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CARING
FOR THOSE IN NEED
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COVER STORY:

A local Missouri resident receives free dental care in a mobile dental facility at Sikeston Junior High School. U.S. Army Reserve Soldiers, U.S. Navy Reserve Sailors and their active duty counterparts, came together for Innovative Readiness Training Bootheel, a humanitarian mission serving the communities of Sikeston, Dexter, and Malden, Mo., July 10-24. (Photo by Brian Godette/U.S. Army Reserve)



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DOUBLE EAGLE





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Just Call Me Old School

I served in the Cold War military from 1982-87. Times were much simpler back then - and so were the uniforms.

In basic training we were issued OD greens. I loved those olive green uniforms. You could starch the heck out of those uniforms. When you earned more than three or four stripes, you'd swear you'd cut somebody with those razor-sharp creases in the sleeves.

Then I went to Germany where we wore the Battle Dress Uniform. I loved those BDUs even more. You could starch the stuffings out of those uniforms just like the OD greens. But at least if you spilled something on them, it just blended in like an additional black piece of the material.

It really didn't matter what branch of service you served in during the Cold War days, we ALL wore the same uniform. Surely, there had to be a cost-savings with a one-uniform military.

Fast-forward through the years and we have seen a myriad of uniform changes - desert chocolate chip, desert (without the chocolate chip), Army Combat Uniform digital camo, Multicam, and now the Operational Camouflage Pattern, or OCP, which looks distinctly similar to Multicam.

It would seem that a single uniform might be in order once again. You know, just like in the good old days. Yes, I'm an old school veteran.

But I will say there are a few things that Sergeant Major of the Army Dan Daily wants to do with Army uniforms that I agree with.

First, by all means bring back the "Ike Jacket." I never wore an Ike Jacket but I will say that every time you see a picture from World War II with a Soldier wearing an Ike Jacket, they look pretty cool!

Second, I don't agree with changing the female drill sergeant hat. I know that female drill sergeants wear the same "brown round" as their male counterparts. But, there is something to be said for seeing that pinned-up-on-the-side cover on a U.S. Army female drill sergeant. Sure, it looks like something from the Australian Outback but darn it, it also looks cool!

Finally, socks. Black socks vs white socks. I've never really seen it as a big issue to be honest. However, when I was shopping for socks recently, I did notice a strange preponderance of black socks. Maybe black socks make your ankles look slimmer?

So many uniforms, so many choices. I'm just glad that I don't have to worry about it anymore.

Like I said, just call me old school. 🇺🇸



Timothy L. Hale
Editor



Timothy L. Hale, a U.S. Air Force veteran, is an award-winning photojournalist and editor of the USARC Double Eagle. He is member of a number of professional organizations to include: Nikon Professional Services, National Press Photographer's Association, and the North Carolina Press Photographer's Association. The views expressed in this column are expressly his own and do not necessarily reflect those of the U.S. Army Reserve Command, the Department of the Army, and/or the Department of Defense.



Caring for those in need

Story & photos by BRIAN GODETTE
U.S. Army Reserve Command

SIKESTON, Mo. – You do not have to cross a vast ocean to a foreign land to feel the warm embrace of a U.S. military humanitarian mission that reaches out to the local population.

U.S. Army Reserve Soldiers, U.S. Navy Reserve Sailors and their active duty counterparts, came together for Innovative Readiness Training Bootheel, a humanitarian mission servicing the communities of Sikeston, Dexter, and Malden, Missouri July 10-24.

“This is a medical health service support mission,” said Lt. Col. Larry J. Luedeman, IRT Bootheel officer in charge, and commanding officer, 7212th Medical Support Unit, Rochester, Minnesota.

“What it does is enable us to come in and do our training, in a real-world environment where we are providing health service to the community, the people who live here, with dental, medical and optometry,” Luedeman said.

In order to have the military presence in each community, required planning and coordination with local officials within the community, who were eager to help assist with the mission, was needed.

“These communities have all been so very welcoming,” Luedeman said.

Much of the coordination with the community can be attributed to the help of the U.S. Army Reserve 431st Civil Affairs Battalion, who visited each community to meet with different officials and citizens.

“The biggest thing we do is coordinate with the local population, whether that be the school, or the local community businesses, to get the word out for the IRT mission,” said Sgt. 1st Class Larry Sellers, noncommissioned officer in-charge, Civil affairs Team, 431st Civil Affairs Battalion, Little Rock, Arkansas.

As the word started to spread around the local towns in Missouri the military was coming to provide free medical services, Soldiers and Sailors prepped their respective treatment sites.

In Sikeston, mixed teams of Soldiers and Sailors

See **BOOTHEEL**, Pg. 6



DENTAL SCREENING. U.S. Army Reserve Capt. Mellissa Davis, a dentist with the 7210th Medical Support Unit, explains the x-ray results of a local resident's teeth before she begins oral care in Dexter, Missouri. U.S. Army Reserve Soldiers, U.S. Navy Reserve Sailors and their active duty counterparts, came together for Innovative Readiness Training Bootheel, a humanitarian mission serving the communities of Sikeston, Dexter, and Malden, Mo., July 10-24.

BOOTHEEL

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operated out of Sikeston Junior High School. In Dexter, the location was the Dexter Light of Hope Church, and in Malden, it was Malden High School. All locations were chosen in order to provide care for the population where it was needed most.

“This is beautiful because we get to come here and help Americans in America, and also train our Soldiers, with real-world people, who have real-world problems,” Sellers said.

Each site had a triage space set up, where medics/corpsmen, and nurses treated patients, as well as an optometry space to conduct eye screenings, and dental trailers where Army and Navy dentists and technicians provided oral care.

The dental site at Sikeston saw a steady stream of patients coming in with a variety of issues.

“At this dental facility we are doing fillings, cleanings and extractions. We are providing this service for the people of Missouri,” said U.S. Navy Reserve Commander Jonathon McIntosh, dentist with Detachment J, Expeditionary Medical Facility Dallas.

“These people are coming in with infections, they are coming in with fractured teeth that they’ve had for several years, so we’re getting the opportunity to do a little more extensive work,” McIntosh said.

The amount of patients and the services provided was a far cry



PREVENTATIVE MEDICINE. A local resident receives free dental care, top, in a mobile dental facility at Sikeston Junior High School. Capt. Cindy Nelson, bottom, a nurse with the 7212th Medical Support unit, checks the blood pressure of a Sikeston, Mo. resident in the triage center set up at the local junior high school.

from the experience of a military deployment overseas.

“In a combat zone you’re mainly just doing whatever it takes to keep the guys in combat, and on patrol, trying to keep everyone in a comfortable situation so they can do their jobs,” McIntosh said. “Here, is a different type situation.

“These people here, because of the economy and their financial status, they’ve let things go, and because they’ve let things go we have the opportunity to do a little more extensive work to take them from a sensitive/painful area to a non-sensitive/non-painful area,” McIntosh said.

Giving back to the people who support them, was a major motivator for many of the military personnel involved.

“By us giving this back to the American population, we’ve really given them a service, and with it being the military, we really feel like we’ve given our taxpayers a service they deserve,” McIntosh said.

The service giving back to the community wasn’t the only benefit for the Soldiers and Sailors.

“The benefit here is forging these relationships in these communities, coming in, meeting people that live here, and seeing the appreciation,” Luedeman said.

What the patients saw were military uniforms of different designs and colors, working together as one, helping them with their medical needs.

“Uniform color makes no difference here, we’re all working together as a team,” said Master Sgt. David Long, 7240th Installation Medical Support Unit, Sikeston site NCOIC.

The cohesiveness between the two forces is similar to what the military has seen in recent years and what some feel will be a normal trend.

“Here at Sikeston, the force integration has been phenomenal. We are coming together and working together very well,” said Lt. Suleika Stray, Sikeston site

OIC, EMF Great Lakes.

“I think more and more, working together with the different branches of service is the way of the future,” Luedeman said.

Each site opened their doors around 8 a.m to receive patients, who formed lines down the hall to sign in and be seen. Many coming back several times in the two-week span during IRT Bootheel.

“I came here last week to check my leg out, and I found out I had torn ligaments in my leg,” said James Caldwell, Malden resident. “They gave me pain medicine and everything, and it didn’t cost me anything. It’s a good thing, they are helping people out that need it.”

The Naval Ophthalmic Support and Training Activity was also on ground, fabricating glasses on site, for all individuals who needed it.

“My glasses broke about three weeks ago, and now I came back here this week to get new glasses at no cost. It’s a great thing they are doing,” Caldwell said.

While the services being rendered were not billed to the patients, civil affairs kept track of the impact the services had on the community from an economic standpoint.

“We’ve done almost 500 vision screenings, 500 dental, and nearly 200 medical services individually, which equates to almost \$270,000 worth of services provided free to the local population,” said Sellers.



ON THE GO. A mobile dental trailer sits outside Sikeston Junior High School in Mo., for patients to receive dental care.

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BOOTHEEL

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“That’s just at this site (Malden), so the total number will be much greater, but you can see the impact it has on a small community.”

Sellers said it’s the basic vision and dental care that is being provided that is having the biggest impact on the communities.

“Simple things like glasses, and getting teeth pulled, those are things that aren’t readily available to most people,” Sellers said. “If you have a medical issue, there are a lot of services available for that, but dental and vision, are probably the upper most to have the least government assistance.”

Over in Dexter, the community members praised the military, located at the Light of Hope Church.

“The Army being here, providing medical, optometry and dental services – we are a very impoverished neighborhood area here, and we as a church do a lot of community outreach, helping individuals with their needs – services that are so needed in an impoverished neighborhood,” said Kevin De Arman, Dental Minister, Light of Hope Church.

“The military has made a huge impact with the access to care for people in this area,” De Arman said. “Every individual Soldier and sailor that I have met has been outstanding, eager to help the civilian population when they come in, and have been kind and

friendly, and really treated them top notch.”

De Arman, a former Service member, knows all too well the trappings of military service. But for him and the residents of Dexter, this was a different military experience.

“I know having had been in the Marine Corps, you get used to the hurry up and wait mentality when you’re in the service, and I haven’t seen any of that. It’s been great,” De Arman said.

The military personnel in Dexter felt the community’s admiration.

“I definitely feel like a lot of people are appreciative for the services we are providing them, because a lot of times, they can’t afford the treatment we are giving them,” said Capt. Faith Thompson, dentist with the

7210th Medical Support Unit.

“For myself I just like to give my skills to people. It’s not something we can do everyday in the civilian workforce,” Thompson said.

Even for those Reserve Soldiers like Capt. Albert Ndzengue, who is originally from Cameroon, West Africa, and joined the Army Reserve as a physician, the chance to work with the community in Missouri was a pleasant surprise.

“I thought at first we were going to be based out of a military hospital, providing care to military family members of veterans or veterans coming back from combat, but then we got here and we were in a community, which is a good thing,” said Ndzengue, physician with the 7212th MSU and a practicing civilian physician.

Ndzengue was concerned



NEW VISION. Newly fabricated glasses await pickup from patients at Sikeston Junior High School.



OPEN WIDE. U.S. Army Reserve Capt. Mellissa Davis, a dentist with the 7210th Medical Support Unit, begins a dental exam in Dexter, Mo.

with the stories he heard from the patients he saw in regards to their healthcare.

“I’ve noticed a discrepancy in the healthcare. People with a certain level of living standards who have a genuine need of healthcare that they cannot afford, so coming here was good thing, providing this care, giving these people some hope and showing them that despite not having insurance, people were thinking about them,” Ndzengue said.

“I now see the need, and the gravity of the program, of people not having insurance, having a very low income or no income at all, and having to choose between having the bare minimum to live or have insurance, and this is something that has to be addressed,” Ndzengue said.

Both Soldiers and community residents learned about each other and the possibilities the military can

provide without leaving the country.

“This mission shows that the military is not only about defending the boundaries of the country, defending the ideology of the country, it’s also about caring for the citizens of the country,” Ndzengue said. “I’m proud to know that we can be called and show our humanitarian side, inland.”

When the two week training came to a close, an intangible, caring embrace, was left not only on the residents of the Missouri communities, but on those who provided the humanitarian assistance.

“This experience has been invaluable,” Stray said. “I can’t begin to tell you how many heart-felt stories people have shared. How do you put a value, dollar sign, or quantity on a Soldier holding an elderly woman’s hand and comforting her or a value on sheer kindness?” 🇺🇸

PARALEGAL WARRIOR 15

From the Courtroom to the Battlefield

Story & photos by BRIAN GODETTE
U.S. Army Reserve Command

FORT McCOY, Wis. – It's time for word association, and your word is paralegal.

Chances are you begin to think attorney, courtroom, evidence, defense, judge, prosecution, or witness.

At the Paralegal Warrior Training Course, what develops is a new set of associated words that begin with Soldier, combat, leadership, field training, and hands-on, as Army Reserve paralegal specialists engaged in both job specific training and Soldier skills, here, July 7-21.

See **PARALEGAL**, Pg. 12

RETURNING FIRE. U.S. Army Reserve Soldiers react to incoming fire from opposition forces as they take part in Paralegal Warrior Training Course 15, at Fort McCoy, Wisconsin, July 19. Paralegal Warrior is designed to fully engage both Army Reserve and National Guard paralegal Soldiers in all of their expected job tasks in a deployed environment. During PWTC, the Soldiers transitioned from classroom exercises to a 24-hour field exercise under simulated combat scenarios.





MISSION PLANNING. U.S. Army Reserve Soldiers plan their strategy on a sand table at Paralegal Warrior Training Course 15.

PARALEGAL

from Pg. 10

“PWTC is coming up on our third decade in existence,” said Sgt. Maj. Denise Underwood, U.S. Army Reserve Command, Staff Judge Advocate, from Fort Bragg, N.C. “We had paralegals, especially reserve paralegals, that needed training and some paralegals got together and said, ‘Hey, we need to start training ourselves.’”

The humble beginnings of those first paralegal Soldiers getting together has transformed into a high-tempo training environment today, which many still do not know about.

“It’s the JAG (Judge Advocate General) Corps’ hidden gem,” said Underwood.

“It’s vital for the 21st century paralegal to get this type of training to maintain our paralegal skills. It’s a perishable skill, if you don’t use it, you lose it,” she said.

Army Reserve paralegal Soldiers, as well as some Army National Guard paralegal Soldiers, started the two-week course with phase one, the familiar setting many would think of when picturing a paralegal student – in a classroom.

“The first portion of the training is our technical proficiency, when we are in the classroom conducting training, and the second half is in the field, because we are Soldiers,” said Underwood.

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While the classroom training provided a refresher for the military occupational specific duty of paralegal Soldiers, the second half tested that knowledge in the field, coupled with deployment related combat scenarios that engaged their overall military proficiency.

“This training is neat because it’s a hybrid blend between both tactical training that a typical infantryman would get, as well as the technical proficiency that a professional needs in a garrison or

office environment,” said Staff Sgt. Derek Roy, with the 128th Legal Operation Detachment, Mustang, Oklahoma.

The PWTC planners and instructors made it a point to focus the trainings on situations relevant to actual real-world scenarios.

“The biggest focus is the legal issues they get, are tailored to the Army Reserve component,” said Master Sgt. Stephen W. Minyard, USARC, SJA. “They are tailored to what we see at the USARC JAG office everyday, and in the garrison environment, as well as the feed back we are getting from the units coming back from Afghanistan, Iraq, and Kuwait.”

The detailed aspect of the missions was a pleasant surprise for many of the Soldiers involved, even those who recently completed other paralegal training.

“I’ve been in the military for just under a year now, and finished my AIT (advanced individual

See **PARALEGAL**, Pg. 14



KNOCK, KNOCK. U.S. Army Reserve paralegal Soldiers prepare to clear a building as part of Paralegal Warrior Training Course 15.

PARALEGAL

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FIELD WORK. The Paralegal Warrior Training Course guidon, top, hangs outside the mock field Staff Judge Advocate office. A U.S. Army Reserve paralegal specialist deploys concealment smoke to maneuver around a combat zone.

training) three months ago,” said Pvt. Kevin Cunningham, with the 154th Legal Operation Detachment, Alexandria, Virginia.

“In AIT, we didn’t get any think like this. The legal and tactical side here is more extensive and I feel more prepared,” said Cunningham.

The training the new Soldiers get at AIT is crucial, according to Minyard, but expanded upon at PWTC.

“They are getting legal issues thrown at them from the active component and mobilized reserve Soldiers, that they have to deal with, and that’s very different than what they are trained at AIT, where probably 95 percent of it is to support the active component,” Minyard said.

“Paralegal Warrior Training Course is pretty much a must for any paralegal,” Cunningham said.

The words uttered by Cunningham came seconds before the sound of whizzing pyrotechnic explosives landed in the street adjacent to the mock Middle Eastern hotel, recently occupied by the paralegal force in the town, and forced a loud cry of “Incoming!”

The Soldiers, for the third time during the day, found themselves being attack by opposition forces, played by cadre.

In full combat gear, with laser sensor-rigged M16 rifles, the platoon-sized element of Soldiers

engaged in security measures, fire-fights, room clearing, and hostage/prisoner of war negotiations with the opposition force.

“It puts them in the mind frame of the Soldiers that are out there, of how hasty that decision can sometimes be made to do something which suddenly violates the Law of War, and you have media attention on it,” Minyard said.

In one particular scenario, a Soldier notionally shot a prisoner of war by accident. That prompted a full investigation and prompted the Soldiers to incorporate their paralegal expertise into the field of battle.

“We made that very a big deal, and kind of painful for the Soldiers to see how painful it is for a unit when something like that happens, that it shouldn’t be done,” Minyard said.

The classroom training and refresher became readily evident for the paralegal Soldiers during the field training exercise.

Minyard said, the week before, the Soldiers received a rules of engagement handout establishing the parameters for the field training exercise.

“So then they operate under those rules of engagement, and they see the consequences of what happens when those rules are broken or not followed,” Minyard said.

The importance of the operational mission of a paralegal Soldier, especially in a deployed environment, was highlighted during the training course.

“Many of our paralegals go outside the wire, when they are deployed they are paying these claims missions in dangerous circumstances, so we’ve lost judge advocates and paralegals doing exactly the type of missions we’re training for,” Minyard said.

“It (PWTC) gives them a full spectrum view of the impact of the legal work they are doing out in the field,” Minyard said. “It’s teaching them how to set up an office of the Staff Judge Advocate in an adverse environment.”

Ensuring the Soldiers were fully engaged in the training, and evaluating them along the way, were observer/controllers, who are also experienced paralegal Soldiers.

“As an observer/controller, my fellow observer/controllers and I are looking for the Soldiers to engage their warrior tasks in a tactical environment,

while also applying their paralegal skills,” said Sgt. 1st Class Anthony Livernois, Charlie Company, with the 319th Signal Battalion (Expeditionary), Sacramento California.

The 24-hour field operations conducted over a three-day period, with various attacks from the opposition force, different mission objectives, and lack of sleep, didn’t dampen the Soldiers’ enthusiasm.

“I’ve noticed a really high level of motivation from these Soldiers,” Livernois said. “They’re working together as a team, their learning how to communicate, how to take in the information, digest it, and be able to make great product as far as in the legal area, as well in their tactical decisions.”

“Everyone in the Army is a Soldier first and foremost, no matter if it’s paralegal, mechanic, or driver, they are always a Soldier first and whatever their MOS trained them in, is secondary,” said Spc. Nicholas Daley, with the 7th Legal Operations Detachment, Schenectady, New York.

The PWTC reminded many of that dual nature by the end of the course.

“My perception of this course was, it was going to be laid back, but this has been a really good course and intense. I am beyond impressed,” said Sgt. 1st Class Shakaylor McDaniel, with the 807th Medical Command (Deployment Support), Salt Lake City, Utah.

The learning process was continuous throughout the training, and shared among the paralegal professionals, both new to the military and the career Soldiers.

“You see a combination of older, more seasoned NCOs here that are in a leadership role, developing, guiding, and cultivating through intellectual discussion and tactical training, reinforcing what they know,” Roy said. “With that cross-pollination of information, it yields an outstanding training environment.”

Roy added that if the opportunity presented itself for him to return, he’d be honored to attend.

“This is some of the best Army training I’ve had in years,” Roy said.

As these Soldiers conducted their combat field training, while handling the responsibilities of a paralegal in a deployed environment, one thing became readily clear – these are Soldiers, paralegal professionals. 🇺🇸



UNVEILED. Spc. Christopher Locklear, left, Zeb Harrington, James Davis, and Charles Parker unveil the monument to the 824th Quartermaster Company at a dedication ceremony, July 12 at the Airborne & Special Operations Museum in Fayetteville, N.C. (Photo by Andrew Craft/The Fayetteville Observer and reprinted with permission of The Fayetteville Observer)

U.S. Army Reserve riggers honored at Airborne & Special Operations Museum

Story by **PAUL WOOLVERTON**
Fayetteville Observer

FAYETTEVILLE, N.C. – Parachute riggers are often taken for granted but should be noted for their work, U.S. Army Reserve Maj. Gen. Margaret W. Boor, 99th Regional Support Command commanding general, said July 12 during the unveiling of a monument for the 824th Quartermaster Company (Heavy Airdrop Supply)

at the The Airborne & Special Operations Museum.

The 824th, a U.S. Army Reserve unit based at Fort Bragg, packs parachutes for airborne soldiers and rigs the parachutes for supplies and equipment dropped into combat zones.

“Jumpers who walk away from a jump where their parachutes

opened properly rarely if ever thank a rigger for always being sure,” she said. “Special forces may thank God and their lucky stars that their supplies got delivered where and when they needed them, but few stop to think about who actually made it happen.”

The unit has set records over the years in the millions of pounds

of supplies it has rigged for drops into war zones, Boor said.

The monument for the 824th joins dozens of others at the Airborne museum to mark the service of various units.

The unveiling ceremony drew nearly 200 people, many of them retired members of the 824th and their Families and friends. The audience included 82 uniformed Soldiers in the 824th. Most wore the unit's distinctive red caps.

The caps help on aircraft flight

lines, said retired Lt. Col. Mike Moose, commanded the 824th from 1985 to 1987. When there is a problem or difficulty with items to be dropped, crews can quickly identify riggers by their red caps and call them over to check that the parachutes are properly packed and connected to the equipment and supplies, he said.

The honor means a lot to the 824th, said Staff Sgt. Joseph Hall of Fayetteville. He has been in the U.S. Army Reserve nearly 20

years and deployed overseas in the 824th. The riggers work extremely hard on deployment and take special care to make sure that the materiel lands safely, he said.

“Like the general said, special ops and airborne units don't go anywhere without riggers - they're pretty much dead in the water,” Hall said.

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RED HATS. Soldiers with the 824th Quartermaster Company (Heavy Airdrop Supply) stand at parade rest during the monument dedication ceremony. (Photo by Andrew Craft/The Fayetteville Observer and reprinted with permission of The Fayetteville Observer)



AUGUST IS ANTI-TERRORISM MONTH

Story by EVAN R. PILLING
USARC G-34 Protection Directorate

Terrorism is an enduring, persistent threat to our nation and the U.S. Army Reserve.

Anti-Terrorism is the defensive element in our fight against terrorists. U.S. Army Reserve forces must seek to understand the threat, detect terrorist activities, warn, and defend against the full range of terrorist tactics.

The Army leadership has declared August 2015 as Anti-Terrorism Awareness Month with focus on:

- Recognizing and reporting suspicious activity.
- Anti-Terrorism training.
- Insider Threat.
- Using Social Media to promote Anti-Terrorism awareness and community outreach.

The purpose of Anti-Terrorism Awareness Month is to instill a heightened level of awareness and vigilance to prevent and protect the U.S. Army Reserve community and critical resources from acts of terrorism. U.S. Army Reserve Soldiers, Department of the Army civilians and family members will understand key Anti-Terrorism concepts, principles, roles, responsibilities, and suspicious activity reporting procedures. U.S. Army Reserve commands will implement Anti-Terrorism awareness activities during their August Battle Assemblies.

THE THREAT

Terrorist tactics, techniques, and procedures are

constantly evolving. Large transnational groups such as Al-Qa'ida (AQ) and Al-Qa'ida in the Arabian Peninsula (AQAP) remain committed to conducting terrorist attacks within the United States. Additionally, the Islamic State in Iraq and the Levant (ISIL) continues to inspire and encourage supporters to conduct attacks in Western countries. The April 2013 Boston Marathon bombing and several recent terrorist plots demonstrated this threat from Homegrown Violent Extremists (HVEs) who are motivated to conduct attacks with little or no warning. Many of these homegrown terrorists also make use of a diverse and sophisticated online environment that includes extremist websites and publications, providing HVEs with religious justification and terrorist "know-how" to conduct attacks. The recent increase in terrorist threats to the United States resulted in U.S. Northern Command raising the Force Protection Condition (FPCON) to BRAVO in May 2015.

In addition to terrorist threats, the November 2009 Fort Hood and September 2013 Washington Navy Yard shootings demonstrated the potential threat from insiders and active shooters. These individuals may conduct a sudden attack as a result of a number of motivations. In addition to violent attacks, disgruntled insiders may use their knowledge of local cyber systems to destroy or remove valuable informa-

(Graphic by Timothy L. Hale/U.S. Army Reserve)

tion, or introduce malicious programs into the cyber system.

RECOGNIZING AND REPORTING SUSPICIOUS ACTIVITY

The keys to stopping a terrorist or insider attack before it occurs are to remain aware of the threat and report any suspicious activity. Some examples of suspicious activity are:

- Unusual or prolonged interest in or attempts to gain sensitive information about security measures of personnel, entry points, peak days and hours of operation, and access controls such as alarms or locks.
- Observation of security reaction drills or procedures; multiple false alarms or fictitious emergency calls to same locations or similar venues.
- Discreet use of cameras or video recorders, sketching, or note-taking consistent with pre-operational surveillance.
- Interest in speaking with building maintenance personnel.
- Observation of or questions about facility security measures, to include barriers, restricted areas, cameras, and intrusion detection systems.
- Suspicious purchases of items that could be used to construct an explosive device, including hydrogen peroxide, acetone, gasoline, propane, or fertilizer.
- Suspicious activities in storage facilities or other areas that could be used to construct an explosive device.
- Attempted or unauthorized access to rooftops or sensitive areas
- Suspicious activities in storage facilities or other areas that could be used to construct an explosive device.

If you observe suspicious activity, immediately contact your local law enforcement agency and chain of command.

ANTI-TERRORISM TRAINING

During Anti-Terrorism Awareness Month, U.S. Army Reserve commands will conduct training and exercises that focus on evolving threats such as Active Shooter, Homegrown Violent Extremists and Insider Threats. These exercises will allow U.S. Army Reserve Soldiers to recognize, react to, and report various threat situations. Additionally, personnel will receive Anti-Terrorism Level I (Awareness) and Level II (Anti-Terrorism Officer) training as required.

ANTI-TERRORISM MEASURES IN CONTRACTING

Contractors are an important part of the U.S. Army Reserve team. The 2013 Washington Navy Yard shooting, however, vividly illustrated the potential threat a disgruntled individual with access can pose. During Anti-Terrorism Awareness Month, U.S. Army Reserve Commanders will focus on vetting contractor access to U.S. Army Reserve facilities and units, the role of Anti-Terrorism in the contract submission and approval process, and the importance of Anti-Terrorism Level 1 training for contractors. Commanders will also integrate training specific to countering insider and cyber threats, including Anti-Terrorism awareness and IWATCH ARMY training for contractors.

USE OF SOCIAL MEDIA FOR ANTI-TERRORISM AWARENESS

Social media platforms such as Facebook and Twitter represent potential key media engagements that can enhance U.S. Army Reserve Anti-Terrorism awareness. Additional venues and tools such as blogs, unit web pages and command homepages will be incorporated into awareness planning. Social media engagements will be nested with Command Information Programs, Command Strategic Communication Plans and any Command – sponsored community outreach programs. Anti-Terrorism products available on social media include:

- Public service announcements.
- Basic Anti-Terrorism awareness information.
- Anti-Terrorism awareness brochures and posters.
- Crisis mitigation and response information.

Units will also educate the U.S. Army Reserve community on the risks associated with using social media applications and the prevention measures to protect personal identifying information (PII) and operations security (OPSEC).

SUMMARY

Terrorists and insider threats remain an ongoing security concern. Although Anti-Terrorism awareness is emphasized during Anti-Terrorism Awareness Month, all personnel should remain vigilant and aware of potential threats throughout the year. The threat of terrorist attack is real and unpredictable; however, by emphasizing awareness, preparedness, and flexibility, we can best protect our people, reduce their risk, and ensure that U.S. Army Reserve capabilities remain available to support operational missions.

See Something, Say Something! 🇺🇸

CYBERSECURITY IS EVERYONE'S BUSINESS

Story by DANIEL BATES

USAR CIO/G-6 Cybersecurity Division

Cybersecurity is an important item on everyone's agenda – and with a recent rash of high-profile cybercrimes, including attacks on government agencies such as the Office of Personnel Management and big-name private-sector companies – the stakes have been never been higher.

From August 17-21, the U.S. Army Reserve Command will be tested on its cybersecurity readiness by a specialized team from the Defense Information Systems Agency.

USARC administrators and engineers have spent many months ensuring that Army Reserve networks are secured to Army and Department of Defense standards, and the Cyber Command Readiness Inspection, or CCRI, will validate their efforts with an exhaustive five-day assessment of the entire Army Reserve Network.

Like a final exam in school, the CCRI is a graded test, and USARC must achieve at least a 70 percent score to pass.

The exam covers three major subject areas – Compliance, focused on technical aspects of cybersecurity such as device configuration, web servers, antivirus, vulnerability management, and physical security; Computer Network Defense, or CND, directives which examines specific requirements mandated by U.S. Cyber Command such as Public Key Infrastructure and Host-Based Security System

deployment; and Contributing Factors, which assesses the command's Culture, Capability, and Conduct regarding cybersecurity.

USARC administrators from the G-4 and G-6 sections are responsible for a majority of the Compliance and CND Directives items, but everyone in USARC has a hand in ensuring the physical security of the USARC headquarters and the culture and conduct of the Army Reserve Network.

Physical security – the security measures that protect our facilities, equipment, and resources from damage or harm – will be one of the key areas examined by DISA's Field Support Operations team during the August inspection.

They will be checking for open safes, unsecured classified documents and media, unattended logged-in workstations and CACs, and social engineering vulnerabilities such as unescorted visitors or piggy-backing (holding a door open for an unauthenticated individual).

In order to maintain the security of the Army Reserve networks, every Soldier, civilian, and contractor affiliated with the Army Reserve must be committed to achieving and maintaining cybersecurity.

Leadership engagement, user awareness, and administrator training will close the gap towards a hardened network, validated with an excellent grade on the CCRI and a secure, agile, and lethal Army Reserve. 🇺🇸



***TERRORISTS and SPIES are on the web...
...don't be an easy TARGET!***



Protect Operational Information

BE VIGILANT. REPORT SUSPICIOUS ACTIVITY.

August means ... Back to SCHOOL!



Army Reserve Family Programs assists Families with Back-To-School Hints

Story by Contributing Writer

Anywhere, Everywhere – It's that time of year again.

The dog days of August are upon us; we've returned from our summer vacations at the beach, lake, mountain cabin or a cross-country road trip, and the kids are counting down the days and hours before they enter the next chapter of their educational journey.

It's back-to-school time.

Some are looking forward to the day with great anticipation, others with a bit less enthusiasm, and some may be anxious about their first day in a new school.

But for all, the days of sleeping in are almost over and it's time to start hearing that early morning alarm again.

Parents have lots of things to do in getting their children ready to go back to school.

There are shoes, clothes and supplies to buy, and for some, their children may even have some last minute reading requirements, the books still in the corner of the bedroom where they've remained since the last day of school.

Army Reserve Family Programs' Child, Youth and School Services (CYSS) is ready to help parents and children prepare for that first day back.

In their August 2015 newsletter, "CYSS Connections," the CYSS staff has compiled helpful hints to prepare your students for going back to school.

In the newsletter, you'll find activities that will help you and your children begin the transition from the 'schools-out-for-summer' mode and back into the more rigid school time eating and sleeping schedule.

Also included in this edition of the newsletter is information on what to look for in selecting the right tutorial services for your child, if needed.

Often, especially when changing schools, a child may find themselves behind their peers who have been in that school for several years.

Tutors can make a world of difference to a child but as this information will show you, parents have to select the right one for their particular situation.

CYSS has prepared a list of tutorial opportunities with URL links to make checking out the various service offerings an easier process.

Some are free, some are not, and some offer discounts to Service members and their Families.

We all know how important nutrition is in our lives, and it's especially critical for students.

A good healthy diet keeps the mind sharp and alert during those long days of lectures, study halls and other activities.

The CYSS back-to-school newsletter has some great ideas for creating easily prepared healthy lunches even children can prepare and will actually eat.

CYSS has additional information available on the Child, Youth and School Services' page of the Army Reserve Family Programs' website <http://www.arfp.org/cyss>.

Check out what's there, you'll find plenty of information relevant to your Family's situation and needs.

If you don't immediately find the information you're looking for, please call the Fort Family Outreach and Support Center at 866-345-8248. 📞



Need a tutor? Academic help is just a mouse click away!

Story by Contributing Writer

Tutor.com for U.S. Military Families is an online resource that provides free, personalized, 24/7 tutoring to military children in grades K-12.

This Department of Defense-funded program is offered to all K-12 students in military families, regardless of the service member's deployment status.

Tutor.com allows students to work one-to-one with a live tutor online for homework assistance, studying, standardized test preparation, proofreading, and more.

Instant on-demand support is available in all core K-12 subjects, including algebra, calculus, physics, chemistry, history, and literature. Tutor.com also has foreign language tutors.

Students of all skill levels can benefit. Parents of younger or struggling students can log in and work alongside their children.

Advanced students can get help with more challenging course-work or begin preparing for college entrance exams.

Did you know that Tutor.com is available "to go" as well?

Students can take a live tutor with them wherever they go with our free apps available for iOS and Android devices.

Creating an account and getting a tutor is quick and easy. For more information, and to create an account, visit www.tutor.com/military.

tutor.com
11,103,415 sessions and counting!

Tutor.com for U.S. Military Families

Funded by the DoD MWR Library Program, Yellow Ribbon Reintegration Program, and Navy General Library Program.

Get homework and studying help from a professional tutor any time you need it. FREE for students in Army, Navy, Air Force, Marines, National Guard and Reserve Families. Expert tutors are online 24/7 and available to help in more than 16 subjects, including test prep, proofreading, Math, Science, English and Social Studies.

Eligibility • How It Works • Video • Spread the Word

- For Army
- For Marines
- For Navy
- For Air Force
- Deployed Civilians

Tutor.com for Families | Tutor.com for the Military | Tutor.com for Schools | Tutor.com for Libraries | Tutor.com for higher education | Become a Tutor.com Tutor

Learning that Revolves Around You

CNN Recommended by CNN Tech Expert Mario Armstrong

The New York Times | USA Today | FamilyCircle | TECH LEARNING | STARS & STRIPES

Need CA\$H for College?

For the graduating students looking to go to college, according to a study by NerdScholar, 2013 graduates left \$2.9 billion of unclaimed college money on the table because they did not complete the Free Application for Federal Student Aid (FAFSA).

In addition to filing the online application for FAFSA, Army Reserve Family members who are aspiring college students should look into Post 9/11 GI Bill Transferability, Veterans Affairs' Spouse and Dependents Education Assistance Program, and Army Family Education Programs.

FORSCOM/USARC Safety Day 2015



SAFETY FIRST! Soldiers and civilians with the U.S. Army Reserve Command and the U.S. Army Forces Command participated in an educational awareness day of safety, hosted by the USARC Safety directorate at FORSCOM/USARC headquarters July 14. With the help of several headquarters directorates, local law enforcement agencies, and community programs, "Passport to Safety Day" promoted the operational readiness of the Army Reserve and provided safety insight to all those in attendance.

Story & photos by BRIAN GODETTE U.S. Army Reserve Command

FORT BRAGG, N.C.-- Author and writer Eleanor Everet once said "for safety is not a gadget, but a state of mind." Influencing sound safety decisions is critical to operational readiness in the military and at home.

Soldiers and civilians with the U.S. Army Reserve Command and the U.S. Army Forces Command participated in an educational awareness day of safety, hosted by the USARC Safety directorate at FORSCOM/USARC headquarters July 14, 2015.

"Our main goal is summer safety. We are trying to get people aware of motorcycle safety, hunter safety, getting them ready for the fall hunting season, boating safety, and neighborhood safety," said Master Sgt. David Minta, USARC Safety.

The full day of safety awareness, deemed Passport to Safety, incorporated several safety aspects in an interactive, hands on, table to table experience where the attendees received "passport stamps" for each table visited, with a chance to win a prize at the end.

"We are bringing the total 360 aspect of safety to everyday life, not only to the Soldiers, but to their families," Minta said.

Chief Warrant Officer 5 Ken Olesinki and Master Sgt. Minta from the USARC Safety directorate brainstormed how they could organize and effectively spread the safety message to military and Family community at FORSCOM/USARC headquarters. They garnered the assistance of the directorates within headquarters, and then branched

out to reach outside agencies.

In all, Safety Day included support from FORSCOM and USARC, the U.S. Coast Guard Auxiliary, Chaplains office, N.C. Wildlife Resources Commission, N.C. State Highway Patrol, Cumberland County Sheriff's Office, City of Fayetteville Police Department, Fort Bragg Provost Marshall, Defense Health Agency, Fort Family, Public Affairs, and the Family Readiness Group.

"This is the first year we have incorporated outside agencies to be a part of our safety day, and it turned out to be our biggest event to date," said Paulette Thomas, USARC Safety administrator.

While the theme of the day centered around fun, the critical meaning of safety was not passed upon throughout the course of the day by many.

"To this date, the U.S. Army Reserve Command has experienced 21 fatalities. These were traditional reservist who were not in a duty status, just carrying on with their known course of events," said James Balaocki, USARC command executive officer. "These are 21 families, 21 mothers or fathers, wives, husbands, or girlfriends or boyfriends, that will not

have that person care for them next Christmas."

"We see those take backs all the time, when people are taking a little more risk than they need to," Balocki said.

Helping each other stay focused on each others safety could help mitigate such tragic events according to Balocki and others in the Safety community.

"We get so wrapped up in our day to day job, some of us never really consider safety, so it's important to get that safety aspect in the mindset of not only our Soldiers, but our Families, so we don't have impractical work ethics, and we can promote a healthier environment all around," Minta said.

The day reminded many of the importance of safety, with key educational facts, and an assortment of fun gadgets at the different tables, but as eluded to by the author Eleanor Everet, safety rest in the state of mind of the individual. Soldiers are not exempt from possible safety related incidents.

"This is where you can be a battle buddy, and it doesn't mean that you have to be in battle," Balocki said. 🇺🇸



TOTAL TEAM EFFORT. Safety Day included support from FORSCOM and USARC, the U.S. Coast Guard Auxiliary, Chaplains office, N.C. Wildlife Resources Commission, N.C. State Highway Patrol, Cumberland County Sheriff's Office, City of Fayetteville Police Department, Fort Bragg Provost Marshall, Defense Health Agency, Fort Family, Public Affairs, and the Family Readiness Group.

BRING IT HOME:



(Photo illustration courtesy of USARC Safety Office)

HAZARDOUS HOME CHEMICALS

Story By Chief Warrant Officer 5 THOMAS BAKER
USARC Safety Office

Hazardous Materials Lockers and Hazard Communication Training are staples across the Army Reserve for anyone using hazardous chemicals. Sturdy, explosion proof lockers are the norm along with a careful inventory. Unnecessary chemicals are prohibited and detailed binders contain the safety data sheets describing each chemical, its required safety gear and first aid.

A critical but often ignored task is segregating reactive chemicals from each other. Reactive chemicals, when mixed, will form poisonous gasses, highly irritating chemicals, or even explosive substances. These hazards are not limited to exotic or military unique supplies; you most certainly have similar chemicals in your home right now!

Reactive and toxic chemicals like chlorine, ammonia, and hydrochloric (muriatic) acid are found in an amazing array of “SAFE” home cleaning products. Everything from laundry bleach and pool chemicals to oven, toilet and bathroom cleaners, even fertilizers are potentially deadly. All require the careful evaluation and segregation techniques we use on duty.

One spring cleaning day, I discovered how chemical storage makes all the difference for home safety. My muriatic acid (for cleaning concrete) was stored on the garage floor with my other supplies on the shelf right above it.

All was well, for years, until I started messing with a perfectly good and flimsy set of shelves causing a collapse! The muriatic acid container broke open and the bleach stored on the shelf spilled right into it. The reaction was instantaneous, with a lot of pungent fumes that burned my eyes. I opened the

garage door and got out to fresh air.

A bit of post-cleanup research and I learned my spill released deadly chlorine gas. It quickly dissipated when I opened the doors, but what if I hadn't been there when the shelf fell? What if the reaction happened in my confined basement laundry room?

While we may not need explosion proof lockers at home, we all must apply our Military hazardous chemicals training and skills in our homes. The hazards and countermeasures are similar on duty and at home. Acquire the Materials Safety Data Sheets (MSDS) from each manufacturer and complete a home inventory. Remove those chemicals that are not necessary. Substitute less dangerous chemicals for items containing ammonia, chlorine, or acid. Just like at work, the MSDS will contain the information you need to further develop your home storage, segregation, clean up, and first aid plans.

Apply your Hazardous Materials training at home and look for “Signal Words” on product labels. These words indicate the relative level of severity of the hazard. There are only two signal words, “Danger” and “Warning.” “Danger” is for more severe hazards and “Warning” for less severe. There will only be one signal word on the label no matter how many hazards a chemical may have. If one of the hazards warrants a “Danger” signal word and another warrants the signal word “Warning,” then only “Danger” should appear on the label.

“Bring It Home!” The chemical handling skills acquired with the Army Reserve can safeguard your home and family.

MANAGE THE OTHER 28 DAYS FOR LIFE! 🇺🇸

ARMY RESERVE FACT:

Though it's rare in the Army Reserve for hazardous materials to cause injury, thousands of people are killed or seriously injured each year from exposure to powerful household chemicals. Unfortunately the Army Reserve did lose one Citizen-Soldier in 2013 who was overcome by retail pesticides while fumigating his home.

DON'T LEAVE YOUR PROFESSIONAL DISCIPLINE BEHIND

Facing Personal Tragedy through Faith

By CHAPLAIN (MAJ.) REBEHAK A. MONTGOMERY
USARC Chaplain's Office, Family Life Chaplain

*"Be Strong and take heart, all you who hope in the Lord."
- Psalm 31:24*

This summer a fire fighter in his early 20's was found unresponsive and taken to the hospital after a cardiac arrest. The medical professionals did all they could but the physical damage was too extensive.

The CT scan taken of his brain revealed that it was completely white which means that everything that constitutes a functional brain was gone, no vessels and no ventricles, just white.

During the consultation, the mother requested to see pictures of a normal CT scan to compare to Nick's to illustrate the reality of what was happening. As you can imagine, it is very unusual for someone so young and as physically strong and healthy as he was to suffer a catastrophic cardiac event.

As news of the fire fighter's condition spread, his brothers and sisters on the force arrived en masse at the hospital, caring for his family and loved ones, offering support to each other in their shock and heartache. In situations like this, an interdisciplinary team meets with the family to advise them of the patient's condition.

After a cardiac arrest, patients undergo hypothermia protocol where the body is cooled to protect the brain's potential functioning during which the family must wait 48 to 72 hours to allow time for prognostication. Just as the patient's body is in suspended animation so is the family's hope.

During this time, the family was made aware that Nick could be brain dead. The mother and family had to live in a place of hope even in the face of potential death.

After a few days, the fire fighter was declared brain dead and the team prepared to inform the family. When the mother received news of her son's condition, she was devastated. The entire family and his extended family of fire fighters were devastated. The palpable feeling of grief emanated amongst those surrounding the fire fighter.

After discussing all options though and reflecting on her faith, the mother shared that her son would

want to continue to help and serve others, echoing the hero's call "So that others may live."

The mother consented to have his organs donated giving others a chance to live. Leaning strongly on her faith, she shared that it gave her hope to know that her son's love and service could continue in the world through this gift. His mother shared that "the love just shot out of his body, that's the kind of person he was."

Only 4 percent of all organ donations are successfully transplanted; however, the surgeons were able to provide Nick's organ donations to three recipients. Three people now have hope for a better life, their bodies made stronger with the fire fighter's living legacy. Consenting for the donation was remarkable and truly a gift.

These three people, their families and loved ones, their children and loved ones for generations to come are impacted by the heart for service of this brave fire fighter.

For Soldiers and military Families, we know what it's like to face tragedy and process grief.

We know what it is like to have loss and crisis visit our homes and lives. Soldiers and Families turn to their faith to understand the ways of the God in the world. We all have lost brothers and sisters in arms.

As we mourn our Fallen Warriors and honor their loss, we each have an opportunity to continue to serve others in the name of our Fallen.

The psalmist reminds us, "Be strong and take heart, all you who hope in the Lord."

One way to serve in the name of our Fallen is to care for one another, to be strong and have heart for those who are struggling and have lost hope.

We remember our Fallen and continue to keep them and our Gold Star Families in our hearts by living with purpose and bringing hope and encouragement to those struggling in our force. This is the definition of selfless service and the glue that fortifies our Country's greatest strength: our Service members and Families.

PRO DEO ET PATRIA 🇺🇸



Blackman, Smith are the Faces of USARC

NAME: Master Sgt. Kerry Blackman, Pay Management NCOIC, USARC G-8 Budget Office

HOW LONG HAVE YOU BEEN ASSIGNED TO USARC? I've been with USARC for one year. I was previously deployed to Kuwait with the 143rd Expeditionary Sustainment Command. Before that, I was at the 412th Theater Engineer Command in Vicksburg, Mississippi.

WHY DO YOU CONTINUE TO SERVE IN THE ARMY RESERVE? I still enjoy what I do.

TELL US ONE THING THAT MOST PEOPLE DON'T KNOW ABOUT YOU THAT YOU WANT THEM TO KNOW. I am Jamaican and naturally a beach lover. I'm looking to take up surfing so if I could get stationed in Hawaii that would be great. Oh, and I also like Christmas!

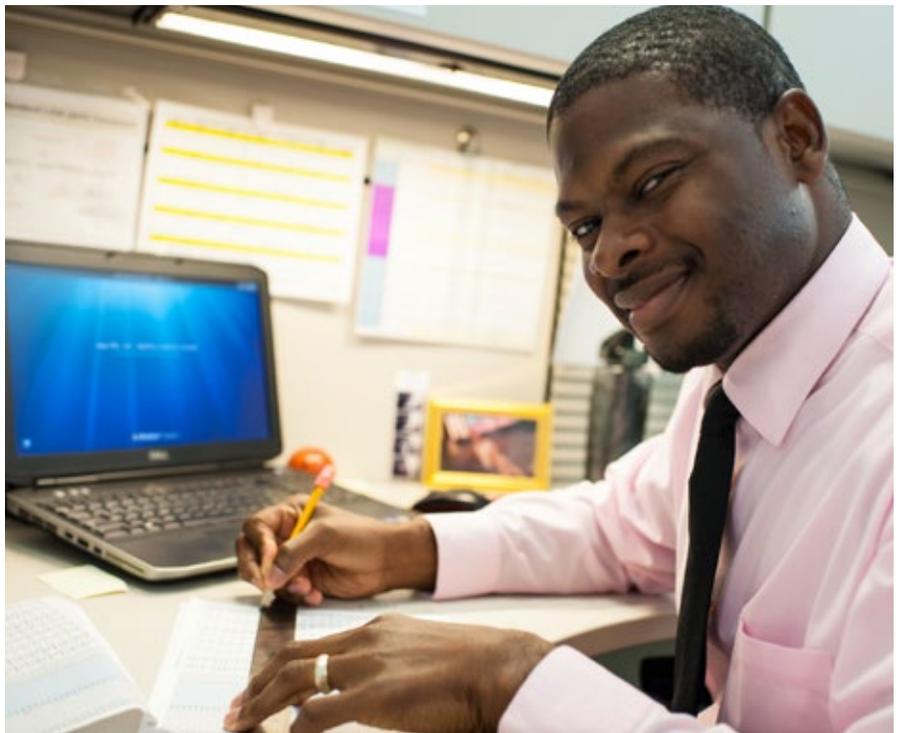


NAME: Willie Smith, accountant, USARC G-8 Budget Office

HOW LONG HAVE YOU BEEN ASSIGNED TO USARC? I've been with USARC for five months. I previously worked for the Department of Veterans Affairs in Long Beach, California.

WHY DO YOU CONTINUE TO SERVE IN THE ARMY RESERVE? I came to USARC because I served in the Army from 2000-2004 as a unit supply specialist. Coming to USARC at Fort Bragg also puts me close to home.

TELL US ONE THING THAT MOST PEOPLE DON'T KNOW ABOUT YOU THAT YOU WANT THEM TO KNOW. I started exercising heavily in 2013. I like to do Olympic-style weight lifting. The heaviest weight I lifted was 255 lbs. in a barbell squat. I'm also married with four children, my youngest is seven weeks old.



Wilson, Smith exchange command chief warrant officer responsibilities

Story & photo by Staff Sgt. SHEJAL PULIVARTI
Office of the Chief, Army Reserve

WASHINGTON – The Army Reserve’s sixth command chief warrant officer assumed his new role during a change of responsibility ceremony held in the Hall of Heroes at the Pentagon, here, July 2.

Chief Warrant Officer 5 Russell P. Smith, who has 38 years of combined service in intelligence, counterintelligence and technical surveillance, takes the reins from Chief Warrant Officer 5 Phyllis J. Wilson, who will continue her service to the Army as a fellow at the Chief of Staff of the Army’s Strategic Studies Group.

“As command chief, one of her primary interests has been ensuring that warrant officers have the education and assignments they need to advance in their careers and develop as leaders,” said Army

Reserve Lt. Gen. Jeffrey W. Talley, chief of Army Reserve and commanding general, U.S. Army Reserve Command.

Talley described Wilson’s dedication to enhancing the growth of Army Reserve warrant officers over the past three years.

“More warrant officers than ever before are better prepared to provide their units and commanders the technical expertise that is the hallmark of their profession,” Talley said. “So, as you can see, the Office of the Command Chief Warrant Officer has been, and will continue to be, in exceptionally good hands.

“Only the very best are selected to become U.S. Army warrant officers,” said Talley. “And the



command chief warrant officer is the best of the best.”

During his speech, Smith thanked Wilson for setting the bar high and allowing him to assume the responsibilities of an already successful office.

“I look forward to my new role and my goal is to continue improving the warrant officer cohort,” Smith said.

Wilson, spoke from the heart on what the past three years have meant to her, taking time to recognize colleagues, friends and loved ones who helped her reach her potential.

The new command chief, who most recently served as the deputy commandant of the U.S. Army Warrant Officer Career College, plans to push the warrant officers within the Army Reserve to be the epitome of a professional, technically proficient and inspirational leaders.

Smith enlisted in the active Army in 1977, serving as an intelligence analyst for eight years before leaving active duty to serve as a civilian counterintelligence special agent with the Army.

In 1993, Smith joined the Army Reserve and attended the Warrant Officer Candidate School at Fort McCoy, Wisconsin.

For the past 22 years, Smith has served in various and increasingly demanding positions in the Army Reserve intelligence community.

Smith’s wife, stepchildren and mother were in attendance. He thanked his wife, Darlene, who he married in 2001, for taking care of everything at home and allowing him to focus on his career. 🇺🇸

SHINING LIKE GOLD:

U.S. Army Reserve athletes bring home hardware from 2015 Warrior Games

Story & photo by Staff Sgt. SHEJAL PULIVARTI
Office of the Chief, Army Reserve

MARINE CORPS BASE QUANTICO, Va. – Six U.S. Army Reserve Soldiers earned a total of 27 medals collectively during the 2015 Department of Defense Warrior Games held here, June 19-28.

The six were part of Team Army, comprised of 40 Soldiers from active duty, U.S. Army Reserve, Army National Guard, and veterans.

The assistant team captain of Team Army, U.S. Army Reserve Sgt. 1st Class Samantha Goldenstein reflected on the accomplishments of her fellow Citizen Soldiers. “We are dedicated. We have to juggle two lives. We have our civilian jobs and responsibilities but we still have to maintain ourselves within our military career as well.”

In the mixed component team, Goldenstein expressed the idea of a total team concept.

“We all came together as a team, regardless of component. At something like this, it doesn’t really matter. I didn’t really know who was in the Reserve and who is currently (on) active duty,” said Goldenstein. “There’s not that distinguishing line here - we are one team.” 🇺🇸

Results from the six U.S. Army Reserve Soldiers who competed in the 2015 Warrior Games

Spc. Sydney Davis, from Parker, Colorado

- Gold – Volleyball, as a member of Team Army
- Gold – Women Shot Put Standing 6.0, 10.07 m
- Gold – Women Discus Throw Standing 6.0, 32.93 m
- Gold – Archery (Team Recurve)

Sgt. 1st Samantha Goldenstein, from Kansas City, Missouri

- Gold – Women’s 400-Meter Dash, 1:15.72
- Gold – Women’s 800-Meter Run, 2:57.94
- Gold – Women’s 1,500-Meter Run, 6:5.04
- Gold – 20-Kilometer Cycling, Upright C4.5 and C6 Female category, 37:43.24
- Silver – Women’s 200-Meter Dash, 33.31

Sgt. Colten Harms, from Britt, Iowa

- Gold – Men Shot Put Standing 6.0, 14.61 m
- Gold – Men Discus Throw Standing 6.0, 43.26 m

- Gold – Archery (Team Compound)
- Bronze – Archery (Compound).

Spc. Chasity “Chas” Kuczer, from Seymour, Wisconsin

- Gold – Women Shot Put Seated 6.0, 7.31 m
- Gold – Women Discus Throw Seated 6.0, 18.18 meters
- Gold – Archery (Compound)
- Gold – Archery (Team Compound)
- Silver – Women 50-Meter Backstroke 6.0 Multi-Class

Sgt. Kawaiola Nahale, from Honolulu

- Gold – Women 100-Meter Freestyle 6.0 Multi-Class
- Silver – Women 50-Meter Backstroke 6.0 Multi-Class
- Silver – Women 50-Meter Breaststroke 6.0 Multi-Class
- Bronze – Women 50-Meter Freestyle 6.0 Multi-Class

Staff Sgt. Zedrik Pitts, from Birmingham, Alabama

- Gold – Men’s 100-Meter Dash, 11.96
- Gold – Men’s 200-Meter Dash, 25.95
- Gold – Men’s 400-Meter Dash, 1:21
- Gold – Mixed 4x100-Meter Relay, 48.72
- Gold – 30-Kilometer Cycling, Upright C5 Male category, 49:20.55



Antiterrorism Active Shooter Community Response



ARMY
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Coping with an Active Shooter

- Be aware of your environment & possible dangers
- Take note of the two nearest exits in any facility you visit
- If in an office at time of shooting, stay there & secure the door
- If in a hallway or common area, get into a room & secure the door
- As a last resort, attempt to disarm/disable the shooter

Evacuate • Hide • Take Action



Always Ready, Always Alert
Because someone is depending on you

