Command in St. Louis is used to mail Army Echoes to them. Through the years, the name, size and frequency of publication have changed. However, the publication's mission of providing a vital communications link between the Active Army and Retired communities has remained unchanged.

Comments concerning Echoes should be directed to the Editor, Army Echoes, HQDA, 200 Stovall St, Room 5N35, ATTN: DAPE-HRPD-RSO, Alexandria, VA 22332-0470.

Army Echoes Goes Electronic

Army Echoes has served retirees for decades. Now get your retirement news at the click of a mouse and receive additional retirement related bonus information by signing up for the online version of the Army's Bulletin for Retired Soldiers and Families -- Army Echoes at <https://www.armyg1.army.mil/rso/e-echoes/e-form.asp?checked=true>

For those who are retired or planning to retire from the Army, MyArmyBenefits is the Official Army Benefits Website. On the site, you can Browse Over 150 Fact Sheets for Benefit Eligibility and Highlights, Calculate Estimates of Your Survivor and Survivor Education Benefits, and forecast Your Retirement Benefits. Army Strong!
<http://myarmybenefits.us.army.mil/>





Check out AR-MEDCOM PAO products on the web:



Website: <http://www.armyreserve.army.mil/armedcom>
 flickr: <http://www.flickr.com/photos/armedcom>
 twitter: http://www.twitter.com/AR_MEDCOM
 dvids: <http://www.dvidshub.net/units/AR-MEDCOM>
 YouTube: <http://www.youtube.com/user/ARMEDCOM>
 Facebook: <http://www.facebook.com> (Army Reserve Medical Command (Official PAO Page))

Other Contacts:

AR-MEDCOM HQ, General Inquiries: (877) 891-3281, ARMEDCOM@usar.army.mil.
 AR-MEDCOM, Emergency Operations Center: 727-563-3720 or 877-891-3281
 Staff Duty Officer: 727-254-2099.

