THE OFFICIAL MAGAZINE OF THE U.S. ARMY RESERVE

WARRIOR CITIZEN

FALL 2009

11.05.09

HONORING THE FALLEN AT FORT HOOD

LT. COL. JUANITA L. WARMAN

MAJ. LIBARDO E. CARAVEO

CAPT. JOHN P. GAFFANEY

CAPT. RUSSELL G. SEAGER

STAFF SGT. AMY S. KRUEGER

PAGE 3

HEAD 'EM UP MOVE 'EM OUT P.12 | BEST WARRIOR COMPETITION P.20

WWW.ARMYRESERVE.ARMY.MIL

FACTS ABOUT H1N1

WHAT IS IT?
H1N1 is a type of influenza virus causing many of the same symptoms that would be expected from the seasonal flu. The virus is spread from human contact and has spread rapidly since its emergence in April 2009. Despite all of the media coverage, many studies have shown that H1N1 is no more dangerous than the seasonal flu.

HOW CAN I AVOID GETTING SICK?
- Since the H1N1 virus is believed to spread similarly to the seasonal flu, take similar precautions to prevent the virus from infecting you.
- Get vaccinated with the seasonal flu vaccine and the H1N1 vaccine. People in high risk groups should be vaccinated against bacterial pneumonia as well.
- Clean your hands with soap frequently, especially after coughing or sneezing.
- Get plenty of sleep and drink lots of fluids—water and juice are both good choices.
- Avoid smoking and tobacco smoke.
- Stay away from others who are sick.

HOW CAN I STAY PREPARED?
- Store at least a two week supply of water and food. This can be useful in other emergencies, too.
- Have extra prescription drugs, nonprescription drugs and other health supplies on hand.

HOW CAN I STAY INFORMED?
- **Flu.gov**
  http://www.flu.gov/
- **Centers for Disease Control and Prevention—2009 H1N1 and You**
  http://www.cdc.gov/H1N1flu/qa.htm
- **World Health Organization—2009 H1N1**
  http://www.who.int/csr/disease/swineflu/en/
- **Center for Infectious Disease Research and Policy—2009 H1N1 Influenza**
  http://www.cidrap.umn.edu/cidrap/content/influenza/swineflu/index.html

USACHPPM
http://usachppm.apgea.army.mil

FALL 2009 ★ VOL.54 NO.4

RAGBRAI riders pedal their way across the Iowa countryside. Photo by Maj. Monica M. Radtke.

contents

DEPARTMENTS
2 Editor's Note
3 Honoring the Fallen at Fort Hood
4 From the Top
6 Blogs and Web Sites
8 News You Can Use

PEOPLE
10 DISA's Chief Walter Harris Awarded Soldier's Medal for Heroic Actions
11 Courage of a Purple Heart Recipient

MY ARMY RESERVE LIFE
12 Head 'Em Up, Move 'Em Out
16 Citizen Soldier Supports Elections
17 Learning to Save Lives
18 Engineers Build Workout Gym for Soldiers

2009: THE YEAR OF THE NCO
20 Butler, Becher Compete With Army's Best
25 Sgt. Autumn Hope Raises the Bar
26 Sgt. Kuca Develops Iraqi Firefighter Skills

ARMY RESERVE COMMUNITIES
28 Team Army Reserve Makes 8th Trek Across Iowa
30 A Place to Turn To
31 N.Y. Ambassador Serves Soldiers Through Volunteer Efforts
31 AR-RAP Top Performers
32 Mississippi Community Benefits from New A.R. Training Program
33 Athletic Complex Dedicated After Fallen Soldier
33 4005th Helps Hayneville - Giving Back to the Community
34 Orlando Magic Dancers Surprise A.R. Workshop Youth
35 Hundreds Turn Out for Dix Career Fair
35 Soldiers and Civilians Come Together to Fight Fires

TRAINED AND READY
36 AR Soldiers Ship C-17 from Hawaii to Virginia
39 Scenarios Prepare Soldiers for Deployment
40 277th Engineers Build Bridges, Span Gaps
41 277th Engineers Make the Streets of Baghdad a Safer Place
42 Transformation Challenges Engineer Soldiers
43 Protecting Army Reserve Resources is Everyone's Business
44 In Memoriam

» EDITOR'S NOTE

On behalf of the Army Reserve leadership, we honor those brave Soldiers who were killed at Fort Hood on November 5 on this issue's cover. In the aftermath of this tragedy our thoughts and prayers remain with the Families of the fallen and wounded Soldiers. Stay focused on your mission and continue to take care of your Soldiers and one another.

In this issue, Warrior-Citizen Magazine pays tribute to Staff Sgt. Aaron Butler and Spc. Shiloh Beecher, Army Reserve NCO and Soldier of the Year, respectively, who exhibited the warrior spirit in the Department of the Army Best Warrior Competition held at Fort Lee, Va., Sept. 28-Oct. 2, 2009. As you will see in the accompanying piece by Timothy L. Hale beginning on page 20, both warriors had what it took to keep up with the pack in the week-long competition and represented the Army Reserve well.

Also, we bid farewell to Command Sgt. Maj. Leon Caffie. He has served his Nation and Army with loyalty and selflessness for more than 35 years. As he goes off to a well-deserved retirement, we at Warrior-Citizen Magazine will miss him, his competence and his counsel. Godspeed Command Sgt. Maj. Caffie.

The first of the Army Reserve's Army Strong Community Centers opened in Rochester, N.Y. recently. Melissa Russell gives us a look on page 30 at the kind of support the new facility offers.

Don't miss Sgt. Luis Delgadillo's 38-day, 8200 mile journey in words and photos, from Hawaii to Virginia, aboard the Army Reserve's logistic support vessel, LSV-7, SSGT Robert T. Kuroda on pages 36-39. For most of the journey the 33-member crew transported a Boeing C-17 fuselage that was donated to the Army at Fort Lee, Va.

As we do in every issue of Warrior-Citizen Magazine, we showcase our great Army Reserve Soldiers and their service in our "Trained and Ready," "Army Reserve Communities," "My Army Reserve Life" and "People" sections, from the content our readers send in. Keep the stories and photos coming. Thanks!

Paul Adams
EDITOR-IN-CHIEF

ARMY RESERVE COMMAND TEAM
Lt. Gen. Jack C. Stultz
Chief, Army Reserve

Chief Warrant Officer 5 James E. Thompson
Command Chief Warrant Officer of the Army Reserve

Command Sgt. Maj. Leon Caffie
Command Sergeant Major of the Army Reserve

WARRIOR-CITIZEN MAGAZINE STAFF
Col. Rudolph Burwell
Director, Army Reserve Communications

Col. Lora Tucker
Chief, Public Affairs Division

Lt. Col. Laurel Hubred
Chief, Command Information Branch

Paul R. Adams
Editor-in-Chief, Warrior-Citizen

Timothy L. Hale
Public Affairs Specialist

Melissa Russell
Public Affairs Specialist

Gary Younger
Public Affairs Specialist

ON THE COVER
Warrior-Citizen magazine honors the lives of the Army Reserve Soldiers who were tragically killed at Fort Hood, Texas on Nov. 5, 2009.

ON THE BACK COVER
How to earn $2,000. The Army Reserve Recruiting Assistance Program (AR-RAP) makes every Soldier a potential recruiter.

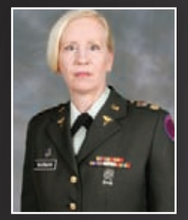
SUBMISSIONS • Warrior-Citizen invites articles, story ideas, photographs and other material of interest to members of the U.S. Army Reserve. Manuscripts and other correspondence for the editor should be addressed to Commander, U.S. Army Reserve Command, Attn: Public Affairs (Warrior-Citizen), 1401 Deshler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

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

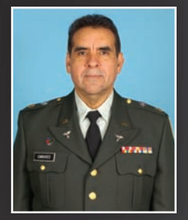
SUBSCRIPTIONS • Warrior-Citizen is distributed free of charge to members of the United States Army Reserve. Circulation is approximately 320,000. Paid subscriptions are available for $14.00 per year domestic, $19.60 foreign. Single copy price is $5.50 domestic, $7.70 foreign. Mail a personal check or money order payable to the Superintendent of Documents to: New Orders, Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954, or fax your order to 202-512-2233. Visa and MasterCard are accepted.

11.05.09

HONORING THE FALLEN AT FORT HOOD

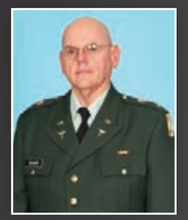


LT. COL. JUANITA L. WARMAN, 1908th Medical Company, *Independence, Mo.*
55, Havre De Grace, Md., is survived by a husband, two daughters, three step-sons, and eight grandchildren. She treated individuals with post-traumatic stress disorder and traumatic brain injury. Warman's military career spanned 25 years both on active duty and in the Army Reserve. She was assigned to the 1908th Medical Company, Independence, Mo.



MAJ. LIBARDO E. CARAVEO, 467th Medical Detachment, *Madison, Wis.*
52, arrived in the United States in his teens from Ciudad Juarez, Mexico, speaking little English. He earned his doctorate in psychology from the University of Arizona. He had a private practice in Woodbridge, Va. Caraveo was assigned to the 467th Combat Stress Control Detachment, Madison, Wis.

CAPT. JOHN P. GAFFANEY, 1908th Medical Company, *Independence, Mo.*
56, of San Diego, Calif., was a psychiatric nurse who worked for San Diego County, Calif. Gaffaney had worked with mentally disabled adults, was part of a Reserve combat stress unit and was set to deploy to Iraq as a psychiatric nurse specializing in Post Traumatic Stress Disorder. He was assigned to the 1908th Medical Company, Independence, Mo.



CAPT. RUSSELL G. SEAGER, 467th Medical Detachment, *Madison, Wis.*
51, Mount Pleasant, Wis., a nurse practitioner at the VA Medical Center, treated Soldiers dealing with combat stress. Seager was a teacher, faculty and medical adviser at Bryant & Stratton College in downtown Milwaukee. Seager was assigned to the 467th Combat Stress Control Detachment, Madison, Wis.

STAFF SGT. AMY S. KRUEGER, 467th Medical Detachment, *Madison, Wis.*
29, Kiel, Wis., was a 1998 graduate of Kiel High School she was pursuing a psychology degree at the University of Wisconsin-Whitewater. Krueger received her medical training as a mental health specialist. while stationed in San Antonio, Texas. She was assigned to the 467th Combat Stress Control Detachment, Madison, Wis.

» FROM THE TOP

CSM CAFFIE *bids farewell*

By Command Sgt. Maj. Leon Caffie
Command Sergeant Major
U.S. Army Reserve

WASHINGTON, D.C. — I was just 20 in 1970, when I was drafted into the U.S. Army and deployed to Vietnam. Our Nation was embroiled in a long, unpopular war, and I answered the call to duty with mixed emotions.

"Soldiers must continue to push the envelope and challenge the status quo. The U.S. Army Reserve belongs to them and they will take it forward. They must buy-in to the organization and work to change it from within."

Command Sgt. Maj. Leon Caffie

More than 35 years later, when I was selected to be the Command Sergeant Major of the U.S. Army Reserve, my emotions were equally mixed. I faced the challenges of moving my home and building an effective staff to lead a force that was in the midst of the most extensive and complex transformation since WWII. However, I welcomed the chance to have real impact on the lives and careers of young Soldiers and the Army I'd served for much of my life.

Now, as I'm wrapping up a final tour of duty that was almost as grueling but far more gratifying than my first, I can say that, under the leadership of Lt. Gen. Jack Stultz, "the Army Reserve has arrived."

We can take "Weekend Warrior" out of our lexicon. Today's Army Reserve is no longer a strategic reserve; instead, it is an operational force and an integral part of the world's greatest Army. Our men and women are valued members of the best trained, best led, and best equipped fighting force our nation has ever fielded. They have worked hard to achieve the Army Reserve's vision and to accomplish its transformation, and today, they can point to much success.

I'm proud of what we have accomplished, but I can claim no success as mine alone.

Tens of thousands of Soldiers have contributed to our success with commitment and devotion, and I thank them and their Families for their support and their sacrifices.

As I traveled around the world, our junior Soldiers told me what they thought and they allowed me to bring their problems to the forefront. They helped me to give them a voice, and I am honored by their trust.

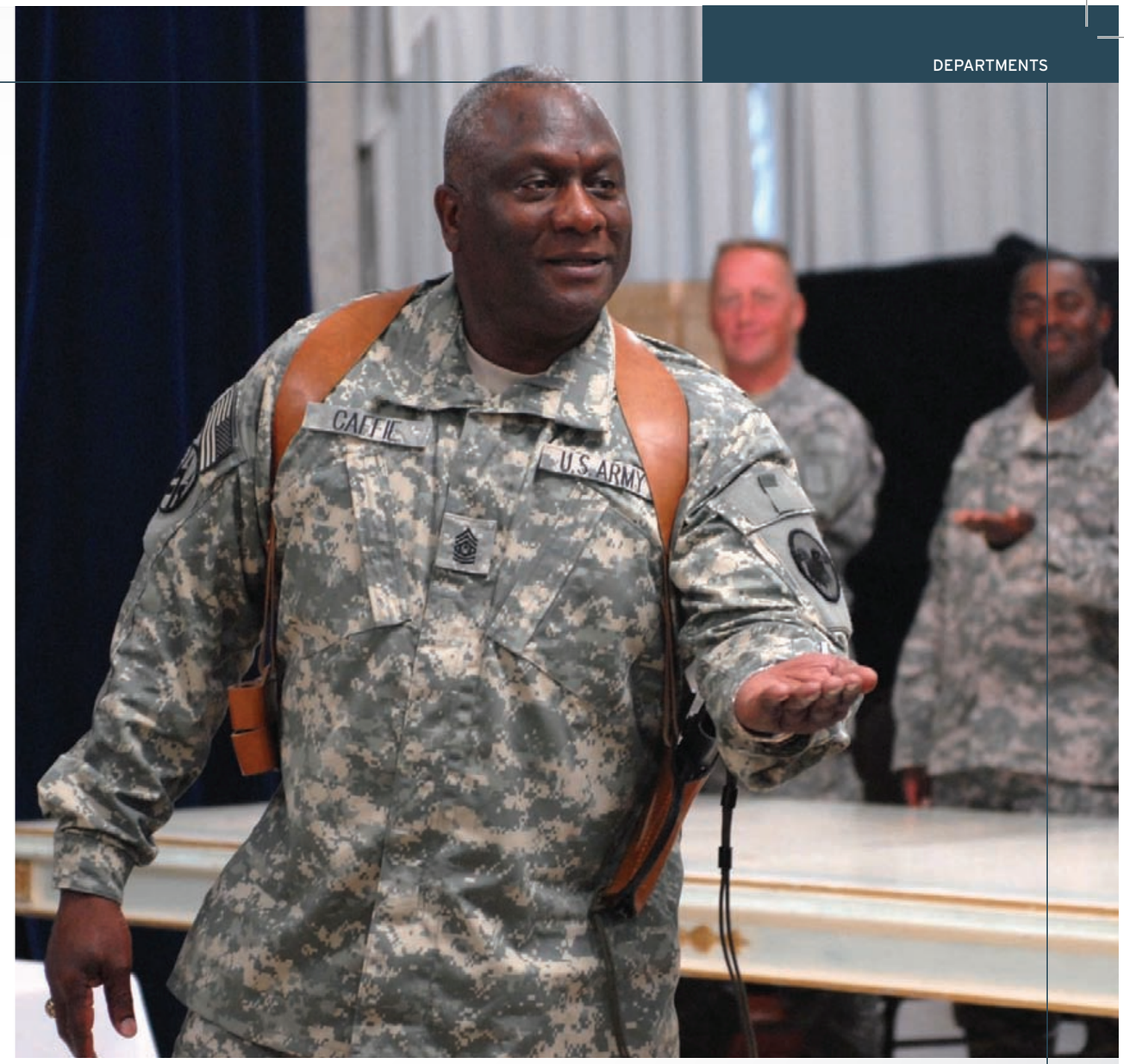
Soldiers must continue to push the envelope and challenge the status quo. The U.S. Army Reserve belongs to them and they will take it forward. They must buy-in to the organization and work to change it from within.

I will miss the young faces and the opportunity to serve them. They kept me young and taught me something new every day. They are our greatest resource, and I charge Army Reserve leaders to care for them, to listen to them and to do their best to equip them properly, to train them properly and to supervise them properly.

I owe a great deal of gratitude to my wife, Sylvia, who has been a large part—about 99 percent—of my success. She's my biggest supporter, and she's also my worst critic. She's calm, cool and collected, and I turned to her often because she makes great decisions. She put her life on hold to support me in this, and she's been a trooper about it.

Sylvia and I are moving back to Gainesville, Fla., where we'll take a couple of months off to decide what we want to do with the rest of our lives.

Finally, I thank Lt. Gen. Stultz for giving me the opportunity of a lifetime. He gave me few parameters beyond "Take care of our Soldiers," and he never told me how to do that. I greatly appreciate his support and faith. ✪



Before jumping into discussions about current Army Reserve topics, Command Sgt. Maj. Leon Caffie starts off his portion of the town hall meetings by getting the Soldiers out of their chairs. He says he feels that the Army Reserve must create a command culture in which leaders focus more on taking care of Soldiers and their Families, especially when Soldiers are incapacitated, wounded or in financial distress. Photo by Spc. Brittany Gardner.

DEPARTMENTS

» BLOGS AND WEB SITES

WWW.AERHQ.ORG/INDEX.ASP

ARMY EMERGENCY RELIEF is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's sole mission is to help soldiers and their dependents.

AER, the Army's own emergency financial assistance organization, is dedicated to "Helping the Army Take Care of Its Own." AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers.

WHO IS ELIGIBLE?

- Soldiers on extended active duty and their dependents.
- Members of the U.S. Army Reserve and the Army National Guard on continuous active duty for more than 30 days and their dependents. (This applies to soldiers on AD for training and serving under various sections of title 10, United States Code).
- Soldiers retired from active duty due to longevity or physical disability, or retired upon reaching age 60 (Reserve Components) and their dependents.
- Widows, widowers, and orphans of Soldiers who died while on active duty or after they retired.

FACEBOOK.COM/HOME.PHP#/PROFILE.PHP?ID=1643165464&REF=MF

FOLLOW THE 143D Expeditionary Sustainment Command on Facebook as it supports logistic efforts in Afghanistan. The 143D ESC is the core of Joint Sustainment Command—Afghanistan. JSC-A has a growing mission of overseeing sustainment operations and other functions in Afghanistan.

Keep up with their journey and follow their return to the states in early 2010.

STAYARMYRESERVE.WORDPRESS.COM

THE ARMY RESERVE Careers division has its own blog spot. Check it out and share why you have decided to "Stay Army Reserve." Upload your story and pictures at http://stayarmyreserve.wordpress.com/ that capture why you continue to be "Army Strong." Visit StayArmyReserve.com, the Army Reserve Careers Division Internet site, to find information on Army Reserve Retention and Accession Programs.

WWW.USACARES.ORG

USA CARES EXISTS to help bear the burdens of service by providing post-September 11 military Families with financial and advocacy support in their time of need. Assistance is provided to all branches of service, components, and ranks while protecting the privacy and dignity of those military Families and Veterans who request help from the organization. In the past six years, USA Cares has received more than **17,000** requests for assistance and responded with more than **6 million dollars** in direct grants of support.

» NEWS YOU CAN USE

NEW REGIONAL DIRECTORS *Support Well-Being*

By Lt. Col. David Rabb
Director of Psychological Health
63rd Regional Support Command

MOFFETT FIELD, Calif. — To meet the growing psychological health and wellness needs of Soldiers and Families, Lt. Gen. Jack C. Stultz, chief, Army Reserve, has authorized Directors of Psychological Health at each Regional Support Command.

Col. Nicole Keesee, the deputy surgeon, behavioral health, Office of the Chief Army Reserve, serves as an advisor to the four DPH. "The placement of the Directors of Psychological Health at the 63rd, 81st, 88th, and 99th RSCs shows that the Army Reserve Senior Leadership is about supporting Soldiers and Families throughout the deployment cycle. The best preparation in managing change starts before the balloon goes up," said Keesee.

The DPH will also provide consultative support to the operational and functional commands, training commands and their subordinate units.

The primary mission of the DPH is to support regional psychological well-being programs and leverage existing community resources to provide robust access to behavioral health care for Army Reserve Soldiers and Families.

"Reducing stigma is one of the major challenges of supporting Soldiers and Families," said Col. Joan Marks, DPH for the 99th RSC. "Combat operational stress and behavioral health education and training needs to have a reach far beyond that of commanders, first sergeants and NCOs. We can do more together than any one person or organization can do working alone."

"One of the goals of the DPH is to help Soldiers and Families adjust to or get over that which tries to bring them down. As a DPH, I help keep Soldiers functional and with their Families, unit, and communities." said Lt. Col. Cindy Rasmussen, DPH for the 88th RSC.

Maj. Vivian Vasser, DPH for the 81st RSC believes that supporting Soldiers in addressing their behavioral health needs comes down to pure leadership. "I agree with the statement made by Gen. Peter Chiarelli, vice chief of staff of the Army, when he said that the key to intervention with troubled Soldiers is leadership. It all comes down to how Officers and NCOs manage their troops before, during, and after deployment," Vasser said.

"We all have pressure points," Vasser continued. "A lot of things can be done to create positive and supportive working environments where Soldiers know that it is okay to seek help and that they know where to get the help when they need it. Soldiers know that their chain of command will support them during the process…not waiting until their situation hits rock bottom. The old adage, 'an ounce of prevention is worth a pound of cure' goes a long way." ✪

ARMY RESERVE REGIONAL DIRECTORS OF PSYCHOLOGICAL HEALTH

63rd RSC Moffett Field, Calif.	LT. COL. DAVID RABB	david.d.rabb@us.army.mil	O. 650-603-8766 C. 562-343-3327
81st RSC Fort Jackson, S.C.	MAJ. VIVIAN VASSER	vivan.a.vasser@us.army.mil	O. 803-751-2460
88th RSC Fort Snelling, Minn.	LT. COL. CYNTHIA RASMUSSEN	cynthia.rasmussen@us.army.mil	O. 612-713-3189 C. 612-490-3886
99th RSC Fort Dix, N.J.	COL. JOAN MARKS	joan.marks@us.army.mil	O. 609-562-7453 C. 404-293-8741

Dental Health for *All* Ages

By Dr. Patrick D. Sculley, D.D.S.
Major General, U.S. Army Ret.

Dental experts recommend that the first oral examination should occur when the first tooth appears but not later than the age of one. This examination should be the first in a life-long series of regular dental visits. Over the life of an individual the areas of focus will change to reflect changing needs, but the underlying purpose remains constant: to preserve healthy teeth and gums for life

The first examination of an infant will include guidance on diet and proper oral hygiene for the parents or caregivers. Baby teeth, which will appear over the first two years of life, are not only essential for proper nutrition but they also set the stage for the permanent ones that follow.

During the toddler and pre-school years exams should focus on the preservation of the baby teeth. The teeth will be examined for early signs of decay and treated as necessary.

The elementary school years are a time when baby teeth and permanent teeth coexist. The first permanent molars come in at about age six. Examination may disclose the need for sealants to prevent decay. Decay may occur soon after eruption even with appropriate diet and hygiene. Therefore, regular exams are exceedingly important during this age period. It is also important to monitor the loss of the baby teeth and appearance of the permanent teeth. Treatment may be required to prevent crowding and to facilitate the development of proper "bite." If a child plays a sport that has the potential for injury to the face and mouth, a mouth guard should be constructed.

During the middle school years cavities can become a greater problem as children have more control over their diet. They may make poor choices. The dental team should continue to promote proper hygiene and diet and provide treatment for cavities as necessary. This period is also a good time for a frank discussion between dentist, patient, and parents about the negative effects of tobacco and oral jewelry. Additionally some children will be using home tooth-whitening products. The

dentist will be alert to signs of their use and advise appropriate and supervised use only. Inappropriate use can damage teeth and gums. Also during this period gum disease begins to occur with increasing frequency. Some adolescents will get inflammation of the gums during puberty due to the interaction of fluctuating hormone levels and dental plaque. Fortunately, time and good hygiene will cure this condition.

In the high school years and into early adulthood tooth decay and gum disease are continuing concerns. The regular reinforcement of a message of prevention, including candid discussions about risky habits continues to be extremely important. At approximately age 18 the wisdom teeth erupt. Occasionally problems can occur which may require removing them to prevent the spread of infection or other serious problems.

If regular preventive and treatment services have been a part of the individual's childhood and adolescence, the adult years will be reached with few problems, healthy teeth, and a winning smile. However, many adults face an increasing risk of gum disease. Dental examination will thus include screening for gum disease and treatment if necessary, but prevention through good hygiene remains the best strategy. The increasing evidence of an association between gum disease and other conditions such as diabetes, cardiovascular disease, and pre-term delivery highlights the importance of periodontal health.

Modern dentistry provides many techniques for the enhancement of the appearance of the teeth. Cosmetic dental services should be undertaken only after a thorough discussion between dentist and patient concerning the expected outcomes, time involved, costs, maintenance, and risks.

As one reaches the mature adult years systemic medical conditions may compromise health. Every oral examination should include a review of the health history and medications taken, even non-prescription items. The dentist may detect systemic disease or note changes in the progress of disease. Additionally, medications can result in oral complications or affect the body's response to oral disease.

At every stage of life dental services are necessary. The focus of the examination and treatment may change with age, but the basics of good home care, proper diet, and the avoidance of bad habits remain a constant. Good dialogue between the dentist and the patient is the starting point in achieving oral health and a winning smile for life. ✪

EDITOR'S NOTE:

Dr. Patrick Sculley is the subject matter expert for the USAR Dental Bytes® and provides guidance for the development of sound, peer-reviewed dental readiness and oral health educational content. His distinguished career includes serving in the positions of Deputy Surgeon of the Army, Chief of the Army Dental Corps, Chief of Staff of the U.S. Army Medical Command and Commanding General, U.S. Army Center for Health Promotion and Preventive Medicine.

DISA'S CHIEF WALTER HARRIS AWARDED Soldier's Medal for Heroic Actions

By Jerome W. Mapp
Corporate Communications
Defense Information System Agency

SCOTT AIR FORCE BASE, Ill. — Army Reserve Chief Warrant Officer 3 Walter Harris was awarded the prestigious Soldier's Medal here on July 30, 2009 for risking his life trying to save two people in his hometown of Glen Carbon, Ill. three years ago.

Chief Warrant Officer 5 James E. Thompson (left) and Chief Warrant Officer 3 Walter Harris with his Soldier's Medal. Photo by Chief Warrant Officer 4 Walter B. Harris (Ret.).

In 2006, severe weather had knocked out power to much of the Illinois region, leaving some homeowners scrambling to sufficiently heat their homes. Harris' in-laws, William Pearl, 51, and Tina Marie Cannon-Pearl, 50, were among those without power.

Harris recalled the details leading up to his heroics.

"My wife, Trenna, was concerned about her mother and stepfather," Harris said. "That worry increased when my wife knocked on their door and did not receive an answer, and when they did not answer their phones."

Harris and his 13-year-old son Christopher walked around the outside of the house searching for a way in. "I used a knife to cut a hole in the window screen and lifted my son through the small window so he could open the garage door," Harris said. "Once inside the house, I told my son to remain at the front entrance as I made my way through the rest of the house." Upstairs Harris found William Pearl lying on the bathroom floor. His breathing was labored.

"I yelled downstairs for my son to call 911," Harris said. "Once I knew he was somewhat stable, I hurried into the master bedroom to search for Tina. When I found her lying in bed, I realized she was already deceased. I refocused my energy on getting William out of the house."

Harris dragged his unconscious father-in-law out of the carbon monoxide–filled house to safety after he attempted to save his mother-in-law.

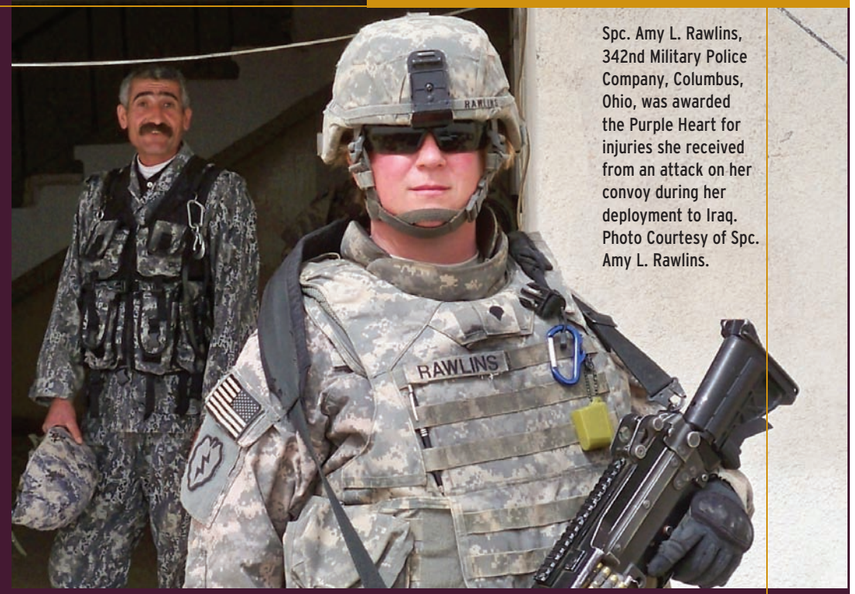
His father-in-law made a full recovery and returned home.

"I'm very surprised that I was awarded this" medal, Harris said. "I just reacted to a bad situation and training kicked in and took over. I'm honored the Army considers me a hero."

Harris commands an Army Reserve Defense Information System Agency detachment at Scott Air Force Base, Ill. He is a civilian customer service section chief with the Procurement Directorate at the Defense Information Technology Contracting Organization at the Base.

"I could not be more proud of our squad, because everyone did their jobs. They knew what they were supposed to do and they did [it] without hesitation."

Spc. Amy L. Rawlins



Spc. Amy L. Rawlins, 342nd Military Police Company, Columbus, Ohio, was awarded the Purple Heart for injuries she received from an attack on her convoy during her deployment to Iraq. Photo Courtesy of Spc. Amy L. Rawlins.

COURAGE OF A PURPLE HEART RECIPIENT

By Master Sgt. Derrick A. Witherspoon
Army Reserve Communications

WASHINGTON — Time stood still for Spc. Amy L. Rawlins one day in April, when her entire squad survived an Anti-tank Grenade attack.

"You always hear people talk about time slowing down and as soon as I saw the guy with the RKG-3 time just slowed down completely. All these thoughts started coming to my mind, but I didn't think that we could possibly be killed," she said, speaking about the events that led to her receiving the Purple Heart award at a ceremony at Walter Reed Army Medical Center on July 30, 2009.

Rawlins and members of the Columbus, Ohio–based 342nd Military Police Company were conducting training with the Iraqi police in Tikrit, Iraq. Responsible for instructing the IPs on duty performance, they also conducted joint patrols with other MP units.

"On the day of the incident, which took place on April 9, 2009, we had gone out on joint patrol with another unit," Rawlins said. "As we were done for the day and began to head back home, we passed a market area and I saw this guy. He was moving fast, but he wasn't moving towards us so I didn't take alarm to it until I saw him getting ready to throw the RKG-3. As soon as I saw that, the gunner yells, 'Grenade,' and he tried to get down, and of course it hits us in a split second. My only thought was that I had to get us out of there, so I floored it."

Rawlins said she drove the Soldiers in her vehicle to safety. All three people in her vehicle survived, though the gunner sustained superficial shrapnel wounds to his body. At first she didn't realize she was injured, but was later diagnosed with traumatic brain injury and hearing loss. Rawlins added that her TBI caused her to have problems with her speech and slight memory loss.

She credits their quick reaction time to military training. Her unit trained using an identical scenario only weeks before they deployed. "I could not be more proud of our squad, because everyone did their jobs. They knew what they were supposed to do and they did [it] without hesitation. From the time we were hit to the time of us getting to the combat support hospital was about 20 minutes," Rawlins said.

Rawlins said that although it may take her a year to recover fully, she is doing well. She said the treatment she received at Walter Reed Army Medical Center has truly helped to speed her recovery. Rawlins added that she looks forward to greeting her unit when it returns home this fall.

MY ARMY RESERVE LIFE

Sgt. Mark Swinarski, a senior driver with the 189th Trailer Transfer Point Detachment, directs a Golden Cargo 2009 convoy comprised of trucks from the 424th Transportation Company out of the trailer transfer point at Fort Leonard Wood.

HEAD 'EM UP, MOVE 'EM OUT

Story and Photos By Staff Sgt. Christopher Land
319th Mobile Public Affairs Detachment

MY ARMY RESERVE LIFE

THE FIRST HINTS...

of the sun's arrival color the eastern sky as the diesel engines of M915 line-haul trucks roar into the trailer transfer point at Equipment Consolidation Site 66 at Fort Leonard Wood, Mo.

FORT LEONARD WOOD, Mo. — It's morning at Golden Cargo and the Soldiers of the 189th Trailer Transfer Point Detachment, Council Bluffs, Iowa, are organizing convoys for their trips to McAlester Army Ammunition Plant, McAlester, Okla., and Crane Army Ammunition Activity, Crane, Ind.

The 189th facilitates the transition of equipment from one unit to another. While the Soldiers participating in Golden Cargo perform a vital mission for Joint Munitions Command by helping it realign its depots' assets or deliver them to sites for demilitarization, they are also getting a unique opportunity to practice their military skills in a real-world situation.

"It lets them put their hands into the work," said Master Sgt. John Stearns, acting sergeant major of the 352nd Corps Support Service Battalion, Macon, Ga. The unit is responsible for feeding, housing and taking care of the needs of the Golden Cargo Soldiers assigned to and convoying to and from Fort Leonard Wood.

The 189th's commander, 1st Lt. Reid Hastings, pointed out that there is a lot of classroom time on battle-assembly weekends for Reserve Soldiers, so a mission like Golden Cargo is a change of pace for those troops.

"When they finally get to do the job they're trained for, they enjoy it," said Hastings.

Motor transport operators driving for the 424th Transportation Company, Galax, Va., and the 428th Transportation Company, Jefferson City, Mo., convoy daily to and from Fort Leonard Wood, and the loads of explosive cargo that they haul from Crane and McAlester, respectively, have to be traded—along with the trailers—each evening so that the convoys can leave on time each morning.

Staff Sgt. Robert Delarosa, the detachment NCO in charge for the 189th Trailer Transfer Point Detachment, ground guides an M878A2 yard tractor at an equipment consolidation site being used during Golden Cargo 2009.

> It's a good training experience. When my unit comes to a different site, and we come up against different obstacles, we get training in how to establish a trailer transfer point from scratch."
>
> 1st Lt. Reid Hastings

When the convoys roll in each evening, the drivers park their trailers and drive their tractors to the fuel point, which is operated by 189th personnel. After the drivers and maintenance personnel fuel the trucks and check for any problems, the drivers move to a new set of trailers that are loaded with cargo bound for the sites they left earlier in the day.

After taking their Department of Transportation–required rest break, the drivers perform their final checks, complete their paperwork, and head for the gate—all under the watchful eyes and guiding hands of the 189th Soldiers.

Even with all of those moving pieces, the drivers are still impressed with the 189th's efficiency.

"They're on it," said Staff Sgt. Thomas Williams, a platoon sergeant and mechanic for the 428th who served as the convoy commander for multiple Golden Convoy 2009 convoys traveling between McAlester and Fort Leonard Wood. "There's no wait time. They get you in. They get you out," Williams said.

That efficiency is a result of the training his troops have received, according to the detachment's commander.

"This is the first time we've gotten to set up a trailer transfer point as a unit," said Hastings. "It's a good training experience. When my unit comes to a different site, and we come up against different obstacles, we get training in how to establish a trailer transfer point from scratch." The unit had the Golden Cargo trailer transfer point here up and running in a day, he added.

While the last remnants of the sun are fading from the western sky, the 189th Soldiers are often still hard at work, doing whatever it takes to get the convoys out on time. ★

CITIZEN SOLDIER SUPPORTS ELECTIONS

Story and Photo By Sgt. Fernando Ochoa
222nd Broadcast Operations Detachment

Sgt. 1st Class Patrick McDonald, command liaison for the Elections Directorate, Multi-National Force-Iraq.

BAGHDAD — Although he is thousands of miles away from his home state of Washington, Sgt. 1st Class Patrick McDonald, Multi-National Force-Iraq Elections Directorate, is still using his civilian-acquired expertise to help Iraq emerge as an independent, self-governing nation. At home, McDonald works as Assistant to the Secretary of State, where his duties include election administration. He has been part of the 448th Civil Affairs Battalion, an Army Reserve unit based in Fort Lewis, Wash., since 1994.

As the command (MNF-I) liaison, McDonald's primary mission at the U.S Embassy in Iraq is to support Gen. Ray Odinero, commanding general Multi-National Force—Iraq. A civilian and military expert in the electoral field, he focuses mainly on providing logistics and security support, acting as the liaison between Odinero and the Independent Higher Electoral Commission of Iraq and its United Nations and U.S. Agency for International Development counterparts.

The information McDonald provides assists in the overall security of elections, reducing the likelihood that those elections will be derailed. He feels that his job will have been completed when the Iraqi people accept that the recent elections were not influenced by foreign forces.

"To be successful, we as civil affairs operatives must learn and understand the history, culture and sociology of this country. Our overall goal is to provide credible elections to the Iraqi people," said McDonald.

Even as a civil affairs representative, his job can be difficult. This is his second tour in Iraq, working on elections for MNF-I. The first lasted from May 2005 to June 2006, and at that time, the country was still in chaos. His unit lost six Soldiers.

"In the last deployment, the kinetic environment was clearly very, very dangerous. Many were wounded when we went out for an election mission, or any type of mission," said McDonald, who is set to go home at the end of the month. "Now, of course, due to the hard work of our Soldiers as well as the upgrading of Iraqi military and police, the environment here is very different. We have gone out and looked at election warehouses, and we have not been attacked once."

McDonald feels that his biggest contribution to Iraq has been the part he played in the national constitutional referendum and the first Council of Representatives election in 2005, as well as working on the provincial and recent Kurdish elections.

"Despite the heat and sandstorms—things out of my control—I have been lucky to be placed in the position I am in and have the impact I have had on the Iraqi election process," said McDonald.

When McDonald returns home after this deployment, he plans to resume his career as a political expert, working for the state of Washington. He is an 18-year Army Reserve veteran. ★

learning to **save** lives

Story and Photo By Sgt. Spencer Case
358th Public Affairs Detachment

FORT GORDON, Ga. — More than 2,000 Army Reserve Soldiers from across the country spent the first two weeks of June doing some of the most realistic and integrated medical training available this side of a combat zone.

The troops convened at four posts —Fort Gordon, Ga., Fort McCoy, Wis., Fort Hunter Liggett, Calif. and Fort Sam Houston, Texas—to participate in Operation Global Medic. Formerly known as Golden Medic, the U.S. Army Reserve Command–sponsored exercise is the largest of its kind. Although the Medical Readiness and Training Command, San Antonio, Texas, conducts the training primarily for Army Reserve Soldiers, the exercise involved three branches—Reserve, Active and National Guard—as well as every service of the military, except the Coast Guard.

Under the auspices of the 865th Combat Support Hospital, Capt. Robert Laskey (left), the assistant officer in charge of the emergency room, Maj. Marge Hooper (right), a nurse, and Sgt. Chris Huntley, a medic, treat a simulated casualty in the form of a mannequin.

According to the training scenario, Burma invaded Thailand and a U.S. Stryker brigade deployed to halt the Burmese aggression. The mission of the participating units was to provide medical support for U.S. troops and the host nation as the situation stabilized. Within this context, trainees reacted to an unpredictable mix, from severe battle -related injuries to basic injuries like sprained ankles and dental discomfort. Arriving by air or ground transport, the casualties were either human role-players or dummies from a warehouse known as "mannequinville." Professional make-up artists made both types of impersonators look like actual casualties —to startling effect.

Although the OGM scenario was fictional, many participating units also managed to provide real-world medical support during the training. At Fort Gordon, Soldiers of the 919th Dental Co., Aurora, Colo., were able to move some Soldiers to a deployment-ready status by providing needed dental care. At Fort McCoy, an H1N1 "swine flu" scare prompted testing of potentially sick troops from Pacific Warrior, a separate exercise. Fortunately, fears abated when it turned out that the initial test was a false positive.

Lt. Col. Kelly Snyder, commander of the 7306th Medical Exercise Support Battalion Fort Sam Houston, Texas, who oversaw all the OGM operations in the continental United States, said this year's exercise lasted about three days longer than previous renditions, giving participants a chance to master each procedure.

"In the past it got to the 'crawl' phase and then it ended. By extending the exercise they were able to get to that 'run' phase and really leave here trained, not just practiced," said Snyder who, in her civilian life, teaches biology at Little Axe High School in Norman, Okla.

However, the difference between OGM and a typical battle training assembly is like the difference between training and mere practice.

Maj. Ricky Harrell, Brumfield, Colo., and a dentist from the 919th Dental Co., felt the most important aspect of the OGM training was the opportunity to work with different units, and to help with triage (that is, the sorting of patients according to the urgency of the care they need).

"It gets you into the flow, especially as a Reserve Soldier, of how things operate in the military," said Harrell.

"The first couple of days were kind of rough," Snyder laughed, "but, you know, the training kicked in. The learning curve has been met." ★

ENGINEERS BUILD WORKOUT GYM FOR SOLDIERS

Story and Photos By Lt. Col. Pat Simon
Public Affairs Office
225th Engineer Brigade
Multi-National Division, Baghdad

BAGHDAD — 82nd Airborne Soldiers from Combat Outpost Carver will have something brand-new to look forward to in the next few weeks: a gymnasium. Aug. 30, 2009, marked the 10th day of construction on the new gym by the 808th Engineer Company from Houston.

The spacious gym is an effort spearheaded by the 225th Engineer Brigade. The project came at a time where the mission required an instant force of engineers to get the job done.

"Typically, this project would have been given to our construction battalion, the 46th. However, mission requirements demanded that this project begin during a time of transition, when the 46th was being replaced with the 101st Engineer Battalion," said 225th Eng. Bde. plans officer, Maj. Shane Rauh, of Baton Rouge, La. "We are very happy that our partners, the triple nickel (the 555th), could provide the support to accomplish the mission."

The new gym, which will take the place of an existing tent, will include 18 air conditioning units, high ceilings, and room to help store plenty of exercise equipment. It's also expected to boost the morale of Soldiers living at COP Carver. And they cannot wait for it to be finished: In fact, some of them are joining the engineers, putting long, challenging hours into the project.

One of those engineers is Pfc. Melissa Hill, Green Bay, Wis., who has come a long way from being a stay-at-home mom to deploying with the 808th Eng. Co. as a carpenter working in the heat of the night.

"It's hard work, but it's worth it," said Hill. "It's very exciting."

"These are the best kinds of projects," echoed Capt. Brennan Wallace, Austin, Texas, the 808th Army Reserve unit's officer in charge. "My folks have something to show for their labor. Helping Soldiers is what we do."

Scheduled to be completed by the end of fiscal year 2009, the gym is one of the many efforts completed by the 225th and the 555th engineers out at COP Carver to improve the Soldier's quality of life. In May, some 30 air-conditioned B-huts were built for the Soldiers at the expanding out post, followed by the construction of a new dining facility and new food prep area.

At Combat Outpost Carver, construction is underway of the new large and spacious gym for Soldiers. Previously, Soldiers exercised in a cramped, un-air-conditioned tent.

Engineer Soldiers with the 808th Eng. Co. work the night shift 50 feet above the ground, installing a roof on the new gym for Soldiers staying at Combat Outpost Carver.

Spc. Kristen Simpson, 20, Howell, Mich. and Spc. Kevin Lawson, 25, Lincoln Park, Mich., both with the 808th Eng. Co., take close measurements as they prepare to begin laying the roof of the new gym for 82nd Airborne Soldiers at Combat Outpost Carver.

2009: THE YEAR OF THE NCO

BUTLER, BECHER

COMPETE WITH ARMY'S BEST

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

An M4 rifle gives off a muzzle flash during the M4 rifle night qualifying event at the Department of the Army Best Warrior Competition.

Staff Sgt. Aaron Butler treats a simulated casualty during the Warrior Tasks and Battle Drills event at the Department of the Army Best Warrior Competition.

FORT LEE, Va. — A four-vehicle column of Humvees rolled down the dusty street. Local villagers held up fruit, clothes even hubcaps as the column rolled by.

Suddenly, gunfire rang out from adjacent buildings. Then, a deafening explosion rocked the convoy which shuddered to a sudden stop.

As the locals fled, two Army Reserve Citizen-Soldiers emerged from the front and rear vehicle rapidly taking control of the chaos, directing return fire and tending to the wounded.

Spc. Shiloh Becher, U.S. Army Reserve Command, top, gets position on Spc. James Holmes, U.S. Army Forces-Korea, during the Army Combatives Tournament at the Department of the Army Best Warrior Competition.

Staff Sgt. Aaron Butler (4) and Spc. Shiloh Becher (11) start the two-mile run during the Army Physical Fitness Test along with other Best Warrior candidates.

This wasn't a scene from Iraq or Afghanistan. It was just one scenario that played out during the week-long Department of the Army Best Warrior Competition held at Fort Lee, Va., Sept. 28-Oct. 2, 2009.

Staff Sgt. Aaron Butler and Spc. Shiloh Becher, the Army Reserve NCO and Soldier of the Year, were put to the test against competitors from 11 other major Army commands to determine who the 'best of the best' were for the entire Army.

Butler and Becher were hoping for a repeat this year after Army Reserve Sgt. David Obray won the Soldier of the Year title last year.

Despite not claiming the overall top prize, both Army Reserve Soldiers showed the rest of the competition field that they had what it took to keep up with the pack.

"It was an amazing experience," Butler said. "It was a tremendous opportunity to come here to compete against the best the Army had to offer."

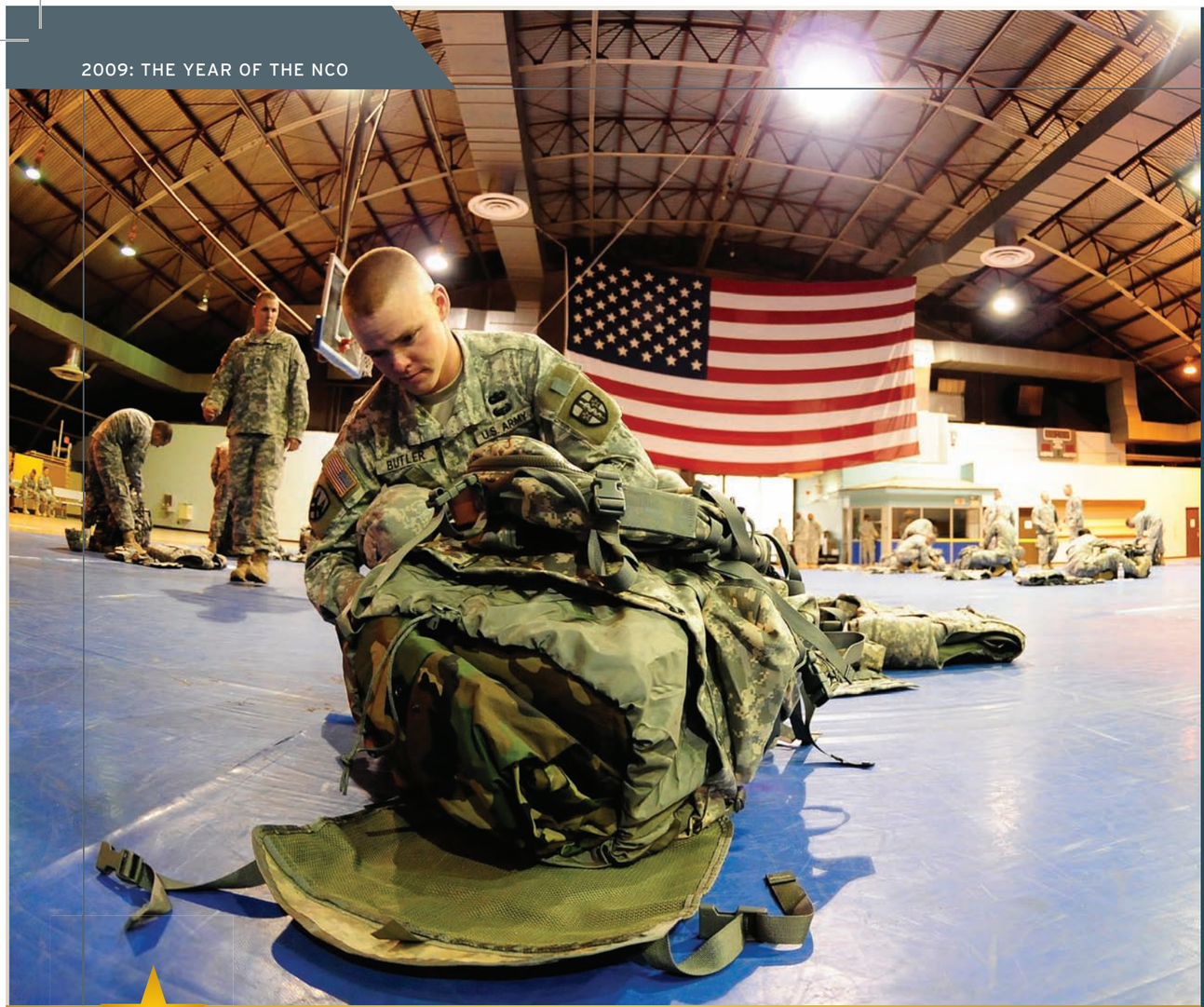
> "It was a tremendous opportunity to come here to compete against the best the Army had to offer."
> Staff Sgt. Aaron Butler

For Becher, the training leading up to the event was a key motivator for him.

"I'm [now] very schooled in AWT [Army Warrior Tasks] tasks," he said. "That's something I can bring back to my unit on any drill weekend or anytime I have the opportunity that I can train Soldiers. I look forward to becoming a team leader and a squad leader."

The week-long competition started with a Command Sergeants Major appearance board chaired by the Sgt. Maj. of the Army, Kenneth O. Preston. Upon exiting his NCO board, Butler exclaimed, "that was the best board I've been on this year" but quickly added, "I've been through 12 boards this year!"

Becher, who was the oldest of the 24 Best Warrior candidates, joined the Army Reserve at the age of 29 shortly after Sept. 11, 2001—which coincidentally happens to be his birthday. During his board appearance he thanked Preston for giving him the "opportunity to join at the age of 29." Becher said afterwards, Preston smiled.



Staff Sgt. Aaron Butler, the Army Reserve NCO of the Year, packs his equipment at the Department of the Army Best Warrior Competition at Fort Lee, Va. on Tuesday, Sept. 29, 2009.

EDITOR'S NOTE:

To read dispatches, see images and watch videos of Butler and Becher from the competition visit www.bestwarrior.wordpress.com. Also on FLICKR at http://www.flickr.com/photos/myarmyreserve/collections/72157621406491586/

After a day of conducting some last-minute training, checking equipment and conducting hometown media interviews, the Warriors set out for the more physical events of the competition, most of which started around 4 a.m. each day. Those events included an Army Physical Fitness Test, day and night Urban Warfighter Orienteering, Warrior Tasks and Battle Drills, day and night M4 rifle qualification, an M4 stress fire event and followed up by a Mystery Event and an Army Combatives tournament.

The Mystery Event consisted of a uniform inspection where Butler and Becher had to find the errors on male and female Class A's and ACUs as well as a Soldier dressed in a full combat load; the Humvee Egress Assistance Trainer (HEAT) where they had to exit the vehicle upside down within 17 seconds, assault a village searching for terrorists, and evaluate a casualty.

"It was not easy, but not as tough as the USARC competition was," Becher concluded.

Both Butler and Becher said "it was an honor to represent the Army Reserve" and they would consider competing again…but may wait awhile before doing so. ✪

SGT. AUTUMN HOPE raises the bar

By Sgt. Maj. Troy Falardeau
314th Public Affairs Operations Center

FORWARD OPERATING BASE PROSPERITY, Iraq — During this Year of the NCO, we are reminded that Non-Commissioned Officers carry the weight of the Army on their shoulders. One Soldier currently deployed in Iraq has taken that challenge literally to heart, by becoming a weightlifter.

"I have always felt that lifting weights is a healthy way to cope with the challenges and demands of being deployed," said Sgt. Autumn Hope, a member of the 314th Public Affairs Operations Center and a 300-plus performer on the Army Physical Fitness Test. "For as long as I have been living on Forward Operating Base Prosperity and going to the gym, I have seen posters and sign-up sheets for the '1,000 Pound Club.'"

That club gives military and civilian males a chance to participate in power lifting competitions. Membership requires lifting 1,000 pounds of combined weight among three events. The qualifications alone made the team something of a boys' club.

"We did have a '500 Pound Club' for women, but no one entered," said Craig Miller, the Moral, Welfare and Recreation supervisor for FOB Prosperity.

During a trip to the gym a couple months ago, Hope was surprised to discover that a special "300 Pound Club" had been added to an upcoming power-lifting competition. She had only a week to train—and no previous contest experience.

Hope had been incorporating weights into her workout for a while, so 300 pounds seemed like an achievable goal for her and fellow competitors.

The three events during the competition, or "big lifts," as Miller referred to them, included the squat, which tests lower body power, primarily the legs; the bench press, which tests upper body strength (shoulders, back, chest); and the dead lift, which measures full body strength.

Sgt. Autumn Hope tests her strength, lifting 125 pounds during the bench-press event of the 1st 500-pound Power Lifting Club competition. This was her first weight lifting competition. Photo by Sgt. Paul Roberts.

"No matter what weight I was going to be able to lift, proper form was essential to avoid the risk of injury. I focused on technique more than weight, but also trained to win," Hope said. During that week, she put her muscles to the test, challenging them by attempting different lifts to see what her maximum weight in each might be.

When competition day arrived, Miller told Hope the weight to beat was 545 pounds, a feat accomplished by another female Soldier who had already done her lifts, before Hope arrived.

In the end, Hope squatted, bench-pressed and dead-lifted a combined total of 535 pounds—a score that she had not considered possible a week earlier. Still, it seemed she'd fallen short of the weight to beat. However, the competition was not over yet. According to power-lifting rules, the body weight of the lifter is also taken into consideration when calculating the results. This is called the "pound for pound" rule.

"I did not know what my competitor weighed," said Hope, who waited a week to get the results.

When they arrived, she learned she has been declared the winner because she weighed significantly less that the Soldier who lifted 545 pounds.

"I am proud to have been one of the first females to have competed, and equally proud to have won the competition," Hope said. "I may not be outside the wire breaking down doors every day, but perhaps in my own way I can contribute to breaking down the perception and stereotypes that this club is only for the boys." ✪

2009: THE YEAR OF THE NCO

BAGHDAD — While preparing the Iraqi Civil Defense force in Baghdad to become an emergency response team, Sgt. Michael Kuca, 425th Civil Affairs Battalion, Santa Barbara, Calif., believes the training and management skills he helps develop in firefighters from across the country will have implications beyond improving Iraq's security infrastructure.

Sgt. Kuca Develops IRAQI firefighterskills

Story and Photos By Sgt. Fernando Ochoa
222nd Broadcast Operations Detachment

Students at the Iraq Civil Defense Directorate Fire Academy enter the fire simulator.

"WE hope that by implementing these programs, the Iraqi population will develop a greater confidence in the Iraqi government, giving elected officials the ability to better lead. If these steps are taken, hopefully an environment can be made where insurgency is less prevalent," said Kuca.

Kuca works as an instructor at the Iraqi Civil Defense Directorate Fire Academy with the Ministry of Interior, the primary national agency responsible for emergency management and disaster response.

His mission is to help the Iraqi Ministry of Interior establish an interagency National Incident Management System that will track Iraq's ability to handle emergencies. Students from all over the country are immersed in a train the trainer format intended to provide methods and skills they can pass on to future firefighters.

"We trained these firefighters and now they are going to take over," said Kuca, who has been in country since late 2008.

The Emergency Medical Technician training and the Firefighting Course are the two basic parts of the 60-day curriculum. The EMT training focuses on various aspects of trauma response, including bleeding, soft tissue injuries, spinal immobilization, amputation and shock. The Firefighting Course teaches the fundamentals of fire suppression in environments such as structure, vehicle, aircraft and chemical fires. Kuca said he enjoys passing on the skills he has obtained: "If we are successful, we will give the people of this area long-term benefits."

Since he has been in Iraq, Kuca has also trained parts of the Iraqi Air Force and Army in emergency response methods.

Unlike many Soldiers, Kuca joined the military relatively late, in his early thirties (he's now 34). He had traveled around the world and saw how lucky he was to be an American. "I feel an obligation to serve my country," said Kuca.

Kuca, who lives in Alaska and works for the Alaska Fire Service, is an Army Reserve Soldier on loan from the 322nd Civil Affairs Brigade from Fort Shafter, Hawaii. He returned to the states in July 2009. ★

Sgt. Michael Kuca, left, and an Airman view the fire simulator.

Story and Photos By Maj. Monica M. Radtke
Office of the Chief, Army Reserve

Master Sgt. Loren Sikkink, Army Reserve Careers Division, currently mobilized at Fort McCoy, Wis., stops to talk with a Cub Scout pack in Stanton, Iowa.

Mira Svoboda (left) and Blake Carruthers (middle) Canadian citizens from Ottawa, Ontario, have made two treks across Iowa with Team Army Reserve.

BURLINGTON, Iowa — How can you dip the back tire of your bicycle in the Missouri River while also being able to dip the front tire in the Mississippi River? One way is to ride with Team Army Reserve during the Des Moines Register's Annual Great Bike Ride Across Iowa.

The 2009 ride began on July 19 in Council Bluffs, Iowa, with bicyclists partaking in the traditional back tire dip to commemorate the start of the ride. The RAGBRAI route changes every year, and this one took riders across the southern portion of the state. Over the course of seven days, Team Army Reserve pedaled more than 470 miles. According to the RAGBRAI web site, this year's route was among the hilliest in the ride's 37-year history.

This was the eighth trek across the state of Iowa for the team, which was organized in 2001 by a group of Army Reserve Soldiers, who enjoyed bicycling as well as promoting the Reserve. "We come from all over the country and have one thing in common—the Army," said 1st Sgt. Curtis Brockman, from the Fort Dix NCO Academy, Fort Dix, N.J. Brockman, along with his wife, Capt. Kristen Brockman, Commander of the 411th Chemical Company, Edison, N.J., are two of the team's founders.

This year's 45-member team included not only Army Reserve Soldiers and retirees, but also a National Guardsman and two Canadian citizens. "I wear the Army Reserve jersey proudly because I love the team," said Col. Laura Chichester, a Guardsman with the Army Materiel Command at Fort Belvoir, Va.

Team members gave away lanyards, key chains, t-shirts and water bottles to fellow RAGBRAI riders and members of the local communities along the route to generate awareness of the Reserve.

Even the two Canadians promoted the Reserve. "On the days we wore the Army Reserve jerseys, it is amazing the number of people who would come up and thank us for our service," said Mira Svoboda, from Ottawa, Ontario. "We would then explain to them that we were from Canada."

"We are not part of the Army, but the American community still accepted us with open arms," said Blake Carruthers, also from Ottawa, Ontario. "I've always been supportive of the Canadian military and I have always admired the United States and how they are supportive of their military," said Carruthers. "The U.S. is very patriotic."

July 25 marked the final day as the group arrived in Burlington, Iowa. The team rode through town in formation and called cadence as they made their way to the Mississippi River.

The traditional front tire dip marked the end of the ride, but the camaraderie gained will last a lifetime. "Team Army Reserve is a wide mix of people from all over the U.S. and Canada. It is an example of what we need, not only in the Army, but in the U.S. People accepting different people and getting along," summed up Brockman. ✪

A PLACE TO TURN TO

Tracie Chappell thanks Mrs. Laura Stultz outside the Amy Strong Community Center at Wadsworth U.S. Army Reserve Center, 98th Division Headquarters, Rochester, New York. Photo by Staff Sgt. Alyn-Michael Macleod.

By Melissa Russell
Army Reserve Public Affairs

ROCHESTER, N.Y. — Tracie Chappell's introduction to being an Army spouse was abrupt and isolating.

For the 24-year-old newlywed, a honeymoon seemed as far away as her husband would be as he boarded a plane bound for Korea less than an hour after they married. She left the Rochester, N.Y., airport with a tear-streaked face and more questions than answers.

"I had no military background, so originally I was scared," Tracie said, "I married him, he left." She was hours from the nearest military installation and had no idea where to go for an ID card or how to begin the command sponsorship process to join her husband in Korea.

Tracie's situation is one that countless military spouses have experienced: a service member moves to a new duty assignment or deploys, with no time to put things in order. If you are not near a military base with all its support systems or have some military background, it can be bewildering.

Not knowing where else to turn, Tracie went to the local military recruiting office. Fortunately for her, the Army recruiter she visited sent her to the Fort Wadsworth Army Reserve Center here.

Like most Army Reserve Centers, Fort Wadsworth does not have the myriad of Family support services that an active duty post like Fort Drum or Fort Bragg has. But it does have something new: the first Army Strong Community Center. This facility is an information and referral office that connects geographically dispersed Families with support resources in their own community. It assists and supports service members, retirees, veterans and Family members for all branches of the military, active and reserve.

Providing information, resources referrals and support to help military spouses like Tracie Chappell is something that the Chief of the Army Reserve, Lt. Gen. Jack C. Stultz, and his wife, Laura, are keenly interested in doing. Laura Stultz knows first-hand how important it is to the success of the program to have not just a virtual installation with unit and web-based resources, but also to provide a real person to talk with.

"If I had had something like this when my husband was deployed with four children at home, it would have made it a lot easier on me," she said. "I think it gives you a little sense of relief to know there's someone you can call who is right there. "

"My husband was first deployed in 1990," Laura continued. "His Reserve Center was almost 100 miles away. This [Army Strong Community Center] is for anybody in any branch of the service to come and get questions answered."

Family members are not the only ones who benefit from the program. According to Lt. Gen. Stultz, it is part of a bigger picture.

"My challenge is," Stultz said, "how am I going to be able to sustain the Army Reserve?" I've got to have the employers, I've got to have the Families, and I've got to have the installation. Making resources accessible in the community is a way to bring it all together."

Laura Stultz agreed. "We are here today to sign a covenant with the Rochester community and to affirm the Army's commitment to building partnerships that support the strength, resilience and readiness of Soldiers and their Families."

For Tracie Chappell, the rationale behind the first Army Strong Community Center is beside the point—she was just glad it was there when she most needed it. She liked what was going on so much that she wound up as a volunteer at the center, helping out other military spouses.

"It [the center] has really made a difference in my life," Tracie said. "Coming from no military to being pretty much engulfed in it, I don't know what I would do without this place."

TOP REGIONAL RECRUITING ASSISTANTS JULY-SEP 2009

REGION 1
Sgt. Pedro PerezFar
Rockaway, N.Y.

REGION 2
Spc. Juanita Owens
Indiana, Pa.

REGION 3
1st Lt. Jamaal Burden,
Richmond Va.

REGION 4
Sgt. 1st. Class
Matthew Cataline
Powell, Tenn.

REGION 5
Pfc. Alfred Gee Cabo
Rojo, Puerto Rico

REGION 6
Pvt. Andrea
Yarbrough
Meridian, Miss.

REGION 7
Pvt. Luke Petersen
Wendell, Idaho

REGION 8
Pfc. Lucas Schafroth
Winterset, Iowa

REGION 9
Pfc. Cassie Brown
Hutchinson, Kan.

REGION 10
Retiree Larry Vera
Reynoldsburg, Ohio

REGION 11
Sgt. James Chappell
Norco, Calif.

REGION 12
Pfc. Denise Dynes
McKinney, Texas

REGION 13
Spc. Bobby Smith
Tulsa, Okla.

N.Y. AMBASSADOR SERVES SOLDIERS
Through Volunteer Efforts

Story and Photo By
Staff Sgt. Alyn-Michael Macleod
Army Reserve Public Affairs

ROCHESTER, N.Y. — As an Army Reserve Ambassador, Norbert Rappl no longer wears an Army uniform or returns hand salutes to young men and women serving our country. Instead he salutes our service members through his generous support and volunteer efforts. After serving our Nation as an active-duty and Army Reserve Soldier for more than 35 years and achieving the rank of major general, Rappl does not seem to understand the word retirement. He volunteered to be an Army Reserve Ambassador more than 10 years ago and is a member of several veterans and civic associations.

Recently, Rappl assisted with the grand opening of the Army Strong Community Center (ASCC) just outside of his hometown of Rochester, N.Y., on Sept. 12, 2009. "It provides a place for Soldiers and Families who are living here in the community to come get answers to questions," Rappl said.

The original plan was to place the center near a supermarket or mall, but Rappl recommended that it be located in the Wadsworth Army Reserve Center, home of the 98th Division, where he was once a commander. Besides the advantage of being located near a major highway, the Reserve Center is also serviced by bus transportation, contains an existing ID card facility and a small post exchange.

An additional benefit of having the ASCC at the Reserve Center was the support from the 98th Division. The 98th provided all the necessary equipment to get the center up and running until its funding was worked out.

Norbert Rappl, New York Army Reserve Ambassador signs the Army Community Covenant at the Army Strong Community Center which opened in Rochester, N.Y. on Sept. 12, 2009. U.S. Army Reserve photo by Staff Sgt. Alyn-Michael Macleod.

Rappl also volunteers his time as the New York State Ombudsman Coordinator of the Committee for Employer Support of the Guard and Reserve. He is a member of more than 15 volunteer organizations, representing the Army Reserve as an ambassador in all that he does. He constantly attends wounded warrior, welcome home, and yellow ribbon ceremonies to honor our Soldiers.

DO YOU KNOW YOUR Ambassador?

NORBERT J. RAPPL
2461 Oakview Drive, Rochester, New York 14617-3237
Njrappl@aol.com -OR-
norbert.j.rappl@us.army.mil 585-266-1154

BUSINESS POSITION
President, Berginn Associates, LLC

MILITARY EXPERIENCE
- Major General, Retired, USAR
- Various staff and command assignments at battalion, brigade, regimental and division level.

CIVILIAN INFORMATION
- Retired President, Rappl & Hoenig Co., Inc., Rochester, NY
- Retired President, Comac Builders Supply Corp., Rochester, NY
- Managing Partner, Ridge Goodman Associates, Rochester, NY
- Former Chairman of the Board, Executive Committee and Board of Directors, National Concrete Masonry Association
- Past President and Board of Directors, New York State Concrete Masonry Association

CIVILIAN EDUCATION
- Aquinas Institute, Rochester, NY
- St. Bonaventure University, BBA

COMMUNITY SERVICE
- Board of Directors, American Red Cross
- Former Chairman of the Board, Fair Business Council of Rochester
- Board of Directors and Secretary, Better Business Bureau of Upstate New York
- Board of Directors, Irondequoit Chamber of Commerce
- New York State Committee, Employer Support of the Guard and Reserve, State Ombudsman Army Reserve Ambassador (New York)

By Sgt. Kirk Bell
Public Affairs Office
Army Reserve Medical Command

MISSISSIPPI COMMUNITY BENEFITS FROM NEW ARMY RESERVE TRAINING PROGRAM

CLARKSDALE, Miss. — While the tough economy continues to strain many budgets, some citizens are forced to cut health care expenses to make ends meet. However, thanks to the Army Reserve, nearly 800 residents of this small community were able to get care at no charge.

Reserve medical professionals from the 7231st and 7232nd Installation Medical Support units provided free dental and optical services to area residents in July as part of their two-week annual Innovative Readiness Training program. The IRT program provides Reserve Soldiers with vital training and the public with needed care. "We're getting for our Soldiers realistic training in a realistic environment," said Maj. Eugene Poindexter, Army Reserve IRT program manager. "If we can do that and address a need in underserved communities, it's a win-win situation."

In previous years, the Army Reserve conducted training programs in medical facilities like hospitals and clinics. This year however, the IRT program expanded and medical Soldiers worked out of mobile treatment trailers, bringing services to those communities in need.

Col. Ned Hubbard, an optometrist from the 7203rd Installation Medical Support Unit, performs an eye exam for Clarksdale resident Kennedy Brown. Photo by Staff Sgt. Julio Nieves.

The trailers contained exam and treatment rooms for optical and dental screenings. Outfitted with an assortment of medical equipment and supplies, the trailers helped Soldiers simulate the way they would perform their duties if deployed overseas.

Army Reserve dentists and staff performed examinations, teeth cleanings, tooth extractions and some fillings for Clarksdale residents.

"The public had a lot of untreated chronic disease," said Col. David Collins, a dentist with 7231st IMSU from Lubbock, Texas. "I feel like we did some good to improve the general health of the public and alleviate the pain that some residents came in with."

Inside the optical trailer, optometrists performed examinations and provided free eyeglasses to all children. Some adults also received free glasses, if optical technicians could match their prescriptions with donated glasses.

"Many of our patients had either lost their glasses or haven't had any for a while," said Sgt. 1st Class Cynthia Pickens, the NCO in charge of the optical section. "We are having a huge impact on their lives by getting those glasses and correcting their vision.

Pickens is with the 7232nd IMSU from New Orleans.

Clarksdale resident, Angela Brown, brought her four children, ranging in age from 6 to14, for examinations and new glasses.

"Because of my financial situation, I am not able to buy glasses for my children," she said. Angela estimates that she saved more than $1,000.

The IRT program also served the area's animals. Members of the 109th Medical Detachment (Veterinarian) from Orange County, Calif., spayed and neutered more than 50 dogs and cats to help control the pet population.

With Clarksdale facing double-digit unemployment rates, the free health care services provided by the Army Reserve were critical. Yet the value of the IRT program went beyond the cost savings for the community, as Soldiers received vital training.

Army leaders have 10 medical engagements planned for 2010. ✪

Athletic Complex Dedicated to Fallen Soldier

By Spc. Jerimiah Richardson
Public Affairs Office
416th Engineer Command

GUTTENBERG, Iowa — Citizens of this small town in northeastern Iowa gathered during Memorial Day weekend to remember one of their fallen heroes. While other cities across the country might spend the weekend in quiet contemplation, the town of Guttenberg had a reason for celebration. An Army Reserve Soldier named Steven Shannon lived in this town, and his death two years ago in Iraq affected nearly all of the 1,913 residents.

Most of the town knew him or his Family in some way and shared his Family's grief. But on Sept. 4, 2009, during their first varsity high school football home game in two years, the citizens of Guttenberg felt festive as they opened the $1.7 million Cpl. Steven D. Shannon Athletic Complex, named in honor of their fallen Bronze Star Soldier.

At the opening ceremony, U.S. Rep. Bruce Braley offered words of encouragement to the parents of Steven and the community of Guttenberg. "I'm so proud of the way that Steven's death pulled this community together and turned this place into a healing field," said Braley.

Steven's parents, Dan and Joan Shannon, spoke at length about their son and his inspiration for them to live a better life. "With this dedication, it's bittersweet to realize Steven is gone, but in many ways it's like he never left," said Dan Shannon.

The Tri-state sky divers from Kenosha, Wis. descended with the American flag that flew over Steven's base in Iraq and handed it over to a military color guard led by his squad leader, 1st Lt. Bryan Bell (formerly staff sergeant). Bell, who was in the humvee hit by the IED that killed his friend, then handed the flag over to be raised permanently above the athletic complex. ✪

4005TH HELPS HAYNEVILLE- GIVING BACK TO THE COMMUNITY

By Maj. William Ritter
Public Affairs Office
Army Reserve Medical Command

HAYNEVILLE, Ala. — Medical professionals from the Army Reserve's 4005th U.S. Army Hospital examined more than 600 residents from this southern Alabama community, helping those in this depressed region get the medical attention and health education they need.

Headquartered in Houston, Texas, the 4005th USAH was here in July for its annual two-week training, organized as part of the Innovative Readiness Training program.

The IRT program allows communities throughout the United States to request assistance from the government and the military. When approved, Army Reserve units deploy to the area requesting support and Reserve Soldiers use their expertise to help the community with whatever project or service requires their expertise. The program aids both communities and individual Americans while providing real-world training to Reserve Soldiers.

Hayneville mayor, Helenor T. Bell, requested assistance, and the 4005th came to provide needed medical care to residents.

The Reserve Soldiers set up operations at the town hall, providing free medical screenings, education and pharmacy needs. The unit had doctors, nurses, medics and lab technicians on site, and went out into the field to visit those who could not get to the town hall. They advertised their services on community bulletin boards and by attending church services when they first arrived.

Mayor Bell said the community response was overwhelming. "Every time I came into my office [at the town hall], residents were thanking me for getting the Army's services," she said. "They are overjoyed by the amount of time and care the Soldiers were giving them and asked me if they can come back next year."

Unit medic, Spc. Megan McKinney, was thrilled with the training she received during this program as well. "It was great hands-on training to improve our skills," she said. "We went out into the community and learned to deal with many issues, many people and many personalities."

McKinney believed two individuals owe their life to this program. "Two people we evaluated had dangerously high blood pressure," she said. "Had they not come to our clinic, they could have had a stroke in the near future."

Area resident Sheskie Smith traveled seven miles into town after hearing of the clinic from a neighbor. "You can never get enough check-ups to find out what's wrong with you," Smith said. "I've had two heart attacks and two strokes, so I was glad to see the Soldiers working here. They treated me well and took the time to talk with me."

According to Capt. Catherine Garza, a nurse with the 4005th, talking was one of the unit's main missions.

"We were trying to educate the residents in areas specific to their needs," she said. "If they have high blood pressure, we talked to them about how to improve it through simple things, like minor diet adjustments. We then sent training material home with them to help reinforce what they need to do, and many came back with follow-up questions."

During the IRT, more than 300 prescriptions were issued, 400 lab specimens were examined and more than 200 EKGs were completed—all while patients waited and talked with their doctors.

The unit partnered with local pharmacies to provide on-going prescription care to residents they examined.

As the 4005th wrapped up at the end of July, it left feeling fulfilled and challenged. Webb said the unit helped many in need, but he felt it could do even more on future missions.

"This mission was just like a deployment," he said. "Each one has its specific challenges based on culture and region. The more research we are able to do prior to the mission, the better we can customize the care for the area's residents." ✪

Story and Photo By
Sgt. 1st Class Mark Bell
Public Affairs Office
81st Regional Support Command

ORLANDO MAGIC DANCERS

SURPRISE ARMY RESERVE WORKSHOP YOUTH

ORLANDO, Fla. — Nails, hair and boys. It seemed like typical girl talk among nearly a dozen teenagers attending a weekend workshop with their parents during an Army Reserve Yellow Ribbon Reintegration Program held here Aug. 7-9, 2009. But the event turned out to be a not-so-typical weekend sponsored by the 81st Regional Support Command.

Miss Florida USA and Orlando Magic Dancer Megan Clementi, right, along with Magic Dancers Erin Gomerall and Kelly Rose Resciniti, encourage Julia Furaudo, 11, to work hard in school and continue practicing her gymnastics during a recent visit to the 81st Regional Support Command's Yellow Ribbon Reintegration Program.

More than 75 children of Soldiers who had recently returned from Iraq and Afghanistan participated in the program, which was designed to entertain the Army Reserve youth as their parents were learning how to reintegrate with their Families and communities after a deployment overseas.

It was the unannounced appearance of three Orlando Magic Dancers that made teenage boys blush and girls shake with excitement during the weekend.

The older boys were gathered around an air hockey table, battling for supremacy when the Dancers arrived. But the presence of Erin Gomersall and Kelly Rose Resciniti in their dance uniforms ended any concentration on a white plastic puck. Joining them was Megan Clementi, the newly crowned Miss Florida USA and captain of the Magic Dancers.

"I think it's important to connect with the military because they do so much for us whether we are at war or not," Gomersall said. "We just want to continue our support for the military Family. They deserve it, and sometimes I don't even think they even realize how important they are in our communities."

"I was surprised they spent their time to come see us here," said 11-year-old Brittany Hobby, who aspires to be a University of Florida cheerleader someday. "I really liked them a lot. They were very spiritual and sweet. It makes me want to be a cheerleader even more."

As the girls asked permission to touch Clementi's pageant sash, their noticeable wide-eyed reaction meant more to Clementi than the average appearance. She said she hopes the boys and girls had fun and were able to take away a little more than just a visit from professional basketball dancers.

"I don't think they [often] get to see NBA dancers or Miss Florida USA," she said. "I hope they remember us as being positive role models and just really nice girls. One day, they can be a Magic Dancer or be Miss Florida USA."

Resciniti, a veteran of Armed Forces Entertainment overseas tours, said she never forgets about the Soldiers and Families that sacrifice so much during deployments.

"Although we are over here entertaining and in the spotlight, we know what's going on over there too, and we are very thankful and appreciative of what the troops and their Families go through during this difficult time," she said.

Soldiers and Families are separated for long periods of time during scheduled deployments, Resciniti noted, and it's just as important to take care of Family members left behind.

Clementi said they wanted to come here to just say 'thank you', as ambassadors of the Orlando Magic organization and the state of Florida.

"It's something little, but I think it makes a big difference," she added.

Indeed, it did. "I thought I was just coming here for a meeting," said 11-year-old Samantha Smith, from Lake City, Fla. "I never knew this was going to be so much fun for an Army meeting."

HUNDREDS TURN OUT FOR DIX CAREER FAIR

By Ryan Morton
Public Affairs Office
Fort Dix, N.J.

FORT DIX, N.J. — A two-day sponsored Ultimate Warrior Workshop and Career Fair at Timmermann Center here on July 29, 2009 had veterans and family members honing résumés and interview skills, and going one-on-one with potential employers offering new careers.

"The career fair was definitely a success," said Lt. Col. Cynthia Palinski, the Ultimate Warrior Workshop and Career Fair officer-in-charge. "We had 487 people come to the workshop and 788 to the career fair."

The event was based on Chief of the Army Reserve Lt. Gen. Jack C. Stultz's Employer Partnership Initiative. The aim of the program is to develop a collaborative effort to sustain a viable operational Army Reserve, capable of caring for Soldiers and their Families, and of providing employers with a no-cost link to highly skilled and talented Army Reserve Soldiers.

"We had a wide variety of federal and private sector employers" at the fair, Palinski said. "All of the companies had to supply information showing that they had available positions, so it was not just advertisement, but legitimate employment opportunities." Potential employees and Family members from all branches of the services attempted to secure a job from one of the more than 70 potential employers assembled.

Positions were available in such fields as law enforcement, engineering, fire protection, forklift operation and immigration services.

Mock interviews were set up to show what to do and not to do during a job interview. Experts also provided pointers and ideas to Soldiers on how to use their military experiences to present and sell themselves to prospective employers..

"We really wanted this fair to be a one-stop-shop and I think we achieved that goal," said Palinski.

FOR MORE INFORMATION about the U.S. Army Reserve Employer Partnership Initiative, visit http://www.usar.army.mil/arweb/EPI/Pages/default.aspx.

go

SOLDIERS & CIVILIANS come together to fight fires

Story and Photo By
Sgt. Yvonne C. Vairma
361st Public Affairs Operation Center

BLUE GRASS ARMY DEPOT, Ky. — One team attacked the faceless enemy from the front door of the smoking building, while the other team mounted the roof to contain the threat from above. Although the teams consisted of a combination of Army Reserve Soldiers and civilians, they had one thing in common—they were all firefighters, and the enemy they faced was the smoky fire filling the building.

During Operation Golden Cargo 2009, the civilian-staffed Blue Grass Army Depot Fire Department received assistance from firefighter Soldiers. A team of 10 firefighters assembled from the 802nd Ordnance Company, Gainesville, Ga., and the 811th Ordnance Company, Fort Gillem, Ga., to train and supplement the civilian fire department. During a joint military-civilian training exercise held July 17, 2009, the Soldiers and civilians together responded to a simulated structure fire.

Spc. Amber L. Ilstrup drives the tactical firefighting truck during a firefighter-training exercise at Blue Grass Army Depot, Ky.

"Today we did search-and-rescue, ventilation and basic fire-fighting drills," said Spc. Amber L. Ilstrup, a firefighter with the 811th Ordnance Company from Rainelle, W.Va. Ilstrup stated that as an Army Reserve Soldier, each opportunity to train and refresh skills is valuable.

"Being here a whole two weeks, we get to do what we're supposed to be doing," she said. "It brings back all the knowledge we're supposed to have."

Prior to the exercise, the Army firefighters also had the opportunity to demonstrate the unique capabilities of their Tactical Fire-fighting Truck.

"If an airplane breaks and there's fuel on the runway, the ground sweeps will activate with either water or foam and push the debris away," explained Staff Sgt. Christopher W. McGhee, 811th Ordnance Company fire chief.

"The drill went down very well, I thought, as a coordinated effort," said Capt. Wayne Adams of the Blue Grass Army Depot Fire Dept. He explained why working together with the firefighter Soldiers was a good experience, saying it allowed his firefighters to see how things can be done outside his department.

"It pulls new people in and lets us learn from them," Adams said. "It also lets our instructors get experience training them."

TRAINED AND READY

ARMY RESERVE SOLDIERS SHIP C-17 FROM HAWAII TO VIRGINIA

Story and Photos By Sgt. Luis Delgadillo
302nd Mobile Public Affairs Detachment

BISHOP POINT, Hawaii – Army Reserve Soldiers with the 548th Transportation Detachment arrived at Fort Eustis, Va. on Aug. 17, 2009, from Hawaii after traveling 8,240 miles over 38 days in their logistic support vessel, the LSV-7 SSGT Robert T. Kuroda. For most of the journey, they transported a Boeing C-17 fuselage that was donated to the Army.

As viewed from the bridge of their vessel, Soldiers of the LSV-7 SSGT Robert T. Kuroda, 548th Transportation Detachment of Bishop Point, Hawaii pound through waves as they sail the Atlantic en route to Fort Eustis, Va.

Before the fuselage was donated, the Kuroda was slated to make the long journey from Hawaii to Virginia so its crew could take care of routine maintenance and upgrades. Carrying a large, wingless aircraft body was not in their plans. However, when the Army Reserve decided to use the ship to deliver the fuselage, taxpayers saved an estimated $1 million.

"We found out in May that we would have to go to a shipyard on the East Coast and we would probably have to leave in July to make that happen," said Lt. Col. Andrew Troske, commander of the 302nd Transportation Terminal Battalion. "Three weeks into that planning, we found out there was a fuselage that needed to be picked up."

The donated Boeing C-17 fuselage went to the future Center for Sustainment Excellence in Fort Lee, Va, which will be a training site for the active component. The center is part of an overall revamp of Fort Eustis, which will house the Army Logistics University, the Sustainment Center and the Logistics Corps.

The journey from Bishop Point, Hawaii, the 548th's home station, brought the football field–sized ship across the Pacific to Seal Beach, Calif., where it picked up the C-17 fuselage and traveled through the Panama Canal to reach its destination.

Along with their day-to-day activities, the engineers, deckhands and leadership also completed other training tasks, like certifying Combat Lifesavers and conducting fire drills, man-overboard drills and abandon-ship drills.

"They're definitely better now than they were when we left. We strive to get manned-and-ready reports for fire drills below four minutes," said Chief Warrant Officer Michael A. Hanten. "When we first started off we were in a five-to-six minute time frame, and in the last drill they were manned and ready in less than three minutes."

The trip, which was only possible through the collaboration of all the various units involved, went smoothly for the most part. But it was not without some hang-ups.

On the sail from Hawaii to California, a sudden stop caused some engine damage, slowing the ship's speed down to a crawl. A debilitating flu-like virus began to slow down the crew as well. As fevers climbed as high as 104 degrees, the already-demanding 24-hour operations became even more taxing.

> We strive to get manned-and-ready reports for fire drills below four minutes...When we first started off we were in a five-to-six minute time frame, and in the last drill they were manned and ready in less than three minutes.
> - CHIEF WARRANT OFFICER MICHAEL A. HANTEN

Sailing with the 548th Transportation Detachment were Soldiers from six other units, including an active component Soldier.

But with treatment from their acting medic, 1st. Lt. Jonathan Roberts, an Army nurse from the 1984th Army Hospital in Fort Wainwright, Alaska, and some self-aid, the Soldiers made it through their ordeal. Roberts, who was the trainer for the CLS courses, said he treated the ones who were severely ill. He advised the others to drink some water and change their socks.

From California, the Soldiers of the Kuroda passed through the Panama Canal and into rough seas. Tensions began running high among the junior enlisted aboard the ship, but the crew's collective sense of duty kept the blades of the propellers turning.

Happily, the transit through the Caribbean proved uneventful —though after 25 days of being underway, the monotony made the Soldiers eager for the end of the sail.

Troske spoke with the Soldiers after they arrived at Fort Eustis, telling them how impressed he was of the work they had done, and the work the planners had done.

On August 19, while Soldiers continued to prep the vessel for the shipyard, the burden of the C-17 fuselage was lifted from the main deck of the Kuroda and Soldiers of the 7th Sustainment Brigade took responsibility for it.

Sailing with the 548th were Army Reserve Soldiers from the 203rd Trans. Det., Curtis Bay, Md.; the 805th Trans Det., Tacoma, Wash.; the 310th Expeditionary Sustainment Command, Indianapolis, Ind.; the 302nd TTB, Fort Shafter, Hawaii and the 1984th U.S. Army Hospital. ★

Soldiers of the 548th Transportation Detachment, aboard the LSV-7 SSGT Robert T. Kuroda, cool the outer hatch of a compartment suspected of being on fire during a staged fire drill.

SCENARIOS PREPARE SOLDIERS FOR DEPLOYMENTS

Story and Photo By
Staff Sgt. KaRonda Fleming
210th Mobile Public Affairs Detachment

Soldiers with the 332nd Engineer Detachment defend their entry/exit control point by securing it against civilians.

KITTANNING, Pa. — Soldiers of the 332nd Engineer Detachment here spent Aug. 14, 2009 defending their entry/exit control point against civilians trying to enter Contingency Operating Location Multi-Purpose Field Training Site-1.

It was one of the scenarios of Patriot Warrior 2009, an annual exercise developed to provide Soldiers with training and prepare them for future deployments.

Each day Observer Controller/Trainers put two or three different platoons from the 332nd through their paces, according to Sgt. Edward M. Whiting, 978th Quartermaster Company, an OC/T for Patriot Warrior '09. Consisting of three scenarios in the morning and three more in the afternoon, the training the Soldiers received ranged from sniper attacks to vehicle-born improvised explosive devices to crowd-prevention methods, he said.

Whiting said he hopes that the practice will have a positive effect on the unit at the COL, helping Soldiers to understand the big picture of its overall mission.

"The total exercise will basically gear up to the end, where we will have one big mass Patriot Warrior 2009 game," said Whiting. "So, each COL will have their own missions as far as convoys and supply engineers. And once everything is into play, they will know what to look for with the sniper attacks and IEDs (Improvised Explosive Devices)."

"During our scenarios, everyone has a smaller role and everyone has their own sectors that they have to control, for example base defense, convoy ops, supply missions and training to that nature," Whiting said.

Instilling leadership skills is another aim of Patriot Warrior training: preparing the junior enlisted Soldiers of the 978th to learn how to take charge of their squad/unit, and not be afraid to get up and voice their opinions.

In Whiting's eyes, leadership means leading the next person to do his job. He trains his Soldiers to be capable of taking his position, if necessary—and to defend the country as he would himself. ★

277th Engineers

BUILD BRIDGES, SPAN GAPS

Story and Photos
By Staff Sgt. Mark Burrell
Public Affairs Office
Multi-National Division Baghdad

BAGHDAD – On the banks of a rushing river in northeast Baghdad, clouds of dust hang in the hot July air. Hulking machines of the Army Reserve's 277th Engineer Company transform the landscape in preparation for a new bridge that will benefit Americans and Iraqis alike.

Spc. Shane Brassell, Whitney, Texas, a heavy-equipment operator assigned to the 277th Engineer Company, provides security and ground-guides to his fellow engineers near the river where the Soldiers are building a bridge in northeast Baghdad.

"Though a suspension bridge already spans the fast-flowing river, it won't support most Coalition forces vehicles," said Spc. Shane Brassell, a heavy-equipment operator from Whitney, Texas, assigned to the 277th Eng. Co., based in San Antonio, Texas ."The bridge they have now is not big or strong enough to get our MRAPs (Mine-Resistant Ambush-Protected vehicles) across," said Brassell. "We're helping put up another bridge that's going to be stronger and safer."

Brassell said that being able to move through the area safely and quickly is imperative for the Soldiers stationed on either side of the river, as well as for the Iraqi Security Forces located here.

"It's a main thoroughfare for Iraqi Army and Iraqi Police and it's right next to Taji, a big base for them," said Brassell. "It will help them get their equipment through much easier."

Although the advantages of an effective new bridge are easy to see, the coordination, effort and sweat that go into a project in a combat zone aren't taken lightly.

This portion of the river is deceptively deep, with a fast and deadly current that could easily swallow a Soldier or piece of equipment.

"It's dangerous," said Spc. Franklin Cardenas, a heavy-equipment operator from Luling, Texas, also assigned to the 277th Eng. Co. "But I have a lot of belief in our security force and we really rely heavily on them. However, you have to stay vigilant." A security element of 1st Cavalry Division Soldiers keeps a watchful eye on the engineers.

"There hasn't been a lot of griping from the troops because I think they understand the long-term benefits of this bridge," said Maj. Andrew Hilmes, executive officer of 1st Squadron, 7th Cavalry Regiment from Fort Hood, Texas. "This is another one of those things to better protect the force and keep Soldiers out of harm's way."

"Less time on the roads is less exposure to threats," said Hilmes, a native of Sarasota, Fla. "It will also give future units the capability to rapidly haul a lot of equipment through Baghdad."

A "Husky" operator from the 277th Engineer Company conducts a route-clearance mission along with a security element from the 82nd Airborne Division in Baghdad. Photo by Cpl. Conrad Cain.

277th Engineers

MAKE THE STREETS OF BAGHDAD A SAFER PLACE

By 1st Lt. Michael Bauman
277th Engineer Company
Multi-National Division Baghdad

BAGHDAD — Route sanitation remains a vital piece in the war on terrorism. Removing piles of trash and debris from the side of a roadway, whether a main or an alternate supply route, eliminates places for terrorists to hide bombs and improvised explosive devices. The Soldiers of the 277th Engineer Company work through the night to make the streets of Baghdad a safer place for both the local populace and Coalition forces.

An Army Reserve unit based in San Antonio but supplemented with deployed Soldiers from Washington and Missouri, the 277th Eng. Co is attached to the 46th Engineer Combat Battalion (Heavy). Its engineers work collaboratively with the 3rd Brigade Combat Team, 82nd Airborne Division, who provide the security for the route sanitation operation. They conduct route clearance (security) before the route sanitation (clearing) begins.

To prevent too much disruption of traffic, the sanitation team conducts its missions in the late hours of the night with a Husky route-clearance piece of equipment. The Husky operator's job is to inspect and investigate suspicious trash, dirt, or debris sitting on the roads. It is a very important—and dangerous—job.

After the site is cleared by the Husky operator and an "All Clear" is called, the 277th engineers get to work cleaning up the streets. They use a bucket loader to remove the trash and piles from the roads and then have two dump trucks haul away the debris.

"It was a challenge moving the loader through the narrow streets," said San Antonio native Sgt. Daniel Tapia, heavy equipment operator, 277th Eng. Co., after a typical night's work. "It was also a challenge picking up the rubble on uneven ground of curbs, medians, or alley ways."

Many nights are spent driving up and down Baghdad roads in the heavy engineer equipment, just to make sure the engineers do their part to defeat terrorism and help make Baghdad a safer place for everyone.

"It is a good feeling when we are doing a good deed for the local Iraqis as well as for our troops," said Sgt. Darrin Frieburg, a Spokane, Wash. native.

TRANSFORMATION CHALLENGES

Engineer Soldiers

Story and Photo By Sgt. Roger Ashley
Public Affairs Office
412th Engineer Command

FORT PICKETT, Va. – A pipeline snaked across eastern Virginia, weaving through streams and woods, tunneling under roads, and bridging difficult terrain. It was being built by Soldiers, to test them in a real-world environment. Although many of those in the units had never worked together, were under strength, and had no prior experience, they still pushed forward.

The 377th and 439th Engineer Companies from Butler, Pa., and State College, Pa., respectively, were here at Fort Pickett to learn about the engineer's new role in the Army at the U.S. Army Forces Command's Petroleum Training Module, an annual training event. As part of the Army's transformation, pipeline units are disappearing; their mission is falling instead to vertical and horizontal construction units. Quartermaster Soldiers from the active component and engineer Soldiers from the reserve component integrated and augmented each other to accomplish the pipeline mission.

"This is a Quartermaster exercise very similar to a real wartime mission," said Sgt. 1st Class Bill Richards, 412th Theater Engineer Command. "The engineers are here to place the pipeline. The quartermasters then take charge and maintain the pipeline afterwards."

The goal was to join 5,402 sections of 20-foot pipe and maintain the resulting 20-mile stretch of pipeline throughout the summer. The exercise, which entailed constructing and operating an inland petroleum distribution system, ran from April 19 through Sept. 28, 2009. The pipeline remained in place all summer while different quartermaster units operated it for two weeks at a time. At the end of the exercise, other engineer units dismantled and retrieved the pipeline.

Research shows that a large percentage of the supply tonnage moved on the battlefield consists of petroleum. During the 1970s, the Army researched the need for a distribution system to meet wartime demands. IPDS was developed by the mid-1980s. It is designed to be a highly mobile, deployable fuel storage and pipeline system that can be easily modified and interchanged with other types of distribution systems.

PTMs were created to teach the new system. Each year, 700 to 1,200 Soldiers are provided training at the PTM at Fort Pickett in nearly every type of terrain that Soldiers will encounter around the world.

The 49th Quartermaster Brigade and 240th Quartermaster Battalion, both active components, provided command and control during the 2009 exercise, augmenting units that were under strength, providing experts, and assigning civilian contractors as trainers and liaisons. The active component 109th Quartermaster Company was in charge of constructing the first leg of the pipeline, from the refinery to pump No. 2. The 439th Engineer Co. had the second section, and the 377th Engineer Co. had the third.

Terrain, logistics, being integrated with unfamiliar units, and the training in new tasks all presented the engineers with challenges in completing the mission.

"Engineers are used to building things. Constructing the pipeline; it's pretty simple, but it is very labor intensive," Maj. Anthony Taylor, plans officer for the 412th Eng. Command Forward Korea.

Soldiers of the 377th Engineer Co. align the pipeline for clamping.

Protecting Army Reserve Resources *is EVERYONE'S Business*

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

FORT McPHERSON, Ga. — In May 2007, a group of would-be terrorists attempted to infiltrate Fort Dix, N.J. as virtually all of the mainstream media outlets reported.

While Fort Dix is a "behind the wire" installation, the vast majority of Army Reserve centers across the nation do not have the luxury of being protected by a large military base.

The Army Reserve Office of the Provost Marshal, under the U.S. Army Reserve Command G3/5/7, has taken the necessary steps to ensure that Army Reserve properties, Soldiers, their Families and civilian employees will be safeguarded against terrorist activities. The September, 2009 release of the plan, officially known as Army Reserve Integrated Protection, coincides with the release of the Army's new Antiterrorism Strategic Plan.

ARIP defines and refines command protection responsibilities by leveraging all assets to accomplish the Reserve's mission while protecting and preserving its resources. Commanders, senior facility occupant commanders, post operation managers and facility managers are all planning proactive responses to cover the spectrum of possible incidents.

"ARIP brings a unity of effort and unity of command to provide an effective and efficient protection plan for all of our Army Reserve facilities and assets," said Maj. Darius Gallegos, USARC provost marshal.

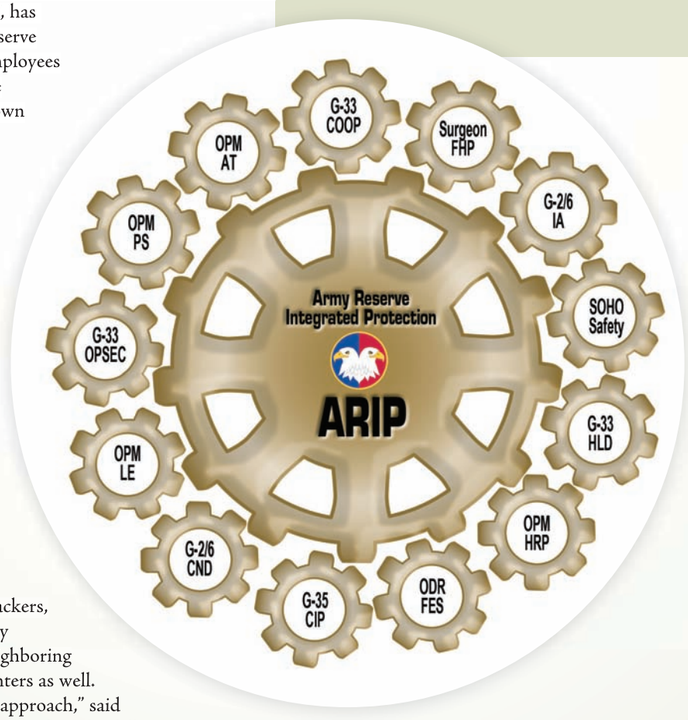
Threats against the Army Reserve can come from a variety of potential adversaries: criminals, terrorists, saboteurs, hostile intelligence agents, hackers, protestors, disgruntled employees and paramilitary forces. Fires, natural disasters and accidents at neighboring industrial facilities can threaten Army Reserve centers as well.

"ARIP looks at the threats from an all-hazards approach," said Carolyn Emery, USARC antiterrorism officer. "We look at the full breadth of incidents and anticipate the possible threats that lie within."

Commanders can recognize potential dangers by assessing a center's vulnerabilities and developing appropriate security measures and risks mitigation; preparing, exercising and validating plans; communicating up, down and across the chain of command; collaborating on restoration and recovery efforts following an incident; and improving overall unit readiness.

"This is not a hit-or-miss. Commanders have to exercise these tasks daily," Gallegos said. "We can't sacrifice security for convenience."

> *This is not a hit-or-miss. Commanders have to exercise these tasks daily. We can't sacrifice security for convenience."*
> -Maj. Darius Gallegos, USARC Provost Marshal



TO FIND OUT more about Army Reserve antiterrorism and physical security, visit the AKO portal at https://www.us.army.mil/suite/group/99433. To find out more about the Army's Strategic Plan, visit the Antiterrorism Enterprise Portal on AKO at https://www.us.army.mil/suite/page/605757.

go

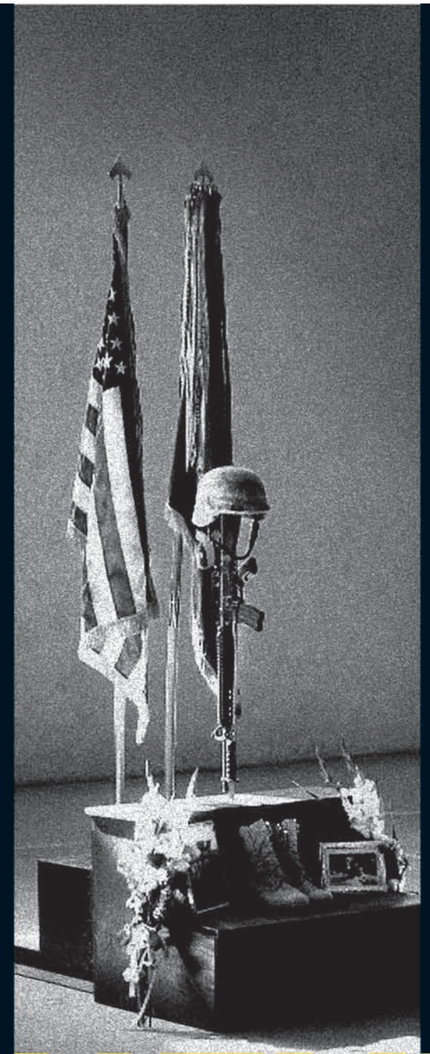
IN MEMORIAM

AS OF SEPTEMBER 1, 2009

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

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

ARMY RESERVE
WWW.ARMY.MIL/USAR
U.S. ARMY



DEDICATED TO THE SOLDIERS OF THE U.S. ARMY RESERVE WHO MADE THE SUPREME SACRIFICE IN THE GLOBAL WAR ON TERROR.

WE WILL NEVER FORGET

Editor
Warrior-Citizen
U.S. Army Reserve Command, Public Affairs
1401 Deshler Street SW
Fort McPherson, GA 30330

PRESORTED
STANDARD
US POSTAGE
PAID
Louisville, KY
Permit #336